

For an Asthma or Shortness of Breth
 Take Cardus bint Hyssop horhound
 Coltsfoot of each alike quantity
 and a hand full in all; signoreia
 Caraway Currant or Sweet
 fenell seeds of each half a penny
 worth Raisons and figgs of each
 half a penny worth Elecompany
 roots a little wash and cut your
 herbs, bruis your seeds a little
 slice yf figgs, Honey Raisons, then
 put all together into a pint and half
 of water set it over they fire and
 cover it all night to in cups, then
 in the morning give it a boye to drink
 it, take a lbf of this any kind
 dissolve in it when it is hott white and
 brown sugar candy put in to every lbf
 full a spoonfull of Sweet Oyle and
 one of honey and one of Aniseed
 water drink it hot as you can

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2

Conslip
How to make Conslip Wine

Take six Gallons of water
 and put to each Gallon of
 water a pound and half of
 good white Sugar boyle
 the Sugar and water to
 gather about three quarters
 of an hour, and scum them
 well then take 2 Gallons of
 Conslips bruse them and
 throw them into the water
 with 2 sliced Lemons when it
 is almost cold having first
 put into the water one good
 Spoonfull of Lot all
 these mix well together
 two days then Straine

3

them and put to six Gallons of this
 Liquor one quart of renish Wine
 Let it be a month in the Cask then
 bottle it and put into bottle a peice
 of good loaf Sugar it will
 keep two Years

How to make Mead or Meath
 Take Eight Gallons of water and
 put it into a tub with three quarts
 of the best Honey work it together
 till the honey be dissolved stir it
 three or four times work it like new
 drink till the next day then boyle
 it and skim it till it be as clear
 as water

4

How to make Cardiall Lemon water

Take the thin outer rind of
twelve Lemons Steepe them
all night in an Earthen pot
with three pintls of Brandy
Stop Cloas, the next day put
to it three pintls of Spring
water boyling of the fire
let it infuse half an hour
Close Stop then pass it throug
a flanel Cloth upon three
quarters of a lb of double
refined Sugar when it is
Cold bottle it for your use

5

How to make Sugar Water

Take a gallon of unseed water
and a bottle of brandy & a peck of
poppy flowers well pickt from of
seeds and one pound of rasens of
the Sun Stones, Cloves mace cin-
noment Nutmeg & ginger of each
a quarter of an ounce, put all
these together into an Earthen
pot Stir them well Stop the pot
Close Let it stand four days
Stiring it well at the end of
two days, then Strains it through
a fine hair Sieve Sweeten it with
Loaf Sugar to your tast bottle
it and Stop it Close

6

How to Make Currant wine

Take six quarts of Currants
pick from the stalks take
three pounds of rasens stones
and pound of Sugar powder
on these eight quarts of boyle
ing water and Cover it let
it stand three days stirring
it twice a day, but do not
brush the Currants, then
let it run through a sieve
then barrell it up close and
put one pound of sugar to it
then let it stand three days
more and bottle it up
Plum wine the same
way is Excellent Good

7

How to make Burch Wine

Tap

Take the tree a yard above the
roofs on the sun side when you
have got 12 quarts of this water
put to every quart a pound of
loaf Sugar, of Cloves mace
and Nutmegs an ounce in the
hole crush them a little and
put them into your water &
sugar then take 3 oranges &
one Lemon pair them and cru-
sh in the juce, then put them
in and the pairings also one
good handfull of Rosomary
and one of burnet let all these
steep together in an earthen
pot 2 days & nights or some
what longer if you please if
strain them through a wollen
strainer and bottle it up with
a Lump of sugar the signess

8

Of a walnut to Every bottle
the Middle of March is
the Chief time to make
this wine it will keep
till James Tides

How to make Elder Water

Make a barrell full of the
juce of ripe Elder berries
let it lay to work a month
then still it in a sunbeck
and it will be exceeding
strong and pleasant it is
Excellent for the scurvey
winds in the stomack shortnes
of breath and of spleen

9

How to make Elixer of Lemons

Take the juce of forty Lem-
ons & boyle it gently in silver
or Chanie till it comes to the
quantity of half an ounce
then put it up into a bottle
and stop it close the least
drop of this will be enough
to season a whole dish of sauce

How to make eliqua Florid

Take a single stalk of gilli-
flowers many Golds Comflops
Clowd gillyflowers and pinks
of each handfull, of Rosomary
flowers damask roses three hand-
fulls burrage buglos flowers
and balm leaves of each two
handfulls put these flowers

10

In a large Glass with a quart
of sack stoping it close with
a cork sometimes stirring the
sack and the flowers together
when all the flowers are in
ad another quart of sack of
Cinnamon grossly beaten half
an ounce two Nutmegs sliced
of saffron and pennyworth lot
them stand to infuse 24
hours then still it in an ordi-
ary still well closed with
paste, with a hot fire always
keeping a wet cloth upon the
stills head, to the stills water
put six ounces of white sugar
Candy finely beaten and put
the bottle close stop into hot

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water for one hour that the
sugar may be thoroughly melted
this water is excellent good
to revive the spirits to comfort
the ^{head} and stomach and to cheer
the heart

To pickle Elder ^{buds}

Take what quantity of Elder buds
you please pick them into salt and
water, let them lye all night then
take what quantity of aligar you
think well cover them with the
aligar & put into it a piece of atand
skin the pickle if put in the buds soft
them on a close fire but not to boyle
let them stand till they are green
when they are cold put them in
a pot & stop them very close

12

How to make Biskate Burgoy

Take a pound of fine scarcod
sugar a pound of fine flower
and six Eggs beat them very
well then put them all into a
stone mortar, and pound them
for the space of an hour and
half let it not stand still for if
it will be heavy and when you
have beaten it so long atime put
in half an ounce of aniseeds
then butter some pye plates
and drop the stuff on plates
as fast as you can drop it
with spoons prop them as round
as you can and set them in
an oven as hot as if or man
shots but the less the are
Colord the better

13

To Make Hallion Biskate

Take four New Lead Eggs break
them into a basin and put to
them half a pound of double rofe
and sugar beaten; beat them
together an hour and quarter
put in a little cinber sugar if
you please and beat it with it
then stir in 3 ounces of fine
wheat flower and a few car-
away seeds to hard the oven
to not too hot so drop a spoon
full on paper and draw some
scarcod sugar upon the top of
it and so set them in the oven
and when they are baked take
them of the papers and lay it
on dishes and let the oven cool
a little and so set them in
to dry

14

To Make a fresh Cheese

Take the Whites of 2 Eggs a quart of Cream beat them & stir them into the Cream and set them on the fire till they begin to curdle then put in a little glassfull of white wine and set it over the fire again till it be all curds & whey then put it in a curd sieve and let the whey run out beat the curds with rose water and sugar and mingled with it some almonds finely beaten & amber sugar and boyled another quart of Cream and when it is boyled season it with rose water & sugar and stir it a while then turn the

15

cheese into a dish and pour the Cream about it then strew on fine sugar when it is thorowly ~~dry~~ and then eat it

To Stuff a Leg of Mutton

Cut out the meat clear from the skin and chop it very small then take a pound and half of beef suet chop it with the mutton take 2 nutmegs & a little cloves and mace and pepper all of it beaten and a lemon and a few sweet herbs chopt small and a few sweet barbarays mingled all these ~~all these~~ with 4 or 5 Eggs then put it into the skin with 7 yokes of 4 hard Eggs broken amongst it and make it that it may look like a leg of mutton and sew it in a cloth with put it in ^{the water} boyle

16

How to make the Sauce

Take some of the broth it was boyled in and some boyled Indiff & the bottoms of 4 or 5 harticholks and the Marrow of 2 bones and the Yolks of 2 or three Eggs beaten together with the juice of a lemon then put in the Eggs to thicken it and soe serve it together

How to Stew a Carves Head

Half boyle the head then cut off the meat from the bone & put it into a quart of French wine and put in 3 or four Anchovis and 3 or 4 blades

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of mace let these stow together till it be enough then take the juice of 2 lemons and the yokes of 3 Eggs to thicken it, one quart of oysters boyled and some bacon fryed to lay upon it

To make Beal Balls

But of a fillet of Veale take some of the meat and some beef suet shred them together & take salt lemon some grated nutmegs mace and a little pepper beaten soe mingle them together with Eggs make them in balls let the water boyle when you put them in there must be as much as will cover them, soe let them stow upon a charcole fire for the same use a little boyled and a spoon full of the broth and a little later thicken it with the yokes of an Egg

18 How to stow ramp of Beef

Break the bones of a ramp of Beef very small season it on the In side with pepper & salt and 2 Nutmegs Grated fry it in a pipkin with the fat side downward and put to it 3 pintles of ^{Clar} Vinager and as much fair water four hold Onions and a sprig of roasmary let it stow upon a soft fire five hours at y least or in an oven then take out the onions & the roasmary and the fat from the gravy and dish it upon toasts the fat side upwards and put the gravy to it

19 To stow powdered ramp of Beef

First half boyle it then take it up into a dish to save the Gravy of it then take a small knife & prick it in severall places and then put into Every place so prickt a blade of Mace have any done so take a pint of Clar wine a quantity of Vinager or if they have any strong broth put in a ladle full or 2 for the dish must be full of liquor before it be set in the oven then take the Yokes of 2 or 3 Eggs and spread them over the out side of the beef then

20 Then take stow of all maner of sweet herbs minced and put all over the beef then take y second time more Yokes of Eggs and put them upon the herbs which is upon the beef so put it into a hot oven for it will require good stow of baik and put a paper over for fear of scorching after it is so baked remove it into a dish that you serve it in you may stick it with fryed toasts if you please

21 To stow Oysters

Take the oysters & wash them very Clean then put them in a powder dish and cover them with another and set them upon the fire and let them boyle and as the water cometh from them so remove it from them till all the water is consumed then put in a good deal of butter Mace and hold pepper

22

To have neck of Mutton

Take a neck of Mutton and cut into Haks and boyle them a little with salt and water then put in a dosen of Cloves and leas of white mace a little pepper 2 spoonfulls of grated bread 3 or 4 sprigs of tyme 2 or 3 spoonfulls of Capase and soe let them all stow together a quarter of an hour between two dishes and soe serve them

23

How to stow Tripes

Take Tripes and shred them small in long peices and put with them as much water as will cover them in the pot then put to them some pepper and salt and boyle them together a quarter of an hour, then take a good handfull of parsley tyme and sweet margorum green onions shred all together very small put them into the pot and let them boyle softly together half an hour, then before you take them of the fire put in a good peice of butter a little vinegar and let them stow together 2 or 3 warme and soe serve them

24

To Boyle Chickens

Take three chickens and cut them all to peices then boyle them in as much water as will cover them let them boyle till they are tender with a blade of hold mace & salt then take to each chicken 2 or three Eggs a good handfull of parsley and ~~pot~~ margrum avory little tyme all shred small beate of herbs and Eggs well together, and if put in a good peice of butter with the ingredians let it boyle 2 or 3 warme always stirring dress them with some pepile in the dish a little nutmeg scraped upon them

25

To stow Carves feet

Take Carves feet and cut them in peices and put them in a pot and doe them in the same maner and remember not to put in too much water

To stow hartichoke ^{offons} potatoes or ^{parsnips}

Take the potatoes or parsnips if the hartichoke bottoms they must be hold then stow them with a blade of mace and a little thick Cream when they are enough beate of yoke of an Egg with a little salt and pepper take up the hartichoke and lay them in a clean dish then stow in the Cream and pour it upon them

26

To Boyle a Pike

Make the water very salt
and let it boyle and fure
the pike round and put it
in, and when it is enough
take it out before it leas
boyling and this the way to
boyle any sort of fish then
make the sauce for it with
a little fair water & good store
of butter moltes together and
a good deal of horse redish
grated shred Lemon and a little
Elder binager boyle all the
Levit with the pike and when
it is a little drained on the

27

Gobos Leay ff round in adiff
and Leay the rest in peices
all over it and stick it losinges
of puff paste garnish it with
Sliced Lemon or Barbaroys

To Boyle as amon to ^{boyle} eat
Boyle it in water & wind bi-
nager and some sweet herbs and
make a sauce for it with a pound
and half of butter a hand full
of Capafs thread small nut
megs grated and good store of
shred Lemon, so when the salmon
is laid hole in the dish pour
the sauce upon it with spots and
Lemon

28

To Boyle a Carp

Boyle it unsked with no
more water than will cover
It put in the blood Clarret
wind binager an onion
large made Lemon pill a bag
of herbs and salt let the
water boyle before you put
it in, and when you dish
it up make the sauce of
beaten butter and shred Lemon

To Make Custards

Take a pint of Eggs beaten
two pints of ^{new} milk then season
It with sugar and a little
Nutmeg so bake it in Crusts
as you please

29

To Dress a Gaves Chaudren
Half boyle it shred it with
twice as many sweet herbs and
a hand full of Currants then
stew it with a little sliced Lemon
pill, large made Binoman, broks
a little wind & as much water
a good peice of butter then make
a caudle of wind and put it to
it, when you take it of the fire
then lay it about with losinges
cut in paste or sippets, if you
please you may bake it in puff
paste

To Make a Lamb Pasty

Take a side of kid or Lamb
break the boons season it with
nutmegs and popper & salt cover
it with butter & bake it in puff
paste

30

To make an Orange pudding

Take the pill of two fair
Oranges steep them in water
till all the bitterness be gone
then boyle them very tender
and beate them in a mortar
put to them half a pound of
sugar and as much fresh
butter & Eggs Yokes & Whites
pound all very well together
then lay it in a dish between
two sheets of fine paste and
so bake it, put the soft of a
roll to steep in new milk
and add to the Roast

31

To Roast a fat Shoulder of Mutton ^{of Capon}

Make a brine with Valerian
soft beate them well together
and baste them with it will
make the mutton Eate well and
the Capon tender

To roast a leg of Veal to eat Cold

Ponder the Veal two or three
days then shred good store of
sweet herbs amongst them some
Yokes of hard Eggs and a little
Lemon pill & a little gross pepper
Stuff the Veal all over with this
and lard, so roast it and when it
is Cold Eate it with oyle & Vinegar

32

To make Gravid for any sauce

Take a little peice of forced
beefe and let it roast very much
the browner roasted the better if
take a ladle full of strong broth
and slash the beife with a knife
then take a cleane dish and hold
under the spit then baste it
with the broth a good while
together, but before you do
that you must baste the beife
with butter that will make it
brown, be sure to baste it with
nothing else before the broth
when you have the gravid
in the dish you may take

33

as much as you please for the
present use put in a shallot or
an onion & a little salt and some
times an orange pill or a few
Cloves or sometimes any pickled
thing for Change You must be
sure to season no more than what
will be used in one day for if you
keep it till the next day it will
stink it will keep without sea-
soning a week but be sure it be
kept in a collar for Colonos when
you bake Venison or beefe with
an onion the gravid is Excell-
ent for the same purpose

