



Early 18th
Cookery MSS



2286
A. 151



MARY
BAKER



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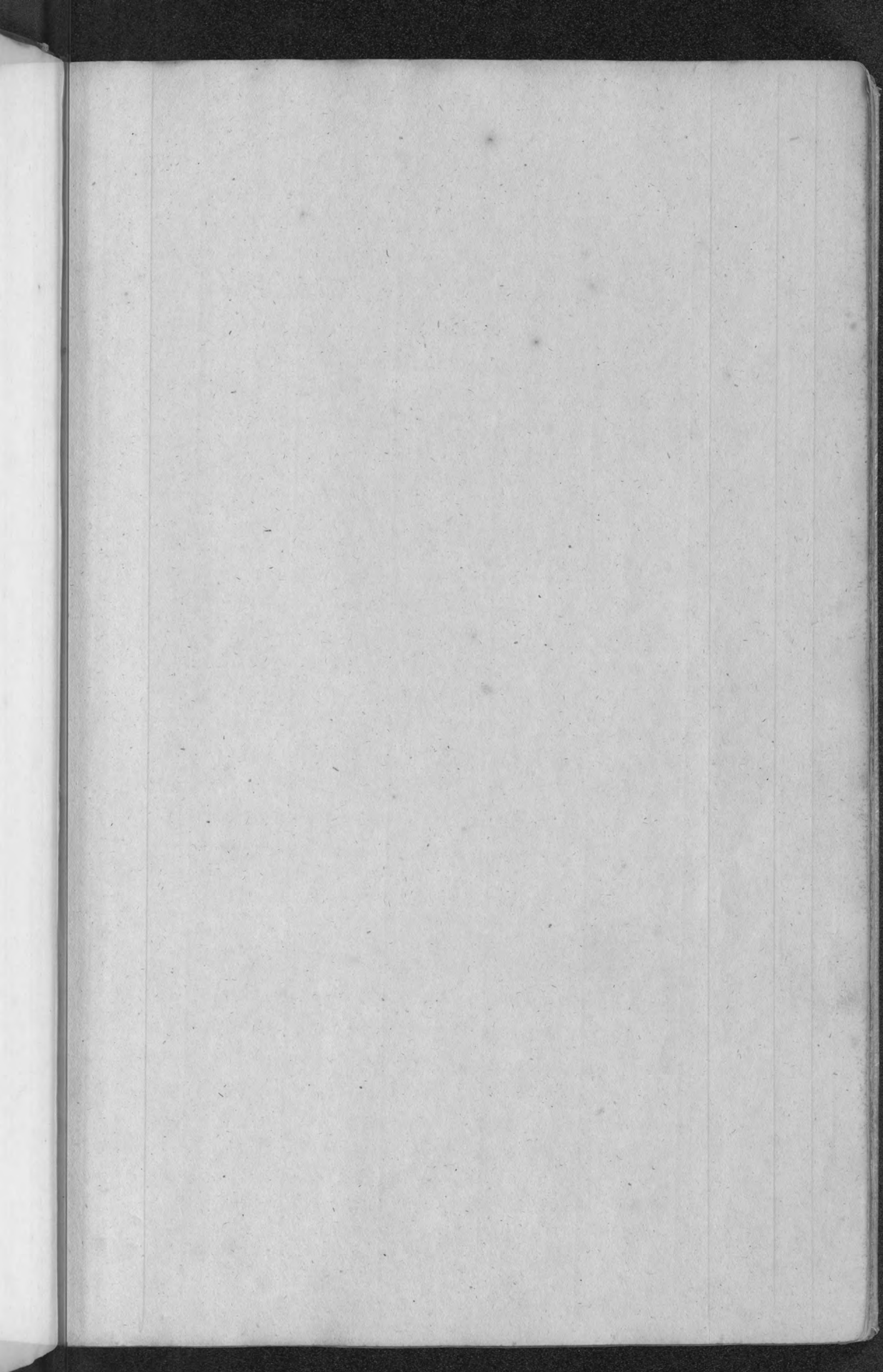
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five halves
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Take a
handful
Saffron
one Gallon
quart of
the first
on White
Boyle, it
morning
five small
small;

To Make Cheescakes

Take a Gallon of Milk and sett it very tender then take a pint of Cream and cut your Spice into the Cream and Boyle it then thicken the Cream with grated Bread and boyle it upon the fire till it is as thick as curds then take threequarters of a pound of Butter and slice it into the curds then rub the Curds Butter and pass through a sieve put in five Eggs and take out halfe of the whites put Corrants and sugar according to your Mind —

2

To Make Seed-Cake

Take two pound of flower one pound of butter one quarter of a pint of Cream and a quarter of a pint of Sack the Yalks of four Eggs one pint of yest mix these altogether and let it stand before the fire halfe an hour then take one pound of Carranways and mix it well together and put it into the oven and let it stand threequarters of an hour before you draw it out;

3

To make Milk-Water

Take of Spirement. Balme and Risope two handfulls, Ground Ivoy & handfulls, of Nutmegs & Balsam of Tolu, one ounce of each Infuse all in one Gallon and halfe of Milk from the Cow & one quart of Sack Distill all in a cold still and mix the first and last running together and let it drop on White-sugar Candy put an ounce to a quart Bottle, it should be put together 4 hours in the morning before you still it your herbs must be shred small, your Nutmegs & Balsam powdered small;

Take these following herbs as they come in y^e Spring & sort at a time & distill them in strong-beer or floor grounds, gather your herbs a day before you use them that they be dryed let them steep in y^e grounds 6 or 8 hours before you still it in your Limbeck. take enough of y^e grounds to draw 5 pints of strong-water from. keep it close stopp till you have stilled all y^e herbs which are these; Sweet Margorum. Angelico. Rue. Balme. Spiremint Rose-mary. Time. Cardus. Wormwood. Motherwort. Mugwort. Fetherfoy. Scabious. Sanide. Iervine Burage. Pimpernell. Roman: worm-wood. Buglas Centry. Clivers. Tarrigon. Bitteny. Alehoofe. Egri-mony. Sandelion. Sinkfeild: Burnet: Salendine Dragons. put all the water into a wide mouth Glass, & put into it all these flowers & roots as you can get them, Rosemary. Clove-gilliflowers. Broom Ree Rose-buds. Conslips. Burage. Single-pinks. wall flowers. Melilot. Eloor. Marigolds. Single-pineys. Violets. Clary, of all these flowers a large handfull Walnuts 40 before they are shelled. Tormentel roots 4 ounces. of Elicompane roots 2 ounces. of Horraddish one ounce. of Red Lock roots 2 ounces. of Vigworish 2 ounces. of Stimiseeds. Fennell seeds Coriander seeds. Cardimums of Each two ounces Cloves. Mace. Nutmegs. Cinnamon. & Turmerick of Each one ounce one pound of Raisons 1 pound of figs stone & slit y^e seeds bruse and put in all in to y^e stilld water: when all these things are in then have as much sack as their is water. & put in the third Ingredients; Venice Treacle. Mathridate. Dis-cordiam. & Saffron of Each one ounce y^e outer peel of 20 Lemmons & 20 Sivell Orengees lett all this be well mixt together standing three days & then still it in a cold still pasted up with a wet Cloth on the still head let it drop on White sugarcandy allow 2 ounces to a quart when you have stilled a Bottle let it be cold before you Cork it;

To make Elder Wine

Take what quantity of Elder-berries you please and measure them and as many quarts of elder berries lett there be so many quarts of water & so many pound of Sugar: then squeeze the elder berries. and put the water to them and let it stand all night. and then squeeze them out & put in the sugar to the Liquor: then boyle it an hour: and put in a few stons into the liquor and when it is a boyling Scum it and let it stand till it is almost cold. and then sett it wth a little Yest. and the day after tun it up. Forty quarts of Elder-berries Forty quarts of water and Forty pound of Sugar will make but one Kilderkin. and keep it halfe a year before you Bottle it;

6

For a Cough:

Take of Liquorish and Alehoofe and make a Tee with it and sweeten it with White-Sugar Candy and take it Morning & Evening

7

For the Small pox.

Take of Rue. Wormwood. Saige. Elder-leaves and red Bramble leaves of each a good handfull and bruse them very well in a Stone morber. and put to it one pint of Whitewine and halfe a pint of wine Vinegar let it steep one night then Straine it and put to it one Spoonfull of Beat Ginger. and shake it together and take one Spoonfull every Morning for Nine Mornings together and fast one hour after it; it will either prevent the distemper or cause it to be favorable

To make Ink.

Take two ounces of Gales. one ounce of Copperice. one ounce and halfe of Gum. bruse the Gales and put into the Bottle of running water 3 days before the other shake it once a day. A Quart Bottle.,

9

For the pain of the Head.

Take of Ground-Ivoy 4 handfulls. Salsaprella. four ounces. Salsafress wood four ounces one pound of Raisens of Sun. boyle all these together in a new Pipkin with 5 quarts of Spring water. till about a quart is consumed then add two ounces of Liquerish. and drink about halfe a pint in a Morning fasting. the like quantity .. when you go to bed.,

10

For the Consumption.

Take nine Ships harts flit them and take of all the fat. and cut all the strings within^{side} take them 24 hours change the water three times take three cloves to every hart. and three tops of Rosmary to each hart and halfe a quarter of Sugar to each hart. bake it in a Earthen pott with housal Bread. and make a cake of housal Bread. and stop it very close. Open it the next morning and then strain it out. put it in a Bottle. and take three Spoonfulls Morning and Evening.,

11

To make Elder-Wine.

Gather the berries when they are full ripe on a dry day. pick them from the Stalks put them into an Earthen pott and tye them down with a brown paper bake them wth bread and when they are so done let them

4
5
drear through a hair Sieve as long as any thing will run. to every Quart of this liquor put halfe a pound of Sixpenny Sugar mix the Sugar and Liquor very well together & put it up into a Vessell fill the vessell and stop down the Bung. but leave open a peg hole on the top with a peg loose in it for fear it should work and break the Caske. in a little while stop it down close. lett it stand very coole. in three months you may draw it into Bottles be sure your Bottles be very dry

12 To make Pancaks to frye without Butter

Take a pint of Cream and 8 Eggs halfe whites. then stir in a little flower and some Nutmeg and a little salt when you are ready to fry them melt a quarter of a pound of Butter and stir in you must rub your pan all over with a peice of Butter the bigness of a wallnut,

13 To make Aquamirabilis

Take three pints of White wine. of Elquarite & Juice of Celendine of Each a pint. one dram of Cardamums. one dram of Mellilot flowers. one dram of Cubils. of Gallinall. Nutmegs. Cloves. Mace. Ginger of Each a dram. mingle all these together over night. the next morning set them a Stilling in a glasse Limbeck. this admirable Water dissolveth the Swelling of the Lungs and restoreth when perished. it suffereth not the blood to putrefie. Neither need he or she break a vein that useth this Excellent water. Often it cureth the Heart-burn. and Expeleth Malencholy and flegm it Expelleth Urine and preserveth a good colour in the face and is an utter Enemy to the palsie take 3 Spoonfulls of it at a time Morning or Evening twice a week ~

14

To make Rice Pancaks

Take of rice well pick'd and water'd halfe a pound
and boyle it very well in fair water then being
could it Jellies then take Eight Eggs taking out
the Yeddles and 4 Whites being well beaten mingle
with them a pint of Cream. and as much flower
as will make it fit. put to the Batter a pound of
fresh Butter and fry them with ^{little} as Butter as may
be they are best if Mingled over Night;

15

Plague Water

Take Scordium. Rue. Agrimony. Rosafolis. worm:
wood. Salendine. Marigold flowers. Scatherfen.
Burnet. Balme. Mugwort. red Saige. Dragons
Pimpernell. Brown Mayweed. Scabious. Sorrell
Cardus Benedictous. Angelica. Aven. Bramble
tops. Spiremint. of each halfe a pound and Rosemary
one pound. Gentian. Tormentill. Cypress. Licom:
pane. roots of Each 2 Ounces. Steep them all two
days in Sack and White wine of each 3 Quarts
and then distill them;

16

To make Black Salve

Take a pint of Sallet Oyle. halfe a pound of
red Leo. a quarter of a pound of Rosin 3 ounces
of Turpentine. two ounces of Yellow Wax. Set the
Oyle over the fire and as it heats strow in the
Leo. Continually stirring of it till it be throuly melt:
ed then put in the Turpentine and wax. & when
they are throughly melted pour it into a Bason
of Cold water and when it is almost cold Oyle your
hands and make it into Bolls; this is good for
an old Soar or Green Wound;

17

To Preserve Goosberries

Take your Leargest Such Goosberries and to a pound of them
a pound and a halfe of Sugar then Stone your Goosberries
and put them into your Sugar then boyle them as fast
as you can till they are clear then take them and
glasse them out

To Preserve Raspberries

Take halfe a pound of Raspberries and halfe a pound of the Juice. and put to them a pound of Sugar so boyle your Sugar in your Juice till it comes almost to a Jelly. then put in your raspberries and keep them seething till they are through hott. then Glass them;

To make Turphit water

Take one Gallon of Aquavie. 3 Gallons of Poppes. three handfulls Buglas flowers. halfe a Gallon of Rose Buds three handfulls of Rosmary flowers. three handfulls of Saige flowers. two handfulls of Strkangle flower. two handfulls of Burage flowers. two handfulls of Marygold flowers. one handfull of Valenoine flowers. two handfulls of mother time tops & Pimpernell flowers. three quarters of a pound of figgs. three quarters of Raisons. three ounces of Juniper berries. one ounce of Viquorish two ounces of Cbmeseeds. halfe a quarter of an ounce of Safforn. one handfull of Dragons. two handfulls of Balne. two handfulls of Spiremint. two handfulls of Penceriall. two handfulls of Pimpernell. three or four stalks of Angellico. a little Rue. it must stand nine days;

To make Sirrup of Gilly Flowers

Take a pint of water put it into an Earthen pipkin. and put to this pint of water halfe a pint of White wine. if it be for one in a Consumption take in stead of a pint of fair water. halfe a pint of Runing water and halfe a pint of red rose water take a quantity of Clove Gilly flowers and cut off the whites and Infuse them in this Liquor on y Embers without boyling you may keep it warme all night. the next day put in a good quantity more of Gilly flowers when you take out the old ones so put in fresh every day letting it stand full 3 or 4

hours till the Gilly flowers you put in come out as well cullered as when they went in. then strain it out Clear. and take to every pint of this Li-
quor three pound Loaf Sugar dissolve it with a little fair water then put in the Gilly flowers Li-
quor into it and boyle it as fast as you can try it with a Spoon cooling it and when it is thick that it will rope it is Enough;

21 To make past of Raspberries

Take your raspberries and strain them through a sieve. then put into the Juice of your raspberries as many of the stones as you please. then Clarifie a pound of Sugar and boyle it to a candy height & put a pound of Raspberries into it and keep it stirring over the fire till it comes clear from the bottom of the pan. then lay it on plates and dry it and keep it for your own use;

22 To make Gelly of Currants

Take what quantity of Currants you please when they be ripe and strip them from the stalks put them in a Clean Earthen pithcher close stoppt put it in a kittle of water when it boyles and let it remain boyling till your Currants be white then stir them together and straine them through a sieve and take so much Loaf Sugar finely Searched as you have juice put it in a skillett and just wet it with water and boyle it while it candyes then put in your Juice and boyle it and when it hangs at the Spoons end it is Enough;

23 To make Gelly of Raspberries

Take what quantity of Raspberries you please and put them in an Earthen pot close covered and when they be boyled all to Mash. strain them through a sieve and proceed with them in the same manner as you do with the Currants;

Take your pippins and cut them in peices and put to them as much fair water as will cover them and boyle them all to peices then straine the water from them and put to a pint of the said water a quarter of a pound of Loaf Sugar and let it boyle very leasurly close covered till it looks as red as Clarret then uncover it and let it boyle uncovered till it hangs thick at your spoons end then wet your moulds and put it into them & when it is cole put it into boxes. To be white boyle it uncovered as fast as you can;

25 To make Quiddiny of all manner of Plumbs

Take your plumbs and boyle them all to peices then strain them and put to a pint of the said water a quarter of a pound of Sugar and let it boyle till it hangs thick at your spoons end wet your moulds and put it into them and when it is cole put them into boxes, and keep it for your use;

26 To Candy Flowers in their perfect culers to keep them all the year

Take a little peice of Gumarraback and lay it a steep in rose water till it is well dissolved then take White sugar Candy and bruiſe it small like little sparks of Dimonds. then take your flowers in the heat of the day and wet them over with the Gum water and lay them on the bottom of a ſieve and ſet them in the ſun to dry. and as they dry ſtrow the Sugar Candy upon them and when the one ſide is Candied and dry then turn them and Candy the other ſide of them as you did the firſt and when they are enough dry put them in to your Boxes: and they will keep their perfect Culler all the year;

To make Sirrup of Woodsorrell

Take woodsorrell stamp it and Strain it and to a pint of Juice take two pound of Sugar then set it on the fire and let it be almost a quarter of an hour and when it is cold glasse it up for your owne use

To make Sirrup of Roses

Take halfe a pound of Damask roseleaves and put ~~them~~ into a well lidded pott. then take a wine pint of running Water and set it on the fire and when it boyles pour it into y roses and stir them well together then cover it close and set it where it may keep warm 24 hours then pour them into a Skillet. and heat them very hot. then straine them & put in as many fresh roses into the pott as at the first with the same Vigor being hott and so let it infuse as at the first. thus do 7 or 8 times at the last straining it out of the roses put to a pint of Liquor a pound and halfe of powdered Sugar then let it be almost a quarter of an hour. and when it is cold put it in Glases

To Preserve Apricocks

Take Apricocks and stone them then pare them very thinn. and to a pound Apricocks take a pound of Sugar and beat it very smal and wet it with a little fair water. then put in your Apricocks and when they be boyled -- Enough take them up and boyle the Sirrup a little longer then when they be cold put them in

To make Sirrup of Vilots

Take halfe a pound of pick'd Vilots and put them into a well lidded pot then take a little more then halfe a pint of fair running water and set it on the fire and when it boyles pour it into the Vilots and stir them about with a

10
11
Knife then cover the pott very close with a
Trencher. and tye a Cloth about it. and set it
infusing on Embers 24 hours and then put them
out into a Skillet and heat it hot then strain
them and put into it almost apound of Sugar
then set it on the fire and let it boyle halfe a
quarter of an hour. and Scum it very well and
when it is cold put it into a Glass;

31 To make Sirrup of Mulberryes

Take ripe Mulberries and put them into a pott
and cover it and set it into a Skillet of
Water. and let it boyle till the Juice comes out of them
then take them out and strain them. and put
a pint of Juice into a Skillet. and put into it
a pound and a halfe of Sugar. and let it boyle all
most a quarter of an hour and when it is cold put
it into Glases;

32 To make red Malmalet of Quinces

Take Quinces pare. quarter and core them --
then take to every pound of quinces a wine --
quart of water and a pound of powdered Sugar &
when it boyles strain it then put in your quinces
and let them boyle till they be very tender then
break them very small. then let them boyle till
they come clean from y Skillet;

33 To make white Malmalet of Quinces

Take Quinces pare quarter and core them. and take
to a pound of Quinces a pound of loaf Sugar and halfe
a pint of running water mingle your water and Sugar
together and put in your Quinces then boyle them as
fast as you can but do not cover them then break
them very small and boyle it very fast. till its Enough
then box it up; —

To make Turphit water

First take a gallon of Aquavite then put as many Poppes as you can well cruse in and put to it a pound of raisons Stord four peninorth of Safem. Spiremint. Angillico. Balme Pimpernell. of each a like quantity as much as will makee a handfull, of Dragon water Cowslip water halfe a pint. Rue water. Balme water. Angellico water. red Saige water. Spiremint water. Pimpernell water. of each Sort a like quantity Enough to make a wine pint. the seeds of Annis. Colliandor. Carraway. and Sweet finniel of each alike and so much of them as will make one Ounce. Marygold Flowers. Comfre Flowers. Burage Flowers. Bugles Flowers of each one handfull. pick your flowers. beat in a Morter your Seeds a penyworth of Liquorish bruisd. then put them altogether into an Earthen pott and so stand close cover'd 3 days then strain it through a cloth and Get liquor as clear as you can. then Still the Ingredenes and then put both Liquors together. put one pound & halfe of the finest Sugar into it and put it up in bottles ; this Sugar is Enough for as much again

To make Sugar Cakes

Take one pound of fine flower well dried one pound of Sugar finely beaten. one pound of fresh Butter well wash'd in rose water. one pound of Currants. you must heat the Currants very hott in the oven or over a Chafingdish of coals stirring them well. one pound of Eggs take some of the Whites from them. take two Nutmegs grated mingle them all together. put them in pans and bake them not too haistily ;

To make Marmalett of Orenge

Take Orenge and Scrape them very well then cut them in halves and take out all the seeds. then lay them in water and lett them lie 3 days Shifting them twice a day then take them out and boyle them a pritty while in water then take them out of that water and put them into some more Seething water then make your Sirrup and take a pound of Loaf Sugar a quarter of a pint of water and the Juice of halfe a Lemon and Clarifie your Sirrup with the white of an Egg then take almost a quarter of a pound of Pippins pare and quarter them and let them boyle in Sirrup and when the Orenge be very tender take them out and dry them in a cloth. then weigh three quarters of a pound of them good weight and beat them in a Morter very small then put them to the pippins and let them boyle to a marmalett with a little Ambergreace or Musk Then Box it up ;

To make Marmalett of Pippins

Take a pound of Loaf Sugar and a wine pint of running water and put them together and when it boyles Clarifie it with the white of an Egg then put into it a pound and a quarter of pippins Pared Quartered and cor'd and do not cover them but let them boyle very fast till they be very tender then break them very small and put into it a little Am: bergreace and when it comes to a marmalett Box it up ;

To Dry Plumbs

Take your plumbs being green and scale them in hott water: and peel the thinn skin from them then put them into the water a gaine and cover them close and set them over a soft fire and they will turn green againe then clarifie a pounce of Sugar and boyle it to maues Christi hight and put three quarters of a pounce of Plumbs into it and let them stand in the sirrup three days and the sirrup will look red then Clarifie another pounce of sugar and boyle it to maues Christi hight a gain and put your plumbs into it and let them boyle till they are so tender that you may put a straw to the stone of them then set them to cole and let them stand in the same sirrup three days Longer: then take them upon plates and dry them;

39

To Dry Peares -

Take a quart of small ale wort and sweeten it with a pint of hony then put as many Pares into it as your wort will cover and lett them boyle in it till they be very tender then take them forth & lay them on the bottom of a fire and put them in to a hott oven after you have drawn forth bread and dry them up for your own use;

40

To make Rice Pudding

Take halfe a pounce of Rice and boyle it in Milk and to that quantibty of Rice there must go a quart of Cream 6 Eggs and but halfe the whites. one pounce of Sugar. halfe an ounce of Nutmegs. halfe a pint of Rose water and two Manchets and boyle them Fair;

To Preserve Raspberries

Make your Sirrup with as much sugar as Raspberries and when it will stipe put in your Raspberries and let them stand by covered one quarter of an hour then set them on the fire and lett them boyle as fast as you can till the Sirrup be come to the Culler and thick but Scum them in the Boyling;

42 To make past of Apricocks or Pare Plumbs

Take Apricocks or pare Plumbs. and pare them thinn. then boyle them betwixt two dishes tender with a little rose water. then strain them through a thinn peice of Cotton Canvas. then dry them a little upon a Chaffingdish of coals with stiring of them. then take as much fine Sugar as that pulpe doth weigh and boyle it to a Candy hight with as much rose water as will melt it and so boyle it & dry it as you did your Pippins past and it will look as cleare as Timber;

To Preserve Oreniges

You must water your Oreniges 7 days and then boyle them untill they be tender. Shifting them till the bitterneess be gone and when they be in the last water put in a pint of Renish wine. then make a Strong Sirrup for them. taking to every pound of oreniges two pound of Sugar. then lay them in this Sirrup all night and boyle them all the while then take them out and coole them and put Six Spoonfulls of Renish wine and the Juice of a Lemon into your Oreniges and boyle them till they be Enough. you must put Six Spoonfulls of Renish wine to the quantity of a pound and a halfe;

Take two quarts of Strong beer and two quarts of Sack and put in a pound of Cinamon well Bruisd and let them in Steep in an Earthen pott close covered for the space of one day and a Night. Straine it often in that space then distill it according to the Ordinary use ;

Take Pippins pare them and cut them in halves and take out the coars. to a pound of Pippins take almost a pint of water and halfe a pint of Deal wine a pound and a quarter of Loaf Sugar and when it begins to boyle put in the Pippins let them boyle as fast as may be when you think they are halfe Enough put them into a Bason till they are almost cold then put them into a Glass when they are almost boyled you must put in a little Ambergreace or a little Civet and musk tyed together in a Tiffiny. the best time to preserve them is in Aprill ; --

Take Orenge that are redy to preserve & beat them in a Morter very small then take some pippins pare quarter & Coar them and boyle them in water till they be very soft then take them out & wash them in a Cullender and draine the water from them then take as much pippin as Orenge and mingle them together and strain them into a pewter dish and take the weight of it in Loaf Sugar then set it on a Chaffingdish of Fire and when it Boyles put the Sugar into it at three severall times and put into it a little Ambergreace and when it is pritty stiff lay it upon a plate of Glass in what fashion you will have them and set them into the oven when it is of a temperate heat ;

To make Mackrooms

Take halfe a pound of Almonds Blancht & finely beaten and halfe a pound of the best sugar beaten and Searcht very fine three ounces of Manchet also Searcht the whites of 15 Eggs well beaten. then put them altogether and beat them in a Morter. then lay them on Wafers in a small Quantity or att the pleasure then set them on Sheets of Paper and bake them fair and White let not your Oven be to hott;

To make A White Pott

Take a quart of Cream and Boyle it with a little large Mace. then let it stand till it be cold put therein 4 Eggs well beaten 4 Ounces of sugar with a little white Salt a Manchet finely slic'd 4 dates cut in small peices four Ounces of Raisons of the Sun the stones being taken out the marrow of three bones put together then set it in the oven and bake it one hour or More;

To make a Quaking Pudding

Take a pint of Cream boyle it and put a little large Mace. Nutmegs and Ginger slic'd into it a few Almonds ready beaten with a little rose water the Yolke of 4 Eggs wit 2 of the whites. and beat them with a little rose water. Strain the Eggs -- Cream and Almonds altogether. then put therein Ginger slic'd fine sugar and grated bread. then take a good thick Cloth and wet it then rub it over with flower and put in your Stuff and tie it up close and boyle it in your Beef pot or in water ready boyling. then prepare in readiness a sauce with sweet butter. and Wine and Sugar & Nutmegs slic'd and put it on the Pudding when you serve it in; -

To Dry Neats Tongues

Take Spanish salt and Peter Salt and make your brine with that so strong that it will bear an Egg. when it is boyled let it cole and put in the Tongues a Fortnight or three Weeks drye them in a kil with sandust or in other conveniency 2 or 3 days ;

To Candy Orenge Chips

Take your Orengees and pair them then put them into boyling hot water so shift them three severall times till they be very tender then take as much Sugar as you think will cover them. then wet your sugar with Conduit water then boyle it till you have scum'd it very clean. then take it of from the fire and let it stand till it is almost cold. first drean your Chips in a cloth. then put them into your Sugar and let them stand till the next day. then boyle them very Leasurely for halfe an hour then let them stand till the next day and then boyle them so againe as before then lay them out upon plates ;

To make Sugar Cakes

Take halfe a pound of Butter and halfe a pound of fine Sugar and one pound of fine flower rub the butter in the flower then take 3 Eggs and take out one of the Whites take two Spoonfulls of Sack. the Eggs and Sack will wet it Enough and a little spice and if you please a few Carraway Seeds. Roule it out and cut it in what form you please Let not your Oven be to hott ;

To Preserve Pippins

Take of the fairest and Clearest pippins you can get. pair them cut them in halves then core them: and weigh them. and to a pound of Pippins put a pound of double Refined Sugar. to your sugar put 3 quarters of a pint of Conduit water. when you have made your Sirrup and Scum'd it cleane put in your Pippins. boyle them not to fast till they be clear turning them often then have ready about (20) John Apples or pippins cut and boyled in water till they be tender: then drean them through a thinn Cloth Scrubbing them a little put that Liquor to your pippins and add 4 Spoonfulls of Sugar and have ready the peel of China Orenge boyled in water till it be tender often shifting the water. put it in amonge your pippins take them up when they are clear and put them into your Glases boyle your Sirrup till it Jellies then strain it and put it to the Pippins be sure it cover them. if you please you may put Muske into itt;

To Preserve Damsons

Take the Clearest and fairest damsons you can get. slit them in the Seam. to a pound of damsons take a pound of Sugar. and something more then halfe a pint of water. and when you have made your Sirrup and scum'd it well let it stand and coole about a quarter of a hour or less then put in the damsons with the slits downward and so let them boyle easurly till they are above halfe done but now and then take them off the fire & shake them easurly and scum them with a feather still keeping y^e Crackt side downward with y^e feather and when they are almost done take them off and set them a cooling till the next day or 2 or 3 days before you boyle them up. be sure you keep them covered with the Sirrup putting them down with the feather.

For a Cough or Consumption

First lay a laine of Saige at the bottom of the still. then take a Calves Liver warm as soon as the Calve is killed then slice it very thinne and lay a laine of it upon the Saige. and then another laine of Saige. then a laine of Liver and so do till all be done. laying a laine of Saige atop as you did at bottom then take two Ounces of white Sugar Candy and let it drop on it in your bottle

To make Orenge Water

Take one Hundred of the best Sirviell Orenge pare them very thinne. put the peels into a Chinajarr or a well Neald pott with a narrow mouth. then pour upon them as much of the best Brandy as will cover them. Stop the mouth of the pott very close and let them stand a full month. then take a Gallon of the best Sherry and mix it with your Orenge and Brandy & pour some of the Mixture into a common still which you must past up close and with a gentill fire draw off as much as you please. you may mix the Strongest and Smalest together according as you fancy and to every quart of water put 3 ounces of the best Loaf Sugar;

To make Snail Water

Take a peck of Garden Snails in the Shells wash them in three waters stirring them with a broom till they be well cleansed from their froth still pouring them through a sieve till they be clean then take a kittle of Scalding hott Beer then wash them in it. then lay them in the Sun to dry them then wipe them with a clean cloth one by one beat them in a Stone Morter Shells and all take

20

Two quarts of Earth Worms and Put them then wash them in water then Scour them with Salt and water three times then wash them in beer & lay them in a clean cloth put them into your Morter beat them in peices then take a pott on — which you put your Limbeck. then lay 2 handfulls of Angellico in the bottom the stalks first then 2 handfulls of Celendine upon that and a quart of rose mary flowers. also Bears foot. Egrimony. red dock roots. the bark of Barbery Tree. Wood Sorrell. Wood Bittony of Each two handfulls one ounce of Termereck. one Ounce of Fenagreek well beaten then lay your Snails and worms on the top of all these one Ounce of Cloves well beaten to powder Heartshorn 6 Ounces Sixpeninworth of Saffron dried to powder let the Heartshorn be Uppermost then pour on them 3 Gallons of Ale. let them Stand 12 or 14 hours in the same place you mean to Still it in put your fire in. then set on the Limbeck close it with rye dough when it is Stilld mix it altogether then Bottle it you must not draw it off too weak nor nor make it too Strong;

58

To make Inke

Take two ounces of Gally one Ounce of Copperice one Ounce and a halfe of Gum bruse them and boyle them in a quart of the Strongest Beer you can get and when it has boyled a quarter of an hour set it by in the thing it was boyled in 2 or 3 days then take a quarter of a pound of Loaf Sugar and beat it very small put it into a bottle then Straine your Inke to it and keep it for your own use

To Pickle Ashen Keys

Take the youngest that can be got pick -
 them of the Wood put them into a pan and
 mix a good handfull of salt with them. boyle
 some fair Water and cover them over therewith
 let them stand thus 2 days then put to them
 some White Wine Vinegar not taking out all y^e
 water you put first to them and let them stand
 a Week. then to green them drean them from -
 the Pickle put them into a Skillet of cold water
 Civer them up very close till they have boyled a
 while then drean them from that water and -
 boyle them in another Water till they are very
 green when they are Enough drean them from
 the water very dry keeping them close cover'd -
 all the while till they are cold. then put them
 to the same Pickle they were in before and let
 them stand a Week. before you use them;

To make Aquamirabilis

Galingale, Cububs, Cardamums, Mellilot
 flowers, Mace, Nutmegs, Ginger. of each one
 dram. Cinamon a dram. Cloves halfe a dram
 of Rosmary. Cowslips. Burage. a handfull of.
 the flowers. Juice of Salendine a pint, of balme
 halfe a pint. of Speermint a quarter of a pint
 put them to a quart of Brandy and a quart of
 Whitwine Steep it a day and a Night close co -
 ver'd Still it off softly put to this quantity halfe
 a pound of Loaf Sugar

61 To make Rice Milk

Take a quart of good Milk 2 Handfulls of Rice flower beaten very Small and a quarter of a pound of Sugar and put them into the Milk then take the yolk of an Egge beat it with a Spoonfull or two of rose water then put it into the Milk and Stir all these together and put it over a quick fire keeping it continually stirring till it is as thick as water Map;

62 Past for a Pasty

Rub into halfe a peck of Flower 5 pound of butter not too fine then put in halfe a pint of water and the rest cold and make it into a pritty stiff past;

63 To make Fritters

Take nine Eggs Yelks and Whites beat them very Small. then take halfe a pint of Sack a pint of ale Some Ale yest put these to the Eggs & beat them all together put in Some Spice & Salt and fine flower then Shred in your apples and let them be well temper'd & fry them with beef Suet or halfe beef and halfe hogs Suet dryed out off y leaf

64 To Pickle Cucumbers

Take an Earthen vessell and lay therein first a lay of Salt and Dill then a Lay of Cucumbers and so till they be all Laid then put in Some Cloves & whole Pepper and Some Finniell Seed then fill it up with Vinegar and lay a cleane board with a Stone upon it to keep them in the Pickle and so keep them close cover'd and when the Vinegar looks black - pour it out and put in fresh;

65

To make a good Cake

Take halfe a peck of flower three pound of butter
some Nutmeg Ginger Cloves Mace Cinamon &
a pound of Sugar mingle these well together th
the flower then take 4 pound of Currants well
wash'd pick'd and dryed in a warme cloth a
littell Ale yest 12 Eggs a quart of Cream or good
Milk warm'd halfe a pinte of Sack a quartern
of rose water knead it well and let it be very lith
lay it in a Warne cloth and let it lie halfe an
hour against the fire. then make it up with y^e
White of an Egg beaten with a littell Butter rose
water and Sugar. put it into the Oven and let
it stand an hour and a halfe;

66

To Pickle Broom Budds

Take your Budds before they be yallow on the top
make your pickle of vinegar and Salt which you
must do by stirring it till the Salt be dissolved then
put in your Budds and stir them every day once
till they be sunk within the vinegar and be sure to
keep them close covered;

67

To Pickle Clove Gilliflowers for Salleting all the year

Take your Clove Gillyflowers and slip off the
Leaves. then strow some sugar in the bottom of y^e
Gally pot that you do them in and lay a laying
of Gillyflowers and then a laying of Sugar & so
till you have laid them all. then pour on as much
Clarret Wine as will cover them. and lay a peice
of thinn Board on them to keep them down then
tye them Close and let them stand a Month in
the sun and use them as you have Occation;

To make Black Puddings

Take your blood while it is warme and stir it well and put some Salt in it and when it is cold put in your groats and let it stand two days stir it often then put in your herbs well shred as Rosemary tops Winter Savory. Penny Royall. Time. and Thimell then make it soft with putting of Cream to it hott untill the blood looks pale then beat some Eggs and mingle it and Season with Spices and put in good store of beef Suet not Minced to small fill your skins therewith and boyle them or else you may boyle it in a Bag which you please;

To make a Tansie

Take 15 yelks of Eggs and 6 Whites beat them very well then put in some Sugar and a little Sack and about a pint of Cream then beat them againe then put in Tansie Spinage and primrose Leaves or the like chopt as small as possible may be and beat them all well together then put it in a skillett and set it over the fire stirring it continually till it be pritty stiff then put it into a pan and fry it with Sweet butter & make Sauce for it with rose water butter & sugar.

