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K: Hanshawe.

Giuen mee by my Mother
March th 23. 1678.

Mrs. Fanshawes

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

Joseph Auerie

Physicks.

To make a Suppository effectually to worke.

The Lady Butlers. Ann Hanshawe

Take two Spoonfulls of honey, boyle it in a brazen Ladle till the honey begin to wax stiffe as when You drop some of it on a trencher it will be hard, as it will rowle somewhat stiffly, then putt to it a pretty quantity of white Salt, a quantity of Comyn Seeds, and also some powder of Aloes, and the powder of dried Rew, mingle them together, and let them boyle a little after You haue putt those into the honey, then make Your Suppositorie, and so use it.

~~[illegible]~~ For ~~[illegible]~~ the Greene Sicknes.

Mrs Ailiffes. A: Hanshawe

Take of the dust of the purest Spanish Steele a Spoonfull up heapt, a Nutmeg made into fine Powder, as much weight of Annyseeds in powder finely searsed & halfe so much Liquorish, and a Quarter of a pound & two ounces of Sugar finely beaten and searst, take as much as will lye upon a shilling in a morning fasting in Warme Beer or warme Sacke in three Spoonfulls of either. You must not eate in 2 houres after, but rub, or saw, or Swing, or walke very fast. For diett refraine all Milke Meats whatsoeuer, and use Broths with opening herbes espetially Penny Royall, Veale and Mutton chiefly.

For Melancholy. and heauenes of Spiretts

My Mother. A. Hanshawe

Take Scena of Alexandria 4 ounces, of Salsaperilla 3 Ounces, of Raisins of ~~[illegible]~~ the Sunne the Stones being taken out one pound, of Epithamum, of double Camomill Flowers, Stecadas, of Hermodatulus of each ½ an ounce, of Liquorice 2 Ounces and 2 drammes, of Annyseeds 2 ounces. Lett the Salsaperilla, Liquorice & Annyseeds

and

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

A Drinke for a Bruise.

My Mother A Hen have

✝ Take Celfe heale, Tonnell, Sarrum, and Comfrey roots, cleane scraped, still these together, then take a pinte of Claret Wine, and burne it and sweeten it with powdered sugar, ~~and strain~~ then putt in halfe a pinte of the Water, 2 penny worth of Sperma Cetti warme these together, let the Party bruised drinke a good draught and sweat after it. If the bruise be in the head leave out Celfe heale.

For a Consumption.

My Mother A Fanshawe

~~Take Bettony, Coltsfoote, Comfrey, Sorrell, Red Rose leaves, Cowslip Flowers of each one handfull, and boyle them in a pottle of Water to a Quart in a Posin; Straine them, & putt in a pound of double refined sugar, and let it boyle in the Water, Drinke 5 Spoonfull, with 2 Spoonfulls of the best Canary Wine, warme, in a morning fasting.~~

To make

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

My Mother A Hanshawe

✝ Take Sarsparilla, sliced and bruised, Polypodie of the Oake bruised Sena of Orleance in a little bruised, of each 4 ounces, Yellowe Docke roots, washed, scraped bruised and the Pith taken forth of them, one ounce and a halfe, of Rhubarb halfe an ounce, Stinge sliced of Opoponaxum, Agrimony and Maydenhaire, of each one handfull, Annyseed Sweet Fennell Seed & Carroway seeds a little bruised of each one ounce Liquorice scraped and bruised one ounce and a halfe, Wire all these together, then take Greene Surry Grasse leaves cleane picke & wash Brooke Lime & Water (after of each halfe a Pocke, heate & heardes to a greene Sauce, & mixe them with the former Ingredients, put a piece of Lead into a Bagge to make your bagge, into the bottome of the barrell touching the mouth out of the Barrell, then put in your Liquor & tye the bagge close, & let it sinke to the bottome, and tunne it up in three Ale Gallons of Beere or Ale in a Stone stand, and for the first day squeeze the Juice out of the Bagge into the drinke 3 or 4 tymes, letting the bagge hang in the drinke continually, then let them worke together and when it is 3 or 4 dayes old drinke a good Draught 2 houres before dinner & another 2 houres before Supper. If you can a pinte, ly the daily as you find it to worke with you more, or less. This Drinke is to be taken in the beginning of May, or at the fall of the Leafe. It is Excellent for the Liver, or for any Tropsicall humour, or the Scurvy or foulenes of Blood

A plaster for the Bloody Flixe.

My Mother A Fanshawe

✝ Take a Quart of new Milke, a pound of Sheepes Suett, stirre it very small, set it upon the fire, and boyle it till it come to a pinte, then strain it and so administer it to the Patient twice a day till the Flixe be stayed.

An Excellent Medicine for the Bleeding of a Veine inwards.

My Mother A Mr Fourtune

✝ Putt hott boyling water into a Pewter pott, Lett it lye so till the pott be exceedin

hott

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

Lett him weare a dried Sodde dried in Clay in a Sforzenett Plaggue ~~about an Quarter of a Yeare~~ till he find himselfe perfectly well.

My Mother.
A Hanshawe

A Medicine for the Yellow Caundies.

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

My Mother.
Ann Hanshawe

To Stanch the bleeding of a Veine inwards.

~~Take a Quarter of a handfull of Sellonnard and boyle it in a pill of white wine, and then sweeten it with a little white Sugar Candy, & let the patient drinke it Morning when he goeth to bed, & if this doe not cure him drinke twice the day of it, then putt to it the third time 9 graines of halfe a Nutmegg of bole armoniack.~~

Mr. Butler's
Ann Hanshawe

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

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

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

My Mother.
A Hanshawe

Dr. Burges his directions in tyme of Plague.

Take three pints of Malmsey, boile in it a handfull of Sage, a handfull of Rue, till a pinte be wasted, then strine it and put it over a fire againe and put thereto a penny worth of long Peppers, halfe an ounce of Ginger, a Quarter of an Ounce of Nutmegs, all beaten together. then let it boile a little, and take it of the fire & putt to it 4 pennyworth of Mithridate, 2 pennyworth of Treacle, & a quarter of a pint of the best Angelico water. Keepe this as your Life above all worldly treasure. take it alwaies warme both morning and Euening a Spoonfull or two if you be infected, and sweat thereupon but if you be not infected then one spoonefull a day is sufficient, half a spoonfull in the morning and halfe at night. In all your Plague time under God trust to this. For there was neuer none dies of the Plague that tooke it. This is not only good for the Common Plague But for the Measells, Small Poxe, Surfeits, and diuers other kind of Diseases.

My Mother.
A Hanshawe

To make Lozenges for a Cold.

Take 2 Ounces of English liquorish, scrape it and slice it very thinn, then putt it into 3 quarters of a pinte of running water, then putt to it a quarter of an Ounce of Annises bruised, lett these boyle slowly till the water be consumed, then add to it ½ a pinte of Hyssope water. let these boyle untill there remaine neere ½ a pinte or lesse, then take as much double refined Sugar as this Liquor will wett, boyle it upon a Chafendish of Cold Coales. When it begins to boyle thicke putt into it 4 graines of Amoniack Greece finely ground, & when it comes to the height of Manus Christi, drop it on a Plate in round drops 9 graines you will haue your Lozenger. When they be cold take them off & putt them with papers between in a Boxe for your use.

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

My Mother. A Hawthorne

~~Make a peate of Rosett drinke with a handfull of Pellitory of the wall, and as much of Mallower, Fennelseeds, Aniseeds, and Cummin seed halfe an ounce of each, boile it to halfe a pint then putt in a quarter of a Spoonefull of Salt, a great Spoonefull of Course Sugar, inke of Violets and oile of Roses of each a spoonefull, & it be for a Child a Quarter of an ounce of Seeds will serve. This is an approued good Medecine and cures me in a separate Feuer.~~

A Candell for the Bloody Flixe.

My Mother. A Hawthorne

Take a pint of Red Wine and the Yolkes of five new laid Eggs, a little Cinnamon, 2 Spoonfulls of brase Sugar, ½ a quarter of an ounce of the peele of Pomegranates drie and beaten to fine powder, boile these in a Platter upon a Chafendish of Coales, untill it thicken. Let the patient eate it morning & Euening, & if You will otherwise, it will suddeinly cure thee.

A Most Excellent Vomitt.

My Lady Beadle Ann Hawthorne

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

Mrs. Clerke. Ann Hawthorne

An approued Medecine for the Conuulsion fits.

Take as much Asa fœtida as a nutmeg. Let it dissolue it in a

spoonfull

spoonfull of Rosett drinke 3 or 4 mornings and let the Patient weare some Asa fœtida about his neecke too.

A Diett Drinke

Mrs. Clerke. A. Hawthorne

Take a peck of Sauzey grape, water Cresses ½ a peck, 2 good handfulls of Brooke Lime, Liuerwort, Groundsel, Scabious, Agrimony, Horehound, Harts tongue, Chicoryage, Pimpernell, Camarij, Broad Plantaine, Wood Betony, Angelica, Cardiacs, Wormwood, Rosemary, Red sage, Endiue, Buzzey, Borage, wilde Marjoram of each a good handfull. You must boile these herbes on a mort ½ an houre, One ounce of Mastrey, one ounce of Spiker, one ounce of Liquorice, one ounce of Aniseeds, Red Dock roots 3 ounces, sweet fennell seeds ½ an ounce, bruise Your seeds bruise your Mastrey and Ginger and Dock roots. You must putt all these seeds and spices in a Bagge & hang the bag in the drinke. You may drinke of it 3 or 4 Dayes. This is an excellent Drinke for any Rheumatick Body that is inclined to a Dropsie.

An Excellent way to make Suppositors.

My Lady Bendy. Ann Hawthorne

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

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

Mr. K. D. A. Hawthorne

Crabbs Claues taken in June or the beginning of July, & beat to powder, & drunk as much as will lie upon a shilling drunke in ½ a pinte of warme Milke is a most excellent Remedy for any body that hath bene bitten by a Mad Dog.

My Lady Clerke

An Medecine for the Gaundice by experience I haue found most Excellent.

Take a

Take a good fair Pippin, and cutt of the tops of it, then take out the Core very cleane, then putt into it as much Venice treacle, as a hasell nutt, as much Saffron finely beaten and searced as will lye upon a two pence, then fill up the Apple with sweete Butter: and putt on the tops of the Apple upon it again close: then roast it theere, and when it is roasted mingle them all together like a Conserve: then take as much as a Walnutt 3 mornings together fasting.

The Wound Drinke and for the Kings Evill

My Brother Warwicke A Hartshorne

Gather these Hearbes in May.

Avens	Mugwort	True leaved Grasse
Bugle	Mints	Violet leaves
Comphrey	Plantaine	White Angelica
Dame roots and leaves	Ribbwort	Wood Betony
Dandalion	Sanicle	White Bottles
Egrimony	Scabious	Wormewood
Honeysuckles	Southernwood	
	Strawberry leaves	

Bramble Buddes, Hawthorne Buddes, Oake Buddes, these 3 must be gathered in April, but of all the severall Hearbes like Quantity when they are dry, mingle them well together: then take 3 handfull of them, putt them into a Quart of White Wine, and a pottle of Spring water, and boyle them together till there the Liquour be wasted: then straine the Liquour from the Hearbes, & putt to it a pinte of the best Hiney set it over the fire, & let it boyle but till you haule scummed it, when it is cold, putt it into Stone Bottles close stopped & keepe it very cold, drinke 6 Spoonfulls every morning fasting & fast 2 houres after it, & as much at 4 a Clocke in the afternoone.

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

Seed

Seeds. & boyle these things as you have before in your other drinke a mong these, let the white Angelica be well bruised if you can gett it. These things may be all gotten at the Apothecaries thereabouts what you can gett out of the fields, though Spring be past you may keepe them dry by you.

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

A drinke admirable against a Cough or consumption.

My Brothr Warwicke A Hartshorne

Putt into an Earthen Pipkin 3 pints of Spring Water 2 good handfulls of sweete Fennel: 2 or 3 Slices of good English Liquorice, sliced very thinn, 2 handfulls of Raisins of the Sunne stoned, a quarter of a pound of figs sliced small, one ounce of Currinds bruised, halfe an ounce of sweet fennell Seed bruised: 4 or 6 dates sliced. Then stopp up the Pipkin very close, and let them stew on hott embers 24 houres, & then straine the Liquour well from the other Ingredients: putt this Liquour into a glasse or Stone Bottle being close stopt: take 6 Spoonfulls of it when you goe to rest at night it being a little warme, and every morning fasting the same. This continuing a reasonable time, and the Patient will find good of it. for it is an approved Medicine.

Opening Pills.

My Dr Warwicke A Hartshorne

~~Take of the Extract of Gentian two Drachmes, of the Extract of Centaure, of Galenes Hiera Picra of each a single Scruple: of Trochisks of Carpesione, of Bitlaua, of Diacurcuma, of Salt of Scurvey grass, of each of them two Scruples: of Salt of Wormewood halfe a Scruple with as much syrrup of Rhenbarb with Succorie or Syrrup of Succorie with Rhenbarb as will make it up in Pills. Make every man an Ace Pills. Five of them are to be taken at a time, with a Draught of some proper convenient drinke an houre after them, and so to continue a weeke or longer, the Body being prepared before by purging: they doe remove hypochondriack obstructions, open the habbe and purge gently: they also doe strengthen the Stomach, & the liver, & purify the Blood.~~

For a Canker.

My Mother A Hartshorne

~~Take Unguentum Egyptiacum, & Mel Rosarum of each halfe an ounce. Warme them in a Chincer very hotte, dipp a tente Lint in it & doe to any fitt Instrument and rub~~

the cinkor in it as hard as You can will suffer it. This doe 3 seuerall dayes. Then take only the Lorme warme and apply it 3 or 4 times a day to take the Cinker, which perhaps the first application thought it hath cured may seeme to have made worse.

A Medicine for the Head Ache.

Earle of Cheesfield
Mr Hanham

Take a Orange cutt them in Quarters, then putt them into two Gallons of Boiling hott Spring Water, & let it stand till You can put Your Feet in it, then rub the soles of your Feet with Orange, this will refresh Your Mind in 10 houres will take away your Bad, & much mend your Head Ache. This if you also after a journey to refresh You.

A Medicine for the Women Colicke.

Lady Mosher
A Hanshow

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

An approuved Medicine for the Itch and to coole the Liver.

Lady Bedles
A Han

Take Endiffe, Succory, Sorrell, Strawberry leaues of each a handfull, Borage, Buglosse, Hartstonque of each ½ a handfull, French Barley 2 handfulls, of Alem Turmants one Ounce. Seeth them all in a pottle of running water to 3 pints. Before You take it from the fire putt in a good handfull of Borrage Flowers, 2 Ounces of Sweete Fennel, a quarter of an ounce of Annise seeds, Seeth them again a little, take it from the fire, and cover the Pott, & lett it cole. Straine it hard through a Strainer & putt in 6 Spoonfulls of Vinegar 2 Spoonfulls of Powder Sugar, drinke thereof every day in the morne 6 Ounces & fast 2 houres after it. If You have more than 4 stooles a day take it

it but every second day. You must end the drinking thereof by 8 dayes of April.

A Plaister to kill the Wormes

Lady Bedles
A Han

Take of Wormwood & Rue of each a like Quantity, Stamp & straine them, & putt to the juice 6 drops of the gall of a Bullock, & mixt to the Powder of Mirr and make a Plaister thereof, & lay it to the Nable the Breadth of a Shilling, If the Child have the Wormes & Plaister will drise still if not it will fall from the Nable.

A Vulnerary Liquour

Sr. K. Digby
A Han

Take an Ounce of Gabs Eyes (oculi Cancrorum) heat them to smell Powder, putt them into a drapes Sarse Sifter, powre upon them 6 Ounces of the Strongest white Wine Vinegar, It will presently work up to a great height and boyle strongly, when it allayes working stirre it with a Sticke or Spatule to the Bottome to quicken the operation after an houre or two or more. You may powre the Liquour through a reasonable fine Linnen Cloth, & give thereof to the Patient 2 or 3 Spoonfulls at a time in the morning fasting & Euening an houre & a halfe before Supper, & at night an houre before going to Bed. It is singuler good for all Wounds, for broken Bones, for Women in labour, to void gravell, & is a great strengthener of the inner Parts.

A Posset for an inward Bruise.

A Han

Take Posset drinke made of white wine a little Balme, a pretty quantity of Venice Turpentine, stirre it together & drinke it warme, also to putt in either Sack, or Aqua Pitch or Parms Oil is excellent for a Bruise.

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

A Han

Take Wormwood, Rue, Southernwood, Camomile, Lavender Cotton, Mallow

the hearb Mercurie and Violett Leaues of each ½ a handfull, boyle all these together in 3 pints of Water, when it is ½ consumed straine it and putt to it a Spoonfull of honey of Oyle of Camomile Violets and Rue of each ½ an ounce, & the quantity of a hasell nutt in Salt, stirre it well together, and so goue it. With this Medecine I cured a Child of mine ye had a desperate Feauer caused by the Wormes.

Mr. Coply's drinke.

X

A Han

Take a naile pinte of unslakt Lime, putt it into a great Stone pott then putt to it 6 quarts of Spring Water, couer it and let it stand 24 houres, then put to it 4 Ounces of ye best Liquorish scraped, and sliced, and 2 Ounces of Saxafrage sliced, 2 Ounces of Anni seeds bruised. Let it stand 24 houres more, then straine it, drinke of it thrice in a day a Quarter of a pinte at a time, or more if you find occasion. The time is in the morning, fasting, at 3 of the Clocke in the afternoone, & at night when you goe to Bed. It is good for any Vlcer in the Body either in ye Kidneys, Bladder, or mother. It is good to strengthen the Liuer. It hath cured the Dropsie, & is a great cleanser of the Blood from any putrefaction that is in it.

An Excellent Receipt for any weakenes in the Back

Lady Bedles
A Han

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

A Cooling Broth for one that is in a Feauer

My Mother
A Han

~~Take a Chicken, and boyle it in 3 pints of water, putt into it Time,~~

~~Rosemary of each one slip, Cinquefoile and Straw Berry Leaues of each ½ a handfull, a little bunch of unripe Grapes, the bottome of a Manchett, Let it boyle untill ½ be consumed, then let it settle, & drinke the Cleare as often as you haue a mind to it.~~

A Strengthening and Cooling Broth.

X

My Mother
A Han

Take a good bigg Chicken, and the Bones of a Knuckle of Veale, boyle them in a pottle of water to somewhat lesse then a Quart, putt therein 10 Raisins of the Sunne stoned, 5 Leaues of Buglosse & 2 Leaues of Succorie, 5 Leaues of Endiue, & 2 Sprigs of Fenie & one Sprigg of Rosemary, & one of sweet Marjoram, together with the bottome of a Manchett, and when it is boyled enough straine it and let it settle, then powre out the cleare into a pott, & giue the same as often as the sicke Party requires it, & make as often fresh as you need.

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

My Br. Warw.
A Han

~~Take shreds of the purest Scarlett you can gett & with a Shouell made redd hott burne it in it, & with ye same Quantity of Allome made into fine powder mingle it rubb the Party's Mouth till it bleed & in few times using it, it will cure it, be it neuer so dangerous.~~

A Purge for a Child.

Mr. Batterby.
A Han

~~Eight graines of Aloes is a fit quantity for a purge for a Child, taking one houre & a halfe after it, a gliter made of 3 quarters of a pinte of Milke, and 2 great Spoonfulls of honey dissolued in it.~~

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

~~To anoint their Limbs with Dog Grease euery Euening, & in very short time it will cure him.~~

Another

A Han

~~Take a handfull of red Sage, a handfull of Tops of Rosemary, a handfull~~

of

~~of these herbs put them in a pipkin with a pint of the best Muscadine, you can get, boile it till it come to something more than a pint, & paint the Blister with this mornings & Evening~~

A most Rare Blister for the Spleene

Lady Nicholas A Man

Take a quart of Posset drinke made of ale, or a Quart of thin Veale Broth, put in a Handfull of Bugloss leaves, a handfull of Burnett leaves, a handfull of Mallowes, boile it till it come to a pinte, Straine it, put to it 3 Spoonfull of fine Loafe Sugar, 3 Ounces of Syrope of Violets, & in give it warme, and no more.

~~A most Rare Receipt for one that cannot hold their Water~~

~~Take the first of the first of Michelmas Lettuce, put it into a new Earthen pott, stop it close & keepe it, & when you have occasion take a Batch of brown Bread, & when you have ye bread take it out, & rubbe it betwixt ye hands to powder, then keepe it dry in a Box for ye use, take as much as will lye upon a shilling in brandy in a morning fasting & ye breakfast, the same you may do at night for ye stopper, if you will, or may give Ruble instead if not it is as efficacious, for it holds no heat neither can it do any harme in any other report, & is most infallible cure for this~~

For the Scurvy.

A Man

Scurvy grass of both sorts, Sage of each 4 handfulls: Wormwood, Horse radish roots of each halfe a handfull, pound first together, Straine the same and Drinke three or foure Spoonfulls so long as it lasts.

A Vinegar to wash the Teeth for the Scurvy

A Man

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

A Medicine for the Wormes

A Man

Take Lemmon, mingle it with Saffron in powder, to every 3 Spoonfulls of ye juice put the weight of 6 pence in Saffron, to a child of a years old you may give 2 spoonfulls at a time 3 Morning & Evening to wit of 7 or 8 or other 3 or 4 Spoonfull.

~~This Receipt was approved for ye Wormes~~

A Man

~~Take three rosaties mash up into pills remember bigger than the big pott peage. Take them fasting pills every day once. Of two hours after you have taken your pills make a Blister of a pint of new Milke with 2 Spoonfulls of Honey, set it on ye fire till it be hott & ye Honey dissolved stirring it all ye while. And when it is so cold that

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

The directions of doctor Bowles.

A. fan

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

A diet drinke for ye scurbute.

A. Han.

Common dock roots cut into thin slices ounces, sassafras 6 ounces, 4 Orenges cut in quarters, 2 handfulls of dryed eldern flowers, halfe a handfull of Woormwood bruized; 2 pound of Raysins cutt. put all these into a Bag to hang in 4 gallons of small Ale woort, After 4 days drinke of it as aforesayde. In the Winter adde 2 quarts of the juyce of Apples, in ye spring 3 pints of the juice of Scurvey-grasse, Water-Cresses, Succory, or Dandelion, sometimes all, or any of these. when you will make it purgative adde 6 ounces of Sena to the bag.

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

A.m fan

Scurvey-grasse bruized three pound, horse Radish roots cut sliced & torne one pound, 12 Orenges cut into thin slices, put these into a glasse still,

powre in so much sack and white wine as will cover them 3 fingers deepe, stop the glasse close, let them stand 24 howers in digestion, the next day distill a water from hence.

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

Pills for the Scorbute.

An. fan

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

A Gargale for the Scorbute.

A. Han

Syrrup of the green husks of hazell nutts, the decoction of pomegranat peeles, of ~~roots~~ this decoction halfe a pint, besides 2 spoonfull of the syrrup. 9 drops of the spirit of Vitriol, 2 spoonfull of the juice of Scurvey-grasse.

An excellent cordiall ~~good~~ against the scorbute in all Fevers (especially malignant) small pox, meazells.

A. Han

Orenges 100, more or lesse, cut them

into most ~~small~~ thin slices in a capacious Earthen pan, presse them downe with a spoon that the juice may rise, and the Rines drinke in their owne juice, every day stirring them from the bottome that they mouldie not, & pressing them; doe thus 5 or 6 days till the Rines acquire the first degree of putrifaction, wh you shall judge by the tendernesse of them. Cast these into a Still, and distill a Water from hence. Besides the afore-said vertues, it is very pleasant and wholesome a spoonfull in a glasse of wine at yr pleasure, espetially when you are hott.

Thus farr doctor Bowles.

A. Jan

For Any Flux.

Take 10 grains of Rhubarbe, 5 of Nutmeg, and as much of Cinnamon. mingle these together being small grated with as much Conserue of Roses as will make them up into a mass. euerie morning take this, and euening too if the distemper bee stronge.

Take plaine glisters of milke made with 2 ounces of syrop of violetts and the yolke of an egg and the quantitie of an egg in butter neuer salted, no sugar; in the euenings before, if you take the medicine only in the mornings.

If the Flux be with torments in ye gutts or blood.

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

When you intermitt your whay take the Rhubarb medicine ut supra.

An excellent receite for a child that hath ye rickets

The Bath

A ffter

Take a black sheeps head put to it 8 galons of running water red sage, red mint, ~~red~~ speedwell of each a handfull put in a handfull of linnen raggs boyle them till ye flesh comes from ye bone of ye head then put it in an earthen pott & stop it close & bath ye child from ye first commerd all but ye tenes of his back wch is ye part of his legs which must not be strimd but wth ye ingredients & all so warme as ye child can endure it this proportion is for 3 nights together & you may make it twice a month at ye beginning & ending, if ye childs weakness be much

The ointment belonging to it

A ffter

Take 3 pound of butter, out of ye churne beat ye milk clear from it then take spiknell, pennyroyal, rue, ale hoofe, featherfew, red sage, red fennell, camomell, garden hysop, cleaues, carrts tinque, millefoll, anauis, dill, verbine, fox ferne, setwell, brooklime, water-cresses, cleare all these very well & being bruised then boyle them in ye butter, when it begins to boyle, put in halfe a quarter of an ounce of Mace, & halfe a pint of ye strongest malmsey, boyl it on a soft fire for an houre then strine it through a course canvas & keep it for ye use, close tyed when it is cold, wth this ointm^t you must anoint ye sides ye back bone the thighs & ye ancles, during ye time you anoint ye child wth stayle be ever after bathing you must keep ye child rapt in a thin, white cotton Cots, made like a large long ~~Cots~~ sack to cover ye feet it is likewise very good if ye child uses motion by being swung, or otherwise as is proper to ye disease thereof.

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

A ffter

Put into a quart of running water, an ounce of Maiden hair, ye like weight of sage of Jerusalem of colts foot, half an ounce of licoris slised, half an ounce of annel-seed bruised, an ounce of fox ferne roots slised a handfull, hazelnut 20 figs slitt, boyle these well together, till ye halfe be consumed then a soft fire strine it & put to it a pound & halfe of double refined sugar, beat small 2 drams of prepared pearl, 3 lauro of gold, boyle these together, till ye sugar sew made it a strong syrrop, then put it in a glass & keep it for ye use giving ye child a spoonfull twice of ye first thing in ye morning, & ye last thing at night

The use of ye spirit of Harts horne

A ffter

It is excellent inwardly or outwardly applyd, it clenses & purifies ye whole mass of blood of this serous superfluity by urine & sweat therefore it is a true ~~speck~~ specifick against ye scurvy, fluxes, worms, falling sickness It is to be taken from 6 drops to 12, in ordinary drink or broth

The Spirit of Scurvy grass

A ffter

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

+ To make conserue of Wormwood

Affton Take a pound of the young toppes of Worm:wood, steep them twelue howers in two quarts of Hystop water, squeeze the wormwood gently from the water with your hand, then putt your wormwood into a mortar with 3 quarters of a pound of Loaf:sugar, & half a pound of Rasins of the sunn stoned; beat all these to a conserue, and tye it ~~up~~ close up in a Pott and keep it for your vse.

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

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

Affton + Take the kernells of Ash beyes, when they are ripe, which is about Michaelmas. dry them & when you administer them, you must beate them to a fine ponder and giue one spoone full of them in broath.

+ For the Spleen,

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

for the Stone

the destilled watter of Cliuers or Beanes shells; or time taken as much and as Often as you pleas; allso Eatting of Endiff with all things is Extream good to breake the stone. by which medeen Ould Do: Amey presarued him selfe maney yeares and Veyded hundreds of stonns,

for aney heatt in the blather or sharpnes of Eurin

butt too spunfull of Serupe of ~~mast~~ Mallows in to a ~~small~~ droft of milke watter. in the morning when you furst wake and last when you goe to bed untill the pane sesses;

For a burne or Scald.

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

A Medicin for ye wormes.

Take one pill of Aloes rosatum in the morning early & four houres after take a Glister of three quarters of a pint of new milke with two Spoonfuls of Huney wormed over embers, if ye give it to a man or woman ye must double the quantity of all.

For Cure a ~~Wreck~~ wreck Contracted by Could.

Take a hand full of Ale horse & 20 or 30 resons of the Sunne Stoned boil them in a quart of ale til halfe bee Consumed, drinke it the first thing in a morning & the last at night til ye find ye selfe Cured.

For the pain in ye head

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

A poulter for any Sore or wound that is Inflamed,

Boil a pint of Milke with crumb of whit bread, a handful of Mellilot flowers, halfe a handful of red rose leaves, when these are well Boiled together put it into a Stonenger, & shr into it halfe an ounce of Oile of Spikenard & halfe an ounce of Oile of roses, this quantity is too much unless the sore bee very great therefore you must proportion it as ye see Cause.

An Excelent Receapt for any pain in the back especialy the ankles.

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

Another for the Same.

fil a Stil with Clary as hard pressed doune as you can then pour to it as much whit wine as wil shake in let it stand 12 houres then draw it off with a soft fier the next day put ye stil as before with Clary only, then pour the distilled water upon it & let it stand 24 houres then draw it off again with a soft fier and keepe for ye use; see sure ye bottle bee nie & sum ye water drinke it 2 houres before dinner & supper a quarter of a pint sweetend with whit Sugar Candy.

the Oynt ment for ye same.

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

A pressant remedy for wheazing and Spoppage in the Stomak

M. C. Hinton. Take halfe a pint of the best Cinamon water and put to it, too ounces of Oximell of Squills, Keepe it in little Glass bottle and take now and then acording as you find Ocasion a Spoonful of it, and shake the Glass very well every time.

For the Stinging of a Snake or Adder

My Mother. Immediatly when you are Stung heat a Knife very hot in the fier, and Clap just upon the place that was Stung and hould it a Good while til it have burned it out, or else, Lay the intrails of the same ader or Snake that Stung you, or of any other, and bind it fast on upon the place.

For an Agee

L. Lowther. Catt the yellow Rhind of Civill Orranges very thin, dry it before the fyer, and then beat and Scarce it, and take a Good Spoon full of the powder in to Spoonful of Sack an hour before your fitt and by Warme, doo this three times whether the fit leaves y, or no and again before the Next full of the moon three times.

Gooseberry of ye corn = 1

Sum nor are I ye nettle leaves from
ye field gathered put them on to
your bottle, first being crushed in
your mercurial. Then troopers should
be added in number two crushed
Echinise — then not mature on
to post ——— rt.

James Schindling

Cond. of g^e Petales

Pick only of the petals
near from [illegible] origin
[illegible] as there still
that the same results produce for
our benefits.

Folio's 19v to 29v are blank

~~Salues, Plaisters, Oyntments, Oyles, Poultisses, Powders, for seuerall Occasions.~~

The King of France his Balsome.

+

My Mothers. A Hen

Take Red Sage, and Rue of each one pound, of Young Bay Leaues and Wormwood of each ½ a pound, doe not wash them, but picke, wipe, and cutt them very small, and beate them well in a Stone Morter, take 3 pound of Sheepes Suett hot from the Sheepe, mince it small & breake it wth those herbes till it be all of one coulour; then putt all into a faire boule with a pottle of the best oile Oliue, worke all together till it become alike, then putt it into an Earthen pott well stopt with Parchment and waxe for 8 dayes. Then seethe all in a panne with a soft Fire. When it is sodden putt to it 4 Ounces of the oile of Spike. Then straine it thorow a Canvas Strainer into a pott, couer it with parchment, and with a Leather upon that; In the boyling of it take heed that it burne not, for the avoyding whereof putt 2 or 3 drops still in a Sawcer, and when it is greene as the Emrod it is enough.

This is excellent for all Aches, or paines of the Head yt come of Cold black wooll being dipt in it, and stopping the Eares, for shrinking of Sinewes, or Ague Cakes being chaft in agt. the Fire, & a Cloth dipt hott in the same applied to the Place.

The Flowre of Oyntments.

+

Lady Butler. A Hen

Take Rozen and parozen of each halfe a pound, Virgin Waxe & Frankincense of each a quarter of a pound, of Starres Tallow a quarter of a pound, of Camphire two Drams, of Mastick one ~~two~~ Ounce, melt that which is to be melted, and make powder of that which is to be made in powder, boile it well & straine it into a Pottle of white Wine & all the other Stuffe together. Let it coole a while, then putt thereto of Turpentine a Quarter of a pound. Stirre it well together till it be cold. Keepe for the best oyntment or Salue in warrantize.

The Vertues of this Oyntment.

'Tis good for all manner of wounds, for the Head Ache, for ye singing in the

Braine

Bruise, for all Imposthumes in the Head or Body, for Sinews [illegible] made. It draweth out any thorne or broken

[illegible] of oyntment [illegible]
[illegible] 3 ounces of [illegible] but there is one ounce
[illegible] Turpentine 2 ounces of Bees wax grate
[illegible] Wine or as other plasters

[illegible]

bruise proves by Me of a woman, that had her neer eye
by a bruise, and recovered it againe.

Lady Butler. A Han

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

~~An Ointment for an Ache.~~

~~My Mother A Han~~

~~Take Rosemary tops and flowers one pound, stamp them well in a fine Morter with a pound of Capons greese, then put it into a clean pott, and put a penniffer of Wine into a Bottle of water or the Juice of Lauer, then take it of the fire & strain it from the Flowers, then put it into a broad mouthd glasse, & put it in the Sunne 14 daies, then receive it to your use. This is good Ointment for a Sciatica, or any other Ache if you anoynt upon it.~~

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

~~My Mother A Han~~

~~Take half a pint of honey, half a pinte of Greame, a handfull of Dine Leaves, & as many Gramme of white Bread as will the-ken it with boyling it together.~~

~~To Breake a sore Breast~~

My Mother. A Han

Take Ellecampt, & Holyoake leaves, & wormwort, & small cut-

meale

meale, and Linseed well powdred with a fers Flour, Boile all them well together to a water, and at the end, adde two Spoonfulls of Oyle Olive, and apply it to the grife.

An Excellent oile to comfort the Braine.

My Mother. A Han

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

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

My Mother A Han

~~Take very strong Aqua vitæ two spoonfulls, & a spoonfull of the juice of Ditemant, and anoynt the Place grieved every day 2 or 3 times for it will greatly helpe You. Approved by Dr. Lopez.~~

A Medeiine for an ache or shrinking of ye Sineues.

My Mother A Han

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

Dr. K. D. A Han

~~To make the true Vitreyan Pouder.~~

Take of Vitriell 4 ℔ worth, which must be halfe a Spoonefull, put it into a Quart of Water, Stirre it with a knife twice or thrice, if there be Vitriol enough Your knife will be cetrion copper, then take a Cloth

which

Bruise, for all Imposthumes in the Head or Body, for Sinews that be shrunke or sprained, it drawes out any thorne or broken bone from a wounde, It is good for the biting of any evill Beast for Feture, Canker or Mole, the tangore, it drawes out all ache from the Liver, Spleene or Reines, it breakes the Imposthume, good for swelling in the Members, eases the Pluree and of the Emrodes & healeth them very faire, and is speciall good to make a Sure Cloth.

An Oile for a Bruise in y Eye, or for any other bruise proue by Me of a woman, that had lost her Eye by a bruise, and recovered it againe.