To Make tosts of veal

Take the the fat kidneys
of a veal of veall good stord of
Currants and a few bread crumbs
season this ^{with} sugar & ginger and
Binomard & salt a little rose
water, and mingle them with
an Egg beaten and a little
cream then Cut tosts of bread
dip them in water & fry them
with butter and ^{when} you have turn
them put on the stuff you have
mingled with a spoon, and
when the will burn, turn them
then make the ^{same} butter sack
and sugar and pour it all
over them, & scrape on some
sugar

To Make a regaid

Take a couple roasted Capon or
pullet and take of the skin and cut
it in thin slices so thin that it will
roll after the knife, then lay its
head in the middle of the dish
shred parsely and oynions capress
Lemon pille & moath also, then sea-
son it with pepper & salt and if you
please a few shred apples and some
brary Gold flowers, strow these
all over it & lay anchovis round
about it like worms and all
over the top of it when you
beald it drop it with oyle and
Vinager and juce of a Lemon
you may beald it in a mortar
& then beald it thus

To Make Scotch Collops

Take ten Collops of veal
being cut very thin the grain
way of the Leg, beald them
with a knife fry them in
apan till the be brown with
the Gravid of any meat, then
put it to a good piece of butter
and some Vinager a hand
full of shred kind of flowers
of Garlick and 2 anchovis
and let them fry a little longer
on the fire, then pour them into
a dish with a little fair water
and let them stow a quarter of
an hour and so serve them

To Make a Regord

Take a couple of ducks wash y^e
& let them ~~be~~ ly to dry y^e cut them
in pieces then put some flower on y^e
then put some Lard and fry it a little
and put to it an oynion grossly cut
then put the ducks into the pan to
it and let it fry a good while y^e
put into the pan to it a pint of good
clear water and let it stow a good
while and put into it a fagott
of shred margarum lemon tunder
winder savory tyed together, after
it hath stowed a good while on the
fire put it in a dish & cover it and
let it upon a chafin dish of coles
and let it stow easaly put in a little
cloves maced and salt and some Capress
and so serve them

How to Make a gamon of
Bacon the Welch fashion

Take a quarter of pork cut
the gamon as you do best
falia bacon, if it be young
pork salt it 6 days mingle
the salt wth two parts be seasoned
with white salt & one with
bay salt if it be a hog it must
be salted 8 days and then take
it out of the salt and hang
it in the Chimney to dry be-
fore you boyle it you must
let it lie a day in water then
boyle it so tender that a straw
may go through it then dry
it in a chimney where the
green wood it must hang about
a month to be smoked

To Dry Heats Tonges

Take the Heats Tonges Lay
them 3 days in pump water
shift them every day then
wash them and dry them well
in a cloth and then salt them
rubbing it in well ~~with~~ and let
them lie in salt till they be well
seasoned let them lie a fortnight
in salt, then take them out of
salt and lay them in pump
water shifting them every day
let them lie in water two day
then hang them up in a chimney
the green wood they must hang
three weeks before the boyle

To Make Venison to keep

Take the half hanch of venison
and bond it as you doo to boyle
and take 2 ounces of pepper two
nutmegs and a handfull of salt
and mixe them together with
a knife make holes in the
lean side of the Venison and
stuf it with your finger then
put it into another pot the fat
lean side downward and lay
upon it 3 pounds of butter
and cover it with an earthen
platter and close it with paste
that no wind gets in, and let
it stand 8 or 6ours in an oven
and when you draw it open
the cover and lay cutlets
upon it, and let a weight
upon it to press it down

and when it is cold take
of the tild and pounce in some
butter in the places, and see
it be not hurted Venison, and
when you take it out warm
the pot a little and lay the
fat side upwards that fish
downwards in the pot

To Collee Beef

Take the blade of the
Briskef bond it and salt it with
bay & poter salt let it lie three
days & wash it from the salt
then season it with pepper mace
and cloves and sweet herbs
minced small then roull it up
put it in a pot lay on it some
bread suit lid it with paste and bake
it with brown bread

To Bake Apples

Take the biggest apples you can get, and cut them in two parts through the middle then put them close in a dish then take the Quantity of a little handfull of Sugar and put into the dish, then take half a pint of fair water and put it in also so put them in a reasonable hot oven for the while ask more baking than at first, so when you draw them out of the oven serve as you please hot or cold but the one better cold strewn with sugar

To Make Orange Butter

Boyle four Eggs hard lay in in water and pill them then take the Yoks & one spoonfull of orange flavor water & a little sugar mixt with the Eggs, Let them stand all night then take a piece of butter as big as a walnut and pass it through a hair sieve on a China dish and so serve it up

To Make a Chicken Pige

Stuff the Closes of the little Chickens with shred parsley and butter and lay them in a tray with large maced Lemon pills & more butter when the pige is half baked fill it up with orange juice and a little sugar

To Make a Ball Pige

Halfe roast a leg of veal then shred it as fine as you possibly can, then season it with Cinamon Nutmeg lemon pill Grated sugar salt rose water and sack, then shred sweet Marjoram tyme & parsley Sorrell Mary gold flowers Spinage Lattice mingle them with the meat & a good quantity of Currans, and if you please the Yoks of hard Eggs shreed and some marrow shreed small mingle these with rare Eggs beaten as will make them into balls then roll out a sheet of puff paste and lay it in the bottom

of the dish, so lay in the ball a pritty way assunder and between them lay heartichoke bottoms or potatoes or roasted Chesnuts cut in slices and marrow in great pieces and rasens of the sun blanchd almonds Cut in halves slices of Green Citron or preserved oranges or lemon and then lay on good stord of butter and cover the dish with another sheet of puff paste of a pritty thickness to cut it and bake it and leave a vent in the middle to put in a candle when it is baked which must be made of sack and Yoks of Eggs and sugar and yest body power in butter with the Cardle

48 To make a Carrot Pie

Boyle the Carrots feet tender
and shred them very small and
put to them a few sweet herbs
shred good stord of Currans
Season them with sugar and
Nutmegs & a little salt lay
them in Crust in a baking
pan with hold sticks of cin-
noman and mace and good
stord of butter when it is baked
cut up the lid and put in
a Cardle

To make Minch pies

Take a shoats tongs take as much
keif sust at the best, and boyle
the tongs & pill it, & shred it very
fine with the sust as bread Crums
mingle with it one pound of rasens
of the sun Honed 3 quarters of a
pound of Currans pickt that isto
lay to such a large tongs as will
be 3 pound of sust, season it with
cinoman Nutmegs Cloves and
raced sugar salt and grated
Lemon pill a little rose water
and some sack, some shred a let
& Citron so make the crust
with yokes of Eggs and
old butter, but the water must
yeild when you have raised y^e pye
& them and bake y^e half a houre

49 To make a Gilted Pye

Take Goose or sheeps blood
stir or beate it well then let
it stand till the next day then
put in grated white bread & but
shred small with a handfull of
sweet herbs a look lemon time
broot mazerum winter savory
parsely & penny riall mix
them well together with pepper
and salt to fill the ^{pudg} Gilted at
the top and also some butter
let it stand in the oven
three hours

To make a Bonison Pastie

Take a side of Bonison bone
it & season it with pepper & salt
then take 6 quarts of flower &
a pound of butter & Eggs white
& all then make it up with blew
milk or cold water to stiff
paste, then roule it in 2 sheets
and lay one in the pan then
the Bonison, if the Bonison be
lean then put on butter if full
put in fair water, so cover
it and let it in the oven of a
good heat and let it stand six
houers after this use it as you
please, but the best saved is a
bottle of Carrot & Rutabie
company to make a feast for
a Prince

To Make Sugar Pies

Take half a leg of veale
then shred it very small ~~and~~
and lett them be not one list
of fall in it, then put to it ra-
sons of the sun curans sugar
Cinoman Grated Lemow
pills salt rose water & sack
grind some musk & sandaloes
for the crust take to every
pound of flower half a pound
sugar forced make it in two
pies with fresh butter melted
and a little rose water so kneade
it in a paste and raise paste
and ~~roll~~ ^{roll} them any quick
and pin ~~round~~ ^{round} round about

them to keep them from falling
when they are baked draw them
and beat the Yokes of Eggs and
wash them all over so set them
into it over again till they be
hard these pies will keep 6 or 7 ^{the} more

To Make my ^{poth} Carlics white

Take a quart of Good Cream
boyle in it Large made and sticks
of Cinoman and peices of Nut-
megs then put to it 6 Yokes of Eggs
and season it with sugar rose wal
and a little musk & amber then cut
tosts of Bread and wet them in
sack and lay them in a dish &
lay upon them Rasons of the sun
Hond big flices of ^{green} Citron and peices
of marrow then ^{pour} the Eggs and
Cream on the top and so bake them
in an oven

To Make a veal Parly

Take all the long bones
out of a fat brest of veal
but save the Cristles then roule
out a sheet of puff paste some
what longer then broad and
cut it even and lay the brest
of veal in the middle of it
which you must season with
a little pepper and salt and
Nutmegs then lay on the top
of it rasons of the sun Hond
blanched almonds Cut in
halves quartered dale slices
of Citron and good Hond
of marrow and butter, so
roule out another sheet

of puff paste and lay on y
top of it close cut it in sclops
when it is baked, cut it up as
you would doe a venison pasty
and put into it a Cardore
soe scraped on sugar & serve it

To Make pan puff

Take a manchot pair of the
crust and cut it round into
fine tosts, steep them in Cream
and fry them in fresh butter
then make a sauce of sack and
butter & sugar and a little grated
nutmeg and pour it on the tosts
and scraped on sugar

54

To make French Puffs

Take tender curds made of
New milk & cream press out
the whey and beat them in a
marbled mortar till they be
all like Cream then mingle
with them 2 Eggs well beaten
& season them with sugar &
nutmegs, put in a spoonfull
of salt cast and make them
up with flower into little
paste papers, and bake them
in a quick oven, make a sauce
for them with rose water or
sack and butter & sugar bea-
ten Cinomon and when they
are baked cut off the tops
and pour in sauce and serve
on sugar and serve them up

55

To make a Spinage Tart

Take a quart of good cream
thicken it with rich flour almost
as thick as a pudding, you must thicken
it in boiling and ~~when it is boyl-~~
ed season it with sugar and salt
then cool it take 4 yokes of eggs
well beaten put them into it take
3 spoonfulls of rose water & one
nutmeg grated a little cinomon
finely beaten half a pound of cur-
rans half a pound of sweet melted
butter, if the Spinage be not very
young boyle it tender then squeeze
it betwixt 2 trenchers then shred
it very small & put them all toget-
her and stir them very well and
put in into the paste

56

To make Puff Paste

Take two quarts of flower
take 4 yokes of 15 Eggs and
three quarters of a pound
of butter being first washed
in Rose water & sugar &
a spoonfull or 2 of rose water
to knead it up with cold water
and roll it out 9 or 10 times
till you have rolled in
a pound and half more
butter

57

To make Tind Tarts

Take a peck of flower take
16 Eggs lay the flower round
and break in the Eggs every
one in a severall place then
break in 2^l of butter in severall
places & knead it up with cold water

To make Cooling Tarts

Cool the Apples and take
the paw and season it with rose
water & sugar and lay it in
Crust in a baking pan when
it is baked put in Cream and
amber sugar stir it together &
cut the Lid into Losinges and
stick all over scraped on sugar

To make exceeding tender

To Cook Apples

Take a brass or Copper pan, put in the Apples then put in fair water Cold set on a cold fire, cover them looking at them sometimes & when the are almost at boiling take them off to let them color on the fire, when they begin to be soft take them off and peel them, put them in the same water keeping them close, then set them on the fire till they be almost at boiling then take them off again and cover them

Exceeding Close If they be not Green Enough give them another boyle thus Cook any fruits

To make pan party

Mingle Cream and Eggs and season it as for acustard then Cut toasts of bread and dip them in cold water, and fry them in sweet butter, when they are fried on one side turn the other then mingle with the Creamy Eggs a handfull of Currants put in sack so pour it all over the toasts and when it is enough on one side turn the it with a pye plate on the other & then serve it up like a tansy scrap on sugar

A French Party pudding

Boyle your barley in three waters and to a pint of barley put half a man shot grated a good quantity of beaten almonds or Eggs half the whites rose water grated Nutmeg sugar salt and some mazzon mingle all these together with cream & set your flavor & your bagg tie it close put it into boiling water serve it up with sack butter & sugar

To make a carrot pudding

Take three pints of New milk boyle it pour it scolding hot upon a man shot cut in thin slices and when it is cold boate into it the yokes & whites of six Eggs Nutmegs grated a little sugar & salt and some fresh butter or just three very small then take a good large carrot & grate it into the pudding and beate all very well together, sod butter the pan & bake it but not too much

62 To Make a Ball Cheese

Take in readiness a good
carves bag that hath been salted
a year, take it out of the brine
and put it in an Gaethran
jugg put to it a pint of sack
and a bag of flowers & mace
a little bruised let it stand a
fortnight, then take 4 gallons
of milk hot from the Cow
and have ready 2 quarts
of good cream, as hot as if
milk, put it together in a
toby with as much of the
sack runot as will make
it cum a stiff curd, about
a quarter of a pint or more
when it is stiff have ready
a tub with a hair sieve over it,

63 and a strainer in the curd, take
the curd out gently without
breaking it, let it lie till the
whey is run from it, lifting
up the corners of the strainer
sometimes when the whey is
near out ty up the corners of
the strainer and hang it upon
a rag, not to touch anything
till the after noon, then ty
the Cheese close with a pack
and turn it in a fresh strainer
every day, ty it as hard as you
can till its pretty dry, then put
it in a net keep it hanging up
all the while from the making
to the Casing, it will be ready
to Case in a year July is a
very good month to make this
Cheese in

64 Clary water good for any
breakup in the back or the
Hond or Nunack

Take three gallons of
the best small beer, so hand
fulls of Clary 3 pound of
rasons of the seed Hond
of aniseeds & liquorish
4 ounces each, & also 24
Eggs shells an all, you
must break them when
you put them in, if it be
not so much for the weak-
ness of the back you need
but put in half the shells

65 then put in the bottoms of 3
white Loaves, and half a pound
or 3 quarters of a pound of
white sugar candy or loaf
sugar, put the sugar in the
thing the liquor drops into
and then fill it, you may
take a tea dish full two or
three times a day, it is good
to strengthon the back and
to procure an appetite

Excellent Cheescake

Take ten quarts of milk from the cow the Curds must be tender and very dry and beaten very well, when they are almost beaten through beat a pound of white sugar and a pound of fresh butter put in by degrees beaten well then take 12 Eggs but 6 of the whites and beat them very well, a quart of sweet cream and a pound of Currans and a whole Nutmeg mingle all those well together

and put them into three Coffins, three walls almost as high as a sixpenny goose broy fast half an hour being will doo three bisnops a great care must be taken if Iron be not too hot a quantity of bread must be added the main bisnops is to have the curds beaten fine

To make a Beef Stancey

Take to six good slices of a hanch of beef which must be broad as small as you can possibly it must be well salted, and ^{if} it hath been thoroughly boyled raise to your quantity beat the yolks of 6 Eggs & 2 of the whites put to them a peny mans herb grated, a grated Nutmegg a pint and half of good sweet cream a little sweet margarin lime winter savory

and a little parsley shred very small mingle all very well together Let your butter boyled in the frynd pan before you put it in, then bake it as you doo a stansoy put in butter by degrees a little at a time and when it is well baked on one side turn the other side it is best to fry it in good salt butter and lay it on sliced oranges.

