A choice manuall of rare and select secrets in physick and chyrurgery. Collected and practised by the Right Honourable, the Countess of Kent, late deceased / Whereto are added several experiments of the virtues of Gascon pouder and Lapis contra Yarvam, by a professor of physick. As also most exquisite wayes of preserving, conserving, candying, &c.;

Contributors

Kent, Elizabeth Grey, Countess of, 1581-1651 Kent, Elizabeth Grey, Countess of, 1581-1651. True gentlewoman's delight W. J

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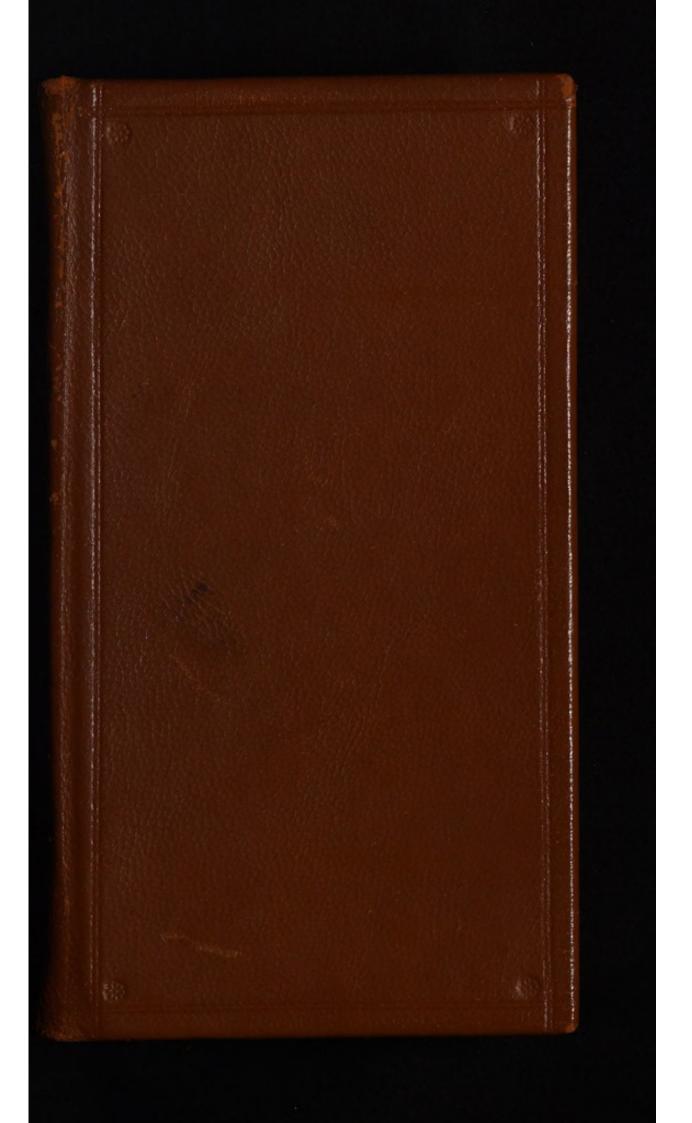
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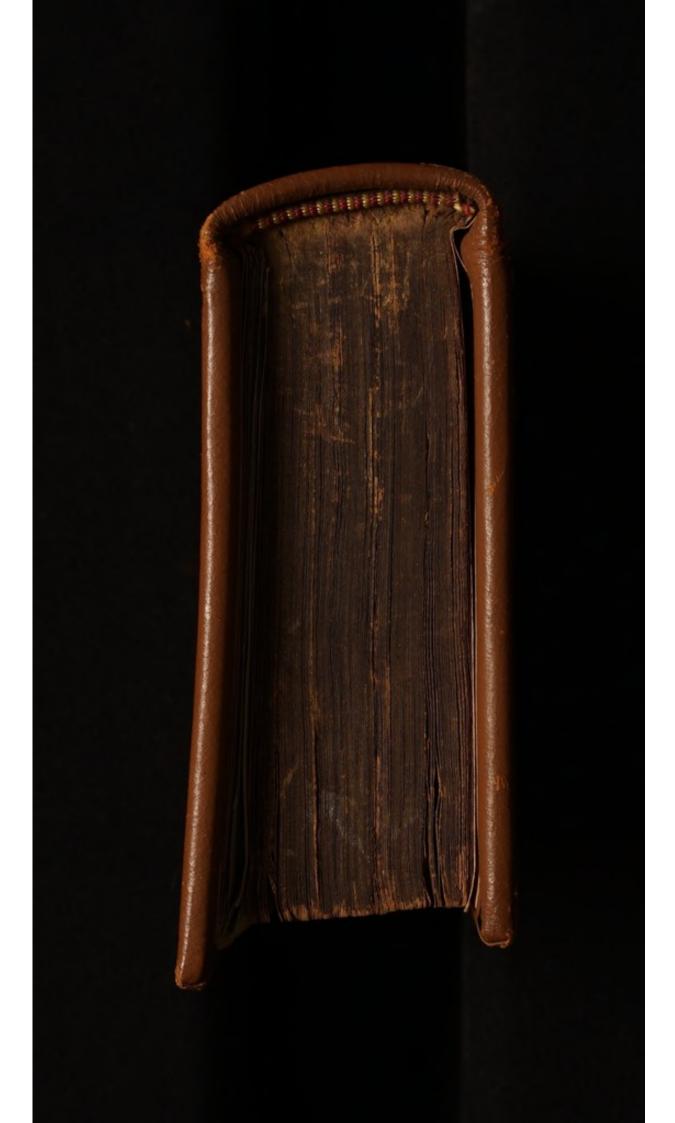


RARE SECRETS IN PHYSICK

COUNTESSE OF KENT

1659

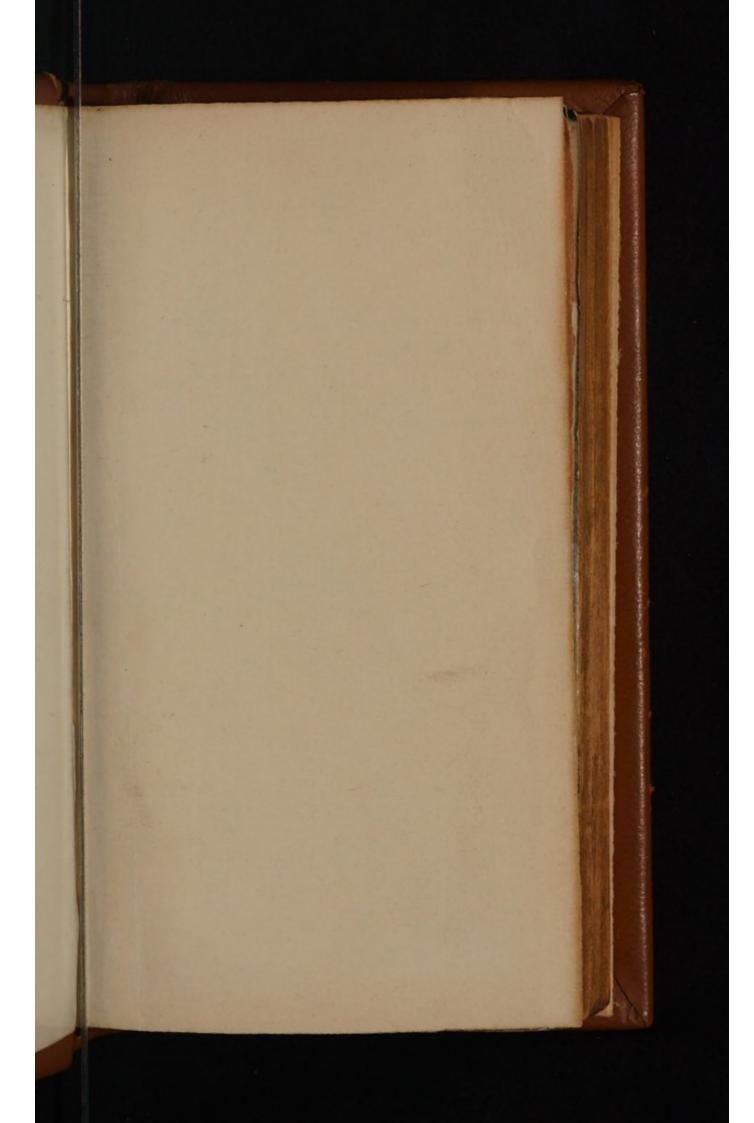






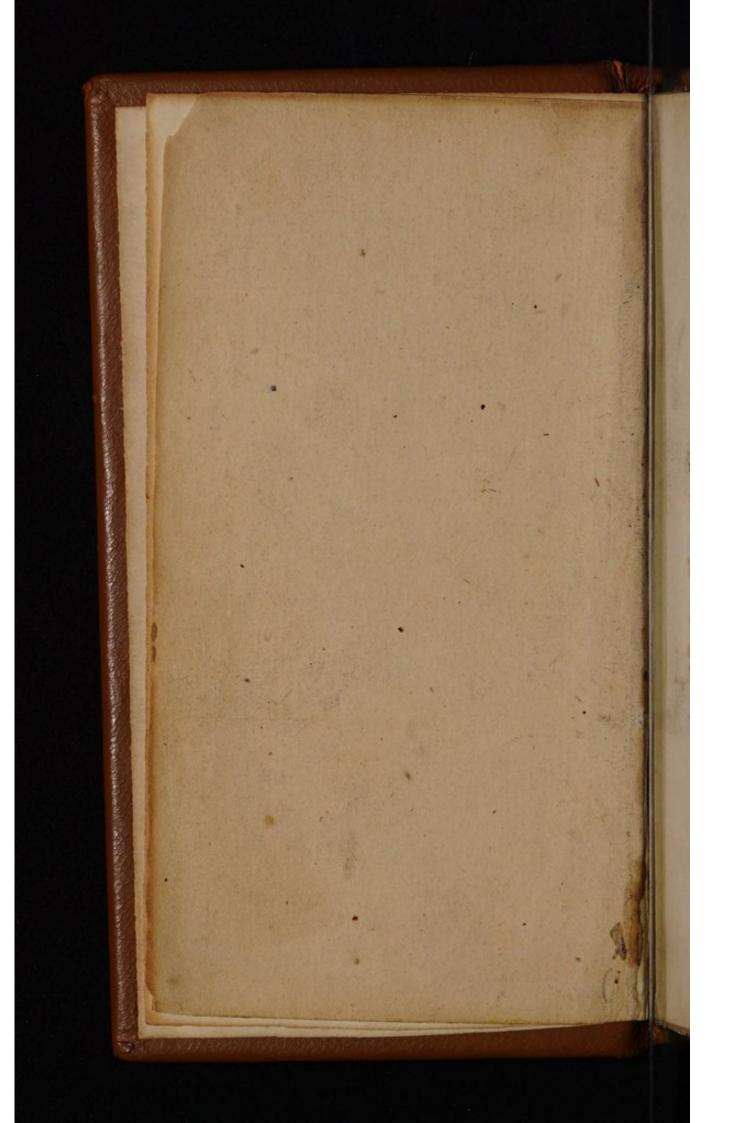
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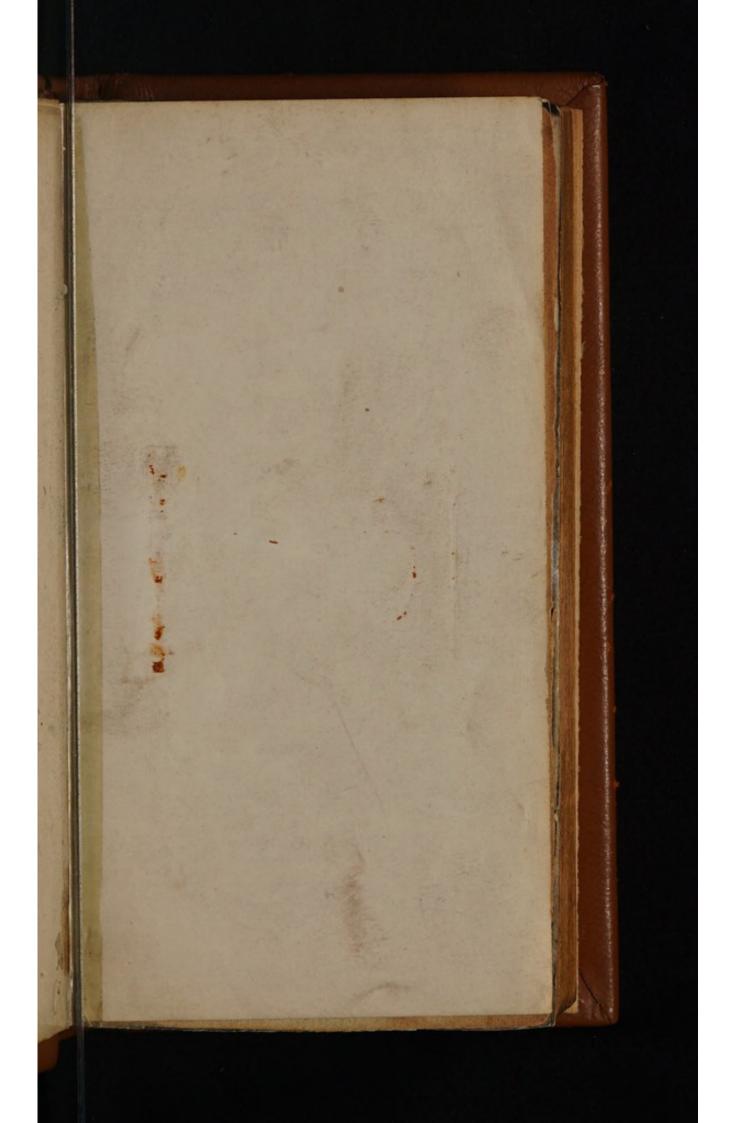
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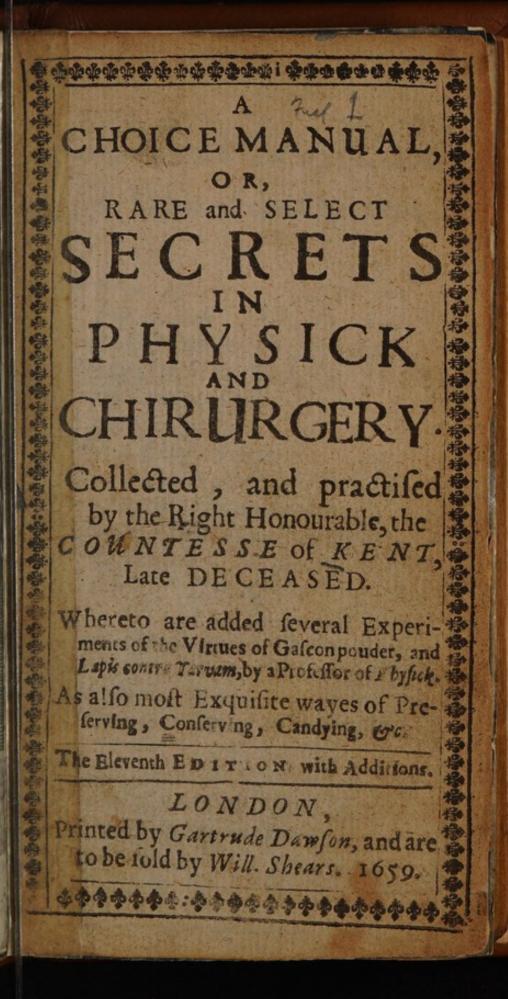
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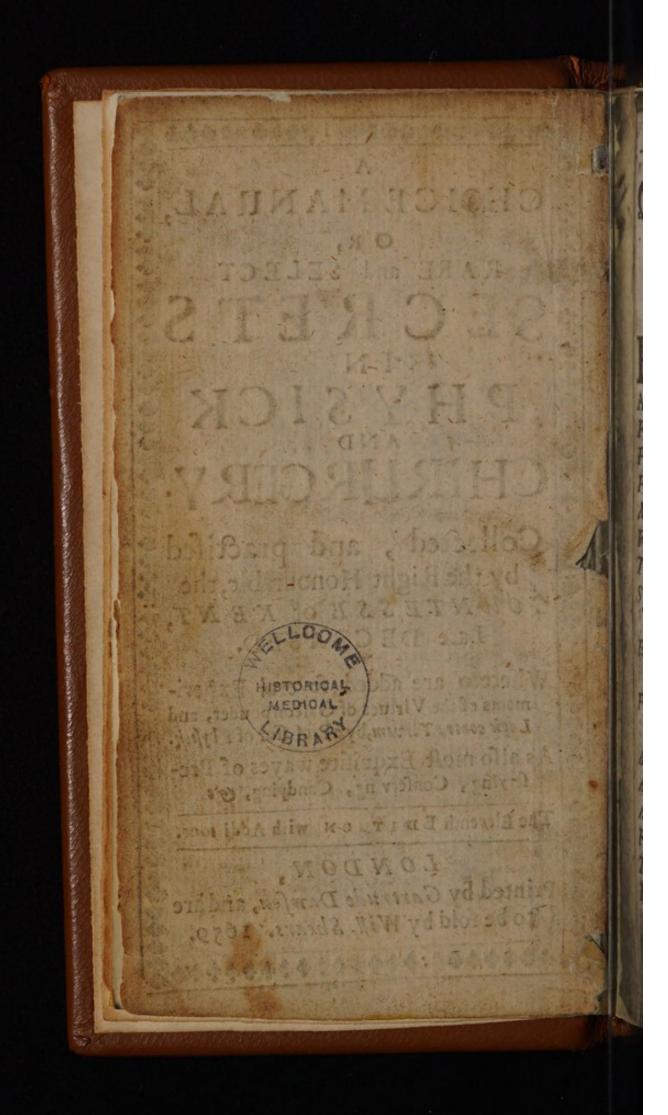


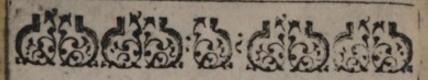




ELIZABETH
Late Countes of Kent.

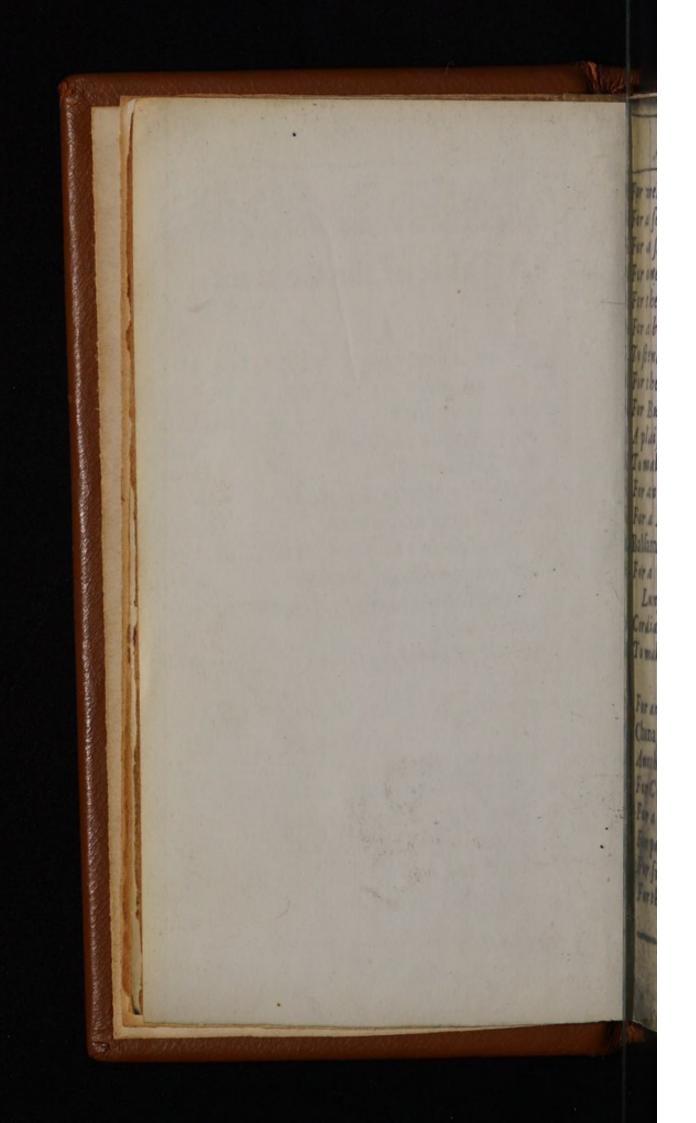






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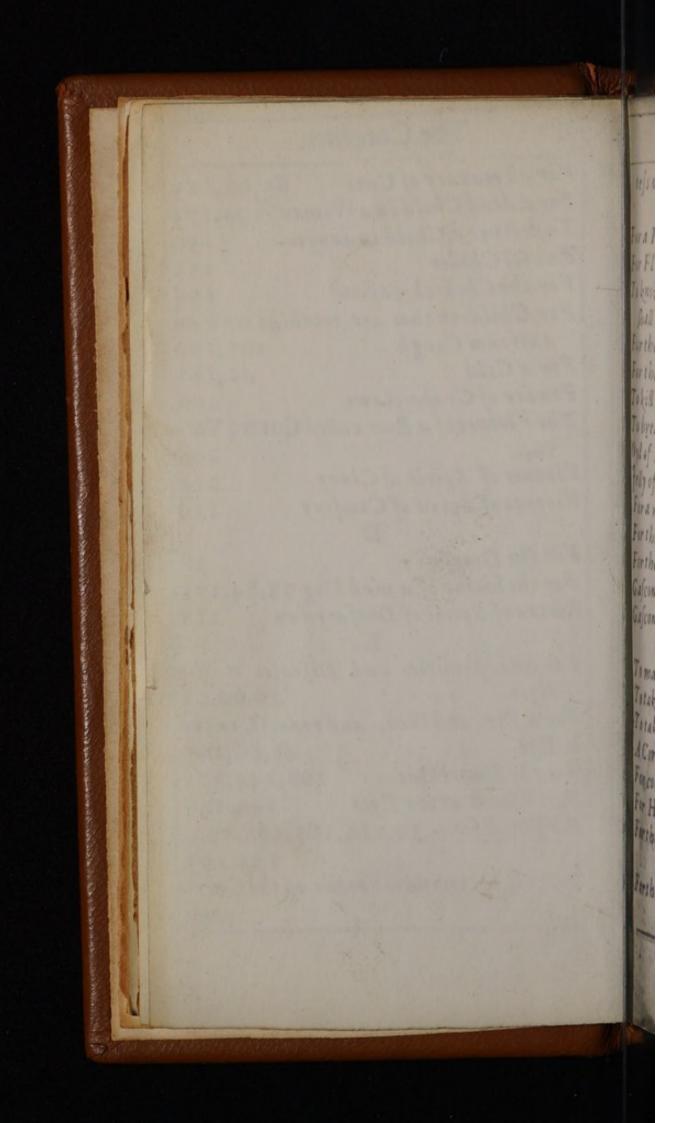
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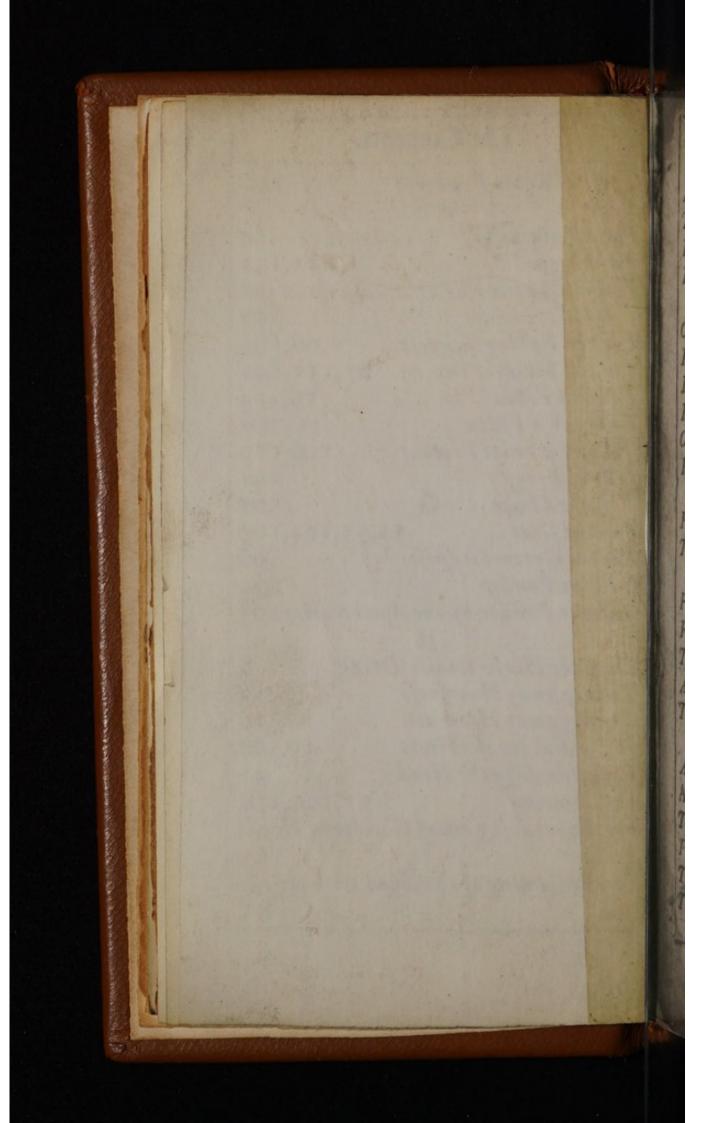


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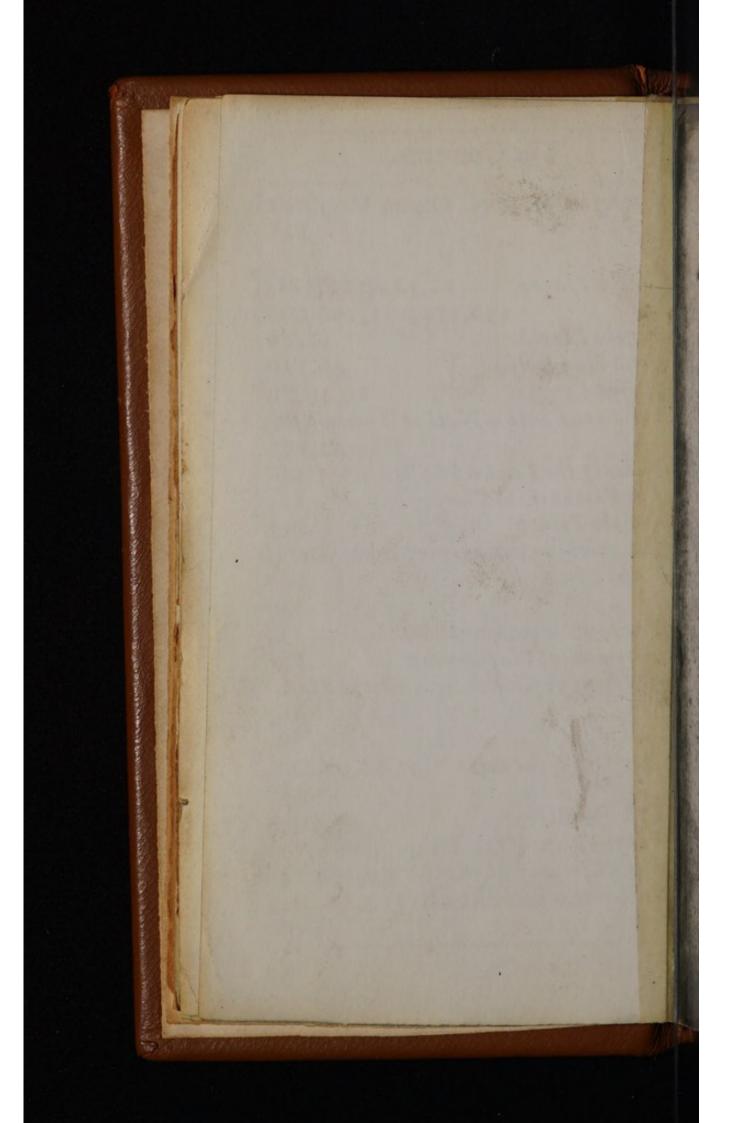
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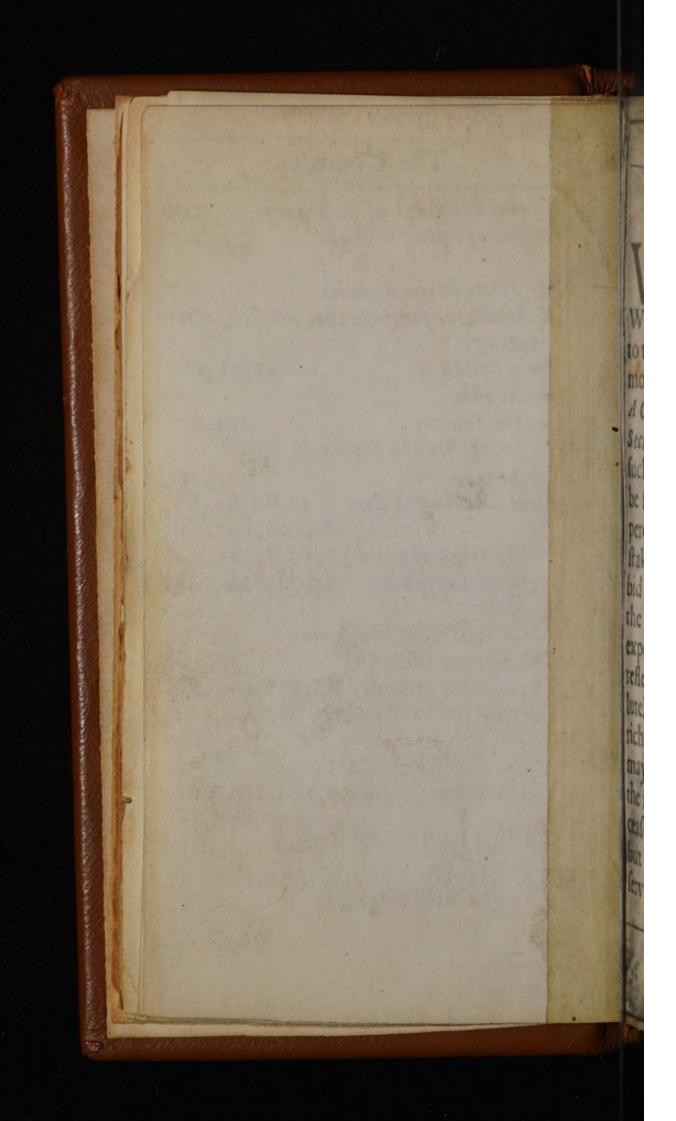
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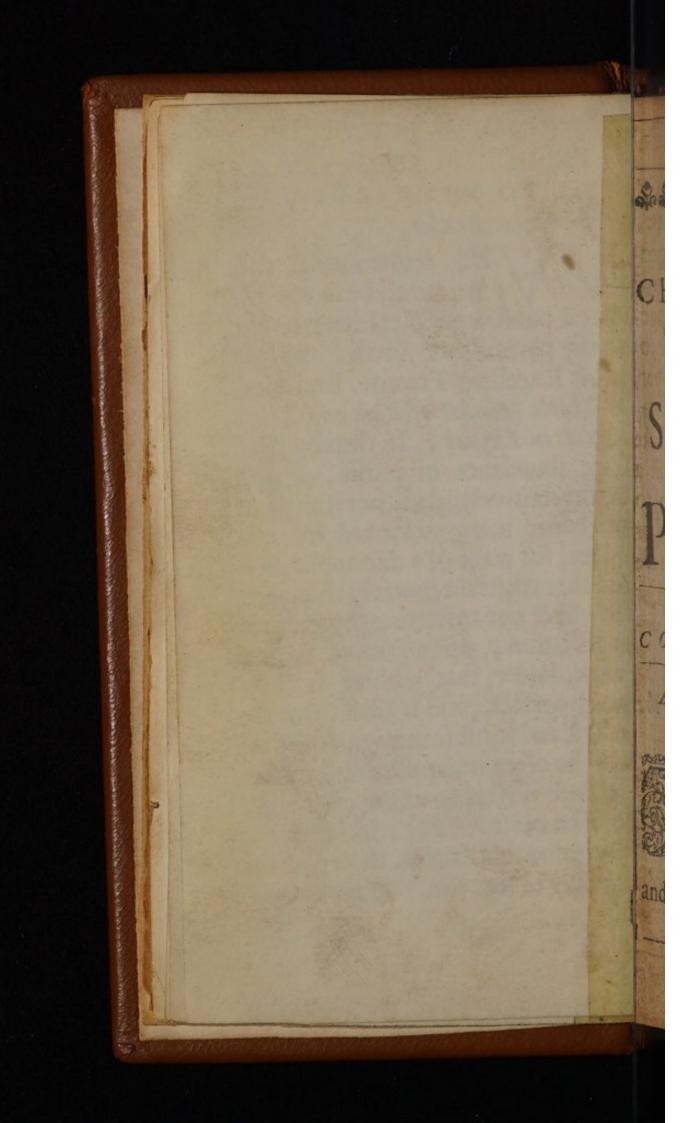
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TO THE READER.

Courteous Reader,

/ Ell remembring that we are all born for the Weal publick good: I here tender to thy perusal this simall, and yet most Excellent Treatise, Entituled. A Choice Manual of Rare and Select Secrets in Physick : If thereby thou fuck abundance of profit, I shall be superlatively glad; but if any, or perchance many unlooked for mistakes, for want of a due application bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upca a more serious reflex, know, that nothing is ablolutely perfect, and withall, that the richest and most soveraign Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure : For which just and but reasonable favour, thou shalt deervedly oblige me, Thine W.J.



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CHOICE MANUAL,

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SECRETS

PHVSICE

By the Right Honourable, the COUNTESSE of KENT.

A very good Medicine for a Gonsumption, and Cough of the Lungs.



Ake a pound of the best Honey you can get, and dissolve it in a Pipkin, then take it off the fite,

and put in two penniworth of flower

it, and

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of Brimstone, and two penni-worth of pouder of Elecampana, and two penniworth of the flower of Liquorice, and two penniworth of red Rose-water, and so stir them together, till they be all compounded to. gether, and put it into a gally-pot, and when you use it; take a Liquorice Rick beaten at one end, and take up with it as much almost as half a Walnut, at night when you go to bed, and in the morning fasting, or at any time in the night when you are troubled with the Cough, and so let it melt down in your mouth by degrees.

Sir John Digbies Medicine for the Stone in the Kidneys.

Take a pound of the finest Honey, and take seven quarts of Conduit water, set them on the fire, and
when it is ready to seeth, scum it,
and still as the froth doth rise, scum

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it, and put in twenty whole Cloves, and let them seeth softly for the space of half an hour, and so bottle it up for your use, and drink it morning and evening, and at your meat, and use no other drink untill you are well.

A Medicine for the Falling-Sickness.

der of Gold, fix penny weight of Pearl, fix-penny weight of Amber, fix-penny weight of Corral, eight grains of Bezar, half an ounce of Piony seeds: also you must put some pouder of a dead mans skull, that hath been an Anatomy, for a woman, and the pouder of a woman for a man, compound all these together; and take as much of the pouder of all these as will lie upon a two pence for nine mornings together in Endive-water, and drink a B 2 good

good draught of Endive-water af-

For Cordials and Restoratives use these things following.

In any faintness, take three drops of Oil of Cinnamon, mixed with a impoonful of syrup of Gillislowers, was and as much Cinnamon-water, drink this for a Cordial.

Against Melancholly.

Take one spoonful of Gillislowers, the weight of seven Barly-corns of Bever-stone, bruise it as fine as slower, and so put it into two spoonfuls of syrup of Gillislowers, and take it four hours after Supper, or else four hours after Dinner, this will chear the heart. If you be sick after meat, use this.

Take of the best green Ginger is reserved in Sirrup, shred it in small icces, put it into a gally por, and put innamon-water to it, then after inner or supper cat the quantity of my vo Nutmegs upon a Knifes point.

Aqua Mirabilis. ons y

Take three pints of white Wine, no pint of Aquarvita, one pint of ice of Celendine, one drachm of ardamar, a drachm of Melilotawers, Cubebs a drachm, of Games, Nutmeg, Mace, Gingeri, and loves, of each a drachm; mingle there together over night, the next orning set them as stilling in a ass Limbeck.

This water dissolveth swelling of B 3

the Lungs, and being perished doth help and comfort them, it suffereth not the blood to putrifie, he shall not need to be let blood that useth this water, it suffereth not the heart-burning, nor Melancholly or Flegm to have dominion, it expelleth Urine, and profiteth the stomack, it preserveth a good colour, the visage, memory, and youth, it destroyeth the Palsie.

Take some three spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamonie, Mace, Nutmegs, of each a drachm, and of the juice of Celendine half a pint, adding the juice of Mints and Balm, of each half a pint more.

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and mingle all the said Spices, being beaten into a pouder with the juice, with a pint of good Aqua vita, and three pints of good white Wine, and put all these together into a pot, and let it stand all night being close stope, and in the morning still it with a soft fire as can be, the still being close pasted, and a cold Stil.

A Medicine for the Stone in the Kidneys.

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mon

Take a good handful of Pellitory of the wall, a handful of Mead,
Parsley, Saxifrage, a handful of
wild Thyme, a handful of Garden
Parsley, three spoonfuls of Fennelsceds, six Horse Raddish-Roots siced, then shred all these together,
put them in a gallon of new Milk,
and let them stand and steep in a
close pot one whole night, and then
still them, Milk and all together,
this

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ing

this must be done in May or June, for then hearbs are in their best states, and when it is taken you must put two or three spoonfuls of this water, as much white Wine as Renish, and if you please a little Sugar, and so take it two dayes before the Change, and two dayes after, and two dayes before the Full, and two dayes after, continuing taking the same all the year, and the Patient undoubtedly shall find greatease, and void many stones, and much gravel, with little pain.

To make Horse-Raddish drink.

Take half a pound of Horse-Raddish, then wash and scrape them very clean, and slice them very thin eross waies on the Root, then put them into six quarts of smal Ale, such as is ready for drinking, which being put into a pipkin close covered, set on the Em-

9

Embers, keeping it little more than blood warm for twelve hours, then take it off the fire, and let it stand to cool until the next morning, then pour the clear Liquor into bottles, and keep it for your use, drinking a good draught thereof in the morning, fasting two hours after, and the like quantity at Four in the Afternoon, this drink is excellent good and gainst Winds, as also for the Scouring and Dropsie, being taken in time.