X

My Lady Butler & Han

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

~~An Ointment for an Ache.~~

~~My Mother~~

~~Take Rosemary tops and flowers one pound, Sumach, them wash in a fine Morter with a pound of Capon greese, then put it into a close pott and mell it equally, & fill it into a Kettle of water as the fire as a houre, then take it of the fire, & strayne it from the Flowers, and put it into a broad mouthed potte, & set it in the Sunne 14 daies, then ayrome it to your use. This is a good Ointment for a Sciatica, or any other bile in your neate upon it.~~

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

~~My Mother~~

~~Take half a pint of Honey, half a pinte of Creame, a handfull of Fine Flower, & as many Crumes of white Breed as will thicken it with boyling it together.~~

To breake a sore Breast.

X

My Mother & Han

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

neale

meale, and Linseed well poudered with a few Eggs, Boile all these well together to a poulte, and in the End, adde two Spoonfulls of Oyle olive, and apply it to the Grife.

An Excellent oile to comfort the Braine.

X

My Mother & Han

Take of Lignum Rhodium 20 ℔ weight, Damaske Roses 2 Bushell, Lavender tops ½ a peck, & Marjoram 4 handfulls, Spirmint as much. Take all these together and beat them, and put them into a Bushell, adde 20 ℔ weight of Bay Salt, & so much Fountaine water as will cover them. Let them stand a month close tied up with Parchment and wax, Then distill them in a limbeck with an indifferent fire, and take of the oile on the top and keepe it for your use. Tis excellent for any Paine of the Head that comes from cold, especially for Apoplexies.

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

My Mother & Han

~~Take very strong Apse vine two spoonfulls, & a spoonfull of the juice of Extremart, and anoint the Place grieved every day 2 or 3 times for it will speedily helpe You. Approved by Dr. Jones.~~

A Medeiine for an ache or shrinking of y Sinewes.

X

My Mother & Han

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

~~To make the true Ulegan Powder.~~

Dr. K. D. & Han

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

which

which it wrapt about the wound and putt into the Water. keep the wound cleane nett once a day. if the wound be very great You must make new water, & put in fresh wound Clothes once a day. If You adde any Salues that are not of a vesicatious Nature they will not be contrary to this Ponder but may hasten the Cure.

Mr. Stone: Searcloth.

Sr R. Stone & Han

Take 2 ounces of tennerech, 4 ounces of Frankincense, ½ a pound of Virgin Wax, halfe a pound of Burgundy Pitch, melt all these together in a great Pipkin upon a slow fire, & stirre them all together, then powre them into faire water and rub Your Hands with oyle, and take them out of the water, & worke it well with Your Hands, and then make it up in long rowles when You use it You must spread it upon Leather, then pricke it full of holes, & lay it on a Bruise or Ache as hote as may be endured, and there let it sticke till it fall of, and You need neuer feare it; this is the best Plaister that ever was for a Bruise.

An oyle for the Stomache.

My Mother & Han

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

An Excellent ointment for a Brest with which I haue done great Cures.

My Mother & Han

Take Sothlemewood, Celdtreale, Smallesse, Sage, Herbe grace, Plantaine, Ribbwort, Herbe Bennet, Orpen, Hongreece, Peasly, Marigolds, Wormewood, Mercury, Bettony, Scabius, Valerian,

Comfrey, Lynstooth, Buckshorne of each a Handfull wash them very cleane, and put them in a Sieue to dry, & when they are dry choppe them very small, and putt thereto Foure pound of May Butter as it cometh forth of the churne unwashed, then boile all these herbes in the Butter till one part be consumed of foure, then strine one part to make an ointment, & putt it into a pott. & after that done, putt to the other two Parts as much Rosine & Wace as the Quantity of 2 Eggs to make it stiffe for Plaister Salue, boyle it well & then straine it.

Balsome Christi

~~Sr Ch. Stone~~ Sa: Butler & Han

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

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

My Mother & Han

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

For a strake or Bruise in the Eye.

Lady Pedler. A Man

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

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

Lady Butler A Man

~~Take as much Sole ammoniack as the weight of a groat mingle it with a Spoonfull of Honey. let the Patient take it when they lie a Bed, let them lye upon their back & keep it in their mouth, till it is dissolved & sweet. & ye mouth or throat be very Sore. You may take Six penny weight.~~

An Ointment for Burning with Gunpowder or Scalding with Water.

Lady Pedler. A Man

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

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

Lady Pedler. A Man

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

~~The Vulnerary Liquour.~~

~~Take an Ounce of Crabb Eyes (with Cinnamon) beat them to small Powder, putt them into a scoope Turne Glasse and powre upon~~

~~them~~

A most admirable Receipt for a Fistule.

Lady Parkhurst. A Man

Take of Bar Sorrel a pound, and of Sheeper Suett the Reines of a Turkie Egge, and of Yew make it in Winter putt them in a panne, & sett them over the fire till they be ready to boyle, then powre it into another panne of cole water, rub Your Hands with Butter that it may not cleave to them, worke it till it become as small as pack threads, then scrape it on a Cloth, and spread it very thinne, then cutt it out small & narrow, and when you use it rowle it like a Tent.

The Powder belonging to it.

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

The Water belonging to it.

Take Allum, and white Copperas of each a like quantity, beat them into fine Powder, and mingle them well together, & putt them into an Earthen panne, and sett them on a soft fire, & let them boyle till they be so hard that they will boyle no longer. Then beat them to Powder, 2 Spoonfulls will make a gallon of Water, but let your Water seeth first before You putt it in, then take it off, at the first sprinckle a little of ye powder into it, least it flame up, & after ye seymes meet a fair Cloth, and dresse the Sores twice a day. Sometimes stirring it with this Water, and being tainted as aforesaid well a Cloth 2 or 3 times double, & lay on it still as you dresse it, and so let it lye till You dresse it again. If greene Copperas be used two pound must be putt to a pound of Allum. If it be not seeyes the Water only may be used without Tenting.

To make a Poultrs for any inflammation or swelling

My Mother. A Man

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

Camomile and Marsh Mallows of each a handfull cut small, & also put to it 3 white Lilie Roots and a handfull of white Mesle, and 3 or 4 Figs, cut the Roots and the figs small, and boyle all these together to halfe a pinte, or till halfe be consumed, and then apply it hotte.

A Rare Medecine for a Sore Breast.

X

Sir Parkhurst + Flow

Take Wood Lice, dry them upon a tile in an Oven, take every morning an Ounce of Ale or Meathe as much as will lye upon ye 8d, & apply morning and Evening a Cloth, the Juice of your breast tried in Goose greese and layd on warme. Their have done many very great Cures both with Breast that have had Ulcers in them and Breasts with a Pistule.

~~To make the Ulcer Washer~~

Sir K. D.

~~Take a dramm and a halfe of pure Christellize Venice Mercury sublimate, and grind it to impalpable powder upon a Porphyre or Marble Stone with a Muller of the Stone; then of a glasse Mortar with a glasse pestill, incorporate it well with ½ Ounces of faire water. And so put it into a Phiale glasse, to keepe till you make the mixture.~~

~~Take 3 pinter or ¾ qt of Aqua Calis vine; put it into a large bottleshead of glasse with a long Nicke, and then by holding it in one Hand with the other powre the sublimate water into it after you have shaked it very well, that both the liquors be well mixt together; then set the bottleshead to settle with the necke inclining as much as it may without running out, & in three or foure dayes all the mudd will be settled to the bottome; powre of the cleare & keepe it in a glasse; when you will use it warme it in a pipkine or strong Earthen Vessell (for it will corrode any metall) & foment the Sore with double Linnen dipt in it as hott as you can; & then bind a Linnen soaked in it, and doubled 3 or 4 times upon the sore. Where you cannot come to the Sore, inject it by a Syringe; in healing it will harden the brimmes of the Sore, but the inward part will look very cleane, and of a good coulour. You may put more halfe a spoonfull into a Vulnerary potion & it will helpe it much.~~

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

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

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

X

J. Flow

~~Ry Marsh Mallow roots thin sliced 2 Ounces, & younger leaves of Mallows a good handfull, Liquorice sliced half an Ounce, 6 Figs sliced, a sponge or two of Anise, boile these in 3 pints of clear pottet drinke, made with small Ale till a third part be boiled away, and straine it, let the Patient in a draught of this Posset drinke, & take a good Spoonfull of the Syrup of Rishes and the juice of a Lemmon. It is to be drunke 3 times a dayes Which is in the Morning, at Nine in the afternoon & when they goe to Bed at night. Let them take this constantly 3 or 4 daies before the full of the Moon, & at any time when they complayne.~~

A

+ The red powder good for miscarryinge.

A Man

Take of Dragons blood one dram, powder of red corall one dram, amber greece the weight of 3 barly cornes; bezoar stone the weight of 2 barly cornes, Make all these into powder, and in a little burnt Claret wine give as much of this powder as will lie upon a pennie, at morninge and night first and last 3 or 4 times will serve. Make some broth wth plantaine rootes and shepheards purse and knotted grasse, burnett and bryer leaves and drinke this at pleasure. put in to the broth just as you drinke it the treds of 9 Eggs.

I have found good Experementalley of this medicin;

To make ye famous oyle called ye Queens oyle Madrid 8th Decr 1684 to make hayre grow, rubbing the rooses thereof at night with no more of ye oyle, then you just take up wch ye dipping ye finger therein, putting a capp or quarte imediately on ye head.

X

A Hare

Take 2 pound of ye best oyle olive, & put it into a glasse bottle in which you must put 4 Lizardes alive, 2 ounces of flyes, 4 ounces of white wine, 4 ounces of new honye, shake these together, & let them stand 15 dayes in ye hottest sun, take in ye bottle out of ye Kyre every night, then put it all into a scellett & make it boyle, wch see soone as ever you perceive take it of ye fire, & strayne it through a cloth, then put to it, 2 ounces of Benjamin, & 2 ounces of storax, then set it on ye fire stirring it softly, till ye Benjamin & Storax be well melted, then strain it through a cleane cloth, then put it into a glasse, & when it is cold stop it close to preserve it from aye, & keep it for your use, this oyle is best made in ye Months of June, July, August.

X A Medesin for a Cough in the Lungs;

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

X A Eccellent Receipt for a Cough

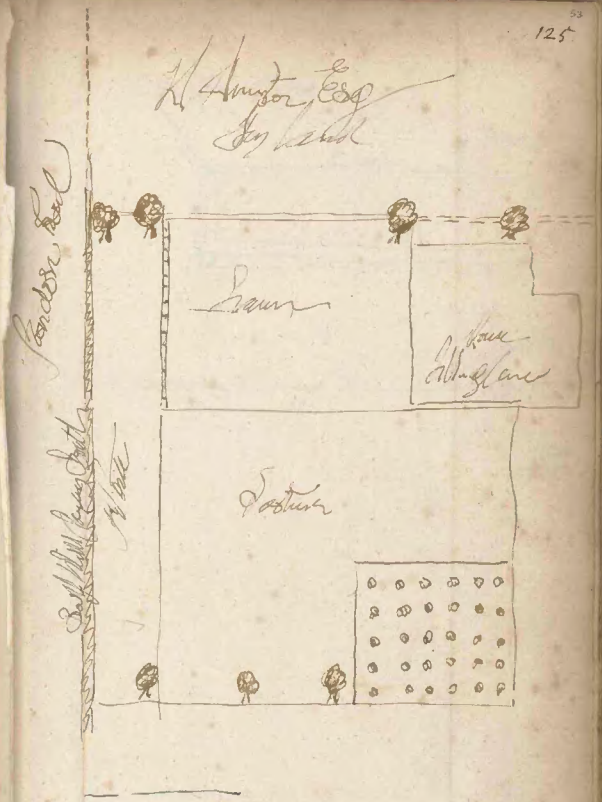
Take a Quart of milk & 2 Large Onions boyle it a quarter part away then run it through a hair sive put to it a quarter of a pint of red-rose-water & sweeten it with sugar of Roses as you like it this must be drunk fasting & ye same Quantety warm night ~~& morn~~ for your suppers & mornings for 3 days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

X to Clenge puterefied Longs

Swellen above halfe a pinnt of Witte Wine with 2 spunfull of hive huney and ~~2 spunf~~ too spriges of Balme take this fasting warme Every morning for thurty days;

A Receipt of a Diet Drink
for the Stone

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

To make Gascoigne Powder.

A Man

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

A Man

Mr. Mathias his Cordiall.

Take sixe spoonfulls of Clarett wine, 6 spoonfulls of Red Rose water, 2 Spoonfulls of Syrrup of Gilliflowers, a spoonfull of Cinnamon water, as much Alchermes as a hazell Nutt, mingle them together, & putt them in a Glasse, this is a good Cordiall to be taken for the weaknes or faintnes of the Spiritts two Spoonfulls at a time shaking the Glasse first.

A Man

A Cordiall to be giuen at the beginning of a Sicknesse.

My Mother.

Dioscordium ye Bignes of a hasell nutt, the Syrrup of Juice of Lemmons one Spoonfull, Cardus Water a quarter of a Pinte, drinke it going to Bed and sweat upon it.

A Man

A good Restoratiue after a long Sicknes or to preuent a Consumption.

Take

My Mother. Take Colsfoot, Red Sage leaves, Burnet, Betony and Comfrey Roots of each a handfull, pick & wash them clean & slice the Roots, boyle them all in a pottle of water to a Quart, then strain it & put to a pound of Sugar, & boile it to a Syrup, drinke it first in the morning, & last at nights, 6 Spoonfulls at a time.

The Lady Allens Water for the Stomacke Small pox or Surfett.

A Man +

Take of Sage, Sallendine, Rosemary, Rue, Woormwood, mugwort, Pympernell, dragons, Scabions, Egremony, Balme, Scardium, Centory, Cardus benedictus, Pitony, Rosasolis, of each a good handfull, Angelica Rootes, henbane rootes, turmentyle, Zedourpe, liquorish, of each halfe an ounce, stice the rootes and wash the hearbes, & shake them & dry them in a cloth & shred them, put them alltogether in a gallon of white wine, & steepe them in it 2 dayes & 2 nights close covered, and then put it into an ordinary still, & so still it, & when you take it let it be luke warme, & put some sugar in it 2 or 3 or 4 spoonefulls to a Child of the stronger, & 6 of the smaller, & to an Elder more.

+ The Receipt for the precious Water of Wallnutt.

A Man

Gather green wallnuts a good quantitie from the Tree in the beginning of June, breake them in a mortar, and distill them in a stillatory of glasse, & keepe that water by it selfe, & a fortnight after distill the like quantitie, then distill these together in a glasse Limbeck, & keepe it safe & close in a glasse.

1 one drop in the eye will cure and heale all infirmities in the Eyes.

2 It is good for Women that through weakness beare no children, taking one spoonfull in the morning fasting.

3 It cleanses the face if ye wash it therwith.

4 It helpeth the palsey being drunke wth wine fasting.

5 It procureth sleepe wetting ye temples therwith.

6 It wonderfully healeth botches & wounds.

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

8 It preserueth life to ye utmost nature.

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

Its calld the Brightnesse of all Waters.

for especiall water preservative against the plague or any feaver or sweat or sad alone Cordiall to keepe it from the heart

A Ffen

Take sage Celandine heart of grain worm wood, Rosmary, Balme, pimpinell, egrimony, Scabius, dragons, Lungwort, Harts tongue, mugwort, Cardunes, maydens haire of each of that a handfull & take a gutti of the heart Rosa solis, a quarter of an ounce of harmanhill roots, a quarter of gentiana, & a quarter of an ounce of Angelica roots. then stamp & bruise these roots a little & the aforesaid herbs must be wrought & shaken clean from the water in a clean dry cloth, and then shred them grossly, then put into these a gallon of white wine or ale into some stone or earthen vessell being covered close and so let it stand 2 days & 2 nights, & then still them in an ordinary still, you must keep the last running by it selfe wch will be smaller than the rest the strong you must mix with either in a great bottell, & when it is mixt put it in little glasses & cover it close, you must not weigh the Rosa solis.

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

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

To make Cittrone Water

Lady Wilmot

A Ffen

Take your Cittrons and wipe them very cleane with a wett course Cloth, and dry them againe very well with another dry Cloth, then cutt your Cittrons in long peeces, but touch not the meate. You may keepe of to make Syrup which is a very cordiall thing. Pare of your yellow rind of your peeces of Cittron very thinne and put them into a well glazed Calley pott and putt to them as much of the best Canary as will cover the Rinde. So stopp Your pott very well that nothing may gett into it. then pare your peeces over againe, as long as you can see any of the Strength of Your Rinde left, & putt it into another Calley pott by it selfe and cover it with clarke, and stopp it very close, & let it stand 24 houres. then sett your glasse ~~into~~ Limbeck into a pott well bedded with rye, then putt in those parings and make which you did pare last into the Limbeck, and putt the yellow rinde & lack that it may be uppermost in the Limbeck, then powre in some more Sack according to your discretion, and sett on the Head of the Limbeck put it up close, then fill your pott with warme water and make a soft fire under it, and let it keep by degrees, then make the glasse ready to receive your water in, and putt some Amber greece finely ground, & an Ounce of white sugar Canay to every pinte and so let your water drope upon it, and when your glasse is full change it & with your Bodkin stir the sugar from the bottome of the glasse, and cover it with single paper untill it be through Cold then stop it close.

In the like manner You may make Orange or Lemmon water I use to take to 5 greate Cittrons three gallons of Sack, to a hundred of Lemmons the like quantity, & to a hundred of Oranges 4 gallons if You please you may put halfe white wine in stead of Sacke.

To Great Palace Water ale for the Apoplexie.

Sr H. Fensh. Lady

A Ffen

Juice of Lavender Flowers stripped from their Stalkes & with

then

them a large gallon glass, and powre to them very good Spirit of Wine, of perfect Aqua Vitæ. Then circulate them for 6 Weeks together close stopped with a Bladder, & see nothing breake out, & let them stand in a warme place, then distill them into a Limbeck still with its coolear. Then put into the Water of Sage Flowers Rosemary Flowers, & Mary Flowers of each a handfull, Borage Flowers, Bugloss Flowers, the Flower of Flum Cardiacum, of Cowslipp Flowers of each a handfull, steepe these Flowers in good Malage or Aqua vitæ. Doe steepe every Flower and herb in good Spirit of wine, every one in their season till all may be had. Then put them being all severally infusted together, put also to them Mint, Motherwort, Spike Flowers, Baylerrei, the Leaves of Oranges so they may be had, and their Flowers, of each one ounce, cut them all small and put them into the aforesaid distilled wine, and put them all together and distill them as before, being steped the space of 6 weeks, then put into this distilled water, Citron pills dried the yellow pill, or else of Lemons pill and Piony seed halfes of each 6 drachms, Cinnamon ½ an Ounce, Mismegg, Mace Cardomones, Cubebs, Yellow Saunders of each ½ an Ounce, Lignum Aloes one Drachme, make all these in powder and put them in this distilled Water, Close your Vessell with a double Bladder, let them digest 6 Weeks, then straine this hard with a presse, and filtrate the Liquour and put into this Liquour prepared pearles 2 Drachmes, prepared Marquasa a Scruple, Ambor Greis, Musk, Saffron of each ½ a Scruple, Red Rose buds, and sweete smelling red Saunders & yellow of each one ounce, hang them in a Serseneth Bagg in the water well close that nothing breake out.

The Vertues of this Pulse water is as followeth.

This

This Water is of Excellent Vertue in all sounding, in weakness of heart, and decaying of Spirits, it is of great Vertue in all hypocrasies, Palsies, Lethargies, also in all pains of the private members of Male all Swelles outwardly bruised, and dipped Clothes in it and lay to them. The Vertues are more than I can record concerning this Treasure most and comforteth all the Animall Vital and Naturall Spirits, & cleanseth & externall Sinnes, strengtheneth the Memory restoreth lost hope & all weakness of the Inwards but to be taken inwardly & outwardly & stills, take a Quarter of a Spoonfull and fast after it an hour, it teacheth away Giddiness of the head, helpeth the Eares, triqueth a pleasant breath, & there can be no better Remedy in all Palsies & Lameness both to bathe in the fill and so annoint, & for sure morning & Evening 2 quarter of a Spoonfull with grains of Bread and Butter. It helpeth the lost Speech, takeeth all Cold Humidities of the Liver, & a Regimen Drinkes, takeeth all cold Sickness of the Mother. None can sufficiently expresse the Vertues of this incomparable Water.

A Water for the Spasm

My Mother A Man

Take Cinnefoote, Archangell, Vine with the Berries, Hung red Briar tops and Leaves infuse Roses the Leaves and Buds, Sage, Celendine, Wood Bind, of each a like quantity cut or chop them, put them into good white Wine with Cinnefoil Honey & Treacle into it Alone, Sage, and a little of the Powder of Cloves, & Liquorice then distill these altogether in a Limbeck of glass, one stout Lace water hath been distilled in. Keepe this water close and it is not only good for the Spasm, but if 2 droppes of it be daily put into the Eye with a little Fennell water.

A Water for Sore Eyes.

My Mother A Man

take Red Rose water, Plantane water, and Eyebright water a like quantity, put into it Lynes Lapis fine Powder, as much as to make it of a good thickness when it is stirred together, when you have

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

A Aun

To make Water of Life.

Sr H Gerrard Bart

Take Balme Leaves and Balke, Burnett Leaves &
Flowers, Rosemary, Turmentill Leaves & Roots, Lau-
dis, Red Roses, Red Fennell Leaves and Roots & Red
Mints, of each one handfull, put all these Herbes into
a pott well closed and put thereto as much white wine as
shall cover the herbes, let them make therein Dor-
mises, then take Cinnamon, Ginger, Cloves, Saffron
and Nutmegs of each one Ounce, of Graynes, Raisins
of the Sunne & of Sugar of each one pound, of water soaked
2 pound. The thirdd Part of an old Salmon, a good glasse
running Capon, the Flesh & Kennis of a Leg of Mutton,
2 Young Pigeons, a dozen of larks, 2 Dozen of 12 Eggs, a
Loaf of white Bread cut in slices, 3 gallons of Muscadine,
or as much as sufficeth for the still, all these in a Lim-
beck at one time, and put thereto of Methridate or per-
fect Treacle 3 Ounces, distill it with a moderate fire,
& keepe the first Water by itselfe, & ye second by it
selfe, when there cometh no more water with Syringes
take away the Limbecke and put into the Stuff more
Wine & distill it again, and you shall have another good
Water.

Of the first Ingredients of this water you must keepe in a
double glasse warily, for it is a restorative to all principall
Members, and defendeth against all pestilent Diseases, as the Plisey,

Dropsie,

Dropsie, Spleene, Yellow or Black Jaundice, and for wormes in the
Belly, and for all Fluxes be they Red or Cleare, for all manner of
Swellings, for Melancholicke and Phlegmatick Humours, & it com-
forteth all the Spiritts & Veines of the Braine, Heart, Milt
Liver and Stomach, by taking three of 2 or 3 Spoonfulls, at a time
with ale, Wine or Beer, put a little Sugar thereon, it helpeth
Digestion, freeketh Wind, stoppeth a Cookinge, and quieteth ye sonne
the Heart burning, it quickeneth the Memory, taking of this water
3 Spoonfulls a day, one in the morning, one at noone, & one at night.

To make Wormewood Water.

My Mother
A Ffa

Take Roman Wormwood and English of each one pound, Liquorice
and Graynes of each 2 pound, cut your Herbes, slice your Liquorice
and Jamme your Seeds, and put to them 2 Gallons of the Spirrit of
Wine, Letting it stande one nigh, then distill it the next day, & take
the first Quart by it Selfe, the second also & the third.

Sr Hellens Water.

My Mother.
A Ffa

Take a gallon of good Gascoigne Wine, then take Ginger, Cinna-
mon, Nutmegs, Graines, Graynes of each a Drachme, take Sage,
Red Mints, Red Roses, Time, Pellitory, Rosemary, Fennell Seeds
Caraway Seeds, wild Time, Camomill, Lavender of each a handfull, bruse
the Spices small, and stampe the Herbes and put them all into the
Wine, and let it stand 10 or 12 houres stirring it continually, then distill
it by a Limbeck and keepe the first pint by it Selfe for it is ye best,
keepe also the second pint by it Selfe for it is good, but not so good as ye
first. The Vertue of this Water is, it comforteth the Vitall Spiritts,
it helpeth the Diseases that come of Cold, & shaking of ye Feuer.
It cureth the Dropsie and Contraction of Sinewes, it helpeth the
conception of Women that are barren, it helpeth the Cold cough, it hel-
peth Women in the Body, it helpeth the Birth and comforteth the
Stomach very much, it helpeth the Stone in the Bladder, & ye reines & ye

Bladder.

sicke, it helpeth a stinking Breath. Whosoever weareth this water sometymes and not to often, it preserveth him in a good Co: lour and shall make him seeme young very long. This water will be better if it stand in the Sunne all the Summer tyme. With this Water Dr. Stevens preserved his owne Life & Kings Queenes Favoriteis when other Physitians judged him not able to live one Yeare and confessed a little before his Death that if he were sicke at any time, he never used any other Medecine but this water. When you distill this Water let it trope upon Super fandy, an Ounce to a pinte of Water with dissolve a Drachme. of Amber gris to a quart of Water. passe it twice through 2 paradulls & Your best Fine Gellies Filtres, then stop it close, and keepe it for your use. 2 Spoonefull of the Strong or 3 of the weake is the usuall quantity taken in a morning fasting.

Cinnamon Water.

Lady Mother's A H

First take of Cinnamon 2 pound, Sweet Marjoram 2 handfull, of Angelica a handfull, of Damaske Rose leaves 2 handfull, Balme ½ a handfull, Rosemary leaves 2 handfull, put all these together into 2 pallons of Sacke and distill it with a Limbecke, when it is distilled put into it ¼ of a pound of double refined Sugar & 10 graines of Ambergris. then let it stand in the Sunne a weeke & then straine it and keepe it for your use.

Sweete Water.

Lady Wortenhall A Hal

Take Lavender flowres, Pinke flowres, Gilliniet sweet Mint, Chamelei, Thyme, Rosemary, Sweete Bay, Gillaupll, Walnutt tree leaves of each a like quantity, Rose leaves as many as all the other, cutt them small, stiff them all together, then take powder of Iris, & of Damaske powder to the quantity of a pallon of Liquor, ½ a pound of each of the powders then take Benjamin, Mace and Cloves of each a like, beat them all in a Morte

a Morte, and mingle them with the Powders, and put them all together in an Earthen pot, with as much Ale when it is in Corns as will cover them all. let them stand 2 or 3 Dayes stirring them often for heating. then distill it in a Limbeck & keepe it in Glasses well closed putting a little Musk and Camphire if You please in the Glasse.

A Water comparable to Gold.

Lr. Butler: A Hal

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

This Water preserveth the Body from all manner of diseases it putteth away all Unrightiousnes, it maketh good Coulour, it resisteth the Plague, amendeth stuffe Stomachs, it hepeth the Stone in ye reins it reparateth & putteth away every thing of ye Spleene, it purgeth ye Belly also, it purgeth all Coller & corrupt Blood, it healeth all wounds in ye Bully, it healeth poysonous bitings, & it cleareth ye sight to the healing of wounds the powder of Centaury ought to be drunke with it the weight of 4d or 6d at a time.

The Spirits of Ambergris

Lr. Butler. A Hal

Take ½ an Ounce of Ambergris, cutt it grosse, put into a pint & ½ of more Spirit of Wine, keepe them close right in a glasse for 3 Months, then cant your liquor from the Fraise, & put the liquor which is your Spirit in a glasse, then rest it in the Sunne till it be perfect, the cleaner is it the better for your use.

To make Sweet Water of Cloves ye best way.

Lr. Desler. A Hal

Take one pound of Damaske Rose leaves that were dried in a glasse, put to it tenne pints of running Water until then in a Limbeke, and so keepe it for your use. If You would have them extraordinary

You

You may perfume them with what Quantity of Cheuke & Ambar you will. This last stills in January or February.

Receipt for Sweet Water.

Dr. Frazer. + Ten

Take a Damaske Rose leaves, pike them from the stalkes, then take a pott of what size You thinke fit & lay Roses at ye bottome about 4 or 5 inches thicke, then cover them with bay salt so lay another lay of Roses covering them with salt, so doe till the pott be full, then let it stand close covered in a Sellar till it be corrupted, and distill it in a potts with a still. You must be sure to keepe the earthen pottes close ye no aire came in to the Roses whilst they is broke.

There will come of this water an oile with which anointing ye Temples and ye moste of the Head is the greatest comforter of the braine yet, & taketh the paine in the Head.

To make Cherrie Water.

Mrs. Heath. + Ten

Take 2 quarts of Claret Wine, & put into it 4 pounds of Cherries Stones and all, one handfull of Rosemary, one handfull of Balme, 2 Ounces of Cinnamon, ½ an Ounce of Whole Mace quarters, steepe these in an Earthen pott all night, & ye next morning put them into Your Still, Keepe a pretty quicke fire under it. Put into every Quart of water distilled, 4 Ounces of white Sugar Candy, & 4 grains of Ambergreece then runne it as You doe your other Waters, passe through a handfull of Flowers Gilly flowers before You Cherrie etc.

Spirit of Balme.

Lady Bedles. + Ten

Take a still full of Balme and put to it a pottle of white Wine, and still it in a Rose water Still. You may put to it a little fine Sugar & Amber Greece tied in a Tyffany if You pleases.

To make the Water calld Aqua Mirabilis.

My Mother. + Ten

Take the Seeds of Cardamum, Cubebes, Galingall, Mellilot Flowers, Cloves, Mace, Nutmegs and Ginger of each a Drachme, being made into powder, put them into 3 pints of white Wine & one pint of Aqua vitæ & one pint of the juice of Celandine. Put all these into a Glasse Still and to let them incorporate all Night, in ye morning distill it with a soft fire in Water, let it drop on Sugar Candy, Put into the Glasse a little Amber Greece & of this Quantity there will be 2 Quart, keepe one Quart by it Safe for it is strong, When you use it You may mingle it stronger or smaller, as You please. You may make it in the Water with ye juice of the Borrage. You may take it when You please. Though all takeing is safe an houre before noon dinner or Supper, or before You goe to bed one Spoonfull or 2 at a time.

Tis of a secret nature it refresheth the inportunate in of ye Lungs, without any sneezeance, it openeth Melancholy, it expelleth ye stopping of ye Urine, prouideth ye Stomach very much, it also conserueth Youth, and preserueth the Memory, it destroys ye Paine, & give one spoonfull to a Person labouring for Life & it relieueth & reuiueth very much. Of all artificiall Waters there is none better than this. In Summer use one spoonfull fasting and in Winter 2.

Receipt for Balme Water.

My Mother. + Ten

Take 2 Gallons of the strongest ale out of ye fatt unstrained & pound of the greenest Liquorice scraped very cleane, & bruised, take ½ a pound of Anny seeds tuffed in a Clothe, parne away ye rest & bruise them, take a Bushell of balme wipe it, stamp it in a Morter & strike, then put Your Ale into a Stone pott with a narrow Mouth, let all these aforenamed be infused therein a day & a night, then distill it in a Limbecke.

Snails Water or Worme Water.

La: Bedles. + Ten

Take a pottle of Earth Wormes gathered in the latter End of April ye

beginning of May, open them & pick them clean & wash them seven times in white Wine. Then take a peck of Snailes shells and all, lay them on a clean Hearth or Oven Bottome made very hot with Charcoale, & betweene the Shells here and there some hot Charcoales, & cover them with a pan that is hole, and let them continue there untill they have done making a noise which will be about a Quarter of an houre. Then take them and open them & bruise them a little. Then take Hartshorne newly scraped, one pound of Burgamott by report ½ Clogue + Ounces, Spiknard, Sedenoe, Seebious, Sumitory of each 3 handfull, Rosemary flowers a pottle, Saffron newly toasted ½ an ounce, mixe all these, & infuse them 24 houres in 2 gallons of gruddle, then put it in a Limbeck & draw it off with a gentle fire. Preserve the first 3 pints by it selfe, the & smaller by it selfe seeing a quart more. The rest will be of little Effect. Take of the stronger water 2 spoonfulls at one in a little Beere two houres before dinner & supper, and of the smaller 4 spoonfull at one in like manner. It is good against Hectick Consumption & Gaudes or any other disease that proceeds from obstruction of the Liver.

+ Francisco Morenos way of perfuming of Skins.

A Man

First chuse your Skinns of Cordouan or Kidd of Spanish breeding without Gulls, & as Supple as you can get. Tucke them very well in Rose water, & rubbe it in, then perfume it in a Stove with Benjamin and Storax, and at the last a little Pastilles. if you meane to be at much charge of Ambar, doe this over 2 or 3 times. at the last of all when they are almost one rubb them on the ruffe side very Limber & anoint them then with this Composition of Ambar, wch is made thus.

Warme

Warme a Brasse Morter and pestle, then put into it an Ounce or lesse of Civet, & allowe as that it reduces to an Oile, put into it 2 Ounces of Ambar Gris, & stir it in, & Civet with a warme Pestle till all be well incorporated, then powre in some fresh drawne Oyle of Ben to dilate it, and likewise a little Orange Flower water till you find it so thinne that it will easily sinke into the Leather. then last of all put in a Quarter of an Ounce of Musk, & worke it perfectly well with the rest. then rubbe it by little & little into yo Leather. doe of it over severall times, till a large Skinn have drunke up all this proportion, or ten paire of large Gloves or Pockets or what you please. then set them dry upon papers on a table or by Fire that day, the next day set them in the Strong Sunne, & as they dry turne them, lying upon Papers and some woollen Cloth, till they be thoroughly dry & supple. then rubbe and worke them in yo Hands, till they be very limber, & so put them up in Papers wrapped in a warme place in Woollen, and kept from Ayre.

+ The 10th day of June in Madrid. 1656

According to this proportion Perfumes may be made

Ingredients for perfumes & making of Beades.

Viz

To an Ounce of Ambar, a Quarter of an Ounce of Musk an Ounce of the oyle of the Flower Jasmin, & halfe an Ounce of Ellantera.

+ To make Paste Beades.

A Man

Viz

Grind the Quantity of Ambar you please upon a Stone of purpose such as the Painters use &c. and one quarter part of Musk, & yo like of almonds of so much quantity as the amber, & then put thereunto a little alquitira, & tooll the same together to a Mass, and then make the Beades with your Hands as you please, putting thereon them a Tried with a Needle, then dry them.

+ To perfume Damaske Roses.

Lady Bettes. A Man

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

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

To make the best Pastiles to burn in the world, taught me by a servant of Francisco Florenas, who was his nephew & came & made them in my house before me, this present 17th of Nov. 1662 in the house of y sicte Comendeas at Madrid

A Man

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

grinding

grinding it, till it be very well melted, then put in to it, halfe a quarter of Siuett, wch forty drops of ye Essence of Jesmin or Orange, wch you like best, when these are all perfectly well incorporated in the Morter, poure out ye water from ye Paste, very cleare, & poure in vpon the paste this mixture, leauing in ye Morter what hangs about it of this composition, mingle ye paste, & ye Amber very well together wth ye fingers, till all be perfectly well incorporated, then poure ye rose water into ye bason, yt you poured out before, & sett it vpon a very few soft Embers, stirring it, till it be litle enough to be workd, then take it out in little peeces & knead it in ye hand, then pull from ye little bitts, making them vp between ye fingers & ye thumb, ye bigness of a threepeece, & ye thickness of a Croune peece, when you haue made them all, heating in ye Morter ye rest of ye compound rub them all ouer therewth, if you like it, you may presse them wth ye owne seale, as you make them, you must keepe them in a box close — euery one lapd vp in a seuerall paper, when you burne them you must wet them, & lay them vpon very soft fire.