How to Make Pusing

Boyle the Yokes of 3 Eggs with rose water and a pint of Cream, and warm it with a piece of butter as big as 2 wallnuts when it is melted mix the Eggs and it together, season it with Nutmegs sugar & salt and put in as much grated bread as will make it as stiff as blatter, and as much flower as will lie upon a skilling hot, and flower the bag and when your water boyle is fast and put it in, serve it up with butter sack and sugar & rose water

How to Make a frigacy of chickens rabels or Pullols

Take four chickens or 2 pullets floss and cut them in small pieces fry them in butter & make in a little flower, keep it over the fire till it be brown, then put in a pint of strong broth, three anchovies a whole onion a bunch of herbs, then let it stew a quarter of an hour, then boyle the Yokes of 4 Eggs a little Vinage and one pound of butter, and keep it over the fire till it be of an indifant thickness, and then serve it up, but drain the butter in which it was fried from it before you put in the broth

How to Make a Leg of Mutton

Take a leg of mutton and parboyle it, then take it up & cut all the meat out of it and chop it small then take a pound of boife suet shred small 3 anchovies a quarter of a hundred of Oysters shred small, cloves & mace and Nutmegs dried and pounded every small 3 or 4 penny worths then take a handfull of sweet marjoram and winter savory & lime shred small a quarter of a pint of Capers 2 or 3 shells shred all these together very well, then like a leg of mutton boyle it & save a little of the best meat out to make saved 2 or three of the balls must be dissolved in butter with an anchovie

How to make a collar of Bramble of a breast or back

Take a large Breast of pork and bond it and Royle it up very hard, and lie it with tape then boyle it in water & salt till it be very tender then make souce drink for it with small bear water & salt and keep it in it, serve it to your table with a branch of rose mary in the middle

Take half a pound of rice
boiled & very well in a mortar
then sift it through a silk sieve
then boyle it wth three
pints of thin cream untill
it comes to be as thick as flower
meat. Let it coole, then put
to it the yolks of 16 Eggs
and half the whites very well
beaten a pound of sugar &
the narrow of beife and for
the want of that some fresh
beife suit three very well one
Mullinug grated, and one
pound of Currans, and
mingled all these together
then put it into a dish wth
puff paste about it and so
let it in the oven but
doe not bake it too much

Take chandron & boyle it
very tender, & chop it very small
with as much more merron
or beefe suet If you can get it
put the weight of Currans to
the meat & suit & what spice
and sugar will season it and
salt to your taste then bake
it very well

Gather them about the big
ends of a finger to y^e pair
or scrape them, then put
some water in a shell on
the fire and when it is rooy
to boyle put in your fruit
with a little peice of tough
cullam. Let them stand scold
ing to green but not to boyle
and when they are very green
take them up and make
chole through them with
a ~~pen~~ great needle
and put them in againe
and give them a boyle then
Make a sirup of a quart
of a pound of sugar to

a pint of water, put them
in and give them a boyle
let them by, heating them
every day 3 or 4 dayes to
gather them make another
syrop of a pound of sugar
to a pint of water, and squeeze
in some Lemon juice & let
the Cucumbers boyle in it
till they be very cleane, then
let them by for 2 or 3 dayes
and if you find your
syrop too thin boyle them
again and put to every
pint half a pound of sugar
boyle it till alkin jolly
then Glass them

To make Scotch Collops

Put your collops the gra-
in way of a leg of beall
& bony them, and fry them
In butter, drain them from
the butter & put some strong
broth, Lard half of the
Collops, take also a piece
of Lard and stick it all
full of Cloves, or Elsdan
or yonid whether you please
put them all together In
your pan, with some mace
and Nutmeg & an anchovie
Let them all stow together

a quarter of an hour then
garnish your dish with caps
and pickled somer sliced
bread cut In several shapes
dipod In Eggs & fried, If you
please you may scard of
flouring the Collops, and
when you serve them up put
In the yolks of 2 Eggs, and
shake it well till it be of
a good thickness, also make
some balls of best meat to
serve with the Collops

To make paste for tarts

Take a pint of fine
flower and rub a quarter
of a pound of fresh butter
In it, then beat two Eggs
with a spoonfull of double
refined sugar & put to it
2 or 3 spoonfulls of sweet
cream knead it as little
as you can, & roll it very
thin and put it In to little
patty pans do not fill
them too full, bake them in
a slow Ovening they will be
trans parent M^r M^r H^e l^e t^on

To Make a starchy cream

Take the whites of 6 or 7
Eggs, beat them to froth
with rose water, put it
into a quart of thick cream
with 6 spoonfulls of sugar
set it on the fire stir it and
let it boyle, you may put
In more rose water & sugar
as you please, and 2 grains
of green camber, then pour
it In to a dish, and when it
is almost cold squeeze into
it the juce of a small lemon
and some juce of the pill
stir it till it be quite cold

82 To Preserve Orange flowers

Gather the Orange flowers
fresh pick them and boyle y^e
in Spring water, then draine
them & put them into Gold
water, & let them stand till
the Symp is ready, for the
Symp take a pound of double
refined sugar, and a pint
of Spring water, let it boyle
and skum it, and when it
is cold put the orange flower
into it, draine them well
from the water, first let
them stand a week warm
ing them every day, at
the week end boyle them
and when they are cold glass
them, halfe a pound of orange
flowers to one pound of
sugar & a pint of water

83

To make a Bacon Past

Take half a pound of pure
fat bacon, lard, about a quarter
of a pound of sugar, & 2 or 3
Spoonfulls of damask rose
water, beat all these to
gather very well fill the
Bande to a paste, then beat
the yolks of 6 eggs very
well with the Bacon paste
with a gram of Musk and
two of amber, for the crust
 mingle flower with rose
water, cold butter & sugar
roll it very thin & lay it
in a dish, as for a plot or two
then lay in your stuff

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Smooth it with a spoon
cover it with an open
lid, a quarter of an hour
will bake it, the oven
must be of a moderate
heate, before you set it
in the oven wet it all
over with rose water
& scarce sugar, your
lard must be sliced thin
put it in a cullinder and
wash it there in warme
water to take out the
salt before you bake it

85

The White Balm

Take 3 pound of may but
for 2 pintls of cream flowers
and a pint of elder flowers
pick them and let them be
rought very well in the
butter then let them in the
sun a month till it be white
then straine it but not
Melt it at the fire, but let
the sun melt it, so put it
up for our use, we clear
it of without straining
through a fine cloth

86

To dry Grapes or Goose

Green. Your grapes in bunches as you do of gooseberys then to one pound take half a pound of double refined sugar make cyrrup and put them in it, then put them by and make them scolding hot once or twice then draine them out of that cyrrup, then take half a pound of sugar and boyle it to a thin candy and put the grapes in it and weare them in it scold ing hot, but not to boyle twice a day till the sugar be very well & the candy to be prily thick then lay y^m on glass and dry them in a stove

87

To Preserve Gooseberys or White currans

Out of your Stobs & blosses weigh them before you ston them, to one pound of gooseberys take one pound of double refined sugar finely beaten soured it, and as you ston your gooseberys cover them with sugar to keep their color, put them into the pan you desire to boyle them in, put just as much water as will not the sugar, I think near half a pint, boyle them pretty quick close covered and

88

When the curd cleare scum them cleare y glass them, becaus full the curd is not too long & on the fire for the will look high colored, take them off & set them on the fire 3 times, set them every time boyle a little and quick that makes them look clear, they must be prily well boyled or else the will not keep, the ought to look greenish and the jolly clear and pale

89

To preserve raspberys or Strawberys

Take half a pint of Curran juce, that is drawn from curans which hath been stript into a pitcher, and set close in a kettle of boyling water, put to it half a pound of hold raspberys and a pound of double refined sugar finely beaten set them on the fire, let them boyle quick & close covered half a quarter of an hour scum them & Glass them

To Make Pigeons or Scalleops

Take half a pound of fine
flower & 6 good Eggs yokes
whites a little salt a spoon
full of brandy and a little
Mow milk, mixe these very
well together it must be
pretty thin, then take a
pound of Good Sweet Lard
and put it to melt in a sauce
pan or Skellet, then have
reddy abrafs or Iron Ladles
upon the Lard boyle put the
Ladde into it to heale hot
then take it out and as

quick as you can with a spoon
put some of the batter upon
the back of the Ladle, and put
the ballor side downward in the
fat & keep stiring it round till
you see it is Enough, then turn
the hollow side downward upon
the dish, and throw sugar on
them and set them by the fire
to keep Crisp) I think to put
in a good spoonfull of sugar
a little grated Lemon pill 6
Yokes of Eggs & cut 4 whites
is much Crisper & better

of Winder to Restord the right
when it is fast, or diminished
by sickness or accident which
is or great or last

Take three drams of Tutia
made in powder very small
and as much aloes succatri
na, two drams, of sugar, six
ounces of rose water, as much
good white wine, rather
sweet than other but not too
sweet, mixe all these toge-
ther in a vessel of Glass
well stopp, and set it in the
Sun a month together
stiring it together at least
once every day that it may
the better incorporate this
done take of the same

To Make Lemon Puffs

Take a pound and quarter of
double refined sugar break it into
little lumps put it in a wood
or marble mortar, break to it
the whites of 9 new laid Eggs,
beate them with the pestle for
an hour & a quarter, then take
2 large Lemons rub them very
clean & grate of all the outer
rind, then put sum of it with
the sugar & Eggs stirring it
well together, and have searst
double refined sugar to mixe to
the rest of the rind to roul them
up with, then tie them up in
knots as you doe Jamballs
searce flour or on papers and set
them on, set them quick in a
moderate oven, and doe not take
them of the papers till cold

94 To Make Cinamardrops

Take apound of double re
fined sugar sared very fine
then beat the whites of 2 or
three new laid Eggs with
a whisk to a froth, mix that
froth with the sugar stirring
it in a flat ~~dish~~ or white
dish, constantly round
and one way with a spoon
till it be very well mixt and
glassy which will be more
or less as you stir it, then
drop in a few drops of spirit
or oyle of Cinamard to y^e
taste that being well mixt
drop them on slict papers
let them dry in the sun or
ayre of the fire till they are
dry and they will leave
the papers

95 To Make Gold snail water

Take 300 snails that have shells
they must not be gathered by the
water side or any shady place
but in a good wind or some dry
place, crack the shells & pick them
away, then take a pint of Great
Earth worms cut them short so
that the Earth may come out of
them, wash them clean, then put
them and your snails all together
into 6 quarts of New milk from
a good Cow, then let them boyle about
an hour, and put them into a still
and put in colts foot for usalome
Cow slip harts tongue, & eld hoof
of each a handfull, of Spicemint
two handfulls, so still it with a
prilly hot fire, let it drop into
a quart bottle upon an ounce of

96

Double refined sugar finely
beaten, it will run 2 quarts
at y^e least, and you must open
your still severall times or
else it will growe on the
top and yield no quantity
of water, you must drink
12 Spoonfulls a tyme for
five months if for a consump
tion at morning Noone &
going to bed

To Make snail water

Take two pocks of snails
in the shells, put them in a
hot Oven, set up the stone

97

kill the snails heising then put
them into water & wash them take
them out of water, and put them
into a bowl of beare, pick them
out of the shells, and wash them
very clean, and beat them in
a stone mortar, take 2 quarts
of great red Earth worms put
them on a bodkin, and cut them
down with a knife, and scower
them well with salt, and wash
them in beare very well, and beat
them in a stone mortar, then set
your pot in the place where you
desire to put your fire under,
and lay in the bottom of the
pot 2 handfulls of angelico
saladine wood sorrell beare foot
Egremory, cottony red dock
roots, washed and scraped

and the pit taken out of them, barbery bark the inner rind of each 2 handfulls, of feni grooked & turmarack of each one ounce w^{ch} beaten Lay the worms & snails on the top, but first pour in three Gallons of strong Ale or beer and 2 quartls of sack, then put in 6 ounces of hartshorne finely filed and 3 ounces of Cloves finely beaten, and 2 shillings worth of saffron rubed to powder, be sure you keepe it not for fear the things on the top goe to the bottom and cause it to burn, then stop the pot close that no aire can get in to it and let it stand

one night at the least, then set on the Limbeck paste it close, then make your fire and receive your water in pirls, you may draw 6 quartls let not the fire be too fierce this is good for both back & Gallon jaundice & Colick, worms in children small pox and measles, falling sickness and Coruollions or any disemp^r proceeding from the wind

To Cure the jaundis

Take the powder of turmarack 6 grains, of the powder of red Sanders 6 grains of the powder of saffron 4 grains put them all in a paper together, Repeat this 3 times to make 3 doses, and take it in white wine or posie drink 3 mornings together, one paper Each morning

To make oylment of Tobacco or Salve of the same

Take the green herb tobacco 3 pound, and bruse it very well, then take one

quart of good red wine or claret and of fresh hogs lard one pound and put to the brused herb, and let it lie 24 hours, then put it over the fire to boyle softly for half an hour, then ad to it a pound of the juce of the green herb, and let it boyle gently to the Consumption of the green herb, then strain it throogh a cloth very close and put it to boyle again, ading to it 2 ounces of round boores Root in powder, as much bees wax and Rosin as will harden it, according to the content, then pour it of into such things as may hold it handsomely & keep it for your use, It is good for all maner of humors known of

Conserved of Red Roses

Gather the largest red roses buds you can in a dry day cut off the white ends, for one pound of buds thus cut you must make 4 or 5 quartes of Infusion, let your water be red rose water if you have it if not spring water, boyle it and pour it holding of the fire upon red rose leaves cover it close near the fire to keep it hot, when the leaves are turned white, take them out & let them run through a cieve, & put in fresh roses doe soe 2 or 3 times still keeping the liquor hot, w^{ch} it is a good color pass it through a strainer and

put your buds to it which will take near 2 hours boyleing, when the will rub betwix your fingers to pieces the end enough which then must be used of before you put the sugar to them which will rather harden them than tender, to one pound of liquor and roses together you must take 2 pound of loaf sugar finely beaten and let it have one boyle, w^{ch} the roses, the finer the sugar is the better color it will be put in 2 or 3 or 4 drops of spirit of sulphur which mends the color and makes it pleasant and wholesome