An excellent Sirrap against Melans in cholly do night in oni jug od

Take four quarts of the juice of Pearmains, and twice as much of the juice of Buglois and Borrage, if they be to be gotten, a drachm of the best English Sastron, bruise it, and put it into the juice, then take two drachms of Kermes smal beaten to pouder, mix it also with the juice, so

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being mixt, put them into an earthen vessel, covered or stopt forty eight hours, then strain it, and allow a pound of Sugar to every quart of juice, and so boil it to the ordinary height of a Sirrup, after it is boiled, take one drachm of the spices of Diamber, and two drachms of the spices of Diamargariton frigidum, and so sew the same slenderly in a Linnen bag, that you may put the same easily into the bottle of sirrup, and so let it hang with a thread out at the mouth of the bottle; the spices must be put into the firrup in the bag, so soon as the sirrup is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let it hang: put but a spoonful or two of Honey. amongst it while it is boiling, and it will make the scum rise, and the sirrup very clear.

You must add to it the quantity of a quarter of a pint of the juyce of

Balm.

An

An excellent Receit for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and
half an ounce of London Triacle,
beaten together in a Mortar, and
with a little Carduus, or some such
water, vapour it over the fire, till it
come to an Electuary: keep this in a
pot, and take as much as a Walnut;
it is good to cure a Feaver, Plague,
and any Infection.

An excellent Cordial.

Take the flowers of Marigolds, and lay them in smal spirit of Wine, when the tincture is fully taken out, pour it off from the flowers, and vapour it away till it come to a Consistence as thick as an Electuary.

For

For a bruise or stich under the Ribs.

Take five or fix handfuls of Cabbage, stamp it, and strain it, after it is boiled in a quart of fair water, then sweeten it with Sugar, and drink it off in a Wine glass in the morning, and at 4. in the afternoon, for five or fix dayes together, then take a Cabbage-leaf, and between two dishes stew it, being wet first in Canary-wine, and that lay hot to your fide evening and morning.

An excellent Receit for an Itch, or any foul Scabson on ode T

Take Fox-gloves, and boil a handful of them in posset drink, and drink of it a draught at night, and n the morning, then boil a good quantity of the Fox-gloves in fair unning water, and annoint the pla-

ces that are fore with the Water.

A Regeit good for the Liver.

Take Turpentine, slice it thin, and lay it on a Silver or Pursane Plate, twice or thrice in the Oven with the Bread, till it be dry, and so make it into pouder, every day take as much as will lye on a six-pence in an Egg.

For Flegm, and stopping in the Throat and Stomack. D. T.

Take Oil of Almonds, Linseed Oil buds of Orange flowers, boil all these in Milk, and annoint the stomack well withit, and lay a scarlet cloth next to it.

For an extream Cold, and a Cough.

Take of Hylog-water fix ounces, of

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Dates, ten Figs, and slice them smal, a handful of Raisins of the Sun, the weight of a shilling of the pouder of Liquorice; put these into the aforesaid waters, and let them stand sive or six hours upon warm embers close covered, and not boil, then strain forth the water, and put into it as much Sugar of Roses as will sweeten it: drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To Distill Triacle-water.

Take one ounce of Harts-horn shaved, and boil it in three pints of Carduus water till it come to a quart, then take the Roots of Elecampane, Centian, Cipresse, Turmentil, and of Citron rinds, of each one ounce, Borrage, Buglosse, Rosemary slours, of each two ounces; then take a pound

pound of the best old Triacle, and dissolve it in six pints of white wine, and three pints of Rose-water, so insuse all together, and distil it.

It is good to restore Spirits, and speech, and good against swouning, Faintness, Agues, and Worms, and the smal Pox.

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Hours,

take a

pound

Triasle-water.

Take three ounces of Venice Triacle, and mingle it in a quart of spirits of Wine, set it in horsedung four
or five dayes, then still it in ashes,
or sand twice over; after take the
bottom which is lest in the Still, and
put to it a pint of spirit of Wine, and
set it in the dung till the tincture be
clean out of it, and strain the clear
tincture out of it, and set it on the
fire, till it become to be a thick consistrence, it must be kept with a soft
fire. And so the like with Saffron.

Totake away Hoarsness. in lotti

Take a Turnip, cut a hole in the top of it; and fill it up with brown Sugar-candy; and so roast it in the embers, and eat it with butter.

To take away the Head ach.

Take the best Sallade Oil, and the glass half full with tops of Poppy-flowers which groweth in the Corn; setthis in the Sun a Fortnight, and to keep it all the year, and annoint the Temples of your head with it.

erit in the dung till the fincture be

Take Sallade Oil, Aqua vite, and Sack, of each an equal quantity, beat them all tegether, and before the fire rub the loles of your feet with it.

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Takea quart of running water, and three ounces of Harts-horne scraped very fine, then put it into a stone Jug, and serthe Jug in a Kettle of water over the fire, and let it boil two or three hours until it Jelly, then put it into 3 or 4 spoonfuls of Rosewater, or white Wine, then strain it: you may put into it Musk, or Ambergricce, and season it as you please.

To make a Glifter.

Take half a quart of new Milk, for three quarters, for it on the fire, and make it scalding hot, then take it off, and put into it the yolk of a new laid Egg beaten, two ounces of brown Sugar-candy, or black Sugar, give it to the party blood-warm.

Another

Another.

Take the bone of a neck of Mur ton, or Veal, clean washed, set it on thefire to boil in three pints of tair water, and when it is clean scummed, then put in the Roots of Fennel and Parsley clean washed and scraped, of either of them, the roots bruised, a handful, of Cammomil and Mallows a handful, let all these boil together til halfbe wasted, then strain it; take three quarters of a pint of this broth, brown Sugar-candy two ounces, of Oil of Flax-seed two ounces; mingle all these together, and take it for a Glister blood-warm, when it is in your body, keep it half an hour, or three quarters of an hour, or an hour if you can.

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A comfortable Cordial to chear.

Take one ounce of Conserve of Gillistowers, 4 grains of the best Musk bruised as fine as slower, then put it into a little tin pot, and keep it till you have need to make this Cordial following; viz. Take the quantity of one Nutmeg out of your tin pot, put to it one spoonful of Cinnamon-water, and one spoonful of the sirrup of Gillistowers, Ambergiece; mix all these together, and drink them in the morning, Fasting 3 or 4 hours: this is most comfortable.

A Cordial for Wind in the stomack, or any part.

Take six or eight spoonfuls of Penniroyal-water, put into it four drops drops of Oil of Cinnamon, so drink it any time of the day, so you fast two hours after.

Restoratives.

Take a well-flesht Capon from the Barn door, and pluck out his Intrals, then wall it within with a little white Wine, then fley offall the skin, and take out his bones, and take the flesh, only cut it in little pieces, and put it into a little Stone bottle, and put to it one ounce of white Sugar candy, fix Dates slit, with the stones and piths taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three hours; then take it out, and pour the juice from the meat, and put to it one spoonful of red Rose-water, and take the better part for your breakfast 4. hours beore dinner, and the other part at three

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three a clock in the afternoon, being blood-warm.

Another Restorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Caudle with a new laid Egg; put in half a Nutmeg cut in two pieces, then take it off the fire, and put in seven grains of Ambergriece; drink this for two Breakfasts, for it will encrease blood and strength.

Another Restorative.

Take two new-laid Egs, and take the whites clean from them, and put the yolks both in one shell; then put in two spoonfuls of Claret wine, seven grains of Ambergriece small bruised, and a little Sugar-candy; stir all these together, and make them blood-warm, and sup them up sor

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a breakfast three or four hours before Dinner.

Another Restorative.

Take a young leg of Mutton, cut off the skin and the Fat, take the flesh being cut into smal pieces, and put it into a Stone bottle, then put to it two ounces of Raisins of the Sunstance, a large Mace, an ounce and half of Sugar-candy, and stop the bottle very close, and let it boil in a Chater three hours, and so put the juice from the meat, and keep it in a clean glasse; it will serve for three breakfasts, or if he will he may take some at three of the clock in the Afternoon being made warm.

A Restoring Broth.

Take two ounces of Chene-roots, first slit very thin, then put it in a new

new Pipkin with five pints of running water being close covered, and so set it upon embers all night long, where it may be very hot, but not seeth; then put to that water a great Cock Chicken, and when it is clean scummed, put into it two spoonfuls of French Barly, fix Dates flit, with the piths and stonestaken out, two ounces of Raisins of the Sun ston'd, alarge Mace, let all these boil toge. hert Il half be consumed, then take out the Cock, and beat the fielh of it in a clean Mortar, and a little of the broth, then strain it all together throughout a hair Cullender, then put in two spoonfuls of red Rose water, and sweeten it with white ugar-candy; drink of this Broth, being made warm, half a pint in the morning early Fasting, and sleep after it if you can, drink a good draught at three of the clock in the afternoon; this broth is very good for

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for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato-roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw Marrow, and a few Currans, a little whole Mace, and sweeten it with Sugar to your taste, and so eat it instead of buttered Parsnips.

Broth for a Consumption.

Take three Marrow-bones, break them in pieces, and boil them in a Gallon of water till half be confumed, then strain the liquor through a Cullender, and let it stand while it be cold, then take off all the Fat clean, and put the broth into a pipkin, and put to it a good Cockchicken, and a Knuckle of Veal, then

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nger out into it the bottom of a white loaf, whole Mace, two ounces of Raisins fthe Sunstoned, six Dates sit; et all these boiltogether till half be onsumed, then strain it; instead of mor Almonds take a few Pistaties kerels and bear them, and strain with our Broths as you do Almondiilk, and so sweeten it with white suar, and drink half a pint early in the forning, and at three a Clock in the fternoon, and so continue a good hile together, or else it would do bu no good.

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Another Cordial Asides

Take a preserved Nutmeg, cut it four quarters, eata quarter at a eakfast, and another in the Afteron: this is good for the Head d Stomack.

A Cordial for a Breakfast fasting.

Eat a good piece of a Pomecitron preferved, as big as your two fingers in length and bredth, and so at three of the Clock in the Afternoon.

A Restoring Breakfast.

Takethe Brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and Arain out the juyce with a draught of strong Broth, and take it for a Breakfast, or to bedward.

A Medicine for any griping of the Cloves Belly.

Take a pint of Claret-wine, pu to it a spoonful of Parsley-seed, and a spoonful of sweet Fennel-seed, hal a dozen Cloves, a branch of Rose mary

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mary, a wild Mallow-root clean washt and scrapt, and the pith taken out, with a good piece of Sugar; set this on the fire, and burn the Claret very well with all these things in the morning Fasting, and at three a clock in the Afternoon.

To keep the Body Lapintine.

Take half a pint of running Waer, put it in a new Pipkin with a
over, then put into the Water two
ounces of Manna, and when it is
lissolved, strain it, and put to it four
ounces of Damask Prunes, eight
Cloves, a branch of Rosemary; let
ll these stew together while they be
rery tender, then eat a dozen of them
with a little of the Liquor an hour
efore Dinner or Supper, then take
draught of Broth and Dine.

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To make the China Broth for a Consumption.

Take China root thin fliced two ounces, Reep it twenty four hours, in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot; then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in fiveleaved Grass two handfuls, Maidenhair, Harts-tongue, of either half a handful, twenty Dates fliced, two or three Mace, and the bottom of a Manchet, let all these stew together, untill not above one quart remains, then strain it, and take all the flesh, and sweet bones: beat them in a stone Mortar, and strain out all the juyce with the Broth; then sweetenit with two ounces of white Sugar-candy in pouder, and take therethereof l the mor it if you

Supper steep the of white

Sanders Broth.

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thereof half a pint at once, early in the morning warm, and sleep after it if you can, and two hours before Supper at your pleasure; when you steep the Root, slice two drachms of white Sanders, and as much red Sanders, and let them boil in the Broth.

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A gentle Purge.

Take an ounce of Damask Roses, eatitall at one time, fast three quarters of an hour after, then take a draught of Broth and dine.

Another Purge.

Take the weight of four or five pence, of Rubarb, cut it in little pieces, and take a spoonful or two of good Currans washt very clean, so mingle them together, and so eat them, fast an hour after, and begin C 3 that

that meal with broth, you may take it an hour before it you will.

Broth for a Consumption.

Take a course Pullet, and sow up the belly, and an ounce of the Conserves of red Roses, of the Conserves of Borrage and Bugloss flowers, of each of them half an ounce, Pine Apple-kernels, and Pistaties, of each half an onnce bruised in a Mortar, two drachms of Amber pouder, all mixed together, and put in the belly; then boil it in three quarts of Water, with Egrimony, Endive, and Succory, of each one handful, Sparrowgrass-roots, Fennel-toots, Caperroots, and one handful of Raisins of the Sun stoned, when it is almost boiled, take out the Pullet, and beat it in a stone Mortar; then put it into the liquor again, and give it three or four walms more, then strain it, and

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and put to it a little red Rose-water, and half a pint of white Wine, and so drink it in a morning, and sleep after it.

To prevent miscarrying

Take Venice-Turpentine, spread it on black brown Paper, the bredth and length of a hand, lay it to the smal of her back, then give her to drink a Caudle made of Muskadine, and put into it the husks of twenty three sweet Almonds dryed, and finely poudered.

For Boiles, or Kibes, or to draw a Sore.

Take strong Ale, and boil it from a pint to four spoonfuls, and so keep it, it will be an Ointment.

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To make Cammomil Oil.

Shred a pound of Cammomil, and knead it into a pound of sweet Butter, melt it, and strainit.

A Receipt for the Plurisie.

Take three round Balls of Horsedung; boil them in a pint of white Wine till half be consumed, then strain it out, and sweeten it with a little Sugar, and let the Patient go to bed, and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and set it on the fire, and when it boils put in a pint of Ale, then take off the Curd and put in nine heads of Carduus, let it boil till half be wasted, then to every quarter of a pint, put a good spoon(poon) quarte

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spoonful of Wheat flower, and a quarter of a spoonful of gross Pepper, and an hour before the Fit, let the Patient drink a quarter of a pint, and be sure to lye in a sweat before the Fit.

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An excellent Balm for a green Wound.

Take two good handfuls of English Tobacco, shred it small, and put it into a pint of Sallade-oil, and seeth it on a soft fire to simper, till the Oil change green; then strain it, and in the cooling put in two ounces of Venuce Turpentine.

For an Ach.

Take of the best Gall, white Wine Vinegar, and Aquavitæ, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glass or pot, and when you use

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any of it, warm it against the fire, rub some of it with your hand on the aking place, and lay a linnen cloath on it; do this mornings and evenings.

To make a Searcloath.

Virgins Wax, Sperma Ceti, Venice Turpentine, Oil of white Poppy, Oil of Een, Oil of sweet Almonds.

For Wind in the Stomack, and for the Spleen.

Take a handful of Broom, and boil it in a pint of Beer or Ale till it be half confumed, and drink it for the Wind, and the Stomack, and for the Spleen.

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A most excellent Water for a Consumption, and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him, when he is almost cold cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into such a Still as you still Rose-water in, and with a pottle of Sack, a pound of Currans, a pound of Raisins of the Sun stoned, a quarter of a pound of Dates, the stones taken out, and the Dates cut small, two handfuls of wild Thyme, two handfuls of Orgares, two handfuls of Pimperbal, and two handfuls of Rosemary, two handfuls of Buglosse and Borrageflowers, a pottle of new Milk of a red Cow; still this with a soft fire, put into the glass that the water doth drop into, half a pound of Sugar**eandy**

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candy beaten very small, one Book of leaf Gold cut small among the Sugar, sour grains of Ambergriece, twelve grains of prepared Pearl, you must mingle the strong water with the small, and drink four spoonfuls at a time in the morning Fasting, and an hour before supper; you must shake about the glass when you drink it.

For a Bruise.

Take fix spoonfuls of Honey, a great handful of Linseed, bruise these in a Mortar, and boil them in a pint of Milk an hour, then strain it very hard, and annoint your breast and stomack with it every morning and evening, and lay a red cloth upon it.

The Eye-water for the infirmities and Diseases of the Eye.

Take of the distilled water of the white

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white wild Rose, half a pound of the distilled water of Celendine, Fennel, Eye-bright, and Rue, of each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of Tutia prepared four ounces, pulverize all these Ingredients each by themselves, saving that you must bruise the Camphire with your Sugar-candy, for so it breaks best; then mix all the ponderstogether in a paper, put them in a strong glass, pour the distilled waters upon them, and three pints of the best French white Wine that can be had, shake it every day three or four times long together for a moneth, and then you may use it: remember to keep it very close stopr. This is verbatim as it was had from the Lord Kelly.

A Me-

A Medicine very good for the Dropsie, or the Scurvy, and to clear the Blood.

Take four gallons of Ale drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in of Brook-lime, of Water-cresses, of Water-mints with red stalks, of each four handfuls, half a peck of Scurvy-grass, let all these be clean picked, and washed, and dryed with a cloth, and shred with a Knife, and then put into a bag, then put in the Ale and stop it close, so that it have no vent, stop it with Rie passe; the best Scurvy-grass groweth by the water fide, it must be seven dayes after the things be in before you drink it. Take two quarts of Water, and put in four ounces of Guiacum, two ounces of Sarsaparilla, one ounce of Saxifrage, put it in-

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to a pipkin, and infuse it upon the embers for twelve hours, and then strain it, and put it into the Ale as soon as it hath done working, this being added makes the more Caudle.

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Take half a pint of red Rose-water, put therein sour penniworth of Aloe succatrina, as much Bole armoniack in quantity, let this lye sour and twenty hours in steep, then wash your eye with it evenings and mornings with a Feather, and it will help them.

A Sirrup to strengthen the Stomack, and the Brain, and to make a sweet Breath.

Take Rinds while they be new one pound, of running water the value of five Wine pints, then seeth it

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unto three pints, then strain it, and with one pound of Sugar, seeth it to a Sirrup, and when you take it from the fire, put to it sour grains of Musk.

For the barning in the Back.

Take the juyce of Plantain, and Womans Milk, being of a Woman Child, put thereto a spoonful of Rose-water, and wet a fine cloth in the same, and so lay it to your back where the heat is.

A very good Medicine to stay the Vomiting.

Take of Spare-mints, Worm-wood, and red Rose-leaves dryed, of each half a handful, of Rye-bread grated a good handful, boil all these in red Rose-water and Vinegar, till they be somewhat tender, then put it into

flomack as hot as you can endure it, heating it two or three times a day with such as it was boiled in.

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For weakness in the Back.

Take Nip, and Clary, and the Marrow of an Ox-back, chop them very small, then take the yolks of two or three Eggs, and strain them all together, then fry them; use this six or seven times together, and after it drink a good draught of Bastard or Muskadine.

To make a Cap for the pain and coldness of the Head.

Take of Storix and Benjamine, of both some twelve penniworth, and bruise it, then quilt it in a brown paper, and wear it behind on your head.

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To make pectoral Rouls for a Cold.

Take four ounces of Sugar finely beaten, and half an ounce of searced Liquorice, two grains of Musk, and the weight of two pence of the firrup of Liquorice, and so beat it up to a perfect paste, with a little sirrup of Horehound, and a little Gumdragon being steeped in Rose-water, then roulthem in small Rouls and dry them, and so you may keep them all the year.

For the running of the Reins.

Take the pith of an Ox that goeth down the back, a pint of red Wine, and strain them together through a cloth, then boil them a little with a good quantity of Cinnamon, and a Nutmeg, and a large Mace, a quantity of Ambergriece; drink

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drink this first and last daily.

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For Sun-burn.

Take the juyce of a Lemon, and a little Bay Salt, and wash your hands with it, and let them dry of themselves, wash them again, and you shall find all the spots and stains gone.

For a Pin, and Web, and redness in the Eye.

Take a pint of white Rose-water, half a pint of white Wine, as much of Lapis Calaminaris as a Walnut bruised, put all these in a glass, and set them in the Sun one week, and shake the Glass every day; then take it out of the Sun, and use it as you shall need.

A Spe-

A special Medicine to preserve the Sight.

Take of brown Fennel, Honeysuckles of the hedg, of wild Daisies
roots picked, and washed, and dried,
of Pearl-wort, of Eyebright, of red
Roses, the white clipped away, of
each of these a handful dry gather
ed, then steep all these hearbs in a
quart or three pints of the best whiteWine in an earthen pot, and so let
it lye in steep two or three daies close
covered, stirring it three times a day,
and so still it with a gentle fire, making two distillings, and so keep it
for your use.

A proved Medicine for the yellow faundice.

Take a pint of Muskadine, a pretty quantity of the inner bark of a Bar-

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Barberry-tree, three spoonfuls of the greenest Goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dryed, and very finely beated, and give it to drink in the morning.

To make Pectorol Rouls.

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Take one pound of fine Sugar, of Liquorice, and Annise-seeds two spoonfuls, Elecampane one spoonful, of Amber, and Corral, of each a quarter of a spoonful, all this must be very sixely beaten and searced, and then the quantity that is seed down must be taken; mix all these pouders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk; then take a brazen Mortar very well scoured, and a spoonful or two of the Pouders,

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ders, and drop some of the Egg to it, so beat them to a paste, then make them in little rouls, and lay them on a place to dry.

A Plaister for a sore Breast.

Take crums of white bread, the tops of Mint chopped small, and boil them in strong Ale, and make it like a Poultess, and when it is almost boiled, put in the pouder of Ginger, and Oil of Thyme, so spread it upon a cloth, it will both draw and heal.

A Medicine for the dead Palsie, and for them that have lost their speech.

Take Borrage leaves, Marigoldleaves, or flowers, of each a good handful, boil it in a good Ale Posset, the Patient must drink a good draught of it in the morning, and sweat; if it be in the arms or leggs, they they must be chased for an hour or two when they be grieved, and at meals they must drink of no other drink till their speech come to them again, and in winter, if the hearbs be not to be had, the seeds will serve.

An approved Medicine for an Ach, or Swelling.

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egs, thi Take the flowers of Cammomil, and Rose-leaves, of each of them a like quantity, and seeth them in white Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease a pain, and asswage the swelling.

An approved Medicine for a Stinking Breath.

Take a good quantity of Rosemary leaves and flowers, and boil them them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder being put thereto, let the Patient use to wash his mouth very often therewith, and this will presently help him.

Agood Broth for one that is weak.

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Take part of a Neck of Lamb, and a pretty running Fowl, and set them on the fire in fair spring water, and when it boileth scum it well, so done, put in two large Mace, and a sew Raisins of the Sua stoned, and a little Fennel-root, and a Parsley-root, and let them boil; if the party be grieved with heat or cold in the Stomack, if heat, put in a handful of Barley boiled before in two waters, and some Violet-leaves, Sorrel, Succosy, and a little Egrimony; if cold, put in Rosemary, Thyme, a Lilly, Marigold-leaves, Borrage,

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ind Bugloss, and boil this from four pints to less than one.

A Receit for Purging. D. T.

Take the leaves of new Sene, fix ounces, of chosen Rubarb one ounce ind half, leaves of Sage, and Dockoots, of each an ounce, of Barberies half an ounce, Cinnamon, and Nutmeg, of each an ounce, Annileeeds, and Fennel-seeds, of each fix Irachms; of Tamarisk half an ounce, Cloves and Mace, of each salf a drachm, beat them into a rosse pouder, and hang them in a innen bag in fix gallons of new Ale, so drink it fasting in the mornng, and at night.

To comfort the fromack, and help Windiness and Rheum.

Take of Ginger one penniworth, Cloves 50

Cloves four penniworth, Mace seven penniworth, Nutmeg four penniworth, Cinnamon four penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corral, and Amber, of each two drachms, of Fennel-seeds, Dill-seed, and Carraway-seed, of each one ounce, of Liquorice and Annise-seeds, of each one ounce, all beaten into fine pouder, one pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved, the pouders being well mixed therewith till it be stiffe, then put thereunto half a pint of red Rose-water, and mix them well together, and put it into a gally pot, and take thereof first in the morning; and last in the evenings, as much as a good Hasel-Nut, with a spoonful or two of red Wine.

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To make a Callise for a weak Person.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not so much as the Chicken, and set hem on the fire, and when they boil nd are well scummed, cast in a large Mage, and the pieces of the bottom of a Manchet, and half a handful of fint French Barly boyled in three waers before, and put it to the Broth, and take such hearbs as the party reuireth, and put them in when the Broth hath boiled half an hour, so oil it from three and a half to one; hen cast it through a strainer, and cum offall the Fat, so let it cool, then inthe ake twenty good Jordan Almonds, lased r more if they be small, and grind of the nem in a Mortar with some of the roth, or if you think your broth too trong, grind them with some fair ater; and strain them with the Broth:

Broth; then set it upon a few coals, and season it with some Sugar, not too much, and when it is almost boiled, take out the thickest, and beat it all to pecces in the Mortar, and put it in again, and it will do well, so there be not too much of the others sees.

For the Gout.

Take six drachms of Cariacostine Fasting in the morning, and fast two hours after it, you may roul it up in a Waser, and take it as Pils, or in Sack, as you conceive is most agreeable for the Stomack, this proportion is sufficient for a Woman, and eight drachms for a Man, and take it every second day, untill you sind remedy for it, it is a gentle Purge that works only upon Winds, and Water.

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The Poultess for the Gout.

Take a penny-loaf of white bread, and slice it, and put it in fair water, wo Eggs beaten together, a handful of red Rose-leaves, two penniworth of Saffron dryed to pouder, then take he Bread out of the Water, and boil tin a quantity of good Milk, with he rest of the Ingredients, and apply to the place grieved, as warm as you can well endure.

For them that cappor Hear.

Put into their Ears good dryed

A Soveraign Water good for many Cures, and the health of Bodies.

Take a Gallon of good Gascoigne Wine, White, or Claret, then take Ginger, Galingal, Cardomon, Cin-D 3 namon,

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namon, Nutmegs, Grains, Cloves, Annise seeds, Fennel-seeds, Carraway-seeds, of each of them three drachms; thentake Sage, Mints, red Rose-leaves, Thyme, Pellitory, Rosemary, wild Thyme, wild Majoram, Organy, Penni-mountain, Penniroyal, Cammomil, Lavendar, Avens, of each of them a handful, then beat the Spices smal, and the Hearbs, and put all into the Wine, and let it stand for the space of twelve hours, stirring it divers times: then still it in a Limbeck, and keep the first water by it self, for it is best; then will there come a second water, which is good, but not so good as the first: the Virtues of this Water be these. It comforteth the Spirit vital, and preserveth greatly the Spirit vital, and preserveth the youth of man, and helpeth all inward Diseases coming of cold, and against shaking of the Palsie, it cureth the contract of sinews oves,

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news, and helpeth the Conception of the Barren, it killeth the Worms in the Belly, it killeth the Gout, it helpeth Tooth-ach, it comforteth the stomack very much, it cureth the cold Dropfie, it breaketh the Stone in the Back, and in the reins of the Back, it cureth the Canker, it helpeth shortly the stinking Breath, and whosoever useth this Water oft, it preserveth them in good liking; this water will be better if it stand in the Sun all the Summer, and you must draw of the first water but a pint, and of the second as far as it will run, until the whole Gallon of Wine and Hearbs be all done out, but the last water is very small, and not half so good as the first; if you do draw above a pint of the best water, you must have all things more as is aforefaid. there's have drink of it le

together ; till the wo

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To stansh the bleeding of a Wound.

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Take a Hounds-turd, and lay it on a hot coal, and bind it thereto, and that shall stanch bleeding; or else bruise a long worm, and make pouder of it, and cast it on the wound; or take the ear of a Hare, and make pouder thereof, and cast that on the Wound, and that will stanch bleeding.

For spitting of Blood after a Fall or Bruise.

Take Bittany, Vervain, Nose-bleed, and five-leaved Grass, of each a like, and stamp them in a Mortar, and wring out the juyce of them, and put to the juice as much Goats milk, and let them seeth together, and let him that is hurt drink of it seven dayes together, till the waxing of the Moon; and let him drink also Of-

Osmory and Cumfrey with stale Ale, and he shall be whole.

For to heal him that Spitteth Blood.

Take the juyce of Bettany, and temper that with good Milk, and give the fick to drink four dayes, and he shall be whole.

For to know whether one that bath the Flux shall live or dye.

Take a penny-weight of Trefoileseed and give him to drink in Wine or Water, and do this three dayes, and if it cease he shall live, with the help of Medicine, if not, he shall die.

For to Stanch the bleeding of a Vein.

Take Rue and seeth it in water, and after stamp it in a Mortar, and lay it on the Vein, then take Lambs-

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For a Veinthat is evil smitten.

Take Beans and peel away the lack, and seeth them well in Vinegar, and say them on the Vein hot, in manner of a Plaister.

For one that Pisseth Blood.

Take and seeth Garlick in water, till the third part be wasted away, let him drink of the water, and he shall be whole.

For a Woman travelling with Child.

Take and give her Tittany to drink in the morning, and she shall be delivered without peril, or else give her Hysop with water that is hot,

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hot, and she shall be delivered of the child, although the child be dead and rotten; and anon when she is delivered, give her the same without Wine, or bind the hearb Argentine to her Nostrils, and she shall be soon delivered; or else Polipodyl, and stamp it, and lay that on the Womans foot in manner of a Plaister, and she shall be delivered quick or dead; or else give her Savory with hor water, and she shall be delivered.

Against Surfeiting and Digesting.

Take the bottom of a wheat-loaf, and toast it at the fire, till it be very brown and hard, and then take a good quantity of Aqua vita, and put upon the same toasted, and put it in a single Linnen cloth, and lay it at the breast of the Patient all night, and with the help of God he shall recover, and he shall Vomit or Purge soon after.

A Wa-

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A water to comfort weak Eyes, and

to preserve the sight.

Take a Gallon and a half of old Whear, fair and clean picked from all manner of soyle, and then still it in an ordinary Still with a foft fire, and the water that comes of it must be put in a Glasse, then take half a pound of white Sugar candy, and bruise it in a Mortar to pouder, and after three dayes, when the water hath been in a Glasse, then put in the poudered Candy; then take an ounce of Lapis Tutia prepared, and put it into the Glass to the rest of the stuff. then take an ounce of Camphire, and break it between your fingers small, and put it into the Glass, then stop the glaffe close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-Candy as much as a Chelnut,

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and put it into three or four spoonfuls of white Wine to steep, then
take it out again and dry it, and
when it is dry, bruise it in a clean
Mortar that tastes of no spice, then
put it upon a white Paper, and so
hold it to the fire that it may be
through dry, and then searce it
through a little sieve.

For hot Eyes and red.

Take flugs, such as when you touch them will turn like the pummel of swords, a dozen or sixteen, shake them first in a clean cloth, and then in another, and not wash them, then stamp them, and put three or four spoonfuls of Aleto them, and strain it through a dry cloth, and give it the party morning and evening, first and last.

For Cornes:

Take fair water half a pint, Mercury sublimare a penniworth, Allum as much as a Bean, boil all these together in a Glass Still, till a spoonful be wasted, and alwayes warm it when you use it; this water is also good for any Itch, Tetter, Ringworm or Wart.

A Searcloth, for a Sore, or Sprain,

or any Swelling.

Take Vervain seven ounces, of Siros seven ounces, of Camphire three drachms, of oyl of Rosesten ounces, let the Wax and the Oil boiltill the Wax be melted, then put in your Siros finely beaten, stirring it on the fire till it look brown; then put in the Camphire finely beaten, and let it boil two or three walmes, and then dip in your cloaths.

A Poultesse for a Swelling.

Take a good handful of Violet leaves, and as much Groundsel, of Chickweed and Mallowes, half a handful, cut all these with a knife,

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and so seeth them well in Conduit water, and thicken it with Baily meal, being finely fifted, and fo roul allo it sure, and lay it to the swelled place, ing and shift it twice a day.

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Violet

To make a firing water good for a Canker, or any old Sore, or to eat any lump of flesh that groweth.

Take of Celendine a handful, of red Sage a handful, and of Woodbine leaves a handful, shred all these together very small, and steep them in a quart of white Wine, and a pint of water, letting it stand all night, and on the morrow fraincit, and put therein of Borax, and Camphire, of each nine penniworth, and of Mercury four penniworth, and set them on a fost fire, boiling fostly for the space of an hour, and when you will use it, warm a little of it, dip in it a cloth, and lay it on the Sore, or dip in it any Cotton. In The I

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To heal any bruise, Sore, or Swelling. Take two pound of Wax, and two pound of Rosin, and two pound and a half of butter, and four spoonfuls of Flower, and two good spoonfuls of Honey; put in your Wax, Rosin, and your Butter all together, boil all these together, and clarifieit, then put in two ounces of Carmerick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in you cloaths, and make Searcloth, and you may spread it Plaister-wise to heal any wound.

A Medicine for any wound old or new.

Take a pint of Sallade Oil, and four ounces of Bees Wax, and two ounces of stone pitch, and two ounces of Rosin, and two ounces of Venice Turpentine, and one penniworth

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worth of Frankincense, and a handfull of Rosemary tops, and a handful of Tutson leaves, and a handfull of Plantain leaves; these hearbs
must be stamped, and the juyce of
them put to the things aforesaid, and
let them boil together about a quarter of an hour, or there abouts; this
being done, put it into an earthen
pot, and when it is cold you may use
it as you have occasion, and keep it
two year; a most excellent Medicin.

A Medicine for aWen.

Take black Sope, and unquencht Lime, of each a like quanity, beat them very small together, and spead it on a woollen cloth, and lay it on the Wen, and it will consume it away.

Take of white Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so annoint the head therewith.

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For to mundifie, and gently to cleanse Ulsers and breed new flesh.

Take Rosin eight ounces, Colophonia four ounces, Era & Oliva,
ana. one pound, Adypis ovyni, Gum
Amoniaci Opoponaci, ana. one ounce,
sine Eruginis aris; boil your Wax,
Colophonia, and Rosin, with the oil
together, then strain the Gums, being sirst dissolved in Vinegar, and
boil it with a gentle fire, then take it
off, and put in your Verdigriece, and
sine pouder, and use it according to
Art.

A Fomentation.

Take the liquor wherein Neatsfeet have been boiled, with Butter, and new Milk, and use in manner of a Fomentation.

For the Falling Sicknesse, or Con-

Take the dung of a Peacock, make it into pouder, and give so much of

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it to the Patient as will lye upon a shilling, in Succory-water fasting.

For a Tetter, proceeding of a salt humor in the Breast and Paps.

Annoint the sore place with Tanners Owse.

For the Bloody-Flux.

Take the bone of a Gammon of Bacon, and set it up on end in the middle of a Charcoal-fire, and let it burn till it look like Chalk, and that it will burn no longer, then pouder it, and give the pouder thereof unto the fick.

Take one pound of Mede Wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of Sheeps tallow, shred them and seeth them softly, and put them to a little white Wine, or good Vinegar, and take of Frankincense, and Mastick, of each half an ounce in pouder, and

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put it to, and boil them all together, and still them till it be well relented, and spread this Salve upon a mighty Canvas that will over-spread the Sore, and lay it thereon hot till it be whole.

To make Flos Unguentorum.

Take Rosin, Per-rosin, and balfa pound of Virgin-wax, Frankincense a quarter of a pound, of Mastick half an ounce, of Sheeps-tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and pouder that that is to pouder, and boil it over the fire, and strain it through a cloth into a pottle of white Wine, and boil it all together, and then let it cool a little, and then put thereto a quartern of Turpentine, and stir all well together till it be cold, and keep it well. This Ointment is good for Soresold and new, it suffereth no corruption in the Wound, nor no evil flesh to be gendered

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dered in it, and it is good for headach, and for all manner of Imposthumes in the head, and for wind in the brain, and for Imposthumes in the body, and for boiling cars and cheeks, and for sauce slegme in the face, and for Sinews that be knit or stiff, or sprung with Travel; it doth draw out athorn, or iron, in what place soever it be, and it is good for the biting or stinging of venemous Beasts; it rotteth and healeth all manner of Botches without, and it is good for a Fester, and Canker, and Noli me Tangere, and it draweth out all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and swelling of many Members, and for all members, and it ceaseth the Flux of Menstrua, and of Emeroids, and it is a special thing to make a fumed cloth to heal all manner of fores, and it searcheth farthest inward of any Ointment.

An Ointment for all sorts of Aches.

Take Bettony, Cammomile, Celendine, Rosemary, and Rue, of each of them a handful, wash the Hearbs, and press out the Water, and then chop or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it untill half be wasted, and clarified, then seum it clean, and put in of Oil Olives one ounce, a piece of Virgins-Wax for to harden the Ointment in the summer time, and if you make it in the Winter, put into your Ointment a little quantity of Foot-Senne instead of the Virgins-Wax.

An excellent Sirrup to Purge.

Take of Sena Alexandrina one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Annise-seeds one ounce, Cummin-seed half an ounce,

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Carraway-seeds half an ounce, Cinnamon ten drachms, Aristolchiarotunda, Peonia, of each five drachms, Rubarb one ounce, Agarick fix drachms, Tamarisk two handfuls, boil all these in a gallon of fair Water unto a pottle, and when the Liquoris boiled half away, strain it forth, and then put in your Rubarb and Agarick in a clean thin handkercher, and tie it up close, and put into the said Liquor, and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of fix spoonfuls, or more or less, as you find it worketh in you.

To make Drink for all kind of Surfeits.

Take a quart of Aqua, or small Aqua vita, and put in that a good handful of Cowslip-flowers, Sage-flowers a good handful, and of Rosemary-flowers a handful, sweet Marjo.

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joram a little, Pellitory of the wall a little, Bettony, and Balm, of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel-seed, Anniseseed, Coriander-seed, Carrawayseed, Gromwel-seed, Juniper-berries, of each a drachm, bruise your Spices and Seeds, and put them into your Agra, or Agua vita, with your hearbs together, and put to that three quarters of a pound of very fine Sugar; stir them together, and put them in a Glass, and letit stand nine dayes in the Sun, and let it be stirred every day; it is to be made in May, steeped in a wide-mouthed Glass, and strained out into a narrow-mouthed Glass.

A Medicine for the Reins of the Back.

Arain it, then dip a fine linnen cloth into it, and lay it to the Reins of the Back, and that will heal it.

Take Egrimony, and Mugwort both leaves and roots, and stamp it with old Bores grease, and temper it with Honey and Eysell, and lay it to the back.

For a Stitch.

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Take Roses, and Cammomil, of each a handful, and oyl of Roses, and oil of Cammomil, of both together a saucer full, and a quantity of Barly flower, boilall these together in Milk, and then take a linnen Bag, and put it therein, and lay the Plaiter as hot as may be suffered where the stitch is.

To make a Salve for Wounds that be cankered, and do burn.