70 To make a good Baked Pudding

Take grated White bread and fine flower with Eggs Sugar and Spice. then take as much Cream or Milk as will tamper it about the thickness of Pancake Batter shred your Suet small and put into it; butter your pan and bake it so serve it up Casting Sugar upon it;

To make Furmentie

Take a quantity of Cream or Milk as much as you please put therein Mace Cinnamon and Nutmeg Set it over the fire and let it boyle then take your Wheat being first boyled very tender in water and put it into your Cream or Milk and boyle it well then beat some yelks of Eggs with a little cold milk & fine flower put them in to thicken it keep it stirring that it burn not to y^e Bottom when it is boyled sweeten it with rose water & Sugar

72 To make Stew'd Broth or Plumb potage

Take a Neck of Mutton or rather a Rump of beef let it boyle and scum your pott clean then thicken it with grated bread putting in some beaten Spice and a pound of Currants 2 pound of Raisons of the Sun a pound of Prunes when it is boyled put in a quart of Clarrett and a pint of Sack and as much Sugar as will sweeten it & then serve it up

73

Past for A Venison Pasty

Take almost a peck of flower knead it with 2 pound of butter and as much Suet, the yolks of 8 or 10 Eggs make reasonable lith past then roll it out and lay on Suet first lay a paper under your past then lay on your Venison close it up Pinch it and wash it With butter & bake it when you draw it Wash it with Butter Again;

To make Custards

Take good Store of Eggs put away one quarter of the Whites. beat them well together & then mix them with the thickest & Sweetest Cream you can get then season it with salt Sugar Cinamon Cloves & Mace & a little Nutmeg then raise your Coffins of good Tough past & strewn the bottoms over a good thickness with Currants & Sugar then set them in the Oven to bake when they are bak'd draw them out strewn sugar on the top & serve them up;

75 — To make an Oatmeall Pudding

Take a quart of Oatmeall beaten to flower a pint of Cream 4 Eggs Beaten a good quantity of Sugar and Nutmeg one pound of beef Suet well Minced Mingle all these together and so Bake it;

76 The making of Fleus Ungentum

Take Rosin } of Each halfe a pound
per Rosin }

Mastick one Ounce
Chamfire two Drams

Frankincence }
Virgins wax } of Each 4 Ounces
Sheeps Suet }
Deers Suet }
Venice Turpentine }
unwash'd }

Beat well your Rosin per Rosin -
Frankincence and Mastick then with

A Soft fire melt first the wax Beers Suet and
 Sheeps Suet then put to them the Resin per Resin
 Frankincenc and Mastick and as you put in of
 Same you must still be stirring with a Stick
 that it burn not to Side nor Bottom wherein it is
 melted. These being thoroughly melted take it off
 the fire put in the Champhire stirring it all well
 together Then have in readiness a Canvas Strain-
 er made in the fashion of a Jelly Bagg pour in
 to it the melted Stuff and Straine it into a fair
 Bason having in it a good quart of Whitenwine
 when it is thus Strain'd put to it the Turpentine
 then let it coole a while and after the Wine is
 in Draw it through your hand and work it
 as you would Butter for the Space of an hour
 or more then wrap it up into rowles and Keep it
 for use. it will keep Seven years in full force
 and Goodness; The Wine wherein it has been
 wash'd is good to Wash any Wound withall
 and to kill the fire of any Burning;

The Vertues

It will heal all manner of Wounds new
 or old it is good against all Impostumes in
 the Head or Body Against the Head Ach Swim-
 ming in the Braine being laid on the Temple
 it helpeth the Shrinking of the Sinews it will
 Draw any Salt Humor from the Stomach being
 applyed in a plaster to the Left Side it will
 expell any Ach out of the Bones or joynts it
 will Draw forth the Rhume of the Eyes being
 applyed to the Mole of the Head it will Draw
 forth any Broken Bones or Iron from out of a
 Wound it will draw out a Thorne it draweth
 aches out of the Spleen or Vings it is very good
 for all gouts and Pestilent Botches it Cureth y
 Biting of a Mad Dogg or Serpent it is good for
 Sore Breests it will heal any Pestilent sore except y
 bone be Corrupte; Probatum Cast;

A Black Salve Excellent for any Green or old Wound or any Cutt

Take a pint of Sallet Oyle halfe a pound of White Lead very finly beaten four or five pennynworth of Mastick beaten fine as much Benjamin halfe as much dry Balsomy like of Storax all finly beaten as much Virgins wax as a Wallnut boyle all these together till they be so stiff as when its cold will rowl upon a Trencher which must be rubbed over with Sallet Oyle

78 A Salve for a Green Wound or Sore

Take a pound of Tobbacco Leaves stamp & Straine them through a Linnen Cloth then put to the Said Juice of Yallow wax Small Scraped. of the finest Resin beaten of Sallet Oyle of Each of these 3 ounces boyle all these together on a soft fire till the wax and Resin be thoroughly melted and well incorporated together lett all these Seeth till the waterishness of y^e Juice be consumed and Stir it Still untill you perceive it to wax thick like unto a Salve which you may perceive by Laying some on a Trencher whether it be thick or not if it be not you must let it Seeth longer continually Stirring of it when it is thick enough put into it 3 Ounces of Common Turpentine & stir it well untill the Turpentine be well melted and incorporated with the rest then Strain it as fast & as hot as you can through the same cloth where you first Strain'd your Juice and so lett it Coole in the pott or other Vessell that you intend to keep it in;

79 An Excellent Save for Green Wounds

Take a pint of Sallet Oyle halfe a pound
of Rosin 6 ounces of yellow Wax Two Ounces
of Clibanum 2 Ounces of Greek pitch melt
these in the Oyle then put in a Spoonfull of
Viridigrease in fine Powder and 2 Ounces of
Turpentine stir it well together and lett it
heat a little then straine it and keep it;

80 A Diet drink for the Dropsey

Take a good Handfull of Dwarf Elder
Maiden Broom & Red Saige. of Each of
these a good Handfull. Boyle these 3 things
in about 5 Gallons of very strong Wort
that their may be three Gallons of Beer when
its well boyled; but put no hopps to it; then
set it a Working like other Beer & when it is
Worked put it into a little Vessel & stop it
close when it have done working in y^e Vessel.
and the third day Tap it and drink a pint
every Morning Fasting & fast an hour after
it. and so follow it till it is done; it is
docters Lilles Receipt

81 For a Cough & Shortnes of Breath

Take of Liquorish. Licompane. Annis
Seed. Brimstone. one Ounce of y^e flower of
Each of these. halfe a pound of Virgins Honey
Simmer all these together a little while and
when its cold take the quantity of a Nutmeg
Morning and Evening and when you
please Beside; it is very good for
Shortnes of Breth;

30
82 A Cerecloth for the Gout Sore Brest
or Swelling

Take a pint of very good Sallet Oyle a
pound of Red Lead beaten very fine a good
Spoonfull of Venice Turpentine mingle the
Oyle and red Lead together Set it on a soft
fire when it is almost boyled put in the tur-
pentine you may know when its boyled Enough
by dropping a little upon a Pewter Dish when
it comes off Clear from the dish take it from
the Fire. then dip very fine Cloths in it;

Vertues

It caseth the paine of the Gout and any
paine It abswages Swellings takes y^e Ague
out of the Brest or any part it heals any
green Wound ~ ~

When you use this Cerecloth cut
a peice of it according to the place Greives -
warne it and Lay it on if it be a sore dress
it twice every Day if a Swelling or or paine
take it not off as Long as it sticks fast;

31
83 Past for Custards Cross Cutts or Sprigs

Boyle your Liquor then
make your flower into a pritty stiff past for
Custards you may put in a little Butter

84 A Singular Oyntment for Burning or Scalding

Take Housleake plantaine and of the green Bark of Elder Trees of Each a pound boyle all these in three pints of Oyle of Olives untill it be green putting to it a little Vinegar then Straine it out Strongly and for every pint of Oyle put in two Ounces of Wax;

When any are Burnt any where or in any place take a Colewort Yeafe and spread it over with the Oyntment and lay it to the burnt place changing it twice a Day and it will take away the Dollor & quickly heal without leaving any marke or Scarr in the place; It is excellent for any Inflammation in the Body;

It taketh away the Dollour of the Piles in the Fundament and Softens them when they are hard and dryeth up the currupt blood If you annoint them and lay a peice of linnen cloth dipped in it on the place it is proper for all paines in the Breasts if the Cancer be not their in Annointing the place & puting a Colewort leafe upon it for it healeth it presently and appeaseth the Dolour;

It Cureth such wheales which come out with the Heat of the Liver on the hands Annointing the hands with it every Morning;

It is excellent for all places that are Galled Annointing it thrice a Day It Helpeth y^e Heat of y^e Kidneys Annointing them for 10 Dayes;

To make Aquamirabilis

Take of Galengall Cububbs Mellilot flowers
Cardimony Seeds Mace Nutmegs Ginger Cloves
of Each a Dram. of the Juice of Cellendine a
pint of the Juice of Balme halfe a pint of the
Juice of Speermint halfe a pint Bruise the Roots
and Sprices and put into the Juices put in also
3 pints of White wine a pint of Aquarvitie
lett these put all to gether Stand in an Earthen
pott all Night close covered the next Morning
put them into a cold Still well closed up or pasted
with Dow to keep in the Breath you must
Still it with a soft Fire for if y^e Fire be to
Hot you will have but little water to Each
quart put in one quarter of a pound of fyne
sugar to the Last or Third part put no sugar
but Sweeten it as you use it for it will not
Keep Long ; —

To make A Sack Possett

Take a quart of Creame & boyle
it well with Sugar Mace & Nutmeg and
take halfe a pint of Sack and as much Ale
and boyle them well together with some
Sugar and when it hath stood cooling a little
while put your Cream into a Bason to your
Sack then heat a pewter Dish and cover your
Bason with it and let it Stand by y^e Fire 2
hours eare you Eat it ;

87 To make the Best Paracelsus Sare

Take Litharge of Gold and Silver of Each
 three Ounces and put to it one pound and
 halfe of good Sallet Oyle and as much of Linseed
 Oyle put it into a Large Earthen Vessell well
 Leaded of the fashion of a Milk Bowle or a
 great Bason Set it over a Gentle Fire and keep
 it stirring till it begins to boyle then put to it of
 Red Lead and of Lapis Caliminaris of Each
 halfe a pound keep it continually stirring & lett
 it boyle two Hours or so long till it be something
 thick which you may know by Dropping a little
 of it upon a Cold Board or Stone then take a
 Skillet and put into it a pound of Yellow wax
 as much Black Resin halfe a pound of Gum-
 Sandrac of Yellow Amber Olibanum Myrrh
 Aloes Hepatica of both kinds of Aristochilas
 round & Long of every of these in fine powder
 Searched one Ounce of Mummy one Ounce & a
 halfe of Oyle of Bayes halfe a pound of y^e Oyle
 of Juniper Six ounces Dissolve all these together
 in the afforesaid Skillet and then put them to y^e
 former Plaister Set it over a gentle fire & keep
 it stirring till it boyle a little then take your
 Rhyne Gumms Oppanax Galbanum Sagapenum
 Ammoniacum and Bdellium of each of these 3
 Ounces which must be dissolved in White Wine
 Vinegar and Strained and y^e Vinegar evaporated
 from them before you go about the Plaister let
 their be 3 Ounces of Each of them when they
 are thus prepared then when the Plaister hath
 Gently Boyled put in about halfe y^e Bigness
 of a Nutmeg att a time Continuing that order
 untill all y^e gumms be in and Dissolved or else

34
35
it will run into Lumps and Knots After it hath
Boyled a little tak it from the fire againe and
cotinue the Stirring of it very carefully and put
into it these things following being in Readines
take of both Corralls red and White of mother
of Pearl of Dragons Bloode of Terra lemnia
of White Vitronall of Each one Ounce. of Lapis
Hematitis and of the Load Stone of each one
Ounce and a halfe of y^e flowers of Antimony 2
drams Crocus Martis two drams of Camphire
one Ounce of Comon Turpentine halfe a pound
mix all these together but first let those things
that are to be powdered be carefully done and
fully Searched then put them alltogether among
the former things and againe sett it over the
fire with a moderate Heat and Gentle to boyle
till it be in the forme of a plaister the which
you may know by Droping it on a cold peice
of Wood or Stone or Iron you must remember
to keep it with continuall Stirring from the
beginning to y^e Ending; when you make it up
lett your hands and y^e place you rowll it on be
annointed with y^e Oyle of St. Johns wort & of
earth worms and Juniper Cammomiles and
Roses together wrap it in Parchment or
Leather and keep it for your Use;

Memorandum that the Camphire
be dissolved in the Oyle of Juniper to:
gether with the Gum Sandrack &
put them inn towards the Latter
Ende ;

To make a marrow pudding

Take 3 Naple Biskets a stale penny loaf and slice it very thin then take halfe a pound of Currants halfe a pound of Eight penny Sugar halfe a quarter of a Ounce of Mace 2 Ounces of Candied Citron and the Marrow of two Bones put these all in the dish together with some past round the dish bake 8 Eggs halfe whits then put to it some Cream or good Milk Enough to wet it;

89

So Make Mince Pies

Take a Leg of Mutton and cut the best of the meat from the bone & Parboyle it well then put to it three pounds of mutton Suet and Shred it very small then Sprcae it a broad and Season it with salt Cloves Mace beaten then put in Great store of Currants and Raisons a few dats slices and some Orange peel slices then being all well Mixed together put it into your Coffins & so bake them and when they are served up Open the lids and strow good store of Sugar on the top of the Meat and upon the Pies in like Manner also you may make Minced pies of Beef or Veal only the Beef should not be parboyled and the Veal will require twice as much Suet

A Cordiall Water

Take of Saige. Celleneine. Rosemarry.
 rue. Wormwood. Balme. Rosasolis. mug-
 wort. Pimpernell. Dragon. Scabious. Agrimony.
 Scordium. Bettony flowers and Leaves. Centry
 Toppes and flowers. Marrygole flowers & leaves.
 and Cardus Benidictus of each of these a
 good Handfull Take the Roots of Angellicoe.
 Tormentill roots. Single Peony Roots. Elicom-
 pane Roots. Liquorish of Each of these halfe
 an Ounce clean purged and Scraped and lett y
 Herbs be Course Cutt then steep alltogether
 both Herbs and Roots in a Gallon of White
 wine So let them remaine two days and two
 Nights Stirring them once a day. afterwards
 Distill them in an Ordinary Still with a
 Soft ffire reserve a quart of it in the First
 Running and a quart in Last

This Cordiall water is good against.
 every Infectious Disease the Plague
 Small pox Measles Pestilential Burning
 Feavours and to remove every Offensive and
 Venemous matter from the Heart & Stomach
 or to be Used after a Surphit in y passions of
 the Heart or Mother and good for Children
 In Convulsion ffits and Generally good to
 Comfort nature in all Cold Causes;

91

To make Puff Past

Take the finest Wheat flower after it hath been baked a little in a pott in the Oven and blend it well with Eggs whites and Yelks altogether and after the past is well kneaded rowl out a part of it as thin as you can then spread cold sweet Butter over the same then upon the same Butter rowl another Leaf of past as before and spread that with Butter also thus rowl Leaf upon Leaf with Butter between till it is as thick as you think good or Else make past for Venison Floren: dine Tart or what Dish you please and so Bake it;

92

The Italian Balsom

Take a pound of Venice Turpentine wash it with halfe a pint of Springe Water 3 pints of Sallet Oyle wash'd with 3 pints of Spring Water: Venice Storax half a pound Wash'd in halfe a pint of White Rose Water and Plaintaine water then Mingle them together beating them well put them in a Bason and sett them on a Charcoale fire put in halfe a pound of New Wax Pieces small lett them boyle a little together then take Bay Leaves Rosemary Balme Time

S^t. Johns wort of Each a Handfull three
 Small let them boyle a little together stirring
 them with a flatt Stick then take it off the
 Fire and let it be cold the water is good for
 any Itch or Scab. then sett it on againe and
 lett it boyle a little and so Straine it Cast away
 the Herbs and put in Mummy 4 Ounces. Red
 Sanders two Ounces. Dragons blood 2 Ounces
 Lett them be in Powder and seached put
 them in by little and little stirring them
 lett them boyle till they rise Then straine
 it twice to take away the Powders and put
 it againe on the Fire to Heat. put into it
 halfe a pound of Oyle of S^t. Johns Wort.
 Two Ounces of thick Balsome of the
 Indians and Stir it a Little on the Fire
 and put it in a Gally Pott;

93

To make a Cheescake

Take three Eggs and beat them very
 well and as you beat them put in as much
 fine flower as will make them thick put in
 them 3 or 4 Eggs more & beat them alltogether
 then take a quart of Cream and put into
 it a quarter of a pounce of Sweet Butter &
 Sett them over y^e fire and when it begins
 to Boyle putt in your Eggs and flower. stir
 them well and lett it boyle till it be thick
 then season it with Salt sugar Cinnamon
 and Currants and Bake it in past as
 you please;

94 The Lady Allens water
good for the Stomach Small
Pox Surphit or Fearour

Take of Saige. Cellendine. Rosemary
Rue. Wormwood. Mugwort. Pimpernell
Dragon. Scabious. Agrimony. Bay Leaves
Scordium. Centory. Cardus Benedictus.....
Bittony. Rosasolis of Each a good Handfull
Angellico Roots. Gentian Roots. Tormentill
Teeonwell. Liguorish of each halfe an Ounce
Slice the Roots and Wash the Herbs & shake
them and dry them in a Cloth shred them
put them alltogether into a Gallon of White
wine Sack or Brandy Steep them in it two
days and Nights Close Covered then put
it into an Ordinary Still and still it and
when you take it lett it be Luke warme &
put some Sugar into it 2.3 or 4 Spoonfulls
to a Child of the Strongest and 6 of y^e Smab:
ler to an Elder Body More ;

95 To make the Greene Oyle

Take a handfull of Southernnwood. one
Handfull of Wormwood. Young tops of
Bayes. Cammomile. of the redest Saige
Each one handfull Weigh them lett their be
as much of one as the other Shred them very
Small and put them into a Quart of Sallet

40
Oyle lett them Lye in it 14 Nights then
take a quart of Red Rose Budds and Cutt
off the Whites and two Handfulls of y^e tops
of Lavender Chopp them very Small & put
them in and lett them Lye 14 Nights long-
er then take halfe a pint of the best ...
Aqua vitic or Brandy put halfe of it into
the Oyle and lett it Boyle over a Clear
Fire one hour then take it off and let it
be cold then put in the other Quantity and
lett it Boyle another Hour you must Stir it
Continually then Straine it through a Canvas
Bagg the Herbs must be gathered in May
the red Roses and Lavender when you can
get them

41
The Vertues of this
Oyle

It will cure any Spraine being
Rubbd on it. it Helpeth a ^{or} Ach
that proceedeth from cold or Swelling
that cometh from cold or Swelling or
Wound being Rubbed in by a fire ...
Probatum Est;

96 An Extraordinary remedy for A
Burning

Take fearn roots Bruise them and
if any be burnt any where or
in any Place lay it to it and it
will kill the Fire and quickly Cure it
without any thing Else

To make A Pippin Tart

Take Pippins and pare them Divide them in halves and take out the Coars clean then having rinded the Coffin flatt. raise up a Derge of an Inch high Laying the pippens with y^e hollow side downwards as close as they will & ye and lay here and there a Glove little Bitts of Cinnamon then cover all clean over with Sugar and so cover the Coffin and bake it and when it is baked heat rose water & butter and Anoint all the Tye over therewith and strew good Store of Sugar on and so serve it in like manner you may make a Codling Tart;

To make A Quaking Pudding

Take a pint and Somewhat more of thick Cream 10 Yelks of Eggs with three whites. beat them very well with 2 Spoonfulls of Rose water then Mingle three Spoonfulls of fine Flower with it but mingle it so well that there be no Lumps in it put it altogether and Season it with Salt and Spice then take a thick Cloth and butter it well then putt your Pudding therein and let it boyle for halfe an Hour or something more as fast as you can. take it up and make your sauce with butter Rose water and Sugar & serve it up

To make a Caudle

Take what Quantity of Ale you think meet and sett it over the fire & when it is ready to boyle Scum it well then Cast in Learge mace and take the yelks of two Eggs for one mess or Draught and so more or less according to the quantity of your Ale beat them very well & take away the Skin of the yelks and when the ale Boyles put them in and keep them continually stirring and when it hath boyled a while - Sweeten it with Sugar and if it be to Eat cut 2 or 3 Tost of White Bread Tost them dry & put them to the Caudle but if it be to Drink put in none ;

To Stew Beef

Take a good rump of Beef cut from y^e Loan Shred Turneps and Carrets small with Spinage and Lettice put all in a pan and let it Stew 4 hours with so much water and a quart of white Wine as will cover it some pepper and Salt when it is Stew'd then - put in a wine Glass of Elder vinegar & Serve it with Sippits ;

101 To boyle a Gammon of Bacon

Water your Gammon of Bacon 24 hours then put it into a deep Kittle with Sweet Hay let it boyle ^{softly} 6 or 7 Hours and then take it up with a Scummer and a plate and take off the Skin whole then stick your Gammon full of Cloves and strew on some grosse Pepper then cut your Skin like a Lippit to Garnish your Gammon and when you serve it stick it with Bay Leaves;

102

To Boyle Brann

Water you Brann twenty four Hours wash and Scrape it 4 or 5 times then take it out of the water and lay it on a Clean Table & throw an handfull of Salt on every Coller then bind them up as fast as you can with Hemp or bass and put them in your Kittle when y^e water Boyleth and the Scum a riseth take it away lett it boyle so tender that you may thrust a straw through it then let it cole till the next Morning and Souce it;

103

To make a White Pott

Take the best and Sweetest Creame and boyle it with good store of Sugar and Cinnamon a little rose Water then take it from the fire and put into it clean pick'd rice but not so much as to make it thick and lett it steep ~

45
therein till it be cold then put in the yolks of 6 Eggs and 2 Whites Currants Nutmeg and salt then put it into the pan or pott as thin as if it ware a Custard and so bake it and serve it in the pot it is baked in Strengthening Sugar on the top thereof

104 To make a Warden or Quince Dye

Take of the fairest and best Wardeans or Quinces and pare them and Coar them cut the Sharp ends Flat then boyle them in white wine and Sugar till the Sirrup grows thick then take the Wardens or Quinces from the Sirrup lay them in a Clean Dish and lett them cole then sett them in a Coffin of good tough past stick cloves in the tops with little sticks of Cinnamon and good store of Sugar then Cover it with a Lid only Leave a Vent hole then bake it when you draw it put the Sirrup that the Wardens or quinces were boyled in at the Vent hole shake it well and melt some Butter with Rose Water to annoint the Lid and strewn store of sugar on the top of the Wardens or Quinces and the Lid and so serve it;

105 For Dressing of Fish

Take any Fresh Fish whatsoever as pike Bream Carp Barbell Chub or such like and draw it but scale it not then take out the Liver and Reffuge and wash

your Fish then take a pottle of fair water
a pritty quantity of white wine good Store of
Salt. Vinegar and a little bunch of Sweet herbs
and set it on the fire and as soon as it begins
to boyle put in your fish and having boyled a
little take it up into a fair Vessell then put
in the Liquor some grosse pepper & Ginger
and where it is boyled well put in more salt
and sett it to coole and then put your Fish
into it and when you serve it up lay Fennell
thereupon;

106 To make Past Royall

Mix into 4 pound of fine flower 4 Ounces
of Fine Sugar halfe a quarter of an Ounce of
Cloves Mace and Cinnamon then rub in a
pound and a halfe of Butter not to fine &
make it into past with Sherry Sack and
Cream

Or thus

Rub into the flower but halfe a pound
of Butter and make it into past then rowl
in 3 pound more and it is fit to cover the
Crims of adish for a Pudding or Flouidine

107 Past for Raised Eyes

Take a quarter of a peck of flower 3 quarters
of a pound of Butter boyle it in your Liquor
then make it into a pritty stiff Past;

108

To make Puff Past

Rub into a pound of flower a bit of butter the bigness of a Walnut then make it into past with cold water not too stiff roll it out 4 Square and stick bits of butter on it an Inch Distant strow on it a little flower then turn it up and beat it with your Rolling Pin do so 3 times with a pound of Butter and once without and 'tis fit for Use ;

109

To make Custards

Boyle a quart of Milk or Cream with a little whole Cinnamon stir it now and then that it do not cream then put in a quarter of a pound of fine Sugar when it is almost cold put in 8 Eggs beaten with a little rose water one Spoonfull or two of sack then straine it and 'tis fit for Use ;

110

To make Cheescakes

Boyle a pint of Cream with a little whole Cinnamon and Mace then put to a quarter of a pound Naples Bisket grated 6 Eggs Mix them together then set them on the fire and keep them stirring till pretty thick take it off and stir in a quarter of a pound of fresh Butter as much Sugar what Currants you think fit and Mix them together ; To Rice Cheescakes leave out y^e Naples Biskit and thicken it with y^e flower of Rice ; ; An other way

To make Cheescake Drain a quart
of Curd from the Whea then Rub it through
a sieve with the Back of a Spoon put to it
a little Cinnamon 6 Eggs a little Sack & rose
water halfe a pound of Butter melted halfe
a pound of Sugar 4 ounces of allmon yeast or
Machrooms what Currants you think fit -
then Mix them together;

111 To make a Stake Florindine

Cut a neck or Lorne of Mutton in stakes
Season them with Cloves Mace Pepper
and Salt then put it in your dish with 10 or 2
anchovis wash'd and boan'd some forcemeat
balls and Oysters and Liquor it as the other
so bake it

112. A Spring Pye

Cut a hind quarter of Lamb in bits then 4 ounces
of the Lean and make it into Force Meat and
it into Balls as big as Hazell Nuts and some in
to Long ones Season your meat with Cloves -
Mace Cinnamon Salt and pepper then lay in
your meat with some Knobs of boyled Spinage
Some yelks of hard Eggs and 8 ounces of Marrow
6 Ounces of fresh Butter led and bake it and
Liquor it with a good Gravy the same way to
make it sweet only put but little Pepper & add
to it halfe a pound of Prunelloe Lemmon Sittorn
Erringe Root Barbarys Leaves out the Gravy
and Liquor it with Lear made with a pint
of white wine boyled and thicken'd with y^e yelk
of 3 or 4 Eggs and put to it some fine Sugar
then Serve it ;

A Lumber Pye

Shred a pound of leane Veal with a pound and halfe of beef Suet very fine some parly Spinage beat Leaves then put to it 2 Eggs a half penny Loafe grated halfe a pound of Sugar and season it with 6 cloves Mace Cinnamon & a little Salt a pound and halfe of Currants mix them together then fill your pye and put on y^e top 6 yelks of Eggs boyled hard Some Prunelloes Com: mon Sittorn Erringoe Root and Barbery in all 8 Ounces the Marrow of one Marrow boan a quarter of a pound of fresh Butter lid and bake it and put to it a leat made as for y^e spring pye

A Battalia Pye

Take a hind quarter of Lamb and two Chicken cut them in peices and season with Cloves Mace Pepper Salt and Nutmeg then put in your meat with some forcemeat balls one or 2 ox Pallits boyled tender Blancht & cut in thin slices five or six little rashers of Bacon 2 or 3 Sweetbreads cut in bits a few Barbery 6 yelks of Eggs boyled hard a quarter of a pound of Butter lid and bake it and Viquor it with a good Gravy ;

A Sweet Chicken Pye

Cut your Chicken in peices season them with Cloves Mace a little Pepper and Salt put them into your Pye with some foremeat balls 6 yelks of Eggs 8 Ounces of Marrow 8 Ounces of Currants and Raisons and Sweetmeats as for the Lumber pye you ^{may} make Rabits or Lamb the same way & in time of year put in artichokes bootthoms Chesnuts or Potatons boyled when baked Liquor your pye with a lea made as for the Lumber Pye

Mince Pyes or Egg Pyes

Parboyle some lean beef or Meats Tongue take off all the fat and Skins then Shred y^e lean very fine put to a pound of Meat 2 pound of Suet Shred fine 2 or 3 Nippins Shred small a pound of Sugar rowls fine a quarter of an ounce of Cloves as much Mace a quarter of an ounce of Cinamon a Nutmeg Grated as much salt as will Lie upon a 6 pence 2 pound of Currants mix them together & when you fill your pyes put in some Lemmon Sittorn & orange Peel cut in slices for the Liquoring take a quarter of a pint of Sack as much Virguice & as much Rose water when going to be bak'd put in 2 or 3 Spoonfulls into every pye) For Egg Pyes boyle your Eggs hard & Mince them fine and take of Eggs and Suet Weight for Weight

Humble or Calves Feet Pyes

Parboyle the Humbles of a Dear when Cold
mince them fine with theire weight of Suet
then to 6 pound put halfe an Ounce of Cloves
and Mace as much Cinamon some Nutmeg
a little salt a pound and halfe of Sugar 3
pounds of Currants mix them well together
and put off Sweetmeats and Liquoring as for
the Mince pyes;

A Goose or Turkey pyc

Cut them down the back and brack y^e loans
very well then season them with pepper &
Salt pretty high then put them into your pyc
with Rabbits Fowls or the Giblets cut in
peices to fill up the Corners strow over a few
whole Cloves and put on it a pound and
halfe of Butter to bake it with when bak'd
put in two pound more if you would keep it
a Considerable time cut a hole in the bottom
& let out all y^e Gravy stop it with a bit of
past and fill up your pyc with Clarified
Butter

To Pickle Barbaryes

Make a brine of water and Vinegar a
like boyle it Scum it and when cold put
it to your Barbaryes

Puff of Oranges or Lemmons

Take of the Rhine of Sivrell Oranges
or Lemmons rub them with salt and lett
them Lye 4 or 8 hours then boyle them
in 2 or 3 Waters to get out the bitterneſſe
drain them dry and beat them fine in a
Mortar then bruise in ſome of the juce &
make it very Sweet then boyle it and when
it is cold its fit to fill your puffs mix ſome
ſtewed apples with it;

121

An other way

Take and quarter ſome Apples & ſtew them
in a little water with a little whole Cinamon
and a few Cloves then bruise them fine th w:
the back of a ſpoon & put to them a little
Roſe water and ſweeten it to your taſt and
when cold tis fit for Uſe;

122

An Ollive Florindine

Cut a fillet of deal in thin ſlices and ſeaſon
it th w: Cloves pepper and ſalt put on every a bitt
of Bacon then rowl them up and lay them
in your Diſh with ſome forcemeat balls 2 or 3
Anchovis waſhed and boord a pint of Cyſters
ſtued a little in their own Liquor ſtrain them
and waſh them very well 6 ounces of freſh butter
then Liquor it with halfe a pint of Claret
as much water then Cover it and bake it

To make a Tansie

Take a quart of Juice of Spinage with a spoon: full of Tansie put to it a quart of Cream 20 Eggs beat very well then Sweeten it to your tast & strain it then put to it a pound of Maple Biskit grated a Nutmeg grated 2 Ounces of Butter then set it on a fire and keep it stirring till pritty thick then put it into a buttered Dish and bake it Garnish it with Siviell Orengees Cut in Quarters ;

To make Portugall Cakes

Take a pound of flower rub into it a pound of fresh butter very fine a pound of White Sugar powdered fine 8 Eggs beat very well a little Rose water then beat it till very smoth & put in half a pound of almon past what Currants you please then Butter your pans & bake them in a slack Oven

A Carraway Cake

Rub into halfe a peck of flower 4 pound and halfe of butter very fyne put to it halfe an ounce of Cinnamon 2 Nutmegs grated make a pit in your flower and put in a quart of Yest 10 Eggs beaten a pint of cream a pint of Sack a quarter of a pint of rose water mix it up very well and put to it a pound halfe of Candied Lemmon Sillorne & Orange Peel cut in bits 4 pound of Rough carraways mix them well together then put it into a buttered Hoop and bake it

A Plumb Cake

Take halfe a peck of flower rub into it
 apounds of Butter very fyne put to it halfe
 an ounce of Cloves and Mace as much Cinamon
 mix them together then make a pit in y^e flower
 and put in 3 pints of Ale Yest then Melt 3
 quarters of a pound of Butter in a quart of
 Cream let it be but Blood warm then put it
 to your Yest stir it a little together and let it
 Lye to rise then put to it a pint of Sack a quarter
 of a pint of Rose water 8 Eggs beaten apounds
 and halfe of Candied Lemmon Littorn and
 Orange Peel cut in bits 7 pounds of Currants
 washed and pick'd then mix them very well to
 gether and put it into a buttered hoop & bake it

To make Iceing

Take the Whites of 5 new Laid Eggs beat
 them up to snow with a whisk put to them a
 pound of double refined Sugar beat and sifted
 through a Linnen Sieve a Spoonfull of rose water
 then beat it till very White & Ice your Cake
 when baked and almost cold ;

A Marrow Pudding

Beat 20 Eggs very well put to them a quart
 of Cream Sweeten it to your tast and put
 in 3 quarters of a pound of Maple Biskit
 grated Some Nutmeg then set it on the fire
 and keep it stirring till pretty thick then

put it into a buttered Dish the brims covered wth
past and cut in flowers then stick it thick with
Marrow and strow over it some Currants and
Raisons plump and put on it some Lemmon
Littorn Erringoe Root and Barbery's cut
in Slices so bake it;

129

To make a Quaking Pudding

Beat 12 Eggs very well put to them a quart
of Cream 2 penny white Leas grated a little
Salt some Nutmeg then boyle it in Cups or Cloths
serve it with Butter Sack and Sugar you
may Culler some with Juice of Spinage yellow
with Juice of Coriopsis Blanch Almonds and
quarter them and stick them full and it is an
Headslog Pudding

130

A Rice Pudding

Boyle halfe a pound of rice very thick and
tender in Milk then put to it a pint of Cream
8 Eggs beaten a little Salt some Cinamon and
Nutmeg then set it on the fire and keep it
stirring till pritty thick then stir in halfe a
pound of fresh Butter what Sugar you please
put in a Glasse of Sack and a pound of Currants
then put it into a Buttered Dish and
bake it;

131

An Almondo Pudding

Blanch a pound of Almonds and beat them very fyne with sack or Rose water then put to them 10 Eggs beaten halfe a pound of Naple Biskit grated a quart of Cream some Nutmeg halfe a pound of Sweet butter then set it on the ffire and keep it stirring till pritty thick put in what sugar you think fit and 'tis fitt to Bake or Boyle;

132

To Stew Mutton or the like

Cut your Meat in bits then put it into a toffe pan with an Anchovie Some Shallot a sprig of Sweet herbs Some Strong Brath or white wine and water a little whole pepper & Mace when Enough have a peice of Butter mixed in a little flower then toss them up together and serve it with Sippits;

133

An Orenge Pudding

Beat the pul of 2 preserv'd Siviell Orenge in a Morter put them into a pint & halfe of Cream 16 Eggs leave out 4 of the whits sweeten it to your tast then put in 3 quarters of a pound of Naple Biskit grated then set it over the ffire and keep it stirring till pritty thick then put it into a Buttered Dish the brims Covered wth Puff past and Cut in flowers put into the pudding some Nutmeg and stir in halfe a pound of fresh Butter

To make Forcemeat

Shred halfe a pound of Lean Veal with
a pound of Beef Suet some time and Parsly 1 or
2 Anchovis washed and boand a bit of fat Bacon
Shred them fine then put into it a halfe peny
Loaf grates Season it with Cloves Mace pepper
salt and Nutmeg then break in 1 or 2 Eggs mix
it together then make it into balls as you have
Occasion

To Force a Leg of Mutton Veal or Fowle

Take out the meat at the great end turn back
the Skin and take out the boan then make The
Lean into Forcemeat as before then fill up y^e Skin
with Forcemeat then have a Blather washed Clean
and Laid over it then Roast or Boyle it if Roasted
serve it with Gravy if boyled with Collesflowers or
what the season of the year will afford. for your
Fowl bone it & fil it with Forcemeat made wth veal

A Calves Head Harshet

Parboyle a Calves Head then cut out the
Cheek boan to boyle then cut off all the meat in
bits and season it with Cloves Mace pepper & salt
then have 3 or 4 Ox Pallits boyled tender blanched &
cut in bits 3 or 4 Sweetbreads Parboyled and Cut in
bits then put them into a tefp pan and put to
them some gravy so tefp them up till Enough
then put to it some Forcemeat balls fryed a pint
of Oysters stued in their own Vigor & washed

a quarter of a pint of Mushrooms so toss them up together and serve it with 3 or 4 Sweetbreads Varded and Roasted you may add Chickens or Pigeons Broyled and put round it then Garnish your Dish with Lemon and Barberys;

137

A Brown Frygasea

Cut Chicken Rabits or Lambe in bits & season them with Cloves Mace pepper and a little salt dust on a little Flower then fry them brown in Butter then put to them some Gravy and toss them up till you have sauce Enough then put in some forcemeat bales fryed some Ox pallis boyled tender blanch'd and cut in thin slices some Oysters stued and washed some Mushrooms 2 or 3 deal ~ ~ Sweetbreads parboyled and Cut in bits so toss them up together & garnish your dish as for y^e Marsh

138

A White Frygasea

Flea 3 Chicken or Rabbits wash them very well then put them into a toss pan with as much strong Broath as will cover them with halfe a pint of White wine then stue them till almost Enough then put to them some forcemeat bales boyle two Anchoris washed and boand a little Cloves & Mace an Onion stuck with Cloves halfe a pint of Oysters stued and washed so toss them together then take 5 or 6 Yelks of Eggs beat them very well and put to them halfe a pint of Cream a little Time and Partly skred then toss them up together Quick and serve it take Care it do not Curdle

Scotch Collops

Cut a fillit of beal in thin slices then hack them with the back of a knife and Season them with Cloves Mace a little Pepper and Salt dust on a little flower then fry them but not to Much you may Vard. some of them then bake three pints of gravy put to it 2 or 3 Ox Wallits boyled tender Blancht and cut in thin slices 2 or 3 Sweetbreads Parboyled and cut in bits. Some Force meat balls fryed a pint of Oysters stued and washed halfe a pint of Mushrooms then toss them up together & Serve it with 3 Sweetbreads Varded and Roasted Garnish your Dish with Lemons Parberys & fryed Bacon

To make Gravy

Take Some Lean Beef cut it in thin slices then fry it brown then put to it some fair water an Onion stuck with Cloves a little time and Parsly a little whole pepper and Mace some Anchovis then boyle it down till pritty strong & Strain it and it is fit for use;

Strong Broath

Break the boans of a Leg of beef very well put it into a pott with 7 or 8 Quarts of water some whole pepper a bunch of Sweet herbs an Onion or 2 then boyle it till very strong then strain it set it by till cold then scum of the fat and 'tis fit for Use;

For a White Frygasea make your Strong Broath with a Nuckee of
beal

142

A Brown Soup

Take a quart of Gravy as much strong Broath put to it a handfull of Spinage some Sorrell and beat Leaves then boyle it very well and put in 1 or 2 Ox pallits boyled tender blancht and cut in thin slices some forcemeat balls fryed then boyle them together and put in a Loaf of French Bread cut like dice and tosted then serve it with a Duck Roasted and put in the Middle

Garnish your Dish with scalded Spinage and Lemon;

143

A White Soup

Boyle 2 quarts of Strong Broath with some Spinage Sorrell and beat Leaves 2 or 3 Anchovis washed and boned on Ox pallit or two as the former some forcemeat Balls boyled then serve it with a Chicken boyled garnish your Dish as the former

144

An Oyster Sauce

Take a quart of Oysters stue them in their own Liquor then wash them very well and Straine them take 2 ounces of butter put it in a toffpan and set it on the fire till it burns then strow in a little flower and work it smoth with the back of a Ladle then put in to it a quart or 3 pints of Gravy by Degrees then put in your Oysters and Squees in y^e Juice of a Lemon then take 3 penny French Yeare