Cordial Water

Take Sage Saluadend rosemary red rominood rose solis mugwort pimpinell dragons scabious Egrinomy Calm Scordium cardus benedictus, botany flowers and leaves Centary tops and flowers mary God flowers & leaves of each of them a good handfull, wash them clean, & shake them in a clean cloth till the body, take the roots of tormentill angelico alliecompary, piouy sadoary liquorice & ~~crane~~ the roots clean take of each half an ounce, slice the

roots thin, put both roots & herbs into a gallon of white wine, then let them steep all together, in a large Earthen pot well loaded, and so let them remain close covered 2 days and nights, stirring the herbs wine & roots together one day, then still them in an ordinary still and not in a sincock with a soft fire, reserving about a pint of the first running by it hold for the strongest, and about a quart of the second running by it hold, and at last about a pint of the weakest sort stop the bottles close and lye them over with sather

your still must be closed covered
with made of of red meal
and your fire must never
goe out till you have drawn
all off

To preserve pippins white

1118.11

Take your pippins near
nickelmas, pare them
core them, and cut them
into round slices, and put
them into spring water,
as you cut them, then take
their weight in double
refined sugar, make it
into a Syrop, that is to
say give it out boyled and
scum it, let it cole then

put in the Syrop, and with
them a little sliced Orange
pill, boyled first in spring
water, let them boyle fast
till the lookes clear all over
then take them out put them
into your glasses, mixing
the orange pills amongst them
boyle up your Syrop scum
it take it off the fire and
strain a little juce of Lemons
to your taste, heale it again
but not to boyle put it to
your Pippins

Black Cherry Cordial

Take six pound of ripe
Black Cherries pick them
from the stocks, put them
into a wide mouthed glass
cover them with the best
franch Brandy but not
to full for the will work
put to them half a pound
of double refined sugar
powdered, stop it close set
it a fortnight in a cellar
after that you may use
of it if you please

To make Plagud water

Take three pints of malden
Loy, or small god or other sweet
hurd, and boyle in it one hand
full of rue, one of sage, and
one of clorigilio till one pint
be boyled away, then strain
it and set it on the fire again
and put thereto of long pepper
guigoz Nutmegs, of each sort
the third part part of an ounce
being broke to small powder if
let it boyle awhile, and after
wards take it off the fire, and
put theredin one ounce of ma-
lrodatum, and one ounce of
bonio Treacle, but if you

have a mind to put in comon
treacle, put 2 ounces of that
and also of aquavita aquas
for of agent, and dissolve the
mostridale & treacle in the
aquavita first, to keep the
same especially about all
other medicines, and if you
think the party is infected
with the plague, take morn-
ing and evening one spoon
full, lukewarm at a time
and let them sweat on it
in their bed, but if they be
not infected, three or four
times a week is sufficient
~~the~~ half a spoon full at a
time, and in any kind
of the plague, next and on

god trust to this medicine
for there was neither man
nor woman nor child that drunk
thereof but received help, if
the heart was not cleave mortifi-
fied and drowned with the
poison, two long before this
drink came, tis not only
good for the plague but for
swooning sickness, smallpox
measles surfits and the like

Doctor Battus Cordiall
Take a pound of the leaves
of wood sorrell and beat in
by them selves 3 quarters of an
hour, then take 3 pounds of
Loaf sugar beat small, and
put to it Cydewass, and keep
boiling of it 3 hours together

then put in 4 ounces of mother
dale and beat it half an
hour longer, and put it up
in pots and keep it up for
use, its good to procure swees
and its good to take a piece
as big as a walnut in time
of infection to prevent it

To make oyle of Saint
Johns wort

Take a quart of sallot
oyle of Venus turpentine
and white wine of each
a quart, put these into
a good moth glass, and
put to it a good handfull

of the tops of Saint Johns ^{wort}
and a good handfull of the
flowers bruised, stop it down
close and set it in the sun ten
daies, then put it out of the
glass into a well Glaised pipkin
stop it close and set it into a
skillet of water, and let it
boyle a pretty while, then
take it out and strain it into
a glass againe and ransow
the same quantity of herbs
and flowers againe as before
let it boyle till all the wine
is consumed, which you may
know by throwing a little
into the fire, if it burns with-
out sparkling it is enough

You must not forget to
take it every day when
it stands in the sun, stop
it close it will keep many
years, this oyle will heale
green wounds and give
ease in pains of aches
a lilld of it warmed
with saffron is good to
take inwardly for any
bruse

Gooseberry Vinage

Take gooseberries when
full ripe crush them very
well, and to every gallon
of such gooseberries put

three Gallons of spring water
that hath been boyled and
scummed, till it be quite good
again. Let it stand covered
from dust 24 hours, then
strain it through a gauze
after that let it run through
a flannel bag, and to every
gallon of such liquor put
a pound & quarter of beane
brown sugar, Mix it well to
melt the sugar, and then be
roll it up, if you set it in
the sun it will be fit for
use, howsoever you will use it
it will be excellent Vinage
for all uses.

Sage Wine

Take three Gallons of Spring
water and 6 pound sugar
boyle them about an hour
and skim it well, then take
it off the fire, and put it
into an Earthen Cossell,
then take half a peck of
Sage wash and put it very
small, then put it into the
liquor while it is hot, and
let it stand till it is almost
cold, then take the juce of
two Lemons, and one good
spoonfull of ale East and
boyle them well together
and put it into your
liquor and stir it about

then let it stand 2 daies, so
strain it off into a small vessel
and when it hath done working
stop it up close and let it stand
a month to bottle it, this wine
is good made with 6 pound of
and 4 gallons of water

Lemon Water

Take three quarts of brandy
and 12 Lemons pare them very
thin and Roub them under your
hand on a cleane paper, then put
them and squeeze them, and put
the pairings and juce and all
that belongs the Lemons into
the brandy, then cover it and
let it stand 12 daies, then take

five pints of Spring water
and boyle it half an hour
and put in it a pound and
half of loaf sugar, then set
it boyle half an hour longer
and skim it very cleare,
Strain it through a jolly
bagg and set it stand till
it is cold, then strain the
brandy into it, where the
lemons were in soak and
stir it well together and
bottle it up for your use
then take the Lemons that
were infused in the brandy
and 2 Lemons more and
take out of the pills and
slice them thin and put

them and one pound of rasens
of the sun House, with a pound
of white sugar, into 6 quarts
of Spring water that hath boyle
above half an hour, set them
to close covered that no steam
come forth and so infused 40
hours, stirring them four times
in that space, then strain it
and bottle it up it will be ready
to drink in London

Lady Leighs Spanish Cream

Take 3 gallons of New milk
and boyle it with a blade of
mace, then set it in 6 pactions
and when it has stood 14 hours
skim it and sweeten it to your

last, & put in a spoonfull
of rose water or orange flower
water which you like best
and then mill it till it be
all of a thick froth, so put
it into your dishes

To make Lemon Cakes

Take Lemons grate of the
pills, as you doo it put in some
of the juce of the lemon also
it is apt to change Colour
then take some fine loaf sugar
boyle & soace it, take a spoon
full of sugar wet it with y
pill and juce together till
very fittles, then make it
just hot and drop it on a plate
strowd with sugar of what
bigness you please

Apricock Wine Lady Leighs

Pair your Apricocks and
stow them, slice them into a
large Earthen jug, then put
to them so much water as may
tast of the Apricocks when it
is boyled, set the jug in a kittle
of boyling water, and when
you think the liquor strong
enough, pour of the clear,
you may put more water to
to the same Apricocks and
boyle it again and doo as
before, then take to every 3
pints of this liquor a pound
of loaf sugar, and set it boyle
a quarter of an hour skimming
it cleare, then set it to cool

and when it is cold, put it
into a Runlet, let it stand
two months, then draw it
into bottles & stop them
well it will be ready to
drink at half a year
End but the odor is better

Mrs Cottons Ulcer Water

Take 2 ounces of white
Coparas, beat it small
and burn it in a fire shovel
gently on the fire, when
it has done bubbling it is
enough, then have ready
2 quarts of water boiling
and as soon as you take

it of the fire put in your
burnt Coparas, and as much
burnt allam, stir it well
and when it is cold, bottle
it, wash all sores with this
water a little warmed, it
will scald about, and heale
to the bottom of Ulcers of 12
years standing, with the help
of a good drawing salve,
washing it twice a day, it
will make the sore smart
but it is so much the better
for that

For Sore Eyes

Take one pennyworth
of Lapis Calca, let it
be beaten to powder
by the Apothecary, then
put it into half
a pint of Spring water
shake it well together
so wash your eyes with
it if good to strengthen
the eyes, and for redness
and for Rhewms —

A Drink against Dropsy

Take Red Sage 2 handfulls,
Hornwood tops, of green
broom, fothergill, Liverwort
quidiv, suchard, Spurge
the inner bark of Elder the
inner bark of ash, boyle all
these in 3 gallons of small
ale wort without hops &
and when your wort is
boyled enough strain out
the herbs, & quicken it with
barind as other drink, and
when it hath done working
and stood 3 or 4 aies, drink
at all times when you are
dry Eating at all times before
and handfull

You drink 3 morsells of
white bread or biscake
only in the morning
drink it fasting, and
continue it a month
and be sure you drink
no other sort of liquor
nor eat any salt meat
~~but for salt meat~~

^{moste}
Apositt for small pox or

Boyle your milk then
pour beere ale or beere
only upon it, then take
of the head and to a quart
of possit drink put a pugell
of raspt harts hornes and as
much sharred grovy and

mary gold flowers then boyle
them to gather with some
liquorish, and when the are
a little coole strain them
through a fine and drink of
this when you are dry

For the Colick in the Stomack

Take a bottle of the best
clarot wine and boyle it in
a handfull of Camemille
flowers and a handfull of mint
then take a penny loaf and
cut it in two, and boyle of
Cloves Nutmegs & mace of
each a spoonfull, tose the bread
and put the spices upon each
piece, then tyd them up in a
cloth and boyle them in y^e wine
aply them to the stomack as hot
as you can when ones cold put
on another

To Preserve Oringes

Take the fairest thickest
^{carriover}
rind Oringes, chip them very
thin the outer rind, then rub
them cleane with salt, then
wash them in cleane water, next
boyle them tender in river
water, shifting the water
twice or thrice as the bit
for use requires, the fresh
waters must be boyling
when you put the oringes
in, but not at first, when
the are tender take them
up, lay them one by one
betwixt two flanel, till
your Syrrap be reddey to

put them in, which must be
thus made, take to every pound
of oringes, one pound and half
of Loaf sugar, to every pound
of sugar take a pint of water
put your water to your sugar
set it on the fire, when it boyle
up scum it cleane, then take it off
the fire and set it by till you can
hold your finger in, then put
in your oringes set them stand
5 or 6 days, every day warming
the Syrrap up, and when it is
pritty coole pour it on your
Oringes, all this while the must
lyd in an earthen bason and
be coured, as soon as the Syrrap
is cold the 6th day boyle them
up in a quick fire as fast as you
can

but not to break when the
 are enough tak'd y^m up
 Put them in your pels or
 Glasses, you may if you
 please, put in a filled pipin
 water to your serraps, and
 juiced of oranges and a
 Lemon or two to quicken it
 heale these well together
 and when it is a little coole
 pour it gently on the oranges
 which must be covered with
 Syrrap both when they boyle
 and are potted, and if you
 have not Syrrap ynough
 you must make a little
 more, if forgot to say when
 your oranges are boyled
 tender in water and so
 boole that you can find

touch them you must cut out
 around peice in the top take
 out with your finger all the
 seeds, then slick in the peices
 with a cleane great pin or two
 after this weigh them for pre-
 serving

To preserve wallnuts

Pair them whilst you can
 thrust a pin through them
 then let them lie in water
 7 days cleaning the water every
 day, then peice them with a
 bodkin in 3 or 4 places, and
 boyle them in water till they
 be soft but not too soft, then
 take them off the fire, let the
 water run from them through

acallender, then stick them
 with cloves & Cinamon
 then weigh them take
 their weight in powder
 sugar, to every pound
 of sugar half a pint of
 water, let the sugar on
 fire till it boyle, and the
 scum rise, scum it and
 take it off the fire, and
 when you can put your
 finger in, put in the
 wallnuts, let them stand
 till next day or 2 days will
 not hurt them, then boyle
 them till the sirup come
 to a good thickness y^e pot
 them up, but the air apt to
 candy so you must not
 boyle them too high

To preserve Citrons

Put your citrons very
 cleane & chip off onely the
 brown spots in the rind then
 cut them into long peices
 an inch thick, cut out the
 meat & thick white skin that
 holds the meat, steep them in
 spring water till all be cut
 then boyle them tender, as
 the water wasle put in more
 boyling water, when they are
 tender, take them up & lay
 them betwixt two flannells
 to dreine, weigh them to every
 pound of Citron a pound and
 half of Loaf sugar, make the

134 Siraps with a pint of water
to every pound of sugar
when it is scummed and coler
till you can hold your
finger, put in your citron
let them steep 10 daies, every
day taking out the Citron
and warming it scolding
hot but always cooler
it before you put it to
your Citron, In sodais
the will be clear, then
boyle them up pritty
quick but not to break
take up your Citrons
lay them in gally pots
or glasses, if your sirap
be not thick enough boyle
it again, and if you
will put in pippin

135 A color to it, when it is boiled
and cooled a little, cover your
Citron with Syrrap to keep
it, if you please you may
put in a pasleold or 2 in y^e
Syrrap

of Tansy
boyle 12 Eggs, put out four
whils, mix them with a quart
of Cream, green it with y^e juce
of Hairis or primrose leaves
and a little tansy, season it
with a little salt & Nutmeg
and put in half a hand full
of flower, bake it without
turning it, let it stand in a
pan a little after it is bak'd

136 then serve it up with juce
of orange and sugar

Another Tansy

boyle the yolks of 12 Eggs
6 whils a pint of Cream
Green it with tansy and
primrose leaves, thicken it
with a few white bread crums
put in a little Nutmeg and
salt, bake it and turn it
till it be brown, serve it
up with melted butter
and orange and sugar
made thick and poured on

137 To make brown Wafers
Take a pint of Cream put
to it the yolks of 2 Eggs half
a pound of double refined sugar
boyle & secede, a quart of cups
of flower, boyle it all wth togath
then heat your Iron and rub
them with a little fresh butter
that the wafers doe not stick, y^e
drop in the baller very thin, turn
them out as soon as you can
Roll them up, keep them near
the fire, or in a stove, if you
would have them very brown
you may put in as much powder
of flowers as you think for use
Not to make them bitter

Lacy Cottons Greed Oyl^{ment}

Take four handfulls of
Flowers weard wort bruise
it in a mortar, put it into a
pan with four ounces of
Brauns Grease and half
a pint of Sallet Oyle, so
boyle it till it seaves bubling
or spattering, then strain
it out cleare, and put it
into a pan with 3 ounces
of bees waxe slice it &
boyle it a while and put
it into a galley pot for use

To make the oyle of Clarie

Take three pints of the best
Sallet oyle, half a pound of
Valeriana a quarter of a pound
of Red Sage, a quarter of a pound
of Lavender, a quarter of a pound
of Rosmary, a quarter of a pound
of Camimell, a quarter of a pound
of Wormwood, wash them in
a mortar, and put them into
the oyle, and set them in the
sun for 40 daies, then set it
on the fire and set it just simple,
then strain the oyle from the
herbs after this, take the same
quantity of herbs as before
ordering them as above said, this
done thrice you take Valerian

alone and bruise it, and set
it but just simple half an
hour on a gentle fire, then
strain it out and set it
stand a little, taking
the clear oyle for your use
you may save the bottom
with some of the herbs in
it for the use of every Cuttle
the oyle must be made
In May the Vertues
of this Oyle is good for all
bruises both inward and
outward, if the pain be
inward give a spoonfull
or 2 in draught of balme
popit drink, and let them
sweat an hour at after it
you must be careful
of Cold, this will knit
a sore rib being outwardly

applyed, it is good for all
sprains, & for deafe ness if
you drop 20 or 30 drops in the
Ears it is good for Impostumes
in the throat, and for the gout
if it proceeds from y^e Cold, it
will cure the tooth ache, if you
dip away in the oyle and apply
it to the side of the shooke, it is
good for any Bruise or sprains
in the Ball, or for sore heels, it
is good for a sore breast, you
must first anoint it with some
of the oyle as warm as it may
be endured against the fire,
rubbing round with your hand
and making a poultice of new
milk from a red Cow, putting
into the milk white bread
crums with some mutton
suit bealon very fine, and a
good hand full of smallidge

well Chopt, boyled all these together till it be of the thickness you would have it, and to the quantity you will say upon the breast put 2 spoonfulls of the oyle, strain it well together, lay it on the breast as hot as may be endured and if it should break apply the red balsam, & with a litle lint tent it,

Red balsam good for a burn and to take the wound by for a burn

Take half a pound of Gallow wax, 3 pint of the best Sallet oyle, and pound of Child Turpentine roacht

Wash in Red rose water, and pint of sack mixt with 1/2 oyle then melt the wax in a pot and put the Turpentine to it, after this put in the sack & oyle & add to them a dram of scutchevill, and let all boyle gently for half an hour, then put in one ounce of red saunders finely powdered, and sod let them boyle, and keep them always a stirring till the steam sinks to the bottom, you must boyle it in a quart pot and have a care it do not take fire in the boyleing, and when its done strain it through and keep it for your use.