+

A Jfan

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

Put into a great earthen pott well glaed 36 wine qrs of ye whitest & strongest white wine, 8 pound of loaft sugar beate small, 7 ounces of ye best sinamon bruised in a morter, stirr all these very well together, & lett them stand close couerd 5 houres, then put in a quarter of an ounce of Cloues bruisd, ye pile of two Oranges & 2 Lemons cut in bitts, as bigg as a beane, stirr it well about, till you are sure ye sugar be well incorporated therein, then passe it thorough a new cotton bagg of neer a yard long made about a span ouer on top, & with a point at ye bottome boyle it very well, then rinse it in cold water, then ring it very dry, then put it into a bason, & poure 3 pintes of new milke vpon it, & lett ye bagg lye therein, halfe an houre, then hang it vp, dropping well, as it came out of ye milke, tying it with ye strings about a rounde Iron, that hath a spike fastned into ye wall, then put ye milke into ye Cabb twice or thrice, & then ye wine, & soe as you drame ye wine out of ye bagg, put it into ye pott, till you haue very well mingled all together, & yt it run cleare thorough ye bagg, keeping ye bag alwayes full, tis best drawne into bottles wch must be stopd, as soone as they are full if you please you may perfume ye sugar wth Amber Greece.

Surfett Water

A Man

Take a Gallon of Brandy & a Pint of Damasbe rose water, one pound of white suger candy, half a pint of Poppy water, 1½ of reasons of the sunne stoned, half a pound of Dates stoned, & sliced thinn, ℥ of mace & ℥ of Cloues & ℥ of Sinamon, these must bee brused, one ounce of anniseedes rubbed cleane & the dust blown out & brused a quarter of an ounce of Licoris scraped & sliced; Then putt all these thinges into the Brandy with a good handfull of red poppy leaues, and 12d worth of amber greece and 6 worth of musbe; The sweetes must bee tyed up in a little bitt of Lawn & so putt into the Glaze; and when they haue steeped nine dayes togeather, strayne it out: But bee sure you stirr it every day whilst it standes.

A Man
Lt Cleauland

A Course Powder for great limin

Orris roots 2 pound, Callamus Aromaticus, Lignum Rodium, & yellow sanders, of each one pound; Cittern Rind, lemon Pill, drest Merioram, of each 10. ounces; Cipress roots 1 pound & a half; Benjamine 12 ounces, storax 6 ounces, Rose cakes not burnt or leaues 5 pound, Lauender flowers, Mellilot flowers, of each 8 ounces; Cloues, & Cinamond, of each 2 ounces & a half; Corriander seeds 5 ounces.

A made into a gross powder.

Angilica Water.

A Man

Take of the leaves of Angelica 8 ounces, of Carduus benedictus 6 ounces of Balme & sage of each 4 ounces, Angelica seeds 6 ounces, sweet fennel seeds 9 ounces; Lett the hearbs bee dried and cutt small & the seeds grossly bruised. To wch of the spices called Aromaticum rosatum, & Diamoscha dulce, of each one ounce and a half. Infuse them in 32 pints of sack, then distill them in a lembeck wth gentle fire, and wth every pint mix 2 ounces of sugar dissolved in rose water. //

Lett the 3 first pints be called by the name of Spirit, the rest by the name of water.

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

A Man
Lt Cleuland

A fine Powder for limin

Orris roots two pounds & a half: Lignum Rodium 6 ounces scraped; lemon pill an ounce & a half. Cloues 4: ounces & a half: Cipress roots 3 ounces, Damask Roseleaus dryed a pound & a half, Benjamine ¼ Storax 2 ounces ¼: labdanum 1 ounce 1 Drachme Sweet Marjoram 3 ounces, Calamus Aromaticus 1 Drachm, Musk Cod 6 Drachms.

Make all these into a gross powder.

To dresse Hunsia.

+

A Man

Take a pound of old Lavander, 6 qts of strong vinegar, a dram of Muske, 2 Drams of mother of Clove, an Ounce of Franquisence, an Ounce of storax, an Ounce of sharpe Sinanon, halfe an Ounce of halfe an Ounce of perfum'd Pastills 2 Nutmeggs, ½ a Dram of Civet, ½ a Dram of Ambar.

The Lavand & vinegar boyle together, & strame them, having ye Juncia all open in a bason provided for the purpose, wth ye foresayd things pounded & put in ye bason then put in ye vinegar, & Cover it very well for 24 houres, & afterwards leave ye perfume open & stirr ye Juncia in it once in 2 dayes,

To perfume 12 pr of ordinary seived gloves either for men or women wth the same Compound of Ambar ye Franco Morena in his life did & his servant now doth Madrid ye 3d of Octr 1665.

A Man

+

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

All perfumes are best made in July.

To make a Compound for a pomo
by Fran.co Morena ~~by~~ Madrid
Oct.e 4.th 1665

+

A fan

Take a pound of ye best Benjamin beat it & searse it very fine, then put it into ye pomo, beat a quarter of an Ounce of Ambar Greece into a fine powder, put ye in likewise then put in halfe a quarter of an Ounce of Siuett & about halfe an ounce of Lemon pill shred small, stirr all these well together wth a spatila, then powre in by Little & Little as much rose water as fills it up to ye top stirring it Continually, this is a proportion for a pomo ye holds 2 quarts, when you would use it sett upon ye bottome of a perfuming pan or chaffing dish of fire, for halfe an houre then sett it by in a safe place till next time you haue occasion for it ye powders must neuer be dry, but as ye water consumes fill it up againe, this sent will neuer be decay till ye powders be Consumed wch will be some yeares first

To make Cowslip wine.

+

A fan

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

+

A Drink for a cold.

A fan

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

+

The milk surfitt water.

A fan

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

A Man

To make the red swfett water,

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

The Stone water

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

not Money days after you have taken the Medicine

~~For putrified lungs~~

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

Francesco Morenos way of Perfuming of Skinns

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

The 18 day of June in Madrid 1650:

According to this proportion Perfumes may be mar

Viz

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

To make Paste Beades

Viz

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

To perfume Damaske Roses

Take Damaske Roses putt them into a wide mouthed glasse, & stopp them close with partchement, sett them upon leades in ye Sunne, or some other very hotte place where ye Sunn comes, shaking them twise or thrice a day till they be dry, then make a powder thus.

Take Cleare & faire Beniot, Storax, Galean, Lignum Aloes, Amber Grise, Mace of levanto, Lemon Peele, Citthorn Peele, Orange Peele, Orange Flowers, Sweete Marjoram, Lemon time, Myrtell Leaues, bruise ye Leaues beate yr Powders. & take what proportions will seue yr

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

To Make the best Pastiles to burn in ye World. taught me by a Seruant of Francisco Morenas, who was his Nephew & Came & made them in my house before me, this present 17th of Novr 1664 in our house at ye Siete Chimeneas att Madrid,

Beat & Searse a pound & halfe of Benjamin as finely as cann be done in ye finest couerd Searse, beat an ounce & Quarter of Storax in a morter, grinding it very well, putt into a deep preseruing pann, that is round bottomd, ye Storax, & there vpon as much of ye Damask Rose water, as will wett it. then sett it vpon a very soft fire Stirring it very well. with a longe Spatila, till it is almost redy to boyle, then straw in a little Benjamin, Stirring it continually, then poure in more rose water, & then ye rest of yr Benjamin & then more rose water. in all about 3 Wine Pintes, lett it then stand thus vpon ye fire tell with ye heat there of, & perpetuall Stirring, it become a very thin paste, in ye water, against which time haue haue ready this compound thus prepard.

Sett a little brasse morter on ye fire, with ye pestell in it
filld with Rose water a quarter full, & when it is Scalding
hott, wash ye morter & pestell uery well there with, then d
it with a Clean hott Cloth, sett it on ye fire again & wh
it is uery hott take it off & putt in halfe an ounce of Am
ber Grise grinding it till it be uery well melted, then put
into it halfe a quarter of Siuett, with forty drops of ye
Essence of Jasmin, or orange which yu like best, when th
are all well incorporated in ye morter: poure out ye wa
from ye paste, uery Cleare, & poure in upon ye paste thi
mixture leauing in ye morter what hangs about it of th
composition, mingle ye paste & ye Amber uery well toge
ther, with yr fingers, till all bee uery well incorporated
then poure ye rose water into ye bason, yt you poured out
before & sett it upon a uery feu Soft Embers. Stirring t
it be lithe enough to be workt, then take it out in little pu
ces & knhed it in yr hand, then pull from yt litle bitts ma
king them up between yr finger & yr thumb, ye biggnes o
a threepence, & ye thicknes of a Croun peece, when yr haue
made them all heating in ye morter ye rest of ye Compo
rubb them all ouer therewith if yu like it, you may pres
them with yr one Seale, as yu make them, you must keep
them in a box Close euery one lade up in a paper by th
selues when you burn them you must wett them & lay th
upon uery Soft Embers,

To make a Compound for a Pomo by
Francisco Morena Madrid Octr
the 4th 1665.

Take a pound of ye best Benjamen beat it & scarse it
uery fine then putt it into ye Pomo beat a quarter of an oun
of Ambar Greece into a fine powder putt yt in likewise, t
putt in halfe a quarter of an ounce of Siuett & about halfe
ounce of Lemon Pill shred Small, stirr all thes well tog
with a Spatila, then powre in by little & little as much

water, as fills it up to ye topp stirring it continualy, this is a propor-
tion for a Pomo that holds 2 Quarts, when you see it sett it upon ye
bottom of a perfuming pann or Chaffing dish of Fire, for halfe an houre
then sett it by in a safe plase tell next time You haue occation for it
the Powders must neuer be dry butt as ye water Consumes fill it up
againe this sent will neuer decay till ye powders be consumed
which will be some yeares first.

To perfume 12 pare of Ordinary Seised Gloues
either for men or Women with ye saime
Compound of Amber that Fran.co Morena
in his life did & his Seruant now doth
Madrid ye 3d of Octr 1665.

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

All Perfumes are best made in July.

To dresse Hunsia

Take a pound of Ould Lauender, 6 Quarts of Strong Vineger, a dram of Muske 2 Drams of Mother of Clou an ounce of Frankquisence, an ounce of Storax, an Ounce of Sharp, half an Ounce of half an ounce of perfum'd Pastills, 2 Mutmeggs, ½ a Dram of Ciuett ½ a Dram of Amber

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

A fine Powder for linnen.

Oras rootes tow pounds & a hafe. Lignum Rodium 6 ounces scraped, Lemon peele an ounce & a half. Cloues 4 ounces & a half Cipress roots 3 ounces. Damask Rose leaues dryed a pound & a half. Benjamine ¼, Storax 2 ounces ¼: Labdanum one ounce one Drachme, Sweet Marjoram 3 ounces. Calamus Aromaticus one Drachm [illegible] der

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

To dresse Hunsia

Take a pound of Ould Lauender, 6 Quarts of Strong Vineger, a dram of Muske 2 Drams of Mother of Clou an ounce of Frankquisence. an ounce of Storax, an Ounce of Sharp , half an Ounce of half an ounce of perfum'd Pastills 2 Mutmeggs, 2 a Dram of Ciuett 2 a Dram of Amber

The Lauender & Vineger boyle together, & straine them, hauing ye Huncea all open in a bason prouided for ye purpose. with ye foresayd things pounded & putt into ye bason then putt in ye Vineger, & Couer it very well for 2 houres. & afterwards leaue ye perfume open & stirr ye Huncea in it once in 2 days;

A fine Powder for linnen,

Oras rootes tow pounds & a hafe. Lignum Rodium 6 ounces scraped Lemon peele an ounce & a half. Cloues 4 ounces & a half Cipress roots 3 ounces, Damask Rose leaues dryed a pound & a half,. Benjamine ¼, Storax 2 ounces ¼: Labdanum one ounce one Drachme, Sweet Marjoram 3 ounces, Calamus Aromaticus one Drachm Musk Cod 6 Drachms. make all thes into a gross Powder

A Course Powder for great Linnin

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

96
213

212

A Man

To make Gooseberry wine

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

A Man

For Cherry or Currence wine.

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

A Man

To make a Whipt Sillibub.

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

A Man

To make sweet water.

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

The best whit nux Candles were sold In the yeare 1663 at lisbone for 50 unitens the pound, and their pound is larger then ours

+ To make Almond milke. for the fase

A Man

Take as much water as you designe to make milke, boyle as much ffrench Barly in it, as will make it very slippy. shifting it till it leaues cooleing the water; when it is a Boyleing blanch some bitter almonds, according to the quantity you desire to make: If a quart, a small handfull or lesse will do, Beate them in a stone morter very small, and as often as you beat them, dash in a little of your barly water, as ~~tit~~ tis a boyleing, to keepe them from oyleing when your Almonds are beat enough, and your water is white and slippy. Putt your Almond into a thin Cloath, and straine your water with them, wringing hard, that the milke may come out of the Almonds Let it stand till tis cold, then Putt it in a glasse; If you would haue it fetch off scurfe, putt a pennyworth of salt-peter, into a Lt glasse, and power your milke vpon it Alwayes before you vse it, shake your Glasse

To make Puffes.

A Man

Take the Curdes of three pints quarts of milke, putt to them near a whole nutmegg greated, ye yelkes of 4 Egges, & ye whites of 2, putt into this about 2 Spoonefulls of suger, and a very little salt, and mingle it with so ~~very~~ much ffloweer, as will make it, pretty stiff not hard, when all this is mixt together It must bee putt vpon a slice, and then cut off from it in little rowles into a frying pann, wth 2 lb of clarified butter wch must boyle, or bee very hott, before you putt in the Puffes, They must bee a quick woodfire; They must bee fryed brown & turned. And when they are soe, you must tosse them in ye Pan, & when you Dish them vp: Putt a little butter beaten thicke ~~to~~ wth a little water, & nutmegg & suger vpon them; & strew a good handfull of sugar on them

+ To make black Cherry wine.

A Man

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

+ to make Cherey Brandy

Putt in to a Gallen Glass as maney Morelea Chereys or kentish Chereys as will Halfe fill the Glas and upon them putt one pound of Witte Suger Candey Beeat to pouder. fill up the glass with the best Brandy. and stope it Closse and tey it with a Wett parchment; Sett the Glass in the Sonn. all Sumer at mike-Almas it will be fitt to drinke;

Mrs Gadfords Cakes;

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

To Make Liquid Laudinum

Take two ounces of Opium and one ounce of saffron two drahms of Cloves and 5 drahm of mace 5 drahm of Cinnamon and a Pint of good Canarey: Slice ye Opium very thin and pull ye saffron in small peaces: yn put all these ingredients into a long Gally pot, make yr wine scalding hot and pour it on ym then tye it close and let it stand 12 hours, then set it in a Skillet of Cold watter, and keep it boyle ing tell tis half Consumd: it will be 6 or 8 hours a boyleing you must keep it very close tyd down with a blader and double paper over that; to keep in ye spirits all ye time tis upon ye fire: and also take care that there is watter enough in ye Skillet to Come above ye Laudenum: but not so high as that any can get into ye pot and when tis Cold strain it of

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

MS. 7113 (part)

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Cookery

~~To make a Pye.~~

~~Take sweet Hearbes Cloves and Mace and Cinnament, Capers shred, hard Yolkes of Eggs, oysters stewed rowled up in Stakes or Col. Eggs of Veale.~~

~~The Sawce.~~

~~Take a little Clarett wine, the liquour of Oyster, 2 Anchouers, a Lemmon sliced a piece of Butter, beate all these up together, & putt it into the Pye when You drawe it and shake it well.~~

To make Beane Pottage.

Lady Butler
A Han

Take a peece of Mutton and a peece of Bacon, sett it on a boyling, scum it well, putt in a Fagott of sweet Hearbes with a little Spear mint & let it boyle well. Your Beans must be very young & boyled by themselves else they will make the Broth looke red but when they have boyled a pretty while take about a Quart and putt them into the Broath; And let the rest boyle while they be tender then boyle them all to peeces & straine them with some of the Broath through a Cullinder, & thicken the Broth ~~through a Cullinder & thicken the Broath~~ let it boyle a little while & serue them up without meat with a peece of sweet Butter & a drop of Verges.

A good way to make Water Grewell.

Lady Butler
A Han

Sett on 2 quarts of Water or more, sett it a boyling with a Crust of Bread, a Fagott of sweet Hearbes, A little bitt of Butter, let it boyle one Houre then scumme of the Butter, take out the Bread, mince a good handfull of sorrell & putt in, then pound a great handfull of Spinage & putt in the juice and lett it boyle a quarter of an houre, then take the Yolkes of 4 or 5 Eggs and beat them very well take of Your Skillett, and putt them in. Stirre them together & it will be thicke. You may season it as You please. with Sugar Butter Verges or juice of Lemmon.

A very good way to Collar Beefe.

La: Butler
A Han

Take a peece of the thinne End of the ~~Breast~~ flanke of Beefe about 20 pound Bone it, lay it in Clarett or white Wine & Vinegar & Salt 24 houres

then

then season it with Cloves, Mace, Nutmeg, Pepper beaten small a little more salt bind it up as you doe Brawne; put it in a Pot for for it and salt in the Wine and Vniger that it lay in with halfe a pint of Water Cover it up close & let it stand 3 or 4 houres in the Oven: then take it out of the Oven let it stand while it is very cold, then remoue it up with Mustard & Sugar. In Sommer you must season it with all manner of sweet Herbs. With time, sweet Marjoram, Winter Savery Sponage, Parsly Rosemary mince all together & round up in the meat, in stead of Spice & pickell to keepe it made with Wine and Vniger and Water and Salt sweet Herbs a little whole Pepper 3 or 4 Bay Leaues, Rosemary, boile all this together 3 hour or more. You may keepe it as you please.

~~To pickle a Shoulder of Mutton.~~

~~Sir Butler~~ ~~Take a Shoulder of Mutton takke it into fair slices in small peces, then take ½ a pint of Sherry and 3 spoonfull of white Wine Vniger, 2 Anchouies, a Lemon, a Quarter of a pint of Capers, 2 Onions, Cloues, a Quarter of a pound of Butter. Sum all these together, with a bundle of sweet Herbs, & when you see it fitt to be dishd up, shake it up with the Yolker of 3 Eggs.~~

Ann Excellent Receipt to make a Cake.

La: Butler
A Han

Take 3 ~~peck~~ quart of Flower, two pound of Currants, a quarter of a pint of Sherry, 10 Eggs putt out 6 of the whites, above a pint of Creame lukewarme, 2 Ounces of Mace, Ginger, above ½ a pound of Butter which must be mixd into the Flower first as fine as it cannot be distinguisht from the Flower, the Currants must be picht & rubd very dry & mingled with the Flower also a little Cinnamon, Coriament, and Cloues then the Creame Eggs and Yest, when it is ready stirr it. the Oven need not be so hott as for Manchett.

Ann good

A very good way to make Jelly.

La: Butler
A Han

Take a Knuckell of Veale and a paire of Calues feet, flay the Skinne of the Calues feet then breake them all to peeces with the Veale wrint them very well in warme water then take all the fleshe & Marrow from them if you can: let them lye all night in water then wash it well, and sett it a boyling in 6 or 7 quarts of Water in a Pott or Pipkin so that it may be couered close, scumme it very well then putt in 20 Corns of Sweetthorne & let it boile 3 or 4 houres very softly as may be, in that space it will jelly, you may try a little of it in a spoone then take it of the fire and strain it and scumm of the fat, then let it stand till it is cold, then if you see there is more fat of it scumme it a little, & scumm it with a feather, then putt it in a Pipkin of three & 3 quarts put in a pound & halfe of double refined Sugar 3 Cittrons sliced, a rind of Ginger, a good spoonfull of Cinnament Cloues, a good Spoonfull of Coriander seed bruised, the pulper of 6 Lemons, 2 drames of Amber Greece, sett all this upon a cleare fire, & let it boile with ½ a pint of Rhen Wine a quarter of an houre; then take the whites of 10 Eggs beat them very well, & putt them in with a Sprigg of Rosemary, then runne it by the fire side through a cotton Bagge, putt it in Jelly Pots or Glasses, See your Bagge be very white

halfe a pint of Sweet Wine

To make Chickenella.

La: Butler
A Han

Take of the best Mallaga Raisins & picke the Stalkes from them very cleane, that they meet neither be wrinkled nor rott, put your Raisins in a Posse Velell that hath a Tuttell in the Bottome, & to every pound of Raisins you may put 2 quarts of Spring Water, putting in at the same time of 8 ounce of Flowers of Sprimmy more or lesse according as you will haue it taste of it. the liquor you may use to any other Receipt you haue an after use to twice a day or otherwise you must stirr them Flowers gently with some sticke make flatt for feare ~~more~~ and so con-

Finis

trouse daily stirring them till you perceiue your Raisins are fully broke, then mass of your Liquor from ye Raisins into a Vessell, permitting bottling it, but fill not your Bottles quite full, & be carefull your Corkes be good, and close stopt, and strongly tied downe, least it runne or loose its Spirits, in the heat of the Summer. It will be true in a fortnight but not so soone in cold Weather. After you haue bottled your first Liquor you may put in more Sugar Water to your Raisins through but is must as formerly, & but cut stand for 3 or 4 daies & the Liquor will be as good as the former if it be ordered as aforesaid. This drinke is sweet out only in the Summer time.

To make Rye Pan Cakes.

Lady Butler
A Ffen

Take thirty a weains of Rye cleane picked & washed, then boile it in faire water untill it be a Jelly, when it is cold then take a pinte of Creame, & Eggs the shelles & skinns being cleane taken away, and beate them with your Creame, & when they are well beaten mingle them well with ye Rye, put in some Sack and Nutmeg if you please. Then stirr in ½ a pound of fresh Butter, melt it, and as much fine Flower as will make it thicke enough to fry. Then beat all these together very well, & fry them with as little fresh Butter as you can possibly.

To make Tansy Tarts.

Lady Butler
A Ffen

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

must

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

To Pickle a Rumpe of Beefe.

Ld: Butler
A Ffen

Take a Rumpe of Beefe 8 dayes powdered, boile it untill it be halfe enough in Water, then take it out of that Pott, & put it into a Tub with halfe the Liquour, & halfe white Wine, put into it Carrets, Turnips, yellow Flowers, greene Onyons, sweet Herbes, Rosemary & Sorrell, boyle all them together till they be enough, then take up the Beefe, powre the Liquour through a Callender that you may take up the Herbes and Chop them small, then cut & mingle with them pickled Cucumbers, Orbene Buddes, Capers, then mingle all these with the Liquour it was boyled in, if it be not sharpe enough put to it Vinegar and a good piece of Butter, & so lay your Beefe in a dish with slice French Roll, & so powre the Sauce upon it & send it up.

To make a Fresh Cheese and Creame.

Ld: Butler
A Ffen

Take 1 gallon or 2 of milke from the Cowe, and beate 8 Eggs, & when your Eggs are well beaten, put them into your Milke & a Blade or 2 of Mace, and make them boyle, then put to it a quart of Creame, & put them together, & put them into a broad pinne and set them stand 24 houres till it be clouted Creame, then take 2 quarts of new milke and set it on ye fire untill it settle, then take it off & put to it a pinte of Creame, then coole it untill it be blood warme, then put to it as much runnett as ye think will turne it, then take ye Curdes & lay them in a Cloth. Lay the Cloth in a Callender, & when the whey is cleane from them temper them with Almond Milke, thatis only brayne out with Orange Flower or Rosewater, put into it a Spoonfull of Cinnament water and as much Sugar as is to your Liking, season your Cheese with the Almond milke, then make it round with a panne or Porringer, then serue it in with raw Creame at the bottome, and cover it with clouted Creame over.

To make Cheese Curd Creame.

La: Butler: A Hen

Take two Cheese Curds being runne with Creame & Milke pick the whey clean ~~from the~~ Curd, then rub it through a Cullender season it with Sugar, You must rub it through into thick raw Creame, first season it with Sugar & Butter.

To make Milke Creame.

La: Butler A Hen

Take a pottle of Creame, set it to boyle, & when it begines to boyle putt to it as much Milke as will turne it like a pottet then putt it into a fine strainer till the whey be runne from it: then rub the Curd through the Strainer into a dish and season it ~~with Butter and~~ Sugar.

To make Codling Creame.

La: Butler A Hen

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

To make Spanish Creame.

La: Butler A Hen

Take 2 gallons of new Milke and a quart of sweet Creame, & make it milke hot, and putt it into 3 milke pannes, & running stood & houses then skimme of the top of 2 pannes, & ½ of the third, & putt it into a dish and beat it with Sugar untill it ~~will~~ be broken. If You like the taste putt it into ye Dish You intend to serue it up in, & take the top of the second pann thicke Lummes & lay it upon it.

To bake a Hare.

La: Butler A Hen

Take a Hare and ~~then~~ them ward ~~them~~ and parboyle ~~them~~ them

pick the flesh from the Bones, mince it small and beat it in a Stone Morter, season it with all sorts of Spices & some salt, beat it fine with the Liver and eight yolkes of Eggs, & lay one quarter of the Meat into the Pye, then putt in some Bard, this doe at 3 times. Your Bard must be as long as Your little Finger and 3 times as long, & your last laying putt on some thinne slices of Bard on the top Butter, and close it up, being bake lemon it with Butter. You may doe it thus without Eggs. and Say Bay leaves at the bottom

To make a Jacke Pottett.

La: Cotterell A Man

Take to 2 quarts of Creame 10 Eggs and make the Creame first, take all the yolkes of the Eggs well beaten and putt them into your Creame being of the fire, when it hath cooled a little then sett it on the fire again, stirring it continually, let it be scalding hot but not boyle, then sweeten it to your taste and let a Nutmeg boyle in it then take a pint of Milke and take a quart of Ale, cover it and let it stand on the fire till it be thorough hott, then sweeten it and take the whites of Your Eggs well beaten with a little Sugar, then powre in Your Eggs and Creame both together into the Milke, stirring & drinking all the while, then cover it close & let it stand half an hour at ye Hart on a soft fire.

To Bake Venison or Beefe in potts to keepe good all the yeare.

Sr. H. Fur. Ry. A Man

Take a Haunch of Venison & cut of the pettle, it being ye nicest part of the Legge leaving a large fillet as you doe of Veale, taking the bone out of the flesh as whole as you can, then take Pepper, Salt, Cloves, Nutmegs, Cloves, the least of your Spices dues the sweet Spices and the least of all Cloves, mixe your seasoning all together stroying Your Venison therewith as you would Beefe with Parsley, then roule it up close together, & putt the fat side of your Venison commeuinder into the potte covering it all over with 2 ℔ of fresh Butter, then cover it with a

platter

platter and stoppe it up close with your paste, then put it into the Oven, it being as hote as for Venaison letting it stand in ye Oven an hower longer then you would a pasty of Venaison. Then drawe it out and open the pote & lay a Trencher on ye toppe of the meate, as it swimmeth raiking it downe with a weight, till the Butter comes the Trencher, so let it stand till it be cold, then lay on your platter againe, and keepe it so.

To make Minse Pye of Neat tongues.

Sr. Th: Fanch: Lady
A Man

Take 2 Neats tongues and a helfe, boyle them & when they be cold parte and mince them very small, take 4 pound of Beefe Suet, and mince it very small by its Selfe, put in Currans, Raisins of ye Sunne c & a little Sugar, a little Rosewater and Verdyjuice, & an apple or 2 minced very small, put in a few Anyy seed, & a little Orange peele and if you will Salte.

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

~~Lady Dy Fanshaw~~ ~~Take the Neats tongue being roasted and parde, & cutt it into thinne slices and keepe it all night in Verdyjuice, & season it with a little Cinnamon, Cloves, Mace & Cinnamon, then layd in the Pye with a great deale of Butter, & when it is almost enough, take it out of the Oven and cutt it. If you have made no Ylent, and put in some Claret wine & Sugar, so much as you shall thinke fit, then set it into the Oven again, & let it stand till it be enough then serve it up with a little cruded Sugar.~~

~~To make a Chine of Beefe.~~

~~Take a Chine of Beefe, the other end of it uncutt, & lay it very well with a round of wine, then let it swimble it well with wine Vinegar, & let it lie in ye liquor two or three, after put it in every point & season it as you see a red Deere, & let it lie in ye seasoning~~

~~in ye Oven, & make a deepe Square Pye of coarse paste, & lay in the Venison well with good store of Butter, & season it a little more of the seasoning under and over it, & let it bake 6 or 7 houres, then serve it hot or cold as you like, if you serve it hot a little thinne Galedine of Claret wine, Cloves, Gummes, Ginger, Cinnamon & a little Sugar, stirre them well together until the Sugar be melted, open the Pye, powre in a good deale or most part of the Butter, & put a little of this Butter into the Galedine, then powre your Galedine upon ye meate and so serve it.~~

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

~~Stoney Parsly, Onions, and grasse pepper, Spinage, Lettuce & Parsly, with some of thyme, & a little onyon minced, boile Asparagus, when it is boile mince Lemon, thicke it with sweet Butter, serve it with Onions, put in juice of Sorrell, cut your lemon & strinkle on it, Dish up ye Chicken.~~

To fry a Loin of Veale.

~~My Mother.~~ ~~Cutt it in thinne Slices & beat it with the back of a Cleaver, fryeth a pannie until it be somewhat browne in Butter, then put every the Butter on fry it with oil, put the meate into the pannie, & put to it Jimny Parsly, Thyme, Capers, Juice of Lime minced small, Shrall a little cutt, Anchoves a little fryd, Pepper & Cloves, Salt, Dish it over the fire, & stirre all the things together, then put in Vinegar, minced Lemonds, serve it away upon Sippes.~~

To boile a Carpe.

My Mother:
A Man

Cleane scale him, washe him & dry him, drawe him & cuse, & blood wash it cleane out with Claret wine, cutt it into two, put him into a Napkin with ye forenid Blood, Claret wine & Vinegar, large Mace, groste Pepper and salt, a Buncle of sweet Hearbs, a little onyon minced, a bit of sweet Butter, a more then will cover it, a little minced Lemon, garnish the Dish & serve it with Sippets in ye same liquor: ad Halfe a pinnt of Neat broth.

To Frizzle a Calves Head

Sr. Eve: Stowell.
A Man

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

and

& bone it, & cutt it in thinne slices, & putt it into a frying pan with ye Braines & Eyes, and fry it with fresh Butter. When it is fryed enough take out ye Butter, & putt in ¼ of a pint of Creame, mingle with 3 Spoonfull of Verges, & 3 Spoonfull of Clarrett Wine, ~~[illegible]~~ so shake it well & serue it up with Sippetts.

To Fricasse a Chicken.

Madam Cardonell
A Han

Take 6 Chickens yt be fatt & young, flay them & cutt them in pieces as bigg as Wallnutts with Liuer Gizard & Head, wash them and putt them in a frying panne, couer them with water, & when they be parboyled putt in a quarter of a pound of Fresh Butter & turne them often in the panne, & fry them till they be enough, haue ready ~~[illegible]~~ 2 Spoonfull of Verges two Onjons whole, a little leaues of Time, & Marjoram ~~[illegible]~~ 3 yolks of eggs ~~[illegible]~~ Beat your Eggs very well, & powre all this into the Panne, & shake them well together, but not ouer ye Fire for fear they curdle. If You fry them right there will be no liquour left before you put in the Eggs, but very moist which they must be. If You will You may fry Oysters with your Chickens.

To Fry Hartichocks.

Sr. Edw Stowell
A Han

Take 4 Hartycholkes cutt of all the Leaues then cutt ye bottoms in little pieces as bigg as a great wallnutt, putt them into a frying pane with some fresh Butter & fry them till they be enough the which You shall know, by their being soft, then fry some parsly with them yt they may only be crispe so serue them in with Parsley upon them.

To Fricasse Pigeons.

Mrs. Cardonell.
A Han

Take 8 Pigeons scald them cutt them in little pieces no bigger then a Wallnutt with Liuer Gizards & Head, so fry them according to the foregoing Receipt for Chickens. Thus you may fry Lamb or young Rabbetts.

Mrs. Cardonnells Receipt to sowce Pigge or Turkie.

Take a fatt Pigg of a Month old scald it, & gutt it, then cutt of the Head close by the Eares & the feete, cutt it in ye middle & bone it, then lay one side upon another & Sprinkle a little Mace & Salt betwixt, then rowle it up as you doe brawne & bind it with fillettings or sowce it in a Cloth. To two Piggs You must putt 3 pintes of white wine & a gallon of Water, putt in a handfull of Salt, a pennyworth of Mace, a pennyworth of Cloues & a whole Nutmegg, boile it till You putt a knife through it, then take it of & let it stand a night or a day in sowce, and so eate it with Vinegar.

For the Turkie you must only cutt of the Leggs & the Pinions, & take out the Brest bone, If your Turkie be not fatt you may if You will lard it.

To Sowce Eeles.

Jane Dickinson.
A Han

Take the biggest Eeles you can gett, rubb them very well in Salt, then wash them very cleane, seuerall Times, till the slime be quite gone, cutt of their Heads & slitt them, take out ye String in ye back & their gutts, and scrape them very cleane within, cutt of their tailes, then lay Lemmon, Mace & Salt in them all along as much as you thinke fitt, & rowle them up like a Collar of Brawne, & bind them with fillettings. To 6 Eeles take a pint of white Wine, a pint of water, & a quart of Vinegar, Bay Salt, a Handfull of Rosemary, Time and Marjoram, Bay Leaues, Pennyryall, Winter Sauory of all a great Handfull, boyle all these with the Eeles, till you can thrust a Straw through them, then take them up and putt them in a stone pott. After 2 dozes sowcing they will be fitt to eate. If they be right done the Sowce drinke will be a hard Jelley.

To make a Cold Hash.

A Han

Take a cold Capon, slice it in little thinne slices as bigg as a Beane, then take 2 Lemmons, rinds and all, & shred them very small, ¼ of a pinte of Capers shred ¼ of a pint of Broome Budds, 3 Anchoues shredd very

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

To make a thistle Sallet.

A Han

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

To stew Oysters.

Ally Mother. A Han

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

To make a Cucking Pudding.

Lady Cleveland. A Han

~~Take~~ 10 ~~Eg~~, a pint of Creame, 4 Spoonfulls of Flower, a Nutmeg sliced thinne, a little Rose water, what quantity of Sugar you ~~please~~, take the Cloth you intend to boile it in, wett it, then flowre it, and let it boile two houres.

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

Lady Cleveland. A Han

Take 3 Quarts of new Milke, & putt in as much Quarnet as will turne

turne it like a Cheese, wring the whey cleane from it through a Cloth, then tramp your Curd very fine in a Stone Morter, putt into them 6 Yolkes of Eg and one whole, a handfull of grated Bread & ½ a handfull of Flower, a little Salt, mingle them well together, then rowle them with your Hands into little Loaves & rest them on a buttered Peper, & wash the tops over with the yolke of an Egge & a little beare beat together, 2 quarters of an houre will bake them in a quick oven. Take halfe a pound of Butter, 5 Spoonfulls of Rosewater, ½ a Nutmeg sliced thinne, a little Sugar, set this on a quick fire and stirre it continually till it be melted, then cram your Loaves & cut off ye tops, stirre up the Gummes & powre in the Butter, and serue them in upon a Plate.