Take the juyce of Smallage, of Morrel, of Waberd, of each a like, hen take the white of Eggs, and ningle them together, and put there o a little Wheat-flower, and stir them together till it be thick, but let

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it

it come near no fire but all cold; let it be laid on raw to the fore, and it shall cleanse the Wound.

A Medicine for Bone-ach.

Take Brook-lime, and Smallage, and Daisies, with fresh Sheeps-tallow, and fry them together, and make thereof a Plaister, and lay it to the fore hot.

For Sinews that are shrunk.

Take young Swallows out of the nest a dozen or sixteen, and Rosemary, Lavender, and rotten Strawberry-leaves, strings and all, of each a handful, after the quantity of the Swallows, the Feathers, Guts and all, bray them in a Mortar, and fry all them together with May Butter, not too much; then put it in an Earthen pot, and stop it close nine dayes: then fry it again with May Butter, and fry it well, and strain it well, when you shall useit, chafe it against the fire.

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A Water for the biting of a mad

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Take Scabios, Matfiline, Yarrough, Nightshade, wild Sage, the leaves of white Lillies, of each a like quantity, and still them in a common Still, and give the quantity of three or four spoonfuls of the Water mingled with half a handful of Triacle, to any man or beast that is bitten, within three dayes after the biting, and for lack of the Water take the juices of these Hearbs mingled with Triacle, it will keep the fore from rankling; take Dittany, Egrimony, and rusty Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

A proved Medicine for any one that

have an Ague in their Breast. Takethe Patients own water, or any others that is very young, and set it on the fire, put therein a good hand-

handful of Rolemary, and let it boil; then take two red cloaths, and dip them in the Water, then nip it hard, and lay it on the Breast as hot as it may be endured, and apply it till you see the Breast asswaged, then keep it very warm.

To kill a Fellon.

Take red Sage, white Sope, and bruise them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much vinegar, the crums of leavened Bread, and a little Honey, and boil them all together till they be thick, and lay that hot to the joint where the Fellon is, and that will heal it.

Doctor Stevens Soveraign Water.

Take a gallon of good Gascoign-Wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Annise-seeds, Carraway seeds, of each a drachm; then take Sage, Mint,

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red Roses, Thyme, Pellitory, Rose-mary, wild Thyme, Cammomile, Lavender, of each one handful; then bray both Spices and Hearbs, and put them all into the Wine, and let them stand for twelve hours, divers times stirring them; then still that in a Limbeck, but keep that which you still first by it self, for that is the best; but the other is good also, but not so good as the first.

The virtues of this Water are these: It comforteth the Spirits Vital, and helpeth the inward Diseases which come of cold; and the shaking of the Palsie; it cureth the contraction of Sinews, and helpeth the conception of Women that be Barren; it killeth worms in the Body; it cureth the cold Cough; it helpeth the Tooth-ach; it comforteth the Stomack; it cureth the cold Dropsie; it helpeth the Stome; it cureth shortly the stinking Breath, and who so useth

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this water enough, but not too much, it preserveth him in good liking, making im young.

Doctor V Villoughbies Water.

Take Galingal, Cloves, Cubebs, Ginger, Mellilot, Cardamome, Mace, Nutmegs, of each a drachm, and of the juyce of Celendine half a pint; and mingle all these made in pouder with the said juyce, and with a pint of good Aqua vita, and three pints of good white VVine, and put all these together in a Still of Glass; and let it stand so all night, and on the morrow still it with an easie fire as may be.

The vertue is of secret nature, it dissolves the swelling of the Lungs without any grievance, and the same Lungs being wounded or perished, it helpeth and comfortesh, and it sufferesh not the Bloodto putrisie; he shall never need to be let blood that useth this VV ater, and it suffers not

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the heart to be burnt, nor Melancholly or flegm to have dominion above nature, it also expelleth the Rheum, and purifieth the stomack, it preserveth the visage or memory, and destroyeth the Palsie, and if this water be given to a man or woman labouring towards death, one spoonful relieveth. In the Summer time use once a week fasting the quantity of one spoonful, and in Winter two spoonfuls.

A Medicine for them that have a pain, after their child-bed.

Take Tar, and fresh Barrowes grease, and boil it together, then take Pigeons Dung, and fry it in fresh

grease, and put it in a bag.

For the drink: Take a pint of Malmsey, and boil it, and put Bayberries and Sugar in it, the Bay-berries must be of the whitest, and put therein some Sanders.

Take some fair water, and set it B 4 over

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over the fire, and put some ground Malt in it, when they use these things they must keep their bed.

For the running of the Reins.

Take Venice Turpentine rouled in Sugar and Rose water, swallow it in pretty roules, and put a piece of Scarlet warm to your back.

For Codds that be swollen. Stamp Rue and lay thereto.

To draw an Arrow head, or other Iron out of a wound.

Take the juyce of Valerian, in the which you shall wet a Tent, and put it into the wound, and lay the same Hearb stamped upon it, then your band or binding as appertaineth, and by this means you shall draw out the, Iron and after heal the wound as it requireth.

A Plaister for a green Wound.

Take Flower and Milk, and seeth them together till it be thick, then take round

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take the white of an Egg and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg, and Aqua vita, and boil it with the Egg till it be dry: then take Cinnamon and Sugar and cat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head swollen with a Fall.

Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaister, the which you shall lay hot to the head, and it will altogether asswage the swelling, and heal it perfectly.

Against the biting of any venemous Beast.

As soon as the person feeleth him-

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self bit with any venemous beast, or at least, so soon as it is possible, let him take green leaves of Fig tree, and presse the Milk of them three or four times into the wound: And for this also serveth Mustard seed mingled with Vinegar.

A perfect Remedy for him that is sore wounded with any Sword or Staffe.

Take Taxas barbatus, and stamp it, and take the juyce of it, and if the Wound bleed, wipe it, and make it clean, washing it with white Wine, or Water, then lay the said juices upon the wound, and the hearb whereof you take the juyce, upon it, then make your band, and let it abide on a whole day, and you shall see a wonderful effect.

A Bag to smell unto for Melancholly, or cause one to sleep.

Take dry Rose leaves, keep them close

close in a glass which will keep them sweet, then take pouder of Mints, pouder of Cloves in a gross pouder, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.

For Spitting of Biood.

Take the juyce of Bettony tempered with Goats Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts,

Swellings, and Heat.

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Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Bores grease, one pound of Butter, and oil of Neats foot a quantity, stamp them well together, then fry them, and strain them into an earthen pot, and keep it for your use.

A falve

A Salve for a new Hurt.

Take the whitest Virgins wax you can get, and melt it in a pan, then put in a quantity of Butter and Honey, and seeth them together, then strain them into a dish of fair water, and work it in your hands, and make it in a round Ball, and so keep it, and when you will use it, work some of it between your hands; and strike it upon a cloth, and lay it upon the sore, and it will draw and heal it.

Against the biting of a mid Dog, and the rage or madness that followeth a man after he is bitten.

Take the blossomes or slowers of wild Thisses dried in the shade, and beaten to pouder, give him to drink of that pouder in white Wine half a Walnut shell full, and in thrice taking it he shall be healed.

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Against spitting of Bloud by reason of some Veinbroken in the Breast.

Take Mise dung beatten into pouder, as much as will lie upon a groat and put it in half a glass full of the juyce of Plantane with a little sugar, and so give the patient to drink thereof in the morning before breakfast, and at night before he go to bed, continuing the same, it will make him whole and sound.

For to cleanse the Head.

Take Pellitory of Spain, and chew the roots three daies, a good quantity, and it will purge the head, and do away the Ach, and fasten the teeth in the gums.

A good Remedy against the Plurisie.

Open a white loaf in the middle new baked, and spread it well with Triacle on both the halfes on the crown side, and heat it at the sire, then lay one of the halfs on the place

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of the disease, and the other half on the other side of the body directly against it, and so bind them that they loose not, nor stir, leaving them so a day and a night, or untill the Imposshume break, which I have sometimes seen in two houres or lesse, then take away the bread, and immediately the Patient will begin to spit and void the purrefaction of the Imposshume, and after he hath sleptalittle, you shall give him meat, and with the help of God he shall shortly heal.

For a Pin, or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved and so close it up, and most assuredly the Lice wil suck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be used in a sit of the

Stone when the water stops.

Take the fresh shels of Snailes, the

Take the treih theis of Snatles, the newest

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newest will look of a reddish colour, and are best, take out the Snails, and dry the shels with a morderate heat in an oven after the bread is drawn, likewise take Bees and dry them so, USAC | and beat them severally into pouder, then take twice so much of the Bees pouder as the Snails, and mix them well together, keep it close covered in a glasse, and when you useit, take hath as much of this pouder as will lie meat, upon a fixpence and put it into a quarter of a pint of the distilled water of Bean-flowers, and drink it fasting, or upon an empty stomack, ones and eat nor drink nothing, for two o the or three hours after.

This is good to cause the party to illid make urin, and bring away the grawell or stone that causeth the stopping, and hath done very much good.

> A Sirrup for the pain in the Stomack. Taketwo good handfuls of young Rue,

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Rue, boil it in a quart of good white Wine Vinegar till it be half consumed, so soon as it is through cold, strain it, and put to every pint of the liquor a pound and a quarter of loaf-Sugar, and boil it till it come to a Sirrup, when you use it, take a good spoonful of this in the morning fasting, and eat nor drink nothing for two or three hours after; it is good for pain in the stomack that proceeds of windy vapours, and is excellent good for the Lungs and

Receipts for bruisis, approved by the Lady of Arundel.

obstructions of the Breast.

Take black Jet, beat it to pouder, and let the patient drink it every morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees, and put them in a paper, rost them, and break

break them, and drink as much of the pouder as will lie upon a fixpence every morning, untill the Patient be well.

To cause easte labour.

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Take ten or twelve daies before her looking, fix ounces of brown Sugar-candy beaten to pouder, a quarter of a pound of Rasins of the Sun stoned, two ounces of Dates unstoned sliced, half an ounce of Annise-seeds bruised, a quarter of an ounce of Cowslip flowers, one drachm of Rosemary flowers, put these in a fine lawn bag with a slint stone, that it may fink into a pottle of white Wine, let it steep four and twenty houres, and after take of it in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glass full.

A Cordial for the Sea.

Take one ounce of Sirrup of Clove-

Clove-Gillislowers, one drachm of Confectio Alchermes, one ounce and a half of Borrage-water, and the like of Mint-water, one ounce of Mr. Mounifords water, and as much of Cinnamon-water, temper all these together in a Cordial, and take a spoonful at a time when you are at Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincense beaten into fine pouder, mingle them well together, put in as much Barly slower as will make it thick for a Plaister, spread it on leather, lay it to the small of the back, letting it lie nine houres, use four plaisters one after another, you must slit the plaister in the midst, so as it may not lie on the back bone.

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4 present Remedy for a Woman with child that hath taken harm by fall, or fright, or any mischance.

To stay the Child, and strengthen, take one ounce of Pickerel jawes, ine beaten and searced, of Dates tones, and Bole armoniack, of each ne ounce, of Sanguis draconis, half n ounce, give of these, being well earced and mingled together, a irench Crown weight in Muskaline or Malmsey, and let the woman eep her very warm.

For a weak Back.

Take of red Lead half a pound, of thite Lead half a pound, boil these three pints of Sallade oil in a pipin, stirring them continually with piece of Iron, until it be of a gray olour, then roul it up in roules, and eed it for your use.

Oyl

Oyl of Saint Johns Wort. Take a quart of Sallade oil, put thereto a quart of the flowers of St. Fohns Wort well picked, let them lie therein all the year, till the seeds be ripe, the glasse must be kept warm, either in the Sun or in water all the Summer untill the seeds be ripe, then put in a quarter of Saint Iohns Wort seeds whole, and so let it stand twelve hours, then you must seeth the oil eight houres, the glasse being kept open, and the water in the pot full as high as the oil is of hieght in the glass; then when it is cold strain it, that the feeds may not remain in the oil, and then put up the oil for your use.

A green Salve for an old Sore.

Take a handful of Groundfell, as much Housleek, of Marigold leaves a handful, pick and wipe these Hearbs clean, but wash them not, then beat all these hearbs in a wood-

1 boul as small as is possible, then rain out all the juyce, and put in a of St. uantity of Hogs greafe, as much as vo Eggs, beat all these together aain, then put in the juyce again, want and put in ten Eggs, yolkes and hites, five spoonfuls of English oney, and as much Wheat flower tiohal; will make all this as thick as a istant lve, and so stir it very wel together, Asset : put it close up in a pot that it take ebin bair, and so keep it for your use.

the po A most excellent Pouder for the

ighi Chollick and Stone.

You must take it morning and min rening before you go to bed, Spereditora Cæti one ounce and half, Cloves d Mace one quarter of an ounce, nnise seeds, and Per-stone, of each undel 170 ounces, Cinnamon, and small aign epper, of each one quarter of an petro ence, Date stones a quarter of an m m cince, Liquorice, Fennel, red Sage, awood !! y berries, of each three quarters of an ounce, Acorns one quarter and half of an ounce, Lilly roots two drachms, the white of Oystershels burned in the sire, one quarter of an ounce; beat all these into sine pouder, and drink as much thereof in Ale or Beer as will lie on a sixpence, and fast one hour or two after it: If the party be fore grieved take one handful of Parsly, and seeth it in Ale until half be sod away, with twenty or thirty Prunes therein strained, and putthereto two spoonfuls of this pouder, and drink it mornings and evenings, somewhat warm.

A present Remedy for the running of the Reines.

Take an ounce of Nutmegs, half an ounce of Mastick, then slice the Nutmegs, and put them in steep in Rose Vinegar all one night, then lay them in a dish to dry before the fire, then take the Mastick and lay it n Papers, and beat it with a hamner very smal, and put a little Corcal well beaten unto it, and as much Ambergriece, then mingle these hings together with Sugar, and make t pleasant to ear, and so take a good quantity morning and evening.

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A Salve for a green Wound.

Take two handfuls of water-Ditany, two handfuls of Rosemary ared very small, a quarter of a pint of Turpentine, halfa pound of yellow Wax, a quart of Sallade oil, half pint of white Wine, boil all these ogether while the white Wine be uite consumed, then it will be green and come to the height of a Salve.

1 proved Medicine for aburning or ... Scalding, by lightning or otherwise.

Take Hogs grease, or Sheeps treaes, and Alehoof, beat these very ell together, then take more Hogs

greafe,

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A Choice Manual, Or,

grease, and boil it to a Salve.

Touseit.

Annoint the place greived with this Ointment, and then lay upon the fore so annointed Colewort leaves, which must be boiled very soft in water, and the strings made smooth with beating them with a Pestle.

A Pouder for the green Sickness, approved with very good success upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them severally, and then altogether very well, fine sugar very small beaten one quarter of a pound, and then mix and beat them all four together. Pearl the sixt part of half an ounce sincly beaten, mingle it with the rest, and beat them all together again, the filing of Steel or Iron an ounce and a quarter, sift it very fine, and mingle

with the rest, but if so small a nantitiy will not serve, adde a quarr more of the mettal, let it be sisted efore you weigh it, but if all this ill not serve the turn, put in a little ubarb, or a little Aloe-succarrina.

The manner of using this Pouder.

In the morning when you rise take alf a spoonful of it, as much at sour clock in the afternoon, and as much, hen you goe to bed, walk or stir uch after the first taking of it, I ean every morning and evening, st one hour after the taking of it, more, and then eat some Sugarps or thin broth.

The Patients Diet.

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She must forbear Oatmeal in oth or any other thing, Cheese, ggs, Custards, or any stopping teat, take care that this be not gi-

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ven to any woman that hath conceived or is with Child.

A drink to stanch blould inwardly.

Take the juyce of one handful of Shepheards purse, of Parsley, and Five-singer, of each as much, take five slips of Egrimony, strain all these juyces into the milk of a recommendate warm.

A Pouder to keep the Teeth clean

and from worm-eaten.

Take Rosemary burned to ashes Cuttles-bone, Harts-horn burne to pouder, Salgemme, twelve penn weight, the flowers of Pomegrar ates, white Coral, of each a fix penn weight, make all these in pouder, an with a little Rose-water, and a Sag leaf, tubthe Teeth.

A Salve to heal all manner of Sor

and Cuts.

Take one pint of Turpenine, of

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once pint of oil Olive, a quarter of a pint of running Water, nine branches of Rosemary, one ounce of unwrought Wax, two ounces of Rosat, seeth all these together in a little pan over the fire, let it seeth untill there arise a little white scum upon it, then stir it with a stick, suffering it to boil untill one quarter be consumed, then take it from the fire, strain it through a course cloth, but it must be done quickly after it betaken from the fire for cooling, after you have strained it into an earthen pot, let it cool, and keep it for your use.

To make Oil of Sage, good for the grief in any joynt, or for any ach. Take Sage and Parfly, seeth them in the oil Olive, till it be thick and

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A Medicine to purge and amend the Heart, Stomack, Speen, Liver Lungs, and Brain.

Take Alexander, Water cresses, F 3

young Mallows, Borrage, and Fennell roots pared, Mercury, Hartstongue, and Clare, and make of these Pottage.

To drive infectous diseases from

the heart.

Take Mithridate, and Century, of each two ounces, eight spoonfuls of Dragon Water, one pint of white Wine, seven spoonfuls of Aqua vita, boil all together a little, strain it, then set it on the fire again a little while, and drink of it morning and evening.

For the Tooth-ach.

Take Pepper and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thickness, and lay it outward on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make pouder

of

of it, burnt Allum, Bay Saltdryed, nake-all in fine pouder, and lay itto he tooth where the pain is, and also ubthe gums with it.

For the strangullion or the Stone.

Take the inner rind of a young

Ash, between two or three yeares of rowth, dry it to pouder, and drink

of it as much at once, as will lie on a ixpence in Ale or white Wine, and t will bring present remedy: the party must be kept warm two hours

fter it.

For the Stone:

Take the stone that groweth withn the gall of an Oxe, grate it, and
lrink of it in white wine, as much
s will lie upon a sixpence at once,
or want of white Wine make a poset of Ale, and clarifie the Ale from
he curd, then boil one handful of
Pellitory therein, and drink of the
ouder with it.

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For tht black faundies.

Take earth Wormes, washithem in white Wine, then dry them, and beat them into pouder, and put to a little Saffron, and drink it in Beer.

A drawing salve for an old Sore.

Take Rosin half a pound beaten to pouder, Sheeps tallow a quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rouls, and reserve it, to strike thin plaister upon old Sores.

A water to wash Sores withall.

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Honey two saucers full, boil all these together in three pints hen strain it, and reserve that liquor o wasse the fore withal.

A Medicine to cure the Garget in the Throat.

Take a pint of May Butter, and put it on the fire in a poinet, and put into it of the inner bark of Elder one good handful, and some Daisie roots, feeth it to half the quantity, and Arain it, and so keep it cool; take this ointment and annoint your throat, then take the ointment, and Arike a long plaister with it very thick of the ointment, then strike upon the ointment the best Jane triacle, and up. on that Arew grosse pepper very thick, strike it on with a knife, warm the plaister, and bind it round your throat to your ears, renew it once a day with the ointment, and the Tri acle, and pepper, and lay it on again, before you wie this ointment, scour your

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your mouth and throat with the pouder of Roch Allum burned, mix it with the pouder of Madder or Pepper.

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For the Hearing.

Take an Onion, take the core out of it, fill it with Pepper, slice it in the midst, being first wrapt in paper and roasted in the embers, lay it to each ear.

For a dead Child in a womans Body.

Take the juyce of Hysop, temper it in warm water, and give it the Woman to drink.

For a woman that hath her Flowers too much.

Take a Hares foot, and burn it, make pouder of it, and let her drink it with stale Ale.

A Medicine for the Gout.

Take Tetberry roots, and wash and scrape them clean, and slice them thin, then take the grease of a Barrow Hog, the quantity of either alike

alike, then take an earthen pot, then lay a laine of grease in the bottome, then a laine of roots, then the grease again, and so roots and grease till the pot be full, then stop the pot very close, and set it in a dunghil one and twenty daies, then beat it altogether in a boul, then boil it a good while, then strain it, and put in a penni worth of Aqua vita, then annoint the place greived very warm against the sire.

A Diet drink for the running Gout, ach in the joints, and for all in-

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Set seven quarts of water on the fire, and when it boileth put therein fours ounces of Sarsaparilla bruised, and let it boil two hours very softly, close stopped or covered, then put in four ounces of Sene, three ounces of Liquorice briused, of Stacados Hermodactil, Fpithymum, and of Cammomil flowers, of every one half an ounce,

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and so boil all these two ounce, hours very foftly, then Arain it, and keep it in a close vessel close stopped, when it is cold, then boil again all the aforesaid Ingredients in seven quarts of water four hours, with a soft fire close covered; then strain it and keep it as the other by it felf, and take of the first a good draught one hour before you arise in the morn. ing, and a draught at the beginning of Dinner, and another at Supper, and going to Bed, and at all other times; drink of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabbot, without Salt, and not basted, but to your Breakfast, a poached Egg, no Bread but Bisket, or dryed Crust, and at night Raisins of the Sun, and Bisketbread; drink no other Drink but this.

A Plaister to beal any Scre.

Take of Sage, Hearb-grace, of
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cacha like quantity, Ribwort, Plantain and Daisie roots, more than half so much of each of them, with Wax, fresh Grease, and Rosin make it a Salve; if the fielh grow proud, then put alwaies upon the Plaister before you lay it to the fore, burnt Allum, and it will correct the flesh.

To cause a Woman to have her Sick-

Take Egrimony, Motherwort, Avens and Parsley, shredthem smal with Oatmeal, make pottage of them with Pork; let her eat the pottage, but nor the Pork, airings

For the Stone.

Take the green weed of the Sea, which is brought with Oisters, wash it, and dry it to pouder, drink it with Malmsey fasting.

To kill Worms.

Take Aloe-fuccatrina two ounces, let it stand in a quart of Malmsey cight eight hours; drink it morning and evening.

For a hot Rheum in the Head. Take Rose-water, Vinegar, and Sallade-Oil, mix them wel together, and lay it to the Head warm.

For a Lask.

Take the nether Jaw of a Pike, beat it to pouder and drink it.

For an Itch, or any Scurf of the Body.

Take Elecampane-roots, or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and an noint the Patient.

For one that is bruised with a Fall.

Take Horse-dung, and Sheepsfuet, boil them together, and apply it to the same place, being laid upon a cloth.

For the Fmerhoides. Take Hops and Vinegar, fpy them

them together, and put it into a little bag, and lay it as hot as may be endured to the Fundament, divers bags one after another, and let one continue at it.

For one that is burned with Gun-

pouder, or otherwise.

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Take one handful of Groundsel, twelve heads of Housleek, one pint of Goose-dung, as much Chickens-dung, of the newest that may be gotten, stamp the Hearbs as small as you can, then put the dung into a Mortar, temper them together with a pottle of Bores-grease, labour them together half an hour, and strain it through a Canvas bag with a cleft stick into an earthen pan, and use it when need requireth, it will last two year.

To heal a prick with a Nail or Thorn.

Take two handfuls of Celendine, as much Orpen, cut it small, and boil it with Oil-olive, and unwrought

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wrought Wax, then strain it, and use it.

To stop the bleeding of a Cut or Wound.

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Take Hop, stamp it, and put it into the Wound, if Hop will not do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Houseek one handful, wash them and stamp them in a stone Mortar very small, and as you stamp them, put in a pint of Cream by little and little; then strain it, and put it in a pot with a Feather, take of this and annoint the scalded place, and then wet a linnen cloth in the same Ointment; and lay it on the place; and over that roul other clothes.

An Ointment for a Tetter.

Take Sal armoniack one ounce, beat it into fine pouder, then mixit with

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with Sope and fresh Grease, of each two ounces; make an Ointment and annoint the place.

For the singing in the Head?

Take one Onion, cut out the core, and fill that place with the pouder of Cummin, and the juice of Rue, set on the top again, and roast the Onion in embers; then put away the outside, and put it in a cloth, wring out the juice; take black Wool and dip it in, put this into thine ear where the singing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and misdoubting a Consumption.

Take three handfuls of Rosemary, bruise it a little, and close it in passe, bake it in an Oven until it be well dryed, then cut the paste and take forth the Rosemary: intuse it in two quarts of Claret-wine, with two ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruifed; let them stand infused two nights and one day, then distilit in a Limbeck; drink hereof one spoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, Elder-leaves, red Briar-leaves, of each one handful, stamp them and strain them with a quart of white Wine, and then put to it Aqua vite and Ginger; drink hereof every morning one spoonful nine mornings together, and it will preserve you.

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For a Bruise or Stitch.

Take the kernels of Walnuts, and small Nuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one spoonful of Honey; beat them all together very fine, and eat of it three or four times every day; make a

Rare Secrets in Physick.

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plaister of it, and lay it to the place grieved.

A Drink for one that hath a Rup-

Take Comfrey one good handful, wild Daisie-roots as much, and the like of knotted Grass; stamp all these together, and strain it with Malmsey, and give it to the Patient to drink morning and evening, nine dayes blood-warm. If it be a Man that hath been long so, he must lye nine dayes upon his back, and stir as little as he can. If he be a Child, he must be kept so much lying as you may for nine dayes; if you think the drink too strong for the Child, give it him but five dayes in Malmsey, and the rest in stale Ale; have a care that the party have a good Truss, and keep him truffed one whole year at the leaft.

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Many Many Many Against

Against the grief in the Lungs, and spitting of Blood.

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Take the Hearb called of the Apothecary Ungula Caballina, in English, Colts-foot, incorporated well
with the lard of a Hog chopped, and
a new-laid Egg, boil it together in a
pan, and give it to the Patient to eat;
doing this nine mornings, you shall
see a marvellous thing; this is also
good to make a man fat.

A Plaister for a Rupture.

Take the juyce of Comfrey, wild Daisse-roots, and knotted Grass, of each a like quantity, fresh Butter, and unwrought Wax, of each a like quantity, clarifie them severally, then take of the roots of Cumfrey, dry it and make pouder of it; take the pouder of Annise-seed, and Comminseed, but twice as much Cumminseed as Annise-seed; boil these pouders in the Butter, and unwrought

Wax on a soft fire a good while, then put in your juyce, let it boil a walm or two, so take it from the fire, stir it all together til it be cold; take here-of and spread it, and lay it to his Cods as hot as he can suffer it, and use this till he be whole; this plaister is most excellent for a Child that is burst at the Navil.

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A Water for a Cut or Sore.

Take Honeysuckles the knots ript off, flowers of Celendine. flowers of red Sage, of each three spoonfuls, Five-finger, Comfrey such as is to knit bones, Diasies with the roots thereon, Ladder of Heaven, blof-somes of Rosemary, Stewel, Hearb-grace, Smallage, red Roses with the knotson, or else red Rose-cakes, Adders-tongue, of each of these one handful; seeth all together in six gallons of Water that runneth towards the East, untill two gallons be sod in; then

then strain them, and put to the water three quarts of English Honey, one pound of Roach-Allum, one penniworth of Madder, one penniworth of long Pepper, seeth all together untill one gallon be consumed; then cleanse the Water.

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For the Wind-Collick.

dry them to pouder, and take of them in your Ale, or Beer, or in your Broth as you like best, and it will help you.

To make a soveraign Oil of a Fox, for

Take a Fox new killed, cased, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campits, Southernwood, red Sage, Origanum, Hop, Stacad, Rosemary, Costmary, Cowslip-slowers, Balm, Bettony, sweet Marjoram, of each a good handful, chop them small, and put thereto of the best Oil of Cassor,

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stor, Dill, and Cammomil, of each four ounces: mix the Hearbs and Oils together, and strow over them Aphronitum a good handful; put them all into the Fox, and sew up his belly close, and with a quick sire rost him, and the Oil that droppeth out is a most singular Oil for all Palsies or numness. Approved.

To comfort the Brain, and procure Sleep.

Take brown bread crums, the quantity of one Walnut, one Nutmeg beaten to pouder, one drachm of Cinnamon; put these into a Napkin, with two spoonfuls of Vinegar, four spoonfuls of Rose-water, and one of Womans Milk.

For the weakness in the Back.

Take the pith of an Ox-back, put it into a pottle of Water; then feeth it to a quart, then take a hand-

ful

ful of Comfrey, one handful of knotted grass, one handful of Shepherds purse; put these into a quart of Water; boil them unto a pint, with six Dates boiled therein.

For a Canker in any part of the Body.

Take Filberd, Nut-leaves, Lavender cotton, Southerwood, Wormwood, Sage, Woodbine-leaves, sweet Bryar leaves, of each a like quantity, of Allum and Honey a good quantity; seeth all these till they be half sodden, wash the sore with it.

For an old Bruise.

Take one spoonful of the juice of Tansie, and as much Nip, two penniworth of Sperma Ceti; put it into a little Ale, and drink it.

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oil of Foxes, or Badgers, for Ach in the joints, the Sciatica, diseases of the Sinews, and pains of the Reins and Back.

Take a live Fox or Radger, of a middle age, of a full body, well fed, and fat, kill him, bowel and skin him; some take not out his bowels, but only his excrements in his Guts, because his Guts have much grease about them; break his Bones finall, that you may have all the marrow; this done, set him a boiling in salt Brine, and Sea-water, and falt-water of each a pint and half; of Oil three pints, of Salt three ounces; in the end of the Decoction put thereto the leaves of Sage, Rosemary, Dill, Organy, Marjoram, and Juniperberries: and when he is so sodden that his bones and flesh do part in sunder, strain all through a strainer, and keep it in a vessel to make Lineaments for the ach in the joints, the the Sciatica, diseases of the Sinews, and pains of the Reins and Back.

To make the Leaden Plaister.

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Take two pound and four ounces of oil Olive of the best, of good red Lead one pound, white Lead one pound well beaten to dust, twelve ounces of Spanish Sope and incorporate all these well together in an Earthen pot well glazed before you put them to boil, and when they are well incorporated that the Sope cometh upward, put it upon a small fire of Coals, continuing the fire for the space of one hour and a half, still stirring it with an Iron-Ballupon the end of a stick; then make the fire somewhat bigger, untill the redness be turned into a gray colour, but you must not leave stirring till the matter be turned into the colour of Oil, or somewhat darker, then drop of it upon a wooden Trencher, Trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep twenty years, the older the better.

The vertue of the Plaister.

The same being laid upon the stomack, provoketh appetite, it taketh away any griet in the stomack, being laid on the Belly is a present remedy for the Chollick, and laid into the reins of the back; it is good or the Bloody-Flux, running of the leins, the heat of the Kidnies, and veakness of the Back; the same realeth all Swellings, Bruises, and keth away Ach; it breaks Felons, Pushes; and other Imposthumes, nd healeth them; the same draweth utany running humour, without reaking the skin, and being applyed the Fundament, it healeth any sease there growing; being laid on e Head is good for the Uvula, it helpeth

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helpeth the Head-ach, and is good for the eyes.

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For a pricking of a Thorn.

Take fine Wheat-flower boulted, temper it with Wine, and seeth it thick, lay it hot to the fore.

A Medicine for the Plague.

Take a pint of Malmsey, and Wine burn it well, then take about fix w spoonfuls thereof, and put to the quantity of a Nutmeg of good links Triacle, and so much Spice grains ment beaten as you can take up with the tops of your two fingers; mixit to gether, and let the party fick drink it blood-warm; if he be Infected will procure him to cast, which if h do, give him as much more, and still again and again, observing sti some quantity till the party leav casting, and so after he will be wel if he cast not at all, once taking it enough, and probably it is not fickness, after the party hath l castir

good casting, it is good to take a compeent draught of burnt Malmsie aone with Triacle and Grains; it will pulted comfort much.

Another Medicine for the Plague.

Take of Setwel grated one Root, of Jane Triacle two spoonfuls, of an Wine Vinegar three spoonfuls, of ut fair Water three spoonfuls, make all to these more than Luke-warm, and rink them off at once well steeped ogether, sweat atter this fix or seven ours, and it will bring forth the lague-sore.

To break the Plague Sore.

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Lay a roasted Onion, also seeth a hite Lilly-root in Milk, till it be as nick as a Poultels, and lay it to the me, if these fail, launce the Sore, dso draw it and heal it with salves r Botches or Biles.

To make a Salve to dress any Wound.

Take Rosin and Wax, of each G 2 half half a pound, of Deer Suet, and Frankincense, of each one quarter of a pound; of Mastick in pouder one ounce; boil all these in a pint of white Wine half an hour with a soft sire, and stir it in the boiling that it run not over; then take it from the fire, and put thereto half an ounce of Camphirein pouder, when it is almost cold, put thereto one quarter of a pound of Turpentine; after all these be mingled together, then put it into the white Wine, and wash it as you wash Butter, and then as it cools make it up in rouls.

A most excellent Water for sor Eyes.

Take a quart of Spring-water, se it upon the fire in an Earthen Pip kin; then put into it three spoonsu of white Salt, and one spoonful white Coperas, then boil them quarter of an hour, scum it as

loth boil; then strain it through a ine linnen cloath, and keep it for our use.

When you take it you must lye lown upon the bed, and drop two halo drops of it into your eye, so rest one quarter of an hour, not wiping your. yes, and use it as often as need shall oun equire.

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If the eye have any Pearl or Film rowing upon it; then take a hand. ul of red double Daisie-leaves, and henp tamp them, and strain them through wash linnen cloath, and drop thereof one. rop into your eye, using it three imes.

A Plaister for one that is bruised. Take halfa pint of Sallade Oil, r Neats-soot-Oil, half a pint of English Honey, two or three penniworth of Turpentine, a good quanty of Hogs grease, two or three enniworth of Bole Armoniack, half pint of strong Wine Vinegar, half a doa dozen of Egshels, and all beaten very small, one handful of white Salt; put all these together into an earthen por, and stir and mingle them together exceeding well, then as much Bean-slower, or VV heat-slower, as will thicken it plaister wise; then with your hand strike it on the grieved place once a day, and by Gods help it will ease any sore that cometh by means of striking, wrinching, bruising, or other kind of swelling that proceedeth of evill humours.

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Balm water for a Surfeit.

Take two gallons of strong Ale, and one quart of Sack; take sour pound of young Balm leaves, and shred them; then take one pound of Annise-seeds, and as much Liquorice beaten to pouder; put them all into the Ale and Sack to steep twelve hours; put it into a Limbeck, and so still it; it is good for a Surfeit of choller

choller, for to comfort the heart, and for an Ague.

A Restorative Water in sickness,

the Patient being weak.

Take three pints of very good new Milk, and put thereto one pint of very good red Wine, the yolks of twenty one Egs, and beat them together, that done, put in as much fine Manchet as shall suck up the Milk and VVine; then put the same into a fair Stillatory, and still it with a foaking fire: and take a spoonful of this VVater in your Pottage or drink, and this in one or two moneths will prevent the Consumption.

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Take half a pound of unblanched Almonds, stamp them, and strain it into a quart of Ale, and set it on the fire; then take the yolks of four Egs, and make it for a Caudle, and so season it with a good quantity of

Cinnamon

Cinnamon and Sugar, and eat it every morning at breakfast.

For one that cannot make water, and to break the Stone.

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Water

Pare a Raddish root, and slice it thin, and put it into a pint of white Wine, and let it insuse six or seven hours, then strain it, and set it on the fire; and put thereto one Parsley root, and one spoonful of Parsley seed, and half a handful of Pellitory of the wall, and seeth it until half be wasted, and give it luke-warm to drink.

The Diet against Melancholly.

Take Sene eight ounces, Rubarb fix drachms, Polipody of the Oak, Sarsaparilla, and Madder roots, of each four ounces, Annise seeds, Fennel seeds, Epithymum, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Ergrimony, Scabios, and red Dock roots

roots of each one handful, make them all small, and put it into a long narrow bag or boulter, hang it in a vessel of Ale that containeth six gallons, when it is a week old, drink it morning and evening for the space of one fornight, keep you all that time warm, and a good diet.

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A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrymony, Scabios, of each one handful, Champitis, Hysop of each a dozen Crops, Endive, and Succory, of each three or four leaves, of young Fennel and Parsley, of each one root, one stick of Liquorice, one spoonful of Barberries clean washed, one spoonful of Annise seeds, twenty Raisins of the Sun stoned; boil all these in a pottle of water to a quart, then strain it, and put thereto of the best Sugar one quarter of a pound, Conserve of Violets

Violets one ounce, and so boil it as long as any scum ariseth, then strain it again, and use this very warm.

For one that cannot make water.

Take the seeds of Parsley, of red Fennel, of Saxifrage, of Carrawaies, of the kernel of Hip-berries, of each a like quantity, put in some pouder of Jet, mingle these, being beaten to pouder, well together, and drink it in stale Ale luke-warm.

To make Aqua Composita.

Take of Annise seeds and Liquorice bruised, of each half a pound,
Thyme, and Fennel, of each half
a handful, Calamint two handfuls,
Coriander, and Carraway seeds
bruised of each two ounces, Rosemary, and Sage of each half a handful, insuse these a whole night in
three gallons of red Wine, or strong
Ale, then still it in a Limbeck with a
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An Ointment for a Swelling.

Take of Marsh-Mallowes, of Wormwood, of Smallage, of each one handful, boil it with one pound of the grease of a Barrow Hog, until it be very green, then strain it and keep it very close. Lady Pawlet.

A Plaister for the Back.

Take half a pint of Oile of Roses, four onnces of white Lead ground into fine pouder, put your Oylinto a clean Posnet, and set it on the fire, and when it is warm, put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stirit until it be black, then take it from the fire, and in the cooling put thereto two penniworth of Camphire, of white Sanders, and yellow Sanders, of each the weight offour pence, fine Bole, and Terra sigillata, of each two penny weight, in fine pouder all, still stirring it till it be almost

most cold, and so make it up in rouls: use it as need requires for all weakness, wasting, or heat in the Kidneys. Cranish.

To make Oyl of Swallows.

Take one handful of Mother-Thyme, of Lavender cotton, and Strawberry-leaves, of each a like, four Swallows, feathers and all together well bruised, three ounces of Sallade Oil, beat the Hearbs and the Swallows, Feathers, and all together, untill they be so small that you can see no Feathers: then put in the Oil, and stir them well together, and feeth them in a poinet, and strain them through a canvas cloth, and so keep it for your use.

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For a Thorn, Fellon, or Prick.

Take the juyce of Fetherfew, of Smallage, of each one faucer full, put to it as much of Wheat flower, as will make it somewhat thick, and

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and put to it of good black Sope the quantity of a Walnut, mingle them together, and lay them to the fore.