Spirit of Saffron

Take one Gallon of Brandy, 3 ounces of saffron 3 quarts of water, distill of one Gallon & one quart then take 2 pound of sugar and 2 pound of orange flower water make a Syrup, and with this Syrup sweeten your Spirit of Saffron according to your palate, afterwards put in a litle of saffron, to tinged it of a golden color

To Make Balsam

Half an ounce of Turpentine
Half an ounce of Signum vita chip and small together
half an ounce of China roots
half an ounce of hearts horns
one ounce of Soccofrage
Not found in English Soccofrage
a 1/2 of an ounce of Humarack
a 1/2 of an ounce of Bonell seeds
put a quart of these ingredients with a litle hornwood Chols into 2 quarts of Lind water that has boyled and been scummed cover them and let them boyle over a gentle fire till upint be consumed, drink half a pint fasting walk 2 hours after it,

To make Biscuits

Take 2 Eggs longish
take away the breads & skins
beat the Eggs very well for
two hours, half a pound of
fine sugar sieved, when
the Eggs and Sugar is so
beaten, put in 2 ounces
of fine flower dried, then
beat all together, butter
your moulds, and when
the oven is ready fill y^e
sourd on a little sugar
as you set them in, if
you please you may put
in some Celic dragee or
Coriander seeds

To make Reason of the

Take 2 pound of Reasons
of the Sun, bruse them in a
mortar, then take the juce of
three Lemons, & the pill of one
and ~~two~~ two pound & half
of powder sugar, then put 3
gallons of boyling water when
boyled half an hour, cover
it and let it stand 4 or 5 days
stirring it limed away then
strain it & bottle it

To preserve Damsons

Take half the weight of
^{sugar} sugar, put them in an earthen
pot, a saying of sugar and a
saying of Damsons, till your

pot be near full, stop the pot
close, set it in a kettle of
boiling water, let it boyle
fill the Syrup round about
the Damsons, then let them
lye near a fortnight—
if you had 6 pound of dam-
sons, take one pound of
sugar boyle it to a candy
but not too high, put in
your damsons, give them
a boyle and scum them
and put them up in glasses

Rasbery Paste

Take the weight of rasberies
in sugar, bruse your rasberies
plain in a little juce of Car-
raus, boyle them over the
fire till the juce be wasted,
then put in your sugar which
must be sieved, stir it over
the fire till it be melted, then
drop it on glass plates, as it
dries being set in a stove burn
them

To make of Quince

Take a pound & 2 ounces
of dried flower, a pound of
hard sugar, finely powdered
a pound of fresh butter, and
a pound of Currans flower
weight pickt & plumpst, &
butter must be well washt
In 6 or 8 Spoonfulls of rose
water, throw it out, add
three or 4 more beate Eggs
but three of the whites, &
work with your butter a
little Nutmeg and Mace
then shake in the sugar & flower
beate all a full hour very well
put them into your butter
line, shake fine sugar over
them bake them in a
temperatd oven

To make of Candy

Take 2 pound of white
ned sugar, boyle it almost to a
candy, then put in 3 ounces of
Elipt flower boyled tender and
well drained, let them boyle in
the Syrop till the lookd clear
then put in a little water to
keep them from growing to thick
boyle it a little after, then put
in a pint more of water, its if
make the Candy fine, after
it hath boyled a little with
the last water, powe it on
a white plate, let it get to the
stone whilst hot

To make of Violet

Take 14 quarts of violets
and pick them, and put
them into a new jug & boyle
in cold water ~~and~~
about a quarter of an hour
and put so much of it
to the violets, as will cover
them, then thrust in them
hard down with the back
of a spoon, and the next
morning strain them
well, and to every pound
weight of the juice take
a pound 2 ounces of sugar
finely beate and put

to the juice into a pott, and
put that pot into a skellet
that hath boyling water in
and let the water boyle with
the same pot in it, till the
sugar be all melted, then im-
diately take it of the fire and
let it stand till the next day
and you will finde a scum
upon it which you must
take of then bottle it.

To make a brewhiscake

Take a pound of
and let it be fore the fire to
dry, then take 4 Eggs and
but 2 of the whites in 2 Spoonfull

154 of rose water, a pound of
sieved sugar, boile these
by an hour with an even
hand, when it is beaten
enough, put in your
flower, and as many
either Caraway seeds
or Coriander as you
think fitt, then if you
will have them soft
spread them thin upon
papers, and sett them
into an oven, when they
are better than half baked
take them out & take
them off the papers with
a knife, lay them on
a stick to bond them, then
set them into the oven

155 again till they be enough
if you will not bond them
put them into biscake sin
pans lightly buttered

To make a custard
Take 12 pipins and boyle ⁱⁿ
to rap then take the yolks of
12 Eggs & 4 whites, and Nutmeg
a little salt and sugar to your
taste, and Grated Marsh-mallows
half a pound of melted butter
mix all well together, then
put it in a dish or tin pan
which must be well buttered
for fear of burning, set it
stand in a moderate oven
3 quarters of an hour, serve
it up with scraped sugar

156 Lady Dorchester Cakes

Take 7 pound of fine flower
put it into a pound, then put
to it a pound of loaf sugar
finely beaten & an ounce
of Mace & a little salt, then
boile the yolks of 34 Eggs
New laid & 17 whites very
well strain into it 3 pints
of New ale beerm, & about
half a pint of rose water
wherein has been green
Musk & amber slept over
Night, take 3 pints of
sweet Cream put it on
the fire, and put into it
6 pound of sweet butter to
melt but not to boyle

157 A Wind Cream

Take a quart of Cream
put to it a pint of whey or
Clarrot wine, & put it in a
clean cloth & hang it up
to drain 4 or 5 hours, then
put it in a clean basin
and season it with rose
water & sugar, Make it
up like allmon butter

Sugar Cakes, take a pound
of fine flower take half a pound of sieved
sugar, put in a little ~~rose~~ water
& 2 whole Eggs knead them up with
half a pound of butter cut them with glass
& bake them upon papers

To make Almond cakes

Take a pound of almonds
 blanch them well in cold
 water, then boyle them
 well in cold water rose
 or orange flower water
 to keep them from oyleing
 let them be so small, that
 if you rub them in your
 fingers you may see
 no lumps, then boyle
 a pound of double refined
 sugar, and sced it very
 fine, then boyle it with
 your almonds till they
 are well mixt then
 work it like paste make

it in little cakes & when
 it is dryed on one side turn
 the other side and when dried
 then boyle it double refined sugar
 in rose water to a sandy syrup
 and with a sandy syrup
 sother say it all over one side
 of the edge, then you should
 have a fire shovell red hot
 over them to raise the Candy
 and when that is done you
 turn the other side and do the same

Yellow Lemon Cream

Take 4 Lemons grate of it
 pill, & squeeze of juce to it
 so let it steep for 3 or 4 hours
 then strain it, and put to
 it y^e yolks of 2 Eggs & whites
 well beate & strained &
 a pound of double refined
 sugar & a pint of Spring
 water & a quart of a
 pint of Spring water
 Stir all these well together
 and set it on a quick fire
 but let it not boyle, when it
 is thick as Cream it is done
 if you please you may
 dissolve it with a little
 amber, stir it continually half
 the quantity will make adish.

Preserve of Gooseberys

Take your Gooseberys when
 they are come to their full bigness
 but very green, cut off the stalks &
 tops, then cut them cross, but
 not through, pick out all the
 seeds, and bore holes in them
 with a great pin, and string
 them on the top of another
 upon stalks of Grass, till they be
 the bigness of hop flowers, then
 take to every pound of
 Gooseberys a pound of double
 refined sugar, and as much
 water as will wet them, then
 boyle them quick till they be
 enough, scum them clean and
 put them up, if you please
 you may take some of them out

162 of Syrup as soon as the air
is done, and lay them on
Glasses, and put them in
astord the will or y very
welly and a fine sweetmeat

Jelly of Rasberroys

Take cleave ripe rasberroys
either red or white, but not
mingled crush them with
a spoon, & strain them &
take almost their weight
of Sugar and boyle it to
a candi, and then put it
unto your juice of rasberroys
and let it stand and melt
the sugar and so fill the

163 glasses, If you would make
it into cakes then break some
hole ones with the back of a
spoon, and mingle it with
the juice, and so fill them
into glasses as you do Currants

To make Current or Muscovy or Gooseberry or Rasberry wine

Take your fruit full
ripe, pick it from the stalks
and blossoms, to every gallon
of fruit, take 2 pound of rasons
of the sun stone, one pound of
Loaf sugar, your fire must

164 To well bruised ^{small} wax or loe
add to your fruit a gallon
of Spring water, which must
be well boyled & scummed &
when it is cold pour it on
the things & stir them
well together, then must
be put in an Earthen
pott & stop close and
let by for 30 days, then
strain it through a joly
bagg put a lump of sugar
in every bottel and it
will be roddy in 6 weeks

165 To make part of Quinces
Take your flourest and
best quinces & dore them
in water till they be very soft
then wash them through a
hair sieve, have ready the
weight of sugar finely pow
dred & sifted, mix them well
together, sett them on the fire
let them boyle quick till they
leave the spoon, so make it
up, the will look the clearest
if they be gotte of the tree & ripe

To make Orange biscuits

Take your finest cleane
Est Oringes, Cut all the spots
out very well with a cleane
Corded Cloth, then Cut the
pill very well of without
any of the white, & boyle
them in 3 or 4 severall waters
untill the bitterness be gon
out, your water must boyle
Every time you shift them
before you put your pills
in, when the and fond or put
them in a cleane Cloth
to draine, wash them very
fine in a Marble Mortar
and put it through a hair

line, take double the weight
of the finest sugar which must
be beaten & seared through a
fine any sieve, then put it into a
silver bason with your orange
paste, and set it over a chafin
dish of Coler, and stir it well
till it leave the pan, then lay
it on a sheet of paper & anothe
over, & put it pretty thin, then
Cut it into biscuits or Cakes
what form you please too
keep them pretty moist,

To preserve Strawberrys

Take 3 Quils of the juce of
currans to one pound of
fine sugar searst, and one
pound of strawberrys, throw
a little of y^e sugar in, in
the boyling, scume them
well, lett them boyle till y^e
are thick and clear; this
is y^e best way of doing
strawberrys, casberrys, or
Red Currans, keep them
Close covered in y^e boyling

To preserve Morello Cherrys
to one pound of Morello Cherrys
put half a pint of the raw juce
of Cherrys and as much juce of
red Currans, and one pound good
weight of searst sugar, lett the
boyle leisurely Guard, skim
them and set them on and of
the fire severall times, throw
in half of your sugar in the
boyling, when a litle coole
Glasse them

Diacodium: is a Syrup made
of white poppy heads and seeds
6 ounces, Black poppy heads
and seeds 6 ounces, boyled in

fair water o pounds to 3 pounds
then prest fourth, and made
into a Syrup with 3 ounces
of Sugar: it causes rest and
stop, and eases pains in any
part: is good against weak-
ness in the back; Coughs
Colic's Colic's, and stops
all sort of fluxes: To be
from one Spoonfull to 2.
in any convenient liquor
to children the dose must
be less

To Make Strong Meed 170

Take 20 quarts of water and 6
quarts of Honey, and boyle them
near an hour, and scum them well
in the boyling, and when it is near
Cold East it with a good quantity
of East, and work it 5 or 6 days so
run it up, put a few Baysons in
Every Barrell, you must stone
them and stop it close up, and
let it stand half a year at least
before you bottle it, &c

Recept How to Make Gingerbread

Take 4 Eggs boyle them very well
in half a pound of Sixponny Sugar
boyle y^e Sugar well with the Eggs
put to them 3 pound of Creame one
pound and half of ginger beate

very small, mixe all very well
together, mixe your Flour with
them, to make it up thick or
Discut, beate it well for two
hours before you putt it into
your pan, put in two Spoonfulls
of barme, and one ounce and
a halfe of Carri and or Soods
mixe them all together, butter
a paper that is to be put into
your tin, with a little flower
you may putt into it, Some
Saided Orange or Lemon Dill
if you please

171

Honey Combe Cream

To the Juice of one large Lemon and
of two large Oringes, sweeten it
with fine Sugar, when your Sugar
is dissolved, Strain it through a
Muslin ~~line~~ into the glass you
desire to put it into then take a
pint of good Cream and boyle it in
some of your lemon Dill then sweet-
ten it and stir it till its no hotter
then new Milk then put it in a Ho-
tolale or Lea pott, and hold your hand
as high as you can and pour it into
your Glass to ye Juice, the more it
Rises in Glass the better, so lett it
stand till the next day then serve
it up, this at the time of Year may
be maid with Juice of Currants or
Green Grapes