To make Fine Pen Cakes.

Mrs. Ring. A Han

Take 12 yolkes of Eg & 3 Whites, beat them well & mingle them with 5 Spoonfull of fine Flower, ½ a pint of faire water more blood warme, or as much as will make them thinne, then put a little Yest, ½ a Nutmeg a little Mace and Salt, & so fry them in Butter powring them very thinne into the panne & serue them up.

To make Cheese Cakes.

Lady Hatton. A Han

~~Take a quart of Creame, set it on ye fire, & take 12 Eg, & ~~ ~~yolkes, beat them very well, putt them into the Skillet to the Creame, stirring it continually till it Curdles, then take it of & putt it into an Earthen pann or silver Basen, & putt to it whilst it is hot ½ of a pound of Currants plumpt, & halfe a quarter of a pound of Butter, a quarter of Sugar, a Nutmeg sliced thinne. Then you must take a quart of ye finest Flower, & as much Cold water as will make it paste, then quill it 4 seuerall times in little peices, & dust it every time with a rowling pinne, then divide your paste into 6 parts, rowling them out very thinne, & cutt them round, & lay little peices of Butter round about them, then turne them up like a quince & so the like, then turne them up & putt in ye meat. They must be hot yole. If you make them ogyt it will make just size.

To make Sugar Cakes.

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

A Sillabub.

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

A Man

To make a Bumbury Cake.

A Man Take a peck of fine Flower, 2 Ounces of Mace, 2 Ounces of Cinnamon and 2 ounces of Nutmegs, & 2 pound of Butter, 10 Egs, putt out 4 of ye whites, a pint of ye Ale Yest, beat your Egs verry well & straine them & your Yest with a little warme water into your Flower, & stirr them together, then putt in your Butter Cold into little Bits, Your water you knead with must be scalding hott, make it good past, then lay it to warme & rise in a Cloth about a Quarter of an houre, then putt in ten pound of Currants rubb very dry, strew in as much Sugar finely beaten as you thinke fitt, Breake the Past into little pieces into a Kimnell, or Ponle, & lay a lay of Past broken in pieces & a lay of Currants till all

all your Currants be in, mingle the Past & ye Currants very well but take heed of breaking the Currants. You must take a piece of paste after it hath risen before you putt in your Currants, to cover ye Topp and the Bottome very thinne, & wett them with Rosewater & close them at the Side, at ye bottome, or at ye Middle which you like best, pricke the Top and the Sides with a small long pinne, when your Cake is ready to goe into the Oven cutt it round about an Inch deepe, If your Cake be of a peck of Flower it must stand in the Oven 2 houres, The Oven must be as hott as for Manchett. If You will You may putt in 3 graines of Muske, & 3 of Ambar Gris.

To make a Gooseberry Foole.

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

A Man:

To make a Creame Caudle

Lady Hailes. A Man Take 2 Spoonfulls of Sack, & one of small Ale, & let it stand on the Fire till it boyle, then putt into it ½ a pinte of Creame & a spoonfull of Sugar, stirring it till it boyles, then take it of ye Fire for it is enough. This is but for one Messe, but if You will have more you must double the Quantity.

To make Creame Tarts.

My Sister Newce. A Man: + Take 2 Quarts of Flower, a quarterne & halfe of Butter, halfe a pint of Creame, the yolke of an Egge, mingle the Butter, and ye Flower cold, then kneade your Past up with cold water, divide this Past for 3 Tarts, then take the fayrest Pippins You can, pare, quarter them, & Core them, Then with a very little Yron made in ye shape of a larding Yron draw little slices of Orenges through the Quarters of ye Apples,

3 or 4 in every quarter. You must first boyle your Orange peele in 2 severall waters, to take away the bitternesse, then cut the Orange peele into thinne shreds, an inch long, the breadth of a pinne, then lay them in Quarters in your tarts, & put thereto much Sugar to them as you thinke will keepe them moist. Heate ye Oven indifferently. When they have stood in ½ an houre draw them, & cut upon the lids, & powre in your Creame.

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

If you would ice them you must ice it when you drawe them to out. Your Creame in with the white of an Egge beate very well and Rose water. Wash the top over with a feather, then searce fine Sugar thin over them. The Tarts must be drawne 3 houres & a halfe before you eate them.

How to make Sawcedges. without spice

A Man.

Take a Leg of Veal cut of the fat deare, then shred it as fine as you can and shred two pound of Beefe Suett as fine & mingle them together with a good handfull of Sage shred small and the Yolkes of 8 Eggs & 2 whites ½ an Ounce of Pepper 2 Nutmegs and season it with Salt to your mine, stay then roule them up like Sawcedges, that length & thickness & fry them with Butter.

How to make thinne Cheese

Lady Bellis A Man

Take 5 Quarts of new Milke warme from the Cow, boyle a Quart of Creame, have a pottle of Creame more, warme it upon the fire but not boyling: You must have a Quart of water boyling, then powre all the Creame and water into the Milke, then putt in your runnett & cover it & when it is comput the Fleetes first downe in ye middle, and let it stand a little and after wrigg it to severall vessels little breaking as you can then putt it in a Shorter & lay seven pound weight upon it & three pound more but no more. You must trunne it with fine Clothes and they must not be dry & ye 3d day after it is made it must be layed in Nettles & turned every day till it is ready to eat.

To make Barley Creame.

A Man

Take a handfull of French Barley, lay it in water all night then boyle it in 2 or 3 water: then take a Quart of water & a handfull of Strawberry leaves, as much of Sorrell leaves & as much of Savory leaves and boile them taking the Barke out of the last water. Boile the water with the forenamed Herbes till one Quarter is consumed; then take out ye Barley and stampe it with a handfull of blanched almonds stirre it with ye Barley water till it be as thicke as Creame, and then boile it a little with a little Mace Sugar and Rosewater.

To make a Deinty Calves ~~forte~~ puddinge

A Man

Boile 2 Calves feete very tender, being cold cut of all ye meate and mince it very small: slice a penny loafe, rub it in a quart of Creame, shred Beefe Suett six ounces 5 yolkes & 2 whites of Eggs well beaten, a good handfull of plumbs Currants, a little Sugar with Musk and Ambar Greece in it, Nutmegs Mace, a little of each: mixe all these well then fold a Cake of Veale like a Pie

leaving one. Pie open: underneath fill it well with ye Truffle & trigo pieces of Marrow, so serue it up & lay it in a Napkin & boyle it 2 houres in a pott of water; then take it up Cole & all, & lay it upon a Dish with beaten Butter with Verjus & a little Sugar. If you will you may stricke it with slices of blanched Almonds to serue it in.

To make Broth of Calves feete.

A. Han

Take your feet wash and picke them clenne then sett them on covered with fiere water, then put as much French Barley as will thicken the Quantity of Broth you make. Put to it 3 or 4 Blades of mace a little time & sweet Marjoram bed together & ½ a pound of Raisins of the Sunne will be enough for 4 feets, but the feet very tender before you send it up & lay Sippets about the Dish.

To make a Tree Pudding.

A. Han

Take a Quart of new Milke and put to it ye Kernnes of a penny Loafe, then set it on the fire that it may boyl till it be out all a like then take 4 Eggs & a Messeyes sliced thin, 4 spoonfulls of Flower, a little Salt ½ a pound of Beefe Suet stir them well together: then have ready over the fire some Butter in a Frying panne, & when it is warme then put it in with a Ladle that contains 4 or 5 Spoonfulls, lay it into the pance round about in ye fashion of little Cakes turning them with a Skimmer till they be enough & putt them in a Dish & keepe them in the Fire till the whole quantity of Butter be fried; then lay them in a Dish altogether & scrape some Loafe Sugar on them and so serue them up.

~~To make a Tart in Potage.~~

~~Lady Anne. Take a pound & a halfe of Beefe the Kidney being left in, & a pound of Suet, & a pound of Raisins, & all the spices & mixe all very~~

~~very well, then mixe it with ye Pippes cut small, & in the Tart you must fling in a dozen of whole Cloves with a little mace & Cinnamon, & so mixe them together with a Honey mixed with very fine & Candyfull of Parsly, then scrape it with a knife of Eggs & an white, putting some pieces of marrow & put in the yolke of an Egge where is to prepare your Cabbage lick for this, you must first boile it in water tender, then take it out and open all the Leaves till you come to the middle part, of which cut of a little and lick on my your meate, putting the greatest part of the Farced meate in the middle of your Cabbage, & so close up the rest of your meat with the leaves of your Cabbage, & so tie it up single with a String to keepe it close, so put it into your pot to boyle, & when there is enough water in it, it will take Houres boyling, then serue it up with some of the Liquor of the Cabbage.~~

Of Sweet for to make a great Cake without Fruit.

Lady Bedles. A. Han

Take 3 Quarts of fine Flower ½ a peece of Cheese a pint of the Cream ½ a pound of Butter ½ a pint of Rosewater & whites of new laid Eggs & of the yolkes. Let your Rosewater & Cheese be warme & your Eggs well beaten, put all there into the Flower and make a paste & when it hath layen warme ½ an hour worke in a pound of fine Sugar ½ a pound of Corrany Comfits, 3 graines of Ambre Gris in powder mixed with your Sugar, make it up as fast as you can, & sett it unto the Oven, You must use a Quart of Flower in the working it up after the Sugar is in, whilst it is baking take ½ of a pound of double refined Sugar wet it with a fair water & ½ a Rosewater and ½ fair water and boile it to a clear Candy & att a further warm your Cake over with the Candy, then set it in the Oven again till it be thoroughly dry.

The best way of making Cumfits.

Lady Bedley. Ann Han

Take very faire Plumes and put it into a Quittance, & with your hand thrust it down as cleare as you can filling the quittance full, then put it into an Oven with small Chancett & there let it stand all night, then warm it & take a pound & a halfe of the Flower & a pound of Sugar sifter it in

beater.

beaten & finely seared, put to thee the quantity of an Egge of sweet Butter, rub the Butter well into the Flower & Sugar, if it cannot be discerned put in 5 Yolkes of Eggs & whites & graines of Corinthe and of Tabor Gris made into fine powder, 6 Spoonfull of Orange Flower water or Damske Rosewater 6 Spoonfulls of Cream mingled together & put into your Stuffe as much water & Creame for little and little as you find will make it into a Stuffe paste, make these together a Quarter of an Houre, then pull it to pieces again, then put to it what Quantity you like of Coriander Seeds rubd & bruised when ye Seeds are well mingled in the Paste make it up into knotts & butter plates very thinne, & lay your knott upon them, pricke them & sett them into the Oven as hot as for Bullett, let them stand till they are throughly hot, & whilst they are heating take a Quarter of a pound of double refined Sugar or more, mixt it with halfe Spoone Water & halfe Rosewater, boyle it to a cleare glady & with a feather wash your Gumbalds over, then lay them upon the Plate again & set them into the Oven till they be throughly dry.

To pickle Cherries.

Lady Browne. A Han

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

To dresse a Calves Head with Oysters.

Mrs Cowly. A: Han

Take a fat Calves Head, & boyle it with a little Salt untill it be halfe boyled then take it out of the pott, & cut all the meat from the Bones into small peices. then stew the meat in white wine & some of the Broth: boyle it in a Pipkine & put in some Pepper ~~Cloves Mace~~ ~~an whole Onion~~, a whole Onion, a little time, ~~& a Clove of Garlick Parsley~~ an Lemon, a dozen of Oysters. when this is enough take a dozen of the fairest Oysters you can get wash them

bee

bee ready stewed, then put your meate in a Dish, & power upon it halfe a pound of sweet Butter stricke beaten with the yolkes of 6 Eggs well beaten, & the aforesaid stewd oysters. then beat them all well together between a dishes. then dipp it up with the great Oysters on the top and Sippets above. If you love them fry dry to lay on Anchoves or a little your Butter and Eggs.

the Eggs and butter are but put in to the Dish, to beat up all together in the fashion

To make St Kenelme Digby's Pudding.

A Han

Take the finest Marchett of a Sugers red colour it ~~is colour~~ is in Chapatell or the best Canary wine, then lay them in a Silver Dish or a deepe silver Dish, then lay a lay of sweet peeces of Marrow, then strew a powder upon your marrow & Bread made of ½ a pound of refined Sugar halfe a Drachme of Cinnamon, & 2 drachmes of Coriander beaten and seared, then lay another lay of Bread dipped and Marrow then strew the powder as before, & so till the Dish is full, then have ready a Pullen made of Veal Chicken or Mutton, or all together, fill your Dish up to the Brimme with the Paste, then cover it close with the Dish, and set it upon a Chafing Dish of Coales or a heater, then let it boyle till your Bread that makes up all the liquor be very soft, then take the Yolkes of 8 Eggs strain them and beat them very well, & put to them 3 pints of the sweetest and thickest Creame you can get when you have beat them well together, power it equally upon your Bread & Marrow. Then set in a gentle warm for halfe an houre, so serve it up.

A Han

To Preserve Eels, Trouts, Pigeons or Sea Creame Sardines or Pilches.

Alle Vinegar.

Take a pottle of the best ~~and [illegible]~~ Pottle of the cleanest running water, ~~a pottle [illegible]~~ & Ounces of Cloves, ~~[illegible]~~ an Ounce of Mace, a few Bay Leaves, ~~a [illegible]~~ boyle this well together with a handfull of Bay Salt, as you take it of the fire slice in a couple of Lemons, rinds & all then take your Fish, fry them in Butter very well, the best you can get then lay them upon a sheeting board till all ye Eyle and Liquor be drained from them, & they be very dry, then

lay

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

Lady Lucas
A Han

To make a Beefe Pye.

Take 4 pound of the leane or Butticke Beefe 3 pound of ye best Beefe Suet, shredd then small with a shredder, then beat it well in a Stone Morter, then season it to your Liking with Pepper Salt & Mace beaten, then make it up with your Paste either Square or round, then rove it up in a Cloth straight in that fashion you would have it, & keepe it a right in Swight, next day prese it Sure heavy with good weight upon it, then take it out & put it in your Pye with Butter under, & so bake it, and when it is cold fill it up with Butter, it will keepe 2 Months.

Sr. K. Digby
A Han

To dryes Neast Tongues.

Take your largest Neast Tongues that are perfect & free from bruises, cut of the Flaggie part of the root of the Tongue, rubbe them well in a Coarse Napkin with Salt, slit them in ye great Veyne in the middle about an inch deepe and 2 Fingers length, put in halfe an ounce of Salt peter if your Tongue be very large, if not then proportionable. then lay them in a Pearrell that does not leake, a rowe of Tongues with a little Salt Peter sprinkled upon them, then another rowe and a little Salt Peter, and so till you have filled up the Pearrell. then put a round Board on the topp of it, full downe close upon them. lay a heavy weight upon the Board to prese your

Tongues

in the roome of the Salt petter must be att hett bay and witt Salt, and all the rest inserted as in this receiet;

Tongues close. after 4 dayes standing stay tye the top of ye Pearrell with a Cracklin & Clothes close round for 6 Weeks in a wet Cellar if it is not under Ground then take them out, rubb them very cleane, and hang them up in the Corner of the Kitchin Chimney, not in ye smoake 4 dayes, but before you hang them now up ye Places where you put in your Salt Peter. after 4 dayes take them out, & hang them up in ye middle of the roofe of your Kitchin. If they be wet have they will last good

~~To make Tiger Liver Puddings.~~

~~Take 2 pound of grated bread, 3 ounces of [illegible] & 1 lb. of tiger liver tyger finely grated and sieved.~~

A Han

~~To make Cricket~~

~~Take a pound of fine Flower with a pound of the best butter, and mingle them then take 4 yolkes and 3 whites of Eggs, & beate them together with 4 spoonfull of Rosewater, then put it together, & stirr it till it be well mingled, then butter your plates and strew some sugar on them, and so bake them.~~

A Han

To make Orange Brickett

Take sower Quill Oranges the freshest and freest from bruise you can gett, grate of a little of the yellow rind, then cut them, and take out their meate cleane, so water them in Conduit water 2 dayes shifting the Water twice a day; then tye them up in a fine cloth, & boyle them till they be very tender, then take them of & let them stande till the next day, taking them out of the Cloth, and then weigh them, and take their weight in the comfitt refined sugar you can gett. beat each asunder a little and then put them together & beat them still they be as fine as Marchpane paste, then wring in a little juice of Lemmons & put in a few Cardamoms or Carroway seeds bruised; & then lay it in the Shape of a Napler Brickett upon sheets of glasse & stove it till it be dry,

turning

turning it when it is fit to turne in ye drying. You must beat Vitriol and Cinnabar first with your Vinegar, allowing after the allowance of a graine of each to a pound.

The Hippocras.

Lady Horsleane
Mr Han.

Take of the fine opening Rooter anazid, Caper &c. Tamerick berries anazid, make cleane your rooter and bruise them, then put them into a pottle of faire water in a Pipkin close covered, & let them to boile on the fire, till a quarte of humidity be consumed, then put unto it Eltermick, Tamerick, & Harts tongue & Succorie, let them to boile againe till there remaines but 3 pointes of the humidity in ye Pipkin; then take it from ye fire, & let it stand steeping in the Chimney corner two houres, then wring the Liquoure close out through a Course Cloth, & to a pint & halfe of this liquour decocted, adde a quarte and halfe of the best white Wine, mingle them well together, and put them in a cleane earthen bottle or Jugg, and adde unto it 3 ounces & ½ of Cinnamon bruised, Nutmegs bruised, a dramme, & Cloves bruised, let there stand a day & a night exercising well stopped in the Chimney Corner, then adde unto it a quarter of a pinte of good new sweet Milke, & mingle it very well together, which will make the Decoction & Wine, conplate together, and will by these meanes make it more relevant, then adde unto them the Syroppe of Rizugatius & Scolapendria next dissolve them in a little of the liquour, & then put them into ye Jugg, & likewise 2 Ounces of conder Sugar; there being all well mingled together powre it in your Hippocras Jugg, and when a good Quantity is infuseres through, put it in againe & apeing untill it runne as clear as you would have it, and put it in a Glasse well closed.

~~To make Greene~~

~~Take a Quarte of Greene Lovet put it on the fire and when it boi~~

~~lett take it of and put in as much juice of Lemons as will turne it, then put it into a Drainer cloth & hang it up all night, then lay a lay of Lovet, & a lay of Sugar till the Dish is full. One Lemon is enough if it be great.~~

An Excellent Receipt to make tender Biskett Cakes.

Lady Bedles.

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

To make a Blood Pudding.

Lady Bramford.

Take Sheepes blood, a porringer full, stirr it till it is cold, put it in a 2 penny loafe grated, or more, a peece of Butter melted & Slices of an Eg, halfe a pinte of new Milke, Time, Penny Royall, Sweet or young Majoro, a little Marjoram, a handfull of parsley & sorrell, shred your Hearbes very fine, stirr an Eg in with them, a little pepper and salt, & mingle them well together, if they be too thinne thicke it with grated Bread as thicke as other Puddings, put it in a Cloth & boile it an houre and a halfe.

To Preserve Pippins.

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

cover them with Water & a little Sugar as much as will make them so sweet as you desire to have them, when they are tender in Sodade Squeeze in some juice of Orange, as much as you ye Tuse like, & serve them up in a Fruite Dish.

For the Breeding of Pheasants

A Han to be placed with Experiments

Let this alone

A Pheasant will sit three weeke & three dayes from ye day Hee is sett untill Shee disclose.

Let the Hown Hen or Turkie Hen sit 2 or 3 daies to tread ye nest Hard & flatte upon Hen Eggs or Duke Eggs before you set the Pheasant Eggs under Her.

The Henne must be sett in a Chamber, & you must pore a Butte full of mauell & sett a great greene turfe in ye Chamber a pretty way from Her, that the Henn may bite on it.

There must be a great Hope sett round about the Henn the forte breade while shee sitt before Shee disclose, least the little Pheasants after their disclosing runn away & die them in Holes.

You must neither stir, nor give the young Pheasants any meat in 24 Houres after they be disclosed, & then nothing but Hate Eggs for a meate together. Take a day or two before their disclose, & if you see ye Horse Shell about them, that are disclosed, lift up ye Hen softly, and take the Shells away.

The Shell say after they Haue disclose take away ye Hoop ye was about ye Henn, but let not the Henn goe Abroad, in a seuen nights after, & then also a warme Sunshine day.

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

To Stew Pears

A Han 1

Pare your pears, and put them in water or else when they cover them euer with Claret Wine, put in some Arbor Grise, powder as much as you think fits when they be stewed enough take tender and serue them up Lukewarme.. and as much sugar as you like;

To make Hogs Puddings white

To prepare ye Guts for your Puddings out of Hogs or Sheepes

A Han 2

Take Halfe a pound of Hogs Lauer finely grated, 3 Spoonfull of Sugar, 12 Eggs, a Cluttney grated, 3 Spoonfull of Rose water, a pint of Creame, Halfe a pint of new Milke, as Spoonfull of Cinnamon water, 3 as much Hogs Suet as you thinke will make them fair enough, a little Salt. serue ounces of Currans or plumpt, and as much grated Bread as will make them stiffe enough to fill

To make Hogs Puddings blacke

3 ° When you stricke your Hogs, stirr the Blood till it be Cold wash your Hand, when it is cold take out all the Clots, put in as much Cinnamon as will make your Blood thicke, then let it stand a day & a night, put in some Hogs Suet shredd as small as you thinke fitting, cutt in, penny Royall, Parsley, Time, a little Marjoram, Pepper, Salt, as much new Milke as will make them pretty thin but fitt to be filled, you must not fill your puddings to full for feare they breake.

To make Lemon Water the best way

Shred. A Han

Take a quart of Rhenish wine, a pint of Fountain water, Halfe a pinte of Lemon water, the juice of ten Lemons with little thin slices of the Rhine as much Sugar as will make it sweet, & 2 Spoonfulls of Orange Flower water, stirr it together, & put in a little Sprigs of Rosemary, & let it stand a hour close stopt & then strain it in, in a glass stillatory, or a great Glasse with a Lauer.

+ A Han 4

To make white dices.

Take the yeolks of 2 eggs and to spoonfulls of sack, & 2 spoonfulls of Rose water, & as much flowre as will make this into paste stiffe enough to rowle, then rowle it very thinne; then take silver dishes & butter them very thinne upon the outside of them, & lay this paste upon the backside of the dishes, & when you have out this paste of what fashion you like best, set them into an oven upon the dishes to dry, when they be thoroughly dry take them forth of the oven & let them stand untill they be cold & then take them off.

+ A Han 5

To Candie these dishes.

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

To make a Creame.

A Man

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

To make another

A Man

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

To make another.

A Man.

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

To make a Hedge Hogg

A Man

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

A most excellent Receipt of Veale Jelly.

A Man

Take a shoulder of Veale, cutt of all the fatt, lay it a soaking in Spring water a night, then wash it in warm spring water, cutt out all the sinews of veines, put it into a gallon of Spring water in a new or very cleane earthen pipkin, boile it fast over a cleare fire, skimme of all fatt as it riseth, when it is boiled halfe away, tell some in a Spoonne of jelly, & when it cutts stiffe take it of & first runne it through a Cotton Jelly bagge into a silver or earthen dish, and when it is cold take all ye fatt off from it, beat ye whites of an Egge and 4 spoonfulls of Rosewater up to a froth. Then put it into a very cleane pipkin or preserving pan put in your Jelly to it halfe a pound of double refined Sugar, the juice of 5 Lemmons, or a quarter of a pint of sherry white wine, 2 nuts of Ginger, a spoonfull of Cinamon water, a spoonfull of Coriander seed, 2 large sprigs of Rosemary, lemmon rind thin pared as long as you can cutt it of from the lemmon. Boile this upon a cleare fire, keep it stirring softly with a spoone till it boile up, when it is turned like a perfect & ye Jelly looke clear under ye scummes take it of from ye fire, and lay 2 or 3 Sprigs of Rosemary in ye bottom of your Jelly bagge & runne your Jelly thro into an earthen Lavan, & ye 2^d time runne it through into your glasses for your use.

To make a Posset without Milke.

A Hon

Take a Quart of ye strongest and best Ale you can get sett it upon ye fire in a silver bason, & when it boiles put in 14 Eggs very well beat with 4 spoonfulls of Sugar & a little sprigg of Rosemary, stirr it continually on ye fire till it be as thick as a posset & so serve it up.

Dr. Frasers way to dresse an Eele.

A Hon +

Slip of the Skin to the tayle, then Carbonado it on both sides at an inch distance, rub it lightly with Salt, then boile white or Claret wine Vinegar about a Wine glasse full & powre it upon ye Eele, having put it in a dish round, then cover it with another dish, & let it lye till you have thus prepared your Sauce: viz. First Onion small minced to ye quantitie of about 2 Spoonfulls, 2 Anchovas, a piece of thin Lemmon peele about the breadth of a shilling, of sweet herbes Thyme, Winter Savory, Penyriall, sweet Marjoram ana, in all of these about as much as will lye in a spoone when they are minced, Round pepper unbeaten about 12 graines, & of beaten Pepper somewhat more, one small clove of Garlicke, of spice, Mace, Cloves & Nutmegs a small quantity, of parsley more then of all ye other hearbs, Capers likewise; All these small minced together, & mingled with fresh butter are to be inclosed in ye Belly of the Eele, & into ye slitts to fill it, & then ye Skinn to be drawne backe againe to cover it. Tye ye Eele to a spit with a thred, & as it roasts bast it with Sallet Oyle, & if you will therin Garlick. The Sauce is made of ye Stuffe in ye Belly adding 2 or 3 Anchovas with Creame butter. So taking of the Skinne dish it up. Rub ye dish with Garlicke.

If it be a pond Eele, to cleanse it as well as a River Eele, put it in a fish Trunke & let it lye in a cleere River more or lesse as there shall be cause.

To make a Cake.

A Hon +

Take two pounds & tenn Ounces of Flower, 3 quarters of a pound of Butter rubbed into ye Flower, two pounds & a halfe of Currants, 2 Ounces of Sugar besides the icing, tenn Eggs, but six of ye whites, a little Mace, Cinamon, & Nutmegs about 3 quarters of a pint of Creame Warme, a quarter of a pint of yest, a little Saffron. It would be sett into the Oven when Manchett begins to coulour.

To make the Queens Cake

A Hon +

Take a full quarter of a pecke of fine flower, a pint of Creame, 3 quarters of a pound of butter, ten yolkes of Eggs, a pint and quarter of yest, salt, cloves, mace, & nutmeg as you like. halfe a quarter of a pint of Rosewater, halfe a pound of blanched Almonds, beaten & steeped first of all in Rosewater with Ambar gris & the Rosewater. One pound & a halfe of Currans, 1 lb of raysins shred very small. bind all these together, & let it lye an houre in the dough, then make up ye Cake, and let not ye oven be too hott, you shall not cut the mouth of it, but by stirring ye Cake up & downe 3 or 4 times. let it stand in the Oven scarcely an houre, then drawe it, and ice it well with searsed sugar & Ambar. sett it into the oven againe till it be bright, & then drawe it againe for ye use.

To make a Spanish Pike

Cut a pound of Brisket Beefe into small thin peices, 1 of a loyne of lamb into a little bigger peices, 1 of Veale into little peices, the ribbs of a Neck of Mutton into Stakes, a Capon, 4 quarters, 3 Chickens, 3 duckes, 3 partridge, 2 snipps, 3 pidgeons, 3 Turkie chickens, 12 Eeles, a Collett, ... of larks, or other small birds, the ...

~~not so salt & least it may all yt should~~
~~be the hard or grange the dayly mayson~~
~~this meate wth Nutmeg, pepper & salt, put~~
~~them all into an earthen pott, adde a peece~~
~~of fat, 3 quarts of white wine, 3 quarters~~
~~of a pint of vinegar, & as much water~~
~~till every ye all, or 2 of sweet butter,~~
~~then fill it to boyle & ever as ye skim, 3~~
~~then fill it to boyle & ever as ye skim, 3~~
~~then fill it to boyle & ever as ye skim, 3~~
~~Bay leaves, put to it parsley,~~
~~sweet herbs, Dates, marrow, mace, cloves,~~
~~yt lemon, oranges, blanch'd eggs, cut~~
~~flowers, prunes, Currans, a little~~
~~flour out of a pint of sweet Cream to boyle~~
~~in ye pott. Dish it in a great dish, then~~
~~yer will hold mutually, laying~~
~~the sweet meat round about ye meate,~~
~~and garnish yt meate & dish wth lemon~~
~~lard, almonds, capers, pickled barberis,~~
~~call it ye pickled grapes, yt is to say~~
~~pickled fruit dish.~~
~~If you will you may take 4 eggs into ye~~
~~butter pott as you take it up.~~

A pudding.

A Fan + 1

Take one pound of light white bread cutt in thin slices, cover it wth Cream, ~~butt~~ set it on the fire till it is through warme, break it well together, put in 12 eggs, but ye whites, put in ½ a pint sweet, or marrow, Currans, raisons, salt, sugar, very little flowers, cover yt dish wth puffe past, set it in a quick oven but not to scorch it.

My Lady Portlands pudding.

A Fan + 8

A pound of white bread grated, 2 spoonfulls of flower, & spoonfull of sugar, a little salt, nutmeg, parsley, hyne, winter savory, Marjoram, pennyriall, marigold flowers, shred them small, mingle them all together wth the bread, put to it a pound of currans, 6 eggs wth brayn wth a little sack, a handfull of currans.

To dry cherrys & make Cherry wine.

A Fan +

~~Take 12 ℔ of cherrys, 3 ℔ of sugar, let the boyle little, let them stand till the next day, then take them out of ye syrrup & put them in ye stone to ovens to dry, then put in 12 more, & let them stand as long, & when you have put them to dry, put half a pint of this syrrup to a quart of white wine, cake ye bottles close, lye the dounge, & put them in sand.~~

To make an orenge pudding wth pith of an orenge.

A Fan + 6

Take a good quantity of pith out of the bark of a Seife wash it very cleane, & strip it out of the skin, beate it well wth the bark of a spoone & butter, take almonds blanch't & beate very small, & put them into yr pith, a spoonfull of grated bread, 12 eggs, ½ whites, all well beaten, nutmeg & mace finely beaten & searced, refined sugar & marrow good store, a little ambar gris. when yr puddings are cleane sprinkle them wth rosewater, & let them lye in it an houre before you fill them.

~~To make the blancht Creame.~~

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

A Han + To make a Caule-pudding.

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

+ To make a Neates tongue pudding.

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

To stew Beeves palats.

A Han 12 + Take beefe palats after they be boyld tender wth other meate, blanch & scrape them, cleane then cut each palat in two, stew them between 2 dishes wth a peice of leane bacon, a few mushrooms, sweet-breads of Veale, or lam, strong broth, gravie of mutton, onyon. ~~[illegible]~~ pepper, orenge peele. lay at the bottome of yr dish slices of light bread softned wth gravie, stew marrow wth yr palats, take out yr bacon & spices, & onyons, when they be stewd enough, squeeze in the jayce of 2 or 3 orenges, & serve the meate in upon the supp.

A Han ~~To make a posset~~

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

Cri

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

To fry Lambs chons & sweet-breads.

A Han 13 +

Boyle lambs chons & sweet-breads, slit them, take off the skins, flower them & fry them in butter till they be browne, strew them between 2 dishes with fennel, onyon, grauie of mutton, wine, butter, ~~[illegible]~~, salt; when they have stewed enough put them upon toasts mouslined wth grauie, so serue them up.

A Han 14 +

To make a Cabbage Cream.

Take ~~a~~ quarts of new milke, put it into a ~~great~~ kettle, set it on a quick fire till it boyle. Take 3 dozen of earthen panns ~~clean washt~~, 2 ~~of butter~~ spoonfuls sugar, a little ~~rosewater or sack, or~~ orange flower water; ~~put it in a little dish, lay it wth leaves, paint the bottom wth a table full of holes~~, till each pan allmost full of milke, & let it stand till ye fire a skim ~~cose~~ upon the top, ~~then take a deep dish~~ large white earthen dish, put into it a trencher plate wth the bottome upward, strew a little sugar upon it, wth a large

Pattern

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

Observe Before boile +

A Han +

To make pasty crust.

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

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

To boyle ducks.

A Han + 15

Take 2 ducks, lard them, halfe rost them, drawe them off, put them in a pipkin with a quart of Claret wine, Chesnuts, a pint of great Oysters, taking the beards off, 3 onyons minced very small, ~~[illegible]~~ Thyme, Rosemary, parseley, sawery, of each a sprig tyde all together; a crust of white bread grated, or baked crums, an Anchoua shred in, sliced lemans layd atop, & serue it up wth sippets.

~~My Sister Newt's receipt~~
to make a Cake.

A Han +

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

A Han + 16

To make almond puddings in Gutts ~~[illegible]~~

Take a pound of Almonds beate small wth a quarter of a pint of Rosewater, a pound of marrow cutt, a quarter of a pound of fine sugar, put this into a pint of Dreame, & put to it a pound of crums of white bread grated, a quarter of a pound of Currans plumpt, 11 Eggs, a nutmeg sliced, a little ambar gris, fill it into Hoggs ~~[illegible]~~ gutts & boyle them.

butts guts are larger & beter

A Han +

~~To make a fine syllabub.~~

~~Take a glasse of white wine of 3 quarters of a pint, a quarter of a pint of sack, 4 spoonfulls of the juyce of leman, put to it a quart of Creame, a nutmeg grated small, a grayn of musk, a sprig of Rosemary, as much sugar as will sweet in it to yr liking; these must be put into a deep stone-pott, yu must beate it wth a birchen rod all one way: when yu think it is thick enough take out the Rosemary, & powre it into syllabub Glasses or a pott. It must stand 12 howers before it be eaten, but it will keep 3 days.~~

A Han +

17 To make a puff.

Take a quarter of a pound of double refined sugar being beaten finely, & finely searced, wth 2 grains of ambar-gris, one of Civet, & one of musk: beate all these to a perfect past wth gum-dragon steept in Rose-water, beate in the white of an Egge; make this up into little Loaves the fashion of a manchett some 3 inches about, bake them in an Oven as hott as for thin ~~[illegible]~~ taffaty Tarts, & when they rise up high take them out of ye Oven that they may be as white as snow, & when they be thoroughly

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

A Han +

18 To make Gentillesses.

Take a pound of fine sugar beaten & searced, 2 ounces of blanchet almonds beaten in a mortar very fine wth Rose-water of wch yu must put in all a quarter of a pint, 3 grains of musk grind them all together till they growe white, then streyne it into an earthen dish, lay as much gum-dragon to steepe in the white water as yu think will make it a Payst: when it is steept enough beate the gum dragon & juice wth the white of an egge, & 3 grayns of ambar gris. when yu have beate all this to a perfect payst make it up in knotts, & bake them. They will be white as snow, & as light as a puffe.

A Han +

19 To make Curran Cakes.

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

thin, spread yr currans, & upon them put citron or leman peele thin sliced; a little ambar-gris, & jelly of pippins if yu please: cover them wth very thin payst & cut them round with ye top of a beer glasse. prick & bake them, & keep them for yr use.

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

A Ffan +

my Lady Lewinthorp.

Take a quart of spring-Water, halfe a pint of white Chrenish wine, 3 spoonfull of whole groots, 2 ounces of candied eringo roots, 2 handfull of mayden hayre, boyle this close stopt in a pipkin: you must take this at 3 times, Viz: in the morning early fasting, at 4 of the clock in the afternoon, & when you are in yr bed at night.