A Drink for one that hath a Rup-

Take the Comfit, othewise called Bonesel, a pretty handful, of Woodbitten as much, Bread, Plantain, and leaves of Cammock, somewhat more then a handful, of Vervin as much as of the Cammock, of Daisie roots a small quantity, of Elder tops, or young buds, the least quantity, stamp all these together and put unto them, being stamped, one pint of pure white Wine, then strain it and drinke of it morning and evening, one hour or more before breakfast or Supper, a good draught blood-warm.

If it be a sucking Child, let the Nurse drink posset-ale of the aforesaid drink, and let the Child suck

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immediately; if he be an old body let him take it lying in his bed nine dayes, if it may be conveniently, or otherwise to use no straining.

For a Lask or Flux.

Take one quait of red Wine, as much running water, one ounce of Cinnamon, feeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it to be too harsh put in a piece of Sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetsul, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great spoonfuls of the best English Honey, and one ounce of Roch Allum, boil them all again as long as any scum ariseth, then take it off, and

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and put it in a close bottle, and use it bloud warm when need requireth.

For the Mother.

Take three or four handfuls of Ferne that groweth upon ahouse, seeth it in Renish Wine till it be well sodden, then put it in a linnen cloth, and lay it to her Navell, as hot as the may fuffer it, four or five times.

A Water for all old Sores.

Take Honeysuckles, Water Betany, Rosemary, Sage, Violet leaves, Elder leaves, cut them all small together, and feeth them in a quart of running water, put thereto two spoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot fleep.

Take the juyce of Housleck, and of Lettice, of each one spoonful, of womans Milk six spoonfuls, put

them together, and set them upon a Chasing dish of coals, and put thereto a piece of Rose cake, and lay it to your Temples.

To quench or flack your thirst.

Take one quart of running water out of the brook, seeth it, and seum it, put thereto sive or six sponfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or sour Cloves bruised, drink it luke-warm.

For one that hath a great heat in his

hands and stomack.

Take four Eggs, roast them hard, peel them, lay them in Vinegar three or four hours, then let the lick man hold in either hand one of them, and after some space change them and take the other, and it will allay the heat.

Against all aches especially of a

Womans breaft.

Take Milk, and Rose-leaves, and set them on the fire, and put thereto Oaton 2

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Oatmeal, and Oyl of Roses, boil them till they be thick, and lay it hot under the sore, and renew it so till it be alwaies hot.

For the Ptifick and dry Couth.

Take the Lungs of a Fox, beat them to pouder, take of Liquorice and Sugar candy a good quantity, a small quantity of Cummin, mix these all well together, and put them in a bladder; and eat of it as often as you think good in a day.

To take away Warts.

Take Snails that have shels, prick them, and with the juyce that cometh from them, rub the Wart every day for the space of seven or eight dayes, and it will destrory them.

A perfect water for the sight.

Take Sage, Fennel, Vervin Bettony, Eyebright, Pimpernel, Cinquefoil,

quefoil, and Hearb-grace, lay al these in white-Wine one night, still it in a stillarory of glasse: this Water did restore the sight of one that was blind three years before.

To restore the hearing.

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Take Rue, Rosemary, Sage, Vervin, Marjoram, of each one handful, of Cammomil two handfuls, stamp them, and mould them in Rye dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midst, and as hot as may be suffered bind it to your eares, and keep them warm and close one day or more, after it be taken away, forbear ye to take cold.

For a Felon in the Foints.

Take Rue, Feathersew, Bores grease, Leaven, Salt, Honey, six leaves of Sage, shred them altogether small, then beat then together, and lay it to the fore place.

To comfort the Brains, and to pro-

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Take a red Rosecake, three spoonfuls of white Wine Vinegar, the white of one Egg, three spoonfuls of womans milk, set all these on a Chasing dish of coals, heat them, and lay the Rose-cake upon the dish, and let them heat together, then take one Nutmeg, and strew it on the Cake, then put it betwixt two cloathes, and lay it to your fore-head as warm as you may suffer it.

A Medicine for a sore head with a Scald.

Take one peck of Shoo-makers fhreds, set them over the fire, in a Brass pan, put water to them, and seeth them so long as any Oil will arise, and evermore be scumming off the Oyle, then take Plantain, Ribwort, Honsleek leaves, Ground Ivy, knotted grass, wild Borrage, Tutsan,

Tutsan, Hearb-Bennet, Smallage, Setwel leaves, of every one a like quantity, and beat them in a mortar, and strain them, then take half a penniworth of Rosin, half a penniworth of Allum, a little Virgins Wax, beat them and put them into a pan, and set it over the fire, put thereto the Hearbs and the Oyle, let them seeth till all be melted, then Arain them into a pan, and Airre them till they be cold, and put it into a box for your use, when you dresse your head, heat a little in a faucer, annoint it every day twice, pull out the hairs that stand upright, and with a linnen cloth wipe away the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two pounds, of Valerian two pound, beat them very small, then strain them, and take the juyce thereof, age, like

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put one pound of yellow Wax, one pound of Rosin, one pound of Deer Suet, boil them together till they be very green, and when it is cold put to it a quarter of a pound of Turpentine, and keep it for your use.

For the running of the Reins, Approved.

Take the Rows of red Herrings, dry them upon the coals til they will beat to pouder, then give it to the patient to drink in the morning fasting, as much as will lye upon a shilling in five spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrowes grease, two handfuls of Mugwort chopped very small, boil it with the Barrows grease upon a soft sire, by the space of four hours, then strain

it from the Mugwort, and put it up in an earthen thing for your use, and annoint your feet as you go to bed.

A Medicine for any heat, burning

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or Scalding: Approved.

Take half a pint of the best Cream you can get, and set it in a fair Posnet, upon the fire, then take two good handfuls of Daisse roots, leaves and all, clean washed, and very finely shred, put them into the same Posnet, and boil it upon the fire, untill it be a clear ointment, then strain it through a cloath, and keep it for youruse.

To make Aqua Composita to drink for a Surfeit, or a cold stomack, and to avoid Flegm, and glut from sto-

mack.

Take one handful of Rolemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, fix good

good crops of red Mints, and as much of Penniroyal, half a handful of Horehound, fix crops of Marjoram, two ounces of Liquorice well bruifed, and so much of Annise seeds, then take three gallons of strong Ale, and put all the aforesaid things, Ale, and Hearbs, into a brass pot, then set them upon the fire, and set your Limbeck upon it, and stop it close with paste, that there come no aire out, and so keep it with a soft fire, as other Aqua vita.

For an Ach in the foynts.

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Take clarified Butter a quarter of a pound, of Cummin one pound, olack Sope a quarter of a pound, one handful of Rue, Sheeps suet two punces, Bay salt one spoonful, bray hese together, then siy them with he gall of an Ox: spread it on a plaister, and lay it on as hot as you an, and let it lye seven dayes.

A Plaister

A Plaister to lay to the Head for a Rheum which runneth at the eyes.

Take the pouder of Rose-leaves, Rose-water, and Bettony-water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, still them and temper them, and make them in a Plaister, and put to it a little pouder of Terra sigillata.

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A Water to be used with the Plaister above: said for the same purpose.

Take one quart of new Milk, two pound of green Fennel, a quarter of a pound of Eye-bright, put the hearbs and milk into a Stillatory, cast half a ounce of Camphire thereon, and with this water wash your eyes and temples.

For the Emerhoids: approved.

Take a piece of twany cloth, burn it in a Friying panto pouder, then beat it in a Mortar as fine as may be, searce it, then lay it on a brown paper

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paper and with spittle make it plaister-wise, and lay it to the place, and truss it up with cloaths.

To break any fore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallade oyl three or four spoonfuls, and a pint of Milk, and seeth them together to agood thickness, spread it on a cloth, and lay it to the sore; instead of Sallade Oyl you way use Deer-suct.

A Bath for an Ach in the Back and Limbs.

Take Mugwort, Vervain, Fether-few, Dill, Rosemary, Burner, Tun-hoof, Horchound, and white Mints, Senkel, and Sage, of each one handful, seeth all these in sour gallons of running water, and let it seeth till one gallon be wasted, then bath your legs with it sive nights together.

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A Me-

A Medicine for any Foynt that is numb with any Ach; approved.
Take Virgin Wax one ounce, Verdigriece half a quarter of an ounce, Brimstone, Sope, oil of eggs, of Allum, of Honey, of each a like quantity, temper them all together, and lay it upon the place grieved somewhat warme.

A medicine for a fellon of any Finger.

Takeas much Ray salt as an Egg, wind it in gray paper, lay it in the embers a quarter of an hour, then beat it in a Mortar very fine, then take the yolk of a new laid Egg, beat it with this pouder until it be very stiffe; spread it upon a cloth, lay it upon the joynt griev'd twenty four hours, and so dress it three times.

For a Boil or Push.

Takethe yolk of a new laid Egg, a little English Honey, put it into the bat is

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the shell to the yolk, put in as much Wheat meal as will make it to spread, then take one branch of Rue, and one of Fethersew, shred them very sine, and put it to the same Medicine, stir them very well together, spread it upon a piece of leather, and lay it to the place grieved.

An Electuary to cause good digestion, and to comfort the stomack.

Take Setwel, and Gallingal of each three flices, Nutmegs, Ginger, and Cinnamon, of each two flices, three Bay-berries fliced fine and husked, three flices of Liquorice, half a spoonful of Annise seeds clean dusted, one long pepper cut small, white Pepper six grains, as much black pepper, beat them all into a gross pouder, then put thereto two grains of Musk, one grain of Ambergriece, then take Mint water and Sugar, boil them together

and when they are come to the right perfection of thickness, put in those pouders above mentioned in the cooling, with a little Conserve of Rosemary flowers; of this take the quantity of a Nutmeg, half an houre before you eat or drink at meals. fine

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A Pouder for the Rheum, or sore Eyes.

Boil one pint of Hop-water, made when the Hop is in the flower, till it be scalding hot, then put into it half a pound of Liquorice in very fine pouder, the water being taken from the fire, for the Liquorice must not boil in the Water, stir them together till the water be clean consumed, then add to them of Anniseseeds, and Fennel-seeds, of each half a pound made into very fine pouder through a searce, Angelica-roots, Elicampane roots and leaves, and flowers of Eyebright made into very fine

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fine pouder, of each one ounce and a half, mingle these together, and so keep it close, and when you eat of this pouder weigh out of the whole quantity two ounces, whereunto add as much good Aqua vita as will moisten it, or Angelica water, or Rosa solis, to keep it from being musty, set it neer the fire, eat of this pouder at any time as much as you may take up with a grout, and it is special good for the Rheum, for cold, or for sore eyes. Mr. Bendlow.

A Salve for any wound.

Take Rosin, Per-rosin, Wax, of each eight ounces, of Sheeps Suet, and Frankincense, of each four ounces, one ounce of Mastick made in pouder, boil all these in a pint of white Wine half a hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almost cold put thereto H 3 four

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How to deliver a Child in danger.

Take a Date stone, beat it into pouder, let the Woman drink it with Wine, then take Polipody and emplaister it to her feet, and the Child will come whether it be quick or dead; then take Centory, green or dry, give it the Woman to drink in wine, give her also the Milk of another Woman.

A most singular Sirrup for the Lungs, and to prevent a Consumption.

Take Egrimony, Scabios, Borrage, Bugloss, of each twenty leaves, Fole-foot, Lungwort, Maiden-hair, of each half a handful, Succory and Endive, of each fix leaves, of Carduus benedictus, Hore-hound

hound, Nip, of each four crops, unset Hop half a handful, Fennelroots, Parsly-roots, Smallage-roots, of each three roots fliced and the piths taken out, Elecampane four roots fliced, Iris-roots half an ounce fliced, Quince seeds one ounce, Liquorice three good sticks scraped and fliced small, twenty Figssliced, Raisins of the Sun one good handful fliced, and the stones taken out, boil all these in a gallon of running water till half be consumed, then take it from the fire and let it settle, then strain it, and boil it again with as much white Sugar as will make it thick as Sirrup, that it may last all the year.

A Powder for the Stone.

Take Haws and Hips, of each a good handful, Ashen-keyes half a handful, three or four Acorns, the shels of three new laid Eggs, Grumwel seeds, Parsley-seeds, of each

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each half an ounce, Per-stone a good handful, Camock-roots half a handful, make all these in fine powder, then put thereto two ounces of Sugar-candy beaten something small, take a sixpenny weight of this pouder at a time in the morning fasting, and drink not after it one hour.

For the Chollick and Stone.

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Take one handful of Philipendula, of Rosemary, of Saxifrage, of Ivy growing on the wall, of Harts-tongue, of Thyme, of Parsly, of Scabious, of each four handfuls, of Marigolds one handful, of Marjoram three handfuls, of brown Fennel, of Londebeese, of Spernits, of Borrage, of each two handfuls, of Maiden-hair three handfuls, still all these in May, keep it in a Glass till you have need of it, then take of it sive spoonfuls, and three of white Wine, and of clean pou-

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der of Ginger half a spoonful, put these together, and warm it lukewarme, and let the Patient drink it in the morning two houres before he rise out of his bed, let him lay more cloaths upon him, for it will provoke him to sweat, after the sweat is gone, let him rise and walk whither he will.

Agood water to drink with wine, or without to cool Choller.

Take Borrage-roots, and Succoryroots of each two, wash and scrape
them fair and clean, and take out
their cores, then take an earthen pot
of two gollons, fill it with fair spring
water, set it on a fire of Char-coal,
put the roots in it, and eight pennyworth of Cinnamon; when it beginneth to seeth, put into it four
ounces of fine Sugar, and let it seeth
half an houre, then take it off, let it
cool, and drink thereof at your
pleasure.

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How

How to make Aqua composita for the Chollick and Stone.

Take strong Ale one month old, as many gallons as your pot will hold, and for every gallon take two ounces of Liquorice, and as much Annise-seeds, and of these Hearbs following two handfuls of each to every gallon, of Beach leaves, Burnet, Paspher, Pellitory of the wall, Watercresses, Saxafrage, Grumwel, Philipendula, Penny royal, Fennel, half a root of Elicampane, of Hawes, of Hips, of Berries, of Brambles, and Barberries, of each half a pint, still them as you do other Aqua vita.

A Medicine for the Chollick passion.

Take the smooth leaves of Holly, dry them, and make them into pouder, of Grumwel-seed, and Box-seed of each a little quantity, let the patient drink thereof.

How

How to take away the fervent shaking and burning of an Ague. Take of the rind of the Wildintree, with the leaves in Summer, of each half a handful, as much Bettony, three crops of Rosemary, seeth them in a quart of Posser-Ale to a pint, and let the sick drink of this as hot as he can, and so within three

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For the hardness or stiffness of Sinews.

times it will case him.

Take twelve fledg'd Swallows out of the nest, kill them, beat them feathers and all in a Mortar, with Thyme, Rosemary, and Hop, then seeth them with May Butter a good while, then strain them through a strainer, as hard as you can, and it will be an Ointment, take the strings that grow out of the Srawberries, and beat them amongst the rest.

Take white Starch made of wheat,

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two or three spoonfuls, and take also new Milk from the Cow, stir these together, and let them be warmed a little, and give it to the party grieved in manner of a glister; a present remedy.

An approved medicine for the Plague called the Philosophers Fgg; it is a most excellent preservative, against all poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may take out the white clean from the yolk, then take one ounce of Safforn and mingle it with the yolk, but be careful you break not the shell, then cover it with another piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that he shall be not burned, and as those embers do cool, so put in more hot; and do so for the space of two dayes until you think

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think it be dry, for proof whereof you shall put in a pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the shell from the Saffron, and set it before the fire, and let it be warm, then beat it in a Mortar very fine, and put it in by it self, then take as much white Murstard-seed as the Egg and Saffron, and grind it as small as meal, then searce it through a fine Boulter, that you may fave the quantity of the Egg so searced, then take a quarter of an ounce of Dittany roots, as much Turmentil, of Nuces Vomica one drachm, let them be dried by the fire as aforesaid, then stamp these three last severally very fine in a Mortar, then mix them three well together, after that, take as a thing most needful, the root of Angelica and Pimpernell, of each the weight of fixpence, make them to powder, and mix them with the reft.

or six scruples of Unicorns-horn, or for want thereof Harts-Horne, and take as much weight as all these sine pouders come to, of sine Triacle, and stamp it with the Pouders in a Mortar untill it be well mixt and hang to the pestle, and then it is perfectly made, then put the Electuary in a stone pot, well nealed, and so it will continue twenty or thirty years, and the longer the better.

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How to use this Electuary.

First when one is infected with the pestilence, let him take so soon as he can, or ever the disease infect the heart, one crown weight in gold of this Electuary, and so much of sine Triacle, if it be for a man, but if it shall be for a woman or child take less, and let them be well mixed together, and if the desease come with cold, give him the Electuary with half half a pint of white Wine warm, and well mixed together, but if it come with heat then give it him with Plantain Water, or Well water, and Vinegar mixt together, and when he hath drunk the same, let him goe to his naked bed & put off his shirt, and cover him warm, but let his bed be well warmed first, and a hot double sheet wrapped about him, and so let him sweat seven, eight, or ten hours, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat, but if he cannot sweat, then heat two or three Bricks or Tiles, and wrap them in moist cloathes wet with water and falt, lay them by his fides in the bed, and they will cause him to sweat, and as he sweateth. let it be wiped from his body with dry hot cloathes being conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm hirr.

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shirt, and all fresh new cloathes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed, for they be infectious; and let the keepers of the fick beware of the breath or air of the party in the time of his sweating, therefore let her muffle her self with double old cloth, wherein is Wormwood, Rue, Fetherfew, crums of four Bread and Vinegar, and a little Rose-water, beat all these together, and put it into the musser made new every day while you do keep him, and let the fick party have of it bound in a cloath to smell on while he is in sweat, then after do it away and take a new, and because he shall be faint and distempered after his sickness, he shall eat no flesh, nor drink wine the space of nine dayes, but let him use these conservatives for his health, as Conserve of Bugloss, Borrage, and red Roses,

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Roses, and especially he shall drink three or four dayes after he hath sweat, morning and evening, three ounces of the juyce of Sorrel mixed with an ounce of Conserve of Sorrel, and so use to eat and drink whatsoever is comfortable for the heart, also if one take the quantity of a Pea of the said Electuary with some good Wine, it shall keep him from the infection; therefore when one is fick in the house of the Plague, then so soon as you can, give all the whole houseshold some of this Receipt to drink, and his keeper also, and it shall preserve them from the infection, yet keep the whole from the fick as much as you can, beware of the cloaths and bed that the fick party did fweat in.

Tomake Balmwater.

Take four gallons of strong Ale. and stale, half a pound of Liquorice, two pound of Balm, two oun-

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ces, of Figs, half a pound of Annilefeeds, one ounce of Nutmegs, shred the Balm and Figgs very small, and let them stand steeping four and twenty hours, and then put it in a stil as you use Aqua vita.

To make Doctor Stevens Water.

Take one gallon of good Gascoin Wine, of Ginger, Galingal, Nut megs, Grains, Annise-seeds, Fennel seeds, Carraway-seeds, Sage, Mints, red Roses, garden Thyme, Pellitory, Rosemary, wild Thyme, Penny-royall, Camomil, Lavender, of each one handful, bray your Spices small, and chop the hearbs before named, and put them with the spices into the Wine, and let it stand twelve hours, stirring it very often, then still it in a Limbeck, closed up with course paste, so that no air enter, keep the first water by it self, it is good fo long as it will burn.

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An Ointment for any strain in the Foynts, or for any sore.

Take three pound of fresh Butter unwashed, and set it in an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the butter, and put into a Posnet, then take the tops of red Nettles as much as will be moistned with the Butter, and chop them very small, and put them into the Butter, set it on the fire, and boil it softly five or fix hours, and when it is so boiled put thereto half a pint of pure oyl Olive, and then boil it a very little, and take it off, and strain it into an earthen pot, and keep it for your use.

If you think good, instead of Nettles only, you may take these hearbs, Cammomil, Rosemary, Lavender, Tun-hoof, otherwise Ale-hoof, Five-finger, Vervain, and Nettle-

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For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boil it in Beer untill the Beer look black, and then take a good draught and put it into a pot, then take fix spoonfuls of Sallade Oil, for an extream Ague, brew it to and fro in two pots, then drink it, and let the party labour at any exercise untill he sweat, then let him lye down upon a bed very warm untill he hath done sweating, this do three times when the Ague cometh upon him.

A Pouder against the wind in the Stomack.

Take Ginger, Cinnamon, and Gallingall, of each two ounces, Annife-feeds, Carraway, and Fennel-feeds, of each one ounce, long Pepper, Grains, Mace, and Nutmegs, of each half an ounce, Setwell half a drachm, make all in pouder, and put thereto one pound of white Sugar,

and

and use this after your meat, or before at your pleasure, at all times; it
comforteth the stomack marvelously, carrieth away wind, and causeth
a good digestion.

For a Pin and Web in the Eye,

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Take the white of an Egg, beat it to oyle, put thereto a quarter of a spoonful of English Honey, half a handful of Daisses leaves, and in winter the roots, half a handful of the inner rind of a young Hazle, not above one years growth, beat them together in a Mortar, and put thereto one spoonful of womans Milk, and let it stand infused, two or three houres, and strain all through a cloth, and with a feather drop it into the eye thrice a day.

For blood shotten and sore Eyes, coming of heat.

Take Tutty, of Alexandria, or Lapis Tutty, one ounce, beat it unto fine

fine pouder, and temper it with a quart of white wine, put thereto one ounce of dried Rose-leaves, and boil them all together with a soft fire untill one half be consumed, then strain it through a fine linnen cloth, and keep it in a Glasse, and use it evening and morning, and put it into the sore eyes with a feather, or your finger.

If the Tutty be prepared it is the better, which is thus done, steep the Tutty in Rose-water, and let it lye half an hour, then take it forth; and lay it on a white paper to dry, then take it when it is dry, steep it, and dry it again, as before, twice or thrice,

and then use it as before.

For an Achin the Bones.

Take Southernwood, Worm-wood, and Bay-leaves, of each one handful, one Oxe-gall, one pint of Neats-foot oil, put al these together,

and

and let them stand two or three dayes, and let them boil upon a very soft fire, then put in of Decrs-suet a good quantity, strain them, and put them into a pot, and so annoint the Patient, put to this a good quantity of Tar, and as much Pitch as the bigness of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hysop water, and Fennel-water, of each halfa pint, of sliced Liquorice, and Sugar, of each a pretty quantity, seeth them easily over a good fire; strain it, and let them take a little hereof at once, and often; you may dissolve Pellets therein, and you may annoint their chest with oyl of Almonds, and a little Wax.

A Medi-

A Medicine for sore eyes.

Take red Fennel and Celendine, of each one handful, stamp and strain them, that done, take five spoonfuls of Honey, and white Copperas the quantity of one Pea, Rosewater five spoonfuls, boil all these together in an earthen pot, skim it well, and clarifie it with the white of an Egg; this is an excellent Medicine to clear the sight of the eye, if there be any thing in the eye superfluous to hinder the sight, but if there be nothing but heat, it is nothing so good.

Take of Borrage and red Sage of each a handful, stamp these together, and strain them, and put thereto as much Claret Wine as the juyce thereof, and let the party drink it warm, and if it keep within him four and twenty hours after he will recover; if he be bound

n the body, let him take three poonfuls of Sirrup of Damask Roses, and two spoonfuls of Sallade oil, and drink it fasting, and an hour after let the party take some warm broth.

For the Spleen.

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Take of Lavender, Fennel, Parhit fley, Cammomile, Thyme, Wormedi. wood, Angellica, of each one handfull, of Sage, and Rue, one handful, of Annise-seeds, and Fennelleeds, of each one handful, of Cummin-seeds two handfuls, of Cloves four spoonfuls, and of Mace two spoonfuls, gather these hearbs in the heat of the day, and dry them in the Sun two dayes, laying, them very Sallade oyle as will cover all these them in the set them in t set them in the Sunten dayes, which being done, strain your oyle from your your Hearbs and your Spices, and then infuse it once again as before with Hearbs and Spices in like manner, and to that oyle thus infused or strained, add bitter Almonds, and oyle of Capers half a pint, then take a quarter of a spoonful of the said Oil, and put it in your hands, your hands being warm, rub them together, and annoint and rub the patient grieved with both your hands, the one on the right side, the other on the left, from the loyns down to the bottome of the belly, drawing your hands as hard as you can, and make them to meet at the bottome of the belly; and continue in continual rubbing about a quarter of an hour.

For a Burning or Scald.

Take a quantity of sheeps Suet, the white of Hen-dung, and fresh grease, boil all these together, strain it and annoint the party with a feather.

For

For the Emerhoids and Piles.

Take juyce of Elder, May-butter, and Deers-suet, melt them, letting the juyce and the butter simper, and then put the Suet to them, make them in pills, and if you make a suppositor, you must put in more Deers-suet.

For the Canker in the mouth or nose.

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Take the ashes of green leaves of Holly, with half so much of the burnt pouder of Allum, blow with a quill into the place grieved, and it will help Man, Child, or Beast.

A Remedy for the Mother.

When the Fit beginneth to take them, take the pouder of white Amber, and burn it in a Chassing-dish of coales, and let them hold their mouthes over it, and suck in the smoake, and annoint their nostrils with the oyl of Amber, and if they be not with child, take two or three I 2 drops

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drops of the oil of Amber in white Wine warm or cold, but the oyl of Amber must be taken inward but once a day, and outward as often as the Fit taketh them.

A Medicine for the Worms.

Take one penniworth of Aloes, with the like quantity of Oxe-gall and Mithridate, mix them together, and lay them to the childs navell upon a plaister.

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine Vinegar and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and goe where you list.

Take of Aloes-Succatrina half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, ounce, beat them into small pouder, with Malmsey, or a little Sack. or Dioscoridon, make two or three small pills thereof, and take them fasting.

A Poultesse to breake a Plague-

Sore.

Take a white Lilly root, and feeth it in a penniworth of Linfeed, and a pretty quantity of Barrows greafe, beat the Linfeed first very soft, afterwards beat all together in a mortar, make thereof a plaister.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves stampt together, with a sufficient quantity of Pimpernelwater, make up all these together in a mass or lump, and keep it in a glasse or pot for your use, take the

quantity of twelve grains fasting in the morning, and it will not onely preserve from the Pestilence, but expell from those that are infected.

Against a Tertian Aque.

Take Dandillion clean washed stamp it and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it luke-warm, and let the patient drink of it fasting upon his well day, & walk upon it as long as he is able, this hath been approved good for an Ague that cometh every second day.

Against the wind.

Take Cummin-seeds, and steep them in Sack four and twenty hours, dry them by the fire, and hull them, then take Fennel-seed, Carrawayseed, and Annise-seeds, beat all these together, and take every morning half

half a spoonful in broth or beer fa-

Another.

Take Enula Campana, grate it, and drink half a spoonful fasting.

For the Sting of an Adder.

Take a head of Garlick, and bruise it with some Rue, and some Honey thereto, and if you will some Triacle, and apply it to the place.

For the biting of a Dog.

Take Ragwort, chop ir, and boil it with unwasht butter to an Oint-ment.

A Medicine for a Woman that hath a dead Child, or for the after-birth after diliverance.

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Take Date-stones, dry them and bear them to pouder, then take Cummin-seed, Grains and English Saffron, make them in a pouder, and put them altogether in like I 4 quantity

quantity, saving lesse of the Saffron then of the rest, then searce them very finely, and when need is to drink it, take a spoonful at once with a little Malmsie, and drink it Milk-warm, it is good to bring forth a dead child, or for the afterbirth, or if the Woman have any rising in her stomack, or sushing in her face during her child-birth the Date stones with round holes in the sides are the best; if you put a quantity of white Amber beaten amongst the pouder, it will be better.

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To make the best Paracelsus Salve.

Take of Litharge of Gold and Silver, of each three ounces, and put to it one pound and half of good Sallade oyle, and as much of Linsced oyle, put it into? 'arge earthen vessel well leaded, of the fashion of a Milk-boul, or agreat Baion, set it over a gentle fire, and keep it stirring

ring till it begin to boil, then put to it of red lead, and of Lapis Calaminaris, of each half a pound, keep once it with continual stirring, and let it boil two hours, or so long till it be something thick, which you may after know by droping a little of it upon a cold board or stone, then take thing a Skillet, and put into it a pound of h the yellow wax, as much black Rosin, inthe half a pound of Gum Sandrach, of quan yellow Amber, Olibanum, Myrth, ongst of Aloes hepatica, of both the kinds of Arastolochias round and long, of every of these in fine pouder earced one ounce, of Mammir one and punce and a half, of oyle of Bayes, and half a pound, of oyle of Juniper good ix ounces, dissolve all these toge-Lin her in the aforesaid Skillet, and hen put them to the former plaiionof ter, set it over a gentle fire; and cep it with stirring till it boil a ttle. Then take your five Gums, Peganax,

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Pepanax, Galbanum, Sapagenum, Ammoniacum, and Bdelium, of each of these three ounces, which must be dissolved in white Wine-Vinegar, and strained, and the Vinegar exasperated from them, before you go about the plaister let there be three ounces of each of them when they are thus prepared, then when the plaister hath gently boiled; about half the bigness of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved. then set it over the fire again, and let it boil a very little, but before it boil be sure that the Gums be all dissolved, for else it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the stirring of it very carefully, and put to it these things following, being in a readiness, take of both the Corrals red and white, of Mother of Pearl, Dragons Flood

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blood, Terrra lemnia, of white Vitriol, of each of them one ounce, of Lapis hematitis, and of the Loadstone, of each of them one ounce and a half, of the flowers of Antimony two drachms, of Crocus Martis two drachms, of Camphireone ounce, and of common Turpentine half a pound, mix all these together, but first let those things that are to be pounded, be carefully done, and fully searced, then put them all together among the former things, and again set it over the fire with a moderate heat, and gentle to boil, till it be in the form of a plaister, which you may know by droping it on a cold piece of wood, or Rone, or iron, you must also remmember to keep it with continual stirring from the beginning to the ending, when you make it up, let your hands, and the place you roul it on, be annointed with the oil of Saint-Fohns-Wort, and.

and of each Worms and Juniper, Cammomile and Roses together, wrap it in Parchment, or Leather,

and keep it for your use.

Memorandum, That the Camphire be dissolved in the oyl of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end.

An Oyntment for any strain in the Foynts, or for any Sore.

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Take three pound of fresh Butter unwashed, and set it into an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the Butter, and put into a posnet, then take the tops of red Nettles, and chop them very small, and put so many Nettles to the Butter, as will be moistned with the Butter, and so set it one the fire, and boil it softly five or six hours, and when it is so boiled,

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boiled, put thereto half a pint of the best Oil Olive, and then make it boil a very little, and take it off, and strain it into an earthen pot, and keep it for your use.

Mr. Ashleys Ointment.

Take fix pound of May Butter unsalted, one quart of Sallade oil, four pound of Barrowes greafe, one pound of the best Rosin, one pound of Turpentine, half a pound of Frankincense: To this rate take these hearbs following, of each a handfull, viz. Smallage, Balm, Lorage, red Sage, Lavender, Lavender-cotten, Hearb-grace, Parfley, Cumfry called Boneset, Sorrel, Laurel-leaves, Reech-leaves, Lungwort, Marjoram, Rosemary, Mallows, Cammomile, Saint-Fohnswort, Plantain Allheal, Chickweed, English Tobacco, or else Henbane, Grumsell, Woundwort, Bettony, Agrimony,

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grimony, Carduus Benedictus, wild Wine, or white Wine, called Brian, Adders tongue, Mellilot, pick all these hearbs clean, wash them, strain them clean from the water, all these must be gathered after the Sun rise, then stamp all these hearbs in a stone or woodden mortar so small as possibly may be, then take your Rosin and beat it to pouder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs-grease and Oyle, and when all is melted, put in your Hearbs, and let them all boile to gether half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise a quarter of an hour after, and in that time that it is from the fire put in your Turpentine, and two ounces of Verdigriece very finly beaten to pouder, and when you put in your Turpentine and Verdigriece, sir

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it well, or else it will run over, and so stir until it leave boyling: Then putit in a earthen pot, stoping the pot very close with a cloath and a board on the top, and set it in a dunghill of Horse muck twenty one dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then strain all through a course cloth into an earthen or gally-pot, and when all is strained, put to it half a pound of oyl of Spike, and cover the pot close until you use it, and when you use it, make it warm in Winter, and use it cold in Summer.

An approved Medicine for any Ach in the Foynts what seever.

Take half a pound of Rosin, half apound of Frankincense, Olibanum, and Mastick, of each one ounce, Wax, Deers-Suer, Turpentine, of each two ounces, Camphire,

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two drachms, beat the Olibanum, Mastick, Rosin, and Fraukincense, and Champhire into pouder, then put it in a brass pan with a pottle of white Wine, and put in the Wax, and Deer-Suet into it, and when it doth boil put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire and let it stand and cool untill the next day, then work it with your hand to work out the wine, annointing your hands first with oyl, then make it up it rouls, then as need shallserve, take thereof and spread it with a warm knife upon afleshy side of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it self, pricking the plaister full of holes.

A Searcloath to be used against Carbuncles, red Sores, Biles, Swellings,

or any hot causes.

Take a wine pint of pure Sallade oyl,

oyl, and put it into an earthen pot that is very large, and set it upon a very foft fire of Charcoal, and when it beginneth to boil, stir it with a Hasel stick of one years shooting, then put into it two ounces of Venice Sope that is pure white, halfa pound of red Lead, on quarter of a pound of white Lead, letting it boile very softly, stirring it continually with this Hazle stick for the space of two or three houres; you shall know when it is boiled by this, drop one drop thereof on aboard, and it will be stiff when it is enough, then take it from the fire, and put into it half an ounce of oyl of Bays, then let it boil again a little, then let your cloaths be cut of a reasonable fize to dip them in it, then you must have two sticks, which must be hollow in the middle to strip the cloaths through, then lay them abroad untill they be cold upon a board,

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allade oyly board, then roul them up and keep them, and when you use them, lay them upon the place grieved, and let them lye twelve hours, then take it off and wipe it, and lay the other side, and let that lye as long.

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Plague Water to be taken three times, for the first helpeth not.

Take a gallon of white Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of these Hearbs following, Rosewater a quarter of a pint, Rue, Sage, Vervin, Egrimony, Bettony, Celendine, Carduus, Angelica, Pimpernel, Scabious, Valerian, Wormwood, Dragons, Mugwort, all these Hearbs must you shred in grosse together, and steep it in the aforesaid liquor, the night before you distill it in a Rose-water Still, and then keep the first water by it self, being the weaker, and therefore sit-

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r for Children; it helpeth all Feers, Agues and plagues being thus ken, seven spoonfuls or therepout of the strongest blood-warm, nd give it to the party to drink in 1 Ague or Fever, an hour before ie Fit come, and so to sweat, either v exercise, or in your bed, but our stomack must be empty, and it be taken for the plague, then put inco a little Diascordium or Miach or Iridate.

A defensive Plaister.

Take the white of an Egg, and ole Armoniack, spread it on lea-

A Sirrup for a Cold. Take Colts-foot-Water, Hisoptter, and Honey, put Liquorice, nise-seeds, Elecampane, put therethe juyce of Fennell, and boil em.

To

To stay the bleeding of a wound. Take Charcoal, red hot out of the fire and beat it to pouder.

A Ponitese. Take Milk, Oatmeal, and red Rose leaves, and a little Deers-Suet

For the running of the Reins.

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Take Cups of Acorns and grat them, and grate some Nutmeg, pu biled t this in Beer and drink.

For a Poultes.

Take Linseed and beat it to pour an der, boil it in Milk with Mallowes and Sheeps-Suet.

For a Blast.

Take a good quantity of Vervin and boil it in Milk, and wash the blast therewith very well, then bine the hearbs very close to it some few hours, after wash it again the mill being warmed, and so bind it up again, the oftener it is done the bet ter, and in a day or two it will be well diff und.

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II, if it be taken before it fester.

Another.

Take a good quantity of Verin being green, with as much Dill, op them together, and boil them Bores grease as much as will cor them, and for want thereof so ich May butter, and when they be tiled together, let them stand two three dayes, and then boil it a lit-, and so strain it through a cloath. to po A Balfamum.

'ake it in the latter end of Septem-, good store of Honeysuckle-berand put them in a body of a Is Still stopped, and set it in hot rse-dung eight dayes, distill it Balneo, then when you have winthe water forth, pour the wainto the stuff again, stop it close, d put it into the dong four and enty hours, then set it in ashes, distil both water and oyl with

a great

a great fire, as much as will come forth, and at last separate the water from the oil in Balneo.

Famake an excellent Oil of Hypericon,

Take flowers, leaves and feeds of Hypericon, as much as you list beat them together, and infuse them in white Wine, that they may be covered therewith, and fet then in the Sun for ten dayes, then put thereto so much Oyle Olive as al the rest do weigh, and let it stance ten dayes more in the Sun, but lool that you weigh the Oyl to know how much it is, then put thereto for every pound of Oyl itwo ounces of Turpentine, and one drachmo Saffron, and of Nutinegs, and Cloves of each half an ounce, o Myrrh, and Rosin, of each an ounce and of the root of Briony two ounces put them all in a vessel of glass and mix them well together, and fe then

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nem in a vessel of hot water, and nen set thereto a head of glass and e Wate leceiver well shut, and boil it so ong until no more will distill from perion, which will be about twenty four ours, then take it out and strain it d feed shilst it is hot, and keep it in a you lift essell of glass, and when you first inful se it, heat it well, and apply it ney ma pon a wound without using any let then nt at all, this is excellent for a then pu reen wound, especially if there be eins, sinewes, or bones offended cut, it keepeth wounds from but loo strifaction, it cleanseth them, and o kno seth pain, and doth incarnate and ereto fo in them, it helpeth bruises, pains, o ounce hes, or swelling in any pare, and achmo wonderful good against venome poyson.

For the Falling-sickness. Take the roots of single Pionies ate them, drink them, and wear me of them about your neck.

For

For the kibed heels.

Take a Turnip, make a hole in the top of it, take out some of the pith, infuse into that hole oyle of Roses, then stop close the hole, roast the Turnip under the embers, when it is soft, apply it plaister-wise warm to the Kibe, bind it fast.

Lapis Prunellæ. A Medicine for sore eyes.