Ice Cream

Take a pint of thick cream Sweeten it to your taste with fine sugar and put in it a little Orange flower water then put the cream into your Tinn, which must be on purpose, wider at the top then bottom and cover to them which must shut Gorry Close then set your tinn pots in a cool place cover them all over with stre then throw all over the top 2 or 3 hand fulls of Bay Salt, and when it is froe in 2 or 3 hours take up the tinn and just dip them in warm water and so turn them out and serve them up In very warm weather the fro will come out of the tinn

without dipping them In warm water, If you put your tinn in a broad Copper Sauce pan or an Earthen pott It keeps the fro Close about them and freezes the Cream Better

To make the Cordiall Balsome
Ingredients to it Lady Gould way

Take Old Maligo Sack and Oyl of Olives Earthe pint and half, now boos was then Shaved Rowros, Venus Turponline bounces well washit, in Bug louse and Red Rose water; Sack a quarter of a pint; Pechonell parmanity, Natural Balsome Red Sanders and dragons Blood In fine powder of each half an ounce Othormoss a quarter

of an ounce, Saffron half a dram dried and rubed to powder, one ounce of liquorish in fine powder, Eight ounces of fine Sugar Candy beaten and sifted through a Tiffany Sieve; Syrop of violets of Gilly flowers Oyl of S. Johns wort of each 3 ounces; Cowslip flowers Mary gold flowers and Hairshorn of each one Ounce, time winter Savory Penny Hyall Sage balme Spear mint S. Johns wort SENTRY Sweet Margaram of each a quarter of a handfull; Bay leaves and Rosemary tops half a small handfull together, a little red fennell; Pick the hard stalks from the herbs after they are washed and dryed

To make it

Wash your herbs and sing them in Clean cloths when they are dry then bruise them and put them in a quart Dipkin well cleasod, put to them your flowers and harts horn, and set them In fufe with the sack 12 hours close covered on Embers then sett it on a Clear fire and lett it boyl softly till there be a little above halfe a pint left keep it Close covered, in the boyleing stir it somtimes that the herbs do not burn, then Strain it out and Clean the Dipkin very Clean and put in the decoction again and make it ready to boyle

then take it of and stir in the
Oyle Wax and Turpentine; set it
on a clear fire of Wood Cole or
Charcole lay them round about
it, but let no fire lye under the
bottom, for if it runs over it
will be spoylet, let it boyle thus
for two hours stirring it some
times, when it is thus done take
it of and keep it stirring
while y^e Sanders and Dragons
blood is shaken in very lightly
then set it on again and keep
it stirring that they donot burn
to the bottom, lett it boyle a
quarter of an hour then strain
it out very clear and dry; clean
the Dipkin and put it in again...

and keep stirring while another
shakes in the rest of the powders
first liquorish Sugar candy
Rochonell Saffron Oyle of St. Johns
wort and the Sirop lett them drop
as long as the ear, then put in the
Naturall Balsome and Almonds
and wash out the dish with a little
Sack, and warm that Sack and
dissolve the Parmanly in it very
well, then put it to ye rest and
stir them very well together
that they may incorporate then
set it on the fire and let it boyle
halfe an hour and keep it stir-
ring if they powder do not stick to the
bottom and burn; then take it of
and stir it till its all most cold then
put it and keep it for your use

it must be kept in a cool place
and stirred continually from the
time you put in the Sanders and
blood till you put it into the
pots, stir it with a wooden Puding
stirrer and use nothing to strain
it into but flouer Or well yeafed
Earthen, tis best to stir all way
one way and not to lye it up
till quite cold May is the best
month to make it in, and it is good
for a Consumption Cough or
any other lingering distemper
if taken Night and Morning
the Quantity of a Nutmeg an
hour after drink a good draught
of warm milk from the Cow in the
Morning and for Supper Eat a
Moz of any Milk Meate

Take it thus for a fortnight or 3
weeks as you can bear it in the
winter but be sure to take it all
the Spring and do not faill take
ing it all ye month of May for
all bruises either inward or out-
ward or any with many more
distempers, You may put one
draum of Manna into it; you must
not wash your hands in cold water
and take care you donot get
Cold with it Asos milk is good
to drink with it

Orange Cakes or Paste.

175

Take 12 Oringes, Scrape them & rub y^m with salt, and let them lie in water 24 hours shifting the water, pare y^m with a little of the white, and boyle y^e peel tender, take wine John apply & make a jelly and take y^e meat of y^e Oringes Clean from y^e Stones and Strings, to this meat put a pint & half of jelly, and rub the Cost of y^e Pulp thro' a Sieve and put to it, cut the peels in little Squares and put to it, and to every pint put a pound of Sugar finely beaten and sifted, likewise put to it y^e juice of two Lemons, then Seale it well and put it in your glasses to dry

To Pickle Walnuts 176

Take 150 walnuts pour boyleing water over them twice aday for nine days let it be fresh and well Sealed Everytime then take 3 quarts of the best rape Vinegar boyle it with 2 hand fulls of Salt then put in your walnuts and a ounce of Cloves, Mace & Nutmegs, let the Nutmegs be sliced, ahead and half of Garlic and half a pint of Mustard Seed give them 2 or 3 Wallops all together on the fire then put them in your pot, stop them close and set them in a warm place

Pearle Water

177

Take y^e juice of green walnuts Stamp & Strain 2 quarts of Pulp Stript from y^e stalk, 3 pints of Cardus Stript from the stalk & thistle, 2 quarts the juice of many goute & flowery one quart, roots of Bullbur Scrape very Clean one pint & half, roots of Angelico half a pound roots of Motherwort clean Scrape half a pound, put these juices & roots into 150 quarts of y^e best rectified Spirit of wine first bruising the roots y^e day y^e day you begin to distill it, add to y^e mass half a pound of Rome Treacle & half a pound of Metridate 4 hand fulls of Scordium one quart of juice of femon and one quart of juice of Palm, then distill it with a gentle fire keeping the still close with wet clothes you must paste y^e still close

Receipt to pot Woodcocks or
Partridges in Jelly 170

First Singe and Season your fowls
and put them into a pot with
butter enough for to cover them
and bake them thoroughly then
take them out and drain them
from the butter and put them
into your pots, then in the
meantime lett your jelly be
made ready to put to them viz
Take a very good Kettle of Beale
or 2 or 3 lean fowls) according
to proportion what your pott
put it over a fire in a cleare
pot or pan to boyle but observe
to skim it very well in boyling
put in a little whole pepper Salt
Cloves and mace and boyle

it down to a strong Jelly, Skim
or then that of Hartshorn jelly
when you think its near enough
boyle set a little out to coole
for a spoon or saucer) when
coole you'll find the strength
out and if strong enough
fill up y^e potts near as high as
high as y^e fowls, So next mo-
rning when cold run over some
Clarified butter over them
about a quarter of half an inch
thick the Jelly must be run thro' a
Napkin keep them coole for y^e
warm weather the will not keep
above 2 days

To make Goosberry Wine 179

Take full Goosberrys full grown
and beginning to be ripe pick
them cleare and bruise them in
a Marble Mortar and to every
quart of bruised fruit put four
quarts of Cold water, let it stand
to Infuse for a couple of hours
then Strain them through a
strong bag in a press and to every
four quarts of clear juice put
3 pound of y^e finest powdered
Sugar let it stand 2 days in a tub
then barrell it stirring it every
day for a week then bung it up
close keep it in the barrell till
the berrys are in bloom again
then bottle it putting into every
bottle a little loaf Sugar Cork
it close

Fruit Biscakes

Take fruit Pear plumb red or
White or Apricock or Juice
Infuse your fruit in a Gallypott
in a thing of water till tis all
mash it beat it through a fine
hair sieve with the back of a
Spoon then have ready the fine
stubble refined Sugar beaten
and sifted through the finest sift
any sieve y^e you can get, y^e lo
Every pint of this pulp put a pound
of Sugar and beat it as you do eggs
for 2 hours together without ever
leaving it, then have ready your
paper Coppings and fill ym of
what thickness you please and set
them in a warm stove to dry
If you make white Biscakes you
must Beat ym full 3 hours

To make Oringd Loafs or Ghimbals
Lay a little gum dragon in steep
in rose water overnight the next
morning take half a Spoonfull of it
and take the froth of the whites
of Eggs and a large Oring water
overnight grate of the rind next
morning put the Gum and the Eggs
together and beat them in a stone
mortar with as much double refined
Sugar beaten and sifted as will
make a paste then make it up in
Loaves and bake them in a soft oven
on plates the plates must be lightly
butred, if you please you may for
some your Sugar before you put
it to your other things 2

Stop it close & Shake it
well for half an hour
keep it in a cool
place.

To make clear faky of Almonds
Take a quart of alpe of ye best Al
monds blanched in pottle water pick
pick out all ye black and yellow spots
beat ym in a marble Mortar with a
little Oring flower water or Rose water
beat them till they be so small that they
bitts shine ym

For Fits or the falling Sickness.

Take a pound of Single piony
root Scrape it clean & Slice it thin
put it into 3 pints of white wine &
cover it close in a Silver Tankard
Let it stand & infuse all night in hot
Embers: then strain it out very hard
add an Ounce of Russia Castor in
fine powder and an ounce of Tenc
ture of Castor 50 grains of Skull
& 50 grains of ye. mose of Dead man
Skull both in fine powder mingle
them all in a glass bottle.

To Candy Anjellio
Take the Anjellio and lay it in
water one night then put it into
warm water and let it stand on ye
fire close covered till it will peell
then take to one pound of Anjellio
as much Sugar a pint of water and
some what more melt your Sugar
in the water and Scum it very clean
and when your Sugar is very Rott
put your Anjellio in it turning
it till it is thoroughly Rott then set it
of the fire and heat it morning
and Evening very well till it be
gony to Candy ye lay it out on
glasses you may dry it either in
ye Sun or in a stove

To dry Apricocks, and at a more of fruit

Take your Apricocks when full ripe
Slit them down yd middle Seame
then take out ye Stones ye weigh ym
and to Every pd of Apricocks take
half ap of ordinary Loaf Sugar, and
half ap of double refined Sugar
then to Every pd of Loaf Sugar put
a pint of water and set it on the fire
in the preserving part and let it
boyle till the Seams rise and skin
it while ye Syrup boyling pare ye
Apricocks, and ye put them into ye
Syrup and let them boyle gently till
they are tender, but have care the
Syrup dont break and turn them in the
Syrup as they are boyling and with
a Spoon keep them under the Syrup

and if any of them begin to be tender
take them out and put them on a plate
till they be all out and then put your
Syrup out of the pan and clean your
pan very well, and break your double
refined Sugar very small and just
dip it in water and put it in your
preserving pan and let it stand till
its dissolved and you put it on fire
and boyle it to a Candy height, and
take it off and put in your Apricocks
closing y^e and flattning y^e a little
with your knife and lay them in
rows in the pan and then with a
Spoon Lade y^e Sugar over y^e but
take care you dont breake y^e and
so let them stand till they are cold
and you put them on hot Colles to scald
but be sure they dont boyle nor
bubble and to prevent that all

the while they are on the fire hold y^e
pan by 2 hands and gently lift it
up sometimes by one side and some
times by y^e other side and you shall
they be scolding hott which you
must try by putting in y^e finger
then take them off the fire and let
them stand till cold this doe 3 times
letting them stand Every time betwix
their scolding till some Cold you take
them out of their Candy and put them
in Earthen dishes in a row in a dish
fashion them and when they are all
laid upon the dish pour their Candy
on them and put them in the stove
and put a hot fire under them
being well covered with Ashes and
as the fire begins to cool stir it
with a stick and now and then

Lay they Candy over y^e but when
their Candy begins to be very sticky
then dont pour on any more then
let them stand in they dishes till
they begin to Candy you with a
knife take them out and put them
on plates turning them and if one
side dry turn the other upon clean
plates and after that take them
out of Candy and lay them on
pre plates keep a pretty large fire
and when they are dry boyle y^e
with paper, be watch dont keep
them too hott nor too moist when
you pare your Apricock, give y^e
a score pricks with they End of a
Silver Forker

To make Wiggs
Take 4 p^{ts} of flour put to it a little
ginger & cloves & three beaten and
sifted with some whole paraway seeds
half a p^t of powdered Sugar mix all these
together you put in half a pint of new
ale yeast ap^d and quarter of butter
a quart of new milk warm the milk &
butter together you mix it up and
after it is mixed take twice the quan-
tity of a wallnut and roul it up in y^e
hand on y^e dresser in to around lumps
in this manner proceed till you have
workt up all your paste lett them ly
for half an hour on y^e dresser you
roul them out flat with a rouling pin
and lay them on plates and a little be-
fore the oven is hot lett them before
the fire to rise and when they are
risen so as to look at thick again as at
first Bake them off in a Duck Oven

For a Beast if it is bled with
Clover
Take a quarter of a pound
of Castle Soap and 2 ounces
of Scallthun Bray them well
together and make them up
in balls as big as a barbery
wash betwixt them, then dissolve them
in a pint and $\frac{1}{2}$ of all give
it of beast fute wash

For they head Ache
of Myrah Aloas and Saffron
of each one penny worth
make it into a past for pills
with one penny worth of
Beinell Treacle

Safys Elixir

Take of Anicompany liquorish
aniseeds Coriander seeds Sena
Gencium of each of these two
ounces, they liquorish Anicompany
and Gencium must be sliced very
thin & a pound of Raisons of the
Sun sliced, put all these into
3 quart of the smallest Aquavit
let it stand four days stirring it
two or three times a day of this drink
you may drink from a slobor
Spoonfull it is to be taken just
before you go to bed, and as
soon as you rise in a morning
they collect or griping in the
guts it commonly easeth in two or
three times taking for they stone or
Gravell in they kidney it is

taken a month together before
any recover of that kill of second
week or third, it purgeth two or
three times a day, and not only
easeth they pain but also carrieth
of the slime and filth in they
bowels which is they cause
thereof Probatum

To make Goosbery wine
To every pound of Goosberys
pickt & bruisd take a quart of
water let it stand two or three days
to every Gallon of juice when
clears put in 3 pounds of Sugar
put it in a sweet barrell and
let it stand half a year
then bottell it of

To make burnt Butter

Put 2 pound of Butter into
a slow pan, when it is turned
brown you take 6 Anchovys
4 Shallots whole popper of
both sorts, 2 Large Cloves of
Ginace then keep it stirring
with flower till it be as
thick as paste then you keep
it by you for to thicken and
smooth all brown Sawcods
Solvo it in boyling water
and when you use it strain
it of

Dr. Meads Trincture of
Hiora Picea

Cinnamon Mace Asaram roots
Saffran Cardium Seeds the
Lessor of Each of these powdered
half of ~~the~~ an ounce of
the best Aloes, ten Ounces
Mise all those together then
Jussup two ounces of this
Mist in one quart of Mountain
tanned Wine or Ale and take
3 Spoonfuls at night and 2
in the morning fasting for 3
days together or longer if
you can bear it

Else rest a week and then
take it for 3 days as before
its good for they head Ache
and pains in they Stomach
and Obstructions

To make the Best Sauce for
Fish

Take Cray & Butter & An
chovies horse Radish Lemons
White Wine Mushrooms
oysters and Shrimps and a
little flower all melted together
So serve it up

Barley Whey gruel

Take 1/2 a pound of pearl
or french Barley boyle
it in Whey when it is clear
and they Barley boyle
soft it is enough, it is
good for a sick body to
take and if they dislike
it they barley whole it
may be strained out or
masked and rubbed through
a sieve

Swallow Water

Take 40 or 50 young Swallow
ows when they are ready to
flye out of their Nests and
bruise them to sup feathers
and all the rest to it 2 ounces
of powder of Gun powder and 2
3 pints of Strong Vinager
then distill it and from this
Quantity you may draw a
pint give 4 or 5 Spoonfulls
of it at a time it is very good
for fitts

Stillon Chooße
Take 30 pints of new milk
36 pints of sweet Cream
put them together having
a little of boyling water
Some Salt in it, put in it
as much of the water as will
make the milk and Cream
like warm, put in Quarr
as much as you think fit cover
it down till its cum enough
then break it a little with your
dish and sett it settle taking
of what they you can that
stands above the Curd, let
the Strainor be hold between
two pating in the Curd by

Little and little at a time
drain they whey from it by
moving the Strainor back
wards and forewards for it
must not be pressed with your
hands, when done put your
Strainor into the fatt which
must be made narrow and
deep according to the bigness
of your Chooße with some
holes at the sides and bottom
Sett it in the presse, pressing
it easily at they first be-
cause they Curd must not be
broken and must be high
then they fatt turn it
often they first day pressing
it hard or each time

they second day rub a little
Salt over it and press it very
hard, let it stand 2 days and
nights in the presse then turn
it out upon a board the bigness
of the Chooße and pin it round
with a cloth turn it every day
and wipe it clean and have
2 boards ye bigness of they
Chooße one at they top and
the other at they bottom
once week take of they
Cloaths that is about it and
put on they fresh one and
doe soe for 2 months you
may make them big or
lots as you please allowing

half as much more Cream
as new milk, Sprinkle a little
Salt amongst they Curd as
you drain them from they
whey if they water is not
Enough

keep them as much from
flies and sun as you can
but not too damp they are
to be made in May and not
used untill a year old but
they are better at a year
and half Old.