60
Cut a hole in the top and take out all the
Crumb then fry the Crust in Hogs Lard and
draine them then soake your Crust in the gravy
and fill them with your Oysters & serve them

145 A Raggoe of Sweetbreads

Take 3 Sweetbreads Lard them and Parboyle
them wash them with an Egg cand strow on a
little Spice and Sweet Herbs then Roast them
then take 3 quints of Gravy put to it 2 Ox pallsits
boyled tender blanched & cut in thin slices some Ox
Combs blanched some forcemeat balls fryed a
quint of Oysters stued and washed 2 or 3 sweet-
breads parboyled and cut ⁱⁿ bits a little Cloves
and mace stue them together and serve it;

146 To Stue a Carp

Put your Carp into a little
Vinegar keep it stirring that it do not Coole
then put it in a tospan with almost as much
Gravy as will Cover it with the blood and
halfe ^{pint} of Clarret a little whole Cloves & Mace
a Slice or two of a Leamon 1 or 2 Anchovis
washtes and Coaned when Enough tofs it
up thick with Butter and put in a
quint of Oysters

To Stue a Hare

Cut it in bits and put it in a stue pan with a quart of Gravy a little Clarret and water a few Sweet herbs 2 or 3 shallots or slices of Onion a little Spice an Anchovie or 2 washed and boand so Stue it till Enough then put to it some forcemeat balls fryed then take a peice of Butter mixed with a little flower so toss it up together thick and serve it with Lippits and Links about it if you please

To pott a Hare

Cut off all the meat from the boans beat it and pick out all the Skins and sinues Season it pritty high with pepper and salt then put it into a pot with a few bay leaves some Bitts of fat Bacon as much butter as will cover it then Bake it till tender then take it out and beat it fine and season it with cloves Mace pepper and salt and put to it some Clarified butter & mix it up as you do past then press it hard into your potts and cover it with Clarified butter

To Pott Pidgeons

Season your Pidgeons pritty high with pepper and salt and bake them in as much butter as will cover them then draine them from the gravy & put them into a Clean pott & pour over them the Clear of the butter they was baked in and more Clarified butter as will cover them

To Pott Tongues

Rub 3 Tongues with 4 Cunces of Salt peter a pint of Peter Salt and a pound and halfe of white salt let them lye 7 or 8 Dayes then strow on them some Pepper and bake them in Clarified beef Suet then blanch them and strow on them some Cloves Mace & Pepper then put them into your potts and Cover them with Suet;

To Pott Beef

Take a buttock of beef cut off all the fat & cut it in peices 2 or 3 Inches thick then rub 8 pound with 2 Cunces of Salt peter halfe a pint of peter Salt and some white salt let it lie 3 or 4 days & strow on it some pepper and bake it tender in Clarified beef Suet then pick off the fat and skins clean and beat it fine then put to it halfe an ounce of Cloves and Mace and a quarter of an ounce of pepper and a pound and halfe of Clarified butter then mix it up as you do past and press it hard into your potts and cover it with Suet
This will keep if you are minded to send it to Sea

Duck Beef

Take a Leg of Mutton a peice of beef & rub it with a quarter of a pound of Salt Peter a pint of Peter Salt and a quart of white salt let it lye 3 weeks rub it now and then with White salt then dry it

To Coller Beef

Take a thin flank of beef take off the inside skin and the boans then rub it with a quarter of a pound of Salt peter a pint of peter salt and a quart of white salt let it lie 5 or 6 days then strow over it 3 quarters of an ounce of Cloves and Mace and as much pepper some time parsley and 5 or 6 bay leaves shred fine then rowl it up and bind it tight with beggers Tape and bake it in pump water when baked rowl it up tight in a Cloth till cold. if for Sea leave out the herbs & bake it in suet and put it into little pots and Cover it with Suet ;

To Fry Cysters

Stucc your Cysters a little in their own Liquor then Straine and wash them then beat up some Eggs put to them a little Spice & salt and some flower as for batter then dip in your Cysters and fry them of Quick in Clarified Suet then Lay them round any Fish Harsh or Frigasea

Sauce for Venison Neats Tongues and Udders

Take Some Carret and a little water put to it some grated bread a bit of whole Cinnamon a sprig of rosemary then boyle it pretty thick then sweeten it to your tast and serve this in plates with gravy in the dish

To Collor a Pig Veal or Cell

Cut your pig down the back and take out all the bones then season it with a quarter of an ounce of Cloves as much mace some Nutmeg Pepper and Salt some time Parsly and Saige Shred small then bind it tight with Beggens Tape & boyle it in Vinegar and water with some whole Spice when boyled take it out till Cold and keep it in the same Pickle The same way for Veal or Cell only Leave out the Saige

To make a Ham

Take a hind quarter of pork and cut in the shap of a Ham then rub it with halfe a pound of Course Sugar and let it Lye 48 hours then rub it very well with a quarter of a pound of Salt peter apint of peter Salt & 2 pound of white salt let it Lye 3 Weeks rub it now & then with white salt then hang it to dry and tis fit to boyle; the same way to salt Tongues for drying only rub them not with Sugar

To make Fish Sauce

Take some Gravy and make it pritty strong with Anchovis & some hors Raddish then work a peice of butter in some flower put it to your Gravy & dran it up thick with more butter & put to it some Cyfters & Shrimps then pour it over your Fish with some Lippits fryed & stuck in them some horse raddish Scaped & persly fryed & laid as boylt it

159 Oyster Sauce for Boyled Fowl

Take a quart of Oysters Strue them in their own Liquor then wash them very well then take a peice of butter boyle it in a close pan and Strue in a little flower and work it smoth with a back of a Tadle then put to it your Oysters Liquor 2 or 3 Anchovis washed and boand an Onian stuck with Cloves apound and halfe of butter some Mushrooms & Capers and tis fit for Use

160 Sauce for green Geese or Ducks

Take halfe a pint of white wine & boyle it with a little grated bread some Nutmeg when most cole put to it halfe a pint of Juice of Sorrell a little butter melted then Sweeten it to your tast & put to it some scalded Gooseberryes then get warme it & serve it

161 To Spitch Cock Ell

Pull off their Skins to the tail then strow on a little Cloves mace pepper and Salt some time and Parsly Shred then pull on the skins and turn them up in y^e shape of an S or some round run a scure through them then fry or broyle them & serve them with any other fish

66
162

To Pickle Salmon or other fish

Take of water and Vinegar alike put to it a handfull of Salt and when it boyles put in your Fish and when boyled take out your Fish till cold then put them together

163

To Pickle Oysters

Take a quart of Oysters Strain them and wash them very well Save their own Vigor and put to it halfe a pint of white wine a little fair water some whole Cloves mace and pepper a little Horse Raddish so stue them till Enough then take them out till Cold then keep them in the same Pickle

164

To Pickle Pidgeons or any Fowl

Boan your Fowl and season them pretty high with Cloves Mace pepper & Salt then boyle them tender in Vinegar & water alike with a little Salt and some whole Spice then take them out till cold then put them together

165

To Pickle Cucumbers

Make a brine with water & Salt Strong Enough to bare an Egg put to your Cucumbers boyling hott & lett them lye 48 hours then draine them & put some boyling hott Vinegar to them

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as will Cover them and let them lye a day
or 2 then set them on the fyre in the
Vinegar and keep them Scalding hott till
very green then too. 500. of Cucumbers put
halfe an Ounce of Cloves & Mace and an
Ounce of Pepper all Whole a handfull or
two of Dill and Finnil then lye them
Downe Close

166 To Pickle Mushrooms

Let the Smallest Mushrooms as fresh
as you can from y^e Earth put them into
water then wipe them till very white. th
a peice of Flanin and as you wipe them
put them into water then Lett Some Spring
water on the fyre put in a little Salt when
it boyles put in your Mushrooms & lett
them Boyle 5 or 6 Minutes then put them
into Cold Water; To make the Pickle take
a Quart of the best white Wine Vinegar and
halfe a pint of White wine a little whole
mace and pepper Some nutmeg Sliced
boyle it and when cold draine your
Mushrooms very Dry then put them
up into Glases with some bits of bay leaf
then lye them down close with a bladder
and Leather

To Pickle Musmillions or Large Cucumbers Like Mangoes

Get them before they are ripe cut out
a Long Slice and take out all the seeds
then make a brine with water & Salt
Strong Enough to bare an Egg put it to
them boyling hott and Lett them Lye 18
Hours then draine them and put some
boyling hott vinegar too them then sett
them by for a day or two then hang them
over y^e fire and keep them Scalding hott
till very green then to Halfe a Dozen take
halfe an Ounce of Cloves and Mace as much
Pepper a little whole Ginger bruised some
Shallots cut Small or a Head of Garlick mix
them with a Quarter of a pint of Mustard
then spread it on them then tye them down
Close and Sett them by for Use

168 To Pickle French Beans

Make a brine with water and Salt
So Strong that it will bare an Egg put
it to your Beans and let them Lye 7 or 8
days turn them every day then draine
them and make some fresh Water boyle
then put in your beans and let them
gest boyle up then draine them dry & put
some boyling hot vinegar to them as will
cover them then set them by for a day or
two then hang them on the fire in y^e
vinegar and keep them Close covered &
Scalding hott till very green be sure let

70
them not boyle then to Ralfe a peck of
Beans put halfe an ounce of Cloves &
Mace and an ounce of Pepper all whole
a handfull or two of Dill and Finell &
lye them down close with a bladder &
Leather

169

To Pickle Walnuts

Gather them before they have any
Shells run a Nitting needle throughs them 2
ways then Lye them in water and Salt
9 Dayes Change them every Day then
boyle them tender in fresh Water but shift
y water 3 or 4 times to gett out the bitterness
then draine them and put some boyling
hott Vinegar to them then sett them by
till cold then to every Nut stick in abit
of Mace a Clove and Shallot and some Shallots
Cut small about 18 Shallots to a Hundred. and
halfe an ounce of Cloves & mace more & an
Ounce of Pepper halfe a pint of Mustard
then lye them close and Set them by for
Use

170

To Keep Goosberries or Damsons

Gather them dry before they are ripe
pick them and put them into bottles that
are very dry and shake them down close
put corks into them very lightly and put them
into a Kettle of cold water up to the Necks
then hang them on a gentle fire till they are
gost (oddles) take them out and when most
cold beat the Corks down very light and
cut them off even with the bottles then cover
them over with pitch and Rosin that
no Aire gett in;

To Make Sausages

Take 10 pound of pork Shred it but not too small pick out the skins & sinews mix with it some Parsly and Sage and season it with cloves Mace pepper & Salt then fill the guts that no air get in if any doth prick it you may make them of what Length you please hang them in a kitchen where they do not dry too fast & they will keep a Considerable While

To Make Orange Cream

Take the juic of 8 Large Siviell Oranges put to it the yelks of ten Eggs beaten with 5 of y^e whites Sweeten it to your tast with fine Sugar then Straine it through a fine Cloth into a tan. kerd then put to it a bit of butter y^e bigness of a Wallnut a Spoonfull of rose or Orange flower water 3 or 4 little Slice of y^e Peel then Set it on a Charcoal fire and keep it stirring allways one way till pritty thick then take it off Quick and pour it into Glases take out the Peel

To Make Harts-horn Jelly

Take a quarter of a pound of Large White harts-horn and a penny worth of Izing. Glas put it into a pipkin with 5 pints of Spring water then boyle it till it will Jelly and do it as the Calves Feet Jelly

174

To Make Calves Feet Jelly

Take 3 Calves feet slit them and cut off the Hair between the toes then put them into a Pipkin with 3 Quarts of Spring water then boyle it till it will Jelly which you may know by Setting a little to coole then Straine and let it stand till cold then scum off the fatt and put the Jelly into a pipkin with a quarter or half a pint of white wine boyle it a quarter of an hour take it off and Bruise in the juice of 3 or 4 Lemmons 3 or 4 drops of oyle of Cloves Sweeten to your tast with fine Loafe Sugar then put in the whites of 8 or 10 Eggs beat a little then sett it on the fire and stir it now and then till it boyles then run it through your Jelly bags till cleer then put it into your glasses —

175

To make Lemmon Creame

Pair the rhines of 4 Lemons steep them in a quart of Spring water all night then Bruise out the juice of the four Lemons and take a pint of the water the peel was steeped in and 12 whites of Eggs with 4 of the yelds then make them very Sweet with fine Sugar then Straine it through a fine Cloth into a silver tankard then set it over a Charcoal fire and keep it stirring allways one way till pritty thick then ^{run} it into your Glasses ;;;

So Culler Jellies

Take a penny worth of Cutchenall beat it fine with a bit of Roach Allum lye it in a rag then bruise it in as much Jelly as you would Culler over the fire before you run it then run it through your bag into your Glasses so do them Yellow with Saffron; Green with the Juice of Spinage. blue with Sirrup of Violets white with milk

So make whipt Iulebubbs

Take a quart of Cream put into it a little white wine or Clarret Sweeten it to your tast and put in the Juice of a Lemon then work it with a little Chocolet Milk and let it stand a little to settle then take off the froth and put it into your glasses with some wine in y^e bottom of them so do till your glasses are full;

So make Chocolet Cream

Scrape a quarter of a pound of Chocolet into a pint of Cream then boyle them together take it off then put to it the yelk of 4 Eggs with 1 of the whites Sweeten to your tast then straine it as the others then put into it a Spoonfull of Sack then set it on the fire and keep it stirring till thick then pour it into your Glasses;

To make Ginger Bread

Take a Quarter of a Peck of Flower put to it 4 Ounces of Sugar halfe a Pound of Butter rub it in very fine 4 Ounces of Ginger a Quarter of an ounce of Cloves and Mace mix them together and put in 1 or 2 Spoonfulls of Yest then mix them up with as much Treacle as will make it into past put into it 6 Ounces of Sweetmeats cut Small make them into little Cakes & Bake them in a Coole Oven

To Boyle Smalle Fish

First boyle white-wine and Water together with a bunch of Choice Herbs and a little whole Mace when all is boyled well together put in your fish wheather Roach Bace Gudgeons Flounders or the like and as the Scum ariseth take it Clean off then put in the Soull of a Manchet a good Quantity of Sweet Butter and Season it with Pepper Salt and Verjuice so serve it in upon Sippets and Adorne the Sids of the dish with Sugar

181 To make a Broth for any fresh Fish whatsoever Pike Bream Carp Barbell Eel or the Like;

You may boyle Water Verjuice and Salt together with a handfull of Sliced Onions then you may thicken it with 3 or 4 Spoonfulls of Ale yest then put in a good Quantity of whole Barberries as also pritty Store of Currants — when it is boyled Enough Dish up your Fish and pour your Broath upon it Laying your Fruit and Onions Uppermost;

74 182 Sauce for Quail Raile or any fat big bird

Mix Clarret wine and Salt together with the Gravy of the Bird and a few Hyne Breae Crumbs boyle them and pour on the Birds when you Gilt them up;

183 So Roast a Cows Udder

Take a Cows Udder and first boyle it well then Stick it over with Cloves and when it is cold Spit it and lay it to the ffire and apply it well with Basting and when it is well Roasted and brown. bread it and draw it from the ffire take Some Clarret wine and Grated bread and Set it on a Chaffingdish of Coals and boyle it till it be thick then put to it good Store of Sugar and Cinnamon and puting it in a Clean dish lay the Udder therein and trim the Sides of y^e dish with Sugar and Serve it up;

184 So Roast Vension

Take your Vension and Lard it either with Pork or Bacon and Stick it full of Cloves on the one Side then Spit it and rost it by a Soaking ffire then take Clarret wine Vinegar grated bread and Some of the Gravy that comes from the Vension and boyle them well then Season it with Sugar Cinamen Ginger and Salt and Serve the Vension upon y^e Sauce when it is Enough;

185 To make Sauce for a Roasted Capon

Take Onions peel and Slice them then
boyle them in fair Water with pepper Salt
and a few white bread Crumbs then put into
it a Spoonfull or two of Clarret wine the juice
of an Orange 3 or 4 Slices of Lemon peel Shred
Small all these mix together pour it upon the
Capon when 'tis cut up. This Sauce leave out
the bread will also Serve for a Pheasant;

186 Sauce for Pidgeons Stock = Doves or y^e like

Mix Butter and Vinegar with Parsly
Roasted in their Bellies and Shred small
so serve it up with the Pidgeons

187 Sauce for Wild Fowl Roasted

The most Generall Sauce for all kind
of wild fowle Roasted as Duck Mallard
Teale Snipe Shaldraks Plover Perwete Gulls
and such like is only Mustard and Vinegar
or Mustard and Verjuice mixt together or
Else a Onions Water and Pepper Some use
only Butter melted without any thing Else

188 To make Sauce for green Geese

Take Sorrell Stamp and Straine it and
mix the juic thereof with Sugar and a
few Scalded Gosberryes and so serve it in
upon Sippets;

189

To make Sauce for a Pigg.

Take Saige and Roast it in the Belly of the Pigg then boyle Verjuice and butter & Currants together take and Chop the Saige small & mix the Grains of the Pigg with it —

190

Sauce for a Turkye

Take water and sett it over the fire then slice good store of Cynions and put into it also pepper and Salt and good store of Gravy that comes from the Turkye and boyle them very well together then put to it a few fine Crumbs of Grated Bread to thicken it a very little Sugar & some Vinegar & so Serve it up with the Turkye

191

Sauce for Roast Mutton

Some use only Cynions Sliced in fair Water and Salt. Some use Broom buds Pickled. Some Cucumbers Pickled, but the best Sauce is Clove Gillyflowers preserved in Clarret wine as before I shewed you

192

Sauce for Veal

Take all kind of Sweet pott Herbs and Chop them very small with the Yelks of 3 or 4 Eggs boyle them in Vinegar and butter with a few White bread Crumbs and good store of Sugar then Season it with Cinamon a little Pepper and Salt and pour it upon the Veal with some Slices of Oranges and Lemmons about the Dish;

To make Rice Puddings

Take halfe a pound of Rice and Steep it in new Milk a whole Night and in the Morning draine it and let the milk drop away and take a quart of the best Sweetest and thickest Cream and put the Rice into it and boyle it a little then Settle it to Coole an Hour or two and after put in the Yelks of 6 Eggs a little pepper, Cloves and Mace Currants Sugar and Salt and having mixt them together put in good Store of Beef Suet Small Shred and beat it well So put it into the Farms or Skins and boyle them and serve them up after a Day Old

194 To make an Excellent Sullibub without Milking Under a Cow

Take Sider and good Store of Sugar and a little Nutmeg Stir it well together and put in as much thick Cream as you think will Serve by 2 or 3 Spoonfulls at a time as hard as you can as though you Milkt it in then Stir it together Exceeding Softly once about let it Stand 2 Hours at Least before it be eaten for y^e Standing makes the Curd

To make Links

Take the Leargest of your Chins of York and that is called a list and Shred them small and mix the Fat and Lean Exceeding well together then take good Store of Saige and Shred it very small and mix it with the Flesh then give it a good Season with pepper and Salt Cloves & Mace then take the Farms or Skins in their whole Length not cut in peices as for puddings first blow them well to make the Meat Slip then fill them which done divide them with threds into Small Links as you pleas then hang them up in the Corner of some

78
79
Chimney clean swept that they may take the Air
of the fire and lett them dry 4 or 5 Dayes are any
be eaten and when they are Served up let them
be fried or Broyled on a Gridiron or Roasted about
a Capon;

196

To make a Pudd;

Take 2 Quarts of Cream Sett it over the fyre and Lett
it boyle then take the Yelk of 12 Eggs and beat them
very well with 3 or 4 Spoonfulls of Cold Cream as
the Cream is Heating over the fyre take 5 or 6
Spoonfulls and put to the Eggs stirring them well
together and when the Cream boyles strain the
Eggs into it keeping it stirring continually that it
may not Burne to the bottom and let it boyle a
little after the Eggs are in then take it off & let it
Stand and Coole then cut Some Sippets and lay in
a Dish and pour 3 or 4 Spoonfulls of Sack upon
them setting them to dry and when they be dried
so that they hang to the Dish Sweeten the Cream
and pour it into the Dish softly that the Sippets
rise not up keep it till it be cold are you Eat it

197

To Hash a Calves Head

Take it and halfe boyle it then take it and Slice
it in Small peices then take Sweet Herbs & Shred
them small and take some Clarret wine and 4
Yelks of 4 Eggs and Set a Stueing & Shake it well to
gether

198

To Hash any Cold Meat

Still your Meat and Set it Stueing and put
in Sweet Herbs some whole pepper and Cloves and
when you Serve it up put in some butter and
Vinegar

For a Frygacie

Take your Rabbits or Chickenes and cut them in peices and brake the bones with a Rowling pin and lett your pan be very clean & take sweet Butter and keep them shaking and stice a little Lemmon and when it almost ready put in some Eggs and Cream well beaten and 2 or 3 Spoonfulls of Rose Water or Sack and stir them well together and when it is Fryed Enough Serve it up.

200 To make Sauce for Boyled Rabbits

Take Onions and boyle them in a cloth and boyle Currants and beat your Butter and vinegar very thick and Serve it up

201 Sauce for Boyled Chicken

Take Parsly and Torrill Scalded and Shred then melt your Butter thick and mix them together with a little Sugar and Send them up

202 Sauce for Calves Feet

Boyle a little bread and Water & take the Yelks of 3 or 4 Eggs and 2 or 3 Spoonfulls of Sake or Clarret and a little Sugar beat them together and Serve them up.

80 203 Sauce for a Royled Leg of Lamb

Take Gooseberries scalded and Butter beat with Vinegar and Sugar and a little Lemon and Orange so send it up;

204 To make a Chicken Pye

Take your Chickens and season them with Cloves and Mace and a little Salt then Lay them into your Coffins and lay some large Mace upon them and an Indifferent Quantity of Butter and leave a breth Hole in the top So bake it and against it is Baked make a Caudle of Muscadine or Sack boyled with Mace and thicked with Eggs and Store of Sugar and fill it up and serve it whether cold or Hott this is the new way to make a Pidgeon Pye

205 Sauce for Roasted Mutton

Take 3 or 4 Inch Iris Stued in Clarret wine over a Chaffingdish of Coals and as much Gravy as you can save so serve it up

206 To Pickle Walnuts

Take 5 Quarts of the best Vinegar halfe apound of Bay Salt dissolved in a pint of water halfe apound of Mustard Seed one Head of Garlick halfe an ounce of white Pepper a little Bruised boyle all together halfe a Quarter of an Hour Bruise the Seed Straine the Salt. This Quantity of Pickle is Sufficient for 2 Hundred

To make the Bitter Draught

Take of Cardus Seed. Sentry. and Sene. Camamiles Flowers. Gentian Root of Each as much as you can take Between your Fingers and Thumb put it into a Quart pott and pour a quart of boyling water to it and let it Simmer a pretty Distance on the ffire Lett it by & Drink a Coffe dish full Morning and Evening

To make a Cake

Take 4 pound of Currants Clean washed & picked and well dryed one pound of Raisons of the Sun Stoned put to them 6 pound of fine flower 2 pound of Sittron cut pretty thin and Small then have grated 2 Small Nutmegs as much beaten with 12 Cloves and Cinnamon mix these with your Currants and flower with 6 or 7 Ounces of Sugar finely beaten. you must have ready one pound and halfe of Allmonds blancht in cold water beaten fine with Some sack to keep them from Syling one Wine Quart of thick Cream make it ready to boyle then take it off ffire and Slice in it 2 pound & halfe of Sweet Butter Stir it till it is quite dissolved then put in your almonds and mix them together take 24 Eggs whip them well and put to them one pinte of Good Yest that is not bitter whip them well together then put your flower in the Middle Eggs and Yest on the one Side and the Cream on the other so mix them very Regularly cover it with Papper and Lett it rise before the ffire Whilst your Oven Heats then make your Floor and Oven ready to put it in one Hour and halfe will bake it then Ice it and put in Salt as you please you may add a Little Ambergreace if you please and Leave out halfe the whits of your Eggs &c.

To make Conslip Wine

Put to 9 Gallons of Water 24 pound of Sugar let it boyle an hour put in the Whites of 6 Eggs to raise the Scum pour this hott on a bushell of Conslips close stopes let it stand 24 hours straine it out spread some Tost of brown bread with Yest put to it the Juice of 6 Lemmons some peels when it has worked Enough put it in the Vessell to this Quantity you may put in 2 Quarts of Rhenish wine and 2 of Sack lett it stand a Fortnight before you Bottle it It will be fit to Drink in a Month

To make Reason Wine

Take 4 pound of Raisons of the Sun a pound of good powder Sugar the Juice of Lemmons & peel of one put it into an Earthen Pott with a hole in it boyle 2 Gallons of water put into the pott cover it close 2 or 3 Dayes Stir it Each day Straine and bottle it stop it very Close fill not the bottles too full keep it very close and you may Drink it in 14 Days ;

To make Comfortable Lysinges

Take 4 Ounces of White Sugar Candy beat it to powder well it with rose water or Orenge water Boyle it too a Candy Highth So put to it a Dram of Ambergreace and as much Pearle

To make Birch Wine } it is to be made
in March

To a Gallon of Birch Water put 2 pound of Sugar let the water boyle halfe an hour & Scum it well you must allow as much as you think will wast in boyleing before your Sugar goes in for it must boyle no longer after the Sugar is in but to Scum it clean then let it stand to settle when it is cold pour it from the grounds and put some Yest to it and let it stand close covered for 3 or 4 hours more or Less till it has a good Heas then have in Readines a strong vessell Smoked with Brimstone and stop'd close till you use it fill your vessells full and when it hath done working stop it close let it stand 6 or 8 Months before you bottle it in a Close Celler

To make a Rich Cordiall

Take a Gallon of Brandy and put into it 4 pound of Double Refined Sugar then put it into an Earthen pott and keep it stirring untill the Sugar be dissolved then put to it halfe a Ounce of the Spirit of Saffron the same Weight of Alderney and 2 Drams of the Spirit of Cloves Leafe Goto what Quantity you please put all these into a new Runlet lett it stand a Week and then draw it off into Bottles put not in your Goto till the Cordiall is in Bottles

To make Syrrup of Balsom of Tolu

Take a new Pippkin well Scalded and seasoned then take an Ounce of Balsom of Tolu put to it a Quart of Spring Water let it boyle in y fore Mentioned pippkin well covered to a pint then Straine it through a Flanin Strainer then add to it a pound and halfe of fine Sugar and boyle to a Syrrup and when it is cold bottle it up for your Use. I think it is the best way to tye up the Tolu in a Muslin or Cambrick Bag when you boyle it and then it may serve againe it should be Double Refined Sugar

Milk Water

Take 2 pound of Speermint 2 pound of Cardus a pound of Wormwood a pound of Balm cut the herbs in Peices to Eye hand Some in the Still cover them well over th: Milk Lute up the Still and keep a wetb Cloth upon the top then keep it with a pritty good ffyre do not distill it too Close lest the Water be Sour

This is good against the Wind

Take of green Wallnuts at Midsummer when they are at their full groth before the Shell Slinder the Quantity of a pound a pound of Rue a pound of Ffiggs cut the Ffiggs in Slices and Bruise the Wallnuts and the Rue Lay Rue at the Bottom then Wallnuts and then the Ffiggs and so againe the first Quart will be Strongest you may keep it by it selfe or Mingle it altogether if you please Lute up y^e Still and when it begins to be Sourish take no more

Orenge Wine

Take 7 Gallons of Spring water put into it 12 pound of 6 penny Sugar and the whites of 4 Eggs well Beaten set it on the ffire and let it boyle an Hour carefully Scumming it then take it off and put in the Peels of 50 Orengees paired thin lett it stand till it is almost cold then put in the Juice of y^e Orengees & 6 Ounces of Sirrup of Sitorn with 6 Spoonfulls of Yest let it stand a day and a Night and Straine it into a Vessell add to it a Quart of Sack and a Quart of Rhenish Wine stop it Close and when 'tis fine Bottle it off;

Take 6 Gallons of water and 14 Pound of Honey 2 Pound of fine Sugar put it into the water cold and hang it over the fyre and when it is pritty hott put in the Whites of 4 Eggs and when the Scum ariseth take it off very clean and let it boyle an hour with Cinnamon and Cloves and then Straine it off and when it is almost cold then bake a Test very hard & spread it over with Yest let it work till the next day and then put it into a Vessel and the Peell of 3 Lemmons;

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So make Raisin Wine

So a Gallon of water put 4 Pound of Raisins Thred the Raisins small boyle the water and pour it hott upon them. Lett them stand 4 or 5 days and stirr them every day then Straine it off and put it into the Vessel with a few Saige Leaves and stop it close;

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So preserve Apricocks in Jelly

Take the fairest Apricocks before they are too ripe pare them & take out y^e stones & as you pare them strow Sugar on them then take their weight or somewhat more in double refined Sugar break y^e Sugar in bits just dip y^e bits in water melt it on y^e fyre boyle it pritty high Scum it well then put in y^e Apricocks lett them boyle quick when they are clear & enough lay them in glasses as dry from their sirrup as you can then have some Infused juice of Cristial Goosberries or Coolings Liquor to a halfe pint put halfe a pound of double refined sugar to it boyle both a little then run it through a Muslin. pour off itt into each glass. Cover them well with itt

To make Portugall Cakes

Take a pound of Butter wash in rose water changing it 2 or 3 times & Eggs 4 Whites being left out beat your Eggs a little then mix your butter & Eggs well together then have a pound of fyne flower ready dried in y^e Oven or before y^e fyre a pound of fyne Sugar a Quarter of an ounce of Mace beaten mix your flower & Sugar & Mace together. then Thiver it into your Butter & Eggs beat it with a spoor or Rowlingpin till it looks white then put it into pans & bake them they will keep halfe a year if you keep them where they dry;

To preserve St. James Plumbs

Take a pound of plumbs and peel off y^e skin and take a pound of Double refined Sugar beaten strowing some on y^e plumbs as you skin them put one Spoonfull of water to them when your Sugar is all dissolved sett them on y^e fyre and lett them boyle very gently strow y^e rest of your Sugar on them Scum them very clean when you can see y^e Stone very perfectly they are Enough then put your plumbs into Glasses if you think your Sirrup be not thick Enough put it over y^e fyre againe & boyle it till it is then put it to your Plumbs whilst it is warme;

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To make a Strengthening Diet Drink

Two pound of Yellow Dockroots. one pound of Ash peels. 2 handfulls of Scabious. 2 handfulls of plantany. 2 handfulls of Egrimony. two Handfulls of Salendine. boyle all these in 4 Gallons of Midling Wort till one Gallon be boyled away then straine it out and work it then put into it in the Tubb 2 Shillings worth of Druggs the peels of 4 Siviell Oranges 4 handfulls of dried Saige. a pound of Raisons of y^e Sun. one pound of Vent. figgs lett it stand 5 or 6 dayes then drink off it one pint in y^e Morning & as much att 4 a'clock in the after Noone;

224

To make Aquamirabilis

Take 3 Quarts of the best Stilling Brandy. 2 Quarts of Sider. 3 quarters of a pint of y^e Juice of Speermint. of y^e Juice of balme. Angellico. Sallendine. of each halfe apint. Subbubs. Gallin-gall. Cardimums. of each 2 Drams. Mace. cloves. Cinamon Nutmeggs of each halfe an Ounce Juniper berries. Bay berries of each a halfpenniworth 2 learge races of Ginger. apennyworth of Millolott Flowers. a few rosmary Flowers beat all your Spices & steep all these things together 2 days & 2 Nights then Still it att twice & add to each Still 1 Quart more of Sider when you Still it you may draw from this. 3 Quarts of water drop your water upon fyne Loaf Sugar. put into your bottles past your Still close with rye past wet with a Cloth in cold water very often when you Still it and keep round your Still;

To make Parvy Biskit

A pound of Loaf Sugar to a pound of
 fyne flower dry your Flower and beat your Sugar
 very fyne & sift it through a Linnen Search then
 take 7 Eggs & whisk y^e whites to a Snow then put in
 the Yelks and mix them with the Whites just whisk
 them together. then shake in your Sugar & then
 your flower and so mix it together. then have
 pye paper ready and Lay them out with 2 knives
 you may make them round or Long which you
 please before you sett them into y^e Oven dust
 them over with Double refined Sugar then
 shake off what Sugar from them that will fall
 off sett them into the Oven presently watch them
 all y^e while they bake they are presently
 Enough you may put a few Carraway Seeds in
 them if you please;

To Candy Angellico

Take Angellico young and Tender and
 String it very well & put into water as fast
 as you String it and lett it Lye 2 hours then
 put it into a Skillett of boyling water & boyle
 it till it is tender cover it till you think it is
 Green enough then take it out of y^e water &
 take y^e Same Weight of double refined Sugar
 as your Angellico weighs. Synly beaten you must
 allow ^{water} enough to wettt your Sugar and boyle
 it very Quick clean Scumming it till
 it is Enough;

So make a plain Cake

Take 6 pound of fyne flower & a pound and halfe of fresh Butter rubb it very well into y^e flower then 11 Eggs putting away halfe the Whites a pint of good Ale Yest. 5 Spoonfulls of rose water. 5 Spoonfulls of Sack a pint of good Cream mix them & Straine it into your flower make it up & lay it before y^e fyre Cover it with a Cloth for halfe an Hour then take halfe an Ounce of Mace Beaten halfe a pound of fine Sugar 2 pound of new made Carraway Comforts and when your Cake is ready to go into y^e Oven pull it in bits & strewn in your Sugar. Spice & Comforts & a Quarter of an Ounce of Carraway Seeds into y^e flower if your cake be thick it will require & Flour & a Quarters Baking

So pickle Cucumbers

Make your Brine to bare an Egg then put your Cucumbers in & lett them lye in it 24 Hours then drean them well & wipe them very Clean & take y^e best Vinegar & Cloves. Mace. Pepper & some Ginger sliced. & Dill & make your pickle just boyle & thro your Cucumbers in & just set them & pour them into your pott & Cover them very close & Shake your pickle & boyle it & pour it on your Cucumbers & y^e thirde time make your pickle boyle & put your Cucumbers in & Cover them close & lett them Green over a Gentill fyre

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To Pickle French Beans

Take them & string them & make a pickle of Salt & water & lay them 10 days. Shift them 3 times into fresh salt & water boyle them in y^e last till they be tender put in some roach Allum cover them close in y^e boyling when they be Enough drean them & make a pickle of Vinegar halfe rape & halfe White wine to every peck of beans one Ounce of pepper one Nutmeg. a race of Ginger whole mace boyle it & put to them cold ;

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White Marmalett

Pare your Quinces as Quick as you can and take y^e same Quantity of Double refined Sugar beat & Sifted stro all your Quinces all over with Sugar as you pare them & Cut them but them in y^e thing which you desire to do them in put no water to them only Sugar & Juice of Quinces & boyle them up as Quick as you can. as soon as you see it is clear & tender take it up & put it in your Potts ;

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Currant Wine

Gather your Currants & Squees them then put it up in a Tubb & put your tapper waze in then lett it surge till it riseth with a thick Scum then draw it off put 3 pound of Sugar to a Gallon of Juice ;

To Pickle French Beans

Make your brine to bare an Egg then put your beans in for 8 days & stir them every day then take y^e best Vinegar. & Cloves. Mace & pepper & drean your beans from y^e brine & sett your beans & pickle Cold together & after they just boyle keep them just Simering till they be tender & Green ;

A Green Oyle good for any Spraine or Bruise

Take 2 handfulls of Risope. 2 of Lavender 2 of Wormwood. 2 of Southernwood. 2 of Camamilles. 2 of Red saige. 2 of Walnutt Leaves y^e Youngest you can gett. pound this altogether very well. put to them as much very good Sallett Oyle as will very well wet it then put it into a Pewter Basin & cover it very close then lett it stand 3 Weeks or a Month. Sturr it every day then put it into a Skillet & sett it upon a Gentill fyre & lett it boyle halfe an Hour then straine it into a Pewter dish till it is cold then putt it into a Glass Bottle it will keep Seven Years. you must make it in May you may put in some Sullendine ;

To Preserve Red Currants in Jelly

Take the fairest Currants cut off y^e Eyes Stone and clip them from y^e Stalks Stron Sugar on them as you clip them then weigh them and to every pound of Currants take halfe a pound of y^e Juice of Red Currants and a Quarter of a pound^{of} White take a pound and three Quarters of Double refined Sugar beating it as small as that that was Stron on them in the Clipping. Keep some to Stron on them as they boyle and put as much water to the rest as will wet it when it is melted boyle and Scum it then put in y^e Currants boyle them till they are enough with a Quick fyre then put in your Juice let it boyle and Scum it very clean keep it stirring till tis enough almost cold then put in your Glases;

For an Ague

Take one Dram of Mummy and a little Honney and take it a little before the fitt comes. and when the fitt is over you must take two Drams of Murr in Popet-drink.