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Take one pound of Salt peter, boil it in a Goldsmiths earthen pot, with a very hot fire round about it, let it boil till it be very black and melted, then take a quarter of an ounce, or sixpenny weight of Roch Allum, and a quarter of an ounce of Brimstone, break them and put them in the Salt peter by little at once as it boileth, and let it burn till the slame go out of it self, then pour it into a brass Ladle, or into a Chaser, and so let it stand till it be cold,

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t very fine with a knife, and put i little of it to the sore eyes, hold downe the eye-lid till the pain be gone, then let the water drop out of the eye: This Medicine taketh away he Pearl, Pin and Web in the eye, and all sores and blood-shed, it also helpeth the toath-ach, being put nto the hollow tooth, with a little int, if the tooth be not hollow, rub t outward: Finally, it helpeth a linking breath, being eaten in the norning fasting.

For a scald Head.

Take a handful of Glovers shreds, nd a handful of Dock-roots the ith taken out, and boil them in torng Ale untill they be reasonable hick, and annoint the head therevith.

For a bloody Flux.

Take Rubarb and toast it, then rind it to pouder, and take as much

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as

as will lye upon a sixpence, and keep warm that day, the next day eat conserve of Roses, mixed with Corral, and drink that day if you will, posset-Ale made of Cammomile.

For the Itch.

Take a pound of Butter, unwashed and unsalted, three good handfuls of red Sage, and as much Brimstone beaten into pouder, as a Walnut, boil these well together, and strain it, and put in half a ounce of Ginger beaten small.

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For fore eyes.

Take new Hens dung out of the nest, and put it into an Oven almost cold, let it lye there all night, and take the white of it, and beat it being dryed, and take as much of the pouder of Ginger finely beaten, and put to that half the like quantity of Sugar-candy, all which must be beaten very well and searced, then put it into the sore eyes every night, and in the

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the morning, and wash it out with water.

A water for sore Eyes.

Take a pint of fair running water, of wild Daisies, and three leaved Grasse, of each a good handful, wash the hearbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, untill the water look green, then take a little piece of Allum and put into the water, and when it is boiling, then taste of the water, and when it sticks to the mouth, take as much honey as will make it very sweet, then after it hath boiled a little while, take it off the fire, strain it, and drop a little every night into the eyes.

An approved Application against

any Surfeit.

Take the bottome of a Muncorn loaf, cut it about an inch thick, and as broad as the palm of your

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hand,

hand, toast it very well, then take of Sallade oyle and Claret wine of each a like quantity, as much as will wet the toast well and throughly, warm it hot, then put the toast into it, when the toast is well soak'd, strew the pouder of Cloves, and Mace hereupon thick, then apply it to the stomack of the patient as warm as he can endure it, it will purge upwards and downwards, so often as you apply a fresh toast made as aforesaid, that may be applied so often as any one findeth their stomack ill at ease, although then it will not purge, except in case of a surfeit.

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A Medicine against the Plague.

Take of the root called Setwel, the quantity of half a Walnut, and grate it, of Triacle green one good spoonful, of fair water three spoonfuls, make all these more than lukewarm, and so drink them off in bed, n take

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bed, and sweat six or seven hours, and in your sweat drink small posset Ale, made of small drink as you need, but not till an houre and half after the taking of the potion, and it will bring forth the plague, for if you cast the medicine, you may take it the second, third, or fourth time, by the whole, half, or leffe measure, as your stomack will bear it: if any dotake it, and thereupon happen presently amendment, or a rising or sore, you may think it to be the fickness, for the nature of the medicine is to prevent the plague, and in others to expell the fore, if it be not taken too late, in which case he stomack will not brook it easily, and after two or three times taking, if you minister it to any, let it be at their irst sickness, lest if their disease be other, they may receive harm therey.

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Felly

Felly of Frogs.

Take the Jelly of Frogs in March, and still it in a glasse Still, it is a good Medicine to stop blood, and for the heat and redness of the face, and good to cure green wounds.

For the Tooth-ach.

Take Sparemints, and Ground-Ivy, of each a handfull, and a good spoonful of Bay Salt, stamp all these very well together, and boil them in a pint of the strongest Vinegar that you can get, let these boil all together untill they come to a quarter of a pint, then strain it, and put it into a glasse, and stop it very close, when your teeth do ake, take a spoonful of it blood-warm, and hold it in your mouth on that fide the pain is.

To make teeth stand fast. Take Roots of Vervin in cold wine, and wash the teeth therewith.

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Take white Horehound, stamp it, wring out the juyce, and mingle it with honey, and seeth it, and give it to the sick to drink, or else Sack, and Garlick-seed, and roast it in the fire, and take away the peeling, and eat the rest with Honey, or else take Sage, Rue, Cummin, and pouder of Pepper, and seeth al these together in honey, and make thereof an Electuary, and take thereof a spoonful in the morning, and another at night.

For a man that hath notaste in meat or drink.

Take a pottle of clear water, and a good handful of Dandilion, and put it in an earthen pot, and seeth it till it come to a quart, and then take out the Hearbs, an put in a good quantity of white Sugar, till you think it be somewhat pleasant, and then put it into a Vessel wherein

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it may cool, and then take twenty or thirty Almonds, blanch them and beat rhem in a mortar, and when the water is cold put it to the Almonds, and strain it through a clean Cipris bag without compulsion, and if it be thick, let it run through again, and so keep it in a vessel, and drink of it often, at all times as you please.

To preserve a man from the Plague.

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Take Aloe Epaticum, and Aloe Succatrina, fine Cinnamon and Myrth,
of each of them three drachms,
Clovs, Mace, Lignum aloe, Mastick,
Bole Armoniack, of each of them
half a drachm, let all these things be
well stamped in a Mortar, then
mingle them together, and after keep
them in some close vessel, and take
of it every morning two pennyweight, in half a glass full of white
Wine, with a little water, and drink
it in the morning at the dawning of
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the day, and so may you by the grace of God, go safely into all infection of the air and plague.

For a Tetter or Ring-worme.

Take Mercury a quarter of an ounce, Camphire one penny weight, make them into pouder, and rub them in a fair Porrenger, then take and mix them with the water of the Vine four or five spoonfuls, stir them well together, then put as much more water to that, then strain it through a cloth, and take Poppey seeds one quarter of a ounce, beat that in a stone Mortar with a spoonful of the water of the Vine, putting a little and a little till you have spent the quantity of a pint, then put to half an ounce of the milk of Cokernut, so mix them well together with your Receipt, and strainthem as you make Almond milk through a fair cloth, then keep it in a glass for your use.

K 5

To

202 A Choice Manual, or,

To keep ones body loose when soever

you need.

Take two ounces of Sirrup of Roses, one ounce of Sene, one penny-worth of Annis-seeds, one stick of Liquorice, one pint of Posturn water, seeth them all together till it seeth to half a pint, then strain them forth, then boil the two ounces of Sirrup of Roses, and drink it warm.

For a red Face.

Take Brimstone that is whole, and Cinnamon of either of them an even proportion by weight, beat them into small pouder, searce it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight, mingle them together in clean clarified Capens grease, and temper them well together, untill they be well mollissed, and then put them in a little Camphire

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phire to the quantity of a Bean, and so out the whole confection in a glass.

For a young Child to make Water.

Boil Organy in fair Water, and ay it warm to the Childs Navel.

A Medicine for the falling of the Uvula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then
put the leaf into a paper, and let it
be burnt in hot embers or ashes,
then take the leaf out, and lay it
hot on the top or crown of the bare
head, and it will draw it up into his
place and rid you of your pain.

A M dicine for the heat of the soles of the feet, that cometh by rheum or blood.

Take a quantity of Snails of the garden, and boil them in stale urine, then let the parient bath and set his feet therein, and using that often he shall be cured.

Gascoins

Gascoins own Pouder.

Take of pouder of Pearl, of red Corral, of Crabs-eyes, of Hartshorn, and white Amber, of each one ounce, beat them into fine pouder, and searce them, then take so much of the black toes of the Crabs claws as of all the rest of the pouders, for that is the chief worker, beat them, and searce them finely as you do the rest, then weigh them severally, and take as much of the toes as you do of all the rest of the five pouders, and minglethem well together, and make them up in balls with jelly of Harts-horn, whereinto put or infuse a small quantity of Saffron to give them colour, then let them lie till they be dry and fully hard, and keep them for your ule

The Crabs are to be gotten in May or September, before they be boiled.

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The dose is ten or twelve grains in Dragon water, Carduus water, or some other cordial water.

The Apothecaries in their composition of it, use to put in a drachm of good Oriental Bezar to the other pouders, as you may see in the

prescription following.

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This is thought to be the true composition invented by Gascon, and that the Bezar, Musk, and Ambergriece, were added after by some for curiosity, and that the former will work without them as effectually as with them.

The Apothecaries Gascon pon-

der, with theuse.

Take of Pearles, white Amber, Harts-horn, eyes of Crabs, and white Corral, of each half an ounce, of black thighes of Crabs calcined, two ounces, to every ounce of this pouder put a drachm of Oriental Bezar; reduce them all into very fine

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You must get your Crabs for this pouder about May, or in September, before they shall be boyled, when you have made them, let them dry and grow hard in a dry air, neither by fire nor sun.

The

Their dose is ten or twelve grains, as before prescribed in the former page.

The pouder prescribed by the Doctors in their last London Dispensatury 1650 called the pouder of Crabsclaws.

Take of prepared Pearls, eyes or stones of Crabs, of red Corral, of white Amber, of Hearts-horn, of Oriental Bezar-stone, of each half an ounce, of the pouder of the black tops of the Crabs-Claws to the weight

tle

weight of all the former; make them all into pouder, according to Art, and with jelly made with the skins or castings of our Vipers, make it up into small Tablets, or Trochifes, which you must warily dry, as before prescribed, and reserve for your use.

The Countess of Kents pouder, good against all maligant and pestilent Diseases; French Pox, Small Pox, Measels, Plague, Pestilence, maligant, or (carlet Fevers; good against Melancholly, dejection of Spirits; twenty or thirty grains hereof being exhibited in a little marm Sack, or Hearts-horn jelly, to a man, and half as much, or twelve grains to a child.

Take of the Magistery of Pearls, of Crabs-eyes prepared, of white Amber prepared, Hearts-horn, Magistery of white Corral, of Lapis

contra

contra Yarvam, of each a like quantity, to these pouders infused put of the black tips of the great clawes of Crabs, the full weight of the rest. beat these all into very fine pouder, and searce them through a fine Lawn Searce, to every ounce of this pouder add a drachm of true Orientall Bezar, make all theseup into a lump, or masse, with the jelly of Harts-horn, and colour it with Safforn, putting thereto a scruple of Ambergriece, and a little Musk also finely poudered, and dry them (made up into small Trochises) neither by fire nor Sun, but by a dry air; and you may give to a man twenty graines of it, and to a Child twelve grains.

The vertues of a Root called Contra yerva, being made into fine Pouder.

1. It withstands the plague being taken in Triacle water.

2. It

2. It is good in all Pestilent diseases, taken in posset drink with Saffron.

3. It is good against a Fever, ta-

ken in Carduus water.

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4. It is great Antidote against all poysons, taken in Sallade oyl.

mad dog, drunk in Rose Vinegar, and then drink nothing else but spring water during the cure.

6. It causerh a speedy delivery, given in Balm water, Bittony wa

ter, or in burnt Wine.

7. It doth take away the afterthrows, given in the same liquors.

8. It is a good Cordial in all fits of the Mother, given in Rue water.

9. It is very soveraign in swouning fits given in Sack, or Borrage water.

stand all melancholly, given in Sack.

II. It

210 A Choice Manual, or,

Children given in Spring water.

12. It helpeth the Worms given

in Goats milk.

13. It is good for a short breath,

given in Rue-water.

14. It helpeth the Head pain, given in Rue water, or Rosemary water.

and a

dice, given in Cellendine water.

16. It is very powerful in the

Palsie, given in Sage-water.

17. It is a good Antidote against the Gout, given in Sage water.

of the Stone in the Rains, given in Renish Wine.

19. It causeth a good and quiet

fleep taken in white Wine.

Health, and means of long life, taken sometimes in Meade.

or Bezar against Surfeits. 22.It

fions, and may be given at all times, when you do not know what the disease is, in any of the aforesaidliquors.

The dose for a man or woman, is from one scruple, to two scruples, and a boy or girle twelve or fourteen grains, in convenient liquors.

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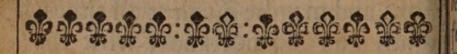
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THE EPISTLE.

Friend,

Being given to understand, that you were Reprinting the Countess of Kents Manual; I thought good to communicate unto you, for the more accomplishment of your second Impression, the vertues af some select Cordial Spirits, of very great use in weak and sickly persons, which were first composed by Sir Walter Raleigh, during his Imprisonment in the Tower, and dispersed by him to divers worthy Personages, in their several occasions and necesities, and were imparted to me, by Captain Samuel King, who lived long time with him in the Tower, and in his expeditions; this King being

heing my loving Friend, and Schoolfellow, both in Canterbury and
Westminster Schools; I have also inserted hereunto certain Experiments of
Gascons Pouder, or the Countesses,
for their operations are much of the
same nature, which have many times
with very happy success been tried, upon several persons by my self, and
divers others by my directions, assuring my self, it will be of very great
use and benefit to such persons as shall
have need of such helps and comforts;
and so rest.

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The Vertues of Aqua Bezoar.

TT is good against contagious disleases, as Plague, Purples, spotted Fevers, small Pox, and Measels.

The order to take it, is with Carduus Benedictus, or Angelica in poffet Ale, and so sweat moderately upon the taking of it; It is good against
Surfeits, and easeth the stomack opprest with wind, crude slegm, and
superfluities, and helpeth digestion.

The dose is from two to three

spoonfuls at one time.

The Vertues of Spirit of Clary.

It is good to restote one in any weakness, chiefly of the back: It preserveth against the Consumption and Ptisick; It comforteth the heart, and increaseth radical moisture;

sture; It also strengtheneth Childbearing Women after their delivery.

The dose is one or two spoonfuls

morning and evening.

The vertues of Aqua Mariæ.

It is good for all infirmities of the Spleen, and to open the obstructions thereof, it comfortes the vitall parts, and is good against all passions of the heart; it preserveth the meatin the stomack from putrifaction; It helpeth digestion, and expelleth wind.

The dose is one spoonful at one

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The vertues of Flowers of Rose-

It is good against all infirmities of the stomack, and to suppress all offensive sumes rising up from thence to the head, keeping them down, and helpeth memory; It openeth all stoppings of the Liver

and

and Milt, it preventeth Vertigo, Scotomia, Palsies, Appoplexes, diseases of that kind arising from cold humors; it breaketh wind and easeth the Chollick.

The dose is one spoonful at one

time.

The vertues of Spirit of Mint.

It is good for the stomack, and strengthens the retentive faculty, good against vomiting, and all passions of the heart, it comfortes the vital spirits, and is good against the Consumption, it expelleth wind, and helpeth digestion, and is an infallible help for Melancholly.

The dose is from one to two

spoonfuls

It is good against all diseases of the Spleen whatsoever; It preventeth and helpeth contagions, and sudden oppressions and qualms of the heart.

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The dose is one spoonful to prevent, and three to the infected, who ought to sweat after taking it.

The vertues of Spirit of Saffron.

It is good to comfort the vitall Spirits, passions, trembling, and pensivenesse of the heart, and helpeth all malignity oppressing it, and expelleth wind, suppressent fumes which arise from the Spleen, and go up to the head, and openeth the observable of the cally up to the head, and openeth the observable of the call melancholly, and very good for women in travell, for it comforeth and hasteneth delivery.

The dose is morning and evenng one spoonfull for three dayes to-

gether.

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Vertues of Spirit of Roses.

It is good to open the obstruction of the Lungs, and preventeth Consumptions, and other infirmines of that nature, it preserveth rom purifaction, and keepeth the

L

breath

breath from being corrupted.

The dose is a spoonfull at noon, at foure in the afternoon, and as much at bed time.

The vertue of the Spirit of Dialaty- and rion.

The Spirit made of Diasatyrion magis gratum, perscribed in the last London Dispensatory, comforteth hole and much restoreth decayed nature, ales, strengtheneth the weak back, increafeth feed, and advanceth generation, being taken thrice a day a spoonful at a time, that is, in the morning fasting, at four in the afternoon, and last at bedward, with this caution, that the weak parties abstain from veneriall acts till after their first fleep.

The dose is one spoonful at one

time.

The vertue of the Spirit of Strawberries.

It is excellent good to purifie and cleani

cleanse the blood; it preserveth from, and also cureth the yellow saudice, and deoppilateth the obtruction of the Spleen; It keepsth the body in a sweet temperateres, and refresheth the spirits.

The dose is a spoonful at a sime, when need requireth any of hose helps for the aforesaid dis-

Spirit of Confection of Alkermes

HOIR

It is an excellent comforter of the Spirits vitall, naturall, and animall, in weak and delicate persons, and against all trembling, pensivenesse, and sudden qualms of the fire eart.

The dose is one spoonful at one me.

The vertue of Spirit of Comfry.

It hath all the vertues which Spit of Clary hath, only it is of grea-

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ter efficacie in inward hurts, bruises and ruptures.

The dose is one spoonful at one

gall

time

Extract of Ambergriece.

Take a drachm of Ambergriece. grinde it very small on a Painters stone, then put it into a boult-head, then take of the best Spirit of Wine, either Canary, or Malligo Sack, half a pound, of Spirit of Clary, two ounces, mingle them well together and pour of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Balnec about eight hours, shaking it together three or fourtimes, then take it out, and being cold, pour it forth and put almost as much more of the mixed Spirits, digested as before it a gentle hear by Baineo, then pu it forth to the first extracted; and adde half as much more Spirits th third time, and digest it again; an

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then have you extracted all the speciall part of the Amber, and leave nothing, but black dead earth of no value.

Then take a pint of the Spirit of what Hearb you will use, and disfolve therein one pound of pure head white Sugar-candy, or at the least Vint twelve ounces, very finely poudered and searced through a fine Searcer, for the speedier tesolution thereof, it is best to dissolve it cold; this resolution must be twice filtered through a thin cap paper, to make it very perfect clear: then take three parts of this dulcified Spirit, to one of your Extracts of Amber, drawn with Spirit of Wine, then shake them well together, and let them stand in a square glasse very close stopped, untill it shall be perfeetly clear; one drachm of this Extraction of Amber will serve to dulcifie and make fit two quarts of Spirit Spirit of Mints, or Clary, or the like, and give it a most excellent taste and efficatious vertues.

Several Experiments made of the Countesse of Kents, or of Galcons Pouder, by a Professor of Physick.

troubled much with flegme, and drawning on (as the Parents conceived) to his end, withten grains of this Pouder, exhibited in a specifical vehicle, to the proportion of one spoonful, about seven of the clock at night, with the like dose exhibited the next morning, was within three dayes space perfectly recovered, and went abroad.

years, being suddenly supprised with dangerous Fits, and trembling of the heart, with twelve grains of this Pouder exhibited in a spoonful

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of Aqua Theriacalis, was that very

day recovered.

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3. A Stationers Child aged about five years, being suddenly taken so ill, that the Parents feared the life of the Child, with ten grains of this Pouder exhibited in a spoonful of Cordial Spirit, being laid down, and well covered (we fufpected it would prove to be the small Pox) became within two or three hours somewhat chearful: and with this medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about sixteen, being taken with suddaine qualmes about his stomack and heart, with ten grains of this pouder exhibited in a spoonful of Doctor Mountfords water upon his fit, and the like quantity exhibited again when he went to bed, was the next day

recovered.

L 4

old being troubled with grievous torments, and gripings in the belly with wind, with nine grains of this Pouder, exhibited with two drops of specifical Oyl against the Chollick, in a spoonful of stomak Water, was eased in few hours.

old, being troubled with Convulfion Fits, with ten grains of this
Pouder, mixed with Spirit of Caftor, and one drop of Oyl of
Amber, in a few spoonfuls of black
Cherry water, annointing the
two neck veines near the eares,
with a few drops of Oyle of Amber and Cloves, was suddainly
recovered of his Fit.

7. A Gentlewoman, near forty years old, being oppressed with crude and slatuous humors, so that her friends thought her departing,

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parting, was with twelve grains of this Pouder, and two drops of a Cordial Oyl, exhibited in a spoonful of Cordial Water, being had to bed, within three dates recoverholed, and followed her domestick business.

8. A Youth about twenty years old, much oppressed with wind and crndities of stomack, with twelve grains of this pouder exhibited in two drops of specificall Chollick Oyl, as in the fifth experiment, with a Cordial Water, was

speedily recovered.

9. A Young Maid about eightteen years old, troubled with fits of the Mother, and Convulfive Fits, with twelve grains of this pouder given her in a few spoonfuls of Piony-water, gathered and distilled in due season, with a drop of oyle of Cinnamon, and two of Amber mingled together, being LS held

held upright before a warm fire, within four hours recovered out of her fit, and went up to her chamber (though her teeth were set in her head, and small appearance of life) but that onely her feet were warm, was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatuous and crude humours oppressing the stomack, with fixteen grains of Gascon pouder, and with three drops of Oyle of Oranges, duly prepared, exhibited in an ounce of Agua Theriacalis, being well shaken and mingled together, being exhibited at two several times, that is, at night when the went to bed, disposing for rest, and betimes the next morning, found much ease and comfort, and gained some quiet rest that night, and thortly recovered.

11. A young Woman aged a-

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bout four and twenty, not without fome suspicion of the plague, having a tumour long while arising on her groin, with three severall dofes of Gascon Pouder, exhibited at three evenings when she disposed for rest, by twelve grains for every dose in a spoonful of triacle Water, drinking every morning a spoonful of Spirit of Saffron for those three daies together, was perfectly recovered, and followed her domestick business.

These and many other Experiments have I with good success tryed, and with Gods blessing recovered diverse several Patients.

This Pouder is good against small Pox, Measels, spotted or purple Fever, exhibited in specifical Waters, sit for their several diseases; It is good in swouning and passions of the heart, arising from malignant vapours, or old causes, as also in the

observing to keep the persons upright, warm, and well covered after

Be

their taking it.

The dose of this pouder in Children, is from eight to twelve grains, in persons more aged, from twelve to sourteen grains, but exhibite the dose twice or thrice if need require. In the plague you may use a greater quantity, with such medicines as are prescribed in the Childs-bearers Cabinet, and it will not be a misse to mingle it with some Aqua Theriacalis.

The Composition of the Oyle called Oleum Magistrale, said to be inwented by one named Aparitius, a Spaniard, being special good to cleanse and consoledate wounds, effecially in the head.

Take a quart of the best white wine you can get, of pure old Oyl of Olives up.

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lled inOlives three pound, then put thereto these flowers and hearbs following, of the flowers and leaves of Hypericon half a pound, of Carduns Benedictus, of Valerian, of the least Sage of each a quarter of a pound, if it be possible, take the leaves and Howers of every one of these, then let them all steep twenty four hours in the aforesaid Wine and Oyl; the next day boil them in a pot well nealed, or in a copper vessel over a fost fire, untill such time as the Wine be all consumed, stirring it alwaies with a spattle; after you have thus done take it from the fire, and strain it, and put to the straining a pound and half of good Venice Turpentine, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of Olibanum five ounces, of Myrrh three ounces, of Sanguis Draconis one ounce, and so let it boil till the Incenfe cense and Myrrh be melted, then take it off, and let it stand untill it be cold, then put it into a glasse bottle, and set it eight or ten dayes in the Sun,

and keep it for your use.

This Oil, the older it is, the better it is, it must be applied to the Patient wounded, as hot as may be endured, first washing the wound with white Wine, boiled with a handful of incense to comfort, and wiping it clean with a linnen cloth before you dresse it, which must be, if it come to any bruifings or bitings, twice a day, that is, about eight of the clock in the morning in winter, and in summer about nine in the morning, and about four in the afternoon, but if they be green wounds you shal not need to change it again untill the next day, neither need the Patient to observe any precise dict. Pracum C. magnika d

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ADDITIONS.

Arare Searcloth, with the Vertues.

Take of Oil-Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Castle-Sope four ounces, Oil of Bayes two ounces; put your Oil-Olive in a Pipkin, and put thereto your Oil of Rayes, and your Castle-Sope: seeth these over a gentle fire of embers till it be well mingled, and melted together, then strew a little red Lead, and white, being mingled together in pouder, still stirring it with a great spater of Wood, and so strew in more of your Lead by little and little till all be in, stirring it still by the bottom to keep it from burning for an hour and half together, then make the fire somewhat bigger, till the redness be turned into a gray

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ftirring it till the matter be turned into a perfect black colour as pitch; then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Finger, it is enough; then take the long linnen cloaths, and dip them therein, and make your Sear-cloaths thereof: they will keep twenty years; let your pouder of your Lead be fearfed very fine, and shred the Sope small.

The Vertues of this Sear-cloath, are:

Being laid to the Stomack it doth provoke Appetite, and taketh away any pain in the Stomack; being laid to the Belly it is a present remedy for the Cholick; being laid to the Back, it is a present Remedy for the Flux, and running of the Reins, heat of the Kidnies, and weakness of the Back,

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Back; it helpeth all Swellings and Bruises, taketh away Aches, it breaketh Fellons, and other Imposthumes, and healeth them; it draweth out any running Humor, and helpeth him without breaking of the skin, and being applyed to the Fundament, helpeth any disease there; it helpeth all old Sores, and will be made in six hours.

For a Surfeit.

Take three pints of Muskadine, one handful of Rue, one handful of red Sage; boil this together three or four walmes: take a quarter of an ounce of Nutmegs, half anounce of Ginger, two or three corns of long Pepper; beat them all together, and boil them untill the three pints comes to a quarter of an ounce of Methridate, half an ounce of London-Triacle, a quarter of a pint of strong Angellica water,

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water, all these being well mixed to gether, put them up into a Glass.

It is good for one that hath Surfeited to take three or four spoonfuls, keeping themselves very warm in bcd; the same quantity taking is good against the Smal-Pox, or Measles.

It is good against the Wind, or pain in the Stomack, taking one spoonsul in the morning, or any Infection.

An excellent Receit against a Cough
of a Consumption.

Take a quarter of a pound of the best Honey, a quarter of a pint of Conduit water, boil them as long as any white scum ariseth, and take it off, then take a quarter of a pound of the best blew Currans', put them on the fire in a pint of fair Water: boil them untill they be tender, then pour

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pour the Water from them, and bruise them through a hair Seive, & put that Juice, and Honey together: add to it one ounce of the pouder of Liquorice, one ounce of the pouder of Annise seeds; mix all these together, and put them in a gally-pot, and when it is cold tye it up, the party troubled may take of it upon the point of a Knife morning, or evening, as often as the Cough taketh them.

Lucantellions Balsom, admirable for Wounds, and many other things.

Take of Venice-Turpentine a pound, Oil-Olive three pints, yellow Wax half a pound, of natural Balsom one ounce, Oil of St. Johnswort one ounce, of red Saunders poudered an ounce, six spoonfuls of Sack: cut the Wax and melt it on the fire, and then lest it catch the fire,

fire, take it off, put in the Turpentine to it, having first washed the Venice-Turpentine thrice with Damask Rose water, and having mingled your Sallade-Oil with the Sack, put also the Oil to them, and put them all on the fire, & stir it til it begin to boil, for if it boil much it will run over speedily, then sufferitto cool for a night, or more, untill the water and Wine be funk all to the bottom, then make some holes in the stuff that the Water may run out of it, which being done, put it over the fire again, putting to it the Balsom, and the Oil of Saint Johns-wort, and when it is melted, then put the Sanders to it: stir it well that it may incorporate, and when it first begins to boil, take it off the fire, and stir it the space of two hours, till it be grown thick, then put it up, and keep it for use as most precious, for thirty or forty years, or The more.

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The Virtues.

inward or outward, being squirted warm into the inward Wound, being applyed to an outward Wound with fine lint, or Linnen, annointing also those parts thereabouts, it not only taketh away the pain, but also keepeth it from any inflammation, and also draweth forth all broken Bones, or any other thing that might putrifie or fester it, so that the brains or Inwards, as the Liver, Guts, or part, be not touched, it will heal it in four or five dayes dressing, so that nothing be applied thereunto.

and Scalding, and healeth also any Bruise or Cut, being first annointed with the said Oil, and a piece of linnen cloth, or lint dipped in the same, being warmed and said unto the place it will heal it without any Scar remaining.

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3. It helpeth the Head-ach by annointing the Temples and Nostriks therewith. prele

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4. It is good against the wind Cholick, or stitch in the Side, applyed thereunto warm with hot clothes, morning and evening together, a quarter of an ounce.

5. It helpeth the biting of a mad

Dog, or any other Beaft.

6. It is good against the Plague, annointing only the Nostrils, and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula, or Ulcer, be it never so deep in any part of the body, being applyed as aforesaid is directed for a Cut.

8. It is also good against Worms, or Canker, being used as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, Measles, so as it be pre-

presently taken in warm Broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

annointing the Navel and Stomack therewith when the party goeth to Bed, it will stanch any Blood of a green Wound, put in a Plaister of lint on it, and tye it very hard.

in Sack blood-warm, and sweat thereonit, bringeth forth all manner of clotted Blood, and taketh away all

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12. It also healeth the rose Gout

and Scurvy.

mens breasts, all chops or Wolf that cometh with a Bruise.

14. It helpeth the small Pox, being annointed therewith without any

Scar.

15. It helpeth all Sprains and Swel-

A most certain and proved Medicine against all manner of Pestilence, and Plague, be it never so vehement.

Take an Onion, and cut it overthwart, then make a little hole in either peece, the which you shall fill
with fine Triacle, and set the peeces
together as they were before: after
this wrap them in a fine wet linnen
cloth, putting it to roast, and covered in the embers, or ashes, and when
it is roasted enough, press out all the
juice of it, and give the Patient a
spoonful, and immediatly he shall
feel himself better, and shall without
fail be healed.

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How to make the Ointment of Tobacco, Jobertus.

Take of green Tobacco-leaves two pound, of fresh Hogs-grease diligently washt one pound, bruise the hearbs, and infuse it a whole night in red Wine, and then let it boil with the Hogs-greafe on a gentle fire, untill the Wine be all ences consumed: then strain it, and add after to the Ointment the juice of Tobacnnen co one pound, good and clear Rosin ove four onnces, then boil it again till the when juice be consumed, adding towards he end, of round Birthwort-roots in pouder two ounces, new Was four ounces, or so much as is sufficihout ent to make it into an Ointment.

The Virtues of it are these.

It cures all Tumors, Aposthumes, humes, Wounds, Ulcers, Gun-shor, Botches, Itch, stinging with Nettles, Bees, Wasps, Hornets, or venemous Beasts, wounds made with poisoned Arrows, all Burnings and Scaldings, although it be with Oil, or lightning, and that without any skar, it doth help all nasty, rotten, stinking, putrified Ulcers, although they be in the leggs where the humors be ready to refort most in Fistula's, although the bone be afflicted it will scale it without any instrument, and bring up the slesh from the bottom; your Face being annointed with it, it taketh away suddenly all redness, pimples, Sunburnt; a Wound dressed with this Cintment, it will never putrifie, it will cure a wound when no Tent can search it; it cures the Head-ach, the Temples being annointed therewith; the stomack being annointed with it, no infirmity will harbor there,

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there, no not Impostumes, nor Consumption of the Lungs, the belly
being annointed therewith; it helpeth
the Chollick, and illiack passions, the
Worms, (and what not) too tedious
here to relate: it helpeth the Emeroids, or Piles, it is the best Ointment in the world for all sorts of
Gouts what soever, and there can nothing come night unto it.

A very good Conserve for the help of a Consumption and Cough.

Take half a pound of blew Raisins, of the blackest sort is the best, and stone them, and skin them, and two ounces of white Sugar-candy, and two ounces of Oil of sweet Almonds, and bruise them well, and when they be well incorporated together, use it to eat morning, noon, and night.

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A very special Drink against a Consumption.

Take Colts-foot, Hylop, Scabious, & Maidenhair, of each a handful, and a quarter of a pound of Figs, and cut them in two pieces, and a quarter of a pound of Raisins, and stone them, and take ten Dates and stone them, and so boil them in four quarts of fair water, and after it hath boiled a little, put into it half an ounce of Liquorice scraped, and bruised, and so let it boil till one quart be boiled away, then take it off, and when it is cold strain it into a Pot, and drink half a pint each morning, at four of the clock, and so much after dinner at four of the clock.

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For Wormes in Children.

Wormseed boiled in Beer or Ale, and

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and then sweeten it with clarified Honey, and let them drink it.

How to drive away the Yellows of the Face that is caused by the overflowing of the Gall. Prowed.

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Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Triacle, and then stop the hole again with the faid peece that is cut out of it, but mingle the Triacle with Saffron poudered; this being done, roast the Onion in hot Embers, being wrapped up in wet Paper, and when it is well roafted. wring out the juyce thereof hard, and give the party this to drink in the morning, and sweat an hour after it, and so continue for three mornings together, and then let the party take a gentle Purge, & Fiat.

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An excellent Medicine for the Dropsie, made for Queen Elizabeth, by Doctor Adrian, and Doctor Lacy. Proved.

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Take Polipodium, Spikenard, Squat, Ginger, Marjoram, Galingal, Setwel, ana. a penny weight, Sena leaves and cods, so much as all the rest grossy beaten; put them into abag, and hang it in an earthen pot of two gallons of Ale, and every four dayes cover the pot with new Barm, and drink no other drink for fix daics, and this shall purge all ill humors out of the body, neither will it let the blood putrifie, nor flegme to have domination, nor Choller to burn, nor Melancholly to have exaltation, it doth encrease Blood, and helpeth all evill, it helpeth and purgeth Rheum, it defendeth the Stomack, it preserveth the body, body, and ingendereth good colour, comforts the fight, and nourisheth the Mind.

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For the Dropsie that swelleth.

Eat Water-cresses, and Raisins, use it often, and it will send down the Disease into the leggs and feer, and when it is there, take the green bark of Elder in the winter, and the crops in summer, and boil them well in fair Water and Oat-meal to a Poultess, and apply it to the grief, and this will heal it.

The Celestial Water in the world for the Eyes.

Aqua Celidonia, of each a quarter
Aqua Finicula, of a pint.

Lapis Tutia,
Lapis Caluminaris, of each a dram.

M 4.

Rare Secrets in Physick.

An excellent Water for one that is near, or in a Consumption.

Take Milk three pints, red Wine one pint, twenty four yelks of new-laid Eggs, beat them very well together, then add so much white Bread as will drink up the Wine; and put to it some Cowslip slowers, and distill them, and take a spoonful first and last in broth made of a Chicken, or Mutton, and in one month it will cure any Consumption.

For to stay Vomitting presently.

Take a little Mastick, and put it upon a hot Coal, and set a Funnel over it, and receive the sume into your mouth, and let it go into your Stomack, & siat.

Doctor

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Doctor Teucables green Balsom.

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Duster

Take in the moneth of May Rosemary-tops, VVormwood, Balm, and Rue, ana. two ounces, red Sage, and Bay-buds, ana. four ounces, Sheepssuet twelve ounces; beat all this very well together in a stone Mortar, till it be all as a Salve, then put it into a clean Pipkin well stopt, and set it for eight dayes in a cold place, then put it all in a clean brass Chafer, and add to it a pound of sweet Sallade oil, and as many of the said Hearbs as aforesaid well bruised, and let them boil over a soft fire very sostly the space of an hour, and stir them all the time with a wooden Spatula, then take them from the fire, and presently put into it an ounce of Spike oil, and stir them together, then with the Spoon take off the oily substance from the Hearbs, M

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and then strain it into a gally-pot, and keep it very close stopt, and set it in a cool place, it will keep good two or three years.

The Virtues are these.

The virtue of the said Balm is in all perfection good to cure all that is here under-written, and the said Oil is good to any wounds either inward or outward; proved; being inward squirted into the said wounds warm, and outward, being applyed with fine lint, or linnen, and annointing all the parts thereabouts.

pain, but it doth also keep it from inflammation, and draweth forth also all broken Bones, or any thing else that might putrifie, or fester, if the Brains, Heart, Guts, Liver be not touched, it will heal in four or five times dressing, if no other thing be applyed thereunto.

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Scalding by fire, or water, or by any other means; it healeth any.

A most excellent Pouder, much used by a person of Quality, lately Deceased; with the Virtues.

Take Pearl Magistrale prepared, Corral red and white prepared, prepared Amber, prepared Hartshorn, of each half an ounce, Contra Yarva one ounce; minglethem welle ogether, then take three ounces of the black claws of Crabs before they be sodden, they must be taken in June, or July, the Sun being in Cancer, mingle all well together, then put to it four ounces of white Sugar-candy poudered, and mingle with the Sugar-candy, Ambergriece, Musk, Citron-seed skinned, ana.ten grains; beatthe Seeds, Sugarcandy, and Amber-griece by themselves,

felves, very fine in a stone Mortar, all the rest must be passed through a fine Searce, then make a strong Jelly of Harts-horn, being boiled with White-wine, and insusetherein Saffron poudered two drachms, and with this Jelly perfume the pouder, being all mixt into a passe, so make it up into little balls, and set them into a warm Oven to dry, and then put them up to your use, the closer thy be kept the bet.

The Virtues of this Pouder is most excellent.

Pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague taketen grains in Dragon-water every three hours for nine hours, and swear, and keep

your self warm.

3 For

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3. For a Heptick, take for nineteen dayes together, fix grains every morning in Borrage-water.

4. For a Consumption, in Egrimony - water, take six grains for

fourteen dayes together.

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5. For the Cough of the Lungs, fix grains, in half Bettony, and half Hylop-water, for fourteen daies.

6. For any Ague or Feaver, for three daies, every third day take seven grains every three hours for nine hours in Carduus-water.

7. For Poison twelve grains boi-

ledina little Milk.

8. For a Woman that is fick after Labour, take seven grains every three hours for nine hours in Egrimony-water.

9. There is no Unicorns-horn comparable to it in contagious times, it is good to take five grains every

morning in a little Sack.

10 For

254

and Convulsion fits, seven grains in Borrage-water, and it is a great preserver of health, working only as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen, or twenty grains at once for a full dose.

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fmall Pox, Plague, Poison, or for a Woman in Labour, put into every Dosethree grains of Bezoar Orien-

tal.

How to strengthen the Back, and to make one Lusty.

Take half a pint of Malmsey, and a handful of the pith of an Ox back, but take the pith out from the skin, then take four or five stalks of Artechoaks, and take the pith out of them, but first cut the stalks into pieces so long as your singer, and then par-

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parboil them well, and then take the pith from them, and then put it to the other things, and boyl it gently to a Jelly, & when you have done follet it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, so much as you shall think fitting, and if you would have it pleasant, make it sweet with white Sugar-candy, but not with Sugar.

For one that cannot make his Water.