Little Cakes

Take $\frac{1}{2}$ a pound of flower
a quarter of a pound of
Sugar a quarter of a pound
of butter $\frac{1}{2}$ a pound of Currants
work all those together
and make them up into
Little Cakes and bake
them upon pye plates

To Stew pidgeons

Take a dozen of pidgeons
feathers boyle them, cut
every pidgeon through the
back and put them through
into a stewing pan, then
put some whole pepper and
a nutmeg cut in quarters
and a pint of they water they
was boyle in and a pint of
clarrett or white wine 2
Anchovos and a Strow Onion
with a litle Shred lime and
and when it is almost Stew
put in Shred Lemon and Sea
Sonn it with Salt to they taste
when it is stewed Enough

Almond Clear Cakes

Take a Quarter of a pound of ye
best Almonds boylet in cold
water, pick out all the Gallow and
black specks beat ym in a marble
morter with rose water or Orange
flower water, beat ym till the
bitts shinde in it, then pul in as
much Orange flower and fair
water as will make it of thickness
of ~~the~~ belly of Goos berys for paste
then rub it through a fine hair
Sieve as near as you can take the
weight of it or rather more in
duble refined Sugar candy your
Sugar put your pulp into it when
it is melted and no lumps to be
discord drop it into little drop
ing pans of strong paper

and set them in a stove to dry
and when you think they are
dryed hard which they will be
in 2 weeks or so of time take
them out of the paper and if
they dont come out easily dip
your finger in warm water and
wet the outside of the paper
and set them for 2 or 3 days in
your stove to drye and then bose
them but be sure to keep them
In your stove

To make a sack of Pitt

Take a qt of Cream 12 Eggs Yolks &
whites beat ym well till yd wont run
out of yd spoon take a pint of sack a
quarter of a pound of Sugar put it all together
in a deep basin cover it and set it on
y fire and make it boyle stirring it
twice or thrice In yd up in yd
Lunon let it stand Courod an hour

There will not be above
 $\frac{1}{2}$ a pint of Liquor then
distill it up with Sippils put
to it some butter and loss
it well together before
you take it of the fire
and distill it as hot as you
can

To make Orange Wine
Take 14 Gallons of Water
and to every Gallon of Water
take 2 pound $\frac{1}{2}$ of powder
Sugar and the whites of ten
Eggs well beaten put those all
together and Boyle them two
houers leisurely then skim it
and lett it stand to be near
Cools then put in twelve Spoon
fulls of Yeast and the Juice
of an hundred and thirteen
Oringes and ye pills of 66 lett
as fulls of the white of they
Oringes goe in as you can for
that and ye Seeds make it bit
ter lett these work together for
2 days and 2 nights before to
beale it in one of the houes allst

put in 4 quartes of white wine
or Rhenish wine So lunt it up
into barrells stop it up very
close In 2 monthes or 10 weekes
it will be clear and then
bottle it it will keep 2 or
3 years

To make Succellus Balsam
Take of Venice Turpentine
one pound, of Oyl Olive 3
pinte, Yellow waxe half a
pound, Natural Balsam 1
ounce, Oyl of St Johns Wort
one ounce, red Sanders
2 ounces finely powdered
Shave your Waxe thin and
melt it over a gentle fire
and wash your Turpentine
in damask rose water 2 or
3 times, put your Turpen
tine into the waxe and
mixe with the Oyl Sice

Spoonfuls of Sackard as much
red wine Set all on the fire
and Stir it till it begin to
boyle, but if it boyle much
it will run over before you
are aware then take it off
and Stir it till it be pretty
Cold let it Stand all night
and make Rols in it to let
out the water and Wine
which will be sunk to the
bottom and take away the
dross which you will find
there, which being done
put it into your pan and
set it over the fire again

When it is Colled put in your
Oyl of St Johny Stirring it con-
tinually, let it boyle a quarter
of an hour then take it off
the fire and put in your
Gulfum and red sandory
and Stir it till it is Cold Soe
put it in poly for use

To make a Seed Cake
Take 4 pound and quarter
of flower, 2 pound and
half of butter 2 pound of
Carraway Comfits 22 Eggs
but half the whites half
a pound of double refined
Sugar beaten and sifted
of Mace and Nutmags half
an ounce, mixe your Spices
Sugar and flower together
then work your butter
with your hands till it be
like thick Cream then
mixe with it a pint of

Warm Cream then beat
your Eggs and with them
a pint of Good Ale Eastard
a quarter of a pint of Sack
So put it through a sieve by
degrees into your butter
working it with your hands
then work in your flower very
well Soe set it by the fire to
rise and while your Ovens
is Sweeping mixe in your
Comfits butter they roope
well and set it in a quick
oven 2 hours will
bake it

To keep Morella Cherys

Take of the Stalks, and put them into a wooden bolle but not Squeeze them, then boyle some double refined Sugar, to each pound of Sugar put half a pint of Water then let it stand till it is cold, then put it to the Cherys fill the bolle full then stop it close with a Cork and pitch it round to prevent the air coming in roate them once a day till you use them which should be near Christmas

To Pickle Peaches

gather them when at full growth before they are at all ripe put them in salt and water strong enough to bear an Egg let them ly in that for 3 days close covered, then take them out & wipe them gently then have some white wine Vinayore a little Garlick some sliced ginger and some well maid Mustard let them ly covered in this pickle 2 months before you use them keep them very close

A Glistor for worms in Children.

Take $\frac{3}{4}$ of a Pint of Milk, when scalding hot, have Ready as much worm Seed as wil lye on a half a Crown. rubbed to Powder, a head of Garlick, the Cloves peeled & bruised, put these into the Milk & let it stand half an hour then sweeten it with a large Spoonfull of Honey then strain it & give it the Child as hot as it can bear it & with a warm Cloth keep it in as long as possible

To make white Currant Wine.

Take the white Currants pick them very clean & bruise them very well with your hands, then let them stand 12 hours, then put to every Gallon of them a Gallon of Water boiled let them stand 24 hours, then run them through a Hair Sieve, then put to every Gallon of that three pound of fine powdered Sugar let it stand 24 hours stirring it often, that the Sugar may be melted to Sun it up let the

Vessel be full & let it stand 4 Months before you bottle it, when your wine has wrought about a fortnight put to every 5 Gallons 6 pennyworth of Ising Glass, boiled or infused in a Quart of the same Wine, till all be dissolved, let it stand to be cold, but not Jellyed, then put it into your Vessel & stir your wine and it well together, & so let them stand till the time of Bottling it.

Punch.

Take y^e Pareings of 6 Lemons & 6 Oranges as thin as they can be pared, put them to steep in a Gallon of Brandy close stop'd for 24 hours; Then take 12 pints of Spring water & put 3 pound of Sugar into it but you must first clarify y^e Sugar, with y^e Whites of 6 Eggs. Then let y^e Sugar & Water boyl for a Quarter of an hour, Skim it, & let it stand till its cold, then Strain y^e Pareings out of y^e Brandy;

And mix it with y^e water, and add to it as much Lemon & Orange juice as you shall think proper, put it into Vessel for y^e Quantity, close stop'd, let it stand 6 Weeks, & then draw it off into Bottles.

It will keep 7 Years.

To Preserve green Apricocks

Take your Apricocks weigh them with y^e Sugar weight for weight, pare them very thin & put

them into cold water as fast as you pare y^m when they are all done, put them into another water, & set them on a soft fire, some time & take them of, & set them on again till they be green but not too dark a green, give your Apricocks a cut down the side, before you put them into y^e first water when they are green, take them up in a Dish, & strew some Sugar over them, then take half a pint of the water y^t the Apricocks

was boyled in, and put it
to 1^l pound of Sugar to
make your Sirrup, let it
not boyle till y^e Apricocks
be in, but lett rise up to
Skin, before you put them
in, so boyle them till they
be enough, when they are
boyling in y^e Sirrop, they
will Gape, then take out
y^e Stones. & put them in
again, cover your Apri-
cocks when they are
greening. /

Burch Wine
To a Gallon of Birch water

add 2 pounds & half of Su-
gar, boyl y^e Scin very well
when cold enough, new ale
Yest a suitable Quantity
as is for Ale, then work
it a week, stirring it
twice a day, Then Smoak
your Rundlet with Brim-
stone, & tun y^e Wine whilst
y^e Rundlet is warm, filling
it up to the Bung, & stop-
ping very close with Clay.
You may add to 6 Gallons
of the Wine a pound of
Raisons stoned after it has
been boyled & 1 Lemon.

The wine to be kept a year
before it be bottled.

It is proposed to make 16
Gallons of Punch allowing
1 Gallon of brandy to seven
quarts of water. Take there-
fore 6 gallons of brandy
& ten of water, if you will
have y^e Quantity desired,
2 Quarts of water only
being wanting to make up
the just proportion which
may be added if thought
necessary.

Infuse in y^e Brandy for
24 hours the pairings of
36 lemons & as many
Oranges.

To every Gallon of Brandy

add 14 pints of water,
31 pound of Sugar clari-
fied with whites of Eggs
& add of Juice of Chan-
ges & Lemons each equal
quantity 1 gallon half
a pint to 16 Gallons of
the Punch.

To Preserve Peaches in
Brandy.

The Peaches must be ripe
but not too ripe & you must
put them in boyling water
in order to peel them, & let
them lay there, till you find
the Skins will come easily

of which when you have done throw them immediately into fresh water, & when you take them out of that then put them into Clarified Sugar & give them one boiling & so let them cool in y^e Sugar that it may soak well into them & then put them on a Sieve or Plate pierced with holes & then reboile y^e Sugar the Sugar till it will stick to your finger repeat this Method three times both in relation to y^e peaches & y^e Sugar after which y^e peaches so

prepared must be put into a Glass bottle which must be filled after this Manner half brandy & half Syrup made by y^e boiling of y^e peaches in y^e Sugar and so they may be kept for use.

You may do Apricocks & y^e Admirable Plum this way.

Cowslip wine ~~Take 18 Gallons of water~~

Take 18 Gallons of water put to it 42 pound of Sugar boyl it very clear when tis almost cold put to it 15 pecks of Cowslips,

(take only y^e yellow tops of y^e Cowslips) 18 lemons pared very thin both rinds & Juice & 6 Spoonfulls of new Ale Yeast let it stand 12 hours then Sun it up Stir it in the Vessel for 2 days yⁿ Stop it up & let it stand 6 weeks & then Bottle it off.

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To Stew any Sort of Meat or Fowls

Take a Breast of Veal & cut it into pieces, put a little water to keep the Meat from burning, with some fresh butter, salt, and Pepper; one Onion if tis pretty large cut in pieces or two small ones. Then cut some Lettices in half & lay a row of the Meat & a row of Lettice and green pease, press it down in your pot & Cover it close. Set it on a slow fire till the meat is Tender; then Dish it up. Fowls or Chickens are very good this way, but must be done whole.

A Savoury Sauce for two boyled Chickens

Blanch the Livers of the Chickens & Chop 'em small. boyl the yolks of two Eggs hard and some parsley, shread all these small with two Anchovies & some Dried Lemon Mix all these together with some of the Liqueur then add some Drawn Butter put some Sippets under & serve it to Table.

A Liver Sauce to Broil'd Chicken or Fowl.

Blanch the Liver of the Chicken and rub it through a sieve and put to it one Anchovy Two Shallots minced small, some Butter & Gravy with a little pepper and Juice of Lemon. put it under the Fowl & serve it to Table. —

A Sauce for Beef Stakes.

And that may be serv'd with fish.

Take Gravy, season it with Onion, pepper, and Anjovy, to your Taste. Elder Vinegar and Butter. —

For Pike or Carp Sauce.

Take two Anchovies with the Blood of the Pike, which must be wash'd out of the Pike with a good Quantity of White Wine & three Spoonfulls of Elder Vinegar, put 'em into a Sauce pan & stew 'em all together till it comes to six Spoonfulls. Then put a pound of Butter to it more or less according to the size of your fish, with a Sprig of Thyme and a little chopt Onion put in the Sauce: for the Carp Sauce it is the Same, only Chop of Liver very small and stew it with the aforesaid Things. —

To dress Carp.

Gut and clean your Carp, prick 'em to make 'em bleed. then pour Elder Vinegar through 'em and let 'em lie in it 2 or 3 Hours. Then boyl 'em in Spring Water Season'd with a large Handfull of Salt, a Stick of Horse Raddish, a bunch of sweet Herbs, Whole pepper, Cloves & mace and as much Vinegar as will make it a little Sharp. —

The Sauce.

Take 2 Anchovies Dissolv'd in a little of the Elder Vinegar your Carp lay in: Three quarters of a pound of Butter put into it 2 Spoonfulls of White Wine, a Spoonfull or two of Drawn Gravy & a little of the Liquor of Carp was boyl'd in. Don't make it too Soure and take care your Gravy is not too Brown for the Sauce must look white.