For a Consumption

Take one Ounce of good new Viquorish
cutt itt into thina slices an Inch or two
Long and boyle itt in a Pottle of Running
water till it comes to a Quart then fill itt
up with 2 Quarts of new Milk give it
but one boyle up with 2 or 3 Spriggs off
Spearmint in it so drink of it a good
Drought every Morning & att 4 in the
after-noon. you may drink off it a Moneth
together

For Sore Eyes

Take of Lapis Calaminaris and Lapis
Tutty of each 2 Drams powdered very fyne
put it into halfe a pint of White Rose water
shake it often and when it is well settled
wash y^e out-side of your Eyes with it as
often in a Day as you please

To make Past

For rais'd Past to a Gallen of Flower
3 Quarters of a pound of Butter for cold Past
to a Pottle of Flower one pound of Butter & Eggs
for Puff Past to a Quart of Flower 3 Quarters
of a pound of Butter 2 Eggs rowl in your
Butter

239 A Salve for a Green Wound or Burn

Take of Rosin. Bees Wax. Mutton Suet
Lard. these 4 must be Equall alike & some
Frankincence as you do think fitt. when all
be Melted together then you must put in
some Vardigreace then simmer it all together
over a Gentill Fire about one hour.
Extraordinary good; Approved

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To make Currant & Gosberry Wine

Take 3 pound of Currants a Quart of water
and a pound of Sugar first Grind y^e Currants
~~or~~ mash them & press out the juice & put the
Stalks into y^e Water & then press that out and
put all to the Sugar & when y^e Sugar is all
Melted put it up into a Cask if it do not work
spread a test with Mustard and put it in &
keep it close stoppt for halfe ^{year} or more then bottle
it

The Like for Gosberries Wine if
upon tasting it prove not Sweet enough Lett
it be Rackt off & put some more Sugar dissolved
in Mallago Wine

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To make Elder Wine

First take as much water as you please and to a Gallon of Water put 5 pound of Sugar sett it over y^e fyre and when it is almost ready to boyle put in some Whites of Eggs to raise y^e scum stur it together & when it boyles keep it scuming & lett it boyle an Hour & when it is cold put in a pint or a pint & a halfe of Elder juice Baked or Boyled

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To make the Yellow Cordial

Take one Gallon of the best Brandy. one quart of Damask Rose Water. one pint of Poppy Water. one pound & halfe of Raisins of the sun stoned and sliced one pound of Double Refyned Sugar. one Ounce of Cloves whole & Nutmegs bruised. one Ounce of Cinnamon bruised. two Sticks of Liquorish. four Drams of Saffron or more. one Ounce of Carraway seeds whole. put all these together in an Earthen Pott close covered. and lett it stand seven or eight dayes and stirr it every day. then take a sprig or two of Angelico and Balm and put it in and let it stand three days longer. then straine it through a jellty bag and bottle it up. the longer you keep it y^e better it is; very good for the Colick

243 An incomperable Cure for the Palsy

Take Lavender and boyle it in Water then straine it and Drink halfe a pint daily first and last for a Fortnight together. it will Cure you; Probatum Est

Doctor Stevens's Water

Take a Gallon of Gascon Wine. of Ginger. Gallinall. Cinnamon. Grains. Cloves. Mace. Nutmegs. Anniseeds. Carrawayseeds. Coriander-seeds. Fenniel-seeds. and sugar of each one dram then take of Sack and Ale a Quart of each. of Camomile. Sage. Mint. Redroses. Tyme. Pellitory of the wall. wild Marjorum. wild Time. Lavender. Penny-royall: Feniell-roots and Settrwall-roots of each halfe a Handfull. then beat the spice small and bruise y^e herbs and put all together into the Wine and so lett it stand. Sixteen Hours stirring it now & then. then Distill it in a Limbeck with a soft fyre. put the first Pint of water by it selfe for it is best;

The principle use of this water is against all Old Diseases. it preserveth Youth. Comforteth the Stomach. Cureth the Stone of what Nature so ever Using but two Spoonfulls in Seven Days. it preserved D^r Stevens Ten Years bedrid that he liv'd to 98 Years;

For a Sore Throat

Take a Collumbine and Sinquefoill and stamp them and boyle them together and straine them with Milk and Drink it warme;

Take 2 pound and 4 Ounces of Oyle of Olive of the best of good Red Wax one pound well beaten to dust Twelve Ounces of Spanish Sape & Incorporate all these very well together in an Earthen Pott well Glazed before you put them to boyle and when they are well Incorporated - that the Sape cometh upwards put it upon a Small fyre of Coals. continuing it on the fyre the space of an Hour and halfe still stirring it with an Iron ball upon the end of a stick then make the fyre something bigger untill y^e redness be turned into a Gray Culler. but you must not leave stirring till the Matter be turned into the Culler of Oyle or somewhat darker. then drop it upon a Wooden Trencher, and if it cleave not to the Finger it is enough. then make it up into Rouls. it will keep 20 Years the Older the better;

The Virtues

- 1 If it be laid upon the Stomach it provoaketh -- Appidite and taketh away any Grief in y^e Stomach;
- 2 Being laid on the Belly it is a present remedy for the Collick;
- 3 If it be laid to the Reins of the Back it is good for the Bloody flux. Running of the Reins. Heat of the Kidnyes and weakness of the Back;
- 4 It healeth all swellings. bruises. and it takes away Aches
- 5 It breaketh Fellons. Puskes & other imposthumes and healeth them;
- 6 It draweth out any Running Humour without breaking the skin;
- 7 It being applyed to the Fundament it healeth any Disease there growing;
- 8 Being laid to y^e Throat it is ^{good} for Uvula it breaketh the Head Ach. and is good for the Eyes;

247 A Remedy against the Plague sent the Lord
Mayer of London by King Henry y Eighth

Take a handfull of Sage. a Handfull of herb-grace
a handfull of Elder Leaves. a handfull of red Bram-
ble Leaves. Stamp them all and straine them trough
a fyne Cloth. with a Quart of White wine. and then
take a Quantity of Ginger and Mingle them together
and take a Spoonfull of the same. and you shall be
safe for Twenty: four Days. Nine times taking of
it is sufficient for a Whole Year by the Grace of
God. and if it be so that the Party be stricken th;
the Plague before he hath Drunken this Medecine
then take y Water of Scabies a Spoonfull. of Water
of betony a Spoonfull. and a Quantity of fyne Beale
and put them altogether and cause him to drinke it
and it will expell all the Venom. if the Botch appear
then take the Leaves of Brambles. and Elder Leaves
Mustard Seed and Stamp them together. and Make
and Make a Plaster thereof. and lay it to the Sore
and that shall draw out the Venom and the Party
shall be whole by the Grace of God;

248 A Remedy to stay the Vomiting

Take two Handfulls of Speermint the Like
of Wormwood. red Rose. Leaves dryed. some Rye
Bread Grated boyle all these in two Quarts of red
rose water and Venigar till the Herbs be tender -
then put them in a bag and lay them to y Stomach
as hott as you can Endure it. and as it boyles
Heat it againe three or ffour times with y
Liquor boylng; Probatum Est;

A rare Water for an old Consumption or Cough of the Lungs

Take 2 Running Cocks. pull them alive. then kill them. cut them a Gose on the back. when they are almost cold. take their Guts. and after you have made them cleane. break them all to peices. then take a Gallon of Sack. two Pound of Raisons Stoned. two Pound of Currants. halfe a Pound of dates Stoned. three Handfulls of wild. Pimpernell. Rosemary Buglas and Flowers of each the same Quantity put all this together with your Cock into a Still together with four Quarts of new milk of a Red Cow. let this be distilled with a soft fyre & in the Glass the water doth drop into put three Quarters of a pound of Sugar candy beaten very small. also a Book of Leafe Gold cut small. amongst the Candy Six Grains of Ambergreace. Sixteen Grains of prepared Pearle. Mingle the Strong and Small together. Drink 3 or 4 Spoonfulls att a time in a Morning Fasting. the same Quantity when you go to Bed;

an Excellent Remedy for y^e Sting of an Adder

Take Treacle. Rue and Honey of each a like Quantity and a Head of Garlick. bruise it and mix it together and lay it to the sore;

For Ricetts in Children

Take a cock Chick more then halfe grow. Strip it and draw it. and beat it in a Morter. take a Quart of Snails when they are out of their Shells wash them and beat them in a mortar beat halfe a pound of blue Currants in a mortar Take Comphery. Clary. Purple-grasse. Liver-wort. Hearts tongue Nip. Tammeris. Burrage. Buglas of each a handfull. put all these in a cold Still with two Quarts of Milk of a Red Cow. & Still

it with a Quick fyre ;

Give the Child three Spoonfulls of the Water
and one of Sack in the Morning and att three
in the after Noon and att Night or att any
time ;

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To make the Green Oyntment ;

Take red Saige Rue of each a pound young Bay
leaves and Wormwood of each halfe a pound
pick them but not wash them shred them
small and beat them in a stone mortar; then
take three pound of Sheep Suet hott from the
Sheep if you can gett it and pick it and mince
it very small then put it to the herbs & beat
it all well with the Herbs in a stone mortar till
it be of one culler then put it in an Earthen
crock with a Pottle of Sallet oyle or you may
leave out the Oyle and put in the room of it
three pound of Vard. which if you use for y^e
Eyes is best stir it very well and stop it close
and lett it stand Nine days stirring once a
day some add a little Cammeile & Southern
wood to it then sett it over a soft fyre and
lett it boyle an hour; then put into it ffour
Ounces of oyle of Spike and lett them boyle to
gether till it is perfect green which will be an
Hour or more then straine it off and bind it
up close for your use it will keep a great
while

The Virtues of this Oyntment

It is good for a Bruise: Swelling: Aches. Strains
rubbed in by the fyre it easeth the Stone be

Being well rubb'd on the Small of the Back by the fyre; It easeth the pain of the Ear being dropt warme into it and stop't with wooll; it Cures y^e Tooth-ach by dropping of it in y^e Ear and annointing the fface: and also for y^e Ague in the fface or any other part; it is good for a Burn or Scald especialy if it be in y^e fface or Eyes. if the Eye be burnt you may safely drop it into the Eye one drop; it is good for sore Eyes to annoint the eye-lids and if a Little works inn it does good; This has fetcht out Glass which has flew into the Eye & cured it

253 A suer remedy for the Shingles

Take Sullendine. Atchoofe and Sheeps dung and Boyle it in Lard and lett it be strained into a Pott and so keep it for your use; lett y^e Sheeps dung be put in last and lett it boyle butt a little while

When you use it Spred it on a linnen Cloth and lay it to the sore

254 To make the Black Salve

Take two Pound and an halfe of Hich. and two pound and an halfe of Rosin. and two pound of Bees wax; ffrankincence two Ounces Mastick two Ounces beatt to fyne powder Sallett Oyle halfe a pint: then put these things into a Skillett and as they melt strow in the Mastick and put in the Oyle keeping it stirring over a very gentle fyre all the while for fear of its running over boylng it for an Hour then pour it into a pail of fair water and lett there be a

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little oyle put into the water to keep it from
Sticking to the Paile then work it very well to-
gether and make it up in Roules;

It is a very good Lencloth
And it is good for any Sore
Except a Burne



255 An Excelent Salve for a sore Brust

Take of Lavender. Rosemary. Saige.
Smallage. Bays. Cammamile. Rue.
Southernwood. Elder. Ragwort. Chickweed
Fox-glove: flowers. Marshmallard: roots. Ale-
hoofe. Adderspear. Plantony. Parsley.
Whorehound. of each one Handfull. but of
the Cammamile two Handfulls. and a pound
of May Butter. Simmer it till it is a little crisp
stirring it continually to keep it from
Clodding; this Oyntment is good also for
any Swelling. Probatum Est;

The Save

Hogs-lard. Bees-wax. Rosin;

256. Doctor Daffyes rare Elixir Salutis

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Some add one Quart of White Wine;
 Take three or four Quarts of the best Brandy
 two Ounces of the best Rukburb thin sliced
 four Ounces of the best Alexandery: two
 Ounces of Seny: Elicompane roots
 sliced thin: two Ounces of the best Sassa-
 parailla: Scraped clean. one Ounce of China: Roots
 cut thin. 2 Ounces of Gumguacom cut thin—
 one Ounce of Yellow Sanders cut thin. two
 Ounces of Signum-vitie cut thin. halfe an
 Ounce of Hermodactylus cut very thin. one
 Ounce of Parsly Seed bruised. two Ounces of
 Annis Seeds two Ounces of Sweet Fennel
 Seeds four Ounces of Juniper Berries
 Cense and bruise all the Seeds and Berries
 then add one Pound of the best Dates pick'd
 and sliced thin one pound of Raisons of the
 Sun Stoned and bruised one Pound of the best
 Figs sliced thin. 5 Ounces of Liquorish scrap-
 ed and sliced thin. put all these together into
 your Brandy and stop it up very Close with
 Leather in a Glass bottle and stir it well—
 twice a day with a Silver Spoon and tie
 it up againe it must stand a Moneth upon
 the Drugs then straine it off and lett it settle
 two days then bottle it it up and it is fitt
 for use and will keep Seven Years;
 It keeps best without the White wine but
 there must be the more Brandy

257 An Excellent Remedy for the Canker in
the Mouth or any sore Mouth

Take the white of an Egg and a little honey
a little burnt Allum and a little Pepper beat black Pepper
all these very well together and warme it a ^{beat fine}
little over the fyre gently beating it when on
the fyre and when you take it off the fyre
let it stand a little and take off the scum put
a little in a Spoon and warme it dipping a fyne
Rag tyed on a scure in it and so Rub your
Mouth well with it Morning and Evening

258 A rare Water to Cure Old Ulcers

Take a Quart of Running Water and
boyle halfe a Pint away. then take two
Pennyworth of White Vitere the like Weight
of that in Allum. first melt your Allum not Roach Allum
then put the Vitere in burn them very wel
together beat them to fyne Powder & when
the Water is a little cold put in as much
of it as will ^{lie} on Six halfe Crowns & bottle
it up: A Wound should be wash'd twice a
Day: Warme it a little and dip a thinn Cloth
in it and lay it on when it is washed

To make Current Wine

Take twelve pound of Currents and bruse them then put Six Quarts of water too them and lett them stand two days then Strain them out and put it up into a vessell and put to it Six pound and halfe Sixpenny Sugar stop it fast and lett it stand two months then bottle it out and put Sugar in the bottles as you see Oecation you may put in amongst the Currants some Black Cherreys or Raspberyes which you please

To Preserve Walnuts

Take your nuts and boyle them tender shift them in the boyling out of one boyling water into another three or four times lett them not lye too long in one water for that will make them black very black when they are Indifferently tender take them out and Dry them in a Cloath then prick them full of holes with a great pin and stick in each of them two or three Cloves then take Double their weight in Sugar and make a Sirrup to cover them lett them boyle a halme or two and so lett them stand a soaking till the next Morning then take them out and boyle your Sirrup a little higher by it selfe when they are cold putt them

Take one Quart of Trotters oyle
 Rue, Rosemary, Saige, Hipsope,
 Dill, Cammomile, Virvin, Shepards-
 purs, Night-Shade, Singins-wort
 of each of these herbs one Handfull
 two good handfulls of Elder: flowers
 then bruise the Herbs and flowers
 together and put them into the Oyle
 and lett them stand a full fortnight
 then boyle it two hours then straine
 it out and when it is cold put it
 in bottles

The Vertues of this Oyle

It is good for a Straine, or a Bruise,
 or the Piles, or to anoint Childrens
 Stomachs for the Wormes or Convul-
 sion fits, or to anoint the side and
 the hole of the Stomach for a Flu-
 ree;

Sirrup of Elder berries, Honey, Poppy-
 Water, Saige: water and Venice Treacle
 alike Quantity mixt together; ~~and~~ taken
 going to bed for the pain in the Limbs

Take of Sage, Rue, Wormwood,
Red bramble leaves and Elder leaves
of each a good handfull and bruise
or pound them all well together in
a stone Mortar and put to it one
pint off Sidor and halfe a pint of
Ryjuice lett it stand together
three days then straine it and take
three Spoonfulls of itt Nine days
fasting in a Morning

To make Jelly of Calves feet

Blanch the hair of ffour feet wash
them clean and boyle them in twelve
or fourteen pints of water bones and
all till they be very tender and it will
be a Jelly when cold; then straine it
through a hair strainer into a dish and
when it is cold Scrape of the fatt and if
there be any Settlement att the bottom
cut it of and put your jelly into a
skillet and iust melt it then put to
it the whits of Eight eggs well beaten
a pint of whitewine or Cyder and the
ruice of four Lemons and sugar to your
tast put all these to the Jelly and let it
boyle a little till it look Curde then
let it drop through a double flannell

109
Bag with a peice of Lemon peell in it 110

264 To make the Cordiall Powder

Infuse in three pints of White wine these herbs for four ~~and~~ twenty hours close stopp and warmed; Pimpernell; Scabious, Tormentill, Betony, Dragon and Scordium of each five Ounces; next morning straine it forth, and then having in fine Powder a pound of bole-almonick, and wet it with some of the wine to the thickness of a white-pott, then set it in the sun and stir it often, and as it thickens put in more of the wine and when you put the last of your wine in, then put in these things following, Mitridate one Ounce, Diascordium one ounce and halfe, of Alkermes halfe an ounce, Orientall befor a Quarter of an ounce, Saffron a Quarter of an ounce; Turmericke an ounce; Powder the things which are to be Powder'd, mix it as you did before keeping it very well stirred in the hott Sun till it be dry enough to make into little cakes or balls, then lett them stand a little longer in the Sun and when you think them dry enough put them into a box and keep it near the fire; For almost any indisposition of body.

111

Scrape as much as will ly upon a Shilling
and give it in three or four Spoonfulls
of Plague water going to bed;

265

To make Surfeit Water

Take a Gallon of Brandy; and a Peck
of Poppies well sifted from the Seeds, putt
to it three pound of Sun Raisons Stoned,
three pound of figgs sliced, one ounce of
Carui-seeds bruised, and one ounce of
Viquorice bruised. Stirre all these together
in an Earthen Pot, and Let it in the Sun
ten Days, Stirring it often, then Press it
out as dry as you can and Bottle up the
Liquor;

The Ingredients of the Surfeit water
remaining; with the addition of Scordium
Angelica, Balm and Rue pickt and shrod
ten Walnuts cut in Sunder, and an ounce
of Coriander Seeds bruised, and Moistened
with two Quarts of Spirits, you may
Distill in a cold Still, Letting it drop
on an ounce of Sugar-candy in each
Bottle

266

To make Hams

Take two Gallons of Pumpe water and one Pound of course Sugar and halfe a Pound of Salt-peter and halfe a peck of Bay Salt and boyle it halfe an hour and when cold put in your two hams and let them lye ffourteen days and hang them up one day before they be put in the Chimney;

267

For Tonges

To a Gallon of water a Pound and halfe of Bay Salt, and a Pound and halfe of White Salt, and halfe a Pound of Course Sugar and ffour ounces of Salt Peter; order it as in the Receipt above for the Hams;

268

For the Ganders

Take a good handfull of Cellendine and bruise it very well and put it into a pint of Ale and let it stand a day or a Night and Press it out and take it three Mornings fasting, and before you take it take a Treacle Poset over-night not Enough to make you Sweet;

269

An Oyntment good for any Swelling

Take a good handfull of green Hemlock and round Plantine halfe a handfull bruise them very well and Limer them very well in halfe a pound of Lard with a little mutton Suet and Straine it out and when cold take of the Settlement and melt it againe and pour it of; If you happen to run any thing into your flesh lay a Plaster of drawing medicine over the place and annoint it with this and it will Absorge it drying it by the fyre and make a paper wet with the Oyntment and lay on it; Memorandum that the Suet be tryed but a very little;

270

For the Shingles

Take white Starch and make as you do when you Starch Close only very thin and keep it stirring till cold and then annoint with it;

271

A Poultis very good for any Swelling

Take green wormwood and Smalledge and Elder and Shred them very small and just wet them with milk and boyle them very well and thicke it with wheaten bread putting a little butter or Lard to it; and if that do not absorge it take Rue and a little round Plantine and that will cure if it be to be cured make it as the other;

113
272114
For Sore Nipples

Take of Elder flowers; Primrose
flowers; ^{damask} Rose buds; the tops of Holly;
May butter of each an handfull;

273

For Sore Eyes that are Humory

Take two Pennenworth of white Copperice
and onne Pennenworth of Champhire
put in a quart of fyne Spring water
wash your Eyes often with it; it is soon fit to use
and will keep a great while

274

For the Piles

Take Boars grease and an handfull
of Mullet leaves young; Common Mal-
cards and Parsley and new Sheeps dung

275

For any Running Humour

Take the white of a new laid Egg beaten
to water one Spoonfull of new Cream
and a little Sutt of the Chimney sift it
and mix it together; it will not make
them Sick at the turning of y^e humour;

276

For a Scald Head

Take Foxglove leaves and Yard and
Boyle them together and Annoint your
Head

277

For them that cannot make Water

Take a Spoonfull of each of these
Seeds of Burdock Seeds; Parsley Seeds
Coriander Seeds Carraway Seeds and
boyle them in water or beer or
what you please

278

For Childrens Sore Brich

Take Virgins wax a Small Quantity and
Melt it; then take a little of the best
Oyle and put to it and keep it stirring then
take a little Serous and beat it small and
put to it when you have stirred in what
Serous you think fitt take it off the fire
and keep it stirring till it is cold;

279

For a Bad Sore

Take the Leaves of Wood Sorrell and
a little honey beat very well together and
lay it to y wound it will open any wound that want
Opning The stalks of wood Sorrell bruised very
well and strained is very good to wash any
wound and will search to y bottom;

280

To dry up a Humour

Take Bolealmonack and the white of
an Egg and a little Cream mixed well
together

281

For a Wound that will not Easily be Cured

Take a little Lard and halfe a Quartern of the best tobacco not long cut and put in halfe and Simmer it together and straine it out and put in the rest of the tobacco and Simmer it not long

282

To Stay a Humour

Take a little Lard and Mutton suet and water ragweed and a little Saige and round Plantaine Simmer them together

283

For any Fleme or Stopage atty Stomack

Take the roots of Knot-grass and wash them very clean and jest cover them with water and boyle them very well and then add to that liquar its weight in Sugar and make it into a Sirrup;

284

For the Piles

Take halfe a pound of Lard and just melt it and stir in a pound of Elder flowers pickt from the stalks and Simmer it pretty well; and then put in some White Rose flowers; it should be melted nine days together in the Sun or gently by the fyre tying it close when done & last time of melting straine it out and sett it by till cold

then take out by drops and try it till it hath done spattering

For a Swelling

Take a good handfull of Rue and bruise it very well and boyle it in a little Lard then Squeeze it from the Lard and lay it on warme to the place Agrived if the flesh should out of any sore it will sink it; Lett it be Squeesed out pretty dry or else it will Grese about;

For a Burn

Take of Pilewort. St. Johns wort; house leek; Saige; Wormwood a little Mallard Primrose leaves; Elder and Elme Peel and Dandelion Simmer all these together in hogs Lard and Mutton Suet a like Quantity and if the Burn runs to much Leave out the houseleek and put in ~~Sheep~~ ^{the more saige} ~~daug~~ and Plantine and Iwe that runs on the ground and hemlock; The water to wash it is Mallard and a little Plantine boyle in water but boyle it but little; Hemlock will kill the fire in a burn and if it hath been Crusted for want of takeing Care lay that on Crusted very well

For a Straine or Broken Bone

Take the White of an Egg and Rye meall and a little Verjuice; Lay it on Plaster wise

117 289 To dry up a Womans Milk att three
times Dressing

Take a good handfull of Green-hemp
and a pound of Yard and simmer them
well together then straine it out and
when cold lett out the Drose then put
a pint of Aquavite thereto and boyle
them well againe Straine it off and it
is done

290 For a St. Anthony's fyre

Take a Quart of new Milk and boyle
it to a pint with a Quarter of a pound
of fresh butter then take off the butter
and take two peices of flannel and dip
them therein then wring them out and lay
on as hott as may be when one is a little
cole lay on the other in like manner
and when Done lay on the Butter;

291 For the Tooth Ach or any other
in the Bones

Take of Spirit of Wine halfe a pint
and three Pennyworth of Camphir put
to it dip a little lint in a little of it
and put to your tooth and it will ease
it or a sore Mouth

292 Burdock-seeds Boyled in Beer
Very good for the Collick

Mallard Leaves boyled a little in running water and laid to any place that is Humery or Swells is very good Laying it on often

Civil oranges are best Six or seven cut in quarters. Scurveygrass; Brooklime; Water-cresses; Alehoof; Liver-wort; and the green tops of Cyprus; the bark of Barberry tree; red Saige; of each of these one handfull; Raisins of the Sun Ston'd halfe a pound; the roots of Polypodium of the oak; Red dock roots of each Six Ounces Scraped and Sliced; Flower-de-luce roots cut and Sliced three ounces; Maiden-hair a good handfull; a little handfull of Tyme; Hearts-tongue Leaves two handfulls; a little Groundsill; Seeds of Coriander; Seeds of Carraways; Seeds of Carthamus; Seeds of Sweet Fennell; Seeds of Annis of each of these one ounce; juniper berries two ounces; Sena Seven ounces; Lignum-vite Six ounces; Yellow Saunders one ounce; Sassafras two ounces; Sassa-parilla two ounces; Turmarick one ounce; Hermodactills two ounces; Cortex Winterani one ounce

119
121
put these and the herbs chopped and bruised
into a thin bagg with cleane Stones to Sink
it into ffive or Six gallons of ale put in
also of the clarified juice of green pease
one pint it must be clarified by boyling it
over the fire; when it hath done working
Stop it close and four days after tap it;
drinking halfe a pint more or less every
Morning fasting and at four in the after-
noon if need require; it is to work three
or ffour times a day;

Instead of the green tops of Cyprus above
Mentioned; Take the Sweet cane or Reed
called Calamus:aromaticus; it is to be had at
the Apothecaries and is used in divers Con-
fections; for it openeth the passages of Urine;
helps the defects of the Reins; it is good
for the womb; furthereth Conception; and
resisteth Poison &c;

295

Mr: Hords Turpitt Water;

Take a gallon of Brandy and two gallons
of Poppies; Dragons; Angelica; but the roots
of angelica are best; Burage; Cardus; Balme;
Mint; of each one handfull; Seeds of Annis
Seeds of Sweet ffinnell; Seeds of Coriander;
Seeds of Cardamum; Seeds of Carraway;
of each one ounce; Ginger two ounces;
Liquorish three ounces; Raisons of the
Sun Stoned twelve ounces; Dates eight ounces

120
this turpitt water is made with left
trouble and it think as good as any

Saffron Six pennynworth; Steep all these in your Brandy Ten days Stirring it once every day; then press out the drugs and Still them with fresh herbs; To your Surfeit water you may add if you please one ounce of Juniper berries bruised; The Herbs and the Seeds must be bruised before you put them to infuse in the Brandy; You are to sweeten your Surfeit water with Loaff Sugar; or rather with Treacle which is thought to be much better then Loaf Sugar;

296 The Lady Luckins Lusatella Balsom

Take four ounces of bees wax yellow and melt it in an Earthen pott and take eight ounces of Venice Turpentine and wash it in rose water till it be very white and take a pint and an halfe of Sallett oyle and beat it with a pint of Sack for two hours then pour it to the wax and boyle them all together upon a soft fyre till they are well incorporated keeping it stirring; then put into it halfe an ounce of Red Sanders and boyle it a little longer then put in halfe an ounce of Naturall Balsom and a little Scutchell and keep it stirring till it be through cold then keep it in a gally Pott close covered; This Balsom

121
is good to heal all wounds inward and
outward being applyed warme; outwards
being Applyed with fine lint anointing those
parts thereabouts; it not only takes away
the pain but keeps it from Inflammations
and draweth broken bones or any other
thing that might else putrefie or fester
it; as the heart Liver or guts touches it
will heal four or five times dressing so
that no other thing be applyed thereto; it
also healeth any burning or Scalding what-
soever; It helpeth any Bruise or cut first
anointing it with the said oyle and then
apply a Cloth or lint dipped in it and laid
warmed to the place; it heals without a
Scar; it takes away pains or aches in the
Bones or Sinnes anointing the place
with it hott and Cloth laid on it; It helpeth
the head ach anointing the Temples and
Nostrills; it is good against the wind Colick
or Sitch in the Side applyed thereto with
hott Cloths for four Mornings together; It
is good against Poyson and Surfitte taking
an ounce thereof in a little Sack warmed;
it helpeth ffistula ulcers be it never so deep
in any part of the body being applyed as
aforesaid to the cutt; it is good against the
plague anointing the Nostrills and Lips
therewith; It helpeth the Biting of Madder

Dogs or any other Venomous beast; It is good for one infected with the Plague or Small Pox so the Quantity of a Quarter of an ounce be taken presently in a little warme Broth four mornings together and Sweet upon it; It helpeth Digestion in the Stomach and Navell being annointed therewith when the party goeth to bed; It will stanch the Bleeding of any green Wound putting a Plaster of lint and tye it very fast; It is good for Wormes or Canker; It may be kept Twenty years and never lose the Virtue but the better;

297 Lucatella's Balsome for all Wounds

Take the Best oyle Olive Six Ounces Venice Turpentine two ounces; Yellow wax one ounce; red Sanders. Dragons blood both in fyne powder of each one dram Naturall Balsome and oyle of St. Johns wort. of each one dram; wash the turpentine well in a Quarter of a pint of red Rose water; and the Oyle in a Quarter of a pint of Sack; pour away the water from the Turpentine; then boyle the oyle Turpentine and wax to the consumption of the Sack; then put in the red Sanders Dragons blood, oyle of St. Johns wort

123
and the naturall Balsome; boyle it a
while keeping it Stirred continually;
then take it off and Straine it into your
pott for use;

124

298

A Brust Salve

Take the best Sallett Oyle; two Pennyworth
of Tere; one Pennyworth of White wax
two ounces; and Soft Sealing wax; Melt
all together

299

The Yellow Salve

Take Lard four ounces; Rosin two
ounces; Bees wax four ounces; a little
bitt of Raff. Sugar melt all together

To make orange wine

Sivel oranges one 100 and a quarter
and halfe a 100 of Suger make 20 gallons
Steepe the pels pard very thine in 3 or 4 gallons
of water to or 3 days then put it in to the
tub and keep doing so till youre tub is full
wich is a bout to or 3 weeks Some time
After put in 3 pound of Sun ressing when
you stop it oup wich will be 6 weeks or more
For it must be still wett the tub with halfe
a pint of spirit of wine wich must Remane
in the tub then put the Suger and the guse
in to gether and star it well Every day if it do
not worke then beke a bit of weatting bred Spred
it with este and put it in let bide Some
Time put a Gallon or to of water to the pele of
The orange for 24 ours then put it into the tub

☉ ☉ To Make Shrubb

Take one quart of Orange quice Gallon of
Brandy or rum and one pound of dubel refine
Suger poud take out one pint of Brandy before
Mixed and pare four Oringes as thine as Possible
And put the ple into the brandy and let it stand
24 ours then put that pint to the rest and mixe
It all to gether and put it into a visel and work
It 3 or 4 Times a day for 10 days then put a Cocke
In the vesel and let it stand till it be clare Wich
Will be very sone by thes preportion You may
Make as much as you please;

To make Balsamack Tinture

Storack calamita two ounces. Benjamin im-
pregnated with Sweet almonds three ounces;
Alloes Succotrine halfe an ounce; Choicest
myrrh halfe an ounce; purest Frankincence
halfe an ounce; roots of angelico halfe an
ounce; flowers of St. Johns wort halfe an
ounce; all these druges must be finely powdered
and put into a pint of the best Spirits of
wine it must be made in the dog days and
stand in the Sun all the warme weather;
stop the bottle close and tie it over with a
peice of leather shaking it often Straine
it through a Cloth and if it is not clear
you must Straine it a second time; lastly
put in an ounce of Balsom perue and
shake it well together keep it close tyed
down in a bottle for your use;

The Virtues

It is good for all cuts or any green wound
but it heales in few days time by anointing
it with a feather or dipping lint in it and
putting it into the wound you must apply once
in twelve hours and always use it cold the
bottle must be immediately stopt close; it cures
all ulcers and cancers and cankers its good
for all Swellings and corruptions it cures

all Fistulows in any part it cures the bites
of Venomous beasts Especially madd doggs it
cures the tooth ache applyed with a little
lint it is a Sovereign medicine for the
Gout anointing the part; it is good for sore
Eyes applyed to them; it cures the hemorrhades
or Piles anointing them when you go to bed;
it cures a nail in a horses foot putting some
into the wound.

The Virtues inwardly

It is an imediate cure for the Collick four or
five drops on a lump of Suggar it is admirable
for the Spotted fever taking five or Six drops
on a lump of Sugar it's good for a pain in the
Stomack cures Loosness or Bloody flux taking
the Same Quantity;

Note where five or Six drops are ordered
to be taken the number may be increased to
ten fifteen twenty thirty forty or fifty in
any distemper that is violent for which it
is proper;

When you have drest a wound with any
common medecin you must first wash it with
hot white wine before you apply this and it
will cure though not so soon as if this had
been used at first;

When this is made Straine it through a
muslin rag ^{into} another bottle and put the Balsom
to it Shaking it well together then put a
pint of Spirit of wine to the druggs Since
your bottle the Balsom is in with some of
your Spirits and put it to your drugs Shaking

it well together and lett it Stand for
your use it will cure chilblaines; the bottle
must be stopp'd Every close for it will dry
all away if it is not It will keep Twenty
years or as long as you please So you keep
it Close Stopped

For a Burn or Scold or greivous

one pint of the Best oyle of ground
of red Lead quarter of 3900 wax
quarter of a pound Dot. Just

To wash a greivous wound or Strain or Bruise

halfe a pint of the Best spirits of
wine two penyworth of the best
alowe to penyworth of mace hole

D^r Radcliffes Restorative Pork
Jelly which has known to recover
Patients who appeared to be in
the Last stage of a Decline

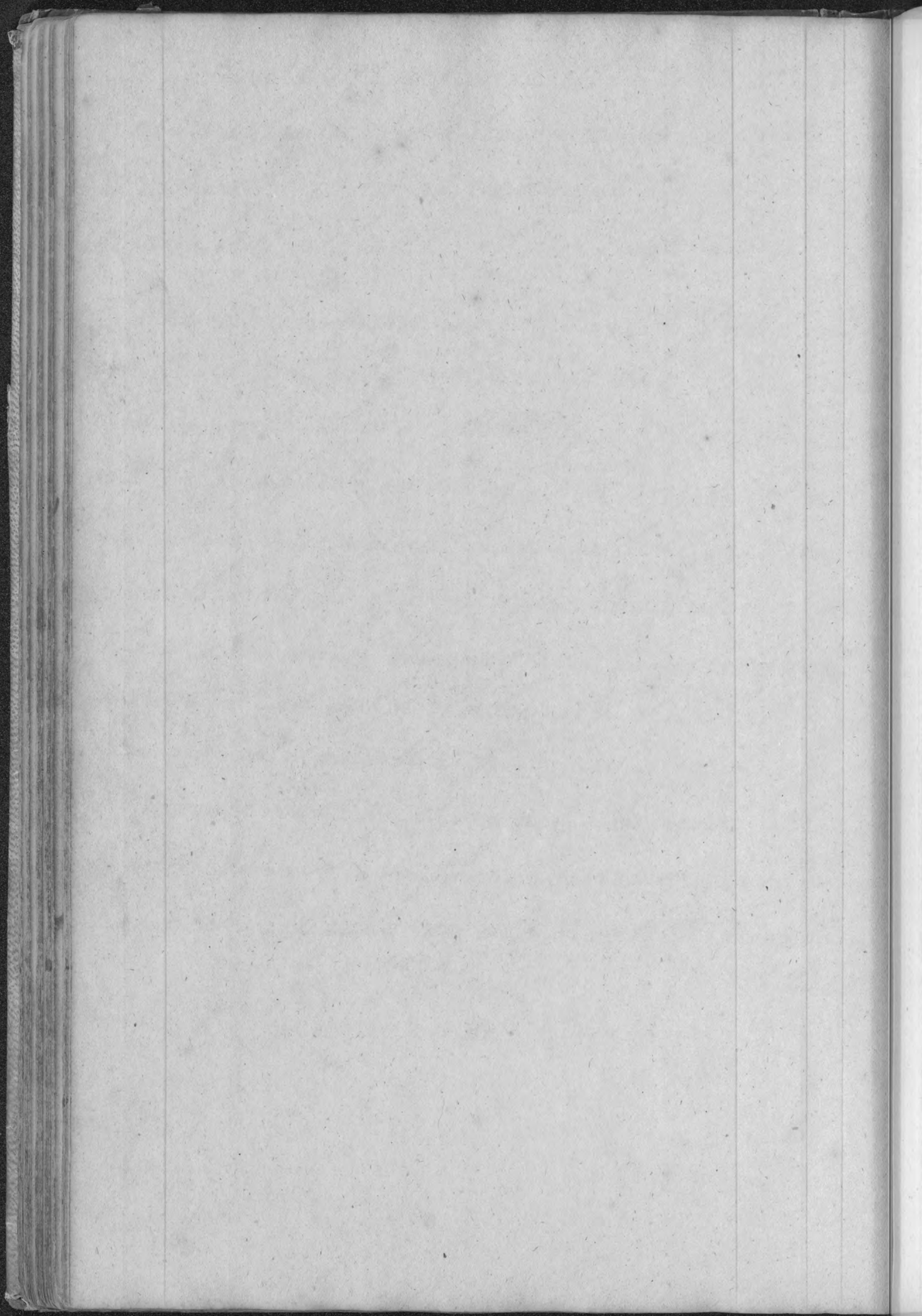
Take a Common sized Leg of Pork just
as it is cut up but break the Bone well
Put it into three Gallons of soft River Water
with $\frac{1}{2}$ an Ounce of Nutmeg, let it
all simmer over a gentle Fire until
two thirds of the Water is consumed.
then strain it through a fine Sieve.
when it is cold take off the Fat.
Drink a small cup or as much of it
as you can of it made warm, the
first thing in the Morning fasting
between Meals or at Night Going to
Bed,

1834.