Take Thyme and steep it in Wine-Vinegar, one night or more, then take of this three spoonfuls, bloudwarm, after that you have eaten, at morning, noon, and night.

How to help a stinking Breath that cometh from the Stomack.

Take two handfuls of Cummin-

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seeds, and beat them to pouder, and seeth it in a pottle of white Wine until half hath boiled away, and then give the party a good draught there-of first and last, morning and evening, as hot as he can suffer it, and in sifteen or sixteen dayes it will help.

For the Sciatica, or the Gout, my Lord of Sussex Medicine, called Flesh Unguetors.

Take of Rosin half a pound, of Perosin half a pound, of Virgins-Wax sour ounces, of Olibanum sour ounces, of Mastick half an ounce, of Sheeps-Tallow, or of Harts-tallow two ounces, of Camphire three drams, and of Turpentine three onnces.

The way to make it.

First beat all your Gums afore-

faid every one by themselves, then take your Tallow and your Wax, and set them together on the fire, that done, put in your Rosin, then your Perosin, then your Olibanum, and last of all your Mastick; and when all is relented together over a soft fire of Coals, then strain it through a thin Canvas cloath into a pottle of white Wine, and then let them all boil together again untill half the Wine be wasted and sod away; then take it from the fire, and let it cool, then afterward when it is almost cold annoint your hands with the Oil of weet Almonds, and work it up in Rouls like Wax rouls, and in the time of the working thereof, cast in your Camphire beaten in fine pouder by it self alone; this observed that before you put in your Camphire into the Mortar for to be beaten into pouder, you must alway beat in the same Mortar two or three Almonds,

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Almonds, for else your Camphire will not be made into Pouder.

The ordering of the same Medicine.

First you must spread it upon a fine linnen-cloath, plaister-wise, and solay it upon every joynt where the painis, but before the laying of your Plaister you must annoint all your Joints with the Oil of Roses, and the stuff of your Plaister must be half an inch thick, and according unto the property of the same you, must let it stick and cling where you lay it for the space of nine or ten daies together, notwithstanding it doth put you to some pain or itch in the mean time, yet you must in any-wise let it lie on still, for it will both draw out the finews by little small Pimples, and also heal it again, and this one Plaister must serve during all the time of your disease without any manner of renewing. Prob. of witnels by my Lord of Suffolk. ATA-

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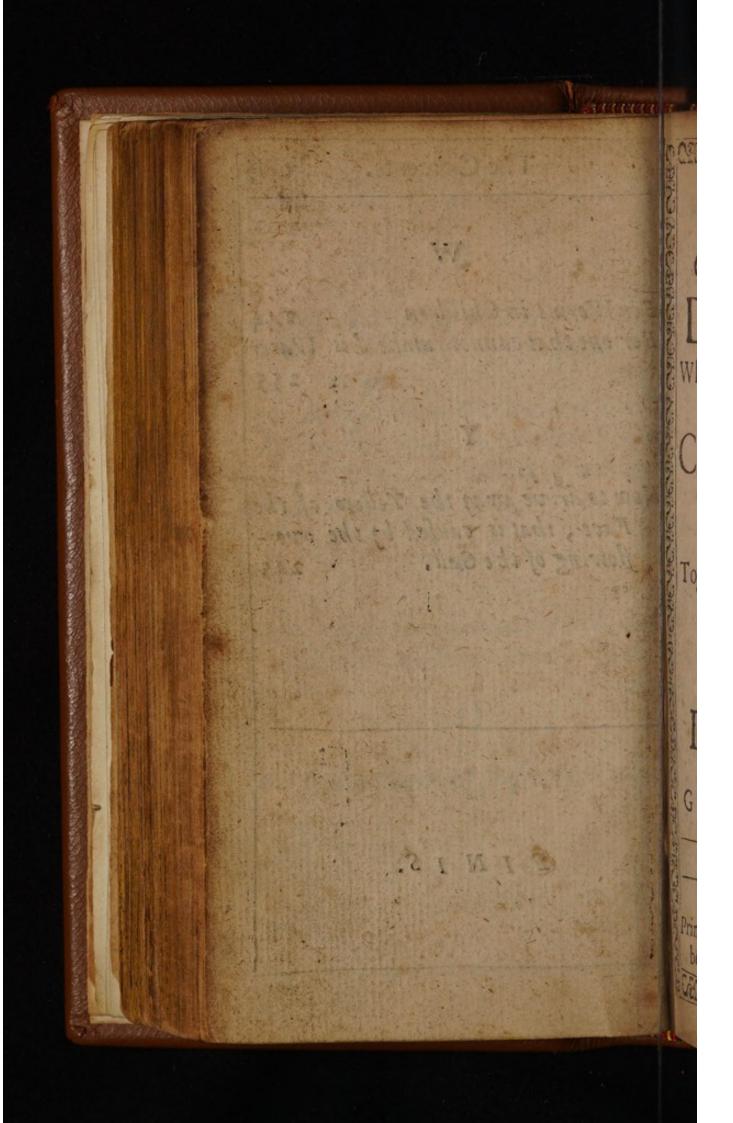
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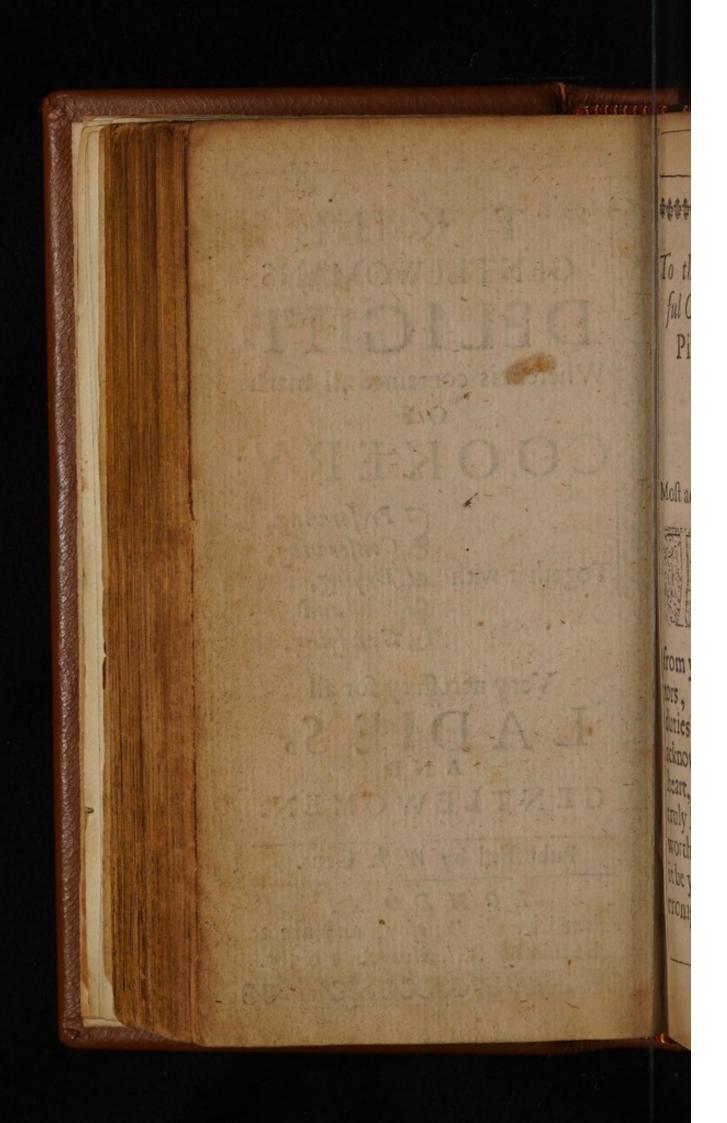
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FINIS.



TRUE GENTLEWOMANS DELIGHT. Wherein is contained all manner OF COOKERY: Together with Drying, (Candying. Very necessary for all LADIES, GENTLEWOMEN. Published by W. 7. Gent. LONDON Printed by G. Dawson, and are to be sold by Wil. Shears. 1659.



泰泰泰安安安。李李本帝李帝李李泰李李李李李

To the Virtuous and most hopeful Gentlewoman, Mris. Anne
Pile, Eldest Daughter of the
Honourable Sir Francis
Pile, Baronet, Deceased.

Most accomplish'd Lady,

vors which I have received, not only from your worthy self, but also from your thrice Noble Progenitors, justly oblige me by all the duties of gratitude, to tender a just acknowledgement: I wish the same heart, that for many and just causes truly honours you, had any Present worthy your acceptance. Now shall it be your singular goodness to patronage this small Treatise, which if I mistake

The Epistle Dedicatory.

I mistake not) carries with it two parts, Delight, and Utility. I doubt not then, but that it will find a general acceptance among all those, who are any way the least lovers of such pleasing and all delightful studies. I intend not to paraphrase upon its worth, itsuse, and singular prosit, which abundantly speaks second unto none that hath been published of the like nature: so hoping you will accordingly esteem of it, I beg pardon for my boldness, and rest ever,

A true and faithful honourer of your transparent Virtues,

W. 7.

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Friendly Reader,

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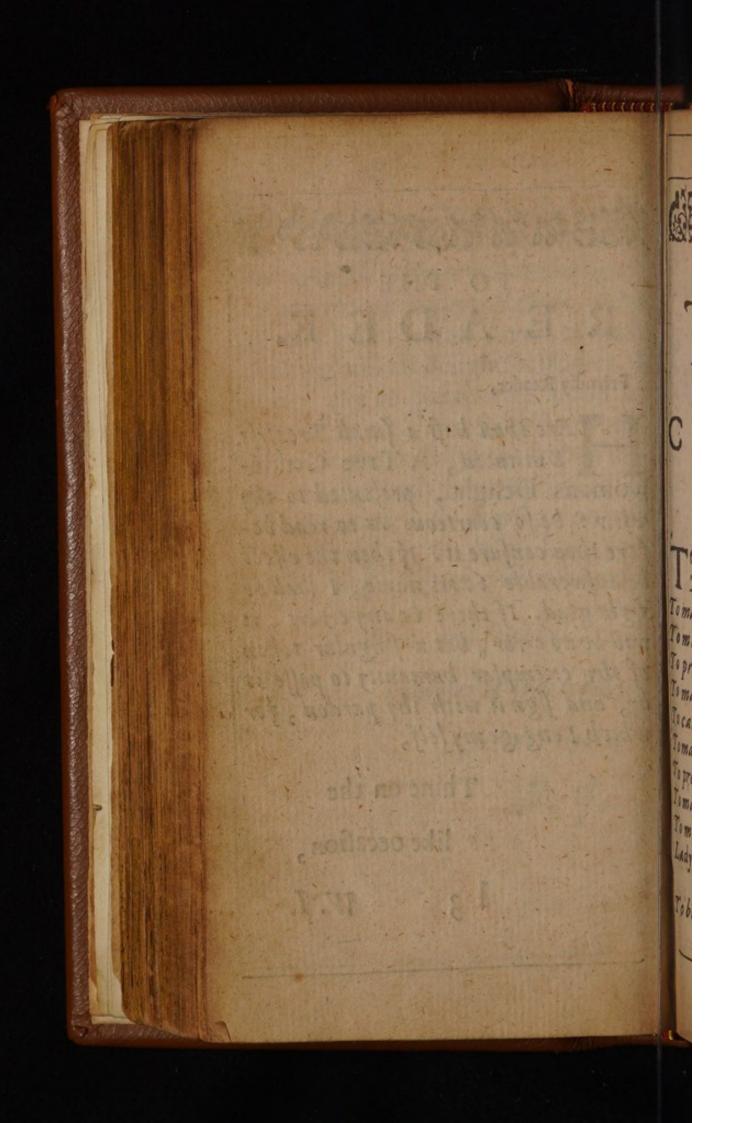
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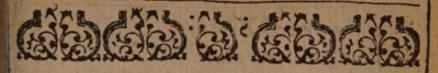
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Entituted, A True Gentle-womans Delight, presented to thy view: be so courteous as to read before thou censure it. If then the effect be answerable to its name, I (hall be right glad. If there be any errors, it will be no error, but a singular token of thy exemplar humanity to passe it by, and signit with thy pardon, for which I engage my self,

Thine on the like occasion,

1 3 W. I.





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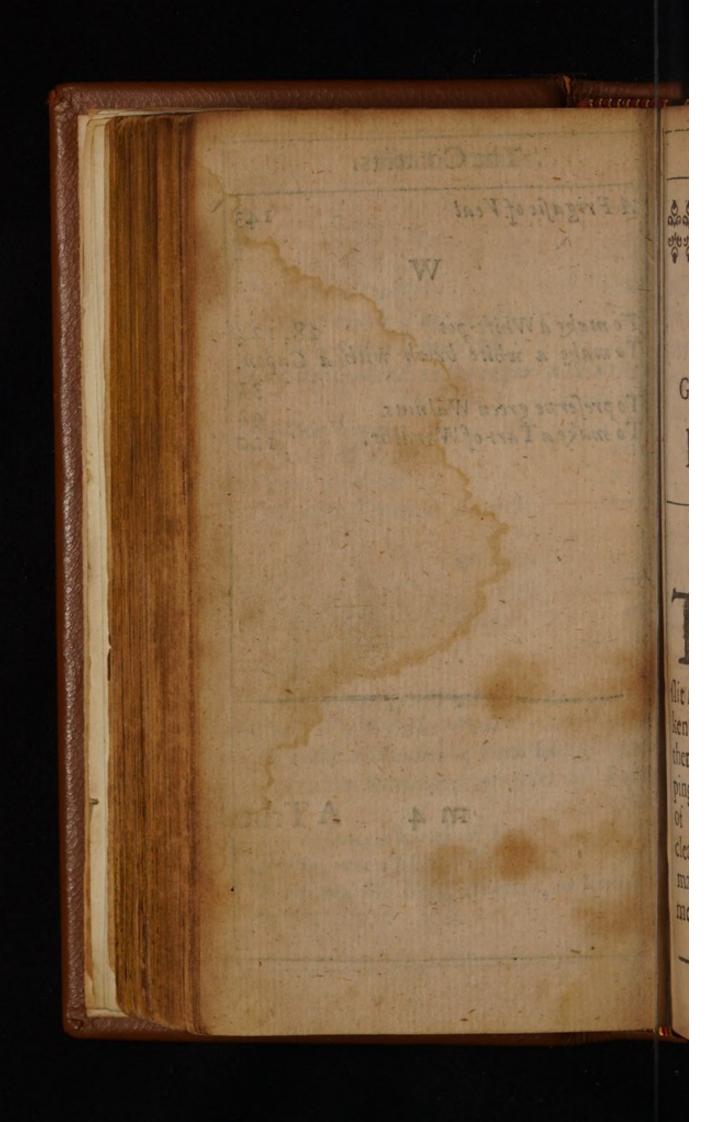
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T R U E
GENTLE-WOMANS

DELIGHT.

Tomake an excellent felly.

Water, boil in it a Knuckle of Veal, and two Calfs feet flit in two, with all the fat clear taken from between the claws, so let them boil to a very tender jelly keeping it clean scummed, and the edges of the pot alwaies wiped with a clean cloath, that none of the scummay boil in, then strain it from the meat, & let it stand al night, the next morn-

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To make a Christal Felly.

let itrun through your jelly bag.

Take two Calves feet, fley them, and lay them in fair spring water with a kunckle of Veal, shift it in half a dozen waters, take out the fat betwixt the clawes, but do not break the bones, for if you do, the marrow of the bones will stain the jelly; when they are soft and pickt very clean, boil them very tender in spring Water, when they be boiled tender, take them up, and use them ar your pleasure to eat, let the broth stand in an earthen potor Pipkin,

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bottome and the top, and put the clear into a fair Pipkin, put into it half a pound of fair Sugar-candy, or other Sugar, three drops of oyle of Nutmegs, three drops of oil of Mace, and a grain of Musk, and so let it boil leisurely a quarter of an hour, then let it run through a jelly bag into a gallie pot, when it is cold you may serve it in little carelesse lumps being taken out with a childs spoon, and this is the best way to make your Christal jelly.

To make Apple Cream at any time.

Take twelve Pipkins, pare and flitthem, then put them in a Skiller, and some Claret Wine, and a race of Ginger shred thin, and a little Lemon pill cut small, and a little Sugar, let all these stand together till they be soft, then take them off,

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and put them in a dish till they be cold, then take a quart of Cream boiled with a little Nutmeg a while, then put in as much of the Apple stuff, to make it of what thickness you please, and so serve it up.

To make a Triffle Cream.

Take some Cream, and boil it with a cut Nutmeg, and Lemon pill a while, then take it off, cool it a little, and season it with a little Rose-water and Sugar to your taste, let this be put in the thing you serve it in, and then put in a little Runnet to make it come, then it is sitto eat.

To make Clouted Cream.

Take three gallons of new Milk, fet it on the fire till it boileth, make a hole in the middle of the Cream of the Milk, then take a pottle or three pints of very good Cream, put it into the hole you made in the middle of the Milk as it boileth, and

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and let it boil together half an hour, then put it into three or four Milk-pans, so let it stand two dayes, if the weather be not too hot; then take it up in clouts with a scummer, or slice, and put it in that which you will serve it in, if you like it seasoned, you may put some Rose-water between every clout, as you lay one upon another with your slice in the dish you mean to serve it in.

Tomake a Quince Cream.

Take the Quinces, and put them into boiling water unpared, and let them boil very fast uncovered, that they may not colour, and when they are very tender, take them off and peel them, and beat the pap very small with Sugar, and then take raw Cream and mix with it, till it be of fit thickness to eat like a Cream, but if you boil the Cream with a stick of Cinnamon, I think it the better, but

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but it must stand till it be cold before you put it to the Quinces.

To make a fresh Cheese.

Take a pint of fresh Cream, set it on the fire, then take the white of fix Eggs, beat them very well, and wring in the juice of a good Lemon to the whites, when the Cream feeths up, put in the whites, and stir it about till it be turned, and then take it off, and put it into the cheesecloth, and let the whay be drawn from it, then take the curd and pound it in a stone Mortar with a little Rose-water and Sugar, and put it into an Earthen Cullender, and so let it stand till you send it to the Table, then put it into a dish, put a little sweet Cream to it, and so serve it in.

After your Codlings be throughly cooled and yielded, put them in-

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to a silver dish, and sill the dish almost half sull with Rose water, and half a pound of Sugar; boil all this Liquor together untill half be consumed, and keep it stirring till it be ready, then sill up your dish with sweet Cream, and stir it till it be well mingled, and when it hath boiled round about the dish, take it up, sweeten it with Sugar, and serve it cold.

How to make a Goosberry Fool.

Take your Goosberries and pick them, and put them into clean water, and boil them till they be all as thick that you cannot discern what it is, to the value of a quart, take six yolks of Eggs well beaten with Rose-water, and before you put in your Eggs, season it well with Sugar, then strain your Eggs, and set them boil a little while, then take it up, put it in a broad dish, and let it stand till it be cold, thus it must be eaten.

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How to make a white Fool.

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Take a quart of Cream, and set it over the fire, and boil it with whole Cinnamon, and sliced Mutmeg, and Sugar; then when it is almost ready, take the white of six Eggs well beaten with Rose-water, and seum off the froth from them, and put it into the Cream, and boil it together a pretty while, then season it, and take the whole Spice out of it, and put it up in a broad dish, and when it is cold, then it must be eaten.

To make a Goosberry Custard.

Take as many Goosberries as you please, boil them till they be soft, then take them out, and let them stand and cool, and drain them, draw them with your hand through a Canvas strainer, then put in a little Rose-water, Sugar, and three whites, and stir them all together, put them in a skillet, and stir them apace,

pace, else they will burn, let them stand and cool a little while, and take them off, and put them in a glass.

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DICE

Tomake a Fool.

Take two quarts of Cream, set it over the fire, and let it boil, then takethe yolks of twelve Eggs, and beat them very well with three or four spoonfuls of cold Cream; be. fore you put the Eggs into the hot Cream, take three or four spoonfuls of the Cream out of the skillet, and put it into the Eggs, and stir it together, and then strain the Eggs into the skillet of hot Cream, stirring it all the time to keep it from turning, then set it on the fire, and let it boil a little while, but keep it still stirring for fear of burning, then take it off, and let it stand, and cool, then take two or three spoonfuls of Sack, and put it in the dish, and some four or five Sippets, and put them in the dish, set the dish and

and sippets a drying, and when they be dry that they hang to the dish, sweeten the Cream, and pour it in the dish softly, because the sippets shall not rise up, this will make three dishes, when it is cold it is fit to be beaten.

Tomake Cheefe-Cakes.

For the crust take half a pint of slower, and sour spoonfuls of cold water, and three parts of a quarter of a pound of Butter, beat and knead these together, and put the paste assumes then roul it square, and turn it over, then take a pint of Cream, and seven Eggs, and a quarter of a pound of Sugar, and a quarter of a pound of Sugar, and a quarter of a pound of Currans plumpt before you put them in, and a whole Nutmeg grated on a knife, and some Pepper beaten, but not too much, it must be gently boiled, and stirred as you do buttered Egs,

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Tomake a Sack-Posset.

Take two quarts of pure good Cream, a quarter of a pound of the best Almonds, stamp them in the Cream, and boil Amber and Musk therein, then take a pint of Sack in a Bason, and set it on a Chasing-dish till it be blood-warm, then take the yolks of twelve Eggs, with four whites, and beat them very well together, and so put the Eggs into the Sack, and make it good and hot; let the Cream coola little before you put it into the Sack, then stir all together over the Coals, till it be as thick as you would have it, if you take some Amber, and Musk, and grind it small with Sugar, and strew it on the top of the Posset, it will give it a most delicate and pleasant taste.

To

To make Leach.

Make your jelly for your Leach with Calves feet, as you do your ordinary jelly, but a little stiffer, and when it is cold, take off of the top and bottom, and set it over the fire with some Cinnamon and Sugar, then take your Turnsele, being well steept in Sack, and crush it, and so strain it into your Leach, and let it boil to such a thickness, that when it is cold you may slice it.

To make yellow Leach.

Your yellow Leach is just the same, but instead of Turnsele, you must colour it with Saffron, and when it is boiled enough, then put in your Saffron, and not before, it must not boil in it.

Take five quarts of new Milk from the Cow, and one quart of Water, and one spoooful of Run-

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net, and stir it together, and let it stand till it doth come, then lay your Cheese-cloth into the Vate, and take up your Curd as fast as you can without breaking, and put into your Vate, and let the Whay foak out of it self; when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour, then lay two pound weight for one hour more, then turn him when he hath stood two hours, lay three pound on him for an hour more, then take him out of the Vate, and let him lie two or three hours, and then salt him on both sides; when he is falt enough, take a clean cloth and wipe him dry, then let him lie a day or a night, then put Nettles under and upon him, and change them once a day, the Cheese will come to his eating in eight or nine daies.

To make Cheese-loaves.

Take the Curds of a tender new
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Milk Cheese, and let them be well pressed from the Whay, and then break them as small as you can possible, then take crums of Manchet, and yolks of Eggs, with half the whites, and some sweet Cream, and a little fine flower; mingle all these together, and make a paste of it, but not too stiff, then make them into little Loaves and bake them, when they be baked cut off the tops, and Butter them with Sugar, Nutmeg, and melted Butter, and put it in with a spoon, and stir it all together; then lay on the tops and searce them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Eggs, and fix of the whites, beat them very well, then put in some Sugar, and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juice of Spinnage or of Primrose-leaves

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leaves to make it green, then put in some more Sugar if it be not sweet enough, then beat it again a little, and so let it stand till you fry it, when the first course is in, then fry it with a little sweet Butter, it must be stirred and fried very tender, when it is fried enough, then put it in a dish, and strew some Sugar upon it, and serve it in.

To make black Tart-stuff.

Take a dozen pound of Prunes, take half a dozen of Maligo Raisins, wash and pick them clean, and put them into a pot of Water; set them over the fire till all these be like pulp, and stirthem often least they burn to, then take them off, and let them be rubbed through a hair sieve hard with your hands by little and little, till all be through, then season them to your taste with searced Ginger.

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To make yellow Tart-stuff.

Take four and twenty Eggs, and beat them with Salt together, and put it into a quart of feething Milk, stirring it until it caudles, then take it off, and put it into a Napkin hanging it up till all the Whay be run through; when it is cold, take it and grind it in a stone Mortar with Sack and Sugar to your taste; and otherwise to make it look white, leave the yolks, and instead of Sack put in Rose-water.

To make a made Dish.

Take a quarter of a pound of Almonds, beat them small, and in the beating of them put in a little Rosewater to keep them from ovling, strain them into Cream, then take Artechoak bottoms, and marrow, and boil the redness of the Marrow out, then take a quart of Cream, and boil it with Dates, Rose-water, and Sugar, and when it is boiled to a convenient

convenient thickness, take it off, and take your Artechoak and pare off the leaves and lay them into a dish, and some Marrow upon them, then pour some Cream upon them, then set it on coales till you serve it in.

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Take a few Oysters, and some sweer hearbs, and an Onyon, and a pint of white Wine, and a little beaten Nutmegs, a little Salt, and a large Mace, a little Lemon pilled, and a little Sugar, a little leaker possets if you have no Oysters take Capers in the room of them, and some gravie of the Mutton.

To fry Apple-pies.

Take Apples and pare them, and thop them very small, beat in a little Cinnamon, a little Ginger, some surar, and a little Rose-water, take your paste, roul it thin, and make hem up as big Pasties as you please,

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to hold a spoonful or a little lesse of en or your Apples, and so fry them with for it Butter not too hastily, lest they be think burned.

To make Curd Cakes.

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Take a pint of Curds, four Eggs, fame take out two of the whites, put in When some Sugar, a little Nutmeg, and a little flower, stir them well together, and drop them in and fry them with choak a little butter.

To make Furmenty.

vinego Take a quart of sweet Cream, Ging two or three sprigs of Mace, and a Nutmeg cut in half put into your Cream, so let it boil, then take your French Barley or Rice, being first washed clean in fair water three times, and picked clean, then boi

insweet milk till it be tender, ther put it into your Cream, and boili well, and when it hath boiled a good while, take the yolks of fix or feve Eggs, beat them very well, to thick effec

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en ona soft fire, boil it and stirre it, for it will quickly burn, when you think it is boiled enough, sweeten it to your taste, and so serve it in with Rose-water, and Musk Sugar, in the same manner you may make it with Wheat.

To make an Artechoak Pic.

Take the bottome of six Artechoaks, being boiled very tender, put them in a dish, and put some vinegar over them, season them with Ginger, and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay some Marrow and Dates sliced in, and a few Raisins of the Sun in the bottome, with good store of Butter, so close the Pie, when it is half baked, take a dish of Sack, being boiled first with Sugar, and a pill of Orange, put it in your Pie, and set it in the Oven again, till you use

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Tomake a Chicken Pie.

Make your paste with good store. of Butter, and yolks of Eggs, and Sugar, then take fix small Chickens taking out the breast bone, truffing them round, take two Nutmegs, and a good quantity of CICLIO Cinnamon, and put it in in little toget! Suet pieces, take two yolks of Eggs, and beat them with fix spoonfuls of Ver-Morta juyce, then take your juyce and Verjuice, and a little Salt, stirre them well together, take a good deal of Butter, and wet it in the Verjuyce, and put it in the bellies of the chickens, so lay them in the Pie with butter under them, then take half a pound of Currans washed and dryed, so lay them on the top of the Chickens, with a piece of Marrow, Barberries, Grapes, and good store of Butter and Sugar, as will season it, a little before you draw out your Pie, put in Verjuice and Sugar boiled together.

To bake Beef like red Deer.

Take a pound of Beef, and flice it thin, and half a pint of good Wine Vinegar, some three Cloves, and Mace above an ounce, three Nutmegs, pound them all together, Pep per and Salt, according to your difcretion, and a little Sugar, mix these cogether, take a pound and half of Suet shred, and beat it small in a Va Mortar, then lay a row of Suet, a row Ver of Beef, Rrow your Spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rouling pin, then presse it a day before you put it in your paste.

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To roast a Shoulder of Mutton with Thyme.

Draw your Shoulder of Mutton, and when it is half roasted, save the gravie, and cut a good deal of the inside of it, and mince it grosse, and boil

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boil it in a dish with the gravie, and Thyme, Claret Wine, and sliced Nutmegs, and when your Shoulder is roasted, lay it in the dish with sliced Lemon, but remember to scotch your Mutton in roasting, as you do when you boil it.

To roast a Shoulder of Mutton with

Oysters.

When you open the Oy fters fave the liquor, then season them with Pepper, and a little Cloves, and Mace, and Hearbs finely chopped, and the yolk of two or three Eggs chopped small, and some Currans parboiled a little, then stuffe your Shoulder of Mutton thick with your Oysters, then season it, and lay it to the fire, and roalt it, then take the rest of your Oysters, and boil them with a little white Wine, and some Butter; this is sauce for your shoulder of Mutton, when your Oysters are opened, you may parboil soil them in their own liquor, then ake them out and season them.

To make Angellets.

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Take a quart of new milk, and a pint of Cream; and put them together with a little Runnet, when it is come well, take it up with a spoon, and put it into the vate softly, and let it stand two dayes, till it is pretty stiff, then slip it out and salt it a little at both ends, and when you think it is salt enough, set it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make black Puddings.

Take your blood when it is warm, put in some Salt, and when it is throughly cold, put in your Groats well pickt, and let it stand soaking a night, put in the hearbs, which must be Rosemary, large Savory, Pennyroyal, Thyme, and Fennel, then

make it soft with putting of good Cream hot untill the blood look pale, then beat four or five Eggs, whites and all, and mingle it, then season it with Clove, Mace, Pepper, Fennel-seeds, then put good store of Beef suet in your stuffe, and mince your fat not too small.

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To make white Puddings.

After the humbles are very tender boiled, take some of the lights, with the hearts, and all the slesh and fat about them, picking from them all the sinewes, and skin, then chop the meat small as can be, then put to it a little of the Liver very sinely searced, some grated bread searced, four or sive yolks of Eggs, a pint of very good Cream, a spoonful or two of Sack, a little Sugar, Cinnamon, Cloves, and Mace, a little Nutmeg, a few Caraway-seeds, a little Rosewater, mingled with a good deal of Swines

good Swines fat, a little Salt, roul it in look roules two hours before you go about it, let the fat side of the skin be turned and steeped in Rose-water till you fill them.

To make Almond Puddings.

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Take a pound of Almonds blanched, and beat them very small with a little Rose-water, boil good Milk with a flake of Mace, and a little fliced Nutmeg, when it is boiled, take it clean from the Spice, then take the quantity of a penny loaf, grate it, and searce it through a Cullender, and then put it into the Milk, and let it stand till it be pretty cool, then put in the Almonds, and five or fix yolks of Eggs, and a little Salt and Sugar, what you think fit, and good store of Beef luet, and marrow very finely shred.

To make a Pudding to bake.

Take a penny loaf, pare it, slice it in a quart of Cream, with a little

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Rose-water and break it very small, take three ounces of Iordan Almonds blanch'd, and beaten small with a little Sugar, put in some eight Eggs beaten, a Marrow-bone, and two or three Pipipns fliced thin, or any way, mingle these together, and put in a little Ambergriece if you please.

To make a boyl'd Pudding.

Take a pint of Cream, or Milk, boil it with a stick of Cinnamon a little while, and take it off, and let it stand till it becold, put in six Eggs, take out three whites, beat your Eggs a little before you put them into the Milk, then stirthem together, then take a penny roul and flice it very thin, and let it lie and soak, and then bray it very small, then put in some Sugar, and butter your cloth before you put it in, it will take but a little while feething, and when you take it up, melt a little fresh butter, and a little

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little Sack and Sugar, beatall these together, and put it into the dish with your Pudding to be served in.

To make a Cream Pudding to be boiled.

Take a pint and a half of thick Cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight Eggs, with four whites beaten, and Almonds blanch'd a pound, and strained in with the Cream, a little Rose-water, and Sugar, and a spoonful of flower searced very fine, then take a thick napkin, wet it, and rub it with flower, and tie the pudding up in it, boil it where Mutton is boiled, or in the Beef pot; remember to take out the whole spice out of the Cream when it is boiled; the sauce for this Pudding is a little Sack, Sugar, and a pretty piece of butter, you must blanch some Ale monds, when they are blanched, cut every

ces the long way, and stick them up an end upon the pudding very thick.

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To make a White-pot.

Take a pint and a half of Cream, a quarter of a pound of Sugar, a little Rose-water, a few Dates sliced, a few Raisins of the Sun, six or seven Eggs, and a little large Mace, a sliced Pippin, or Lemon, cut sippet fashion for your dishes you bake in, and dip them in Sack, or Rose-water.

To make a forc'd dish of any cold Meat.

Take any cold Meat and shred it small, a little Cloves and Mace, and Nutmeg, and two yolks of Eggs, a spoonful or two of Rose-water, a little grated bread, a little Beef suet shred small, make it up in balls, or any fashion you please, and boil them in tried suet between two earthen

earthen dishes; your suet must boil before you put in your meat; for sauce, a little Butter, Verjuyce, and Sugar.

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To make a forced dish of a Leg of Mutton or Lamb.

Take a Leg of Mutton, or Lamb, cut out the flesh, and take heed you break not the skin of it, then parboil it, and mince it with a little Beef suet, put into it a little sweet Hearbs shred, three or four Dates shred, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuyce, three or four Eggs, mix them together, and put them in the skin, and set it in a dish, and bake it.

To boil a Calves head with Oysters. Take the head, and boilit with Water and Salt, a little white Wine or Verjuyce, and when it is almost enough, then cut some Oysters, and mingle them together, and a blade or

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Salt, and a little liquor of the Oysters, then put it together, and put it to the Calves Head, and the largest Oysters upon it, and a slit Lemon, and Barberries, so serve it in.

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To fry a Coast of Lamb.

Take a Coast of Lamb, and parboil it, take out all the bones as near as you can, and take some four or five yolks of Eggs beaten, a little Thyme and sweet Marjoram, and Parsly minced very small, and beat it with the Eggs, and cut your Lamb into square pieces, and dip them into the Eggs and Hearbs, and fry them with Butter, then take a little Butter, white Wine, and Sugar for sauce.

To ftem Saucefedges.

Boil them in fair water, and salt a little; for sauce boil some Currans alone, when they be almost tender, then

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To boil Ducks.

When they be half boiled, take a quart of the liquor and strain it, and put a quart of white Wine and some whole Mace, Cloves, and Nutmegs sliced, and Cinnamon, and a few Onions shred, a bundle of sweet Hearbs, a few Capers, and a little Samphire, when it is boyled, put some Sugar to season it withal.

To make white broth with a Capon.

Truss your Capons, and boil them in fair water, and when they are half boiled, take out three pints of the liquor, and put it to a quart of Sack, and as much white Wine, and slice two ounces of Dates half or quarter-wise as you please, a little whole Mace, Cloves, and Cinnamon, a Nutmeg shred, of each a little

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tle quantity, boil the broth in a pipkin by it self until the Dates begin to be tender, then put in the marrow of two bones, and let it boil a little not too much, then when your Capons be near ready, break twenty Egs, save the yolks from the whites, and beat the yolks until you may take up a spoonful and it will not run beside the spoon, then you must put a little cold broth to them, and so strainthem through a cloth, then take up some of the hot broth to beat your Eggs, because else it will turn; let it have a walm or two after your Eggs be in, but not seeth too much for fear it turns, then dish your Capons, and pour your broth on them, and garnish your dish as you please.

To make Stewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boil, and scum your pot clean, thicken your pot with grated olp-

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spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of Raisins of the Sun, two pound of prunes last of all, then when it is stewed, to season it with a quart of Claret and a pint of Sack, and some Sanders to colour it, and a pound of Sugar to sweeten it, or more if need be, you must seeth some whole spice to garnish your dishwithal, and a few whole Prunes out of your pot.

To make Gallandine Sauce for a Turkie.

Take some Claret wine, and some grated bread, and a sprig of Rosemary, a little beaten Cloves, a little beaten Cinnamon, and some Sugar.

An exceeding good way to stew Chickens.

Take Chickens, fley them, and cut

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cut them in pieces crosse-way, then put them in a pipkin or skillet, and cover them almost with Pepper, and Mace, and Water, so let them stew softly with a whole Onion in it, till part of the liquor be consumed, then put in as much white Wine as will cover them again, take Parsly, sweet Marjoram, winter Savory, with a lttle Thyme, and shred them very small and put them in, and let them boil till they are almost enough, then put in a good piece of Butter.

To boil a Leg of Mutton.

Take a Leg of Mutton and stuffe it, for the stuffing take a little Beef Suet, and a few sweet Hearbs, chop them small and stuff it, then boil it, and put in a handful of sweet hearbs, cut them small, mingle a hard Egg amongst the hearbs, and stew it upon the Mutton, melt a little Butter and Vinegar, and put it into the dish, and send it in.

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To keep Quinces all the year.

First you must core them, and take out the kernels clean, and keep the cores and kernels, and set over fome water to boil them, then put them in when you fet over the water then let them boil till they be a little foft, and then take them up, and fet them down till they be cold, then take the kernels and stamp them, and put them into the same water they were boiled in, and let them boil till they be thick, see you have as much liquor as will cover the Quinces, and if you have not enough, take of the smallest Quinces, and stamp them to make more liquor, and when it is boiled good and thick, you must strain it through a course cloth, and when the Quinces be cold, then put them into a pot, and the liquor also, and be sure the liquor cover them, you must lay some weight upon them to keep them under, so cover them

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To pickle Cucumbers.

Take the Cucumbers and wash them clean, and dry them clean in a cloth, then take some Water, Vinegar, Salt, Fennel-tops, and some Dill tops, and a little Mace, make it fast enough, and sharp enough, to the taste, then boil it a while, and then take it off, and let it stand and be cold, then put in the Cucumbers, and lay a board on the top to keep them down, and tie them close, and within a weekthey will be sit to eat.

To Pickle Purstain.

Take the Purssain and pick it in little

their barrel: then take a little Water, Vibarrel; then take a little Water, Vinegar, and Salt, to your taste, it must be pretty strong of the Vinigar and Salt, and a little Mace, and boil all these together, and pour this liquor in seething hot into the Purstain, and when it is cold tie it close, but keep a little board on the top to keep it down, and within a week or two it is fit to eat.

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To do Clove-Gillistowers up for

Salleting all the year.