~~To stew a Lambshead.~~

~~Take a Lambshead halfe boyld wth the lights & heart, slice them in thin slices of an inch long, put them in a stew pan wth the gravy that runns from them, put wth them a blade~~

~~of mace, a whole onyon, 2 anchovies, 6 spoonfull of the liquour they were boyld in, salt, halfe a nutmeg sliced; then cover it wth claret wine, & let it stew wth the Cover on till it be very tender. So serve it up wth sliced lemans & barbaries, & wth what other pickeled things yu please about on the dish side.~~

To make french broth,

Boyle two capons with two pounde of beefe mutton, and bacon boyle them in about two gallons of water with ~~the~~ halfe a spoonfull of salte, when the capons are tender enough to eate, take off the pott, & after you haue taken out 3 quarts of ye liquor, cover it, put that liquor into a piphin or scellet, vpon a handfull of purslin, a handefull of succurre, 2 handfull of sorrell, 4 cucumers cutt in pecces foure inches bigg, & the seeds taken out, when the hearbs are very tender take them vp, & poure them into the same dish as ye capons must be in, vpon thin slices of a french bread, then sett ye dish vpon a chauing-dish of Coales, & let it boyle, then poure vpon it 2 eggs beatten very well with ye ieyce of two lemmons, ~~[illegible]~~, put your two capons in ye middle of the dish, & soe serue it vp.

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

My Lady Levinthorp's receipt to make Creame cheese.

A Han + 20

Take 2 quarts of strookings and 2 quarts of creame, boyle the creame of a cleare fire, then putt it into the strookings and coole it a little wth a skiminge dish. putt in a spoonfull of rennett the elder the better soe it be sweet. Take a large strainer and lay it in a great cheese fatt, then with a skiming dish take up the curde gently & lay it in the strainer wch lapp up and lay upon it a cheese board of the same size of the fatt, putt 2 pound weight upon that letting it drain 3 houres, then turne it into a cheese cloth and a fatt 2 fingers deep fitt for ye quantitie of curde. Lay 6 pound weight upon it, turne it into cleane fresh cloaths 3 or 4 times before night and very early ye next morninge salt it wth fine white salt beat small, according to ye likeinge. Turne it into drie cloaths twice in four houres, then take it out and the next morninge early, lay thick over it & under it the leaves of the largest nettles, shifting them and putting fresh every morninge. If the cheese be moyst at first drie it wth a soft ragg: At 15 dayes it will be fitt to be eaten.

A Hanshawe

Mrs Fanshaw of Jenkins her receipt to make a sack posset. the best that is

A Han + 21

Take 12 eggs, leave out 2 or 3 of the whites, take out the threds and beat them very well, putt them into the basin you make the posset in, halfe a pound of sugar a pint of sack, a nuttmegg sliced, mingle them well togeather sett the basin upon a chafeing dish of coales till the liquour is more than blood warme. Take a quart of creame and when it boyles up skim it and poure it into your basin covering it wth a warme plate, setting it upon embers till it be that thickness you like. if you have your posset biger double the quantety.

A. Hanshawe

To Pickle a sallet of Reddish.

A Han +

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

A. Hanshawe

To make endouillettes

+ Take a peece of a hind legg of veale wthout skin and half rost it and bast it wth butter. When tis half rosted hash it very small wth bacon and a little parsly and some sithes, when tis well hashed togeather take the yolks of 4 eggs and the white of one egg, putt in some peper and some salt and kneed it alltogeather, then putt some butter in an earthen pipkin upon a chaffingdish of coales that it may boyle softly; Cover the dish, & when you uncover it lett the steame drop into the meate, and stirr it often least it should burne. You must putt noe water in it, the steame of it is enough to stew it in. When they are stewed enough you must take the yolk of an egg and a little verges & some of the sauce & beate them well togeather & putt them upon the meate.

A Hon

To stew beef alamode

+ A Hon You must take a thick peece of beefe wthout skin or bone or fatt. it must be very good beefe. Beate it very well till it is ready to breake. Larde it very thick wth bacon. The bacon must be season'd before wth vinegar pepar and salt. Then putt the meat in an earthen dish upon a little fire. Putt noe water in lett the steame drop into the meat, wch is enough to stew it in. It must bee very well covered wth a dish and a napkin over it. Season it very well wth peper, salt and some cloves. When it is stewed enough take it out of the sauce while tis hott, Tis to be eaten cold.

To make potage of cherries.

A Hon + Take Cherries and pull off the stalkes of them ~~[illegible]~~ them wth very good fresh butter. when they a little frie in the butter, putt in some water, a little sugar and make it boyle togeather, then cutt some bred in little bitts & frie it in butter alone, and when tis well fryed putt it to the cherries boyling them all togeather till there is not much juice left, shakeing them well togeather in the boyling. Soe serve it up wth fine sugar scoop upon it.

To make French porrage of a Duck

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

A Receipt how to Make Pão de lo

A Jhan +

First they take twenty eggs and of them they break ten in a basin neither very great nor little, of the wch they putt their whites, of the other ten, only their yolks, and wth a great spoon they beate them, then putt in a pound of sugar well weighed, and beate it by little and little for the space of an houre or 5 quarters and when they are well beaten, they putt in a spoonfull of water, and beat it a little more, then a pound of flower dispersed and well mixed. This being done putt it in a basin wch is called de fartes that is not very large, yet somwhat deep, and putting under it a little paper carrie it to the oven putt it in presently and when it is baked take away the paper before it be cold.

A Jhan +

Receita de como se fas o pão de lo

Premeiramte se tomaõ vmte ouos, e des dellos se vaõ quebrando dentro vma panella, nem mto grande, nem pequena, os quais ouos se hũa de botar com claras, os outros des so as gemas, se huaõ de botar e com hũa Culher grande os huaõ de ir batendo a qual ha de andar entre as palmas das maõs, botase lhe hũ aratel de a sugre bem pesado, vayse botando pouco e pouco, dentro na panella, e se vai batendo com os ouos por tempo de hũa ora, ou cinco quartos, e como estaõ mui bem batidos, se lhe bota hũa culher de agoa, e se tornaõ a bater outro pouco, e teraõ pezado hũ aratel de farinha e se hida botando dentro espalhada, e se hir a mexendo, e estando isto feito se botaõ na vma baçia das q̃ chamaõ de fartes, q̃ naõ seja mto grande, e q̃ seja fundazinha, e se lhe ha de por hũ papel de baixo, e logo se ha de leuar o forno e meterse logo dentro, e como esta cozido se lhe tira a papel antes q̃ se arefeça

A ffan +

To Adubado Porke

Take Porke new killd what joynt you please flee of ye skin, & put it into an Earthen pan shred a handfull of sage very small, & put it into a stone Morter put thereto two cloues of garlick rub them very well with ye sage with a Pestle put thereto a pint of sharp claret wine, then poure all this upon ye porke put in likewise underneath ye pork a pint of vinegar & a pint of water mingled together, & straw some bay salt finely beat ouer it all, when ye Meat hath layn in it 2 dayes & a night it must be rosted & you may eat it hott or cold as you please wth mustard or else wth oyle & vinegar wch is ye most proper sawce.

A ffan +

A Receipt to make an Italian dish of Hogs heads

Take 2 Hogs heads & 6 Tongues 2 whole nutmegs bay Leaues & sault, whole pepper, lett them be boyled till ye bones come of very cleane, then take them out, ye Eares & ye great End of the tongue must be cutt in pretty bigg slices & thin, ye rest chopt small, then putt in Cloues Synnamon, Mace, Nutmeggs, pepper, all beat to a powder, & some Lemmon pill cut small, & salt as much as you thinke, will season it very well & then you must haue a wooden presse of what fashion you please, in ye bottome & sides you must putt Bay Leaues very thick ye Meat may not touch ye wood, then in ye Bottome you must strew some spice & salt, & then put in some of ye chopt meat, & upon ye some of ye Eares and Tongues ye are cut in sleeces & soe lay chopt meat againe, Eares & Tongues till it be all in & between Euery Row of Minst meat & tongues strew some salt & spice, when you haue done lay Bay Leaues a top, & soe couer it wth the Couer of ye Presse, & lay very good weight upon it & lett it stand 48 houres all this must be done whilst it is hott, when you take it out of ye Presse you must serue it whole & carue it at ye Table in thin slices, & eat it wth oyle & vinegar.

Madrid ye 10 of August 1665 s. p.

Affan

+ To make Lemonado.

Take 4 quarts of ye best fountaine water & 2 quarts of ye best white wine, cut into it 3 Large Lemons, rine & all, in square bitts of an Inch bigg, squize ye juyce of one whole Lemon, into this Likewise, & put in a pound and a halfe of ye best white sugar, stop all these close in an Earthen pitcher, setting it in a coole place for 2 hours during which time, you must stirr it very well, with a wooden Ladle, or spatula 3 or 4 times, then passe it through a course Canvas stramer & put to it a dragme of Ambar Greece ground very small, then bottle it up, & keepe it very coole, after 4 hours you may drinke it, it will keep good 2 days & 2 nights & noe Longer, this drink is only for ye sumer time.

Madrid 10 Aug. 1665.

+ To make Synamon water

Affan

Take 6 qts of ye best fountaine water put it in a new Earthen pipkin & sett it upon ye fire, when it just ready to boyle take it off, put into it two ounces of Sinamon bruisd. stop ye jugg very close, & let it boyle till 3 pints be consumed, then take it off, & put to it 2 lb of ye best white sugar & a dragme of Ambar Greece, wch must not be put in till ye Liquor be stram'd, & ye sugar consumed in it.

Madrid 10 Aug. 1665

To make Almon Milk called Garapiña de Leche de Amendas

A Man 0 + 22

Boyle 5 q.ts of ye best fountaine water, wth a quarter of an ounce of whole Sinamon in it, a quarter of an houre then poure it into an Earthen pan in wch there is 3 pounds of Almonds beat small after hauing them bein blanched & beat wth orange flowre water stirr them well together & lett them stand 2 houres, put into it a pound of ye best white sugar well beat, then strame it thorough a thick Canvas stramer & put in a dragme of [illegible] Greece, if you like it, put it into a [illegible] ottle & sett it in a Coole sellar [illegible] it after 4 houres standing [illegible] keep good 2 days, & 2 nights [illegible]

this is the same Chocolary pottes that are maid in the [illegible] Indis

[illegible] resse Chocolatte 23

[illegible]

[illegible]

The best Chocolatte but ye of ye Indians is made in Sinill in Spaine.

Madrid ye 10th of August 1665

A Man

To make an Olla podrida

Take 2 pound of ye best flanck beefe, wth out skin or much fatt, 2 pound of ye Leaner part of a panish Gammon of bacon, let these boyle in a great pipkin or siluer skellett, wth 4 q.ts of water a houre on ye fire, then put to it 2 pound of Mutton, of the shoulder or rump end of ye Loyne wth ye rump on ye is not too fatt, 2 lb of a breast of veale skin ye pott & lett these boyle together halfe an houre then put in a young hen ye is not too fatt, two partrige & lett these boyle half an houre longer to these add 4 young pigions & 2 sweet breds of veale, & after these haue bin in a q.t of an houre put in 4 spoonfull of green pease, 4 spoonfull of french beans cut in peeces in their skins, ye white of 2 great cowcumbers cut in great peeces, ~~[illegible]~~ 2 spoonfull of green grapes, 2 spoonfull of parsly Leaues, 3 spoonfull of Palme Leaus, as much salt as will season it, as much pepper & Coues beaten to fine powder as will lye upon a shilling lett these boyle altogether till ye Meat will part wth out cutting, then mingle as much safron made into fine powder as will lye.

Madrid 10 Aug.t 1665.

To make Alman Milk called Garrapiña de Leche de Amendas.

A Man

22

Boyle 5 q.ts of y.e best fountaine water, w.th a quarter of an ounce of whole Sinamon in it, a quarter of an houre then poure it into an Earthen pan in w.ch there is 3 pounds of Almonds beat small after hauing them been blanched & beat w.th Orange flowre water stirr them well together & lett them stand 2 houres, & put into it a pound of y.e best white sugar well beat, then strame it thorough a thick Canvas stramer, & put in a dragme of Ambar Greece, if you like it, put it into a great glasse bottle, & sett it in a Coole sellar you may drinke it after 4 houres standing there, it will keep good 2 days, & 2 nights but noe Longer.

Madrid 10 Aug.t 1665.

To dresse Chocolatte. 23

A Man

[illegible]

[illegible]

The best Chocolatte but y.t of y.e Indians is made in Sinill in Spaine.

Madrid y.e 10.th of August 1665

A Man

To make an Olla podrida.

Take 2 pound of y.e best flanck beefe, w.th out skin or much fatt, 2 pound of y.e Leaner part of a panish Gammon of bacon, let these boyle in a great pipkin or silver skellett, w.th 4 q.ts of water a houre on y.e fire, then put to it 2 pound of Mutton, of the shoulder or rump end of y.e Loyne w.th y.e rump on y.t is not too fatt 2 l.b of a breast of veale skin y.e pott & lett these boyle together halfe an houre then put in a young hen y.t is not too fatt, two partrige & lett these boyle halfe an houre longer to these add 4 young pigeons & 2 sweet breds of veale, & after these haue bin in a q.e of an houre put in 4 spoonfull of green pease, 4 spoonfull of french beans cut in peeces in their skins, y.e white of 2 great cowcumb.rs cut in great peeces, ~~[illegible]~~ 2 spoonfull of green grapes, 2 spoonfull of parsly Leaues, 3 spoonfull of Palme Leaus, as much salt as will season it, as much pepper & Coues beaten to fine powder as will lye upon a shilling lett these boyle altogether till y.e Meat will part w.th out cutting, then mingle as much saffron made into fine powder as will lye

Upon a 2 pence, rub ye dish wherein you mean to serue it up very well wth garlick putting ye meat therein, ye smallest on ye top, ye [illegible] broth at ye bottom, & herbs upon ye meat if it be at a time of yeare when all these things are not to be had you may either doe it wth out them, or supply those things wth others of ye like Nature.

you may likewise if you will put in Lambs stones, cocks stones, & combs, a pot pound weight of all.

The sause vsually in Spaine eaten with this meat is Parsely stamp'd very small made thin wth vinegar wheat wth two cloues of Garlike bruisd into it & strein'd out, & soe mingled well wth ye parsly & serud in Sawcers

to pickell Oysters

To take a full gallon of Oysters and cut the finns and ~~and~~ pull them [illegible] ofe with aney rags of the outter, wash them one by one in ther licker then strane the licker and put them into a skillett and boul them ~~soft~~ softly for halfe an hower. then take them ofe the fire and wash them agane in the same licker one by one and ~~it~~ lay them in to an earthen pan, sett the licker on in a Cleane pipkin and put to it halfe a pinnt of vinegar. 2 ounces of peper a quarter of an ounce of cloues a littell salt and a quarter of an ounce of mace lett thes boyl ~~halfe an~~ and as soun as you perseue it boyl up take it ofe and pore it softly upon the oysters you must stope them up Closs in a littell barell or pott. the licker is a very Good Cordall.

To make Chiescakes.

A Pan o + H

Take one pott of new milke, and turn it to a pinge curd, and cerby it very well; then worke it in Halfe a pound of new butter, and beate six yeolks of egges, with six spoonefully of rose water, two nuttmeggs grated, one quarter of a pound of suger, and halfe a pound of Currant. Stirr all these togeather, and make your Cakes, as followeth. Two handfull of fine flower, One handfull of suger finely beaten, Two yeolkes of egges and one white, beaten, with one spoonefull of rose water, and make it into a Pott, with a peece of new butter, roule it then and cutt it round, to raise it with an edge, to pinn papers about the edges, to keepe them from running over. And when they begin to colour, take them out of the oven, and pull upon every one of them, two or three spoonefull of this, as followeth. Take one quarter of a pound of suger beaten, a peece of new butter of bigg as a Turkeys egge, seven or eight spoonefull of rose water, melt it altogether and powre it on your Cheese cakes, and cause some loafe suger over them, and let them stand one quarter of hower longer in the oven.

To make Lemmon creame the best way.

T 25

A Pan

Take the Juice of four faire Lemmons and a half pare the pillet of two of them, very thinn and squeese the Juice of the Lemmons to the pill, then take the whites of eight eggs, and but the yeolke of one beate them very well, then put them to the Juyce of the Lemmons, with a Pint of faire water, and two or three spoonefulls of Orange flower water, and sweeten it with ~~sweete~~ sugar to your taste. Then strayne it through a haire Sive, & after set it upon a soft fire, stirring it continually, but let it not boyle, and when you see it thicke enough, put it out, and let it stand three or foure howers before it bee eaten. Putt in, a little ambergreece.

A Pan +

~~To make Puffs.~~

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

to Stew Pippins.

A Man ✝ 26

Put your pippins Cleane cutt them in, halfes put to every pound of pippins a quarter of a pound of Sugar and halfe an Ounce of Cinamon and Orange pell shred small Cover them with water and lett them boile fast in a Vessell sacer turning the Skines downward but keepe them Close Covered when they are very tender take them of & Squeese in as much of the juice of orrange & Lemon you like serve them in an intermess dish with the Clear of the Liquor when they are Cold, with Double refined Sugar strewt upon the dish

A Man ✝ To Dry pork like Spanish bacon

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

✝ 27 To make Ice Cream;

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

✝ To dress Salmon; Carps, Tench Trouts, Dikes, or Perch

Take any 2 of the above named fishes boyle them in half Vineger or Vergas & water with a handfull of salt & a good quantety of Lemon pell, peeld boyle them with no more Liquor then will well cover them when they are enough take them up & sett the fish plate if you boyled them upon over a woden platter near the fire then make your sauce, with half a pint of white wine a quarter of a pint of oyster liquor 2 Anchones half a spoonfull of whole pepper a little Horseredish scraped very small a few mushroms shred small, a quart of oysters a pint of prawns ~~[illegible]~~ as when your oysters are throughly stewed with this Liquor then put in 2 pound of butter & beat it very thick Lay suppetts of white Broad round the dish & fry leaves of parsley, with fryed parsley & Horseradish scraped to garnish the dish lay your salmon on the suppetts in the middle of the dish & your other fish on each side & pour the sauce all over them & let it stand on a Chafing

with a soft fire a little before you send it in.

T. Marshall.

The best way to Use Mushrons to arey Sort of Sauce is to Spread them upon plates and set them in an oven, turne and drye, and beat them to powder, keep them tyed Close in a Galle pot, and put in as much at a time as you find thiken and give last to your Sauce.

to Make Powder of musherooms

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

To Pickle Ripe Cowcumbers in slices

Take Cowcumbers before they are full grown, & slice them thin into a pewter dish, to 12 Cowcumbers take 3 or 4 large Onions slice two Onions very thin and a handfull of salt and put to them, & let them stand cover d 24 hours, then take out the onion & pour a way the liquor from them thro a Pullender, and put them into Glased potts.

to make the Pickle

still the best white wine viniger in a Cold Still, with some mace cloves & Salt. make this pickle Scalding hott and pour it over your cowcumbers after 4 or 5 days, pour your liquor from them & make it hott again, & put it to them as before, and cover your potts with bladers to keep them Clear.

To five quarts of viniger putt half a pound of Salt, when you still it

To make Jelly & manjor blanco

28 together,

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

enough you may Squeeze in another Seaman & Straine it ouer againe,

To Pickle Cucumbers as Mongoes

Take of the Largest & Green Cucumbers, Scrape of ye upper Rind & black Spotts, Rub them with a Course Cloth & lay them in Salt & Water for 24 hours, then Slitt them long ways & take out all the Seeds, & fill them up with whole Cloves of Garlick (2 or 3 in a Cumcumber) & mustard & Ginger cut in Small peices mixt together, then tye them up with a thred, & lay them in an Earthen pott.
To a Gallon of white wine Viniger put 4 or 6 handfulls of Salt, boyle ye Pickle and then add Some whole Cloves & Mace, & pour it Scalding hott to the Cumbers. then put Dill upon them, & cover them Close, & once in a day, for the first week Scald the Pickle & pour it over the Cucumbers. & after do the Same once in a month as long as they last.

To Pickle Mellons like Mongoes.

Take Ginger Sliced thin, & Steeped in Viniger 48 hours. Take ye Smallest Cloves of Garlick one pound & Scald them, then take horse Radish Sliced thin. & make a composition with mustard Seed & viniger, & fill the bodys of the Mellons (the Seeds being first taken out) with these ingredients & tye them together with tape and Packthred.
For your Pickle take one half white wine viniger, & the other Verjuice, Boyle them half an hour, then put in your Mellons and boyle them a quarter of an hour, then take them out, and let the Pickle boyle a quarter of an hour longer, then put your Mellons in a well Glased earthen pott, and put your liquor to them Scalding hott, & Cover it Close to keep in the Steam as much as you can.

To Pickle Wallnutts white

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

To Colver~~al~~ Salmon

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

thus ordered & put up Close in a kitt or Close other Vessell that no Eire Can Enter and no more licker then will well Cover the Salmon it may be sent a hundred mile good;

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

the day before you boyle your brawne you must make your sowce drink as follows take so much ale not to strong nor small & boyle it with so much salt as will make it very salt & lett your liquor boyle 3 hours & so sett it to cool in the Pub you intend to sowce your brawne & when yi brawn has been 12 hours cold put it into this liquor, it will keep good till may or June & never Grise in winter;

Mr Mace.

Directions for the fineing the Raison wine

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

To Make the Raison wine

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

half Vellvidore raisons, & half malaga makes very good wine as also half Smyrna Raisons & half malaga. or each sort alone. but for Elder wine the latter mixture is best, and we draw the Juice of the Elder berrys by setting them in a pott in an oven, & then press the Juice from them, and Damsins slitt & a little water put to them & sett also in the oven & press't out, & we take two parts of the Elder Juice & on of the Dams in, & to every Gallon of wine put a pint of the Juices when mix it,

Folio's 163v to 172v are blank

A Hant

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

Take of these things following, Sanacle, Bugle, Scabius, Redbramble Topps, Agremony, Ribwort, Avens, Speedwell, Coltsfoot, Daisy Rootes, Comfrey Rootes, of each of these 4 handfulls. of wood Bittany two handfulls.

Pick & wash these hearbes very cleane & dry them with a cleane Cloth, then stampe them & strayne them, & to every pint of Juice put to one pound of sugar double refined in powder, first boyle yr juice on a Charcole fire a little & scume it. Then put in yr sugar & so boyle it to a syrrop, & be sure to scume it very cleane & when it is boyled to a syrrup put it up for yr use. Take of this syrrup a spoonfull in the morning fasting, at night when you goe to bed, at midnight or at any time of the day upon an empty stomacke.

This syrrup must be made in June or July at farthest, midmay best.

How to make Syrrups.

A Han° You must take your Flowers or Hearbes and pike them cleane & steepe them in running Water ouer warme Embers but not too hott in any Case, and strayne out the Flowers or the Hearbes and put in fresh euery 24 houres this doe till your Syrrup be strong enough, 3 or 4 times or more, then, straine it out and to euery pinte of liquour putt a pound of Sugar, so boyle it up leisurely.

29 To preserue Oranges.

A Han° Take a dozen of the fayrest Oranges and the best couloured, & if you can gett them with smooth Skinn's they are the better, and with a grater grate of the outward pill, if you will haue them whole them with a Coreing Iron take out some of the meat, or if You will haue them cutt in halfes you must leaue some of the meate in them, then lay them in steepe in Conduit water 2 dayes & 2 nights, they must be shifted morning and Euening, then take them out of the water and rubb them with white Salt, then with a cleane Cloth rubb them very drie, then boile them in 2 seuerall waters, then when you thinke they are verry tender take them out of the water, then with a knife take out all the blacks, then weigh them & take to a pound of Oranges a pound & halfe of Sugar, when this is done putt your Sugar into a Skillett, & to euery pound of Sugar putt a quart of water, then take the whites of 2 Eggs, beaten well and put into the Skillett on the Fire, & let it boyle as fast as it can, when you perceiue your Syrrope to rise up, putt in 2 or 3 Spoonfulls of faire water, then take it of the Fire, lay your Oranges in a preseruing panne, when you haue scummed your Syrrup very cleane powre it through a cleane Napkin on your Oranges in a preseruing panne, leaue out Some of your Syrrup & as it boyleth away putt it into Your Oranges, then sett your Chaffendish on a very quicke Fire & lett

them

them boile as quicke as you can: you must keeps them covered all the while. You must have redy thrise a pound of Sugar broken into peices as bigg as walnutts, & as it broiles none and then put in 2 or 3 of them when they have boiled 2 houres; put in a peece of the best white wine, and let them boile till they be very cleare and the Syrrup thicke, then take out your Oranges & lay them in a Silver Dish or Basin. If your Syrrupe be not thicke enough you may boile it a little more, then take it of the Fire, and put it on your Oranges, & putt to them the juice of 4 Limmons, let them stand till they be cold, then putt them up. Take to every 3 pounds of Sugar 2 pint of Maple water.

A Man + 30 To preserve Cittron.

Take your Cittron, rub them with a cloth till they be very clean, then cutt them thin Quarters & lay them in Water one day then boyle them still till they be tender, then take to every pound of Cittron, a pound & half of Sugar, & to every pound of Sugar a pinte of the purest fountaine water you can get, and boile your Syrrupe a Quarter of an houre, scumming it till it be cleare, then take it of the Fire & put it into a Broad earthen panne letting it stand till it be in cold: that you may putt in your Finger putt in your Cittron against covering it; this doe every morning till your Cittron be cleare and your Syrrupe thicke.

If You desire to have Wharfe and Cinder putt in, tye what Quantity you thinke fitt in a peice of Colwell Lynne & hanget in.

A Man + ~~To make Orange Wharfe the best way.~~

~~Pare your Oranges & lay them in water 3 Days shifting them morning and Evening, boile them ten houres, then take them out of the water and wipe them very dry with a Linen Cloth, cutt them~~

~~asunder, and pick out all the Seeds, then stampe & strayne them and set them a while to dry in a Chaffendish of Coales, take to every pound of Pulpe a pound & halfe of Sugar, & putt it in by degrees and let it stand a long while on the Fire.~~

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

~~Take & slice your Pippins from the Core into Cold water, boile them till you think all the heart is gone into the Water, then strayne them but not too hard, & take away any putt out of Liquor on the Fire, & let it boile halfe an houre or more, then take a Lumpe of Double refined Sugar, and let it melt, still putting in lumpes of Sugar till you think there is enough. When it is neare jellying put in a Juice of Lemmon, the Juice of Orange slices very thinne as bigge then a shilling and make it a perfect Jelly, which you may perceive by cooling a little with Spoone & putt it up in shallow Glasses for your use.~~

A Man + 31 A Receipt for Cherries in Jelly.

Take a pound of greene Apples & a pounds of Cherries & 2 Ounces of Sugar, and 2 pintes of water, boile all these together till they be very tender, then take them of the fire and putt in some of the Sugar, & strane them set it on the fire, then take 3 quarters of a pound of Cherries & putt into the Syrrupe, then take the rest of your pound of Sugar and putt in so boyl them up one a while, stirre till the Sugar enough

of a pound

+ 32 To make Conserve of Roses, the best way.

Take Red Rose buds and cutt the yellow bottomes and the stoppes of them then take a pound of Sugar and a Quart and halfe a pinte of water and boile them together till the water be almost consumed, then take 3 pound of Sugar beaten, & putt it in at 3 seuerall times into your Roses and let it boile, until your Syrrupe will rope, then putt it up. The best way is to beate the Sugar a little, and if there be a large Quantity it will be the sooner boiled.

A Man + 33 To preserue Apricocks wett or dry.

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

take to every pound of Apricocks a pound & 2 Ounces of Sugar, putt to your Sugar so much water as to wett it, boile it up to a Candy, then lay your Apricocks in a Skimer & poure your Candy upon them, & serve them upon a Chafendish & fire three dayes morning and Evening, then put them up. Leave out those you intend to keepe dry, & putt them upon Glasses & lay them in a House.

A Ffor ~~To make Blubberries.~~

Take a pound of the best Almonds, lay them in Cold water all night, then dry them very well in a clean Cloth, take as much Sugar as Almonds and beate them, dissolve it Rose water, then mingle them well together, when dry your paste over a Chafendish of Coles. You must taste a water of Sugar & when the paste is cold, putt a peece of the Sugar with a grain of Musk and Ambergreece, then lay them upon Marchpane Bottomes, and over them Sugar upon them, & when they are hardned take them out of the Oven and fashion them, then putt them in againe & lett them stand until you think they are baked.

Marchpane.

A Ffor 34 To make ~~Sugar~~ Cakes.

Take a pound of Jordan Almonds, waste them very cleane, blanch them out of hot water into Cold, then dry them in a Cloth, & beat them in a Stone Morter with a wooden Pestle, till they be pretty small, then putt in a Spoonfull of Rosewater, or Orange flower water, & beat them till they be pretty dry, continue beating, and putting in of water till they be wett very fine: then take a pound of Double refined Sugar, let the better half be finely beat and searced, and wett into the Almonds, stirr them well about, take them out & make them into little Cakes what fashion you please, dust a Sheet of Paper with fine Sugar, & lay them upon it, have ye Cover of a Baking panne with Charcoale kindled very cleare & lett your Paper of Cakes upon a Table, & cover them with ye Cover of the baking panne, until you see them white and

hard

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

A Ffor 35 To make Cleare Cakes of Currans, Plums, Rasberries or Gooseberries.

Take your Fruite, put them into a Stone pott, tawing, wiche them very cleane, set them in a Skillett with boyling Water, & let them boile, still pouring out the juice as it comes, measure your Liquour & take to every pinte of Liquor a pound of refined loaf Sugar most Your Sugar in Lumpes as you putt it into your panne, set it on the Fire, and let it boile to a candy, warme Your Liquour somewhat more than Bloodwarme, & poure your Candy into it; let it stand upon a few soft Embers, stirring it continually till the candy is dissolved, putt it in Glasses, & set it in the Stove, keepe a constant heate but not too hott. All white fruits are to be boyled in 3 quarters of a pinte of water to a pint of fruit.

A Ffor 36 Cleare Cakes of Quinces the best way.

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

them

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

A Hon + 37 To make Marmalade of Oranges.

Take sixe or eight Oranges & pare them very thinn, cutt them in halfes and take out the meat and the juice, then boyle them in 6 seuerall waters till they be very tender; You must boyl them in Fountaine water, with a dry canuas Cloth try them, peele of the outside and cutt them in square bits, putt to euery pound of Orange a pound & halfe of Sugar, only wett the Sugar in water, then let it melt, & cleare it ouer the Fire, then haue Apple water ready strained, putt to euery pound of Sugar halfe a pinte of that water, let them boyle a little, & scumm them, and then putt in your Orange; when it is halfe boyled putt in as much Amber Greece as you please, picke out the Kernells, & skinn of ye meate of ye Orange, and when it is boyled very thicke putt in ye meat and the juice, then warme the juice of a Lemnon, & putt into it as it comes of the fire, rubb the Oranges with Salt, & wash them before you boyle them

A Hon + 38 To dry Cherries.

Take to euery pound of Sugar 4 pound of Cherries, & take almost a Quart of Water to one pound of Sugar, & so make a Syrrope first and scumme it, then putt in your Cherries & let them stand very hott, but not boyl some 2 houres, stirring them sometimes then powre them out, & let them stand in ye Syrrope 2 daies, then warme them againe, & let them stand 2 dayes more, then lay them upon Glasse Plates and dry them in the Stoue.

A Hon + 39 To preserue white Quinces Mrs. Holycrofts way

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

in the clearing, let your knife goe cleane thorough, so as they may haue a whole in the Stalke end as in the other End, & core them with a small knife or coreing Iron, then putt them into warme Water & so scald them untill they be very tender; You may not preserue aboue 2 lb of Quinces at a time, putt to your 2 lb of Sugar the white of an Egge & a Wine pinte & ½ of water, and when your Syrrope is boild cleare straine it into a deepe preserving Bason, then let it boile till the Syrrope be of a greight height, then pare your Quinces as fast as you can, & putt them into the boyling Syrrope, & with them putt in ½ a pinte of Liqd. of Quinces, and there let them boyle as fast as you possibly can make them continually scumme the Syrrope, & turne ye Quinces, & so let them boyl untill they be tender & beginn to breake; then take them up with a Silver Scumner, but take up no Syrrope with them, & lay euery Quince seuerall by it selfe in a silver or stone dish, when you haue taken them all up take some of the clearest of ye Syrrope, & keepe it in a Dish by it Selfe to lay the next day upon the Quinces, when they are throughly cold putt your Quinces into preserving Glasses, which must not hold aboue one or 2 Quinces at the most, then putt the rest of ye Syrrope to them whilest it is hott, & so sett them in an open window to coole apace.

A Hon + 40 How to dry Apricocks.

Take of your fairest Apricocks, stone them & pare them, putt them into faire water to keepe them from looking blacke, then weigh them & take ye weight in fine Sugar, beate it not, but breake it into reasonable bigg pieces, & dipp it into faire water to wett it, & then putt it into a Silver Bason, & let it melt upon the Fire, & when it is melted, let it boile apace till it will haire, & is neere candying, then take it of the Fire & let it stand a little while, then putt in your Apricocks & turne them in the Syrrope, & let them stand in the Syrrope 2 houres, & turne them now & then, then take them out, & putt euery Apricocke in a piece of Tiffany by its Selfe, and tye it up, & while you are tying them up sett your Syrrope on the Fire to heat, but it must not boile, then putt in your Apricocks into your Syrrope, & let them boile as fast as they can

untill

untill You see them looke cleare, & ye Syrrope is thicke, then take them of the Fire, and let them stand till they be cold, then take them out of ye Syrrope, & lay them on a Dish side, to drayne in the Tiffany, & when they haue drayned a little while, take them out, and lay them upon Sheetes of Glasse, & set them in a Stoue to dry, & turne them upon dry Glasses euery day.

A Ffan + 41 How to preserue Quinces red.

Take Quinces & pare them, & core them, then take to euery 2lb of Sugar, 2lb of Quinces, & 3 pintes of water, clarefie your Syrrope, then putt in your Quinces, couer them very close, then let them boile very softly till they be tender, & looke verry red, then take them up, and boile the Syrrope a pretty while longer, then putt them up with some of the Syrrope, & putt the rest of ye Syrrope to them when they be cold.

A Ffan + 42 An Excellent way to make Conserue of any Flowers.

Take Your Flowers, and picke them very cleare, & to euery halfe pound of Flowers, a pinte and halfe of water, & let your water seeth, then put in your Flowers, so let them boile till they be verry tender, then put in your Sugar at seuerall tymes, till the Syrrope be thicke enough, then pott it, and keepe it for your use; You must take twice the weight of Your Flowers in Sugar. Roses three times their weight.

A Ffan + 43 To make any Kind of Lozenges with Spiritts.

Take the purest refined Sugar what Quantitie you thinke good, breake it in pieces as bigg as wall nuts, then take 3 parts of the Quantitie of Sugar you meane to use, putt therto no more water then will just melt the Sugar after 'tis upon the Fire. put the remainder of your Quantitie of Sugar in by degrees a lump or two at a time.

then

then boyl it till it become almost Sugar, then putt in your Spiritts in a Spoone, storring them together, then haue ready a siluer or Pewter Pye-plate. drop your Sugar upon the Plate as fast as you can, the bignes of a three pence or a groate. If You find your Sugar grow Cold suddainly or too thicke you may putt in a little water according to your discretion, & set it on the Fire againe till it be come to the same height yt it is fitt too droppe. If it be for any Lozenges that are medicinall, You must putt in the Quantitie of your Spiritts, according to the Partie diseased. If not 5 dropps of any Spiritt to halfe a pound of Sugar is sufficient.