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Pork just
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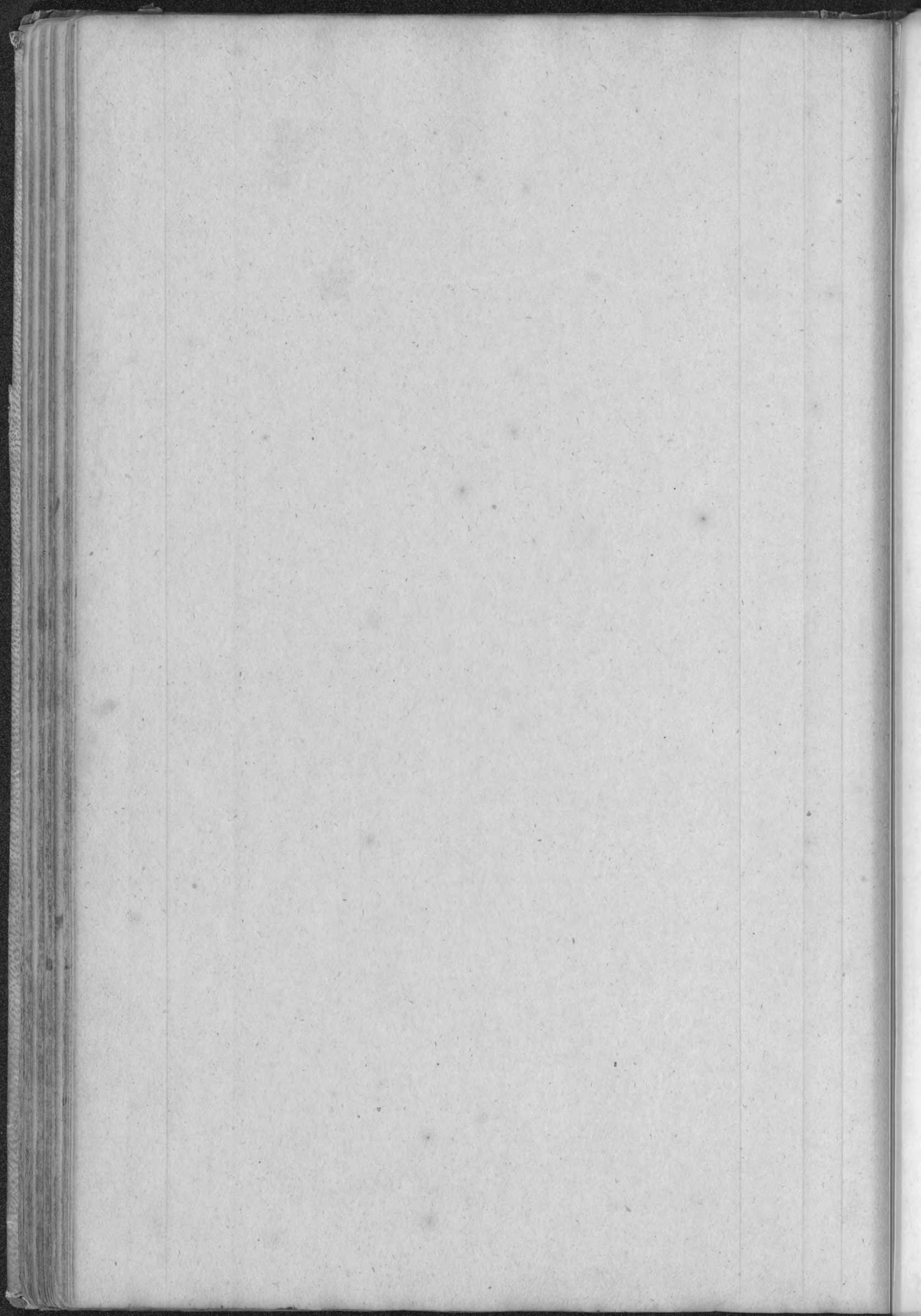
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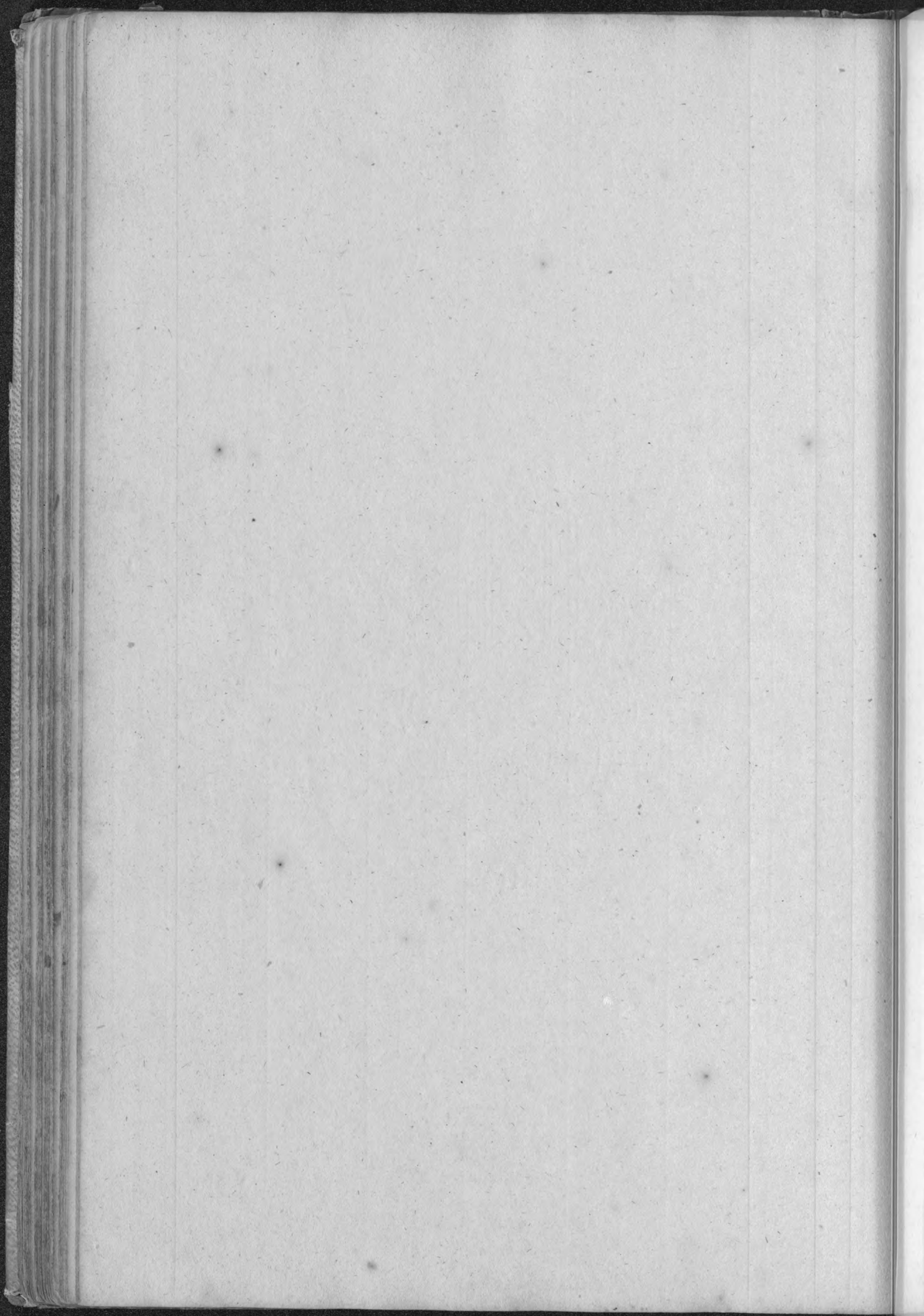