Takeas many Clove-Gilliflowers as you please, and slip offthe leaves, then strow some Sugar in the bottome of the Gallipot that you do them in, and then alane of Gilliflowers, and then a lane of Sugar, and so do till all the Gillislowers be done, then pour some Claret wine into them, as much as will cover them, then cut a piece of a thin board, and lay it on them to keep them them down, then tie them close, and set them in the Sun, and let them stand a moneth, or there abouts, but keep them from any rain or wet.

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To pickle Broom Buds.

Take as many Broom Buds as you please, make linnen bags, and put them in, and tie them close, then make some Brine with Warer and Salt, and boil it a little, let it be cold, then put some Brine in a deep earthen pot, and put the bags in it, and lay some weight upon them, let it lie there till it look black, then shift it again, so you must do as long as it looks black, you must boil them in a little caldron, and put them in vinegar a week or two, and then they will be sit to eat.

To pickle Oysters.

Take your Oysters and pick them out of the shels, and save the liquor that cometh from them, then take your

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your Oysters one by one, and wash them clean out of grist, then strain the liquor, and take a quantity of white Wine, and a large Mace or two, and two or three slices of Nutmeg, and Pepper grossy beaten, and salt them, boil it together, then put in your Oysters and boil them, then take the yolk of an Egg, and beat it well with Wine Vinegar, then take up your Oysters and let them cool, then put in your Egg, and let it boil, take it off, and let it cool, and put it up together.

To make Grout.

Take some Wheat and Bean, and when you have made it into Malt, then rittle it, then take some Water, or some small Wort, and heat it scalding hot, and put it into a pail, then stir in the Malt, then take a piece of sour leaven, and stir it about, and cover it, and let it stand till it will cream, then put in some Orange

Orange pills, then put it over the fire and boil it, keeping it stirring till all the white be gone.

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To make Felly of Marmalet.

Take Quinces and pare them, cut them in water in little pieces, and when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces take five quarters of a pound of Sugar and half a quarter, then put it into the skiller, and put as much water as will make it pretty thin, then set it on the fire, and clarifie it with the white of an Egg, and scum it off clear, then put in your Quinces, and let it boil a pretty ipace, and cover it close till it be pretty thick, then leave stirring it till it is thick enough for Marmalet, and take it off, and put it in a glass, and do it with your Knife in little works, when you have done, let it stand,

the your posnet must boil all the while you must put in as much water as will make it pretty thin, when it is boiled to a pretty good colour, then stirit and weigh it, then take of loaf Sugar as much as it weighs, and boil and it all together to a jelly, then pour it into your Marmalet glass, then put it in a stove, and put some fire in every day.

To make Felly of Pippins.

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Take Pippins, pare, quarter, and much core them, lay them in water, and when you set them on the fire shift them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, set them over the fire, and make them boil as fast as you can, when the Apples are soft, and the liquor taste strong of the Apples, then take them off, and Arain them through a piece of Canvas gently, take to a pound of juice, a pound of

Sugar,

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Sugar, then set it on the fire, when it Sugar, is melted, strain it into a Bason, and they rince your skillet again, set it on the thems fire, and when it is boiled up, then again scum it, and make it boil as fast as you can, and when it is almost boiled, put in the juice of three Lemons them strained through a cloth, if you will pare th have Orange pill pare it thin, that of Su the white be not seen, and then lay it will w in the water all night, then boil them ino it in the water till the pill be foft, then may b cut them in long pieces, then put it lupis into the Sirrup and stirit about, and fill your glasses, and let it stand till it be cold, and then it is ready to eat.

To preserve green Walnuts.

Take Walnuts, and boil them'till the water do taste bitter, then take them off, and put them in cold water, and peel off the bark, and weigh as much Sugar as they weigh, and a little more water then will wet the

Sugar

Sugar, set them on the fire, and when they boil up take them off, and let them stand two dayes, and boil them again once more.

To preserve white Quinces.

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Take a pound of Quinces, boil them with the skins on, but core and mons pare them, take a quarter of a pound of Sugar, with water no more then will wet the Sugar, put the Quinces into it presently, boil them as fast as may be, and skin them, when the firrup is thick take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two spoonfuls of water, and put them on the fire, and stir them as you did the former.

To preserve Rasberries.

Take as many as you please, alay of Sugar, and a lay of Rasberries. and so lay them into the skiller, and

firrup enough, and boil them, and put two spoonfuls of water in, boscom it, take it off, and let it stand.

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To preserve Currans.

Part them in the tops, lay a lane of Currans, and a lane of Sugar, and so boyl them as fast as you do Rasberries, do not put in the spoon, but scum them, boil them till the sirrup be pretty thick, then take them off, and let them stand till they be cold, and then put them into a glasse.

To perferve Medlers.

Take the just weight of Sugar as they weigh, to a pound of Sugar put a pint and a half of water, scald them as long as the skin will come off, stone them at the head, put the water to the Sugar, and boil it, and strain it, put in the Medlers, boil them apace, let them stand till they be thick, then take them off.

To preserve Goosberries.

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Take the fairest Goosberries you can get with the stalks on, prick three or four holes in every one of them, then take the weight of them in Sugar, lay the best part of the Sugar in the bottom of a silver or peuter dish, then lay your Goosberries one by one upon it, strew some of the rest of the Sugar upon them, and put two spoonfuls of the water into half a pound, then set the Goosberries on a chafing-dish of Coales, and let them stand uncovered, scalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boiling, let them not boil too fast, when they be enough put them up, you must put the rest of the Sugar on them as they boil, and that will harden them, and keep them from breaking.

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To make Goosberry Cakes.

Prick as many Goosberries as you please, and put them into an earthen pitcher, and set it in a kettle of water, till they be soft, and then put them into a sieve, and let them stand till all the juyce be out, and weighthe juice and as much Sugar as Sirrup, first boil the Sugar to a Candy and take it off, and put in the juyce, and set it on again till it be hot, and take it off, and set them in presse till they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of black thorn, then take Goosberries, and cut them a little a crosse, take out the stones, put them upon the pricks, weigh as much Sugar as they weigh, and take a quart or a pint of water, and put into the Sugar, and let it boil a while, then put in the Hops, let them stand and scald two houres upon the coales till they

they be soft, then take out the Hops, and boil the sirrup a while, then take it off, and put in the Hops.

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To preserve Apricocks.

First stone them, and weigh them, and take as much Sugar as Apricocks, put it in a Bason, some in the bottome, and some on the top, let them stand all night, set them on the fire till they be scalding hot, then heat them twice more.

Tomake Apricock cakes.

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together, till they be pretty stiff, then take them off, and put them in saucers.

Tomake Mackeroons.

Take half a pound of Almonds,

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put in some Rose-water, a good spoonful of flower, four Eggs, half a pound of Sugar, in the beating of the Eggs put in the Almonds, heat the Oven hot enough to bake a Custard, put them in, when you have taken them out, let them stand till they be cold, they must be baked in earthen pans round, and buttered very thin.

How to preserve white Damsons

green.

Take white Damsons, scald them in water till they be hard, then take them off, and pick as many as you please, take as much Sugar as they weigh, strew a little in the bottome, put two or three spoonfuls of water, then put in the Damsons and the Sugar, and boil them, take them off, then let them stand a day or two, then boil them again, take them off, and let them stand till they be cold.

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How to preserve Mulberries.

Take as many Mulberries as you please, and as much Sugar as they weigh; First wet the Sugar with some juyce of Mulberries, stir your Sugar together, then put in your Mulberries, then boil them apace, till you think they are boiled enough, then take them off, and boil the firrup a while, and put it into the Mulberries, let them stand till they be cold.

To Preserve Pippins white.

Take some Pippins and pare them, & cut them the cross way and weigh them, and to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boil a while, and then put in the Pippins, and let them boil till they be clear at the core, take them off, and put them up.

Scald Quinces, and let them stand

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till they be cold, but not seethed till they be tender enough, then take them off and pare them, then scrape off the softest, and do it through a sieve, and then weigh as much Sugar as it doth weigh, and beat it and sift it into the Quinces, and stirit all together, and set it on the coales and stir it about, but let it not boil at all, but let it stand and cool till it be pretty thick, then take it off, and put it in glasse saucers.

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How to preserve Grapes.

Stamp and strain them, let it settle a while before you wet a pound of Sugar or Grapes with the juyce, stone the Grapes, save the liquor, in the stoning take off the stalks, give them a boiling, take them off, and put them up.

To preserve Damsons.

Take as many as you please, and weigh as much Sugar as they weigh,

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and strew some on the bottome, and some on the top, and you may wet the Sugar with some sirrup of Damsons, or a little water, then set them on the fire, and let them standand foak softly about an hour, thentake them off, and let them stand a day or two, then boil them up till you think they be enough, take them off, and put them up.

To make Cakes of Lemons or Violets.

Take of the finest double refined Sugar beaten very fine, and searced through fine Tiffony; and to half a filver porrenger of Sugar, put to it two spoonfuls of water, and boil it till it be almost Sugar again, then grate of the hardest rinded Lemon, then stir it into your Sugar, put it into your coffins of paper, and when they be cold take them off.

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How to preserve Quinces red.

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Take your Quinces and weigh them, to a pound put a pound of Sugar, and half a pint of water, put your water to your Sugar, and let it stand, your Quinces must be scalded till they be tender, take them off, pare them, and core them, but not too much, then put them into the skillet where the Sugar is, then set them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and stop it close.

Somake Bisket bread.

Take a pound and a half of white loaf-Sugar, and so much flour, as much Annise-seed, Coriander-seed, and Caraway-seed as you please, and twelve Eggs, three whites left out, take the Sugar and sift it sine, and the flower also, and beat your Eggs a little, then mingle them well together, with sour spoonfuls of Damask

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Damask Rose-water, beat them well together, and put in two spoonfuls more, and beat it again about an hour and an half in all, then butter plate trenchers, and fit them with stuffe, scrape some Sugar on them, and blow it offagain, heat your oven hor enough to bake a pie, and let the lid stand up a little while, to draw down the heat from the top, then take the lid down again; and let it stand till it be cold, that you may suffer your hand in the bottom, then set in the plates, and set up the lid again untill they rife, then take them out, and loofe them from the plates, and scrape the bottoms, and letthem stand four hours, then they be fit to eat.

How to preserve Grapes to look clear

and green.

Take a pound of Grapes with no stalks on them, when they do begin to be ripe, then weigh as much dou-

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ble refined Sugar, beaten small, then take the Grapes that were weighed, stone themat the place where the stalks are, pull off the skin, and strain some Sugar, in the bottome of the thing you do them in, and so lay them in the Sugar you did weigh till you have ston'd & peeled them, and so strew the Sugar upon them, then set them on the fire and let them boil as fast as can be, till the strup be pretty thick, then take them off, and put them up until they be cold.

How to Candie Apricocks.

Take your Apricocks, the fairest, and scald them, and peel them, between too cloaths, crush the water softly out of them as dry as you can without too much flatting them, then take of searced Sugar almost as much as they weigh, and boil it all together to a candy height, then take it off the fire and lay the Apricocks

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cocks in it one by one; with a feather annoint them over, then set them on a chafing-dish of coals, and let them be through sod, but not boil, then take them off the fire, and set it in a stove or blood-warm oven, and twice a day set them on a fire, and turn them once at every heating, anointing them with a feather, and the same Sirrup, every time you take them off the fire; this do until you see the Sirrup begin to sparkle and be full of eyes, then take them out of the Sirrup and lay them on glass plates, and dry them in a Stove or Oven, turning them a day or two till they be dry; white Pear-plums may be done thus.

How to make Paste of Goosberries, or Barberries, or English Currans.

Take any of thefe tender Fruits and boil them softly on a chasing-dish of coals, then strain them with

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with the pap of a rosted Apple, then take as much Sugar as it weighs, and boil it to a candy height, with as much Rose-water as will melt the sugar, then put in the pap of your fruit into the hot sugar, and let it boil leisurely, till you see it reasonable stiff, almost as thick as for Marmalet, then fashion it on a sheet of glass, and so put it into the oven upon two billets, that the glass may not touch the bottome of the oven, for if it do it will make the paste tough, and so let it dry leisurely, and when it is dry you may box it and keep it all the year.

How to make Paste of Oranges and Lemons.

Take your Oranges and Lemons, and let on the fire two vessels of fair water at once, boil them, and then shift the water seven times that the bitterness may be taken from then

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from them, and they very tender, then cut them through the middest, and take out the kernels, and wring out all the water from them, then beat them in an Alablaster mortar, with the paps of three or four Pippins, then strain it through a fine strainer, then take as much sugar as that pap doth weigh, being boiled to a candie height, with as much Rosewater as will melt the sugar, then put the pap of your Oranges and Lemons into the hot sugar, and so let it boil leisurely with stirring, and when you see it stiff, as for Manchet, then fashion it on a sheet of glass, and so set in a Stove or Oven, and when it is throughly dry, box it for all the year.

How to make Paste Royal in Spice.

Take Sugar the quantity of four ounces, very finely beaten and sear-ced, and put it into an ounce of Cinnamon and Ginger, and a grain

ot

of Musk, and so beat it into paste, with a little Gum-dragon steeped in Rose-water, and when you have beaten it into paste in a stone mortar, then roul it thin, and print it with your moulders, then dry it before the fire, and when it is dry, box and keep it all the year.

How to Candy Peares, Piums, or Apricocks, that they shall look as clear as Amber.

Take your Apricocks and Plums, and give every one a cut to the stone in the notch, and then cast Sugar on them, and bake them in an Oven as hot as for Manchet, close stoped, bake them in an earthen platter, let them stand half an hour, then take them out of the dish; and lay them one by one upon glass plates, and so dry them, if you can get glasses made like Marmalet Boxes to lay over them, they will be the sooner candied:

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How to make Paste Royal white, that you may make Court-Bowls, Caps, Gloves, Shooes, or any pretty thing printed in Moulds.

Take half a pound of double refined Sugar, and beat it well, and scarce it through a fine Lawn, then put it into a fine Alabaster mortar, with a little Gum-dragon steeped in a little Rose water, and one grain of Musk, so beat it in a mortar till it comes to a pretty paste, then roul it thin with a rouling-pin, and print it with your moulders like Gloves, Shooes, or any thing else, and some you may roul very thin with a rouling-pin and let it dry in an ashen dish, otherwise called a Court Cup, and let it stand in the dish till it be dry, and it will be like a faucer, you must dry them on a board far from the fire, fire, but you must not put them in lopyo an Oven: they will be dry in two and i or three hours, and be as white as beater fnow, then you may guild Box and linto Cap.

How to make fine Diet-bread.

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Take a pound of fine Flower them twice or thrice drest, and one pound and a quarter of fine Sugar finely beaten, and take seven new laid Eggs, and put away the yolks of one of them, and beat them very well, and put four or five spoonfuls of Rose-water amongst them, and then put them in an Alablaster or Marble mortar, and then put in the flower and Sugar by degrees, and beat it or pound it for the space of two hours, untill it be perfectly white, and then put in an ounce of Carraway-seed, then butter your plates or saucers, and put into every one, and so put them into the Oven; if you will have it gloss and Ice on the top

hemin top you must wash it with a feather, in two and then strew Sugar very finely white as beaten on the top, before you put ox and it into the Oven.

How to preserve Apricocks.

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Take your Apricocks and put Flower them into a skillet of fair water, and pound put them over the fire untill they be finely something tender, then take them up out of the water, and take a of one bodkin and thrust out the stone at the top, and then peel off their skins, and when you have done, put them into a silver dish, or bason, and lay Sugar very finely beaten over and uuder them, then put a spoonful or two of water unto them, and set them over a very fort fire untill they be ready, then take them up, and lay them into another dish a cooling, and if you see good, boil the firrup a little more, when they are cold, and the sirrup almost cold, put them up into a gally-pot or glass together. How How to preserve Damsons.

Take a pound or something more of pure Sugar finely beaten, and then take a pound of Damsons, and cut a scotch in the side of tech of them, and le cold put a row of sugar on a silver-dish or glas, Bason, and then lay in a row of while Plums, and then cover it with Sugar, lot for and so lay it in till they be all in, and the Pl then take two spoonfuls of clean water, and make a hole in the middle of them, and set it over a soft fire, and look to it carefully, for fear the Sugar should burn, and when the Sugar is all dissolved, shakethem together, and stir them gently, and then set them down and cover them till they be cold, and when they be cold, set them upon the coals again, and then let them boil gently till they be ready, and when they are ready, take them down, and take them every one by its stem, and cover them with the skins as well as you can,

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and then put them all one by one in gmore a dish, and if the Sirrup be not boilndthen ed enough, set it over and let it boil adouta a little longer, and when the Plums em,and be cold, put them in a gally-pot or diffior glass, and pour the Sirrup to them while it is a little warm, you must not forget to take away the skin of Sugar, the Plums as it riseth.

How to make Pap of Barly.

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Take Barly and boil it in fair water softly untill it begin to break, then put that liquor out, then put as much hot liquor to it as you put forth, and so let it boil till it be very soft, then put it into a Cullender and strain it, then take a handful of Almonds, and grind them very well with your Barly and some of the liquor, so season it with Sugar, and a little Rose-water, a little whole Mace, and Cinnamon, and boil them well together.

How

How to Candie Lemons and Oranges.

Takethe peels of your Oranges and Lemons, the white cut away, and lay them in water five or fix dayes shifting them twice every day, then feeth them till they be very tender, then take them out of the water, and let them lie till they be cold, then cut them in small pieces square, the bigness of a penny or less, then take to every three two ounces of fugar, put to it a quantity of fair water and a less quantity of Rose-water, and make a firrup thereof, then scum it very clean, and put in your peels, and let them boil for the space of an hour, or longer, if you find your liquor wanting you may put in more water at your pleasure, then boil them a little space after with a little sharp fire, stirring it alwayes for burning, then take it off the fire three or four times, stirring them all the

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How to make Cakes of Almonds.

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Take one pound and a half of ine flower, of fugar twelve ounces beaten very fine, mingle them well ogether, then take half a pound of thewas Almonds, Blanch them, and grind becold, hem fine in a mortar, then strain hem with as much Sack as will is, then ningle the Flower, Sugar, and Alces of he nonds together, make a paste, bake hem in an Oven not too hot.

How to make white Lemon Cakes.

Take half a dozen of white Lenons the best you can get, then cut nd pare them, leave none of the yelow behind, then take away the our meat of it, and referve all the white, and lay it in water two dayes, hen seeth it in fair water till it be oft, then take it out & set it by till the vater be gone from it, then weigh it and

and take twice the weight in Sugar, mince the white stuffe very fine, then by the take an earthen pipkin, and put there-hours, in some fair water, and some Rosewater, if you have a pound of Sugar, you must have half a pint of water, the wa of both forts a like, let your water them and Sugar boil together, then skum every it, and put in the stuff, and so let pound them boil together, alway stirring lake o it till it be thick, it will thew very thin, and when it is cold it will be over t thick enough.

To make Oyle of Violets.

Set the Violets in Sallade oyle, begins and strain them, then put in other hat fresh Violets, and let them lie twen-bluit ty daies, then strain them again, and idean put in other fresh Violets, and let ten p them stand all the year.

To preserve Pomecitrons.

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Take Pomecitrons and grate off the upper skin, then flightly cut them

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Sugar, them in pieces as you think good, ine, then lay them in water four and twenty atthere hours, then set over a posnet with Rose fair water, and when it boils, put Sugar, them in, and so shift till you finde water, the water to be not bitter, then take or water them up and weigh them, and to enskum every pound of Pomecitron put a nd solet pound and a quarter of Sugar, then stirring take of your last water a pint and henvery quarter, fet your water and Sugar it will be over the fire, then take two whites of Eggs and beat them with a little fair water, and when your firrup de oyle, begins to boil, cast in the same inother that rifeth from the Eggs, and lie twen- so let it boil, then let it run through a clean fine cloth, then put it in a and le clean Posnet, and when your sirrup begins to boil, put in your Pomecitron, and let it boil softly three or four hours, untill you finde your firrup thick enough, be sure you keep them alwayes under sirrup, and

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never turn them, take them up and put them into your glasse, and when they be cold cover them.

To Candie Ringus Roots.

Take your Ringus Roots and boil them reasonable tender, then peel them and pith them, then lay them together, then take so much Sugar as they weigh, and put it into a posnet with as much Rose water as will melt it, then put in your Roots, and so let it boil very softly untill the Sugar be consumed into the Roots, then take them and turn them, and shake them till the Sugar be dried up, and then lay them a drying upon a Lettice of wyer untill they be cold; in like sort you may candy any other Roots, which you please.

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To candie all kind of Fruitrages, as oranges, Lemons, Citrons, Lettice-stocks, the Sugar-candy, such as the Comfet-makers do candy the Fruits with.

Take one pound of refined Sugar, and put it into a point with as much water as will wet it, and so boil it till it come to a Candy height, then take all your fruit being preserved and dried, then draw them through your hot Sugar, and then lay them on your hardle, and in one quarter of an hour they will be finely candied.

To candy all kind of Flowers in wayes

of Spanish Candy.

Take double refined Sugar, put it into a point with as much Rose-water as will melt it, and put into it the pap of half a roasted Apple, and a grain of Musk, then let it boil till it come to a Candy height, then put in your slowers, being P 3 pick'd

pick'd, and so let it boil, then cast them on a fine plate, and cut it in waves with your knife, then you may spot it with gold and keep it.

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To make Esings.

Take one peck of Oatmeal grout, the greatest you can ger, and the whitest, pick it clean from the black, and searce out all the imallest, then take as much evenings milk as will cover it, and something more, boil it, and ccol it again till it be blood warm, then put it to the Oatmeal, and let it foak all night, the next morning strain it from your milk as dry as you can through a cloath, then take three pints of good Cream, boil it with a Mace, and the yolks of eight Eggs, when it is boiled put it into your stuff, then put in six Eggs more, whites and yolks, season it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a leffe

a lesse quantity of Cloves, and Mace, put in as much Sugar as you think will sweeten it, have a good store of Suet, shred small, and forget not Salt, so boil them.

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To make Sugar Cakes.

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take seven or eight yolks of Eggs, and if your Flower be good take one white or two as you shall think good, take two Cloves, and a pretty piece of Cinnamon, and lay it in a spoonful of Rose-water all night, and heat it almost blood-warm, temper it with the rest of your stuff, when the Paste is made, make it up with as much haste as you can, bake them in a soft oven.

Tomake a Calfs-foot Pie.

Take your Calfs Feet, boil them

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them and blanch them, then boil them again till they be tender, then take out all the bones, season it with Cloves, Mace, Ginger, and Cinnamon, as much as you shall think good, then put in a good quantity of Currans and Butter, bake your Pie in a soft oven, and when it is baked, take half a pint of white Wine Vinegar, beat three yolks of Eggs, and put to the coals, season it with Sugar, and a little Rose-water, alwayes stirring it, then put it into your Pie and let it stand half a quarter of a hour.

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How to make a very good Pie.

Take the backs of four white Herrings watered, the bones and skin taken away, then take so much Wardens in quantity pared and cored, half a pound of Raisins of the Sun stoned, mince all these together, and season it with Cinnamon and Ginger, and when the Pie

Pie is baked, put in a little Rosewater, and scrape Sugar on it, if you put in Butter, then put in a handful of grated bread.

To make Simbals.

Take fine Flower dryed, and as much Sugar as Flower, then take as much whites of Eggs as will make it paste, and put in a little Rose-water, then put in a quantity of Coriander-seed, and Annise-seed, then mould it up in that fashion you will bake it in.

How to preserve Angelicaroots.

Take the Roots and wash them, then flice them very thin, and lay them in water three or four dayes, change the water every day, then put the roots in a pot of water, and fet them in the embers all night, in the morning put away the water, then take a pound of roots; four pints of water, and two pound of Sugar, let it boil and icum it clean,

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then put in the roots, it will be flore boiled before the firrup, then take them up, and boil the sirrup after, they wil ask you a whole daies work for they must boil very softly; at St Andrews time it is the best time to do them in all the year.

To boil a Capon with Brewis.

Take a Capon and truffe him: to boil, set him on the fire in a good quantity of water, scum it very clean, before you ser on your Capon, put a little winter Savoury and Thyme into the belly of it, and a little Salt, and gross Pepper, when you have scummed it clean, cover it close to boil, then take a good handful of Hearbs, as Marigolds, Violet leaves, or any such green hearbs as you shall think fit, wash them, and fet them on the fire with some of the uppermost of the broth that boiles the Capon, then put into it good fore

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store of Mace, and boil it with the Capon, when the Hearbs be boiled and the broth very green, and almost consumed away, take the uppermost of your Capon, and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spice Cake.

Take one Bushel of Flower, six pound of Butter, eight pound of Currans, two pins of Cream, a pottle of Milk, half a pint of good Sack, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolks, two whites, take the Milk and Cream, and stir it all the time that it boiles, put your Butter into a Bafon, and put your hotseething Milk to it, and melt all the Butter in it, and when it is bloud-warm, temper the Cake, put not your Currans in till you have made the paste, you must must have some Ale-Yest, and forget not Salt.

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To make broth for a Neats Tongue.

Take Claret Wine, grated Bread, Currans, sweet Butter, Sugar, Cinnamon, Ginger, boil them all together, then take the Neats-tongue, and slice it, and lay it in a dish upon sippets, and so serve it.

To souce a Capon or Gurnet.

Take fair Water and Vinegar, so that it many be sharp, then take Parsly, Thyme, Fennel, and boil them in the broth a good while, then put in a good quantity of Salt, and then put in your fish, and when it is well boiled, put the broth into a vessell, and let it stand.

To make a fine Pudding.

Take Crums of white Bread, and so much fine Flower, then take the yolks of four Eggs, and one white, and for-

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white, a good quantity of Sugar, take so much good Cream as will temper it as thick as you would make Pancake batter, then butter your pan, and bake it, so serve it, casting some Sugar upon it, you must shred Suct very small, and put into it.

To make a broth to drink.

Take a Chicken, and a little of the neck of Mutton, and set them on, and seum it well, then put in a large Mace, and so let it boil while the Chicken be tender, then take the Chicken out, and beat it all to pieces in a stone mortar, and put it in again, and so let it boil from four pints to a little more then half a pint, then cast it through a strainer, and season it.

To boil a Chicken, Partridge, or Pyton.

Take your Chicken and set it boiling with a little of the neck of Mut-

Mutton, and scum it well, then put in a Mace, and so let it boil down, and when it is almost boiled, have some few Hearbs parboiled, as Lettice, Endive, Spinage, Marigoldleaves; for note, these Hearbs are usually used to be boiled, which by course will hold their colour in boiling, and put some of these aforesaid hearbs to the Chicken and Mutton, if you think your broth strong enough, take out your Mutton, then you may put a little piece of sweet Butter, and a little Verjuice, and a very little Sugar, and Salt, so serve it in with fippits.

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A broth to drink.

Take a Chicken, and set it on, and when it boils scum it, then put in a Mace, and a very little Oatmeal, and such Hearbs as the party requires, and boil it well down, and bruise the Chicken, and put it in again, and it is a pretty broth; and to alter

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Prunes, and leave out the hearbs, or put them in, so when it is well boiled strain it, and season it.

A broth to eat on fasting dayes.

Take fair water and set it a boiling, and when it boileth, put to it so much strained Oatmeal, as you think will thicken it, and a large Mace, a handful of Raisins of the Sun, as many Prunes, and as many Currans, if your quantity require it, so boil it, and when it is boiled, season it with Salt and Sugar, and a piece of sweet Butter, if the time will allow it, and for an alteration, when this broth is boiled, put in a quantity of Cream, and it will do well.

To make Ponado.

The quantity you will make set on in a possnet of fair water, when it boils, put a Mace in, and a little piece:

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of Cinnamon, and a handful of Currans, and so much bread as you think meet, so boil it, and season it with Salt, Sagar, and Rose-water, and so serve it.

To make a Caudle.

Take Ale, the quantity that you mean to make, and set it on the fire, and when it is ready to boil, scum it very well, then cast in a large Mace, and take the yolks of two Eggs, for one mess, or one draught, and beat them well, and take away the skin of the yolks, and then put them into the Ale, when it seetheth, be sure to stir them well till it seeth again for a youngling, then let it boil a while, and put in your Sugar, and if it be to eat, cut three or four toasts of bread thin, and toast them dry, but not brown, and put them to the Caudle, if to drink, put none.

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To make Almond Butter.

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Blanch your Almonds, and beat them as fine as you can with fair water, two or three hours, then strain them through a linnen cloth, boil them with Rose-water, whole Mace, and Annise-seeds, till the substance be thick, spread it upon a fair cloth, draining the whay from it, after let it hang in the same cloth some few hours, then strain it, and season it with Rose-water and Sugar.

To few Beef.

Take a good Rump of Beef cut from the bones, shred Turnips and Carrots small, and Spinage, and Lettice, put all in a pan, and let it stew four hours with so much water, and a quart of white Wine, as will cover it, when it is stewed enough, then put in a wine glass full of Elder Vinegar, and serve it in with sippers.

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To Souce a young Pig.

Take a young Pig being scalded, boil it in fair Water, and white Wine, put thereto Bay-leaves, whole Ginger, and Nutmeg quartered, a few whole Cloves, boil it throughly, and leave it in the same broth befor in an earthen pot.

Toboil Flounders, or Pickrels after the French fashion.

Take a pint of white Wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper, seasoned with Verjuyce, Salt, and a piece of sweet Butter, and so serve it; this broth will serve to boil Fish twice or thrice in, or four times.

To make flesh of Apricocks.

Take Apricocks when they are green, and pare them, and flice them, and take half their weight in Sugar, put it to them, so put them in a skiller, and as much water as you think

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hink will melt the Sugar, so let them poil, and keep them stirring till they be tender, and so take them off, and cum them very clean, fo put them ered, forth of the skiller, and let them Rand, take as much sugar, as you had broth pefore, and boil them to a Candie height, and then put in your Aprito the cocks, and set them over a soft fire, out let them not boil, so keep them with of firring, till the sirrup begin to jelly, then put them in glasses, and keep them for your use.

To make flesh of Quinces.

Take Quinces, pare them, and core them, and cut them in halfs, poil then in a thin sirrup, till shey oc tender, then take them off, and let hem lie in sirrup, thentake Quines, pare them, and quarter them, ake out the cores, put as much waer to them as will cover them, then soil them till they be very tender,

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and then strain out the liquor cleaning an from them, and take unto a pint of nice of that liquor a pound of Sugar; put as ice, b much water to the Sugar, as will meliake the ir, then boil it to a Candie height, then stir the Quinces that are in the Take firrup as thin as you can, when your em, t Sugar is at a full Candie height, put pound in a pint of the liquor, then set it o- liet, ver a fost fire, stirring it leisurely tillemas the Sugar be dissolved, then put ir not halfe a pound of your flices, keeping em, it still stirring, but not to boil, you telet must take the jelly of Quince ker nels that have lain in water two o em in three hours, take two good spoon fuls of it, and put it to the flesh to un tak keep it stirring leisurely till it begin mally to jelly upon the spoon, then put i othen into thin glasses, & keep it in a stove ner th

To preserve Oranges.

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Take a pound of Oranges, an a pound of Sugar, pill the outwar rin

pinto nice of Oranges, put them into the pinto nice, boil them half an hour, and the them take them off.

height To dry Cherries.

reinth Take the fairest Cherries, stone ienyou tem, take to fix pound of Cherries ight, pu pound of Sugar, put them into a dillet, straining the Sugar among inely them, as you put them in, then put as enput such water to them as will boil keepin iem, then set them upon a quick re, let them boil up, then take them ince ket ff, and strain them very clean, put two iem into an earthen pan or pot, let od from tem stand in the liquor four dayes, te fell ien take them up and lay them selith erally one by one upon filver or then put arthen dishes, set them into an oven ination feer the bread is taken out, and so lift them every day upon dry diies, and so till they be dry.

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A True Gentlewomans

To dry Penches.

Take Peaches and coddle them, much take off the skins, stone them, take to wall four pound of Peaches, a pound of much Sugar, then take a gally-por, and lay roul a lair of Peaches, and a lair of Su-Buto gar, till all be laid out, then put in Mac half a pint of water, so cover them But close, and set them in embers to keep from warm, so let them stand a night and ten a day, put them in a skillet, and fet lerve them on the fire to be scalding hot, T then put them into your pot again, T and let them stand four and twenty in houres, then scald them again, then loile take them out of your firrup, and lay them on filver dishes to dry, you the may dry them in an Oven when the bread is taken out, but to dry them in the Sun is better, you must turn them every day into clear dishes.

To boil Veal.

Take Veal and cut it in thin flices

and

hem, much water as will cover it, then wash a handful of Currans, and as much Prunes, then take a Court day coul, and cut it in long slices like a Butchers skiver, then put in a little Mace, Pepper and Salt, a piece of them Butter, and a little Vinegar, some trums of bread, and when it hath stewed two hours, take it up, and and serve it.

ghot, To boil a Capon in white broth.

Trusse a Capon to boil, and put into a pipkin of water, and let it has boile two houses, and when it is boiled, take up a little of the broth, then ake the yolks of Eggs, and beat them very fair with your broth that you take up, then set it by the fire to ceep warm, season it with grated Nutmeg, Sugar, and Salt, then take up your Capon, and pour this broth on it with a little sack, if you have it, garnish it with sippets, and serve it, remember

remember to boil whole Mace with your Capon, and Marrow if you have it.

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Toboil a Capon or Chicken in white broth with Asmonds.

Boil your Capon as in the other, then take Almonds, and blanch them, and beat them very small, putting in sometimes some of your broth to keep them from oyling, when they are beaten small enough, put as much of the upermost broth to them as will serve to cover the capon, then strain it, and wring out the substance clear, then season it as before, and serve it with marrow is on it.

How to boil Brawn.

Water your Brawn four and twenty hours, wash and scrape it four or five times, then take it out of the water, and lay it on a fair table, then throw a handful of Salt on every Coller, then bind them up as fast as

with you can with Hemp, Bases, or incle, then put them into your kettle when the water boileth, and when it boilohite eth scum it clean, let it hoil until it be so tender that you may thrust a ther, straw through it, then let it cool unlanch till the next morning; by the souced mall, meats you may know how to fouce your it.

How to boil a Gammon of Bacon.

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vling, Water your Gammon of Bacon broth wenty four hours, then put it into a erthe deep kettle, with some sweet hay, let out thoil softly six or seven hours, then on it ake it off with a scummer and a arrow plate, and take off the skin whole, then stick your Gammon full of Cloves, strew on some gross Pepber, then cut your skin like fippets, and garnish your Gammon, and vhen you serve it, stick it with then Bayes.

How to boil a Rabbet.

Fley and wash a Rabbet, and slit

the

the hinder legs on both fides of the John back bone, from the forward, and truffethem to the body, set the head right up with a skiver, right down in the neck, then put it to boiling sal, with as much water as will cover it when it boils scum it, season it with Mace, Ginger, Salt and Butter, then take a handful of Parsly, and a little the Thyme, boil it by it self, then take it up, beat it with the back of a knife salt up, beat it with the back of a knife salt in a dish, then put your hearbs then your broth, and scrape in a Carr on the root, set your broth boil a little we while, put in Salt, pour it on you habbet, and serve it.

Horo to boil a Mallard with a Ca

Half roast your Fowl, then take off, and case it down, then put it is a Pipkin with the gravy, then pi and wash some Cabbage, and put

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ofth your Mallard, with as much fair waan ter as will cover it, then put in a ches good piece of Butter, and let it boil dow an hour, season it with Pepper and Salt, and serve it upon sops.

How to boil a Duck with Turnips.

Half roast her, then cover her with liquor, boil your Turnips by themhental elves half an hour, then cut them in akil Cakes, and put them to your Duck and with Butter and Parsly chopt small, earbst when it hath boiled half an hour, sea-Car on it with Pepper and Salt, and all erve them upon fops.

onvo How to boil Chickens, and Sorrel Sops.

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Trusse your Chickens, and boil hem in water and Salt very tender, hen take a good handful of Sorrel, nd beat it stalks and all, then strain , and take a Manchet, and cut it in then ippets and dry them before the fire, ien put your green broth upon the

coals

coals, season it with Sugar, and grated Nutmeg, and let it stand untill it be hot, then put your sippets into a dish, put your Chickens upon them, and pour sauce upon it, and serve it.

How to boil a Pike in white broth.

Cut your Pike in three pieces, and boil it with water and Salt, and swee hearbs, let it boil untill it strain, the take the yolks of half a dozen Eggs and beat them with a little Sack, Su gar, melted butter, and some of th Pikes broth, then put it on the fir to keep it warm, but stir it often les it curdle, then take up your Pike, and put the head and tail together, the cleave the other pieces in two, tak out the back bone, and put the on piece on the one fide, and the other piece on the other side, but blanc all, then pour on your white brotl garnish your dish with sippets an boiled Parsly, and strew on poud

f Ginger, and wipe the edge of the ish round, and serve it.

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How to boil divers kinds of Fishes.

Bat, Conger, Thornback, Plaice, ialmon, Trout, or Mullet, boil any f these with Water, Salt, and sweet earbs, when they boil scum it very lean, then put in Vinegar, and let t boil till you think it is enough, our liquor must be very hot of the ialt, then take it off, you may let it tand five or fix daies in the liquor, hen if you would keep it longer, our that liquor away, and put waer and Salt to it, or soucing drink; ou must remember to let your fullets boil softly, and your Thron-ack, and other Fish very fast, you nust blanch your Thronback while nust blanch your Thronback while t is warm, and when you serve any of these Fishes, stew on some green icarbs.

How

How to make a Sallet of all manner

of Hearbs.

Take your hearbs, and pick them clean, and the flowers, wash them clean, and swing them in a strainer, then put them into a dish, and mingle them with Cowcumbers, and Lemons sliced very thin, then scrape on Sugar, and put in Vinegar and Oil, then spread the flowers on the top, garnish your dish with hard Eggs, and all sorts of your flowers, scrape on Sugar, and serve it.

How to stew Steaks between two dishes.

You must put Parsly, Currans, Butter, Verjuice, and two or three yolks of Eggs, Pepper, Cloves, and Mace, and so let them boil together, and serve them upon sops; likewise you may do steaks of Mutton or Beef.

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Boil them and blanch them, cut hem in two, and put them into a Pipkin with strong broth, then put n a little pouder of Saffron, and weet Butter, Pepper, Sugar, and ome sweet hearbs finely minced, let hem stew an hour, put in Salt, and ferve them.

How to stew a Mallard.

Roast your Mallard half enough, then take it up, and cut it in little pieces, then put it into a dish with the gravy, and a peice of fresh Butter, and a handful of Parily chopt small, with two or three Onions, and a Cabbage-Lettice, let them stew one hour, then season it with Pepper, and Salt, and a litttle Verjuyce, then serve

How to stew Trouts.