A Ffan + 44 To dry Cherries.

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

A Ffan + 45 To make red Marmalade of Quinces with Jelly betwixt.

Take the juyce of Quinces as for cleare Cakes, & some juice of boiled Pippins, but not much, take scarce the weight of Sugar, so boile it wth faire water mingled; then take 2 or 3 Quinces parboiled, & when they are pared boile them in bigg pieces a while in your Sugar: and when they are tender & well couloured take them out & slice them in very little thinn & small pieces, & put them in your Stuffe being ready to jelly, stirr them in and sett them into your potts, & sett them three or foure dayes into a Stoue.

A Ffan + 46 To make Jelley of Apple Johns to lay upon Oranges.

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

then

then pull to every pound of Apples 3 Quarters of a pint of fair running water & let it boile apace till it be halfe consumed, then let it runne through a little Cotton Jelly bagg, then take the full weight of it in double refined Sugar, wett your Sugar pretty thinne with faire water, & let it boile till it be almost a Candy, then putt your Apples liquour & 2 or 3 Slices of Orange peeles, & one slice of Lemmon peele, and a little Ambar Gris & Musk tyed up in a little peice of Tiffany, so let it boile not too softly for burning the cooler, then warme a little peice of Orange & Lemmon together, & when it is halfe boild, put it to it. You must not putt to much juice for then it will not jelley. then set some to coole in a Spoone, & when it is jelley take it up, & have redy in Glasses some peices of preserved Oranges, & powre the jelly hott upon them.

A Man. X

My Lady Greyes white Quinces.

Take 1 ℔. of Quinces & core them, & weigh them, & to every pound take a great pound of fine Sugar, finely beaten, then take an Earthen pott very well glazed, & strew some of ye Sugar in the bottome, then pare your Quinces, & as you pare them fill the Core with Sugar, and set them into the pott, & strew Sugar on them so doe till one rowe be filled, then spread a good rowe of Sugar, put another rowe of Quinces & then strew as many as you please, & let Sugar be on the top. Cover them with a Board, & a bladder and yellow wax that no ayre may enter in and set them in the Cellar. after you open them set them in a warme place: You need not open them till Lent.

A Man X

47 How to dry Plums the Lady Mandevills way.

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

then meld the Sugar, and lay the Plummes one by one into it: so boile them very softly for feare the Skinn should breake: boile them till halfe enough at first, and so let them stand till ye next day, then boile them out right and when they are cold then lay them upon a Sieve, and let them not touch one another, & so set them into an Oven when it is warme, till they be halfe dry, and if they feel clammy then dipp a Cloth in scalding hott water and wipe them: then set them into the Oven againe and dry them up for your use; lay them with Papers between, let it not be white Paper, but a thinne browne Paper, for that will Sucke in the Syrrope, & will keepe your Plums dry.

A Man + 48

To dry more Plums in the same Syrrope.

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

+ Man

+ 49 To make past of Oranges or Lemmons.

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

A Ffan + 50 To perfume Sugar

Beat double refined Sugar very fine, putt it into a galley pot, fill it halfe full, if your pott hold 2 pound then putt in 4 graines of Ambar Gris, tied in a little piece of Taffany; then put in the rest of your Sugar, thrust it downe, tied it downe with a Paper & a Leather, sett it into the Oven after you have drawne, ye great Bread, let it stand till it is cold and then breake it out for your use. This is the best way that is to perfume Sugar; You may putt in more or lesse Ambar as you like.

4 Ffan + 51 To make White Marmalade.

Take a pound of Quince, being pared, cored, and quarter'd, and to that, halfe a pound of double refined Sugar, and putt them together into a Skillet drye, let not the fire at first be too violent, but assoon as the Sugar begins to melt, boile them as fast as possibly you can, stirring them very carefully from the first putting in, (for they will burne to presently) if you be not very carefull) twill breake enough in stirring, & when ye Quince is tender glass it up.

As fast as you pare it, cover it with Sugar, yt it may not grow blacke,

+ Ffan 52 How to preserve green wallnuts my sister Elizabeth Ffanshaws way.

Take yr green wallnutts before they be hard when you may run a needle thorough them, boyle them in fayre water shifting them in the boyling from one water to another 4 times, let them boyle but a little in the 2 first waters for feare they turn black when yu find them tender enough, take them up in a cullender, & peele them, & put them into syrrup wh must be made ready while they are seething; To every pound of nutt a pound and a quarter of Sugar; you must weigh yr nutts before yu boyle them, yu must boyle yr syrrup to a good heigth, & put yr nutts into ye hott syrrup as fast as yu peele them, stick into the top of every nutt a cloue, let them boyle leisurely in the syrrup till the syrrup be thick enough, then take them out, & when ye syrrup is cold put them in a pot & keepe them for yr use. yu must run a great needle through every one of them, & prick them before yu boyle them. The best time to doe them is the moon after midsommer about the 10th of July in the increase of ye moon. If yu will use them physically to purge yu must make yr syrrup of powder sugar.

My Lady Beadles receipt for Jelly of Pipins

+ 53

A Stan

Take a pound of pipins and a pint of water; pare your apples and putt them into the water and boyle it untill it will gellie then straine it out and sett it by: then take one pound of sugar and one pint of water and make a syrupe of it: then take it off the fire, after it hath boyled a quarter of an houre, and when it is somewhat coole, putt in a pound of apples after they are pared and coared, and boyle them soe fast as you can, untill they are halfe done. then put in your gellie and halfe a pound of sugar, a quarter of a pint of Rhenish wine, the juyce of three lemons and some lemons pills boyled ~~then~~ them up as fast as you can.

A. Hon

Sr Kenelm Digby's receipt to make Meade

Boyle what quantitie of raine or spring water you please, till a 3d fourth part be ~~wasted~~ consumed and then lett it settle 24 houres, and poure the cleare from the settlinge, take 60 gallons of the cleare and boyle in it 10 handfulls of Eglantine leaves 5 of liverwort 5 of Scabios 4 of balme, 4 of rosemarie, 2 of bayleaves, one of thyme, one of sweet marjorane, halfe a handfull of Eringo rootes, scrape them & splitt them when these haue boyled halfe an houre in the water, run it through a sieve, after it is settled, poure the cleare from the dreggs to every 4 gallons of this liquour, take one gallon of the purest white hony you can get, lade the hony & liquour wth a skiminge dish till it is well mingled. soe you must doe thrice that day; the next day boyle it verie gently skiminge it all the while, pouringe in now and then a ladelfull of the cold liquour wch you must reserve to make the skum rise. when it is verie cleare from skum you may boyle it more strongely till it beare an egge very high. then lett it coole till it bee lake warme. Putt in Ale yest to make it worke the same quantitie you doe into Ale. tuun it up in a cask yt has had sack or white wine in it. keepe the bunge open till it hath done workinge, fillinge it up as it wastes wth the same liquour, wch you must reserve for that purpose. when it hath allmost done workinge hang a bagg in it of thin canvase, in it a quarter of an ounce of ginger sliced, a quarter of an ounce of cinnamon, cloves & nutt meggs a quartr of an ounce togeather. Putt a stone into the bagg to make it sinke, stopp it up close for 6 months before you drink it, and then you may draw it into bottles if you please.

My Lady Barklay's receipt to make Meade.

Take 6 gallons of spring water, a handfull of tops of rosemarie, a handfull of thyme, a handfull of bay leaves, 2 handfulls of Eglantine leaves, wash them clean and putt them into the water, boyle it skimming it all the while for an houre, then run it through a sieve, stirr it once in halfe an houre for that day, at night putt in a Gallon of the purest white honey well stirred into the liquour, the next day boyle it again and skim it verie cleane. putt in 2 eggs well beate cleare it by skiminge very well, and lett it boyle for halfe an houre after, take it of and run it through a sieve, poure it into broad earthen vessell or vessells to coole. Be sure to poure the cleare from the bottome when it is well settled. Beat the whites of 3 eggs very well, putt to it 2 spoonfulls of wheaten meale, 2 spoonfulls of yest, beat this very well togeather, putt it into the liquour when it is cold, ladeinge of it every half houre with a skiming dish for one day, next morninge take the whites of 2 eggs, one spoonfull of wheate meale & one of yest and beate all these well togeather putting them into the liquour and minglinge them well togeather. Then tun up the liquour in your vessell hangeinge a bagg therein, of a penneworth of cloaves, of ginger, of Cinnamon of nuttmeggs, bruise them well before you putt them in. At 3 months you may drink it, at 6 months it is best.

Take of Sarsaparilla cutt small 6 ounces, flinty china 2 ounces Guaiacu halfe an ounce, infuse these in 5 quarts of water 6 hours then boil halfe away, with a gentle fire: adde at ye later end of boiling, liquirish sliced 2 drams, halfe a dram of Coriander seeds, ~~&~~ pour it off while hott & lett him drinke it for his ordinary drinke cheifely

If he find it too hott, adde 2 ounces of raising washt (but whole) to ye next boiling

Dr Lower.

My Lady Barklay's receipt to make Meade.

Take 6 gallons of spring water, a handfull of tops of rosemarie, a handfull of thyme, a handfull of bay leaves, 2 handfulls of Eglantine leaves, wash them clean and put them into the water, boyle it skimming it all the while for an houre, then run it through a sieve, stirr it once in half an houre for that day, at night put in a Gallon of the purest white honey well stirred into the liquour, the next day boyle it agame and skim it verie cleane. put in 2 eggs well beate cleare it by skiminge very well, and lett it boyle for half an houre after, take it of and run it through a sieve, poure it into broad earthen vessell or vessells to coole. Be sure to poure the cleare from the bottome when it is well settled. Beat the whites of 3 eggs very well, put to it 2 spoonfulls of wh

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yr nerves of yr dures are affected & obstructed, & you must goe to the Bath & bee purgd about 3 weekes

& you must purge ye day before you begin to purge

& purge once in a weeks while you stay there

& stop yr dures with wool moistened with good compound spirit of Lavender

yr deafenesse is a paralyticall weakenesse of yr eares

you shall drinke a dymydyet drinke of Sassa & China for yr constant drinks while you use yr bath & a while after

+ 54 To make Cakes of all fruits

A Affan

Take the best quinces you can gett and boyle them tender, take them from the skins and the cores, and doe them through a fine cushion-canvasse. And to a pound of the pulp take a pound of double refined sugar beaten very fine, & mix your pulp & sugar togeather in a skillet wth some musk & ambergreece & sett it upon a quick fire. the faster it boyles the bett^r it preserves the colour, but you must take heed it does not burne. You must stirr it allways wth a wooden stick. and when it begins to be enough, it will come cleane from the bottome of the skillet wch you may know by dropping a drop upon a board & lett it coole, and if it come cleane off it is enough. Then take it off the fire, and have a board on purpose very smooth, and drop your past upon it what fashion you please. If you like it in knotts you must poure out and shake the board that it may not bee thicker in one place than in an other. And when it is cold cutt it off the board & strew searched sugar upon it & make it in knotts. For your cakes you must sugar them & print the sydes next the board: then putt them upon papers wth the printed syde upwards, for the other syde is apt to stick. Then stove them or drie them in the sun, and if they bee right they will drie in 2 days. The less sugar you make it up in the better. If the pulp be too thick you must putt two or three spoonfulls of the water of the Quince in it before you straine it. Thus you make Pippins, Apricocks, Orenges or Lemons, Gooseberries or Resp berries, plums. But you must boyle them as you doe for clear cakes in a Tankard in a skillet of water. Then doe it all through a canvasse as you doe the Quinces. If you will doe the green apple past you must greene your apples, and putt noe apple water into them nor to the four last fruits. If it be once boyled it will never drie: if it be under it will drie, but not soe soone. You must shift it on clean papers.

+ To make Lemmon Creame.

A Affan

55 Beate the whites of eight egges and one yeathe very well, putt to them the Juyce of four Lemmons and a halfe, one spoonefull of Orange flower waters as much suger as makes it sweet, stir these all well to geather, and strayne them through a hayre Sive, sett it on a soft fire in a silver or earthen basin, stirring it all one way, till it is as thick as a Boile. Then it must stand three howers, before you serve it up. If you please you may Putt in a graine of Amber greece, ~~and~~ in Powder, when you take it off the ffire.

+ To make a fine Creame;

L. Good:

56 Set three quart of new milke ~~[illegible]~~ on the fier, and when it boiles up, pour into it an other quart of new milke, at Several times leting it boile up betwixt every time; then take it ofe the fier & stir it til it bee quite Could, then pour it into 3 Severall pans or boules & let it stand 2 days & 2 nights, then take ofe the top thik with a tin slice with holes in it put to it 2 spoonfuls of Orrange flower water & sweeten it to your tast, so stir it with a spoon all one way til it bee as thik as a soft butter, lay it in little heapes upon a fruit dish & so serve it up. if you would doo it at a nights warning, raise it with a quart of Creame,

54 To make Leaman or Sugar wafers.

L. Goodricke

Mingle your Sugar (after it is finly beaten and Searced) in a Silver Spoon with as much Leaman or Orrangflower water as wil wet it, then hould it over A Chafendish til it looks Candied over as you Stir it with a little knife you must have a great Care that it does not boile, when it is enough Spread it upon a little Square peese of paper very thin & pin it up the 2 sides of it together & let them in a Stove or Sum other warme place 24 hours, & when they are drie wet the out sides of the papers & so take them ofe, it must bee fine paper or they wil not Come ofe whole,

To make Angelot Cheese

L. Good.

Take to 4 quarts of milke one quart of Cream let your milke bee just warme from the Cow & put ye Cream to it Could, Let it together & when it is Come, with a little China Cup take it whole up & fil your Chees fat & when it is Swake fil it up again so do til it is all in, then let it Stand til next morrow & with a Trencher laid over turne it in the fat so every morning & night for 4 dayes then take it out, salt it a little & lay it to dry turning it Constantly; it wil not bee good under three months but best wilder.

Le Mordaunt:

In 3 pints of new milke steep a quart of great Oatmear until it bee tender, then break into it ten Eggs, put in a pound of suet shred Smale a pound of rasons of the sum piked and washed, & a quarter of a pound of Sugar, mix & beat them all well together, & pour it into a pan wel butered, & so bake it & serve it up.

To dress Cocles the best way

Le Mordaunt:

Put your Cocles into a pail of Clean water, and with a burch broom, rub them round the pail very wel with several waters til you thinke they bee not Gritty, then fil a broad earthen pan wil Coals lighted & strew a little ashes on the top, & so Spread ye Cocles all over them thin, & say a Cloth four or five times double over them Cloase that the steam & heat doo not get out let them stand til they bee enough which wil bee in halfe an hour or little more, then let your pan into a dish & serve them up that they may bee very hot with sum butter melted upon a plait.

to pot fruit for tarts to keep all winter.

Le Purnor.

Take your fruit Clean piked & dry gathered put them one by one into Glas bottles, stop & tie them very Cloos doune that neither air nor water Can get in, then let ye botles into kettle of water on the fier & let it stand til the water just begins to boil then take out ye botles & set them by they wil keep all winter

To keepe Walnuts moist all winter

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

To keepe raw fruit.

Put raw fruit in an earthen poty bake it very hard & close up, & lay it into a welly, & it wil keep til that sort of fruit comes again.

To make french bread.

La: Turnor. to halfe a peck of fine flower take a pint & half of very good new ale yest, then beat the whites of 2 eggs til they be a light froth, & beat them wel into your yest; heat a quart of milke finely hot & put him of it to ye yest & eggs & run it through a hair sieve into ye flower and with ye hand mingle it well together if it be to thick ye may put more hot milke to it, cover it with a dish clue & let it rise before the the fiew halfe an hour while ye oven heats then make it up as fast as you can into little loafs & bake it in a quick oven.

To make Smale Courlip wine.

La: Turnor: o Pick your Courlip flowers from the bottoms & put them into a high earthen pott & power upon them boiling water as much as ye please for the strength of it let it stand all night and the next day run it through a Cunnas Strainer & press all the juice wel out of the flowers then make a thick clear Syrup with juice of Leamon or Citron or both, & mingle ye liquor & Syrup well together then run it all through a double flonel Sealy bag, & bottle it up.

To make Spanish Eggs;

La turnor: Take the yolkes of 6 eggs, beat them very well, then take the weight of sugar as ye guess neither too little then too much; boile it to a high Candy almoost to a sugar again with water then strew in your Eggs, Stir it on the fier as long as you can for fear of sinearing, then take it off the fier & with a table spoon it into a small trencher & let it run into a spoon underneath, as the spoon fils lay it into your dish & so fil it again til it is all run through, when it is quit Cold serve it up it is proper to be eaten among Sealys & Cold sakets after hot meat & before the Dessert.

A feast for the hands;

La Wakela Turnor. 3 quarters of a pound of biter almans, halfe a paire of reason stoned, halfe an ounce of Camphir the pulpe & juice of 2 Leamons, 2 spoonfuls of brandy & 2 of sack, all made up, with 3 spoonful of fine

Sugar

To make Clear Leaman Cream;

Mrs Harington:

Squees the juice of 4 large leamans ~~[illegible]~~ ~~[illegible]~~ of ye finest loaf sugar, & 8 or 9 spoonfuls of fair water, ~~[illegible]~~; then set it over a Clear Charcoal fier til the sugar bee all melted; then have ready the whits of 4 eggs beaten & put them in; stir all together and run it gently through a Jealy bag, then set it over the fier a gain stiring it continualy one way, & so soon as you perseave it Grow thik take it off imediatly, if you like it put in one spoonfull of Orrang flowr or amber water stiring it round one way til it bee Cool then put it in the dish with leaman peil boild & Cut Smale betwixt.

* about halfe a pound of fine sugar beat,

To make an Orrange puding

Mrs Harington:

Take the rikind of an Orrang or too Cut very thik boil them til they bee very tender, and sum of the biternes out, then dry them in a Cloth & beat them in a ston morter, with the yolkes of 8 Eggs, a quarter of a pound of loaf sugar, & a quarter of a pound of butter, beat all these about an hour til it bee like puding stuf then bake it in a quick oven, with a leafe of puf past under & over it, as it lies in ye dish; if you Cut the peil very smale as it saw before you beat it & so put it in, it wil bee much the better;

To make Cherry wine Curant, Apricock or plumb wine

La Turnor:

take your Cherrys as many as you please, pick off the stalks & put them into a high earthen pot, with your hand mash them all, then pour on them boiled water as much as you guess is one part of three let it stand til the next morning uncovered, then pour it into a thik Canvas strainer & put it betwix a Jely press or a Clean Chees press, til you have presed out all the liquor; then sweeten it to your tast & to 6 Galons of liquor put in a pint of fresh rasberry juice, then run it through a double Jely bag (you must beat the yolk of an Egg with three or spoonfuls of milke, pour it into your Jealy bag & run it round with yr hand to thiken it;) run it through til it bee very Clear & so put it up in bottles; Curant Wine whit or red is made the same way, omiting the juice of rasberry; & so is Apricock or plumb; if you would have yr Cherry wine to keepe yo must break too handful of the stones & squees them in.

To make goosberry Wine.

La: Turnor:

Take 5 quarts of whit Cristal Goosberrys ripe, put them into yr bot one by one, & Crack every one as you put them in; then pour upon them a Galon of boiling water, let it stand uncovered all that day & all night, then pour them into a Canvas strainer and hang them up to run presing the bag gently with your hand for fear of the thik coming through, sweeten it to yr tast, & run it through a Jealy bag very Clear & so bottle it up; this is for the pale, but for the brown yo must put the water Could to the Goosberrys, Cover it & set it in the oven after brown bread let it stand whil the oven is warme then do as before

To Brew Heath Beer.

Mr Hicks.

Take a kilderkin & 20 or 3 Galons of water because of wasting in the boiling, divide it into 3 parts, first boil one part with heath & Ginger, then put it into your mashing tub & let it stand halfe a quarter of an hour, then put to it a bushel of Malt & let it stand one hour til you have made the next hart boiling, then let the first wort put in the second to doe 3 times till boiling the Liquor with Ginger & heath, & if it goes Clear from the Malt boil your ~~liquor~~ wort very little, & when it is Cold put it all together & let it to worke with a quart of yest & the next day run it into your Kilderkin 3 ounces of Ginger beaten very small, & a good handfuls of Heath is enough;

the Small Beer at Jenkens has to bushel of Malt to a Hogshead which the brewer there says is stronger then the 8 Shilling Beer at London

An Electuary for the Cough of ye Lungs.

Mr Grantham;

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

La: Chernor.

Take a dozen of fair pipins, pair them & cut them as fast as you pare them into a quart of Spring water boiling upon the fire, let it boile till it come to a thick pulpe then take to every pound of pulpe a pound of double refined Sugar, boil your Sugar in a Clean skillet to a very high Candy, then pour your pulpe into it, stir it upon the fire as long as you can for fear of burning, take it off & put in Juice of lemon & lemon peel, ~~Cut~~ sliced according to ye best, glass them up in Clear Cake glasses & stove them & when they are dry stove them out upon sheets of Glass & so dry them up as Clear Cakes.

To make Cherry brandy.

La Mordanty

Put a a quart glass with a wide mouth full of Morella or Flanish Cherrys within 2 inches of the top & as you put in your Cherrys strew amongst them a quarter of a pound of white Sugar Candy, thinly beaten then fill your Glass to the top with the best brandy you can get stop & tie it up Close, & let it stand about 2 or 3 months & then draw off the brandy into quart bottles stop them & keep them for your use.

To pickle all manner of Salads;

Mr Bramson.

Make a pickle of 2 parts Vinegar & 1 part water boil it & put them salt into it, put it in an earthen pot to keepe, & when ye Cucumbers or lettice is fit Cut them in lengths to your liking & put them into this pickle, & at your leasure a Month or two after take you Salads out of this pickle, & put them into a stew pan of fair water, Cover them up on the fire & when they begin to boile take them off, & let it be to Cool, then set it on

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

To preserve Gooseberrys wet.

Lr Lytton.

Take the largest & best Gooseberrys you Can getty then take their weight in loaf Sugar and boil it to a Syroppe & then put in your Gooseberrys & boil them as fast as you Can make them boile till they bee Clear which will quickly bee; Sty Skim them & Glass them up.

To make Orange or Lymon Cuds.

Mrs Diamon.

Take a quart of Cream, let it boile, then take 8 Eggs leaving out 4 of the White, beat them very well & Squeese into them the Juice of a whole Lemon, or the juice of More than one Orange, & stow it all into the Cream as it is upon the fire, & so let it boile a very warme when the fire Shining it all the while very well; then put it into a Strainer & hang it up; & when the whey is run out, beat the Curds in a Stone Morter, that they may be tender, season them with rose water & Sugar to ye liking & a Spoonful of Orange flower water if you like it, put in ye Sugar & water as you beat them they may bee as thin mixt as Leamon Cream.

To Make the Spanish Buckets.

Lr: D: Purvis

Break the white of 9 eggs into a large bason and whisk it up till it bee all froth with a piece of a whisk then put in the 4 yolkes, and beate it very well a Good while with a Spoon, then put in half a pound of fine Sugar beaten and searced, and beat your Eggs and Sugar together almost an hour, then put in half a pound of fine flower well dried, and when you have beaten it about a quarter of an hour more, with a Spoon lay your buckets long ways upon Clean white Paper, and when they are layd strew a great deal of fine searced Sugar thick over them and shake it off again, then bake them in a baking pann if ye have one; if not, in a Gentle oven, and take them off with a knife while they are warme.

To Stanch bleeding.

Mr Ford.

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

To Make balls.

Mrs S. Wells.

take the fleet of veal, rabit, or Chicken & double the quantity of beef suet, shred it small & then beat it in a morter, then shred some sweet herbs small & mingle with it, and a little salt, and cutmeg; then beat the yolk of an egg or more according to your quantity of meat & mingle with it, and so boil, or fry them in a pan.

To pickle Cucumbers or any Salad

Mr Peck

Sliced them a night in water & salt then wipe them dry with a soft Cloth & put them in a high pot or Glass; then make the pickle as follows, to a Golon of beer [illegible] ger put salt to mend as much as an egg will swim in it, a small hand ful of fenel a small handful of Dill 3 nutmegs quartered, a quarter of an ounce of white pepper, & little Mace & Cloves & a body deal of Ginger cut in peces, boil the pickle a gu of an hour and then pour it hot upon your Cucumbers, Cover & tie them down for fewr days & be sure not to open them at all, then pour off y Liquor Clear & boil it again & pour it on again boiling hot & tie them down for fewr days more in ye time they will be ready

To make Marmalad of Cherrys.

La: Denbigh.

Pick your Cherrys from the Stones & Stalkes, and weigh them, & set them on the fier without any thing at all in them & let them soil in their on juice till the juice be halfe consumed, then put into them halfe their weight in Sugar & to bod them till they are Clear & will Jeally

To make Marmalad of Quinces red

La: Denbigh

about a good lb of quinces. Made 1: pots

they must be fear quinces.

about 1 lb Smalle ones Make a quart of Juice.

Set your Quinces (in a Skillet of fair water) on the fier & let them be Scalded but not soft, & while they are doing take as Manyy pound of fine Sugar as y intend to have of Quinces & to every pound of Sugar put three quarts of a pint of water Set it on y fier and Clear it with a good Manyy whites of Eggs, & to boil it to thin Syrrop, then let it boil while you pair & Core y Quinces in quarters, & weigh them as Manyy pound of Quinces as y have of Sugar in y Syrrop, put them into your Syrrop & let them on the fier and let them boil verey Gentley keeping them Coered till you perceive they begin to turne forewrd then have readey to y pot of Quinces a large peace of wax peace of quince & put it in & boil it up as fast as you can stirring it often & keeping it Coered then put it up in pots or Glasses for your use.

To make part-Cakes of Apricots.

La: Denbigh

Cut your Apricots in quarters after they are pared & put them into a high stewing pot & tie them close up & let y pot into a Skillet of water over the fier to infuse, let them stand till they be verey tender but not too much Marked, then put them out of the water & weigh them, & take to everey pound of of Apricock a pound of double refined Sugar then put y pulpe in a pason & let it boil upon y fier till it is pretty dry, then in another pason boil y Sugar to a high Candey & then put in your pulpe & only let it stand upon y fier till the Sugar is well melted, so put it in Clear Cake Glasses & stove them & when they are Candeyd over furse them out & dry them.

Lucatellos Balsam

La: Lucentloop.

Take one pound and halfe of Sallet oyle, and beat it with one pint of Sack, half a pound of Venis turpentine, but not Damarke rose valow, still pouring it out till y turpentine take white, then melt four ounces of Wax on a great earthen pann or pipkin, and add unto it the former ingredients, stirring them all together until they boyle, then put into it an ounce of red Sanders & let y boyle altogether an hour, take it from the fier & keepe it in a Galley pott, Close stope.

To make Makeroons;

Mrs Harrison. Take a quarter of a pound of Almonds blanch and 3 ounces of Sugar searced beat ye together with a little of ye white of an Egg & one water let it lie a little hitter ye butter for fryers, to drop it upon wafer & bake ye

To dry goosberries
preserving Were

Mrs Harrison. take your large duch goosberries, & take out all ye stones, & Cut of all the tapes, & fling them into Cold water as you stone them, then have ready a Silver bason full of water, Set it boyle, then take it of a Set it stand one ellinutt, & then put in your Berries; and Couer them Close, for almost a quarter of an horror, or till you see they will pirk, Das you pirk them fling ym into Cold water to harden ym, & to keepe their Colour, then to a pound of these berries, take halfe a pound of the best Sadoke Refined Suger finely beat & 3 spoonfulls of water. Set ye Suger & water boyle; then put in your Berries, & Set them boyle about a quarter of an hour, or till the bes Clear; Set ym boyle very fast, take them of & let them stand a little while, & then take them out to drainer on a line then make a very thins Candy & lay your Berries in a Silver bason, and pour your Candy hot over them. & Set them in a House, but a little warme & for 2 days warme them every day a just blod warme and Lee there. & then lay them on glasses to dry on in the Sune, or in a House a little warme;

Take the best double Refined Suger, & beat it very fine then to a pound of ye Suger take a pint of ye juce of white Currance, & half a pound of aprecoks after they bee stoned, pared, & Cutt into thine Chips then put ym into your juce & Suger, and Set ym over a fire, & when the Suger is Melted, boyle ym up as fast as you Can; Scuming them Cleane, & when you see yt it will Gelly, take it up into your Glasses; Haue Care that you breake not ye aprecoke in ye boyling;

(This must have a mistake in the boiling there for I do not find it in Mrs Dunce page 44.)

To make a hasty pudding.

Lr Denbigh. have readey white bread Grated, with a little flower Mixed with it, then Set your Cream on the fier in a Skillet, & when it boiles up Strew in ye bread Crumbs stirring it all the while with a stick, & season it with Salt & Suger to your tast when you find it, verey thick have readey beaten the yolkes of four Eggs to 3 pints of Cream, & put them in this it til you see it verey to cyle & then take it up, you must put in a few plumped Currants before your Eggs just.

To make raw Cream thick.

L. Denbigh; Take your pans as manay as you would use, and make water Seading hot to put into them til the pans bee verey hot, then have your Milke as warme as you Can from the Cow, pour away the water & pour in your milke as high as ye Can, let it Stand all night and skim it the neat day.

The Black Plaister

Sr: Lewenthorp:

Take of pitch frankincence and rosin of each two pound of sheeps suet one pound, of saffron ounce & a half, of mace each two ounces, of labdanum three ounces, of annisseed half a pound dryed, beat the gummes, spices and suet very smale, and third ye suet, first melt ye pitch in a vessel much bigger then will hold it, else it will be very hard to keep it from boyling over, after ye pitch be throughly melted pour in the frankincence, rosin and sheeps suet, with the herbs and spices one after another, stir it continually and put in the ingredients leisurely, let it boyl an hour, and it will shew when it is enough by dropping him of it upon a board it will come off clear when it is cooll, then anoint your hands with oyle or butter, ye salve being hot from ye fier to cut, & when it is of a temper to handle make it up in rowles, it is to be spread upon leather & laid to the soles of the feet.

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

While Plumb Jiut.

Sr: Middleton.

Coddle ye plumbs in water till the bee soft then pour off the hot water & pour on cold, and one by one seiver & throw them, then put their weight of double refined sugar to them, & set them on the fier while they are well melted like clear water to skim them & put them in glasses in a stone.

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

Gather your wallnuts when they bee dry young that you may run a pin through them. & put them to gather in a dry day; put them into a large pot of water, shifting of it every either day, for a week. & then for a fortnight every day twice; put fresh water to them; then put them into a hair sive to drain; and then put them over the fire with a good quantity of water to boyle, till they bee a little soft, then drain them out and with a course cloth, rub off all of outmost skins, then of white wyne vinegar & of water boyled, & cooll, an equall quantity as much as will cover them; when they are put up, before you put them lay in the bottome of your pot, or glass; a handfull of fennel stalk, a small handfull of ye flowers of parsock and one small handfull of shallot, & a handfull of salt.

Harrison

~~[illegible]~~ & some cloves and mace; then lay in a lay of wallnuts, & then the same quantity of things; as before; & then a lay of wallnuts, & so continue; till all ye wallnuts bee in; then power in as much of your pickle as will cover them & tye them up with a leather.

To bake a rumpe of beefe

Sr Mannwrath

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

Harrison

take your fine Apple quince; wipe them & with a Clean Cloth; Core them with a Coring Iron; & Codle ye^m in a Kettle of Cold water; ye houlds 3 or 4 gallons of water; Codle them not too tender; Constantly turning them that all sides may Codle alike; then take them up into a Clean Cloth Cover them up & when & when they are a little Cold, pare them handling them in a Clean Cloth; for your hot hand will make them looke ill; & when they are pared, Slice them very thin: sick or ringe Chipes; dusting some Suger over them to preserve ye Culler: take none but what looks white, & none that is hard; or spotty, then have Reddy a pinte of ye Gelly of John apples; & a pound of ye best double Refined Sugar well beat; & set it over ye fire & let it boyle up to ye tope of ye pan, & then forthwith thing in a pound of your quince Chipes, & one pound More of Suger, very finely beat; & let all boyle as fast as possible you Can; till you see it Gelly & the quince looke Cleere; which it will the Sooner doe, if ye Cut your quinces very thine; Scume them very Cleane; & then up with your gelly & when they are Cold, you will find that they will Cut out sicke Cleere See, between the Slices of quince;

Take a pound of ye best Gurden Almons Blanche in Cold water; then Make Some very Cleere barly water. & with some of some of that water beat ye almons in a Stone Morter very fine; for the finer you beat ye^m them ye better; your Butter will be; then put in a quart of ye barly water & pres out your water from ye almons very hard; & set it over a Cleere fire being very hott; & put in as much Salt as will lye upon a 6 pence; & ye juce of one lemon. & Stire it softly about till you see it break; then put it gently by spoonfulls, into a dubble boulter bag; and tye it up Close & let it hang all Night for the whay to Runne out; & in the Morning beate it up with a very little Rose water, & fine sercked sugere and winde the tope as you doe other butter with the tip of a knife.

Mr Pendlin

To make a Lobster Fye.

Boil ye Lobster & take them out of their shells, and Cut the meat in bits, & put to them oysters parboyl & the fins taken off Season it with Nutmeg mace & salt & ye herb Thime make ye fye & lay in ye meat, put fresh butter on the top, & Cover it up, and just when ye put it into the oven pour into it a little Oyster Liquor, & let it Bake half an hour when ye draw it Cut up the lid, & take away the fat, & put in a teace of thick butter ye or Anchoves dissolved, the juce of an orange, 2 or 3 yolkes of raw eggs, a little sack, & a lemon peel and Cut ye rind for low it into your fye, & shake it together & Cut ye lid & put round it.

Mr Philips way of Cooking.

L. Denbigh.

Take a knuckel of Veal & a pair of Calves feet lay them in water all night to soak out the blood wash them Clean & lett them on the fire in a great fryken with y quart of water, & when it half boyled put in a pint of white wine, & let it boil skimming it Clean till it a pinder Dealey, then pour it through a Callander & let it Cool take all the fat Clear off the top and bottom, & lett it on the fier & when it melted put to it a little salt, a pint of sack, and sugar to y tast to give it one boyl, then take it off and Cool it a little, & then put in the white of 6 Eggs beaten to froth, stirring it fast y while last of all put in the juice of Lemon as much as will make it sharp, then let it on a hot fier and boyl it a pace till you see it Candie, then run it quick through the bag, then run it through again putting in but a spoonfull at a time, to let it run gently into the Glasses, hanging the bag near the fier to keep it warme, Whilst the Jelley is making y Meat does the bag thus, put fast in a string of rosemarey at the bottom to keepe it below then add spice, Roasted Lemon peel to amber the spice when dyed & beaten Mace thus, first take a little Clove, fourd twice as much Mace, to it, then double that quantity of Nutmeg, & then as much Cinnamon as all the rest, when the spice is thus mixt use it according to y Receipt, make y stock just of y bone thinge y would have y Jelley is finish'd.

To Make a plumb Cake.