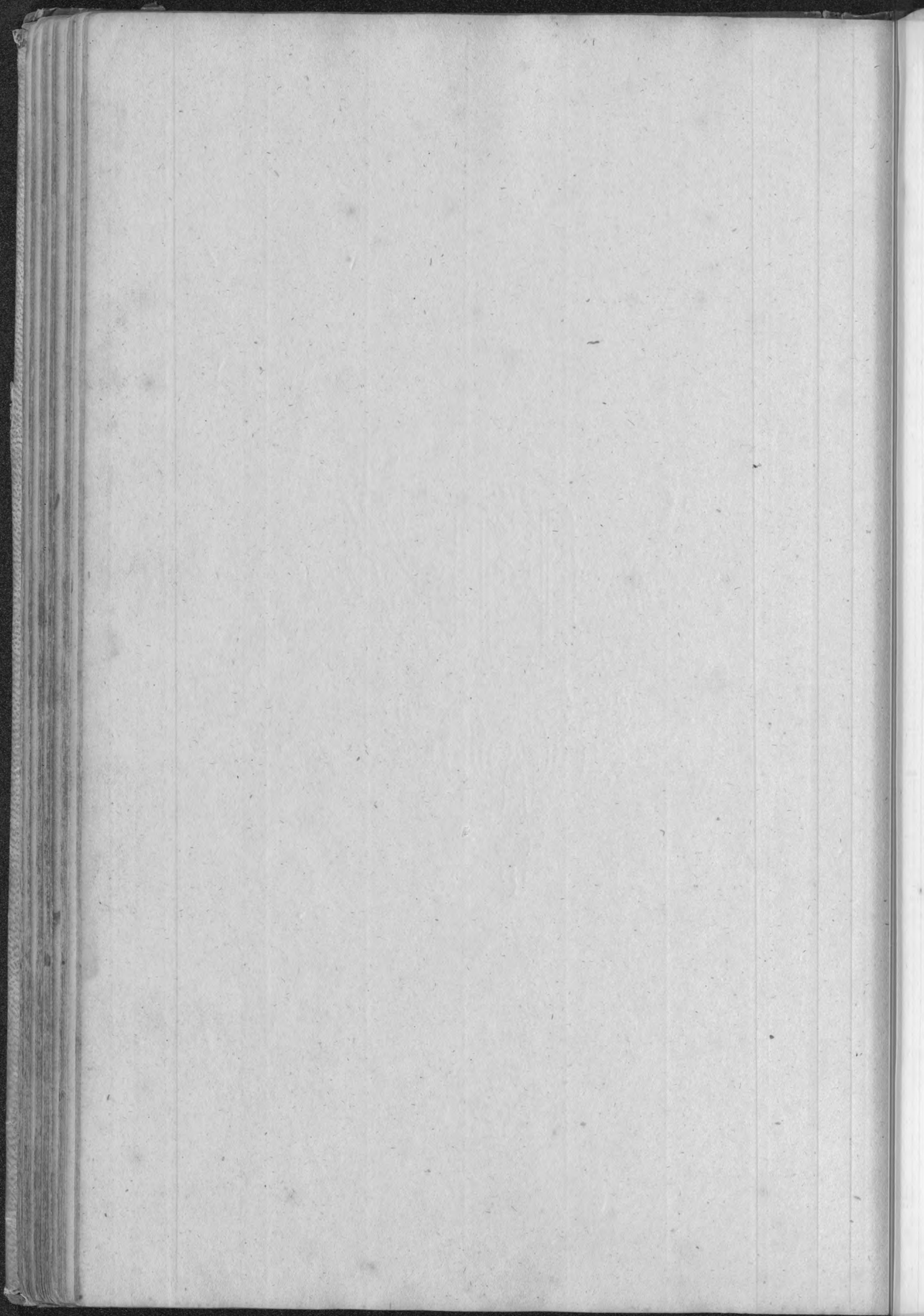




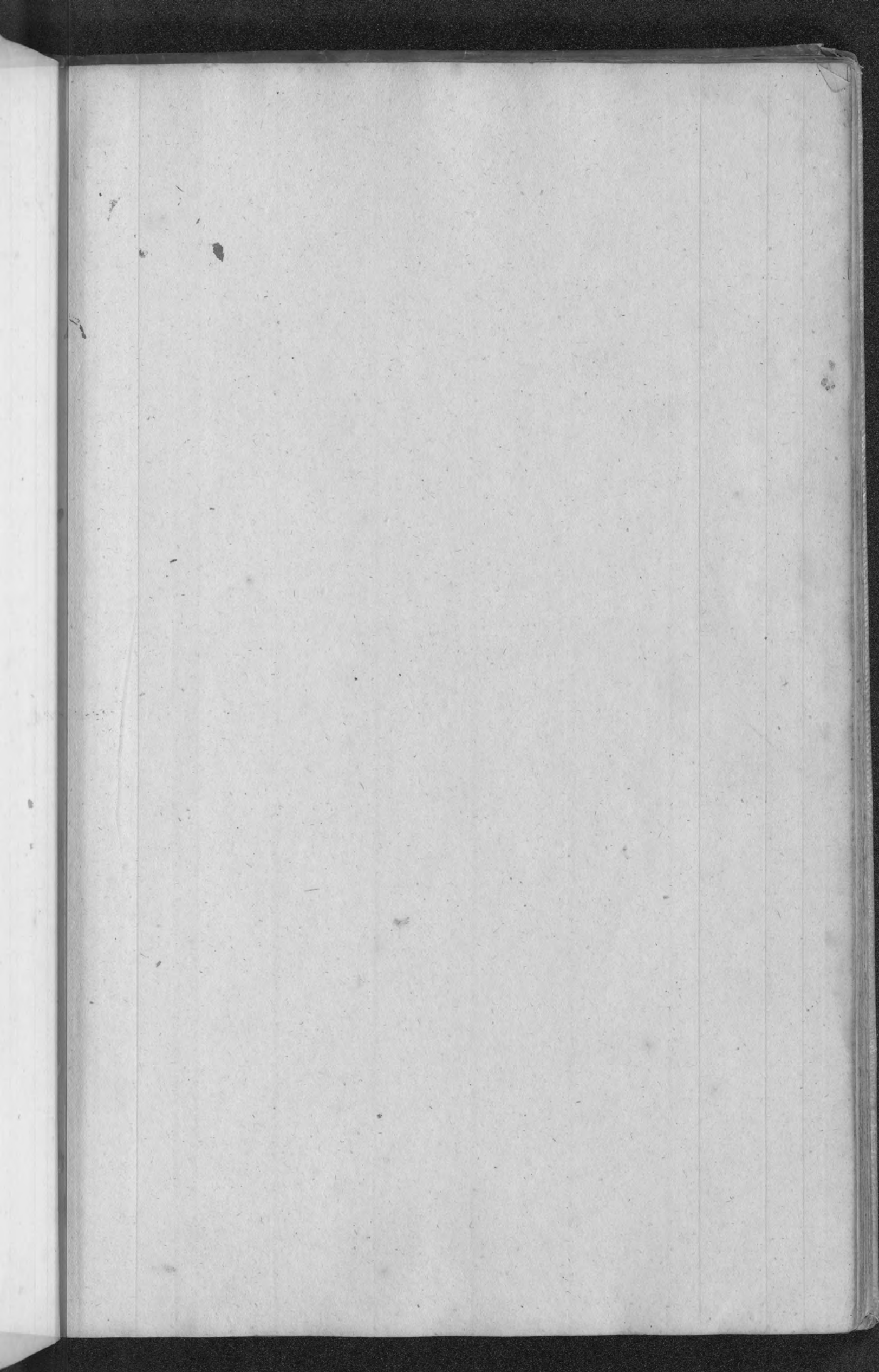






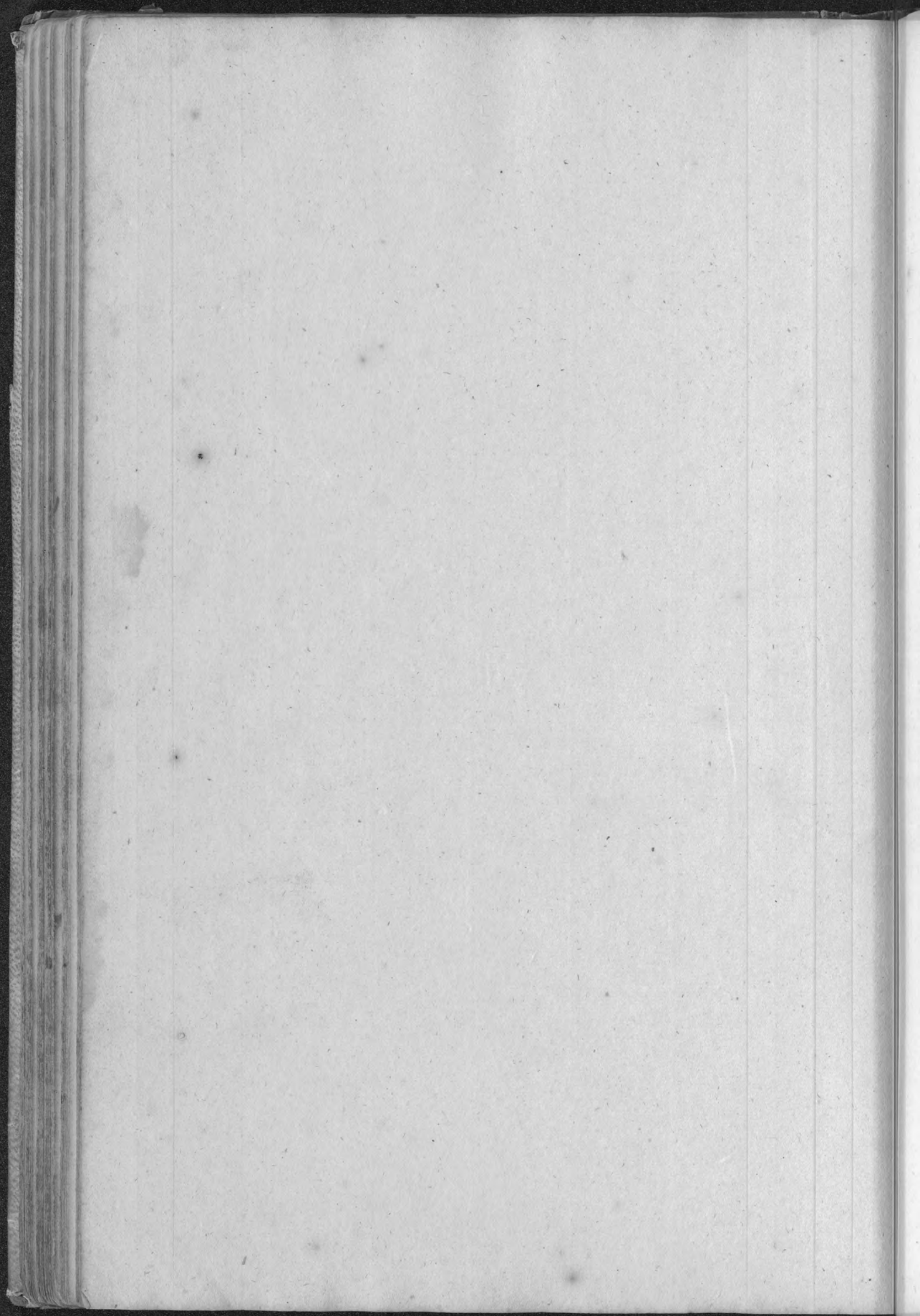












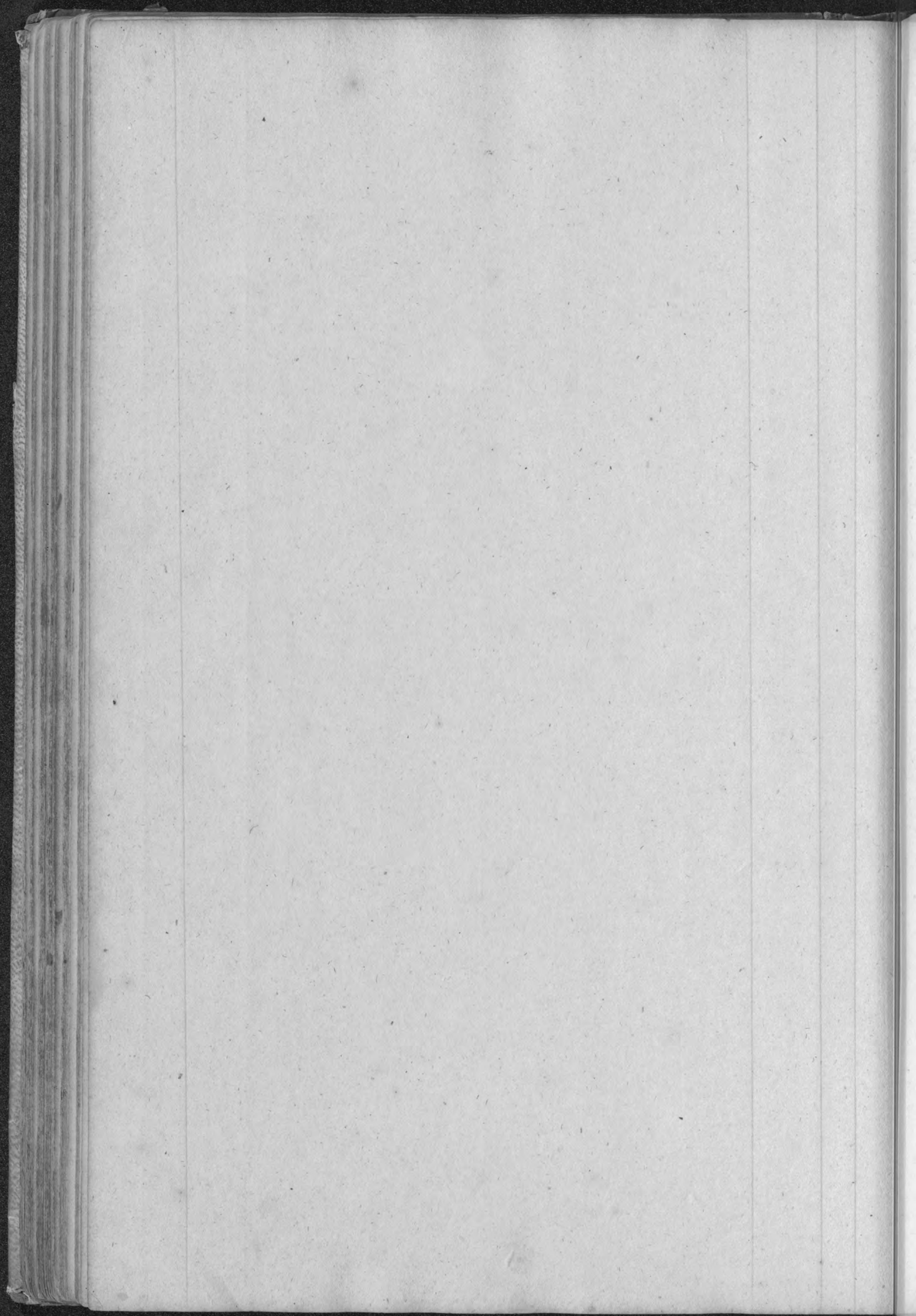










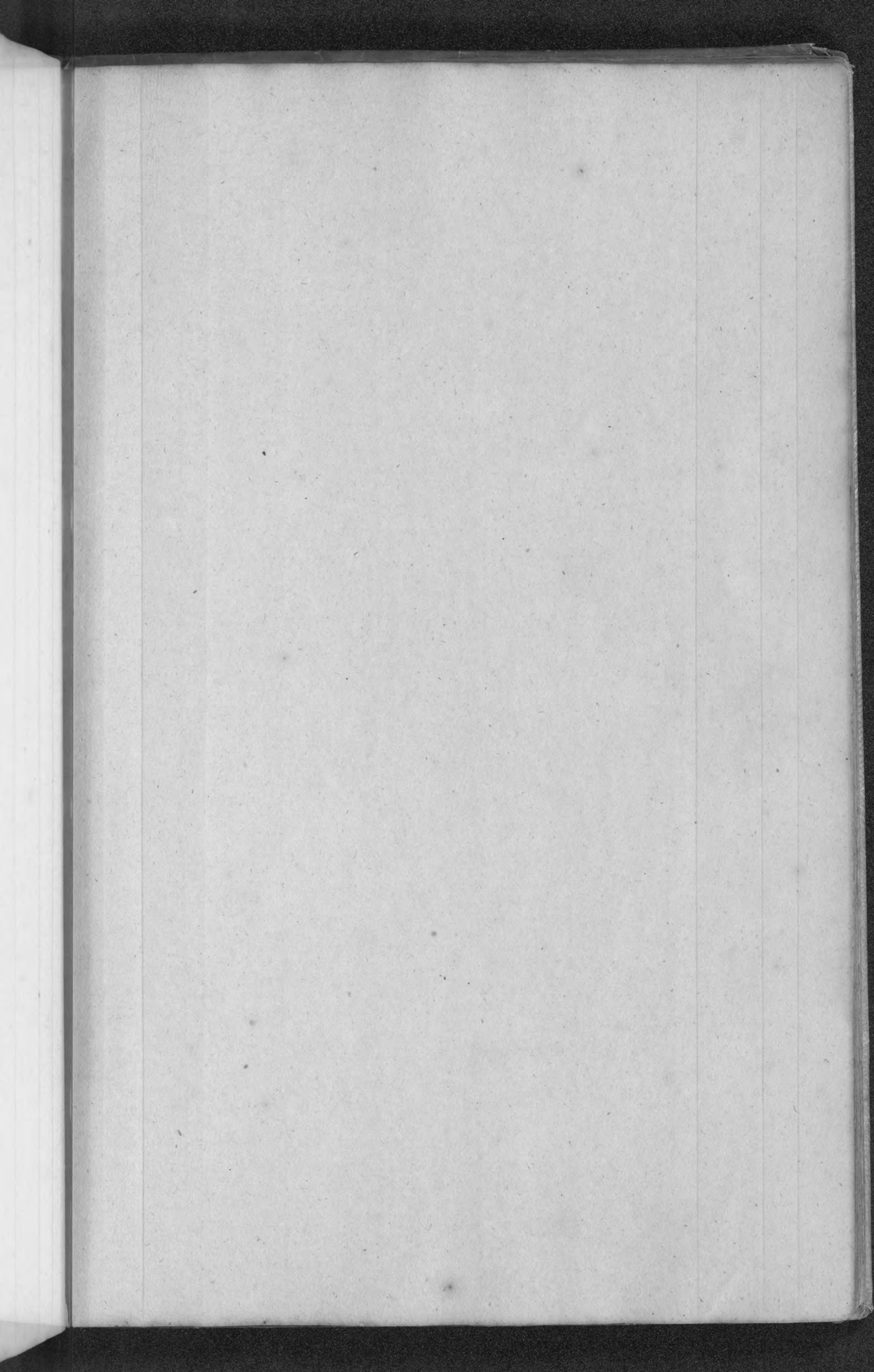


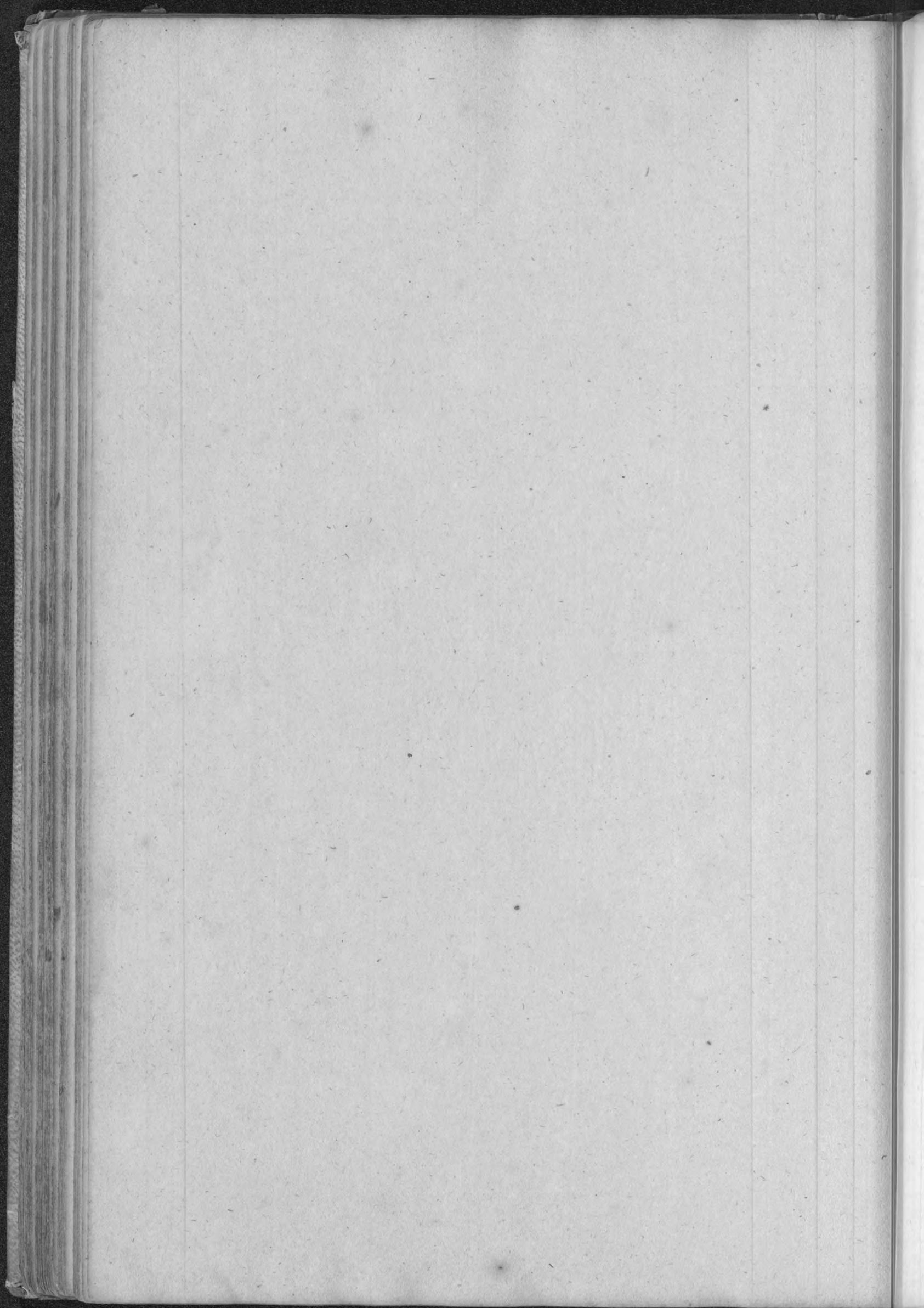




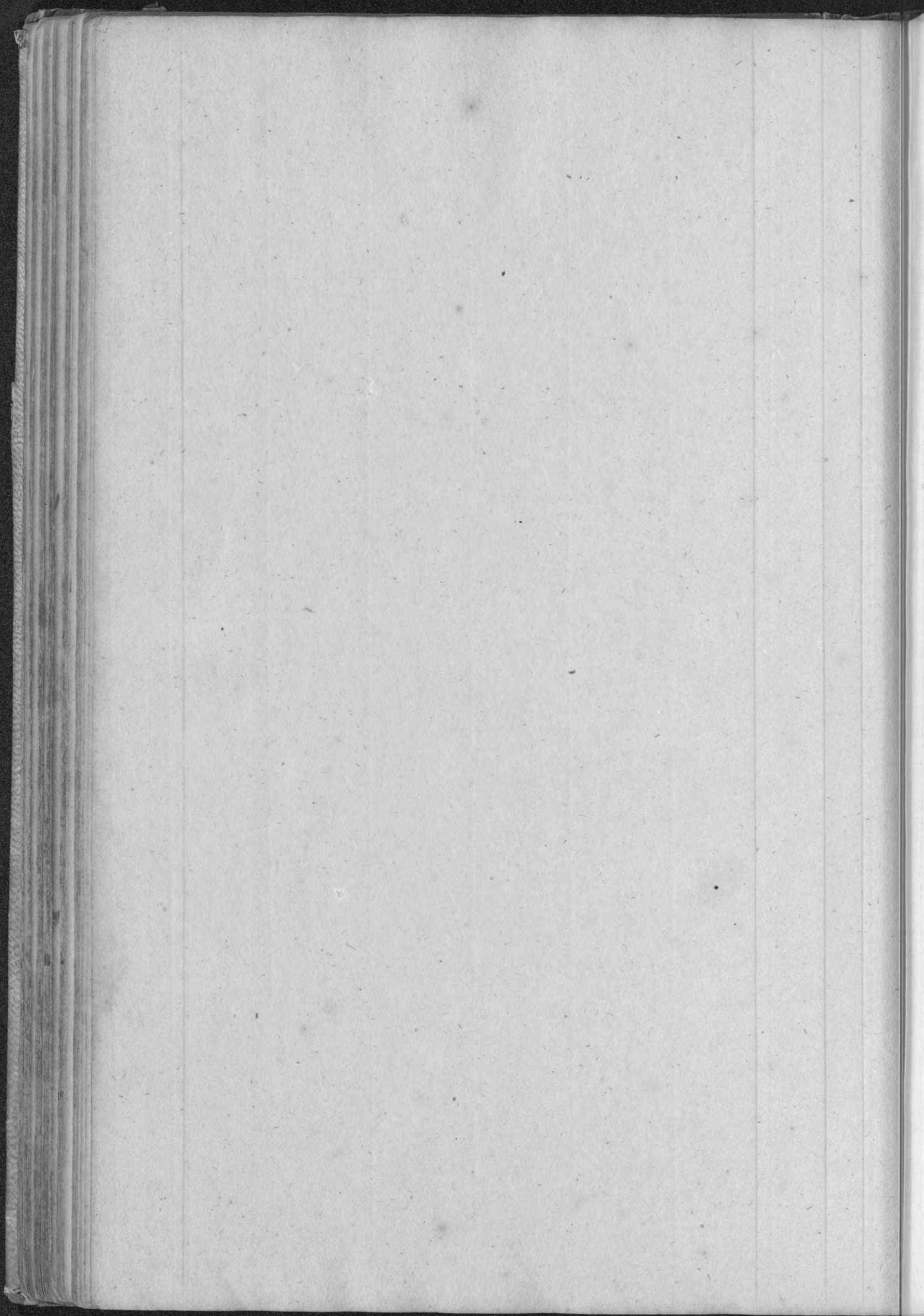










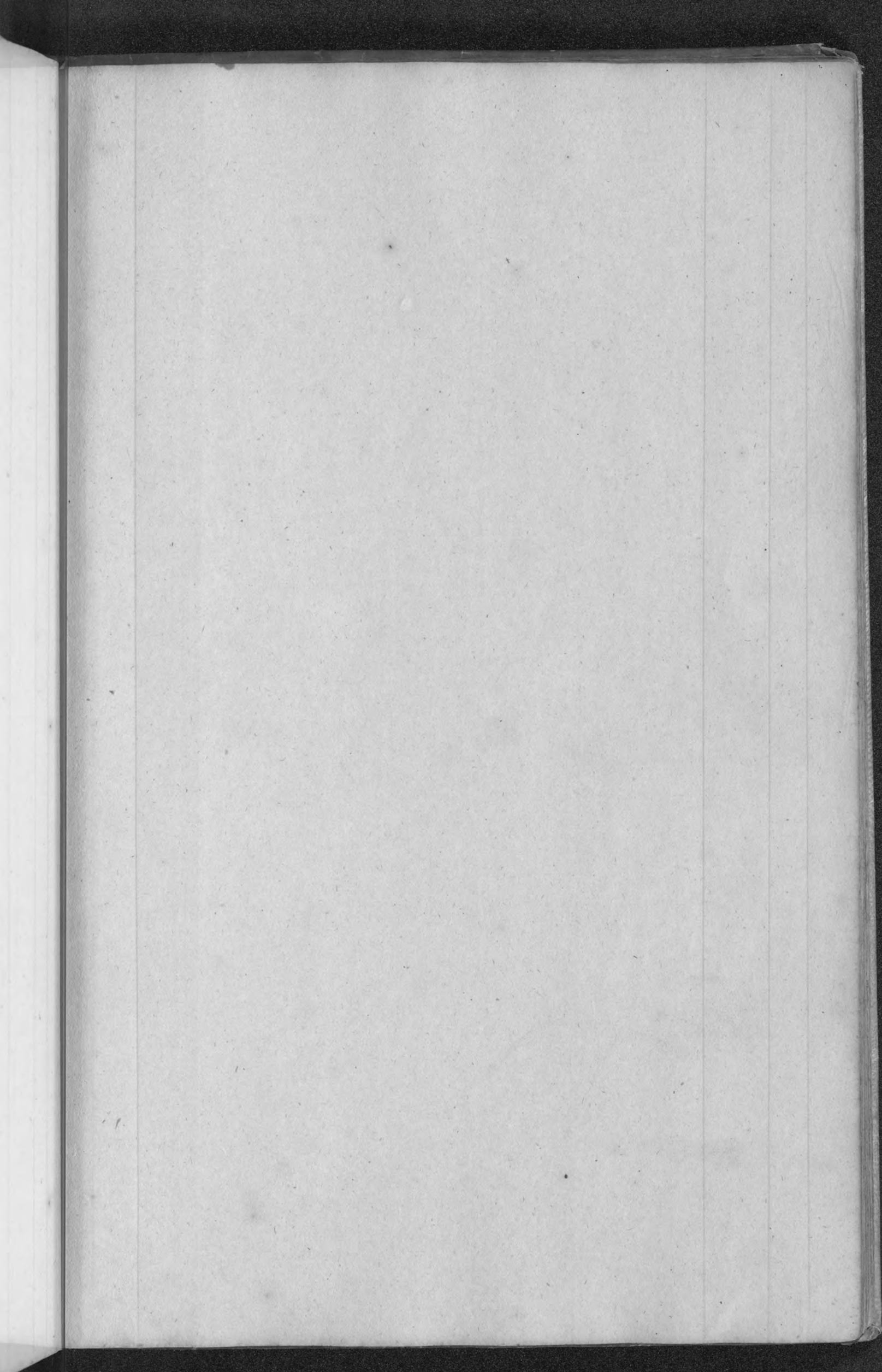


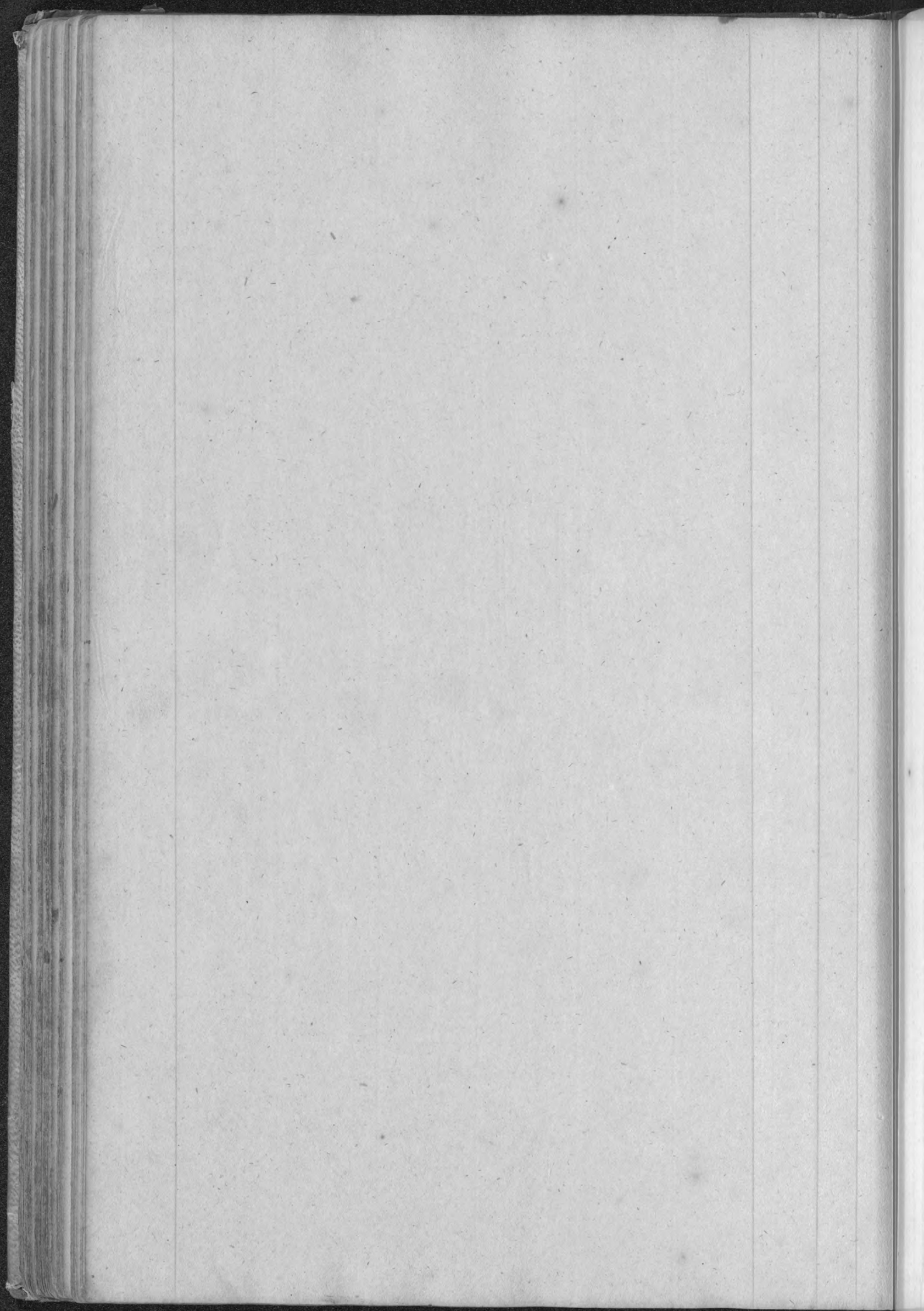




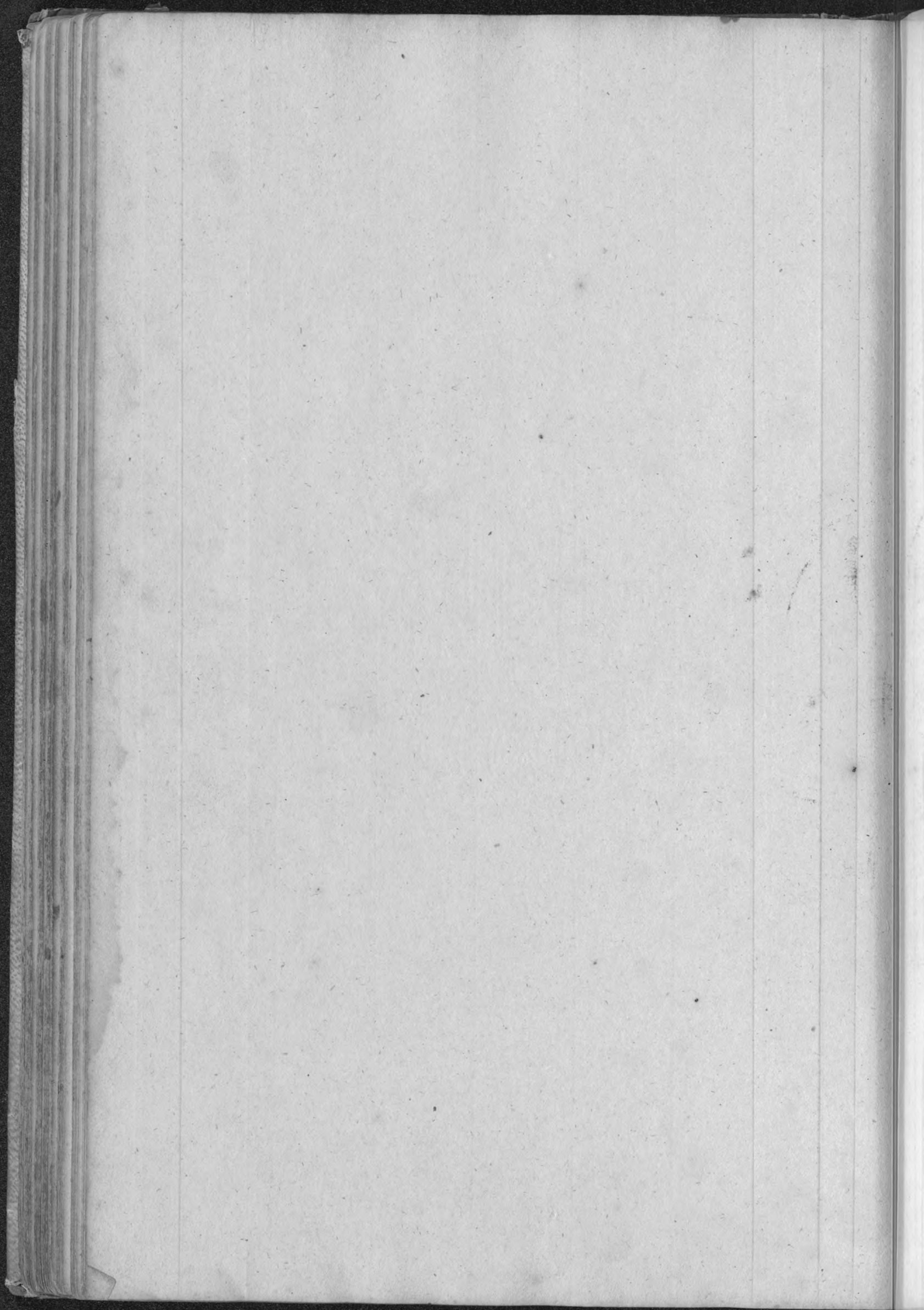




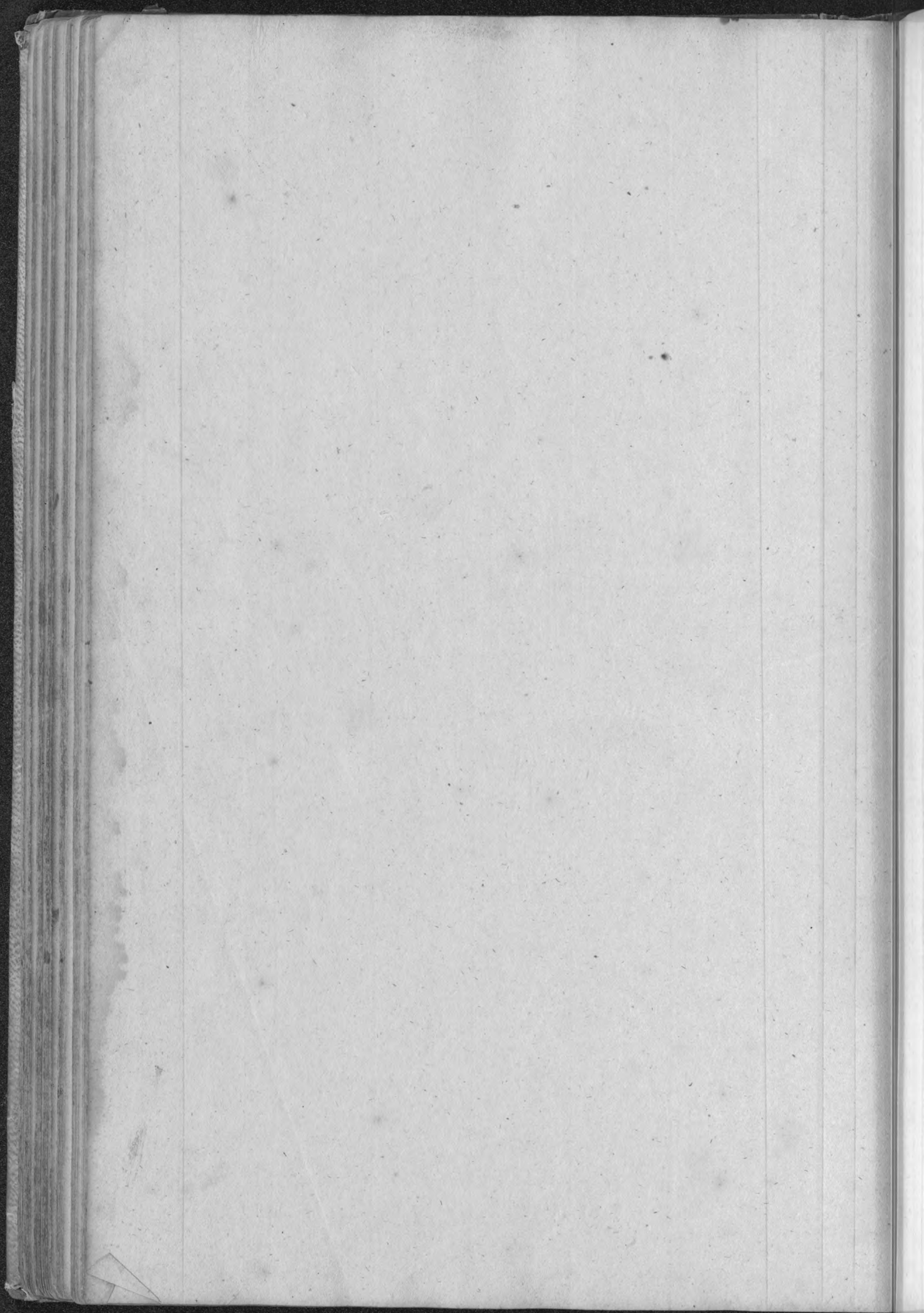




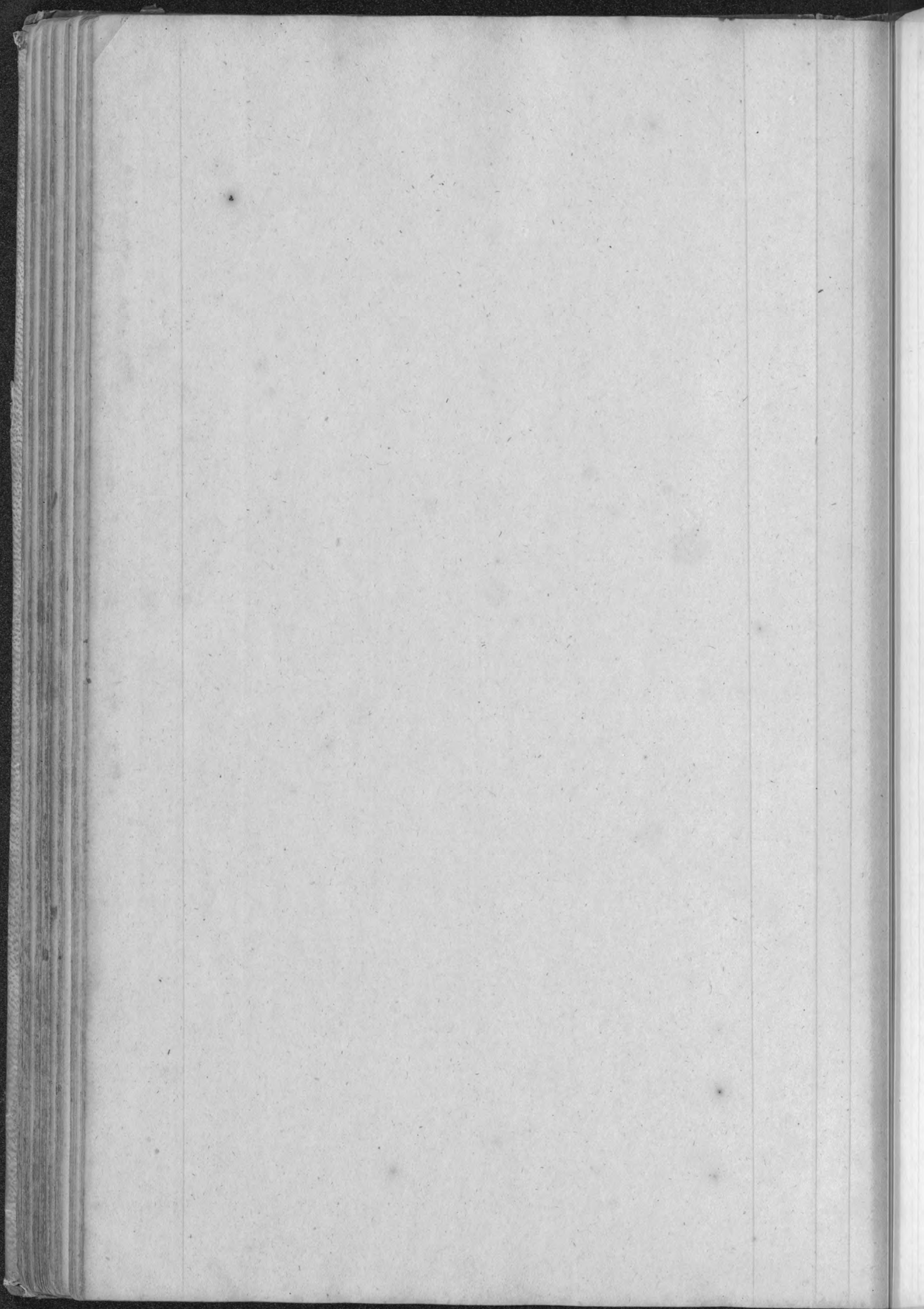




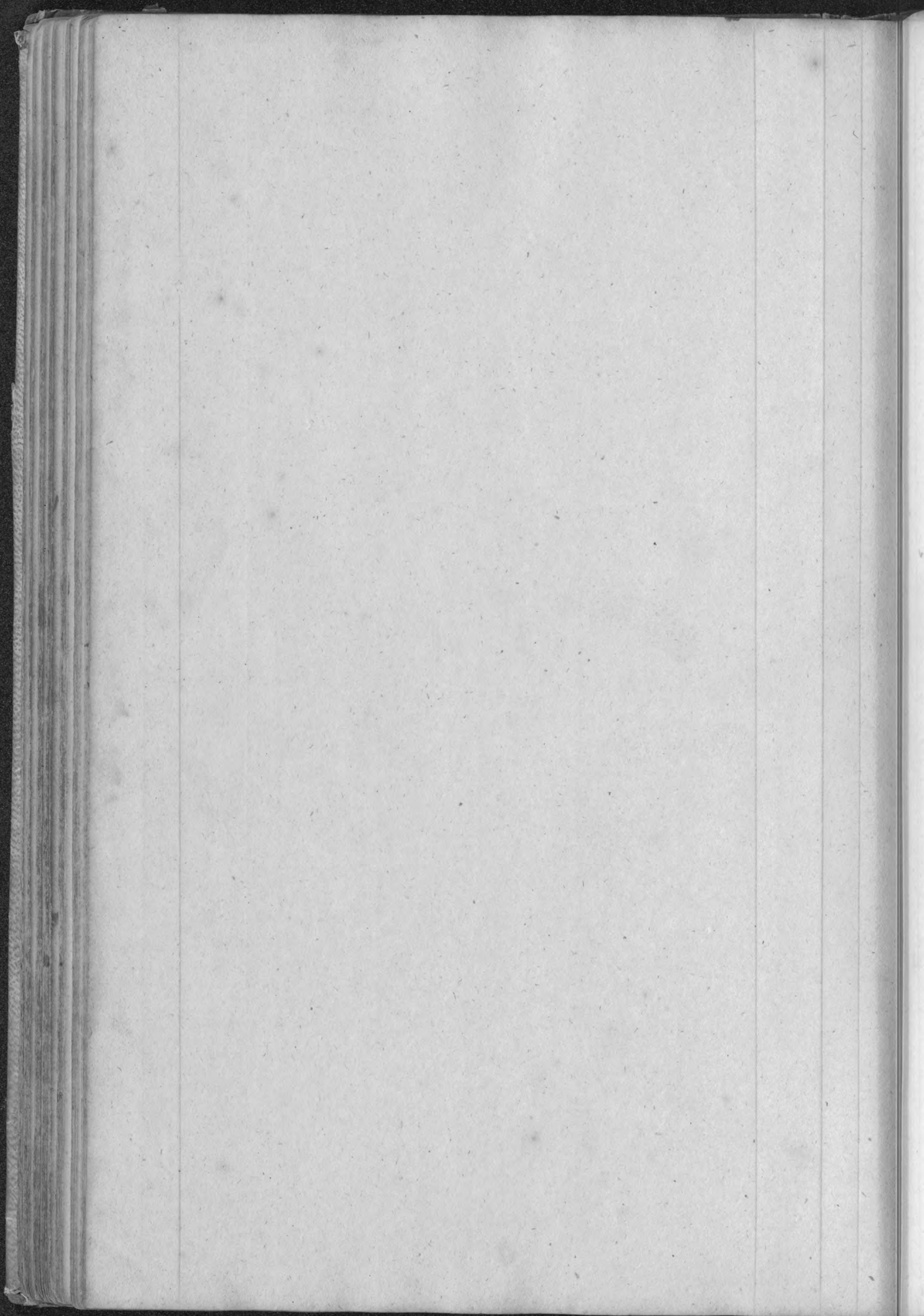


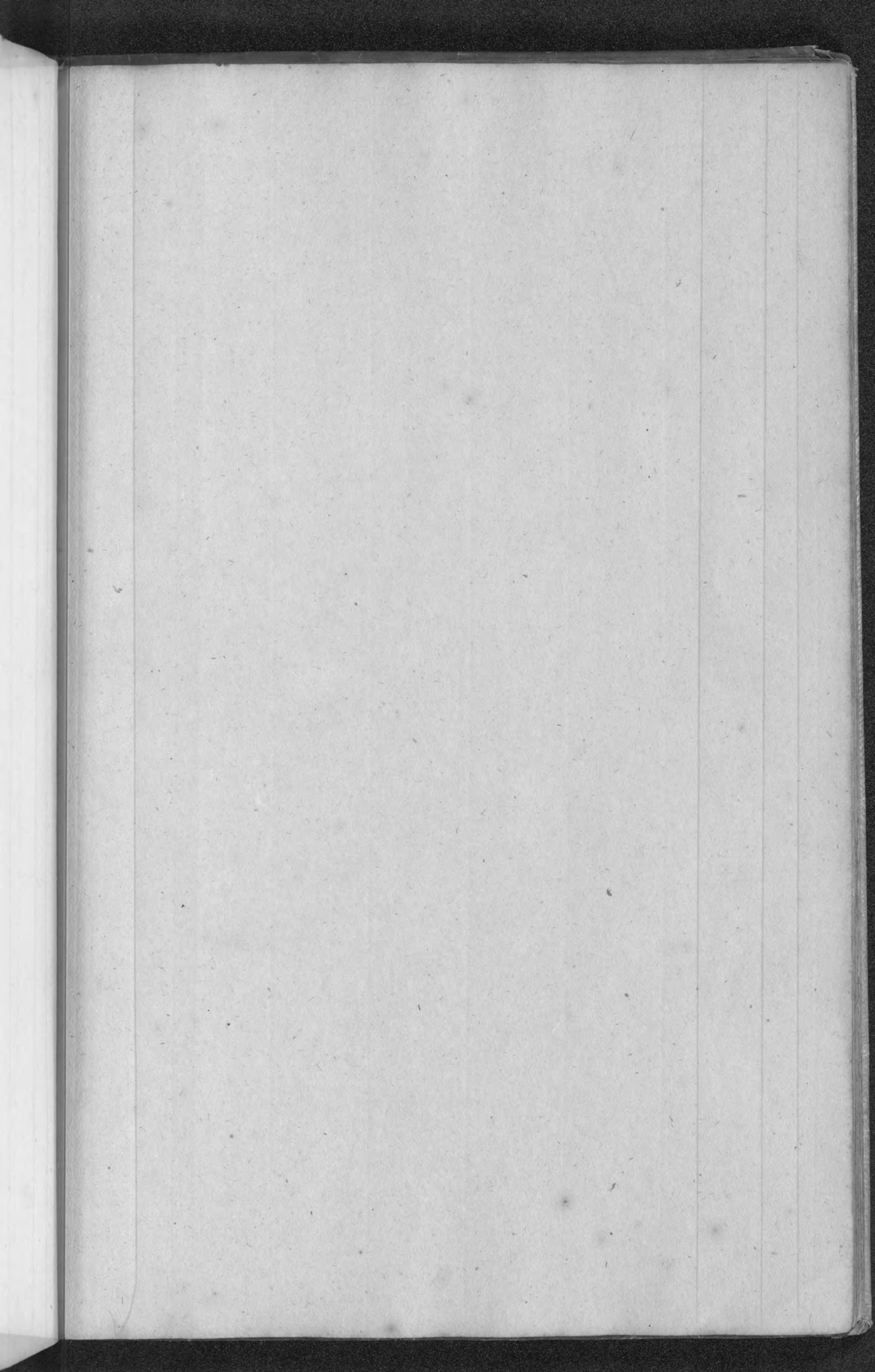


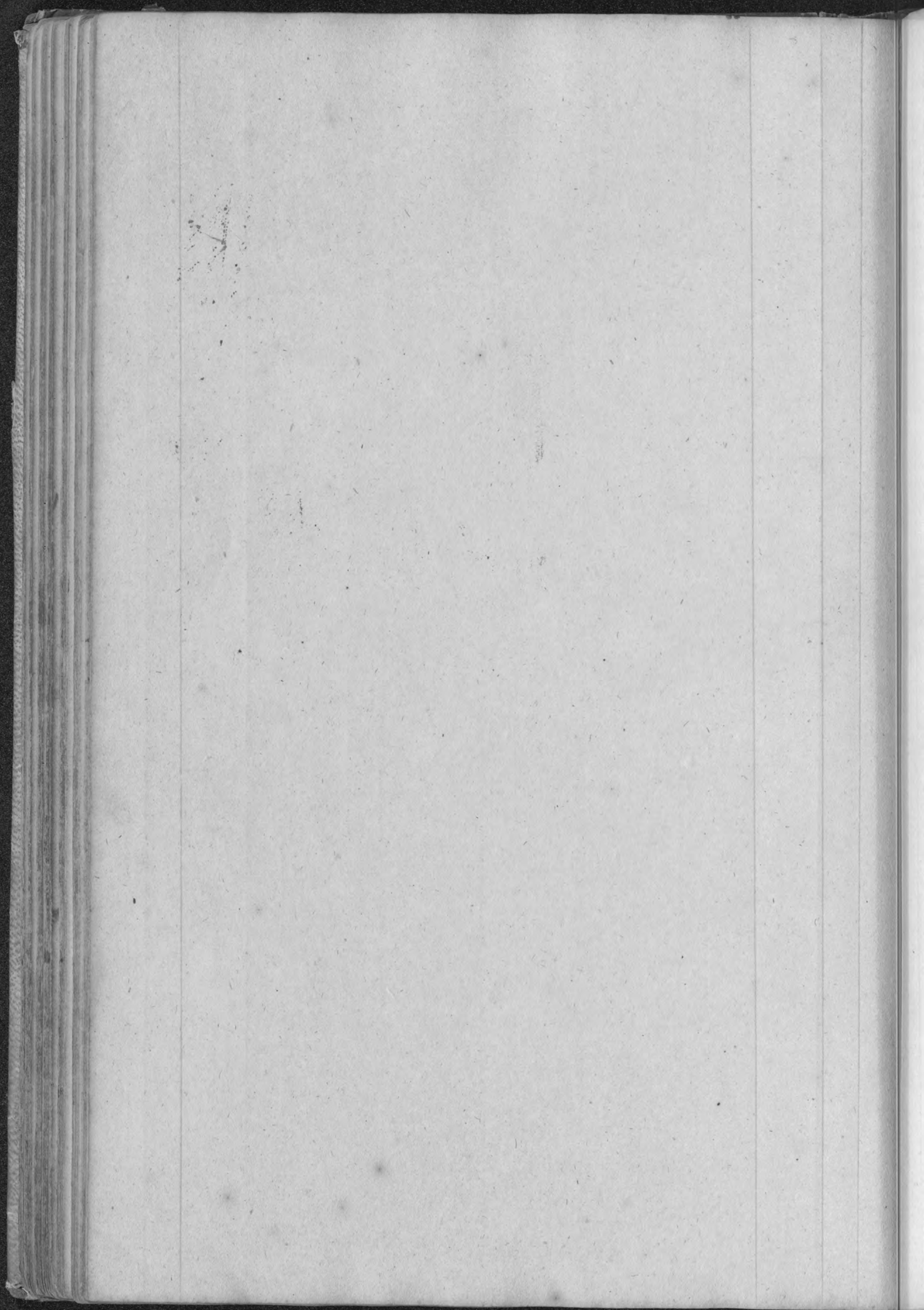


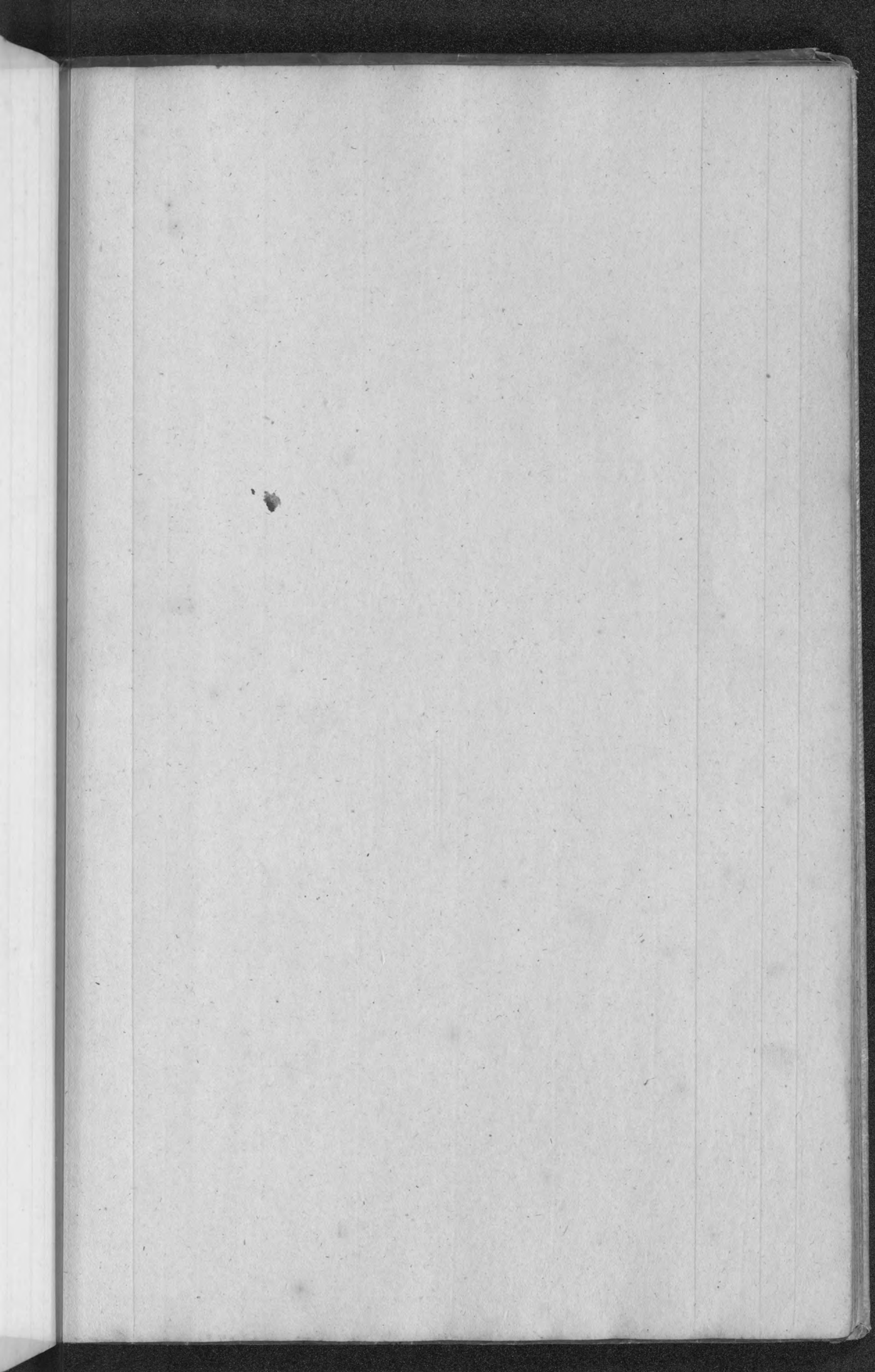


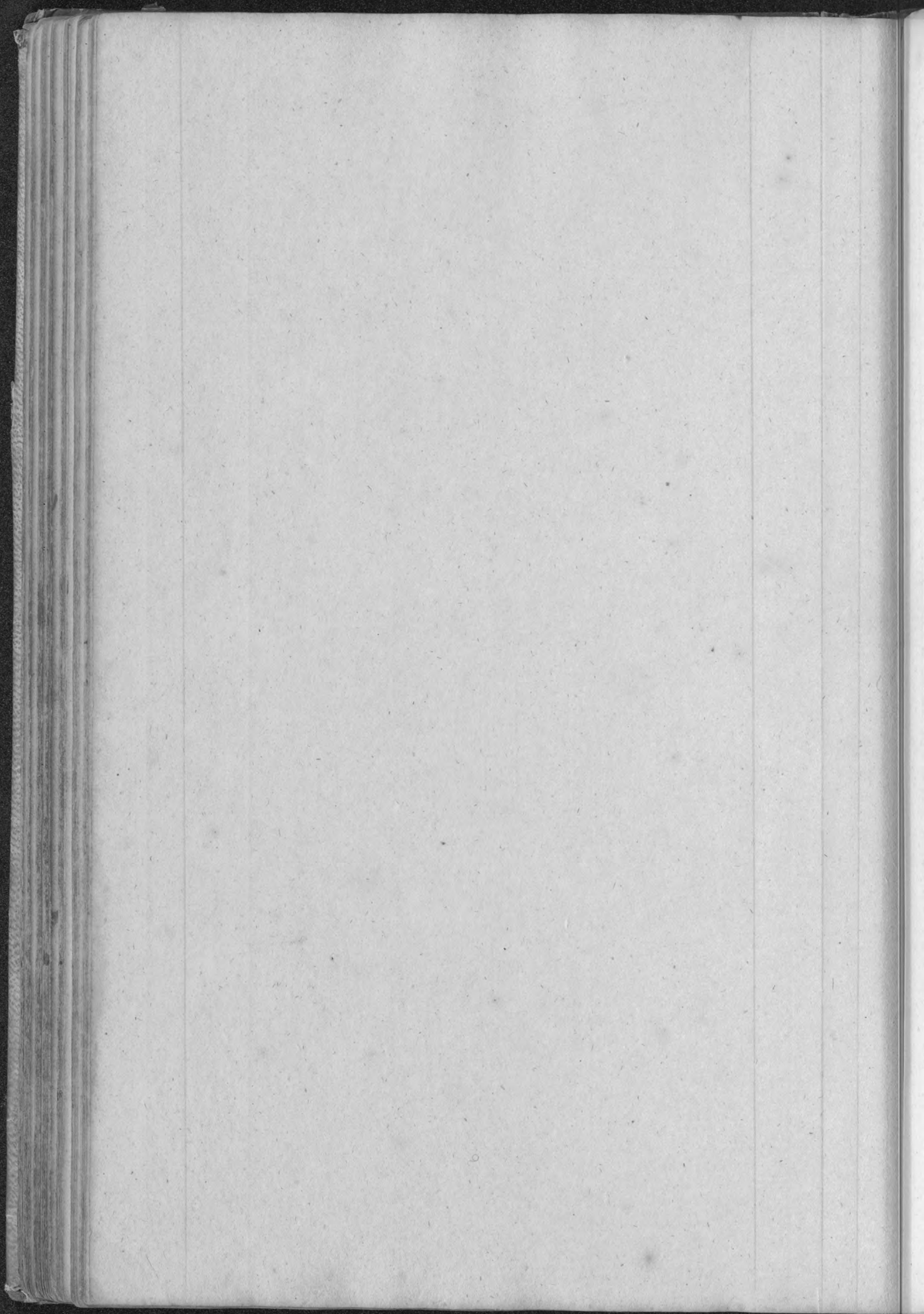




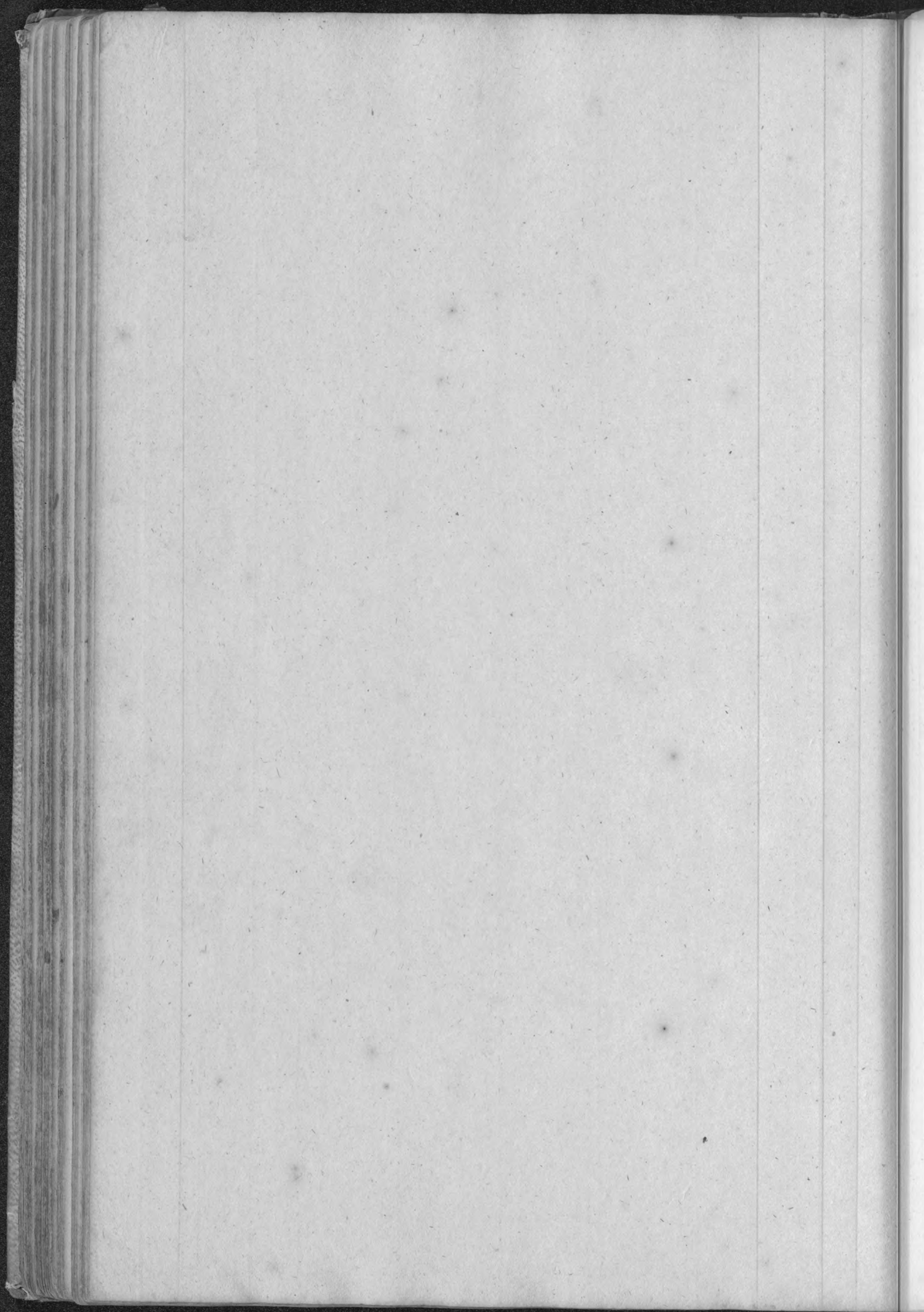








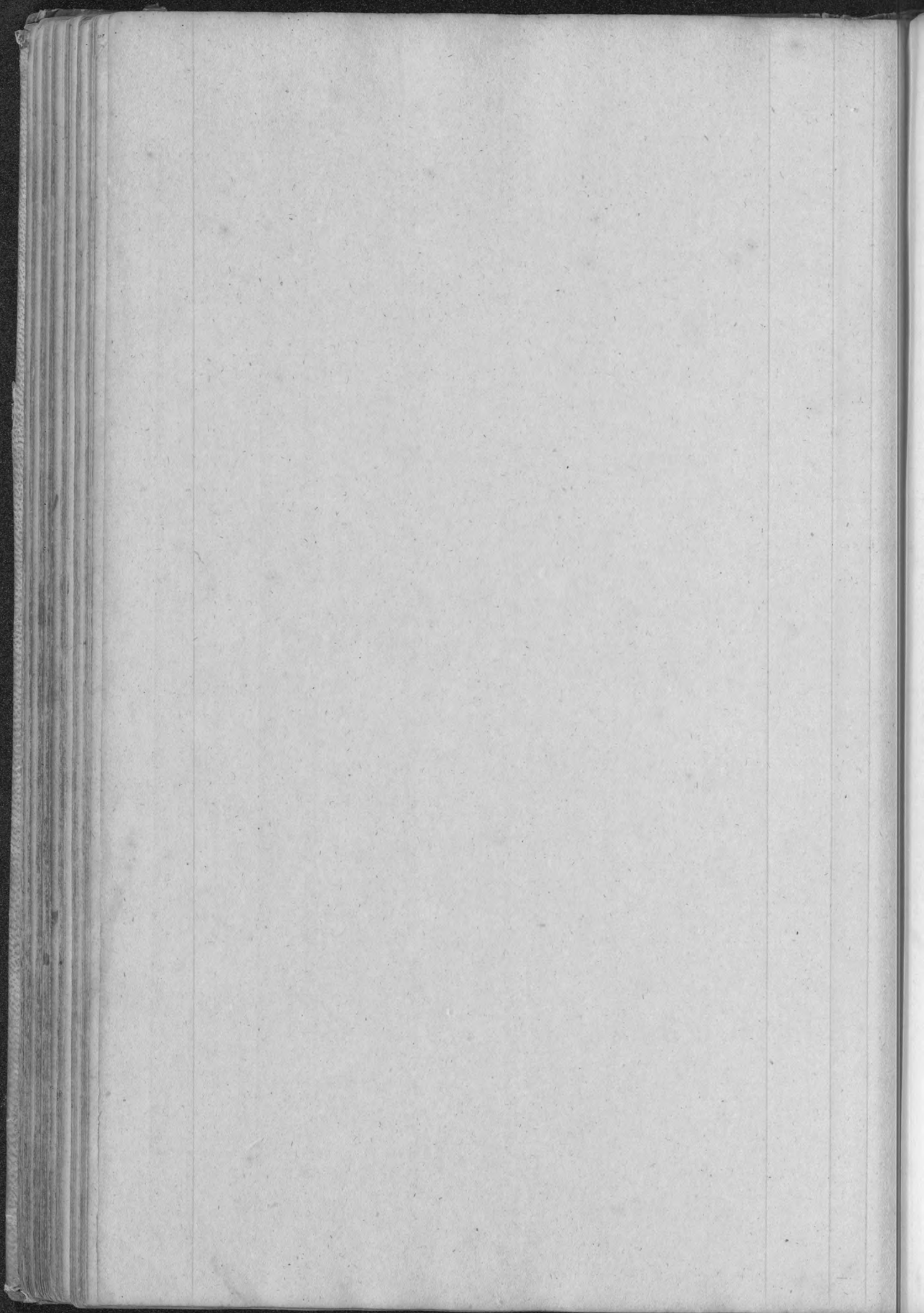




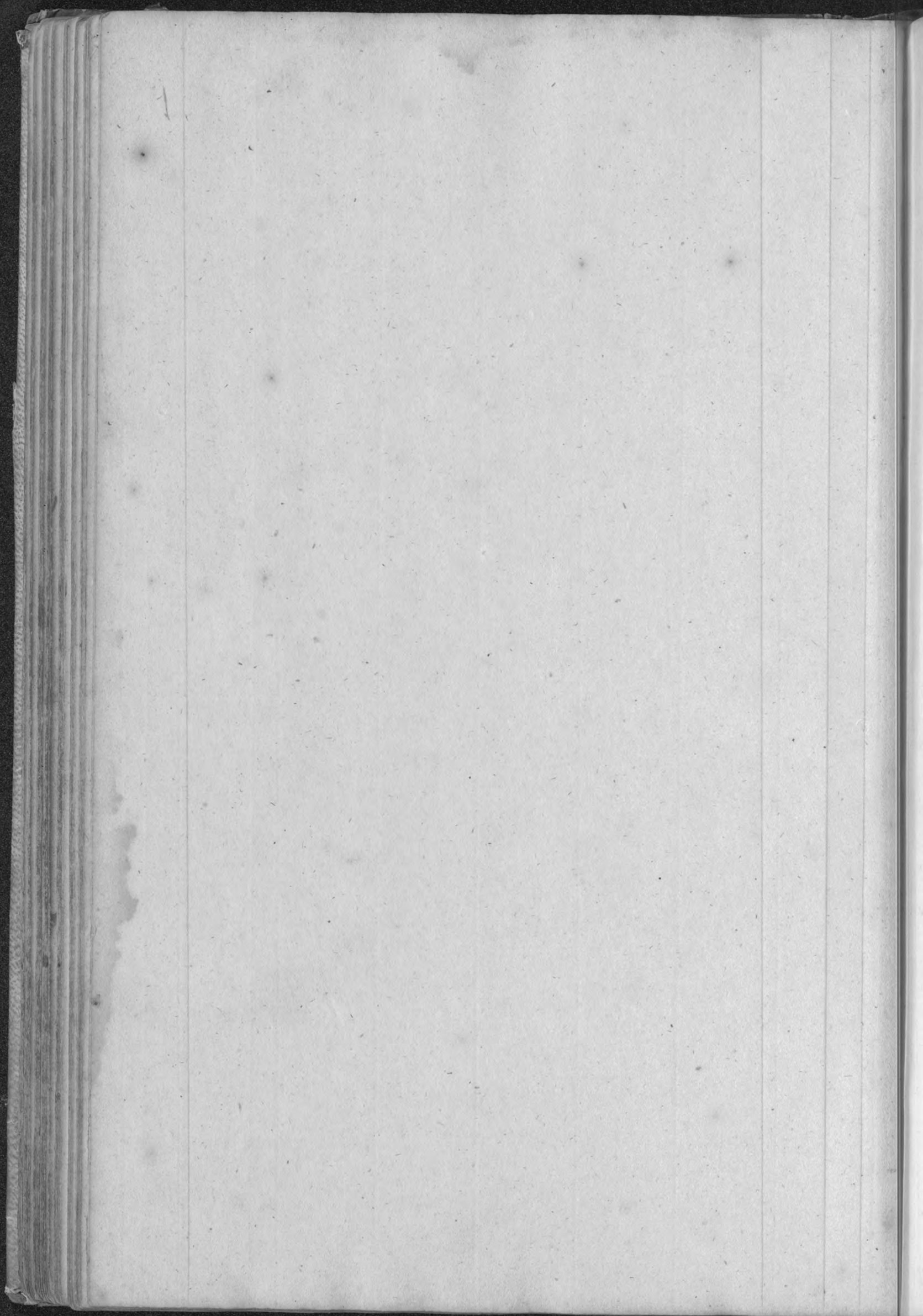




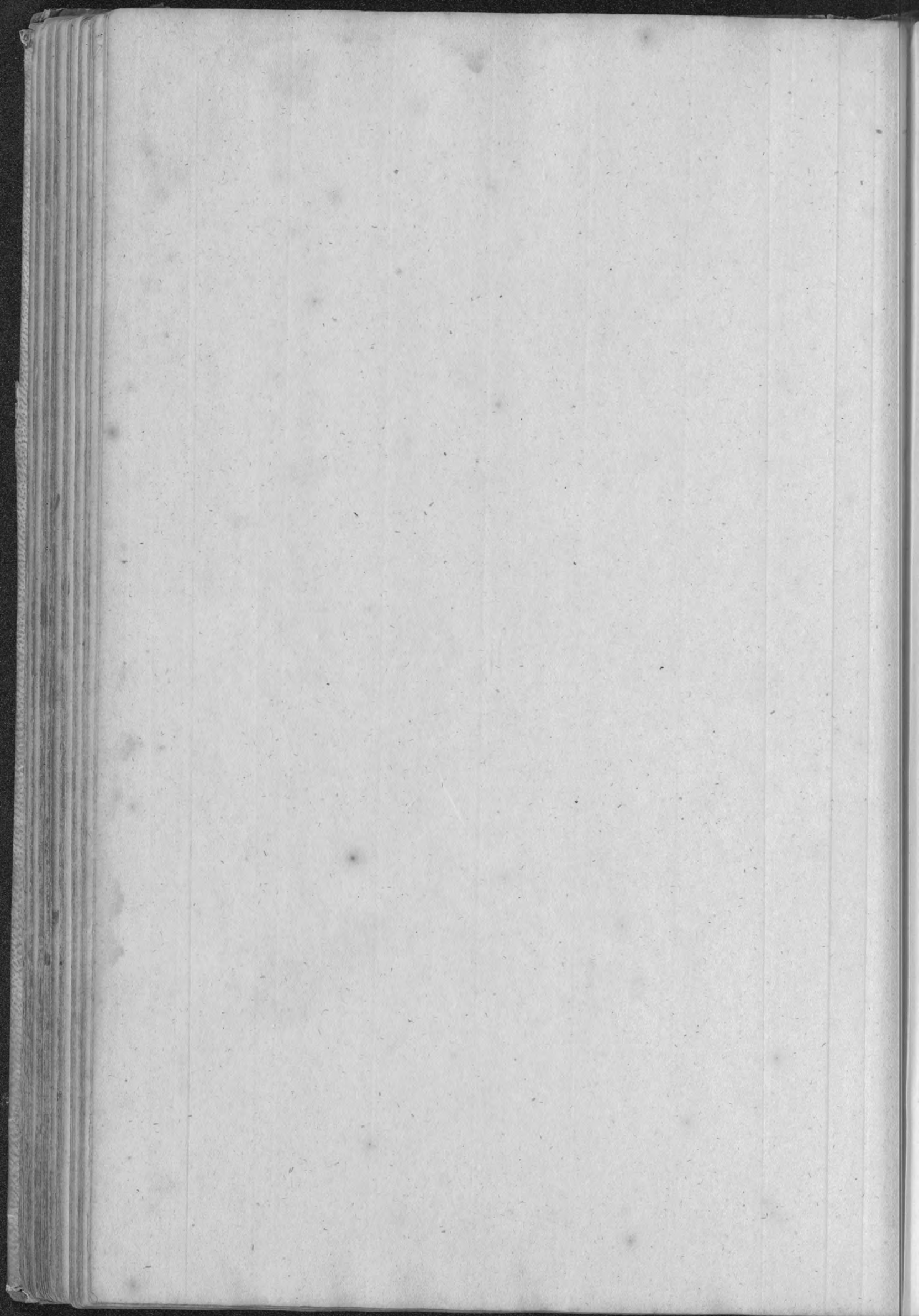




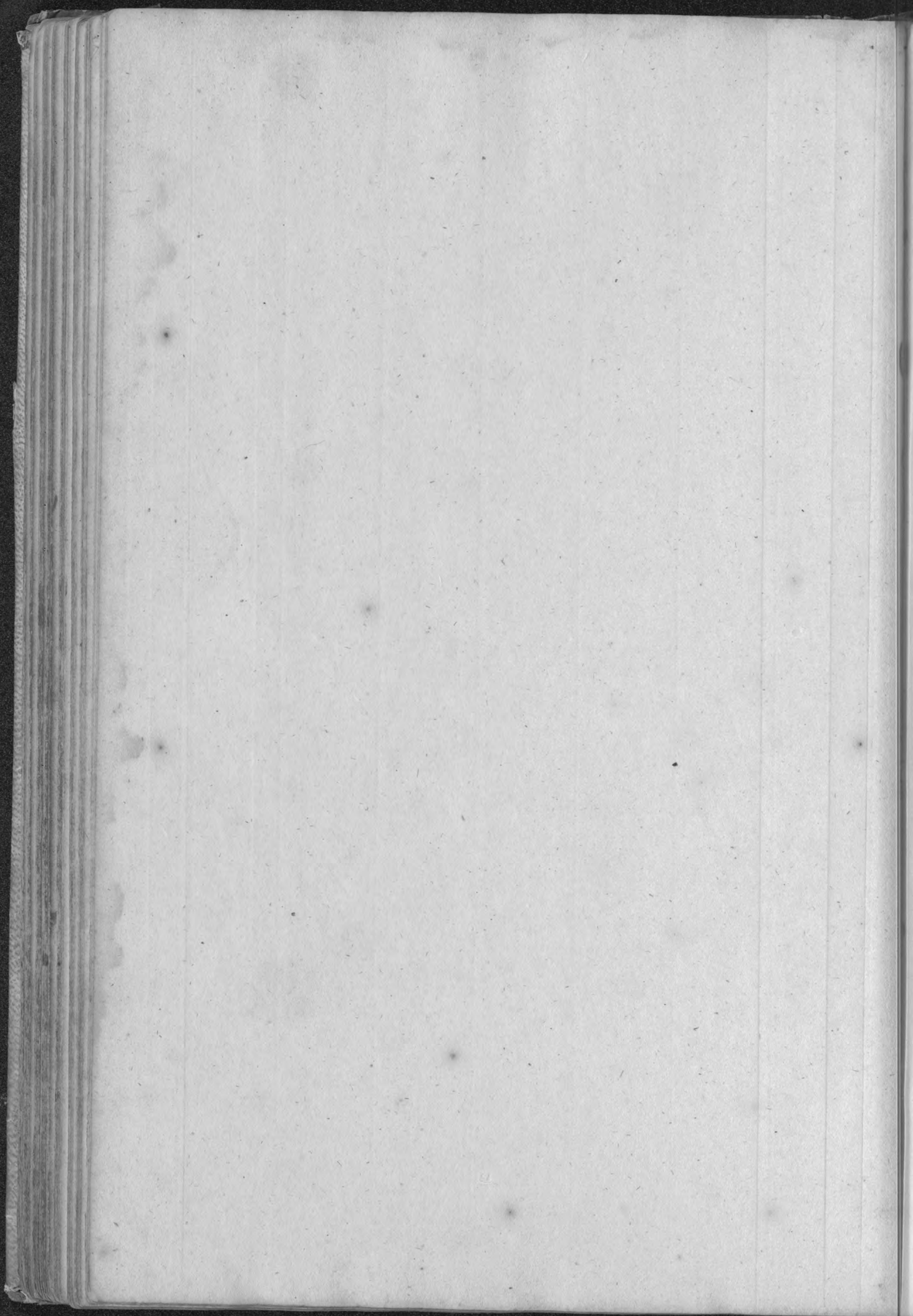








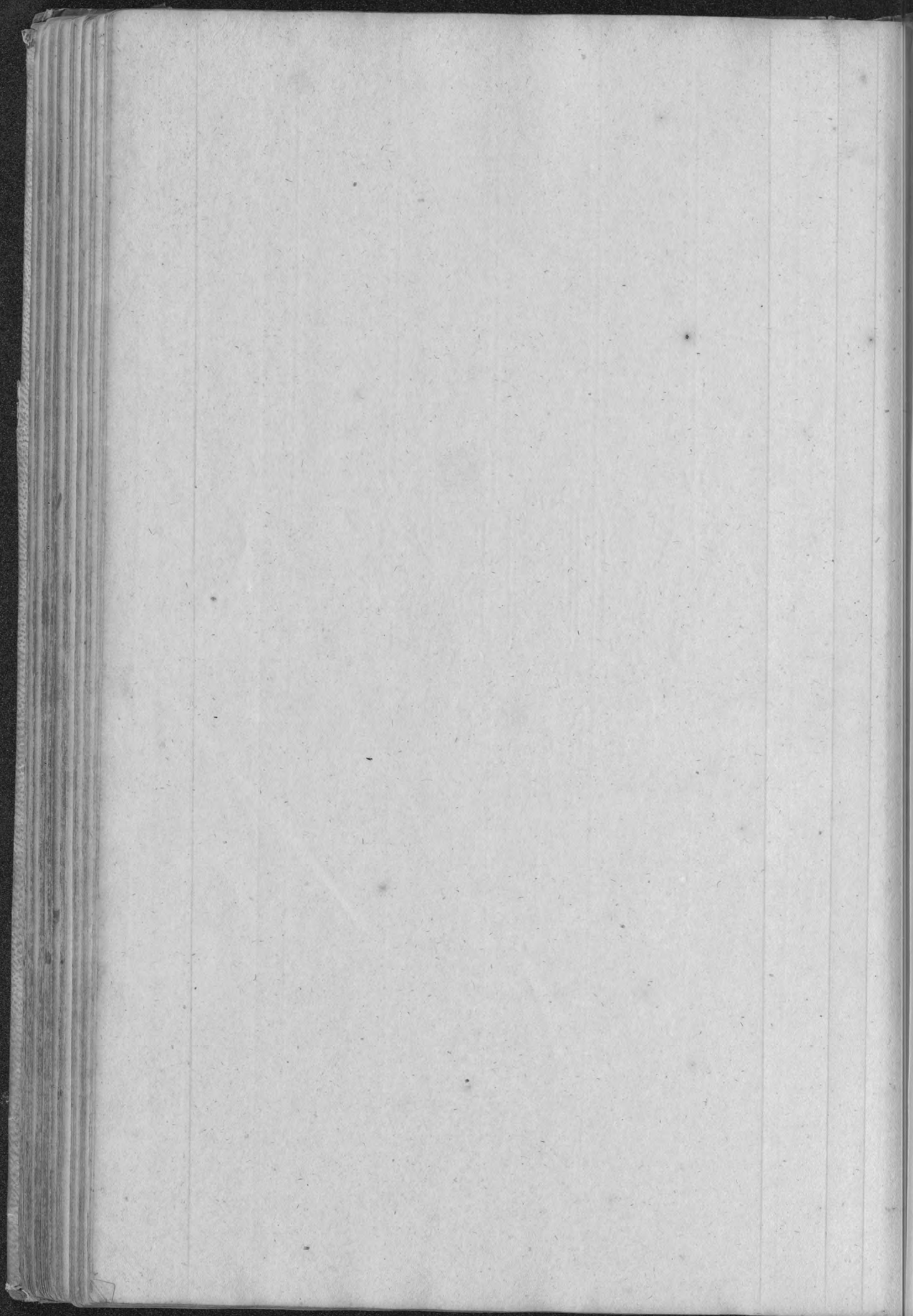


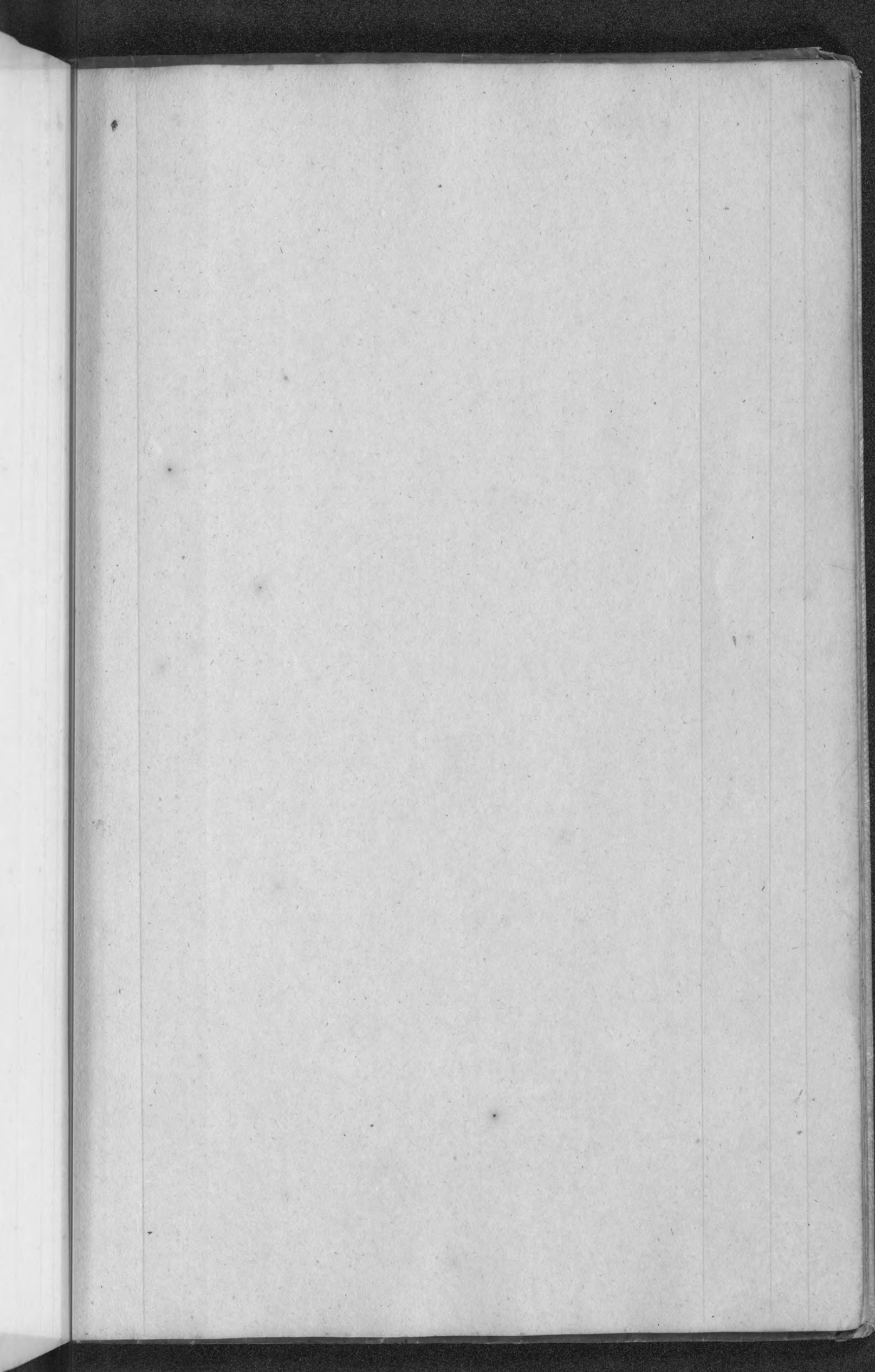








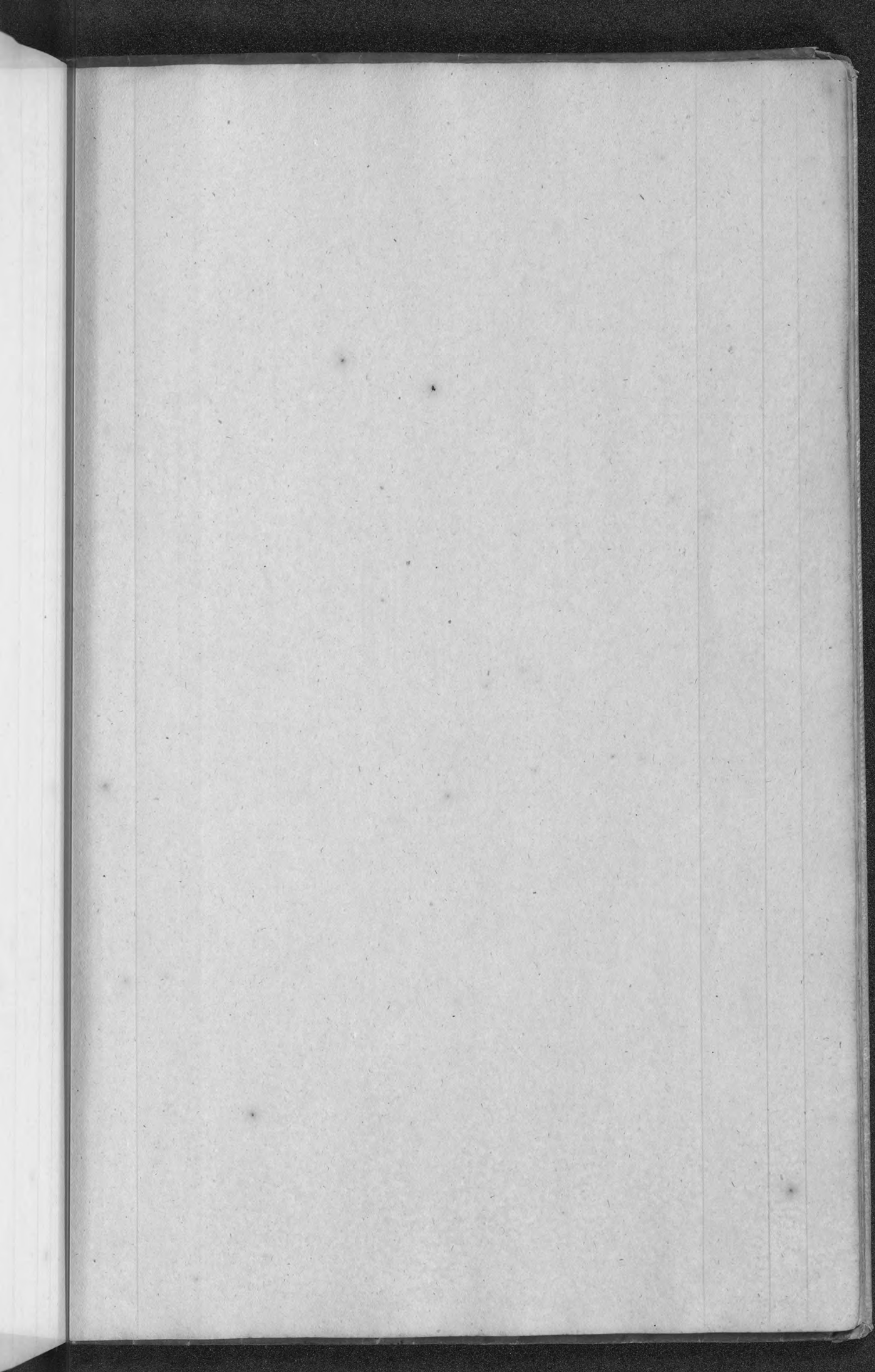


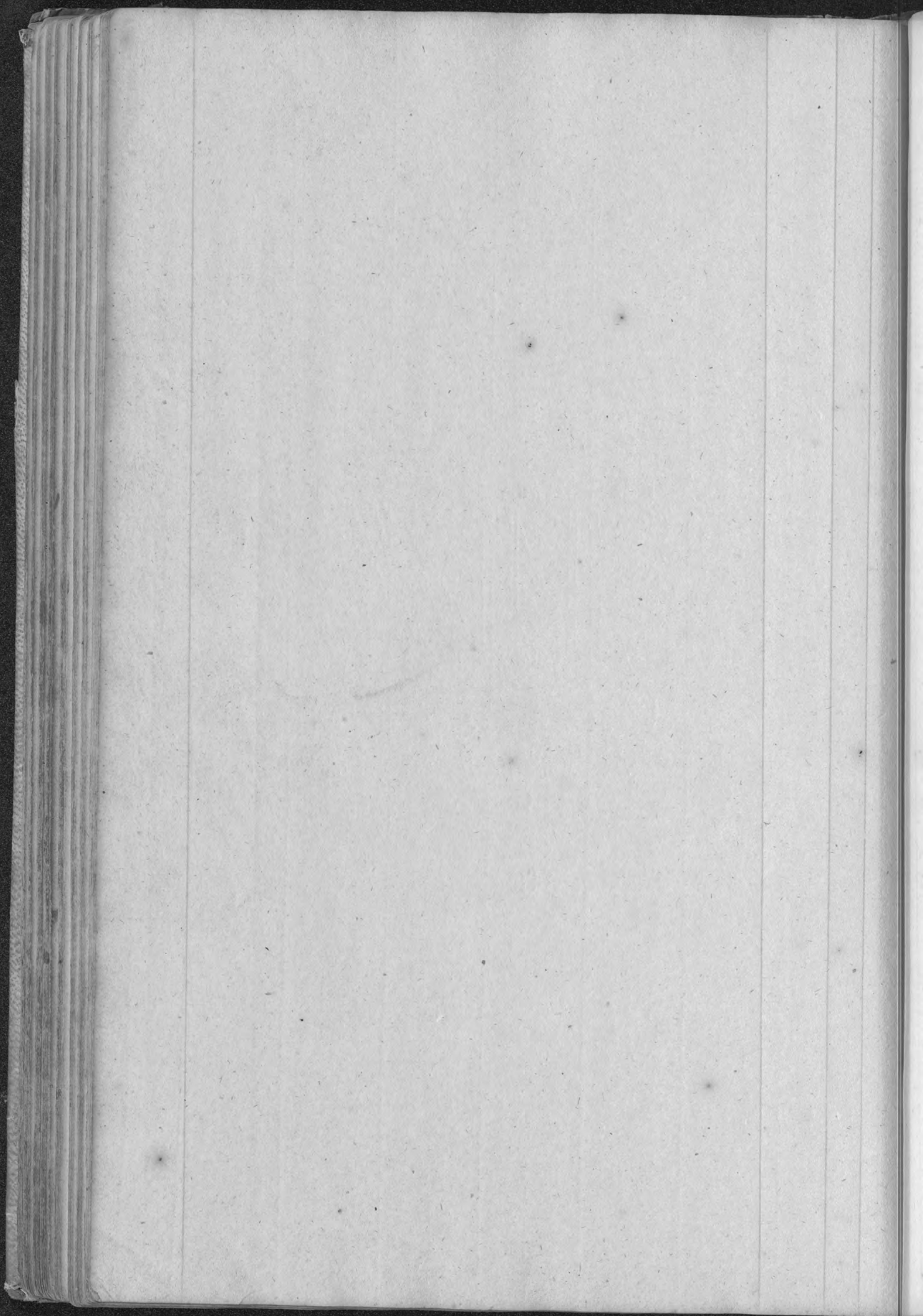




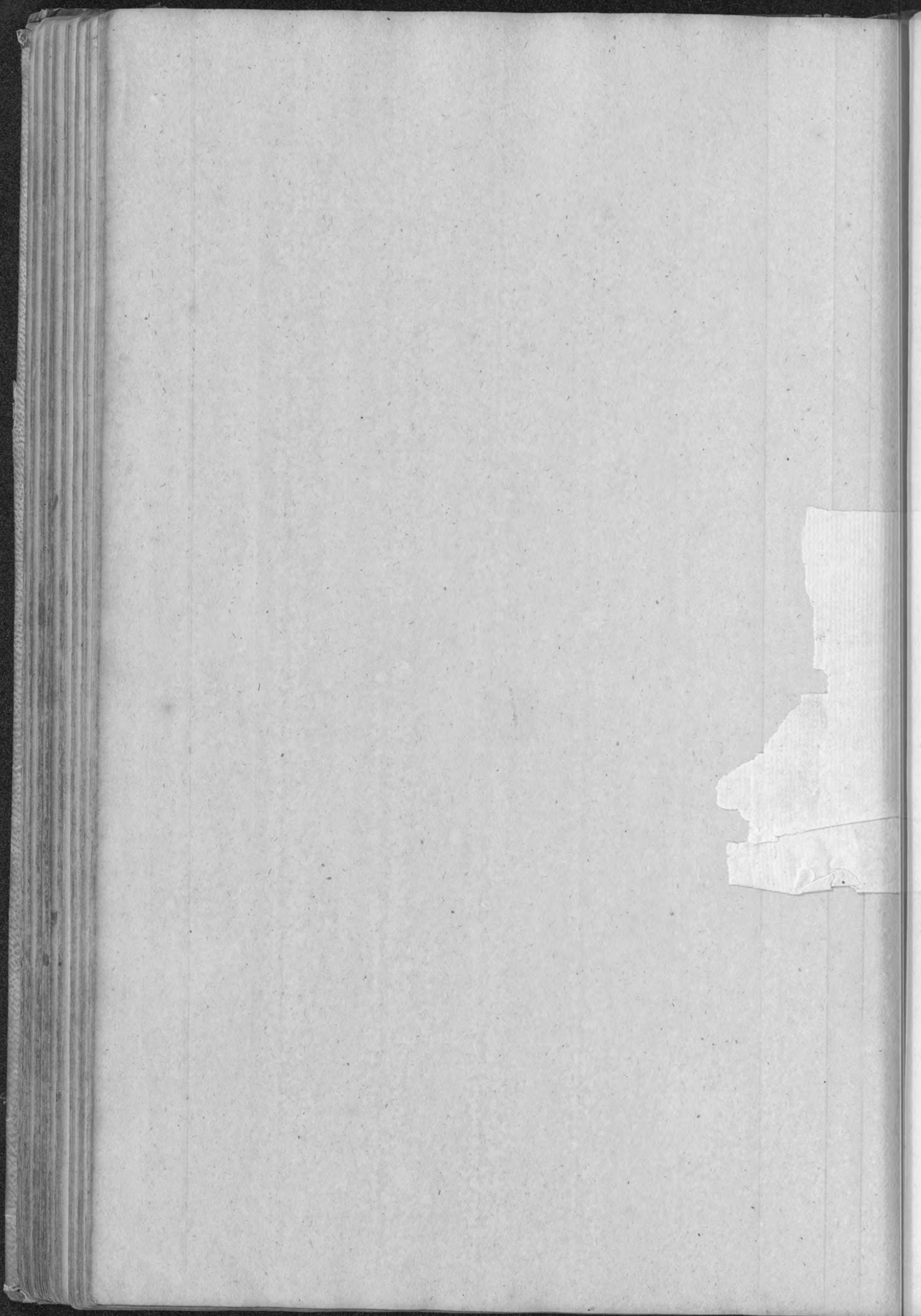




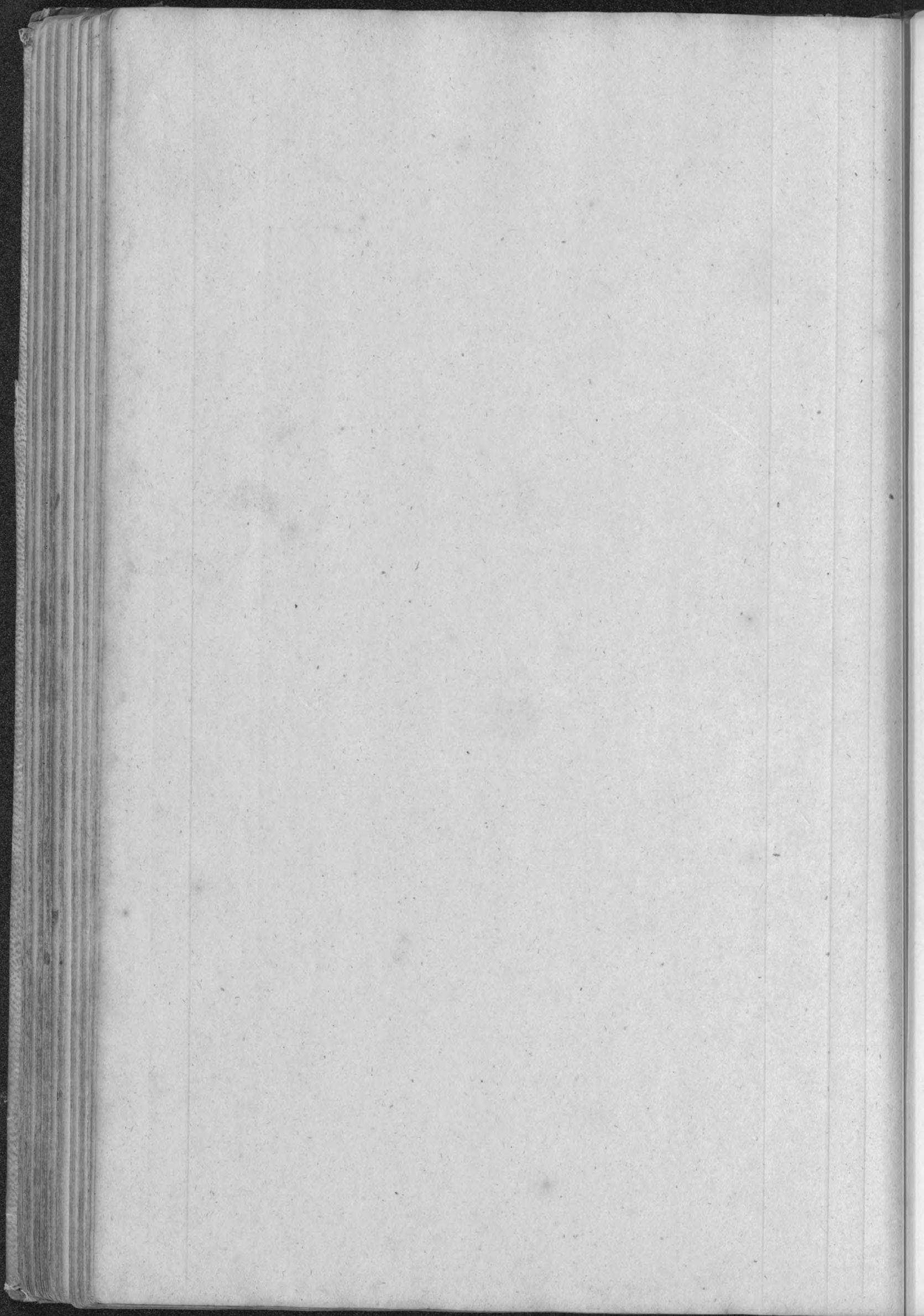




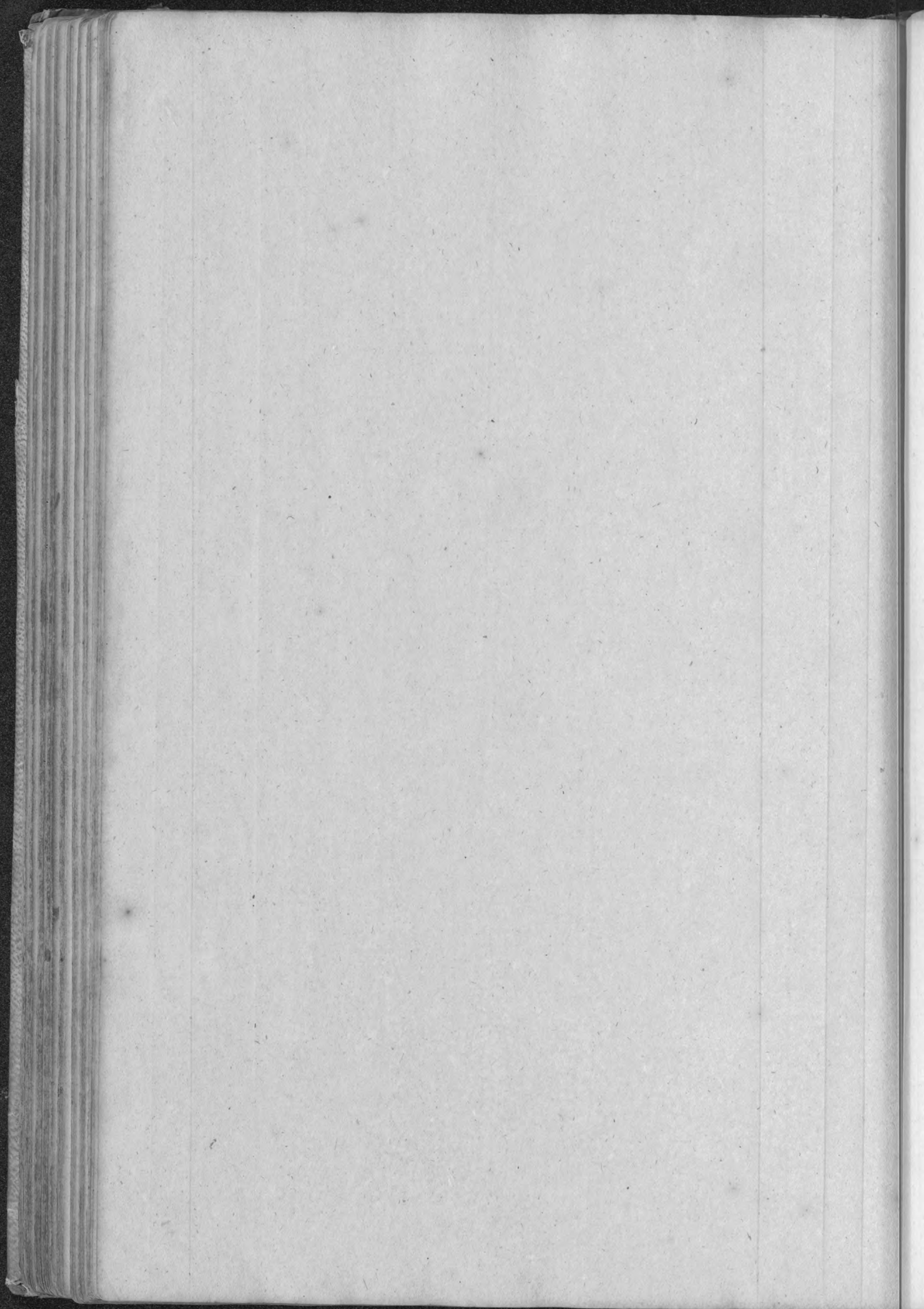




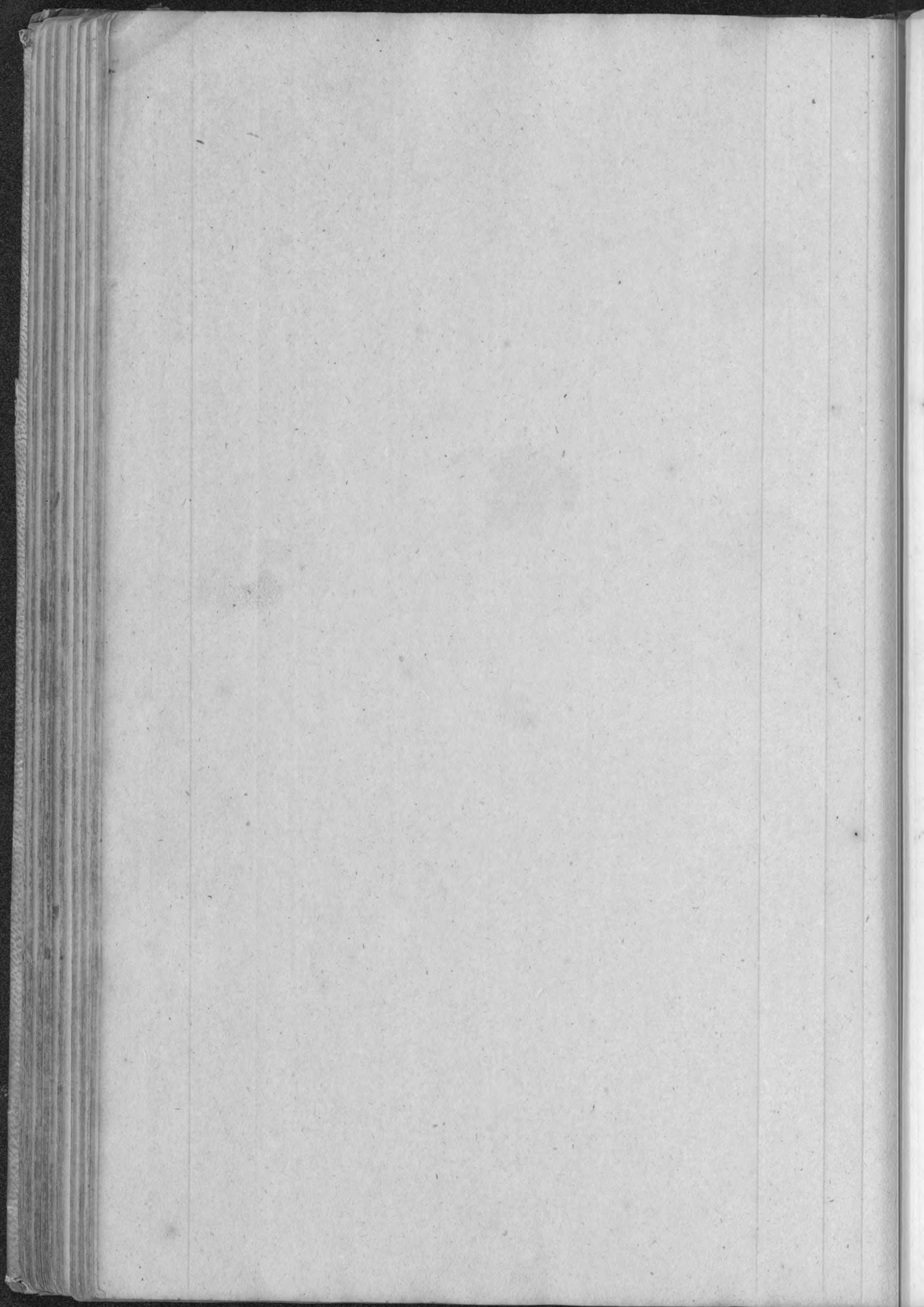




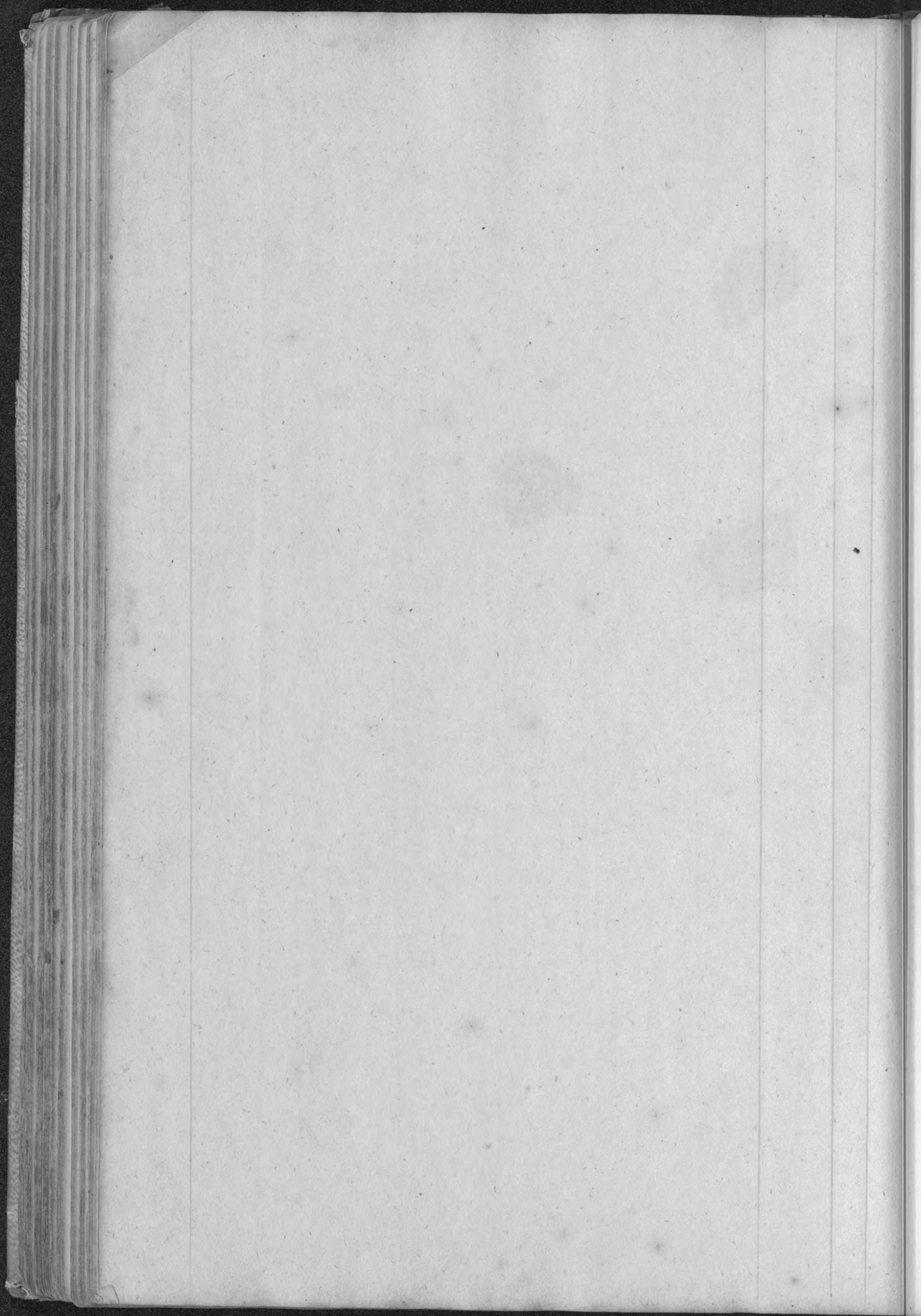




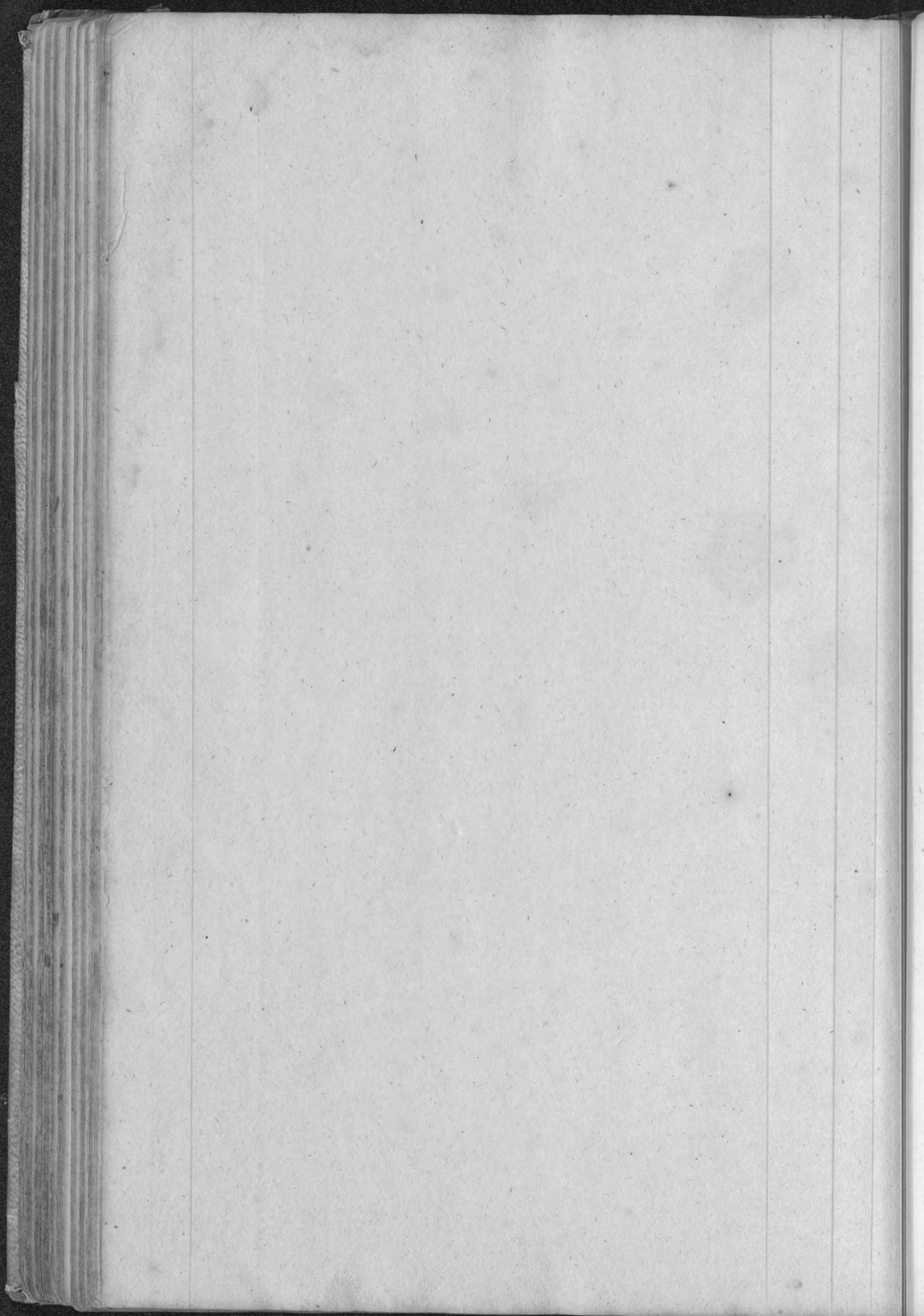




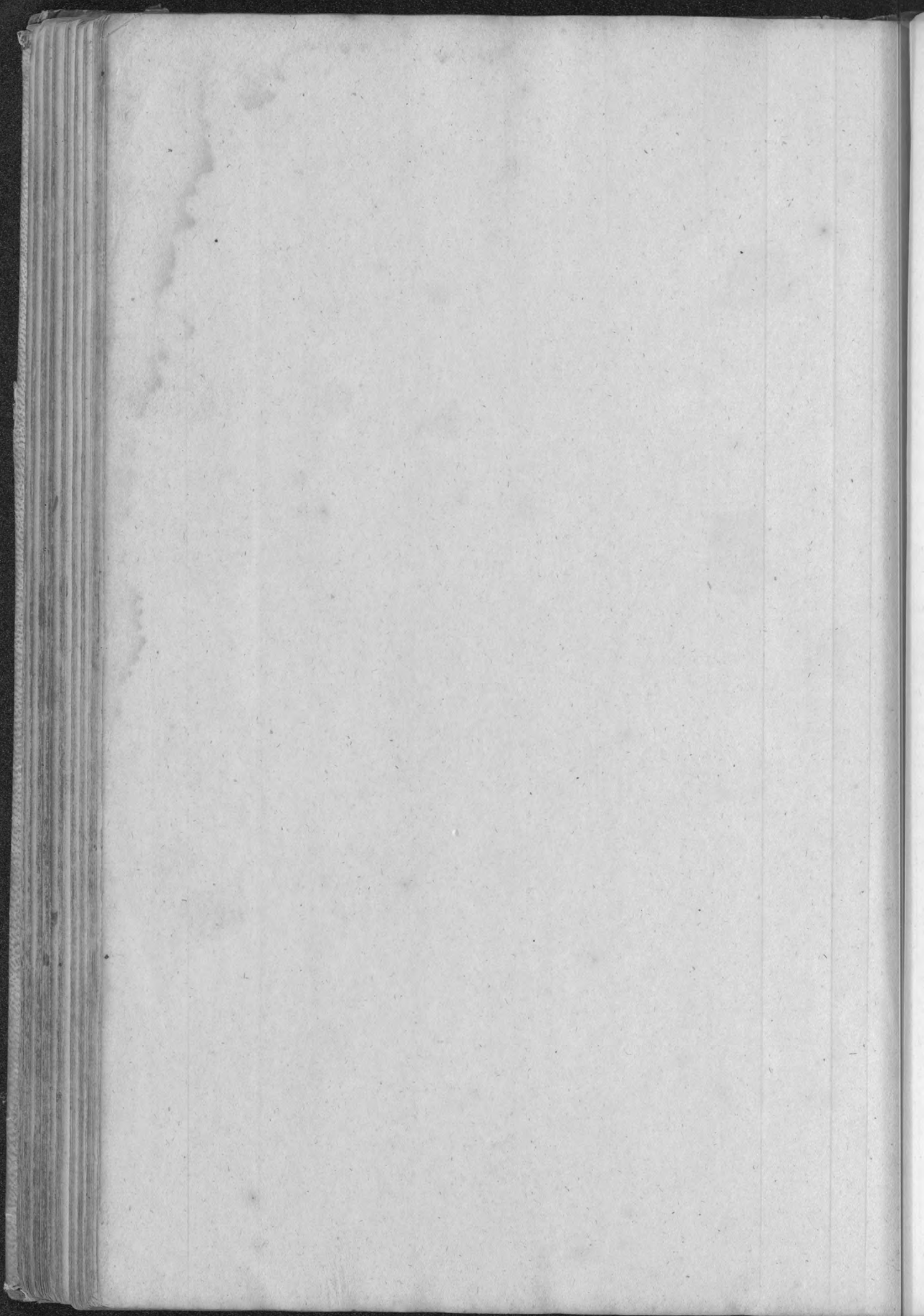




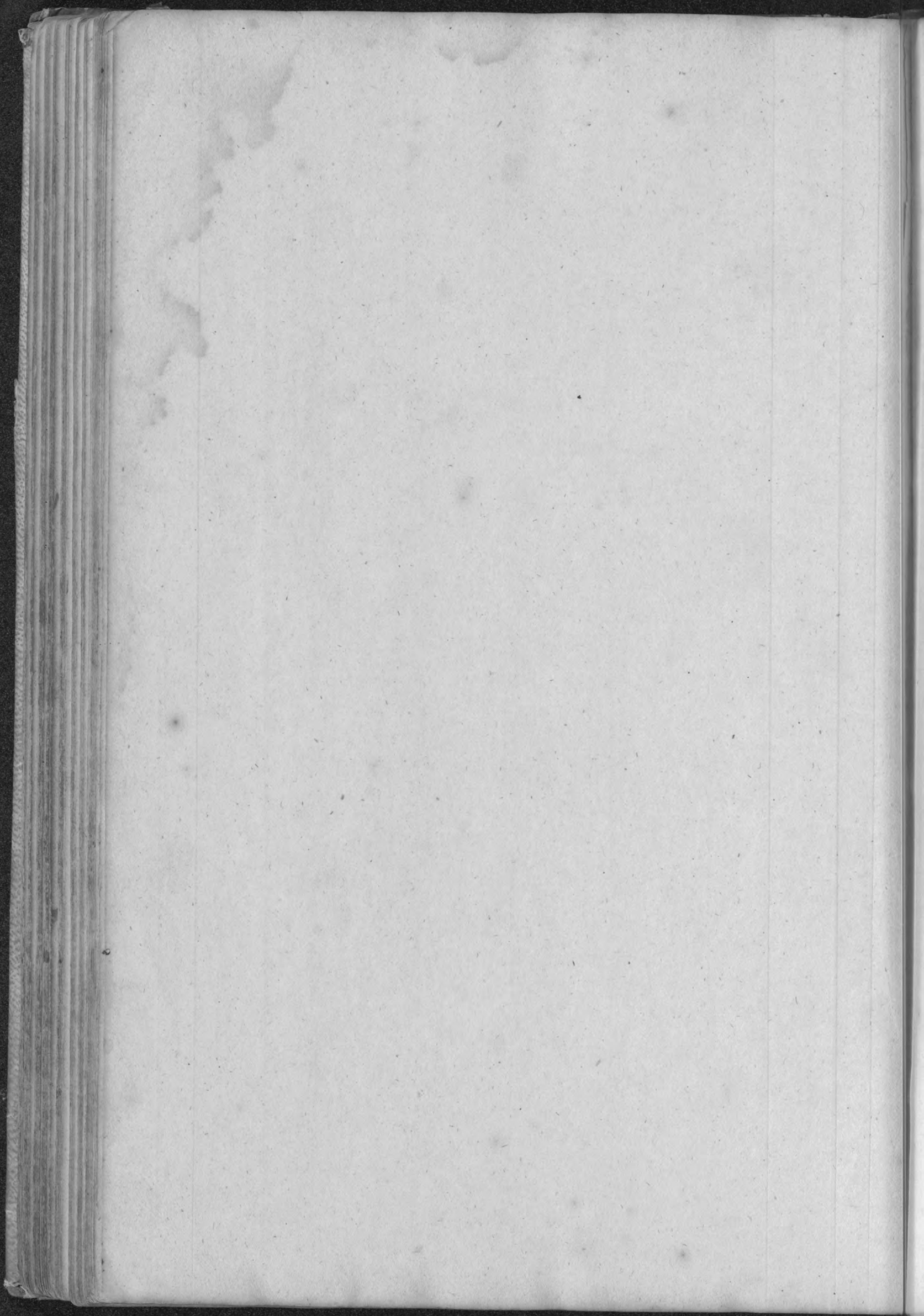




















A

	P
13 Aquamirabilis	5
60 Aquamirabilis	22
85 Aquamirabilis	33
151 an Almond Pudding	56
224 Aquamirabilis	88
255 for an Ague	93
250 for the sting of an Adder	101

B

16 a Black Salve	6
68 Black Puddings	25
70 a Baked Pudding	25
77 a Black Salve excellent for any green or old Wound or any Cutt	29
96 for a Burning	41
101 to Boyle a Gammon of Bacon	44
102 to Boyle Brann	44
147 a Battalia pye	49
137 a Brown Frygasea	58
141 strong Broath	59
142 Brown Soup	60
180 to Boyle Small Fish	74
181 a Broath for any fresh fish whatsoever as Pike. bream. carp. barble. Cell or y like	74
207 the Bitter Draught	82
212 Birch Wine	84

254 the Black Talvent
255 for a Sore Brust

103

104

C

1	Cheescakes	1
6	for a Cough	3
10	for a Consumption	4
26	to Candy Flowers in their perfect cullers to keep them all the Year	9
44	Cinnamon Water	16
51	to Candy Orange chips	18
55	for a Cough or Consumption	20
65	a good Cake	24
74	Mustards	27
81	for a Cough and Shortness of Breath	30
82	a Scarcloth for the Gout sore Brest or Swelling	31
90	a Cordiall Water	37
93	a Chees-cake	39
99	a Caudle	43
109	Mustards	47
110	Chees-cakes	47
115	a sweet Chicken Pye	50
125	a Carraway cake	53
136	a Calves Head Harsh	57
153	to Coller Beef	64
156	to Coller a Hogg Veall or Cell	65
174	Calves feet Jelly	72
176	to Culler Jellies	73
178	Chocolat Cream	75

204	a Chicken Pye	81
208	a Cake	82
209	Consip Wine	83
211	comfortable Vossinges	83
213	a rich Cordiall	84
226	to Candy Angelico	89
227	a plaine Cake	90
231	Currant Wine	91
236	for a Consumption	94
240	Currant and Goosberry Wine	95
249	for an old Consumption or Cough of the Lungs	101
257	An Excellent remedy for the Canker in the Mouth	106
259	Currant Wine	107
264	a Cordiall Powder	110

D

38	to Drye Plumbs	14
39	to Drye Pares	14
50	to Drye Neats Tongues	18
80	a Diet drink for the Dropsey	30
105	for Dressing of Fish	45
152	Ducht Beef	63
223	a Diet Drink	88
244	Doctor Stevens's Water	97
256	Doctor Daffies rare Elixir Salutis	105

E

5	Elder Wine	5
11	Elder Wine	4
237	for Sore Eyes	94
241	Elder Wine	96

F

63	Fritters	25
71	Furmentie	26
76	Floes ungentum	27
134	Force Meat	57
155	to Force a Leg of Mutton. Veall or Fowll	57
154	to Frye Oysters	64
158	Fish Sauce	65
199	a Frygasea	80
196	a Fooll	79

G

22	Gelly of Currants	8
23	Gelly of Rasberryes	8
95	the Green Oyle	40
118	a Goose or Turkye Pye	51

140	Gravy	59
170	to keep Goosberries or Damsons	70
179	Ginger-bread	74
253	a Green Oyle good for any Spraine or Bruise	92
252	the Green Oyntment	102
268	for the Ganders	112

K

9	for the paine of the Head	4
117	Thumble or Calves-feet Pyes	51
152	to Harsh Mutton or the Pike	56
157	a Ham	65
173	Hearts Horn Gelly	71
197	to Harsh a Calves-head	79
198	to Harsh any cold meat	79
266	to make Hams	112

I

8	Ink	4
58	Ink	21
92	the Italion Balsom	38
127	Iceing	54
263	Jelly of Calves feet	109

L

94	the Lady Allens water good for the Stomach	
	Small pox Surfit of Fearour	40
113	a Yumber Pye	49