Draw your Trouts, and wash them, and then put them into a dish with white Wine, and Water, and a piece

piece of fresh Butter, then take a handful of Parsley, a little Thyme, and a little Savory, mince these small, and put to your Trouts with a little Sugar, let them stew half an hour, then mingle the yolks of two or three hard Eggs, and strew them on your Trouts, with Pepper and Salt, then let them stew a quarter of an hour, and serve them.

How to stew Smelts or Flounders.

Put your Smelts or Flounders into a deep dish, with white Wine and Water, a little Rosemary and Thyme, a piece of fresh Butter, and some large Mace, and Salt, let them stew half an hour, then take a handful of Parsley, and boil it, then beat it with the back of a knife, then take the yolks of three or four Eggs, and beat them with some of your Fish broth, then dish up your Fish upon sippets, pour on your sauce, scrape on Sugar, and serve it.

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How to stew a Rabbet.

Half roast it, then take it off the spit, and cut it in little pieces, and put it into a dish with the gravy, and as much liquor as will cover it, then put in a piece, of fresh Butter, and some pouder of Ginger, some Pepper and Salt, two or three Pippins minced small, let these stew an hour, then dish them upon sippets.

How to stew a Pullet or Capon.

Half roast it, then cut it into pieces, put it into a dish with the gravy, and put in a little Cloves and Mace, with a few Barberries or Grapes, put these to your Pullet with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets, and serve it.

How to stew cold Chickens.

Cut them in pieces, put them into a Pipkin of strong broth, and a piece of Butter, then grate some Q5 bread bread, and a Nutmeg, thicken your broth with it, scason your meat with grosse Pepper, and Salt, dish it upon sippets, and serve it.

How to make Paste for a Pasty of

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it,

Venison.

Take almost a peck of Flower, wet it with two pound of Butter, and as much Suet, then wet your Pasty, put in the yolks of eight or ten Egs, make reasonable lithe paste, then roul it out and lay on Suet; First lay a paper under your paste, then lay on your Venison, close it, pink it, baste it with Butter, and bake it, when you draw it out, baste it with Butter again.

How to make Paste for a Pie to keep

long.

Your Flower must be of Rye, and your liquor nothing but boiling water, make your paste as stiff as you can, raise your Cossin very high, let your bottome and sides be very thick, and your lid also.

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How to make Paste for a Custard.

Your liquor must be boiling water, make your paste very stiff, then roul out your paste, and if you would make a great Tart, then raise it, and when you have done cut out the bottome a little from the side, then roul out a thin sheet of paste, lay paper under it, strew Flower that it may not stick to it, then set your cossin on it, of what fashion you will, then dry it, and fill it, and bake it.

How to make Paste for buttered

Loaves.

Take a portle of Flower, put therto Ginger and Nutmegs, then wet
it with Milk, yolks of Eggs, Yest
and Salt, then make it up into little
loaves, then butter a paper, and put
the loaves on it, then bake them, and
when they are baked draw them
forth, and cut them in Cakes, butter
them, then set them as they were,
scrape

scrape on Sugar, and serve them.

How to make Paste for Dumplings.

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Season your Flower with Pepper, Salt, and Yest, let your water be more then warm, then make them up like Manchets, but let them be somewhat little, then put them into your water when it boileth, and let them boil an hour, then Butter them.

To make Puffe-pafte.

Take a quart of flower, and a pound and a half of Butter, and work the half pound of Butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paste, then work it in a piece of a foot long, then strew a little flower on the table, and take it by the end, beat it untill it stretch long, then put the two ends together, and beat it again, and so do five or six times, then

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then work it up round, and roul it out broad, then beat your pound of Butter with a Rouling-pin, that it may be lithe, then take little bits of your Butter, and stick it all over the paste, then fold up your paste close, and coast it down with your rouling-pin, and roul it out again, and so do sive or six times, then use it as you will.

To bake a Gammon of Bacon.

You must sirst boil it two hours before you stuffe it, stuff it with sweet hearbs, and hard Eggs, chopt together with Parsley.

To bake Fillets of Beef, or clods, in-

Stead of red Deer.

First take your Beef, and lard it very thick, then season it with Pepper, Salt, Ginger, Cloves and Mace good store, with a great deal more Pepper and Salt than you would do to a piece of Venison, then close it, and when it is baked, put in some Vinc-

Vinegar, Sugar, Cinnamon, and Ginger, and shake it well, then stop the vent hole, and det it stand three weeks before you spend it.

How to bake Calfes Feet.

Season them with pepper, salt, and Currans, when they be baked, take the yolks of three or four Eggs, and beat them with Verjuyce, or Vinegar, Sngar, and grated Nutmeg, put it into your Pie, scrape on sugar, and serve it.

How to bake a Turkey.

Take out his bones and guts, then wash him, then pick his back together again, then parboil him, season him with Pepper and Salt, stick some Cloves in the brest of him, then lard him, and put him into your cossin, with butter; in this sort you may bake a Goose, Pheasant, or Capon.

To bake a Hare:

Take out his bones, and beat the flesh in a mortar with the Liver, then season it with all sorts of spices, then work it up with three or four yolks of Eggs, then lay some of it all over the bottome of the Pie, then lay on some Lard, and so do until you have laid on all, then bake it well with good store of sweet Butter.

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To bake Quinces or Wardens, so as the fruit look red, and the crust white.

Your Wardens must be stewed in a Pipkin with Claret Wine, Sugar, Cinnamon, and Cloves, then cover your Pipkin with a sheet of paste, and let it stand in the oven five or six hours, then raise a Cossin of short paste, put in your Wardens with Sugar, and put it into the Oven, when it hath stood an hour, take it out and wash it with Rose, water

Water and Butter, then scrape on sugar, and put it in a quarter of an hour more, and it will be red upon the top, then scrape on sugar and serve it.

To bake Chucks of Veale.

Parboil two pound of the lean flesh of a leg of Veal, mince it as small as grated bread, with four pound of Beef Suet, then season it with Biskay Dates, and Carrawayes, and some Rose-water, Sugar, Raisins of the Sun, and Currans, Cloves, Mace, Nutmeg, and Cinnamon, then mingle them all together, fill your Pies and bake them.

To bake a Chicken Pie.

Season your Chicken with Nutmeg, Salt, Pepper, and Sugar, then put him into your Cossin, then take some Marrow and season with the same Spice, then roul it in yolks of Eggs, and lay it on your Chicken, with

with minced Dates, and good store of Rutter, then bake it, and put in it a little Sack, or Muskadine, or white Wine and Sugar, then shake it, scrape on Sugar, and serve it.

How to bake a Steake Pie.

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Cut a neck of Mutton in steaks, beat them with a cleaver, season. them with Pepper, and Salt, and Nutmeg, then lay them on your Su coffin with Butter and large Mace, then bake it, then take a good quantity of Parfly, and boil it, beat it as fost as the pulp of an Apple, put in a quarer of a pint of Vinegar, and as much white Wine, with a little Sugar, warm it well, and pour it over your steaks, then shake it, that the gravy and the liquor may mingle together, scrape on sugar, and serve it.

Tomake an Italian Pudding. Take a Manchet, and cut it in *<u>fquare</u>*

square pieces like a Die, then put to it half a pound of Beef suet minced small, Raisins of the Sun the stones picked out, Cloves, Mace, minced Dates, Sugar, Marrow, Rose-water, Eggs, and Cream, mingle all these together, and put it into a dish sit for your stuff, in less then an hour it will be baked, then scrape on sugar, and serve it.

How to bake a Florentine.

Take the kidney of a Loin of Veal, or the wing of a Capon, or the leg of a Rabbet, mince any of these small with the Kidney of a loin of Mutton, if it be not sat enough, then season it with Cloves, Mace, Nutmeg, and Sugar, Cream, Currans, Eggs, and Rose-water, mingle these four together, and put them into a dish between two sheets of paste, then close it, and cut the paste round by the brim of the dish, then cut it round about

bout like Virginal keyes, then turn up one, and let the other lie; then pink it, cake it, scrape on sugar, and serve it.

To roaft a Breast of Veal.

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Take Parsly, and Thyme, wash them, and chop them small, then take the yolks of five or six Eggs, grated bread, and Cream, mingle them together, with Cloves, Mace, Nutmeg, Currans, and Sugar, then raise up the skin of the Breast of Veal, and put in your stuffe, prick it up close with a skiver, then roast it, and baste it with butter, when it is roasted, wring on the juice of Lemon, and serve it.

To roast a Hare.

Case your Hare, but cut not off her eares, nor her leggs, then wash her, and dry her with a cloth, then make a pudding and put into her belly, then sow it up close, then trusse trusse her as if she were running, then spit her, then take some Claret Wine and grated bread, Sugar, and Ginger, Barberries, and Butter, boil these together for your sauce.

To roast a Shoulder of Mutton.

Roast it with a quick fire, that the fat may drop away, and when you think it is half roasted, set a dish under it, and slash it with a knife a-crosse, as you do Pork, but you must cut it down to the bone on both the sides, till the gravy run into the dish, baste it no more after you have cut it, put unto the gravie half a pint of white Wine Vinegar, a handful of Capers and Olives, five or six blades of Mace, and a handful of Sugar, and stew all these together, and pour it on your meat.

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out the meate at the butt end, and mingle it with Beef suet as much as an Egg, then season it with Nutmeg, and Sugar, Dates, Currans, and yolks of raw Eggs, then put your meat to your Tongue, and bind it with a Caul of Veal or Mutton, then roast it, baste it with buttei, save the gravy, and put thereto a little Sack or Muskadine, let it stew a little while, then pour it on your Tougue, and serve it.

How to roast a Pig with a Pudding in his belly.

Eley a Fat Pig, trusse his head looking over his back, then temper as much stuffe as you think will fill his belly, then put it into your Pig, and prick it up close, when it is almost roasted, wring on the juyce of a Lemon, when you are ready to take it up, take four or five yolks of Eggs, and wash your Pig all over, mingle

mingle your bread with a little Nutmeg, and Ginger, then dry it and take it up as fast as you can, let your sauce be Vinegar, Butter, and Sugar, the yolks of a hard Egg minced, and serve it hot.

How to roast a Leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thrust in slices of Kidney suet, and stick it with Cloves, roast it with a quick sire, when it is half roasted, cut off a piece underneath, and cut it into thin slices, then take a pint of great Oysters with the liquor, three or four blades of Mace, a little Vinegar and Sugar, stew these till the liquor be half consumed, then dish up your Mutton, pour on the sauce, and serveit.

How to roast a Neck of Mutton.

Cut away the swag, and roast it with a quick fire, but scorch it not, baste

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baste it with Butter a quarter of an hour, after wring on the juyce of half a Lemon, save the gravie, then baste it with Butter again, wring on the other half of the Lemon, when it is roasted, dry it with Manchet, and grated Nutmeg, then dish it, and pour on your sauce.

To roast a Shoulder or Haunch of Venison, or a Chine of Mutton.

Take any of the Meats and lard them, prick them with Rosemary, baste them with butter, then take half a pint of Claret Wine, Cinnamon, Ginger, Sugar, grated bread, Rosemary, and Butter, let all these boil together until it be as thick as water-gruel, then put in a little Rose-water and Muskidwill make your Gallentine taste very pleasantly, put it on a string dille, draw off your meat, and lay it into that dish, strew it with salt.

Take Parsly, winter Savory, and Thyme, mince their small with hard Eggs, season it with Nutmeg, Pepper, Currans, work these together with raw yolks of Eggs, then stuffe your meat with this, roast it with a quick fire, baste it with Butter, when it is roasted, take the gravy and put thereto Vinegar, Sugar, and Butter, let it boil, when your meat is roasted, pour this sauce on it, and serve it.

To roast a Gigget of Mutton.

Take your Gigget, with Cloves and Rolemary, and lard it, roast it, baste it with Butter, and save the gravie, put thereto some Claret Wine, with a handful of Capers, season it with Gluger and Sugar, when it is boiled well, dish up your Gigget, and pour on your sauce.

To fry a Chicken.

Boil your Chickens in water and alt, then quarter them into a pan with sweet Butter, and let them fry eisurely, then put thereto a little Verjuyce, and Nutmeg, Cinnanon and Ginger, the yolks of two or three raw Eggs, stirthese well together, and dish up your Chickens, your the sauce upon them.

How to fry Calfes Feet.

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Boil them, and blanch them, hen cut them in two, then take good store of Parsly, put thereto ome yolks of Eggs, season it with Nutmeg, Sugar, Pepper, and Salt, hen roul your Calfes-Feet in them, and fry them with sweet Butter, hen boil some Parsly, and beat it very tender, put to it Vinegar, Buter, and Sugar, heat it hot, then dish p your Feet upon sippets, pour on our sauce, scrape on some Sugar, and serve it hot.

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How to fry Tongues.

Boil them, and blanch them, cut them in thin slices, scason them with Nutmeg, Sugar, Cinnamon, and Salt, then put thereto the yolks of raw Eggs, the core of a Lemon cut in square pieces like a Die, then fry them in spoonfuls with sweet Butter, let your sauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

How to make Fritters.

Make your Batter with Ale, Eggs, and Yest, season it with Milk, Cloves. Mace, Cinnamon, Nutmeg, and Salt, cut your Apples like beanes, then put your Apples and Batter together, fry them in boiling Lard strew on Sugar, and serve them.

To souce Brawn.

Take up your Brawn while it b

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hot out of your boiler, then cover it with Salt, when it hath stood an hour, turn the end that was under upward, then strew on Salt upon that, then boil your foucing drink, and put thereto a good deal of Salt, then when it is cold, put in your Brawn swett with the Salt that is about it, and let white it stand ten daies, then change your at it foucing drink, and as you change gues, it put in Salt, when you spend it, if it be too salt, change it in fresh drink.

To souce a Pig.

Eggs Cut off the head, and cut your Pig loves into two fleikes, and take out the bones, then take a handful of sweet beans Hearbs, and mince them small, But then season your Pig and Hearbs Law with Nutmeg, Ginger, Cloves, Mace, and Salt, then strew your Hearbs in the inside of your Pig. hen roul them uplike two Collers leit of Brawn, then bind them in a R cloth

cloth fast, then put them a boiling in the boiling pot, put in some Vinegar and Salt, when they are boiled very tender, take them off, let them stand in the same liquor two or three dayes, then put them into soucing drink, and serve it with Mustard and Sugar.

Howto souce Eeles.

Take two fair Eeles and fley them, cut them down the back, and take out the bones, and take good flore of Parsly, Thyme, and sweet Marjoram, mince them small, season them with Nutmeg, Ginger, Pepper, and Salt, strew your hearbs in the inside of your Eeles, then roul them up like a Coller of Brawn, put them into a cloth, and boil them tender with Salt and Vincegar, when they are boiled, then take them up, let it be in the pickle two or three dayes, and then spend them.

How to souce a Breast of Veal.

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Take out the boncs of a Breast of Veal, and lay it in water ten or twelve hours, then take all manner of sweet hearbs, and mince them small, then take a Lemon, and cut it in thin slices, then lay it with your Hearbs in the inside of your Breast of Veale, then roul it up like a Coller, and bind it in a cloth, and boil it very tender, then put it into soucing drink, and spend it.

To souce a Tench a Barbell.

First cut them down the back, then wash them, then put them a boiling in no more water than will cover them, when they boyle, put in some Salt and Vinegar, scum it very clean, when it is boiled enough take it up, and put it into a dish sit for the fish, then take out the bones, pour on as much liquor as will cover it, with grated Nut-R 3 meg,

meg, and pouder of Cinnamon, when it is cold serve it.

To souce a Fillet of Veale.

Take a fair Fillet of Veal, and lard it very thick, but take out the bones, season it with Nutmeg, Gingar, Pepper, and Salt, then roul it up hard, let your liquor be the one half white Wine, the other half Water, when your liquor boileth put in your meat, with Salt, and Vinegar, and the pill of a Lemon, then scum it very clean, let it boil until it be tender, then take it not up untill it be cold, and souce it in the same liquor.

To marble Beef, Mutton, or Ve-

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nison.

Stick any of these with Rosemary and Cloves, then roast it, being first jointed very well, then baste it often with Water and Salt, and when it is throughly roasted, take it up

up and let it cool, then take Claret Wine, and Vinegar, and as much Water, boil it with Rosemary, Bayes, good store of Pepper, Cloves, Salr, when it hath boiled an hour, take it off, and let it cool, then put your meat into a Vessel, and cover it with this liquor and Hearbs, then stop it up close, the closer you stop it, the longer it will keep.

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To marble Fish.

or Salmons, Mullets, Makrels, or any kind of shell Fish, wash them and dry them with a cloth, then fry them with Sallade Oyl, or clarified Butter, fry them very crispe, then make your pickle with Claret Wine and sair Water, some Rosemary, and Thyme, with Nutmegs cut in slices, and Pepper, and Salt, when it hath boiled half an huor take it off, and let it cool, then put R 4 your,

your Fish into a vessel, cover it with liquor and spice, and stop it close.

How to make a Tart of Wardens.

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You must first bake your Wardens in a pot, then cutthem in quarters, and corethem, then put them into your Tart, with Sugar, Cinnamon and Ginger, then close up your Tart, and when it is almost baked, do it as your Warden Pic, scrape on Sugar, and serve it.

Tomake a Tart of green Pease.

Take green Pease and seeth them tender, then pour them out into a Cullender, season them with Saffron, salt, and sweet Butter, and Sugar, then close it, then bake it almost an hour, then draw it forth, and ice it, put in a little Verjuice, and shake it well, then scrape on Sugar, and serve it.

How to make a Tart of Rice.

Boil you Rice, and pour it into a cul-

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a cullender, then season it with Cinnamon, Nutmeg, Ginger, Pepper, and Sugar, the yolks of three or four Eggs, then put it into your Tart with the juyce of one Orange, then close it, bake it, and ice it, scrape on Sugar, and serve it.

How to make a Tart of Medlers.

Take Medlers that are rotten, then scrape them, then set them upon a Chasing dish of coals, scason them with the yolks of Eggs, Sugar, Cinnamon, and Ginger, let it boil well, and lay it on paste, scrape on Sugar and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon, then close your Tart, bake it, and ice it, then make a sirrup of Muskadine, and Damask water, and pour this into your Tart, scrape on Sugar, and serve it.

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How to make a Tart of Strawberries.

Wash your Strawberries, and put them into your Tart, season them with Sugar, Cinnamon, Ginger, and a little red Wine, then close it, and bake it half an hour, ice it, scrape on Sugar, and serve it.

Tomake a Tart of Hips.

Take Hips, and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamon, and Ginger, then close your Tart, bake it, ice it, scrape on Sugar, and serve it.

How to make a Pippin Tart.

then cut them in quarters and core them, then stew them with Claret Wine, Cinnamon, and Ginger, let them stew half an hour, then pour them out into a cullender, but break them not, when they are cold, lay them

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them one by one into the Tart, then lay on Sugar, bake it, ice it, scrape on Sugar, and serve it.

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How to scald Milk after the Westren fashion.

When you bring your Milk from the Cow, strain it into an earthen pan, and let it stand two hours, then set it over the fire untill it begin to heave in the middle, then take it off, but jog it as little as you can, then put it into a room where it may cool, and no dust fall into it, this Milk or Cream you may keep two or three dayes.

To make a funket.

Take Ewes or Goats Milk, if you have neither of these, then take Cowes Milk, and put it over the fire to warn, then put in a little Runnet to it, then pour it out into a dish and let it cool, then strew

124 A True Gentlewomans

on Cinnamon, and Sugar, then take some of your aforesaid Cream and lay on it, scrape on Sugar, and serve it.

Tomake Eony-Clutter.

Take Milk, and put it into a clean earthen pot, and put thereto Runnet, let it stand two dayes, it will be all in a curd, then season it with some Sugar, Cinnamon, and Cream, then serve it, this is best in the hottest of the summer.

To make a Whitepot.

Take a quart of Cream, and put it over the fire to boil, season it with Sugar, Nutmeg, and Cinnamon, Sack, and Rose-water, the yolks of seven or eight Eggs, beat your Eggs with Sack and Rose-water, then put it into your Cream, stir it that it curdle not, then pare two or three Pippins, core and quarter them, and boil them with a handful of Raisins

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of the Sun, boil them tender, and pour them into a cullender, then cut some sippets very thin, and lay some of them in the bottome of the dish, and lay on half your Apples, and Currans, then pour in half your Milk, then lay on more sippets and the rest of your Apples and Raisins, then pour on the rest of your Milk, bake it, scrape on Sugar, and serve it.

How to make a Pudding in haste.

Take a pint of Milk, and put thereto a handful of Raisins of the Sunne, and as many Currans, and a piece of Butter, then grate a Manchet, and a Nutmeg also, and put thereto a little Flower, when your milk boileth put in your bread, let it boil a quarter of an hour, and put in a piece of Butter in the boiling of it, and stir it alwaies, then dishit up, pour on butter, and serve it.

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To make a Pudding in a dish.

Take a quart of Cream, put thereto a pound of Beef suet min-ced small, put it to your Milk, sea-son it with Nutmeg, Sugar, and Rose-water, and Cinnamon, then take some seven or eight Eggs, and beat them very well, then take a cast of Manchets, and grate them, and put unto it, then mingle these together well, then put it into a dist, and bake it, when it is baked, scrape on Sugar, and serve it.

To boil Cream.

Take a quart of Cream, and set it a boiling with Mace, whilst your Cream is boiling, cut some thin sippets, then take seven or eight yolks of Eggs, beat them with Rose-water, and Sugar, and a little of your Cream, when your Cream boileth take

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Eggs, and stir it very fast that it curdle not, then put your sippets into the dish, pour in your Cream, and let it cool, when it is cold scrape on Sugar, and serve it.

To draw Butter.

Take your Butter and cut it into thin slices, put it into a dish, then put it upon the coals where it may melt leisurely, stir it often, and when it is melted, put in two or three spoonfuls of Water, or Vinegar, which you will, then stir and beat it until it be thick.

Lady of Arundels Manchet.

Take a bushel of fine Wheat slower, twenty Eggs, three pound of fresh butter, then take as much Salt and Barm, as to the ordinary Manches

chet, temper it together with new milk pretty hot, then let it lie the space of half an hour to rise, so you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Figeons.

Boil them in water and salt, take a handful of Parsly, as much Thyme stript, two spoonfuls of Capers minced altogether, and boil it in a pint of the said liquor a quarter of an hour, then put in two or three spoonfuls of Verjuyce, two Eggs beaten, let it boil a little, and put to it a little Butter, when you have taken it off the fire, stir this altogether, and pour it upon the Pigeons, with sippets round the dish.

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A Florentine of Sweet Bread or Kidnies.

Parboil three or four Kidnies, and mince them small, season them with Nutmeg, one stick of Cinnamon, beat as much Sugar as will sweeten it, and a penny loaf grated, and the marrow of three bones in good pieces, and a quarter of a pound of Almond paste, a glass of Mallego Sack, two spoonfuls of Rose water, a grain of Musk, and one grain of Ambergriece, and a quarter of a pint of Cream, three or four Eggs, and mix it altogether, and make it up in pusse-paste, and bake it three quarters of an hour.

A Pork Pie.

Boil your leg of Pork, season it with Nutmeg, and Pepper, and Salt, bake

bake it five hours in a high round Pie.

A Chicken Pie.

Scald and scason your Chickens with Nutmegs, as much Sugar as Cinnamon, Pepper and Salt, then put them into your Pie, then put three quarters of quartered Lettice, and fix Dates quartered, and a handful of Goosberries, and half a fliced Lemon, and three or four branches of Barberries, and a little Butter, you may use to four Chickens three marrow bones roul'd in yolks of Eggs, and Ringo-roots, and some preserved Lettice, make a caudle and put in when the Pie comes out of the oven, an hour and a half is enough to stand in the oven.

A Lamb Pie.

Take the same Ingredients you did

did for the Chickens Pie, only leave out the Marrow, the Ringo-roots and the preserved Lettice, make your caudle of white Wine, Verjuyce and Butter, put it in when your Pie comes out of the oven.

Sauce for a Shoulder of Mutton.

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Take a spoonful of Hearbs, and as may Capers, half a pint of white Wine, half a Nutmeg, and two Eggs, when it is boiled put a piece of Butter to the gravy, when it is boiled, take it off, and put the butter in.

A Lumber Pie.

Take three or four sweet-breads of Veal, parboil and mince them very small, then take the curd of a quart of Milk, turned with three Eggs, half a pound of Almonds paste, and a penny loaf grated, min-

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gle these together, then take a spoonful of sweet hearbs, minced very small, also fix ounces of Oringado and mince it, then season all this with a quartern of Sugar, and three me Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three spoonfuls of Rose-water, three or four Marrowbones, mingle all these together, except the Marrow, then make it up in long holes about the bigness of an Egg, and in every hole put a good piece of marrow, put these into the Pie, then put in a quarter of a pound of Butter, and hilf a sliced Lemon, then make a caudle of white Wine, Sugar, and Verjuice, put it in when yourake your Pie out of the Oven, you may use a grain of Musk and Ambergriece.

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An Oyster Pie.

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Season your Oysters with Nutmegs, Pepper, and Salt, and sweet and Hearbs, your Oysters being first four thrown into scalding water and s of parboiled, season them, and put them into the Pie, put two or three blades of Mace, and half a fliced Lemon, and the Marrow of two bones rouled in the yolks of Eggs, and some butter, then let your Pie stand almost an hour in the Oven, then make a caudle of Verjuyce, Butter, and Sugar, put it into your Pie, when you take it out of the oven, you may use two Nutmegsto one quart of Oysters, and as much Pepper as the quantity of three Nutmegs, but less salt, and one spoonful of sweet Hearbs.

A Hartehoak

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A Hartecoak Pie.

Take the bottoms of boiled Hartechoaks, and quarter them, and take the meat from the leaves, season it with half an ounce of Cinnamon, and half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your pie, and boil'd Marrow rould in yolks of Eggs, and fix blades of large Mace, a Lemon fliced, fix quartered Dates, and a quarter of a pound of Riugo-roots, half a pound of fresh butter, then let it stand in the Oven an hour, and when you take it out put a caudle into your Pie, made of white Wine, Sugar, and Verjuyce.

A Calfes foot Pie.

Mince your Calfs foot very finall, then season them with two Nutmegs, and three quarters of an ounce

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ounce of Cinnamon, one quarter of a pound of Sugar, half a pound of Currans, two Lemon pills minced, ten Dates minced, three spoonfuls of Rose water, and half a pound of fresh Butter, bake it an hour, and put a caudle into it, made of white Wine, Sugar, and Verjuyce.

A Skerret Pie.

Take a quarter of a peck of Skerrets blanched, and sliced, season
them with three Nutmegs, and an
ounce of Cinnamon, and three
ounces of Sugar, and ten quartered
Dates, and the marrow of three
bones rouled in yolks of Eggs, and
one quarter of a pound of Ringoroots, and preserved Lettice, sliced
Lemon; four blades of Mace, three
or four branches of preserved Barberries, and half a pound of butter;
then let it stand one hour in the
Oven

Oven, then put a caudle made of white Wine, Verjuyce, Butter and Sugar, put it into the Pie when it comes out of the oven.

A Calfes-head Pie for Supper.

Boil your Calfes-Head almost enough, cut it in thin flices all from the bone, season it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much Salt as there is seasoning, then take a spoonful of sweet Hearbs minced small, and two spoonfuls of Sugar, and two or three Hartechoak bottoms boiled, and cut them in thin flices, and the Marrow of two bones rouled in yolks of Eggs, a quarter of a pound of Ringo-roots, and a quarter of a pound of Currans; then put it into your Pie, and put a quarter of a pound of Butter, and a fliced Lemon, three or four blades of Mace,

Mace, three or four quartered Dates, let it stand an hour and more in the oven, then when you take it out, put into it a caudle, made of Sugar, white Wine, Verjuyce and Butter.

A Lark Pie.

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Take three dozen of Larks, season them with Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the Lumber Pie meat, and fill their bellies if you will, if not, take halfa and pound of Suer, and one pound of oms Mutton minced, half a pound of Raifins of the sun, and six Apples oul minced altogether very small, then ota season it with a Nurmeg, Pepper uar and Salt, and one spoonful of sweet Hearbs, and a Lemon peel minced, one penny loaf grated, a quarter of pint of cream, two or three spoonuls of Rose-water, three spoonfuls

of Sugar, one or two spoonfuls of Verjuyce, then make this in boles, and put it in their bellies, and put your Larks in your Pie, then put your Marrow rould in yolks of Egs upon the Larks, and large Mace, and sliced Lemon, and fresh Butter, let it stand in the oven an hour, when you take it out, make your caudle of Butter, Sugar, and white Wine Vinegar, put it into the Pie.

A hot Neats-tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it into thin pieces, season it with a Nutmeg, and a quarter of an ounce of Pepper and as much Salt as seasoning, then take six ounces of Currans, season all together, and put it into the Pie, then put a Lemon sliced, and Dates and Butter, then bake it, and let it stand an hour and a half, then make

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make a Caudle of white Wine, and Verjuyce, Sugar, and Eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue Pie.

Yourtongue being boiled, blanched, and larded with Pork or Bacon, feason it with the same ingredients the Deer hath, that is, three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together, and half an ounce of Pepper, beat your spice all together, more salt then seasoning, and likewise lay in the liquor, bake it two hours, but put one pound of butter in your Pie before you lid it.

A Potato Pie for Supper.

Take three pound of boiled and blanched Potatoes, and three Nutmegs, and half an ounce of Cinna-

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mon,

mon beaten together, and three ounces of Sugar, season your Potatoes, and put them in your Pie, then take the marrow of three bones rouled in yolks of Eggs, and sliced Lemon, and Large Mace, and half a pound of butter, fix Dates quartered, put this into your Pie, and let it stand an hour in the oven, then make a sharp caudle of Butter, Sugar, Verjuyce, and white Wine, put it in when you take your Pie out of the oven.

Pigeon or Rabbet Pie.

Take one ounce of Pepper and more Salt, then season your Pigeons, or Rabbet, and take two Nutmegs grated with your seasoning, then lay your Rabbet in the Rie, and one pound of Butter, if you hear the Pie hot, then put in two or three blades of Lemon, and two or three blades of Mace, and as many branches of Barberries

Barberties, and a good piece of fresh butter melted, then take it and let it stand an hour and half, but put not in the fiesh butter till it comes out of the oven.

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Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty thick and square, then take so much Butter as paste, and lay it in rank, and divide your butter in five pieces, that you may lay it on at five several times, roul your paste very broad, and take one part of the same Butter in little pieces all over your paste, then throw a handful of flower flightly on, then fold up your paste, and beat it with a rouling-pin, so roul it out again, thus do five times and make it up. adult S 3

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A Pudding .

Take a quart of Cream, and two Eggs, beat them, and strain them into the Cream, and grate in a Nutmeg and half, take fix spoonfuls of flower, beat half a pound of Almonds with iome cream, and put it into the cream, and mix this together, boil your Pudding an hour and no more, first flower the bag you put it in, then melt fresh butter, and take Sugar and Rose-water, beat it thick, and pour it on the pudding, you may put to a little Milk, and flick blanched Almonds and Wafers in it; add to the same pudding, if you will, a penny loaf grated, a quartern of Sugar, two Marrow bones, one glass of Mallego Sack, fix Dates minced, a grain of Ambergriece, a grain of Musk, two or three spoonfuls of Rose-water, bake the pudding in little wood dishes, dishes, but first butterthem, your Marrow must be stuck to and again, then bake it half an hour, sive or seven at a time, and so set them in order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch, and sliced Lemon, set sour round, and one in the top.

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Frigafie of Veal.

Cut your Meat in thin slices, beat it well with a rouling pin, season it with Nutmeg, Lemon and Thyme, fry it slightly in a pan, beat two Eggs, and one spoonful of Verjuyce, and put it into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices, season it with Nutmeg, Pepper, and Salt,

Salt, mince some Thyme, and Lemon, and throw it upon your meat, then frie it slightly in a pan, then throw in two Eggs beaten in Verjuyce and Sugar into the pan, also a handful of Goosberries, shake it together and dish it.

Frigafie of Chickens.

Kill your Chickens, pull skin and feathers off together, cut them into thin slices, season them with Thyme and Lemon minced, Nutmeg and Salt, a handful of Sorrel minced, then fry it well with six spoonfuls of water, and some fresh butter, when its tender, take three spoonfuls of Verjuyce, one spoonful of Sugar, beat it together, so dish it with sippets about.

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Another Frigasie of Chickens.

Take the former ingredients, and add to it boiled Hartechoaks bottomes, with the meat of the leaves, and a handful of scalded Goosberries, and boiled Skerrets, and Lettice tos'd in butter when they are boiled, and two spoonfuls of Sugar, two Eggs, and Verjayce beaten together, and lay your Lettice upon your Chickens as before, and sliced Lemon upon it, and sippets upon the dish.

A Frigasie of Rabbets.

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Cut your Rabbets in small pieces, and mince a handful of Thyme and Parsly together, and a Nutmeg, Pepper and Salt, season your Rabbets, then take two Eggs, and verjuyce beaten together, and throw it in the pan, stick it, and dish it up in sippets.

To harsh a shoulder of Mutton.

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Half roast your Mutton at a quick fire, cut it in thin slices, stew it with Gravy, sweet Marjoram, and Capers and Onions, three Anchovies, two Oysters, half a Nutmeg, half a sliced Lemon, stir this all together with the meat, let it stew till it be tender in a dish, then break three or four yolks of Eggs, and throw it in the dish with some butter, toss it weltogether, and dish it with sippets.

To make a Cake.

Take half a peck of flower, two pound and a half of Currans, three or four Nutmegs, one pound of Almonds paste, two pound of Butter, and one pint of Cream, three spoonfuls of Rose-water, three quarters of a pound of Sugar, half a pint of Sack, a quarter of a pint of Yest,

Yest, and six Eggs, so make it, and bake it.

To make a Leg of Mutton three or four dishes.

Take a Leg of Mutton, cut out the flesh and the bone, but save the skin whole, divide the meat in three pieces, and take the tenderest, and cut it in thin slices, and beat it with a rouling-pin, season it with Nutmeg, Pepper and Salt, and mince Thyme and Lemon pill, fry it till it be tender, then beat two Eggs with a spoonful of Verjuyce, throw two Anchovies into the pan, shake it all together, and put it into the dish with sippets round the dish, being drest with Barberries scalded, Parsly and hard Eggs minced.

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Another part of the same meat stew in a dish, with a little white Wine, a little butter, and sliced Lemon, one Anchovy, two Oysters,

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two blades of Mace, a little Thyme in a branch, and one whole Onion, take out the Thyme and the Onion when it is stewed, do it altogether on a chasing-dish of coals till it be tender, then dish it, garnish your dish with hard Eggs, and Barber ries, and sliced Lemon, and sippets round the dish.

Take another part of the same meat, mince it small with Beef suet, and a handful of Sage, two three quarters of a pound of suet, adde one pound of meat, you may use a spoonful of Pepper and Salt, mix this altogether, and stuffe the skin of the Leg of Mutton, hard skiver it close, and spit it at a quick sire, and well roast it in an hour.

Take another part of the same meat, then put in the Pepper and Salt, with a grated Nutmeg, some sweet Hearbs, and a Lemon peel minced, a penny loaf grated, one spoonful

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spoonful of Sugar, a quarter of a pound of Raisins, and a quartern of Currans, minced altogether with the meat and the Suet, and the rest of the ingredients, put to two spoonfuls of Rose-water, and as much Salt as Spice, then make it up in little long boles or rouls, and butter your dish, and lay them in with a round bole in the middest, set them in an oven half an hour, then pour out the liquor which will be in the dish, and melt a little Butter, Verjuyce, and Sugar, and pour upon it, garnish your dish, stick in every long roul a flower of paste, and a branch in the middle.

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Scouce your Eele with a handful of Salt, split it down the back, take out the chine bone, season the Eele with Nutmeg, Pepper and Salt,

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To souce a Calfs-Head.

Boil your Calfes-Head in water and Salt, so much as will cover it, then put in half a pint of Vinegar, a branch of sweet hearbs, a sliced Lemon, and half a pint of white Wine, two or three blades of Mace, and one ounce or two of Ginger sliced, boil it all together till it be tender, keep it in the liquor two or three

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three dayes, serve it, the dish upright, and stick a branch in the mouth, and in both the eyes, garnish the dish with Jelly of pickled Cowcumbers, with faucers of Vinegar, and Jelly, and Lemon minced.

A stewed Rabbet.

Cut your Rabbet in pieces, and season it with Pepper, and Salt, Thyme, Parsly, winter Savoury, and sweet Marjoram, three Apples, and three Onions minced all together, stew it till it be tender with Vinegar, and water, put a good piece of butter in, stirittogether in your Dish, put sippets in the bottom, then serve it up with the head in the middle of the dish, with sippets in the mouth.

Lay your Pig in the same ingredients you did for your Calfs-head, use the same for a Capon, and the

same for a Leg of Mutton.

To boil Chickens.

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Boil your Chickens in Water, and Salt, and Wine Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of Skerrets boiled and blanched, when the Chickens and these things are stewed, take a pint of liquor up, and put to a quarter of white wine, and one ounce and a half of Sugar, and three Eggs to thicken it, a piece of butter, and lay them in the dish, and pour it on.

To boil a Rabbet.

Boil them in Water and Salt, mince Thyme and Parsly together, a handful of each, boil it in some of the same liquor, then take three or four spoonfuls of Verjuyce, a piece of Irish butter, two or three Eggs, stir the Eggs together in the liquor,

set it upon the fire till it be thick, then pour it upon the Rabbet, so serve it in.

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Half roast your Duck with a quick fire, take as much Wine and Water as will cover them, take some Thyme and Parsly, and one handful of sweet Marjoram, two blades of Mace, half a Lemon sliced, stew these together half an hour without Onions, take some of your liquor and thicken it with three or four Eggs, two or three spoonfuls of Verjuyce, a piece of Butter, and as much Sugar as will lie upon it, dish your Duck, and boil three or four flices of Lemon by it self, and hard Eggs minced, put this upon your Duck, then pour your liquor upon it with Barberries, so you may boil Pigeons with the same ingredients, or Plover, or Teale. .

T

Aroasted

A roasted Shoulder of Mutton.

When it is roasted, slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg two Anchovies, a quarter of a peck of Oysters, mixed all together, boi them one hour in strong broth and white Wine, then pour it upon the meat, with hard Eggs minced, and sippets round the dish, throw first Salt on the meat, then the hard Eggs, and sliced Lemon and Bar berries.

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