L. Denbigh.

Take 5 pound of flour well dyed in an oven put to it 6 pound of Currants picked & dyed, 4 nutmegs, 4 ounce Cinnamon and Mace, half a pound of sugar and a little salt, mingle all these well together then put in 18 eggs, beaten, but 4 of the whites, a pint & halfe of ale yest, a quart of boyled Cream, with 10 pound of butter melted in the Cream, mingle it all together well with a ladle, stirring it all one way, then Cover it with a Cloth & let it before the fier to rise, then fler it well together, & put it in a Coffe of paper to bake it about an hour, when y draw it let it stand till it Cool before y remove it.

L. Denbigh.

Take a quart of Cream, & put into it a nutmeg Cut in quarters, to boil it, when it is almost Cold put into it 4 ounces of fine sugar, the yolks of 4 eggs, verey well beaten, have readey a quarter of a pint of sack, to be have flour full of orange flower water, with 2 ounces more of sugar dissolved in it, then Cut a new french Manchet & lay it in your dish, to pour y sack & orange flower water upon them, when they have soaked up all y liquor, then make y Cream to eggs, boiling hott, but with great care stirring it all the while for fear of Curdling, then run it through a sieve upon the sippets & let it stand till it Cold.

Syrup of Clove Gillflowers.

Mr Harrison.

Cut your Gillflowers, and take their weight and halfe of fine sugar beaten verey small, stamp the flowers and put them into a verey Clean earthen pot laying your sugar in betwixt the flowers, tie it verey Close and set it in a Skillet of boiling water, let it boil a pace till the strength of the flowers are out, and then strain it into a Silver bason and set it over the fier to thicken but not boil.

To drye Plumbs.

Lady Dwight.

Slit your plumbs and take out the stones, and fill up the hollows with sugar, and so lay them one by one into a Gallery pot, but first strew sugar in the bottom, and between every row of plumbs a little, then tie a paper Cover over them and set y pot into an Oven, but not too hot let it stand in till they are well soaked, and when they are Cold lay them out upon Glasses and so dry them.

To make mead

my Sister Grantham

Take 12 Gallons of river or pond water, or rain, (wine measure) let it stand a day or too to Clear, then power it off and boil it, put into it of mint, Balm, rosemarey, & bays, each a little Sprig, then run 10 Gallons of it into a Clean tub or Cool, then put into it 18 pound of the best honey halfe a nutmeg & as much Cloves mace Cinamon Ginger & leaman peel bruised, all, let it boil halfe an hour Scinning it well befor y^o put in the Spice, when it is fit to set a working, put into it a wheaton toast well spread with yest, & let it worke it as other drink it will just fill an anchor bottle it at y weeks end and it may bee drank in a fortnight more.

To dry Plumbs.

L. Lucy Bright.

Ston your Plumbs and fill everey one with Sugar, & lay them into a Galley pot and betwixt Everey row of Plumbs put a tay of Sugar, so doo til your pot is full then tie a leather or paper over it and set it into an oven with whit bread, and when they are baked til they bee Clear set them by to bee Could, and they lay them out upon Glasses in a Stove til they bee dry.

To make Leaman Brandey.

L. Laurance.

Take 12 large leamans and pare them verey thin, and put them into y pints of Brandey and let them steep 48^c hours, then take y pints of fair water and a pound of Double refined Sugar, set it on the fier and when it boyles up take it off and set it stand til tis allmoast Could, then pour your Brandey off your peels through a Jealey bag into your Syrop, then run it all through your Jelley bagg too or y times til tis Verey Clear, and so bottle it.

To make Syrop of Ground Iuey.

Dr Medford.

In May take the Juce of Ground Iuey, put it into an Earthen pot, Cover it & set it Into a pot of hot water over ye fier, keep the water hot with a Constant fier but doo not let it boy, it must stand thus 24 hours, and there will bee a verey Great Scim upon it when you Open it, take off that Scum, and strain y^r Liquor, and to a pint of Liquor put too pound of Sugar so boyle it up to a Syrop, put in a Verey litte Saffron & Cinamon in a bag.

The Queen of Hungareys Water.

Ia. Cranen.

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

To Make a Carrot Pudding.

L. Lytton.

Grate a to penny loaf & a Great Carrot and mix them together well, then heat 6 Eggs leaving out y whites, a pint of Cream and a Smale Glass of Sack, one Nutmeg & as much Sugar as will Sweeten it to your tast Stir all these Ingrs well together, and Melt halfe a pound of butter & Stir into it, then let it into a Moderate Oven for y quarter of an hour, Strew him fine Sugar upon it before y^u let it in,

To Make Apricot Wine.

L. Lucey Bright

To y quart of water put y pound of Sugar let it boyle, & Scim it well, then put into it 6 pound of Apricots pared and stoned, & let them boyl till they be tender, then take them up & when the Liquor is Cold bottle it.
if y^u please y may let the Liquor have one walme with a Sprig of Sweet Cicely when the Apricots are taken out.

To Make a Great Cheese.

Lr Gowrick.

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

To boyl plate white.

Lr Denbigh.

Put your plate into a Charcoal fier till it is red hot then take argall and Salt and a little Allum and boyl it in a Good time, & if it is not white enough the first time heat it hot & boyl it again,
you must have a Care of melting the Pewter and be Sure to boyl it in water enough to cover it.

To Pickel Lemon peel

L. Denbigh.

Cut 6 fair Lemons in halfes & take out the meat, Soak them an hour, then Cut them round very thin, & boil them in 4 Lemonall waters, till they be tender, put them in a Coarse Cloth & let them lye till they be Cruddy, in the mean time prepare a thin Syrup with halfe a pint of White wine Vinegar, & halfe a pound of loaf Sugar boyled together a quarter of an hour, & when it Cold put in your Lemon peels; they will be ready in 4 days; ye thickest Rinds are best.

Sinamon water.

Mr Hoult.

Take y quart of whit wine and one of brandy, a pint of Damask rose water, a handful of Salt and if you please Sum rosemarey & Cowslip flowers put all these into y^r Still bottom, then put to them a quarter of a pound of Sinamon Grossly beaten then let on the Still head & lute it, let it stand infuse the Ayr of the fier all hour, then Drawe it & distil it at Price with a very Slow fier, you must take above y quart of water, then Mix the water all together, & put into it a quarter

of a pound more of Cinnamon beaten as before, infuse it 24 hours, & distil it again at twice as before, if it bee distiled with Care there wil bee 3 quarts of Good water.

Mrs Harrisson,

Sweet Water

Take 3 peckes of Damask Roses picked, of pinks one peck; Clove Gilliflowers, halfe a peck; Sweet Basil, & Sweet Marjoram, of each a handful; Lavender two handfulls; Wallnut leaves, Coastmary, Southernwood, Leaman thinne, of each 1 handful, Balm 2 handfulls; Bay leaves & tops of rosemary of each halfe a handfull; of Leaman peel & Orange peel a quarter of a pound; of Cloves 3 ounces; Cinamon 3 ounces; Benjamin 2 ounces; Storax 1 ounce; pick your herbs and flowers; & put them into an Earthen pot, bruis your Spices and Gums & put them in; then put to them all two quarts of whit wine and halfe a pint of wine Vineger; tie them down Close for ten days, & Stir the pot well twice a day, then Still it off as you doo Roses, and put it all together, with 20 Grains of Amber Greece and 20 Grains of Musk, and 10 Grains of Ciner, tied up in 20 Severall parcells, Seal up ye Bottle & Open it not till two years or more; the longer you keep it the better, for it feeds it selfe up the Sweets;

My Ladey Allens Water

Mrs Harrisson.

Take, of Sage, Sallandin, Rosemarey, Rew, Wormwood, Rosasolis, Mugwort, Pimpernell, dragons Scabius; Egrimoney, Balm, Scordium, Cardus Beniditus, Bettoney, Centerey, Marigold flowers and leaves; of each of these a Good handfull; of Burrage, Buglos, Burnet, Angelica, flewellen and Wood Sorrell, of each likewise a Good handfull; then take the roots of tormentil Elecompane, Zeduary, Gentian, of each of these roots halfe an ounce; Wash all your herbs, & Shake them in a Cloth till they bee dry, then Shred all your herbs, & Scrape & Slice your roots, Mix all together with these flowers and Seeds folowing, Marigold flowers, Cowslip flowers, parsey flowers, buglos, and burrage flowers, Clarey flowers, Clove Gille flowers, & red rose buds of each halfe a pound or as maney as you Can get if not the whol Quantetey, Caraway Seeds, Sweet fennell Seeds, Coriander, & Cardimums, of each halfe an ounce, bruise your Seeds and put all these things into an Earthen pott with 2 Gallons of the best Scak, Cover it Close & let it Steep 2 days, & 2 nights; Stir them with your hand once a day nerey well from the bottum, then draw it off in an ordinarey Still with a soft fier, Keep ye Stronger and Smaler apart as you please.

A Seed Cake:

Mrs Palmer

Take 2 quarts of fine flower, and a pound of the best butter, Rub them well together, then, take 6 yolks of Eggs, & 1 white, 6 Spoonfulls of yest, 6 Spoonfulls of Cream, and Spoonfulls of Vose or Orrange flower water, Worke it all well together & set it before the fier & Vise halfe an houre, then worke halfe a pound of Caraway Comfits amongst it, butter your pann or paper verey well, and so set it into the Oven, & let it stand an hour, you May See it or not as yo will

To Make Orrange Cream

Mrs Hopkins;

Take the juce of six large Orranges the yolks of 10 Eggs well beaten, and Mixt with the juice, Sweeten it well with fine Sugar, and put, in too or 3 Spoonfulls of Orrangeflower water, Run it through a Scrue, & set it on a soft fier till it bee thick, then put in a bit of Sweet butter as big as a wallnut, when its well melted in, Stir it till it bee Could, & then have readey sum Cream boiled & Sweetend & Could again, and put in as Much of it as you please;

To make a beked Oatmeal puding

L. E. Fanshawe

Set a pint of Cream on the fier & when it boiles Stirr in as Much oatmeal beat to ~~powder~~ flower as will Make it as thick as an, hasty ~~oatmeal~~ puding, let it boil a little, then take it off the fier, & Stir into it halfe a pound of butter, and season it as you thinke fit with Salt Sugar Cloves Mace and Cinnamon; & when its Could put the yolkes of 8 Eggs and the Whites of to well beaten into it, then butter y dish & take it in a prettey quk oven, halfe an hour will take it

To Collar beef.

Mrs Pipp:

Take a flanke of Beef and Make a brine for it of bay Salt and pump water, strong enough to bear an agg, then put in your beef and four pound of Beef suet, let them ly in 3 or 6 dayes, then take it out and pull off the Skinn and Split the beef in the Middle & twill bee of a Good Thiknes, take to handfulls of Sage washt and Chopt Smale, and 1 ounce of pepper, 2 ounces of Cloves, 2 of Mace, & 6: or 8: Nutmegs beat the Spices verey Smale and Mix them with your Sage & to handfulls of White Salt, then Strew yr Spice all over the beef and Vail it up in Collars, lie them up hard with pakthred, and put

it in a pot & lay the suet upon them & pour in a quart of Vhenish wine and a quart of water or better, tie up the pot verey Clear, & set it into ye oven with hashout bread, when you draw your bread take out the pott and turne your Collars in it and tie up the pot again and set it into the oven and let it stand all night, next morning take it out of the pot and let it hang up to drop till it bee dry, then let it hang or stand on a Shelfe, if you like it yo may put in all sorts of sweet herbs or bay leaves, it will keep too monthes.

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

A Drinke Good to bee taken to Make Good Tabour.

L. Northamton. Take halfe a pound of figgs Sliced, a quarter of a pound of reasons of ye sunn stoned, four ounces of Liquorish scraped, and sliced, a spoonfull of anniseeds bruised, boil all these in too quart of spring water till one pint is wasted, then strain it out and drinke a quarter of a pint in ye morning and as much when yo goe to bed for six weeks before you are brought to bed.

To dry Hamms.

Sr Goodrik. Let your leggs of Poark bee Cut like Gammons and when they are readey to salt have bay salt Made very hott before the fier or in an oven lay your Gammons upon a Shelving dresser and so Cover them thick all over and under with the hot salt take Care they doo not touch one another, Everey day they must bee remoou'd into a dry Place, and what salt you put to them to supply that which is melted must bee made hot, about ten days will bee enough to let them ly and then they must bee hanged up in a Chimney where there is a Constant Moderat Wood fier.

To Make bacondecooks.

Mr Windsor. Make a verey thick batter with a pound of flower, 4 eggs whit and all, a spoonfull of Ale yeast, a little salt, mix it with warme milk, and so beat it up to batter, set it before ye fier to rise too hour before you fry them.

To Make the fruit whipt Cream.

Take halfe a pint of Juice of arey fruit, drawn with water, or alone such as will bee Clear, put to it halfe a pound of fine sugar beaten & searced the whits of too Eggs whipt up, beat it with a spoon till it will ly upon a plate.

To Make little Seed Cakes.

Mrs Montagne. One quart of fine flower, halfe a pound of butter, halfe a pound of Caraway Comfits, above halfe a pint of Yest, as much Milk as will wett it. Mix your butter and flower well first, then put in the Yest, then the Milke, then lay it before the fier in a pees of Woolen to rise and when you Make them up put in the Comfits.

To Make a Winter Cream Cheese,

Mrs Hopkins. Take four Gallons of New Milk and one Gallon of Cream, Scald ye Cream with two Quarts of Water amongst it, then put it to the new Milk, put to it a quart or three pints of Rhenet, when the Chees is Come lay it into the fatt in a Cloth, press it a little with your hand as you lay it in, but break the Curd as little as you Can, you Must lay a Smale weight upon it at first, then adding more weight til it Comes to the press, let it Stand an hour, with the weight, turning it 3: or 4: times in a Cloth halfe wett, when it Comes out of the press it must bee kept turnd betwixt two fatts, salting it as ye Other Cheeses, you Must take Great Care of breaking it in ye turning.

To Make ye Rhenet take a Gallon of Water, & one handfull of Nettles, & ye Good handfull of Salt, boyl all these together for an hour, then let it Stand, and settle, put it in a pott, & put a bagg to it, let the bagg ly in it 6: or 7: dayes, it Must bee a Stale bagg, after the bagg is taken out let the Rhenet Stand a week to settle, & then bottle it up, ye Rhenet Must bee made at Michelmas, & May is the best month to Make the Cheese.

A pectorall drinke for a Cold.

Dr Needham. Take 50 pints of Spring water, put into it, 6: ounces of reasons of the Sun Stond, 3 ounces of figgs, 2 ounces of Dates, Sliced, 1 handfull of Maiden hair, 1 handfull of Colts foot, halfe a handfull of Sweet Toup, 1 ounce of Liquorish Scraft, & Slict, a few Anniseeds & Caraway Seeds, 12 Sebertians, 12 Zedebes, boil all this to 3 pints, Strain it, & put to it 2 ounces of brown Sugar Candey, Clear it with two whits of Eggs.

The drying dyet drinke.

Dr Lower. Take of Sarsaparilla Cutt Smale 6: ounces, flinty China 2: ounces, Gnaicum halfe an ounce, infuse these in 50 quarts of Spring water 6: hours, then boyl halfe away with a Gentle fier: add at the latter end of the boyling Lycorish 2 drams, halfe a dram of Coriander Seeds, let it settle & pour it off while to hott.
if ye find it too hott, add 2 ounces of Rasins washt but whol.

For a hot Rhume in the Eyes.

Dr Frichuil. Distill Roten Apples in a Could Still and wash the Eyes with the Water often times in the day.

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

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

Cairw Che.

Take of Red sage Betony Spearmint water cresses Lavender Angelica german
pennyrial Canades Sulendine water cresses Lavender Angelica german
Calamint tamarix Colts foot Aringoes valerian sapsafrax pimpernell
vervin parsley rosemary Savory Scabies Eyrimony marshore of rime with
maraforame Chamanmormood Cardus Benedictus pellitory of the wall
dryed to gethere of each a
rest handfull after they

Rules of the Lady Kenights Cordiall water

before a Cordiall is required none can discribe this. Singularly good
for women in travell to uphold their Spirits and further their
labour for vomiting and a taste and gripping of the guts nothing
Can be better: it does all infection from the hart Specially
Cough the rest provoses Sweat in fevers where nothing else hold
Dry it for Surfits nothing Can be better exceeding good for
palpes or any Swounding fits bringes out the Small pox
when given over by Doctors the quantity to be taken is three spoons
full for a grown person and so in proportion for youngers persons
nothing ought to be taken in two hours before nor in two houres
after the taking of it

romile maiden haire sam
fore they are picked
ie flower Burrage flow
of these halfe a peck
Caraway seeds of each
ny roots dryed mellon
ryum Sloes Ruberb
of each of
ames of Aromatica
nce of Sasafras sliced
unces =
them in a cloth shaking
them equaly into ton
herbs put in the flowers
ingers Sinamon nutmegs
seeds spices & drugs
a quantity of the best
& let them stand 24
in a limbeck & draw
m each pot 3 pints of
quart of strongest
r 15 grains of ambr
rl 1 dram of flower of
dram and ounce of
the purest white Sugar
n a bout ton penny
hang in the Glass when
ept very close with a
bladder & leather tyed on it: it must every day be shaked
for the space of 15 days to make the Cordiall encorporate
& then the longer it is kept the better

all ye Cordiaus are just m

A medicin to stop a flux

L. Denbigh. Make halfe a pint of plantain water and half a pint of Red rose water, mix them together, Sell a pint of Red milk on the fier and as often as it rises quench it, for nine times and then drinke of it,

Face for boyld Rabets

L. Denbigh. Par boyl the liver, then take out the strings and stand them very small, with spinage, parsley and sorrell, and a little sager, and all these up in butter and shewer it up in the Rabets bellyes, when they are boyld, take it out, and in a face form Mix it with the Yolke of a hard Egg, Sum Searmon shred, and a little of the Juice, a little salt and as much butter as makes it pretty thick.

To make white Quince paste.

L. Denbigh. Scald your Quinces a very little, and cut them in peeces, then cover them with the juice of grated quinces, and to boyl it together till it be a thick pulpe, then put weight for weight of sugar wanting a ounce to a pound, So ye cover and stove them.

To stop a flux. A flock or two of white paper boyl in a tonne a pint of Milk Drink it Well & Drink it for a Quinces also A Rattan.

L. Pleasant Take a quarter of a pint of French Water, and put into it one ounce of Diascordium, Shake the bottle and Take one spoonfull when ye goe to bed, or if ye

Lady Oke.

Take of Red sage Bettony spearmint unsets hysope settwell balme pinyrial fanules sulendine water cresses Lavender Angelica germander Calamint tomarisk Colts foot Aringoes valerian sapsafrax pimpernell vervin parsley rosemary savory scabies Egrimony mullhere of time with margerome Romanwormwood Carduus benedictus pellitory of the wall feild daysey with the leaves roots & flowers dryed in geethere of each of these severall herbs take the quantity of a great handfull after they are picked clean —

Take of Rue yarow Comfrey plantine Camomile maiden haire sweet margerome of each of them a handfull before they are picked of redrose leaves Cowslope flowers rosemarie flower burrage flower bugloss flower maregold flowers of each of these halfe a peck of anyseeds Sweet fennell seeds parsley seeds Caraway seeds of each halfe an ounce: of spikenard of Elecompany roots dryed mellow flower Calamus Aromaticus Cardimum Liquim Sloes Ruberbs of each of sliced thine gallingale veronica them halfe an ounce of Juniper bery 2 drames of Aromatica rosa solis 4 drams of china roots one ounce of sasafras sliced thin one ounce of virginia snakeweed 2 ounces =

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

A receipt to stop a flux.

L. Derbigh.

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

Sauce for boyled Rabets.

L. Derbigh.

Par boyl the liver, then take out the strings and stuff them very smale, with spinage, parsley, and sorell, and a little sager, Veal all these up in butter and shewer it up in the Rabets belly, when they are boyled, take it out, and in a free form Mix it with the yolke of a hard Egg, Sum Lemon shred, and a little of the Juice, a little salt and as much butter as makes it pretty thick.

To make white Quince sack.

L. Derbigh

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

To stop a flux

A fleet or two of whit paper boyl in a bottle of Milk boyl it well & drinke it for a Looseness. Mr. H. Hutton.

L. Pelham

Take a quarter of a pint of Cinnamon water, and put into it one ounce of Diascordium, shake the bottle and take one spoonfull when ye go to bed, or for ye [illegible]

To Make Elder Berry Wine

Dr Lower.

Take 20 pound of the best Malliga raisins, pick out only any stems or dirt more than ordinary, but neither wash nor rub nor pick them; shred them very small, then take 8 Gallons of water, boyle halfe an hour and reserve after, put the and your raisins together in a tubb, & when the liquor cold Cover it up very warme and let it in a warme place to work 10 days at least, stirring them 2 or 3 times a day, then strain it well out and put to it 6: pints of the Juice of Elder berries, taken when they are very ripe, and baked in an Oven and so the Juice strained out then Runne it up, and when it has done working in the Vessell stop it, and let it in a warme room till the weather grown very Cold, then it up, let it stand 2 Months or 10 weeks and then bottle it, or as near as you Can before the Great frost Come; put the juice Cold into the Liquor.

10 lb of raisins 120: quart of boyling water measure when strained out
8 gallons
1 bottle of Elder berry juice
3 quarts in all 10 gallons
all mutton measure by Nine Bottles
Mr Cranmer finds 60 of Malliga raisins to 32 Gallons of Water
Lord, would it a Well, 1 to 1 to 1 to 1.

The ordinary baked flour Pudding

Mrs Harrison

Take 3 quarters of a pound of flower, as much white bread soaked in Milke, a pound & quarter of Eggs of beat shred as fine as is possible, a pound of Raisons stoned, a little Ginger and Salt.

For a berne

Cousin Cole.

Take an Ennex stone and beat with the white of an Egg till it Reserve to Cold, and Lay the Cold upon the burne, Changing it once in an hour till the fire is out, take out the stone & Lay it to dry.
an Ennix stone is a Lumpe of rock allum only

To Roast or bake a Pike

Mrs Sloan

Scald your Pike, and then take out the Guts under the gilly, then take Oysters, one lower, sweet herbs, Grated bread, Capers, and a little pepper, and Salt, shred all these together and Make it up with the yolke of a or 3 Eggs, and put it into y Pike through the Gilly, then strew it all over with sweet herbs, Grated bread, onion shred, what spice y like & a little Salt, and wet it well first with yolke of Eggs and melted butter, then Lay it in a pann with a quart of Claret wine, a pound of fresh butter and allmost a quart of Gravy then Lay it in an Oven for an hour or more if it bee large

For your sauce Take hem of the liquor boyl baked in, hem Seaman Cutt in bits, a few Capers shred small, hem Mushrooms, and Mussells, shrimps and oysters, beat all up with butter & to pour it over your pike in the dish

You may shred hem Lemm Eels, or Salmon into the pudding.

To Make a Seaman Court.

Mrs Burwood.

Take to large Seamans, Cut out all the meat, and boyl them till they will beat in a Morter to a very fine pulpe, then beat into them 3 quarters of a pound of very Good butter, and then to very well Mixt, pour the Juice that you boil out, and of one or to Seamans More, and put in, if as much Sugar as your fancie, then put it in a shallow dish with a little Cresst or you doe any other sort & bake it.

For a Scald head.

Copied fr. Hawthaw.

Take 7. or 8. large Onions, beat them in a Morter till they are all soft, then beat into it a quarter of a pound of boars Grease, till it comes to a Salve, Make a Cap of buckaram & put over it, Cut or pull away all the hair, then noint it twice a day; as much as you make at time will Generally do, but always thrice.

The bitter Sinchow.

Mr. R. Hawthaw.

Take Cardus, Lendaney Oil, Camomil flowers, Sage, Rew, of each a handfull, an ounce of Gentian root, Shea the root, and Shred the herbs, Gently pull them all into a Skin pitcher with a quart of the best North brandey, or a quart of White wine, or as much Spring water, according as you would have it holer or Cordial, tye down y pitcher, & set it in the oven when the bread is drawn, when you take it out dont uncover it till it Cold.

If it infused in brandy or Wine, take but 3 or 4 spoonfulls, if in water a wine Glass full in the morning fasting;

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

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

The Evening Cream

Mr. Shaw.

Take a quarter of a pound of the best pearled Evening, Cut them in thin Slices and power upon them a pint of Scalding hot Milke, let them Stand an hour or two at least if not all night till the kernelness is soaked out, then power away the Milke, and boyl them in Cream & what thinks you like.

Ginger bread.

Mr. Rodrock.

Take 4 ℔ of flower, 2 ℔ of Sugar, and have reasons beaten and searcht take an ounce of Caraway Seed, take an ounce of Coriander Seed take an ounce of Ginger, and a Nutmegs, Cinnamon, Clove, Mace, Cardamum Seeds, of each a penneworth, Mix these with your flower and sugar, then Make it into a Stiff paste with a pound of Melted butter, take a pint of Milke, and the Whites and Yolks of 4 Eggs, let it by the fier to rise a quarter of an hour, then Make them up into little Cakes, and wash them over with y yolk of an Egg, butter your papers, and bake them in a Slow oven, if you like it you may put in 6 ounces of Citron, orrange, or Leamon peel.

Jelley of Red Currants.

take to each pound of Bright Currants, 3 quarters of a pound of double Refined Sugar, and boyl them a Candey high, then put in your Currants, and stir them together as they boyl over the fier, let it boyl Cos fast as you can for a quarter of an hour, then power it through a fine Pelley bag, and let Cool it.

Pudey Longwill.

Syrose of Wood Sorrell

Mrs Peck.

Stamp and strain your Wood Sorrell, then filter it through a Cap paper and to every pint of juice take a pound and halfe of loaf Sugar break ye Sugar in lumps and powr ye juice upon it, and let it stand in the Sunn till yo see it quite dissolvd and Clear, string it very often.

For the Scorbut

Mrs Peck.

Put into an earthen pot a handfull of Sea Scurvy Grass and a handfull of Garden Scurvey grass, and Cut into it one whol orrange peel and all, then have readey two quarts of Whit Wine paset drinke and powr it scalding hot upon it, Cover it and let it stand upon the herbs and drinke a qu of pint or more it this morning & evening.

To Make a barley pudden.

Mrs Verney.

Take 4: ounces of pearl barley, 3 quarts of Milk. Sum nutmeg, a little Salt, and a Smal handfull of Rasins, Sugar to ye Sort, bake it in a dish twil take 3 hours bakeing.

White Colloss.

L. Denbigh.

Cut your Colloss very thin off of a leg of Veal, hack them on both sides, beat the yolkes of six Eggs very well with a Spoonfull of Cream, then with a bunch of feathers Wash your Colloss very well all over with the Eggs, then take of Persley, Sweet Margorum, a little time, sum leamun peel Cut Small, peper & Salt, then put them in a frying pan one by one with a little bit of butter and let them bee just warme, through, have readey a little strong broth made of sum of the Veal, put into it halfe an anchove shred Smale, and a pies of butter, to toss them all up together, and put to them balls of the same

To Pickle Pork red.

Mrs Verney.

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

this quantetey will put up two smal porkets.

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

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

This Receipt was given me by a Lady who had receivd great bennefit by it her self. She had a Swelling in one Breast which was so painfull that when ever she went in a Coach her Breast felt as if it were a pulling off & by taking a powder she is perfectly well. She was advisd to this by a Lady who had Cured a poor Woman of a Cancer in her Breast. It Cured a Boy who had a very bad Scald Head. which thews yt it is good against Sharp humours

how long the Waters
when were Milk
when the Cooler
if Tea is good
sick Stomach
scotch fill.

Sage Tea, to Cool

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

To pickle fresh herrings

Mrs Windham

Take threescore herrings and wash them very clean and dry them in a clean cloth, and then lay them upon a table, and the take half a pound of bay salt and one ounce of black peper, 2 ounces of guinnee peper, and beat it in a mortar and a small handfull of white salt and mix it all together, and strow all a bout the herrings and then putt them into a pot with a few bay leaves and put to them three pints of white wine vine gar &c so bake them after the first batch of bread; lay them in your pot one by one

To make fresh chees

Take a pottle of the best milk from the cow hott, put to it a pint of creme, soe much warmed as that is, and to this put a spoonfull of runett, cover it close, when it is come whey it well, and break it very well with four or 3 spoonfuls of rose water wherein hath been steeped all night a little mace, cinamon, and nutmeg all bruised, tow spoonfuls of fin sugar, you must put to it all this must bee bruised and wrought together with a silluer ladle, then put it in to your fatt (for itt will make tow) lett it sand in the sellar all night, to your on it you must boyle a quart of creme, with a little rose water, and lett it stand a and a night then put the best of it on the fresh chees when you serue it up

To make ducth biskett

Lady Dalkeith

Take 2 pound of fine flower, put in a quarter of a pound of powder sugar, then take a quarter of a pound sweet butter, wb it well in the flower putt in an ounce of caraway seeds and half a pint of yest (it must bee ale yest) then wett it with milk, then lett itt lye and rise a little while, then make it into little cakes the thickness of a wigg, sett it in the ouen and lett it stand half an hour then take them out and cutt them thin then sett them in the ouen to broun again

To make tarts the best way

Take a quart of the finest flower and half a pound of butter rubbed dry into the flower the white of one egg make it up with cold watter very quick role it out very thin and handle the past as little as posible, lay in one row of fruit and one good spoonful of double refined sugar, when the tarts are made wash them ouer with melted butter and sears some fine sugar and them, bake them in a very quick ouen and doo not putt up the stoue, as sam a they begin to colour they are enough, the chief is to make them up exceeding thin and to shine att the top

To make Aprycock cakes o orrange or leamon

Draw your Jelly and pure your aprycocks and [illegible] them in slices and sett them on the fier withou any [illegible] in them, lett them boil til they bee all soft, then take to a pound and haff of apricoks, oune pound of Jelly, stirr them well together, and sett them over till they bee scalding hott ready to boil, then take your sugar and heat it upon the fier in a pan or basin, and take the weight of your stuff in sugar and put it in stiring it ouer the fier till ye sug bee well mellted, and the glass your cakes

I: Denbigh.

For a Cough

Make a Lambative of Linseed Oyle, and Tyrop of Madenhair, and White Sugar Candy, and take a sea spoon full when yo Cough, it must bee Made fresh every day.

Mrs Nevil.

The biber Tincture

Gentian Root one dram; of the tops of Centrey the less, and Camomil flowers, halfe a handfull each, of Roman Wormwood a quarter of a handfull; put to it about a quarth of boyling spring water, & when tis Could power it of into a bottle; Cover it only with a paper.

To make orrange wine

Take 20 gallons of watter and yo pound of sugar boile it ouer the fier and claryfy it & haue ready 200 orringes (they must bee the best ceuil oranges) pared uery thin without any whitte: as soon as soon as you take of the sirrup putt in the pills, couer it uery close & ring out the Juce of the oranges and when the sirrop is allmost cold put in all the Juce but no seeds & put tow or three spoonfuls of yest sed it to worth 2 days then barrell it and put it to 2 gallons of renish or white wine: stop it clos for a month: then draw it of into another uesell an in 2 or 3 days after bottle itt.

To make stichwort Watter

Take of stone hors dung a good quantity and of stichwort, and couer ye bottom of the still with the dung and then lay a layer of stichwort & so doo till the still is full, then pour 2 quarts of white wine and 2 quarts of small ale and stop the still close and the next day still it off, you may draw of 3 ofe of this quantity and hang in the bottle a little of saffron a bout a penny worth & lett itt bee in the bottle the watter is drink it is no matter how often, lett ye party drink nine spoonfuls att any time, when they are in pain it is allso uery good for the stone sweetned with sirrup of marsmalos

Orrange Cakes.

Mrs Eells.

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

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

The biter drinke for one that is Paralittick.

Mrs Hooker.

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

Almand Cheescakes.

Mrs Butler.

Take 6 ounces of Almands, or penochoys, beat them Smal with Rose Water then take 1 pint of Cream, 4 biskets Grated, 1 nutmeg, 8: eggs, but halfe the whits, and halfe a pound of buter, put all together in a Lace pan, and set it on the fier till it grows thik, then put it into your Crust, & bake them in a Great one, or Small ones as you like.

Sack Whay

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

The Harts Horn drinke.

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

Rice pudden

M. Harrison. Take halfe a pound of Rice flower and a quart of Milk, boyl it to a hasty pudden with a bit of butter to keep it from burning, then stir in the remainder of a pound of butter, and when tis cold stir in 8 eggs, a little sugar and salt, bake it.

The drying lime Water

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

Gar Gamm of Plums.

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

Bisket

Mrs Verney. Break 6 eggs whites & all into a large earthen pot beat them a q. of an hour with a whisk, then put in 3 spoonfulls of Orange flower Water & beat it an other q. then put in by degrees a pound of fine loaf sugar, sifted, & beat beating an hour, then put in 14 ounces of fine flower being readey dryed by the fire, beat it in as fast as you can, & when there is no dry flower to bee seen, dope them upon papers buttered as fast as may bee, & bake them in quick oven, put in lemon peel Grated.

Syrop of Steel

Mr Lover. Take 8 ounce of steel filings, put it into a pint of the strongest White Wine, with halfe a drame of Mace bruised, let it stand a month or 6 weeks, till the Wine bee of a darkish Colour, then Skimmer it off through a Cloth paper in a Glass funnell, then put into it as much fine loaf sugar broken in lumps as will make it into a thin Syrop without boyling.

Of this Syrop take every morning one large spoonfull with 12: grains of Cream of Tartar, with it, you may mix it with four Water, or every Single dishful Water if like.

If Syrop bee too heavey for your Stomak, leave out the sugar, & use the decoction as above.

An Opening drinke.

Take Green Elecompaney roots, Steed, on fennel, anneet Syrop a handfull, Horehound a handfull, Water Cresses and Sarsnegrass shred fine, of each 2 handfulls, Raisins of the sun stoned a pound, put these into a bagg & hang them in a Vessell of Small ale or Beer Worts, put the Bagg into the Vessel as soon as it hath done Working, and after 3 or 4 days you may drinke, if you keepe to this drinke only you will find the more benefit, the Bag will serve twice. only the last will not bee so strong.

A Wash for the teeth.

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

Orrang Marmalad.

Mr Shanshaw Parlor

pare your Orranges thin and Rub them well with Salt, then put them into a large quantetey of Spring Water, let them ly a little while in the Water and then tie them up in a Cloth, and then boyl them in a Great deal of Water, as the Water Grows liter Change it, it usually Requires Changing 4 or 5 times when they are Very tender take them out of the Water, Cut them open and take out all the Skins & Seeds, reserve the meat to Mix with the Rinde, which Must bee broak very Smale, to every 3 Orranges boyld, take the Meat and juice of on Sivil Orrange and one Seaman, which Must bee just boyld before it is Mixt with the broaken Orranges, when tis thus Mixt alltogether, take to every pint of Orrange a pint of Jelley Made with John Apples, & to every pint of it to Mixt 3 qu of a pound of Sugar, Stirr it Well together, and Sett it over a quick fier, and boyl it till you find it Will Jelley.

To Stop a Gangreen.

L. Longuill.

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

To dry up aney Peterish humor

Take 2 ounces of White lead Sifted fine, 2 ounces of Chalk, Scraped and Sifted, and 2 ounces of barrow greace, Mix them well together on the fier till it just Simmer, and then Keep it in a pot for your Use.