175	Yemmon Creame	72
195	Yinks	78
246	a Yeaden Plaister	99

M

5	Milk Water	1
32	red Malmalett of Quinces	11
33	white Malmalett of Quinces	11
36	Malmalett of Oreniges	15
37	Malmalett of Pippins	15
47	Mackrooms	17
88	a Marrow Pudding	56
89	Mince Pye	56
116	Mine pyes or Egges pyes	50
128	a Marrow Pudding	54
215	Milk water	85
230	white Malmalett	91

O

56	Orenge Water	20
75	Oatmeall Pudding	27
84	an Oyntment for burning or Scalding	32
122	an Olive Florendine	52
133	an Orenge Pudding	56
144	an Oyster Loafe	60
159	Oyster sauce for boyled Fowll	66
172	Orenge Cream	71
217	Orenge Wine	85
269	Oyntment for any Swelling	113

P

12	Pancakes to fry without Butter	5
15	Plague water	6
17	to Preserve Goosberries	6
18	to Preserve Raspberries	7
21	Past of Raspberries	8
29	to Preserve Apricocks	10
41	to Preserve Raspberries	15
42	Past of Apricocks or pare Plumbs	15
43	to Preserve Orenge	15
45	to Preserve Pippins	16
46	Past of Orenge	16
53	to Preserve Pippins	19
54	to Preserve Damsons	19
59	to Pickle Ashen keys	22
62	Past for a Pasty	25
64	to Pickle Cucumbers	25

66	to Pickle broom buds	24
67	to Pickle clove Gillyflowers for salleting all y ^e Year	24
73	Past for a Vension Pasty	26
83	Past for Custards cross cutts or Spriggs	51
87	the best Paracelsus Salve	54.55
91	Puff Past	58
97	a Dippin Tart	42
106	Past Royall	46
107	Past for Rais'd Pyes	46
108	Puff Past	47
119	to Pickle Garberryes	51
120	Puffs of Orengees or Lemons	52
124	Portugall Cakes	55
126	Plumb Cake	54
148	to Pott a Hare	62
149	to Pott Pedgeons	62
150	to Pott Tongues	65
151	to Pott Beef	65
162	to Pickle Salmon or other Fish	67
163	to Pickle Oysters	67
164	to Pickle Pedgeons or any Fowle	67
165	to Pickle Cucumbers	67
166	to Pickle Mushrooms	68
167	to Pickle Mushmillions or Large Cucumbers like mangoes	69
168	to Pickle French Beans	69
169	to Pickle Walnuttts	70
206	to Pickle Wallnuttts	81
220	to Preserve Apricocks in Gelly	86
221	Portugall Cakes	87
222	to Preserve St. James Plumbs	87

228 to Pickle Cucumbers	90
229 to Pickle French beans	91
232 to Pickle French beans	92
234 to Preserve red Currants in Jelly	93
238 Past	94
243 for the Palsy	96
247 for the Plague	100
260 to Preserve Walnuts	107
271 Poultis for any Swelling	113

Q

24 red Quiddiny of Pippins	9
25 Quiddiny of all manner of Plumbs	9
49 Quaking Pudding	17
98 Quaking Pudding	42
129 Quaking Pudding	55

R

14	Rice Pancakes	6
40	Rice Puddings	14
61	Rice Milk	25
150	Rice Puddings	55
145	a Raggoo of Sweetbreads	61
185	to Roast a Cows Udder	75
184	to Roast Vension	75
195	Rice Puddings	78
210	Raison Wine	85
219	Raison Wine	86
251	for Ricketts in Children	101

S

2	Seed Cake	1
7	for the Small Pox	5
19	Sirphit Water	7
20	Sirrup of Gilly-flowers	7
27	Sirrup of Wood-Sorrell	10
28	Sirrup of Roses	10
50	Sirrup of Violets	10
51	Sirrup of Mulberries	11
54	Sirphit Water	12
55	Sugar Cakes	12
52	Sugar Cakes	18
57	Snail Watere	20

72 Stued Broath or Plumb=pottage	26
78 a Salve for a green wound or sore	29
79 a Salve for green wounds	30
86 a Sack Possett	33
100 to Stue Beef	43
111 a Stake of Florendine	48
112 a Springe of Ye	48
139 Scotch Collops	59
146 to Stue a Carp	61
147 to Stue a Hare	62
155 Sauce for Vension Neats Tongues and Udders	64
160 Sauce for green Gees or Ducks	66
161 to Spitch cock Cells	66
171 Sausages	71
177 whipt Tullebubbs	73
182 Sauce for a Quail Raile or any fatt bigg Bird	75
185 Sauce for a Roasted Capon	76
186 Sauce for Pidgeons Stock-doves or the like	76
187 Sauce for wild fowll Roasted	76
188 Sauce for Green Geese	76
189 Sauce for a Pigg	77
190 Sauce for a Turkye	77
191 Sauce for Roasted Mutton	77
192 Sauce for Veall	77
194 a Tullebubb without milking under a Cow	78
200 Sauce for boyled Rabbits	80
201 Sauce for boyled Chicken	80
202 Sauce for Calves Feet	80
203 Sauce for a boyled Pedg of Lamb	81
205 Sauce for Roasted Mutton	81
214 Sirrup of Balsom of Tolu	84
225 Savoy Biskit	89
239 a Save for a green wound or burn	95

255	for the Shingles	103
261	Straine Oyle	108
262	Small Fox	109
265	Surpheit water	111
270	Shingles	113

T

4	Treacle Water	2
69	a Tansie	25
123	a Tansie	55
245	for a sore Throat	97
267	Tongues	112

Q

278	do say the Vomiting	101
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W

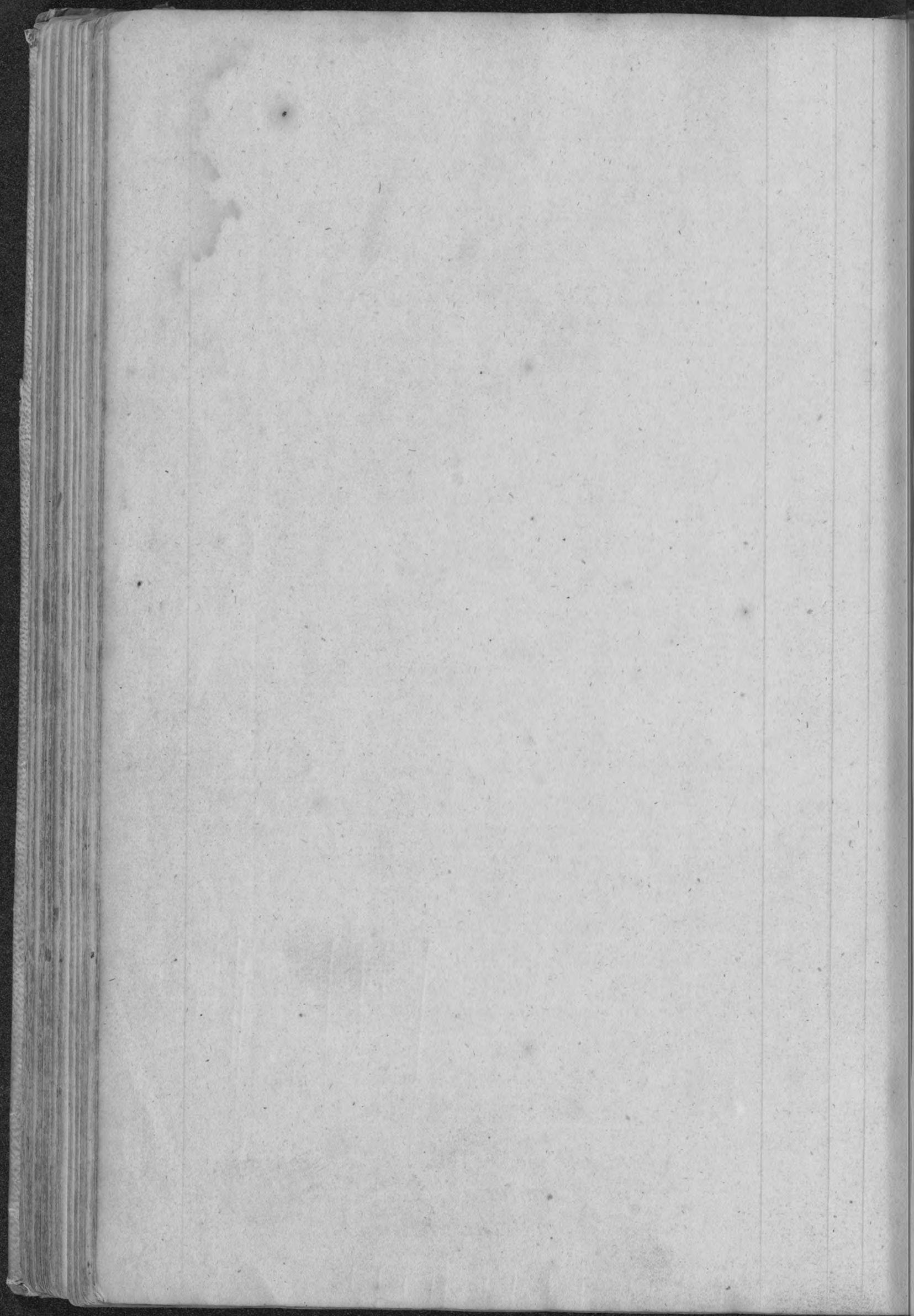
48 a White Pott	17
105 a White Pott	44
104 a Warden or Quince Pye	45
138 a White Frygasea	58
143 a White Soop	60
216 for y Wind	85
218 White Mead	86
258 a Water to cure old Ulcers	106

Y

242 the Yellow Cordiall	96
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— 17