L. Lanstrough: To preserve orranges Whol.

Pare your Orranges very thin and lay them all night in Water, then boyl them halfe an hour and put them into Could Water. then Make holes in the Stalk ends and take out the Seeds as Clean as you Cand with the whit pulse only that is in the Middle, let them ly in that Water til the next day then boyl them again allmoast halfe an hour then take them out and put them in a double Napkin Covert till they bee allmoast Could, then Weigh them and put to every pound of Orranges a pound and halfe of Sugar, to the Sugar put a Wine pint and halfe of Water boy y Syrop and Strain it, and when it is allmoast Could put in your orranges and boyl them with a soft fier till they look Clear and the Syrop bee of a Good heith, about a fortnight or three Weeks after take your orranges out and boyl your Syrop and when tis Could put it in to your Orranges again.

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

To make a Baked Pudding.

L. Lambourough.

Take some good Milk or Cream acording to the bignes of your Pan, mixe is but a pint and half, and a Stale Loaf of Bread sliced thin and the Boiling milk or Cream powred hott upon it and when its Cold add 4 Eggs leaveing out two Whites well beaten and Mix them and a good handfull of Currans and Raisons well Cleaned and Stoned and when you put into the Oven put half a grated Nuttmegg, some Sugar and Melted Butter with a Spoonefull of Sack or Brandy, all mixt well together as you put it into the Oven. Plump the fruit before you Mixt it, a little Baking will serve. You may make the Same Pudding boiled onely adding a little flower to Buind it. Some times I put Marrow Instead of Butter. But think Butter better.

At the Unicorn, *over against the New Church, near the* May-pole *in the* Strand, London, *lives* I. Inglish *from* Edinburgh, *who alone is Authorized by his* MAJESTY *to Make and Publish*

Dr. Anderson's, *or,* The Famous Scots PILLS:

SO universally known and approv'd by the most eminent Physicians and others of all Ranks for their rare and singular Virtues; and particularly as a very Soverein Remedy against *Diseases* or *Pains in the Head, Stomach* or *Bellies* of Men, Women and Children, but especially against *Giddiness* and *Megrims, Palsy, Deafness, Weak* or *Bleard Eyes, Want of Appetite, Cooler, Melancholy, Phlegm, Gross and Thick Humours, Worms, Palenes, Green-sickness, Barrenness, Defluxions on the Lungs or Joints, Rheumatism, Gout, Gravel, Stone, Scurvy, Dropsy, Cholick or Gripes, and all Obstructions*, and the most effectual Remedy yet known for those that are Costive, and therefore convenient for all Travellers by Sea and Land. They are known also to be of excellent Use (Two or Three taken at Night) before drinking of *Epsom, Tunbridge*, or any other *Medicinal Waters*. They are so accommodated to all *Ages, Seasons and Hours*, that they are safely us'd by *Women with Child, Infants, and decrepid old Persons, Summer* or *Winter*, at any *Time* of the Day, without regard to *Diet*, or hindrance of *Business*. Their *Operation* is so gentle, pleasant and effectual, that by Experience they are found to exceed any *Medicine* hitherto published, The Dose is from 5 to 11 after Dinner, Supper, or hard Drinking, as may be seen more at large in my Papers of Directions given with the said Pills.

☞ Their Excellency is sufficiently demonstrated by the multitude of Counterfeits that endanger Peoples Lives; in order to prevent which, I have frequently given notice in the *Gazette*: But notwithstanding that, and my having the only true Receips, and the King's Authority for publishing their excellent Pills; yet there are some covetous Persons of late, who, tho they have been manifestly proved and publish'd Cheats and Impostors, have not only counterfeited them, but stolen Title and Directions *verbatim*, and give them out with their Trash. Wherefore prevent such Abuses in the Country, the only true Pills are sold by Mr. *Hodges* Bookseller in *Derby*; Mrs. *Cookes in Shrewsbury*; Mr. *James Buchanan in Rotsford*, Mr *William Ward* Bookseller in *Nottingham*; Mr. *Edmund Asseston at Preston in Lancashire*; *Wyat in Worcester*; Mr. *Richard Lowry* Haberdasher of Small-Wares in *Kendal, Westland*; Mr. *John Addison* in *St. Martins* in *Stamford, Lincolnshire*; Mr. *Smith* in *Neweast Richmond* in *Yorkshire*; Mrs. *May* Bookseller in *Exeter*; Mrs. *Banks*'s Coffee-house in the *Minster-yard* in *York*; Mrs. *Kebblewhite* in *Newport* in the *Isle of Wight*; Mr. *Harris* in *Sarum*; Mrs. *Staples* at *Boston, New-England*.

☞ To distinguish my Pills from those of *Impostors*, you are desir'd to take Notice That my Boxes are seal'd on the Top (with black Wax) with a *Lion Rampant Three Mullets Argent*; Dr. *Anderson*'s Head betwixt I. I. with his Name round *Isabella Inglish* underneath the *Shield* in a *Scroll*.

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

THE DOSE.

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

THIS TINCTURE amongst all the other prerogatives hath Vertue of preserving from the Plague, and from all other Contagions.
Keeping the body Cleanse in Health.
It is good against the Beatings of the heart, or Ear Aching, removing Lethargy, Melancholy, Confusion, the purified Humors of the body, with Eases Melancholy, Confusion the purified Humors of the body, cleansing Entry vomitte from Lipturiny of the Sinews, keeping it wooline, and strengthens it Entirely.
It cures the VERY PLAGUE, and other PESTILENTIAL DISEASES.
It is good against all Bitings of VENEMOUS CREATURES Especially of Scorpions and Mad Dogs, and other Creatures or Beasts of both Land or water, Taken at the Mouth and applyd to the wound on the out side.
It perfects from Poisons, Taken before or when Fevers Infection and Epidemic are at the Poison Fever, in which Case the Patient must not omit the being laid Tracte in weal is often.
It helps very much, before that from, and aswell, and an Know Defeate, Conditions, sickness were poisoned.
It is a better Remedy against all Agues, preventing, the Rigor of Fits, Taking this Tincture or 4 times before the Fits, Agues, Excepting Quartane Ague, but not in the beginning, the matter, and Cause being Rare.
It perfects from Pallens and Melancholy Agues, and cures them.
It excellent wind from the Stomack, it is good against the Pains in the Entrailes, Vomitting of the Gutts, Tinnen the sides, occasioned from Vlcers and Melons, it cures the Dropsie, and the Phthisick in the beginning the first taken.
It Internghtens the Eye sight, it excellent good for All Internal Diseases of the head, Palsie sickness, Apoplexy, Palsey, stops the Flux, and Rheumes paralleling Sleep.

[illegible] Decon Counterfeits
[illegible] of this our new Stamp
for the Truth of which Vvee annex our
Seal in Magnent.

el Pudding.

or Cream according to the bigness of
La pint and Half) and a Stick
and the Boiling milk or Cream
and when tis Cold add 4 Eggs
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Little Baking will Serve. You may
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I. English from Edinburgh,
MAJESTY to Make and

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James Buchanan in Rickford, Mr
Aasleton at Preston in Lancashire;
e of Small-Wares in Kendal, We
d, Lincolnshire; Mr. Smith in Ne
in Exeter; Mrs. Bank's Coffee-
ampers in the Isle of Wight; Mr.
nd.

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THERIACA ANDROMACHI SENIORIS

Divinum Inventum.

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

LA DOSE SARÀ.

A Li giouani, e quelli di virile età al petto due ò tre scropoli sola, ò con vino, o con aqua mulsa, ò altro liquore.
Alli vecchi 1. drama, & il medesimo peso si darà ne Veleni, nella Peste, e per preseruatiuo vno scropolo, hauedo sepre riguardo alla qualità della persona.

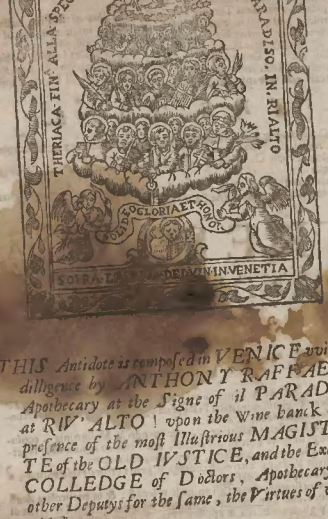
UENETIA, M. DCCVII.

Presso Domenico Milocho.

Con Licenza de' Superiori.

452.

L. Lansborough



THIS Antidote is composed in VENICE vvith all dilligence by ANTHONY RAFFAELLI Apothecary at the Signe of il PARADISO at RIV' ALTO ! vpon the Wine banck in the presence of the most Illustrious MAGISTRATE of the OLD IVSTICE, and the Excellent COLLEDGE of Doctors, Apothecarys and other Deputys for the same, the Virtues of vvhich videlicet.

Mr Boorns.

THIS [illegible] having been Counterfei[illegible] is the Occasion of this our new Sta[illegible] for the Truth of vvhich vvee annex o[illegible] Seal in Margent.

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

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

It cures the Very PLAGVE, and other PESTILENTIAL DISEASES.

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

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

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

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

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

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

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

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

At the Unic[illegible]
in the Str[illegible]
who alone
Publish

Dr. And[illegible]

SO universally [illegible] all Ranks for [illegible] reign Remedy ag[illegible] men and Children [illegible] or *Blear'd Eyes*, *Wa*[illegible] *Worms*, *Paleness*, *G*[illegible] *Gout*, *Gravel*, *Stone*, [illegible] effectual Remedy ye[illegible] all Travellers by Sea [illegible] or Three taken at N[illegible] *Waters*. They are so [illegible] ly us'd by *Women with* [illegible] *Time* of the Day, wit[illegible] is so gentle, pleasant [illegible] any *Medicine* hitherto p[illegible] hard Drinking, as ma[illegible] the said Pills.

☞ Their Excellen[illegible] feits that endanger Pe[illegible] ven notice in the *Gaz*[illegible] true Receipt, and the [illegible] there are some coverou[illegible] and publish'd Cheap an[illegible] Title and Directions [illegible] prevent such Abuses in [illegible] seller in *Derby*; Mrs. *C*[illegible] *liam Ward* Bookseller in [illegible] *Wyat* in *Worcester*; Mr. *R*[illegible] *land*; Mr. *John Addleton* near *Richmond* in *Yorkshire* in the *Mercer-yard* in *Tor*[illegible] *Harris* in *Sarum*; Mrs. *St*[illegible]

☞ To distinguish my [illegible] That my Boxes are seal[illegible] *Three Mullets Argent*; Dr. *Isabella Inglish* underneath.

I hope this will not give you the trouble of writing unless you should bee as well as I wish you; but by the account you gave me of your illnesse yesterday I can't hope for that, & I am tempted to write this to let you know Doctor Lower used to give Glisters of fatt broath for the Distemper you complain off, if you have grips with it, I have known a glister of butter fresh made with out any salt doe a great deal of good; & Doctor Lower I remember gave that once to my lord Marlborough perhaps you will think this very odd in me to proscrib to you that are so knowing in these things, but when one is sick one does not think so well as others, & I should bee glad to send you a remedy both for body & mind

Inn: the 16th friday

Mr Chair.

Mr Chairs Drinke for the Lungs Cruble

Take ~~a gallon~~ two quarts of Running Spring water, one handfull of whit Archangell flowers, bruised sweet fennell seeds, & Annisseeds of each an ounce, Sarsaparilla and Sassafras, of each a quarter of an ounce, Cut in small peeces, of Clowe work, one good handfull, one ounce of Liquorish Scraped, & Sliced thin, ~~and the rind~~, put all these into a Skillin and boyl them on a very soft fire till a third part bee Consumed, then strain out, put to it to ounces of Honey of Roses, take a quarter of a pint at a time, in the morning fasting, at 5 a Clock in the afternoon, and when you Goe to bed, for 6 weeks Spring & fall, at least. a Child may take less.

The Clowe work, & Archangel flowers must bee Gathered in their Season and kept dry.

Mrs Burrood.

To Pickeery red Herrings.

Skin & bone 6 red Herrings, Weep them in the Skin & bone them over a soft fire & let Simmer but not boyl, for 2 hours, then fry them in butter then power the butter from them, & shake them with fresh butter and Mushrooms, & Serve them with Balls made of fresh fish, Crumbs of whit bread, Sweet herbs, Spice, & butter, rolled up with flower, & fryed, y fresh fish Must bee boyled.

For a Speed in the Eye or Eyes.

Mr Hodder

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

The famous neck plaister for Eyes in the Eyes.

Dr. Harrison.

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

Make it up after this Manner.

Ld. Chichester.

My friend Harrison

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

To Make fruit Jeff

Sr Scarborough

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

Within 14 days after Midsummer day take Vervain, Pimpernell, and bettony, of each one handfull, stamp and strain them, then boil the juice with y quarts of Whit Vine till a quart bee wasted, strain it through a linen Cloth, and set it on the fier again, put into it a pound of Rossin finly beaten, 4 ounces of Virgins wax, minced smale, and one ounce of Mastik in fine powder, boyl these together in the wine till they bee melted and dissolvd, stiring it well all the while, take it off the fier and put in one pound of Venis Turpintine, stiring it well til it bee Could, then the salve wil float above the wine, take itt off and worke it well with your hands and make it up into roules.

It is good for all ould & new soar, it Cleanseth and healeth more in a week then any other doth in a month, it forceth all dead flesh, and keepeth a Soar allways Clean, tis good for the brawne of the sinews how to ever they bee Cut or hurt, it is good for botches and boyles, it draweth out a thorne, it is good for Venamous biteing if Layd on in time, & for prickings it ripeneth imposthume, it Cureth the Canter, fistula or fellon, and draweth out the Core, if it bee first filed with the white of an egg & dayses roots

J. Hatton.

Take the Moles alive in March (that beeing the only time to make it,) Cutt the throats of them and let them bleed into a pewter dist when it has dun bleeding rip it down the Belley, and take out the Lungs and Guts, put them to the blood, and set them all into an oven after bread, and take Care the oven bee not so hot to parch them, when they are drye on one side turne them and scrape up the blood, and turne that likewise, so keep turning till they are drye enough to powder, then keep them up Cloase in a box, well pasent, and as you have ocasion to use it beat and searce it.

This powder must bee given too or three days before and after the new and full of the Moon, or when you find a fit Comeing or betwixt fits if they Come often, as much as will lye upon a Mill'd Groat to a Child, or a six pence for a biger person, in a spoon full or too of New or black Cherney Water.

a Carrot puding

Mr Mountney.

Too large Carrots Grated, a penney Loaf Grated, y eggs beat, sugar and Nutmeg to your tast, and likewise salt, Mix it well and stir in a pound of Melted butter, and so bake it halfe an hour.

Orrang Mormalad.

Cousin Hanshaw.

Take 12: Orranges, Grate off a little of the Rhind, then quarter them and take out the Meat, lay ye peels in Water two or three days to steep shifting the Water twice a day; pick away all the Skins and seeds from your Meat, and Strew a little Sugar over them to preserve the tast while ye peels are steeping; then boyl ye peels very tender, and scrape out the soft whit within them with a knifex, dryse them well in a Cloth, and beat them in a Mortar or Slice them very thin, which ye like best, but leave out b: of the quarters or they will bee to Much for the pulpe, then put the Meat to them and Mix them well with the Whol Weight in Sugar, boyl them slowly, puting in at the later end juice of Seaman or orrange to your tast.

Snayle Watter

Take 2 handfulls of unsett Hyssop, 2 handfulls of Hone Young, so Snayls washed & wiped dry with a cloth, 2 qrs of an ounce of yellow Sanders, chop all these together & put them into a cold still with 2 qarts of new milk Let them steep all night Still them the next morning & let it drop upon Sugar Cand: Write by me

M Grantham
April 9 1719.

Dr Ralph's biper drinke that hee gave mee for the scorbutik pain in my kneed, taking Shira picara one day first.

Take Tops of Centrey, & Roman wormwood halfe an ounce; Gentian root one ounce and halfe Skied; Coriander seed, the lesser Cardamums, of each one dram beat, infuse these in halfe a pint of boiling Water, then strain it out it must bee halfe a pint when strained, then add to it Nephretick Water, b: ounces; Compound Pioney Water 2: ounces; take 4 5: or b: ~~ounces~~ Spoonfulls every Morning and 3 Spoonfulls everey eenening

Mrs Hardings backed Puden.

Slice a penney loaf and power upon it a quart of Milk if Countrey Measur, 3 pints if London, Scalding hot; let it stand a little to swell the bread, then break it well with a Spoon, and while it is Warme put into it a pound of beef hiet very fine Shred, and b: eggs well beat, a little salt Nutmeg, & Sugar, to your tast; backe it either in puf past or otherways as you please.

Balls Bread

to too pound of flower as much salt as will ly upon a halfe Crown, a great Spoonfull of thik yest, Wet it fit to Make up with Warm Milk, throw it upon a dresser, or in the bowl about 30 times then Make it up.

A Whit fricasey

Mrs Harrison. Cut your meat in peeses and lay it in water an hour, then fry it in buter till tis a pale brown, then Cover it with Cream and put in, onion herbs and Spice to your tast, Stew it till the Cream thikens, then pick out your Spice and herbs and put in a Spoonfull or too of Whit wine and as much Grave a bit of buter, and a yolk or too of an Egg according to your quantetey of Meat, Shake it quick over a Very hot fier & dish it up.

To Make Liver Pudens.

Aunt Harrison. Take the Guts of a young hogg, wash them very Clean and lay them too or three days in Water take the liver of the same hogg and boil it till it will Grate Very fine, take to it allmoast the weight of beef Suet Shred very fine Season it With Salt, Cloves, Mace, nutmeg & Sugar to your tast all fine beaten, then put in too pound of Currants, a pint of Good Cream, a quarter of a pint of Rose Water, a penne loaf grated, and 3 eggs beaten & Strained, mix it Well together to such a thikness as Will fill the Gutts, prick them & put them into boyling Water for halfe a quarter of an hour, then take them up and Say them upon Straw to Cool, take Care you dout bie them too hard nor too Slack for fear they burst.

A. Harrison. Take 3 pints of Cream, what Sinamon a little nutmeg Shied, and Scald it, have a penney loaf Shied Very thin, and the Marrow of too bones Shee the Marrow and lay that on the botum of ye dish upon the Marrow lay the bread, then Rasins of ye Sun Stond upon the bread, then Marrow again as before, to the 3 pints of Scalded Cream put 9 yolks of Eggs Well beaten with Rose Water, Sweeten the Cream to your tast, with a little Salt, So fill up your dish With it, bache it and when it Comes out of the oven Searce a Very little fine Sugar upon it

Harts Horn flumerey

A. Harrison To one pound of Harts Horn put 3 pints of Water, boyl it fast till it Comes to halfe the quantetey, let it Stand till tis Could, then blanch and beat halfe a pound of Sweet almands, very fine with Orrang flower Water to keep them white, then Melt your Jelley and ~~and~~ Stir it in, Sweeten it to your tast and put in Seaman peel if you like it, Strain it through a thin Cloth or fine Seine, and Set it to Jelley, eat it with Cream or Seaman Cream.

You May doo the Same with Calfes foot broth.

To Make Lacages

Tak two pound of beef suet, and one pound of Veal or pork, Shred them very smal, then take a good handfull of Sage pretty smal shred, Mix it amongst the meat with a little peper salt and nutmeg, Make them up with Egg when you use them, fry them with Good beef suet.

To Cure a Cancer

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

Abstain from salt & sower things as much as possiable

For A Cansorous Humer

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

takeing this and being purged once A week or fortnight, with mercureuos dulleus cured what was thought, A Cansor in my mouth,

Mrs Barron.

Cowslip wine

P. Betty Hill

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

if you like lemon in it, you may put the Juice of eight lemons, & half the peel pared thin, into the vessell with the peeps of the flowers, & pour your liquor to it, — —

Taken out of Dr Rivesace his book.

To stop Vomiting in a Maligniant feaver.

One Scruple of Salt of Wormwood, with a Spoonfull of Juice of Lemmons,

℞ Rad. Eidoar. pulv.
Zijß. Cudly. b. Lim. pulv.
℥j. Sal Armon. depurat
℥j. Gum. Ammon. solut. &
colt. ℥j. Pil stomach. ℈ß
Elec. Prop. q.s. M. F. Pil
Med. pp. iij vel iiij mane
& vespi. sumenda

Jul. 1. 1708

Dr Works direction for Nan Gale to take ℥ss or ℥j. at a time in one Spoonfull of the Linseed oyle for ℥ Weeks, and Repeat it upon Occasion.

well of Squills to too
on Water, Shake the
one Dre it and take one
morning and one in ye
time that you are
you may take too.

th the Honey in them
to the Consistency of an
pon Sheeps skin and h

Shut the nasal pore
ears outs

one pugils Red Sanders
vi Seraph & what Reason
of each one ounce, boyld in the broth of a Weathers head, then in Nine ounces of the Strained Liquors dissolve ℥ ounces of Confecta de Hiacinto, Conserve of Roses forced through a Sieve halfe an ounce and one Egg: Mak all into a Clyster and give frequently while there is occasion.

Take Seabrow water and Cardus water, of each ounce and halfe Syrop of dry'd Roses one ounce, Coral and pearle Prepared, of each halfe a Scruple, Bezoar Stone ℥ grains, Confectio de Hiacinto halfe a drame Mix all these in Julep which give twice a day.

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

Pills for Dr Rivesace.

Herb-Juices for the Scurvet.

Lt: Lee.

Take brookline, water Cresses, Dandelion, Groundsel, Ivey, Fumeterey, and Scurvie Grass, of each an equal quantity, pound them in a Stone Morter and strain out the Juice, first halfe as much juice of Orange as the Juice of the herbs, take ℥ or 10 Spoonfulls in the Morning fasting and as much between dinner and Supper, it must bee fresh every time.

A Syrop for a Cough.

Bishop of Salisbury.

Take 6 handfulls of Gill, and as much of Sanicle Royall boyl them Gently in a quarts of Water till it come to one, then strain it and put to it too pounds of Lisbon Sugar, or Moon Sugar Candy, boyl it to a Syrop & Skum it well.

Taken out of Dr Riverous his book.

To stop Vomiting in a Malignant feaver.

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

For the Hisick.

Put one ounce of Oximell of Squills to too ounces of Smal Synamon Water, Shake the bottle every time you Use it, and take one Spoonfull in the Morning and one in y Levening or at aney time that you are taken ill if Very ill you May take too.

For a bruise.

Take Honey Comes with the Honey in them boyl them in Wine to the Consistencey of an Oyntment, Spred it upon Sheep Skin and so aply it to the bruise.

For a bloodey Flux & Smal pox to a Child five years old.

Take Red Rose leaves one pugit, Red Sanders halfe an ounce, Liquoris Scrap & whol reason of Each one ounce, boyld in the broth of a Weathers head; then in Nine ounces of the Strain'd Liquor dissolve 3. ounces of Confectio de Hiacinto, Conserve of Roses forced through a Scive halfe an ounce and one Egg: Mak all into a Clyster and give frequantly While there is Occasion.

The Julip belonging to it.

Take Scabious water and Carduos water, of each ounce and halfe Syrop of dry'd Roses one ounce, Coral and pearle Prepard, of each halfe a Scruple, Beasor Stone 3 grains, Confectio de Hiacintio halfe a dramm Mix all these in Julip which give twice a day.

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

Thus far Dr Riverus.

Herb Juices for the Scorbut.

La: Lee. Take brooklime, water Cresses, Dandelion, Ground Ivey, Fumeterey, and Scurve Grass, of each an equal quantetey, pound them in a Stone Morter and Strain out the Juice, put halfe as much juice of Orrange as the Juice of the herbs, take 8 or 10 Spoonfull in the Morning fasting and as much between diner and Super, it must bee beat fresh every time.

A Syrop for a Cough.

Bishop of Salsberrey. Take 6 handfulls of Gill, and as much of penne Royall boyl them Gentley in 2 quarts of water till it Comes to one, then Strain it and put to it too pounds of Lisbon Sugar, or brown Sugar Candey, boyl it to a Syrop & Scum it well.

Lady Ann Courtney

For the Lassie,

Take of the roots of Gallingal, Angellica, Elicampane, each half a dram. of mace, & saffron each a dram. Gascoins powder with Bezor one dram and a half. mix all these finely powdered, then devide them into 20 papers, wherof you may take one in a Glass of any wine, 2 or 3 times a day if you think fitt.

Mrs Verney — For past for tarts, the quantetey is halfe a pound of buter to a Quart of flower.

L. Lansborough — For Vineger the quantetey is 3: pound of Mattiga reasens to a Gallon of Water,

For a Single tart. a quant of Goosberreys 6: ounces of Suger, a little less then a quarter of p: of buter, and a little less then a quarter of a pound of ~~buter.~~ flower.

Weight for weight for Nicher puff past Vould in Cold.

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

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

A Bill of ffare to direct a Young House=keeper for setting forth a Table.

Boyld=meates.
Beefe.
Red-deere.
ffollow=deere.
ffawnes.
Rowbuckes.
Kiddes.
Bacon.
Mutton.
Veale.
Porke.
Lamb.
Neates tonges.
Vdders.
Neates ffeete
Bullockes Head.
Trypes.
Calues=ffeete.
Calues=Head.
Appurtenents of
Mutton
Veale &
Lamb.
Sheepes head & ffeet.
Hares.
Rabbetts.
Duckes.
Pigeons.
Geese.
Hennes.
Chickes.
Capons.
Turkes.

Roast=meates.

Fallow=deere.
cutt in Joyntes
like mutton.
Row=bucke.
Hawnes
Chines of Beefe
of Mutton
of veale
of Borke.
of Bacon.
Neates=tongues
A Hogges=head.
A Hoyes=Hastlett
Cowes vdders.
Pigg.
Kidd.
Rabbetts.
Hares.
Hennes.
Capons.
Turkes.
Chikens.
Geese.
Duckes.
Howles of all sortes.
Pigeons.
Quales.
Partridges.
Phesants.
All small birdes
Swann..

Stew'd=meates

Beefe.
Mutton.
veale.
Lambe.
Borke.
Ox Cheekes.
Neates ffeet.
Tripes.
Calues head.
Calues ffeete.
Sheepes head & ffeete.
Venison.
Rabbitts.
Duckes.
beefe pallets

Fryed=meates.

The hinchpinn of
a Deere and
Humbles.
Beefe=collopps
Scotch collopps
of veale or
of Porke.
Fricatyes of
Chickens
Pigeons &
Rabbets.
Mutton stakes.
Collops & egges.
Clarey & egges
Bacon Froyze
Amletts
Calves ffeet
Sheepes ffeet.
Hogges inwards
Appurtenants of veale
Pan=puffes.
Pan Cakes
Fritters.

Housed meates.

Collar'd Beefe.
Pigg
Turkey
Neates ffeet
Brawn.
Souse.
Trypes.
Adobaved Porke.

Babed=meates.

Venison.
Beefe.
Porke.
Veale.
Lamb.
Mutton.
Hare.
Goose.
Mince Pyes
Humble Pyes
Calves feet pyes
Neates tongue pyes
Potato Pyes
Artechoake Pyes
A Trotter Pye
Petit pastyes
A Turbe Pye
Goose gibbett Pye
Swan pye
Peacocke pye
Ducke pye.

Fish.

Stew'd Carpes.
Stewed oysters.
Butterd Cray-fish.
Shrimpes.
Crabbes.
Lobsters
Boyld Ling
Boyld Codd
Flounders
Oysters
Whiteing
A Coddes head
Salmon.
Cockles
Marrionetted Soales
Seabreames
Boyled Pearch
Fryd oysters.
Smelts.
Soales.
Whiteings.
Flounders.
Place.
Stewed Turbat
Thornback
Fryd Chine of salmon
Soused Troutes.
Sturgeon
Lobsters
Anchoves
Caviare
Botargo
Souced salmon
Eeles.
Broyled Eeles
Eele Pye
Chard Pye
Lampre Pye
Salmon Pye
Oyster pye
Troute pye
Boyled sprattes
Macburell
Pilchards
Herring Pye
Red herring.

Boyled Pikes
Tench
Mullett
Pickled scollopps.
Pickled Oysters.

Puddings, Cakes, Pulse.
and Bread.

Oatemeale Puding
Dumplings
Quakeing Pudding
A Calves foote
A Peth
Biskett
A Baked
A Bagg
A plaine
Black
White
Marrow
Cowslip
Liver
Rice
Hasty
} Puddings
Sassages without skins
Porke sassages with skins
Ffore'd meate
Greene
Apple } Tanseys
Ffloummery.
Boyled Eggs.
Poached Eggs
Tartes of all sorts
Plumme Cakes of all sorts
Plaine Cakes of all sorts
Wiggs
Bunnes
Shrouesbury Cakes.
Biskates
Macaroons
March=panes
Pan=de=lo
Cheese=cakes
Houshould bread
Wheate bread
Manchett
Cheate bread
ffrench bread
Rye bread
Misslen bread.
ffurmety
Butterd Rice
Wheate
Rice pottage
Pease pottage

Rice milke
Pannada
Egg caudell
Oatemeale Caudell
Milk pottage.
Water greavell.
Sugar soppes.
Oatemeale pottage
Strong broath
Chicken broath
Gelley of veale, or
Calves ffeet
Butter'd Eggs
Milk=papp.
Water papp.
Sack possetts
Gelley of Jeeinglasse
of Hartes horn

Cold meates & salletts
and Rootes.

Gammons of Bacon. A spanish dish of a Hogges head.
Potted venison
Collard beefe
Sparribb.
Hung beefe.
Neate tonges
Bollogna sassages
Anchoves
Caviare
Botargo
Olives
Capers
Ogle
Eldervinager.
Oranges,
Lemmons,
Almonds.
Currants
Hard Eggs.
Broome=budds
Sampyre.
All green salle hearbes
Raddish Codds.
Horse Raddish.
Cowcumbers.
Burrage & buglosse flowers
Cowslip flowers.
Clovegilliflowers.
Purslain
Radishes
Butterd Parsnips.
Turnops.
Carrets.
Cabbages
Savoy cole
Colley flowers
Artechoakes
Potatoes
Pease
ffrench beanes
Skerretts
Cardus
The great thistle
Beanes
Sparragus
Coleworts
Spinage

Butter, cheese.
Creames.

Fresh
Salt
Almond } butter
Sugred

Chedder
Chesheere
Parmasan
Angeletts
Thick creame } Cheese
Thinne creame
Two meale
New milke
Slipcoate
Sage

Plaine
Clouted } Creame
Hooles
Sullabubs
Custards
Fresh cheese
Almond
Codling } Creame
Creame with sweetmeats
wild curdes
Fruite
Whipt
Cabbage } Creame
Junkett
Holland Cheese

Sweetmeates fruites
Drinkes.

All preserved fruites wett.
Marmalade of all fruites
Jelleyes
Clearecakes } of all fruites
All fruted dryed with Sugar.
All fruites dryed without sugar.
Raw fruites.
Mellons.
Grapes.
Peaches.
Peares.
Nectarins.
Apricockes.
Apples.
Plumes.
Raspryes.
Strawberryes.
Gooseberryes.
Mulberryes.
Medlers.
Sarvices.
Philberds.
Wall
Small } nutts.
Chest
Coriander berryes.
Higges.
Cherryes.
Currans.

Canary wine
Clarrett
white
Rasberry
Goosebery } wine.
Cherry
Syder
Meade
Lemonada
Perry
Cowslip
Curran } wine.

A meickstuer of Severall dishes 501

out of which a yong housekiper may make Choys of what is
Sutable to their fortun and Estat: most of thes things is prop
for littell dishes beetwin
A dish of butter plan or all mons the great ones,
Chees of all sorts
Biskets of all sorts
Cakes of all sorts
parm pose
Brues
all sorts of Stud frutte
all ways of dressing Eggs
hasty puding
All sorts of backed pudings
All sorts of boyld pudings
All sorts of hoggs pudings
All sorts of fride pudings
All sorts of Soused ~~pretts~~
risse millke
Barle milke
milke poredge
furmety
peese poredg
all sorts of watter gruell
all sorts of brothes
all sorts of Earbe poredg
all sortes of Cadells
all sorts of Jelles
all sorts of Cremes
all sorts of tamseys
Claney and Eggs
All sorts of possetts
peese poredge
Collope and Egs
All sorts of Custards
All sorts of Silobbes

Otte Cakes
fixing Ottecakes
~~All~~ All sorts of Cheese Cakes
All sorts of pann Cakes
All sorts of fritters
witte potts
buttered weette
A frase
All Inwards of besstes
All tarts
parsnepis
Savey Colle
Colley flowers
Caldeg
Spinedge
~~Spacreigos~~ Espacreigos
Seanetts
Heartychokes
Colle and backon
beenes and backon
peese
beenns
french beenes
Salletts of all sorts
turnipps
Caretts
All sorts of frutte
All sorts of Sweet mettes
~~Jelley of fleth~~
frickeses
An amlett
Chesnuts
wall nuts

Sweettmett
Stud peares
Waffers of all sorts
all frut both plane and Canded raw
potates
a stud Hogghed in the spaines fashon
presed and Could
Sasedgees
Colered Beefe
Chocalaty
Andolthos
Olives
Capers
Anchoues
Caueavey
pickelled beans
pickelled Coucombrs
pickelled Oysters
pickelled scolops
Drid backon
dinde beefe
drid tongs
Crabs } both butered on littell dishes
lobster
Crafish } the same
shrimpes

Drinkes proper to be mayd in the Cuntrey

Mead
Coueslipe wine
Cherey wine
Resbery Wine
Curen wine
Gousberys wine
Lemonatha
Sinnomon Wine
Aeae
Resen wine
perey
Small Ale
all sorts of Wine

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How to order each Herbe or Flower before it is distilled

First a soft Fire maketh sweete water and sweetnes to continue long.

2dly Coales still the best Water.

3. Wash nothing that you will still: but wipe it with a cleane Cloth.

4 All Hearbs Flowers and Seedes must be gathered when the Dew is of them.

5. That which You will Still must lye at the least sixe houres before you still it.

6. All Spices corrupt your Water, except Ambar Gris, Civett & Muske.

7. Scumm your water well.

8. Keepe your Still very cleane.

9. Wash your Still but not often; then dry it with a dry Cloth.

10. A Glasse Still is best.

11. Borrage must be distilled the hearbe with the Roote chopped together.

12. Hysope the Leaves stripped from the Stalkes, when it bares blew Flowers.

13. Camomile in the midst of May the hearbe and Flower being chopt together.

14. Dill x the Hearbes in the beginning of May.

15. Fumitory the whole Substance chopped in the End of May.

16. Mint either red or other; the Hearbe stalke & Leaves chopped in the middle of May.

17. Roses cutting away the white Endes of the Flowers.

18. Rosemary the Flowers Budds and Leaves stripped from ye Stalke in May in the Flowering.

19.

19. Centory the Hearbes and Flowers chopped in the end of June.

20. Violet Flowers in Aprill.

21. Wood bynd the Flowers in the beginning of June.

To know the right Besar Stone.

Take a peece of cleane Paper and rubb some Chalke on it: then rub your Besar Stone; if it be good it will make the paper yellow. You may try it thus to take a wire, and make it red hott in the Fire, then touch the Stone: if it be good it will not stirr, if it be bad it will hisse & enter into it

A pound physicall consisteth of 12 ounces, a pound comon consisteth of 16, An ounce consisteth of 8 drames, A drame consisteth of 3 scruples, A scruples consisteth of 20 graines.