— 44
— 75
— 82
— 60
— 83
— 26
— 106

— 76



Lord what a Pleasant life were this,
If all did well their Parts;
If all did one another Love
Sincerely with their Hearts:

No Suits of Law, no noise of War,
Our quiet minds would fright,
No fear to lose, no care to keep,
What justly is our Right.

No envious Thought, no slandering Tongue,
Would ever disturb our Peace;
We should help them, and they help us,
And all unkindness cease.

But the all-wise chose other Laws,
And thought it better so;
He made the world, and sure he knows
What's best with it to do.

'Tis for our good, that all this Ill
Is suffer'd here below;
'Tis to correct those dangerous Sweets,
That else would Poyson grow.

So Storms are rais'd to clear the Air,
And chase dull clouds away;
So weeds grow up to cure our Wound,
And all our Pains Alay.

How often, Lord, do we mistake,
When we our Plots design!
Rule thou hereafter thine own world,
Only thy Selfe be mine.

Or rather, Lord, let me be thine,
Ere I am not mine own;
Give me thy Selfe, or take thou me,
Undone if left alone.

To thee great God of Heaven and Earth;
Each Knee for ever bow;
May all thy blessed sing above,
And we adore below.

And do we then believe
There is a World to come,
Where all this World shall Summon'd be,
To take their final doom;

Is there a Heaven indeed,
To crown the Innocent?
Is there a Hell, and horrid Pains,
The Wicked to torment?

Are these Eternall too,
And never to have End?
Shall never these delights decay,
These sorrows never mend?

Good God, is all this true?
And sure most true it is;
And yet we live, as if there were
Nothing so false as this.

O quicken, Lord, our Faith
Of these great joys and fears:
And make the last day's Trumpet be
Still sounding in our Ears

Still may this glorious Hope
Shine bright before our Eyes;
We shall go up at last, to meet
Our Jesus in the Skyes.

Come, Jesu! come, and take
Our banish'd souls to thee:
Come quickly, Lord, that in thy light,
Our Eyes thy light may see.

Glory to thee, great God,
One co-eternal three;
As at the first beginning was,
May now and ever be.

Lord, we againe Lift up our Eyes,
And leave our Sluggish Beds;
And why we wake, or why we rise,
Comes seldom in our Heads.

Is it to sweat, and toil for wealth,
Or sport our time away:
That thou preserv'st us still in health,
And givest us this new day?

No, no, unskillfull Soul, not so,
Be not deceiv'd with toys;
Thy Lord's commands more wisely go,
And aim at higher joys,

They bid us wake to seek new grace,
And some fresh virtue gain;
They call us up to mend our Face,
Till we the prize attain.

That glorious prize for which all runs,
Who wisely spend their breath;
Who, when this weary life is done,
Are sure of Rest in Death.

Not such a Rest as here we prove,
Disturb'd with cares and fears;
But endless joy, and peace, and love,
Unmixt with Grief and Tears

Glory to thee, O bounteous Lord!
Who giv'st to all things breath;
Glory to thee, Eternal Word!
Who sav'st us by thy Death.

Glory, O blessed Spirit, to thee,
Who fill'st our souls with love;
Glory to all the Mystick Three,
Who reign one God above.

Come let's adore the gracious Hand,
That brought us to this Night;
That gave his angels strict Command
To be our g'ard this Night.

When we laid down our weary Head,
And sleep seal'd up our Eye:
They stood and watch'd about our bed,
To lett no harm come nigh.

Now we are up, they still go on.
And guide us through the day;
They never leave their charge alone,
What e're besets our way.

And, O my soul, how many Snares,
Lye spread before our feet:
In all our joys in all our Cares,
Some Dangers still we meet.

Sometimes the Sin does us o'rtake,
And on our weakness win;
Sometimes our selves our Ruin make,
And we o'rtake the Sin.

O save us, Lord, from all those Darts
That seek our souls to slay;
Save us from us, and our false hearts,
Lest we our selves betray.

Save us, O Lord, to thee we cry,
From whence all blessings spring;
We on thy grace alone Rely,
Alone thy Glory sing.

Glory to thee eternall Lord,
Thrice blessed three in one,
Thy name att all times be adord,
Full time it selfe be done.

Patience will make us beare the Greatest loss
Patience will break the stroak of every Cross
Patience will ease the anguish of the minde.
And to the heart a Thousand comforts finde
In all conditions whether good or ill ---
we ought to exercise our patience still ---
To God above for faith and patience call
Job was a Glorious Pattern for us all ---