The Water for the Hair.

Take Two Quarts of Honey, twelve Handfulls of the Wires of Vine, twelve Handfulls of Rosemary Tops. Put these into a Still and Distill it gently. — NB. The Water may run till tis Soure. —

Palsie Water.

Of Single piony root a pound -
Anjellico Root half a pound Scrape
and Slice 'em thin put 'em into a
glasse bottle with either Malt Spirits
or fresh Brandy enough to cover 'em
and in their Seasons add these flowers
Rosemary Burrage bugloss Single
piony Sage Lime betony of each half
a peck Balme half a peck Dryd in the
shade Lillies of the Valley Flowers
as many as you can get Orange
Flowers 2. pound or more if you
please Lavendar Flowers pick'd
clean from y^e stalks one peck and
half Orange & Bay leaves each a qu^{er}
of a peck Marium Seralum 4 -
Handfulls Spikenard 2. Ounces. -
keep all these in great glasse bottles
with as much Spirits as will cover
'em keeping 'em close stop'd and
down with a bladder.

Ly St. John generally us'd the Malt
Spiritts to keep the flowers in and put
the Brandy to it when Sittled these Quantities
of Things make 2. or 3. Stills full according
to y^e bigness of y^e Still if at twice a
Gallon of Brandy to one Still full is
enough it must be still'd off in a cold
Still or Limbeck. From these Quantities
you may draw off 2. Gallons of y^e best
strong for y^e Palsie Water into which
put y^e following Ingredients Cittern
pill dryd Single piony seeds hull'd
each 9. Drams Cinnamon Nutmeggs
Mace cardermum seeds Cubibs Yellow
Saud^{er} of each 3 quarters of an Ounce
Lignum Aloes one Dram bruise 'em
all and put to y^e Water & 3 quarters
of a pound of Raisins Stone and cut 'em
small let these infuse for 6 weeks y^e
Strain it off into another glasse bottle
and therein put these things prepar'd
pearl Smarage musk Saffron each
15 Grains Ambergreace one Scruple
& a half red roses dryd red & yellow

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Sanders each one Ounce and half
there are all to be put in a white
Sarsenet Bagg hang in the bottle
y^e Sanders & Kards you may have
only bruise & put loose into y^e bottle
y^e others in y^e Bagg. January is
accounted y^e best Month for taking
up the Roots because y^e all the
virtues in 'em y^e second Drawing
Ly St. John us'd to keep and put to y^e
flowers y^e next making instead of
Spiritts.

To make white Elder Wine

To Six Gall^{ons} of Water put 15 of
Loaf Sugar boyl it well together
When it is boyling hot add to it 6
pound of Raisins in the Sun when
almost Cold, pour it upon a Qu^{er}
of a peck of Elder flowers even
measure when ready to drop from

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the Tree & gather'd dry. Stir it well
together & put to it Six Spoonfulls of
Syrup of Lemon and 4 or 5 Spoonfulls
of good Yeast, beat it well in as it
works & in 2. or 3. Days Clay it up
& bottle it in Six Weeks or two Months
if fine. Take Care the Vessel be full.

Elder Wine.

To 10 Gall^{ons} Water put 60 Raisins
of the Sun clear pick'd and Chopp'd
Let these infuse 10 Days stirring it
twice a day Strain this Ligor
thro' a Sieve & afterwards by a Ligor
press or other means Squeeze all y^e
Juice out of the Raisins into the
Strain'd Ligor. Then add to it 12
pints of Elder Berry Juice Drawn in
Balne Morria Stir all well together
& put it into y^e Cask where it is to
ferment as long as it will & then
be bung'd up close. N.B. The water
is to be boild and then stand till

225 quize Cold before the Raisins
are put to it.

To make make a Raisin wine
Boil soft water and let it stand
till blood warm then to Every Gallon
put 6 pound of Mallica Raisins
shred very small stir it well to-
gether for 6 Days. Then strain it
out & put the remains in a Thin
bagg & press it dry. Let your Cask
be very Slect. Then put in your
Wine & stop it Close for 6 Months
but better if a Year. You must keep
it in Bottles a Year. (We often
make smaller with 4 or 5 pound
to the Gallon w^{ch} is very pleasant
& some like it better for not
being so Strong.)

220.

Artichokes forc'd.

Take some Artichokes a quantity
according to the bigness of your Dish
pare y^m for the bottoms. And boil them
when they are enough put em in Cold
Water & Clean them. Take the white
of a Fowl & make a little forc'd meat
with ras'd Bacon Calves Ladder Parsley
green Onions Sweet Basil Salt. Spices
pounded the Crumb of a French Roole
boild with Cream all Chopp'd very
small and force your Artichokes.
Then take halfe a Dozen of Eggs &
beat them together put your Arti-
chokes in and do them with Crumbs
of Bread and fry em in Hoggs Lard.

To Cure Hams. the Dutch Way.

221. To Salt Hams in the Dutch way
Let the Hams be well rub'd with
Salt peter and common Salton all
sides then wetted with Vinegar in
which they must lie 4 or 5 Days
during which Time they must be
turn'd every Evening and Basted
with a Spoon in their own pickle.
N.B. If the Hams are large they
must lye a longer time in the pickle.

Lord Straffords Mouth water.

Half a pint of the best White Wine
Vinegar. One Ounce of Roach Allam
2 Ounces of Virgins Honey.
12 Leaves of Sage. Let the Allam
be beat to a powder. Then take
a Clean Sawce pann and Boil y^m
altogether for five Minutes then take
it off the fire and strain it thro' a
fine Cloth and when it is Cold put
into a China Cup & a little piece of very
fine rag. Dab the sore part with your
hand & you may likewise gargle with it.

223 you may use it as often as you please.

To preserve Apricocks or Peaches in Brandy.

To 4 pound of Apricocks or peaches
Take 2 pound of Double refine Sugar
wet in Water & put it into your preser-
ving pann, let it Boil & Skim it y^m
put in your fruit. set them on a slow
fire & keep them constantly stirring
till Every side be of an Equal soft-
ness if any of the skins Crack, take
them out & let y^m lie till your rest
be soft. Then take y^m out of the
Syrrop. put them in a Bason cover
them Close with white paper & let y^m
lie till they are Cold. Then take the
other 2 pound of Sugar with it & let
it Boil & Skim it. Then put in y^r fruit
& keep it stirring till you think they
are hot to y^e Stone. Then take them
up & put y^m in y^r Jarr y^m Design to
keep y^m in. Then measuring y^e Syrop
they were boild in last and put as
much Brandy as you have Syrop
mix it together & put it into y^r Jarr for
use.

227.

Salt Draught.

Salt of wormwood 2 Drams,
Juice of Lemon 4 Ounces Bristol
water 4 Ounces Compound Piony
water one Ounce Syrop of Sugar two
Spoonfulls Tincture of Castor 60 Drops
divide into Six draughts.

The Powder.

Gentian root Chamomile flowers
of each one dram Rhubarb half
a dram mixe & divide for ten
doses.

To make Clary Wine.

Take ten Gallons of Water put to it
twenty five pounds of powder Sugar &
the Whites of Eight or ten Eggs boile it
one Hour skimming it very well then
put it into a tub till it is Cold then
take half a Bushell of Clary In the
Blossom the tops and small Leaves
together & put it into a Barrell

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with five or Six Spoonfulls of Yeast
put the Liquor to it stir it often till
it has Done working then stop it up
Close and keep it till it Clear which
will be In three Months.

To make Cowslip Wine.

To 10 Gallons of Water 28 of Sugar
The whites of 6 Eggs Boile it till
Clean of Scum, Cool it. Then put
a Yested to it, and when it works
strow on a Bushell of Flowers by
Degrees, and the second day after
run it into the Vessel with six
Lemons sliced.

200.

Orange Marmalade.

Take 20 Oranges, and grate of the
yellow thin as you can, and as you do
them throw them in Water, then take
them out and cut them in halfe the
longest way, then take out all the
meat and put your peels in a Kettle
of Water & boile them till tender, and
the bitternefs all gone, you must skim
them 3 or 4 times into fresh Water,
in the boiling then when tender &
not bitter, take them out & scrape
out what durt or Skim is within y^m
then lay them flat upon a Course
Cloth another over them & dry them,
then weigh y^m & to every pound take
3 pound of double refined Sugar, & 1 pint
of pippin Liquor, cut them into long
thin pieces, then set your Sugar and
Liquor over the fire & peels let the
Sugar melle, yⁿ boile all together
near half an hour, yⁿ take the meat
of your Oranges being very clean
from seeds & Skins warm it & put

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it to your peels & Jelly, so lett it boile
a while, y^e put in the Juice of 3 Lemons
Strained & warmed, give it a boile or
two then take it up.

Powder for the bite of a mad
Dog.

Take of Ash coloured Liverwort in
powder six Drachms, Black Pepper
in powder two Drams, mixe & divide
into four Doses one of which to be
taken every Morning in half a pint
of Warm Cow Milk for four mornings.
Let the person go into a Cold Spring
or River (Dipping all over) two
minutes every Morning for a Month.

Orange Cakes or Paste.

Take 12 Oranges Scrape and rub
em with Salt and let em lye in
water 24 Hours shifting the water
pare em with a little of the white
boile the peel tender, Take 9 Apple
Sohns and make a Jelly and take the

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2
meat of the Oranges clean from the
stones & Strings to this Meat put a
pint & half of Jelly and rub the best
of the pulp thro' a Sieve and put to it,
cut the peels in little Squares & put to
it, & to every pint put a pound of Sugar
finely beaten and sifted, and the Juice
of 2 Lemons. Scald it well and put it
in w^r Glases to dry.

To make a Sear Cloth.

Take a pound of red Lead finely
beaten & 2 pints & a half of Sallet
Oyl 2 Ounces of Cattle Soap and as
much Yellow Wax, and as much
Saffron as will lye upon a Shilling,
(but it must not be put in till the
last of all) Opium half an Ounce
Camphire 6 Drams. Saffron 2 drams
powderd, Boil all these together till
it be black then take it from the
fire and dip Clothes in it hang
y^m up to dry & keep y^m for y^r Use.

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The best time of the Year to make
it in is about Lady Day.

To make Liquid Balsam.

Take Balsam of Peru 1^o
Storax Calamint. 2
Benz. impregnated with } 3
Sweet Almonds. }
a Loaf 1/2 an Oz. Nicotrine.
Orest Frankincence
Myrrhe 1/2 Ounce } each half an Oz.
Angellica Root }
Flowers of St. Johns Wort }
Spirits of Wine one pint.
Let your Drugs be well beaten in a
mortar then put y^m into a Quart Bottle
and pour in y^r Spirit of Wine, shake it
well & stop it close, let it in y^r Sun
all y^r Dog Days, often shake it & take
it in every light at y^r End of y^e Dog
Days Strain it thro' a fine Linnen
cloth & put it in small Bottles. You may
make it at any other Time of the
Year by setting it in a Chimney Corner
where a constant fire is kept all

day so as it may receive moderate heat
for Six Weeks.

The Use... There is no Cut of Scorn (if
not mortal) but it will cure in 8 days
by applying with a feather, Cotton, Lint
or Injection (without Tent or plaister)
anoint a fine Linnen Cloth with the same
and lay over y^e Wound, before you take
it off wet it with warm Wine, else it
will be apt to make it bleed a fresh.
If you have dressed a wound with any
other Medicine y^e must first wash such
wound with hot wine very well & then
anoint it with this Balsam & it will
cure but not so soon as if no other
Medicine had been before applied, always
apply it cold & take care to stop the
bottle immediately to prevent the Spi-
rits evaporating. You may take it
Inwardly in a small Glass of Rum, Wine,
or warm Broth drinking a little of y^e
Liquor after it to wash it down or drop
it on Loaf Sugar & drink a Glass of
Rum or Wine after it.
This Balsam is good in y^e following
Distempers.

For y^e Cholick
Spotted Fever
Looseness
Blood flux
Pain in y^e Stomach } Drop 16 Drops into a Glass
of Rum or more to s^t accord-
ing to y^e strength of y^e
Patient if it does not remove
y^e pain in 12 Minutes take
1/2 more & it will cure
if a Wine Cholick.

Hemorrhoids... Anoint y^m with it going to Bed.
Small pox... It prevents sitting by anointing
y^m with a feather as soon as y^e
come out, going to Bed.

Wound of a Nail } Drop 3 or 4 drops into the
in horses feet } wound and stop the hoof
with Dung.
Burns... anoint & lay a clean Linnen
Cloth over it.

Bites of mad Dogs } By Uction & taking
or any other morsel } every morning a Dose
inwardly for 3 or 4 Days

Ulcers, Cankers, Cancers } By Uction.
Swellings, Corruptions & }
Fistulas in all parts.

A Receipt Book.
Anno Dom

To make surfeit Water.

To one Gallon of Brandy put one peck of poppy Flowers well picked from y^e seeds & stalks. One pound of raysons of y^e Sun Stood. Cloves three Cinnamon Nutmegs ginger of each one quarter of an Ounce. Two Ounces of Mellicidate. One half pound of Aniseeds Bruis'd; put all these together into an Earthen pot. Stir y^m well together at y^e end of 2 Days and at y^e end of 2 Days more strain it off thro' a hair sieve squeezing the poppies and afterwards strain y^e Liquor thro' a flannel bagg and bottle it for use.

An Ointment for weak Eyes.

Take half a pound of May Butter fresh from y^e Churn clean wash'd, & set it in y^e Sun to clarify in an Earthen porringer or glass. y^e take 2 Oz. & a half of Virgins Wax. Melt it and melt it in y^e Butter then take 2 Ounces of the best white Lead scarp'd and put in, keeping it stirring till tis cold. y^e put it up in Pots and keep it in a cool place for your use.

This is a great Strengthner to weak Eyes and preserves y^e Sight taking the Bigness of a Blankett pinus Head and anoint each Eye Lid when you go to bed.

To make Kewetchy.

Take half a Spoonfull of Demaica Pepper three Cloves. A Clove of Garlick a bit of Saffron put these into a quart of Vinegar.

Punch.

Take y^e Parings of 6 Lemons and 6 Oranges as thin as they can be par'd; put y^m to sleep in a Gallon of Brandy close stop'd for 24 Hours. Then take 12 pints of Spring Water, & put 3 pound of Sugar into it, but you must first clarify y^e Sugar with y^e whites of 6 Eggs. Then let y^e Sugar & Water boile for a quarter of an Hour, strain it, and let it stand till tis cold, then strain the Parings out of y^e Brandy & mix it with y^e Water, & add to it as much Lemon & Orange Juice as you shall think proper; put it into a Vessel fit for y^e Quantity, close stop'd.

let it stand 6 Weeks & y^e draw it off into Bottles.

Compound Piony Water.

Take 5 quarts of French Brandy infuse in it half a pound of Lillie of y^e Valley Flowers Lime Flowers & y^e of a p. Piony Flowers 2 Ounces made piony roots 2 Ounces white Dittany & Long birth wort of each a q. of an Ounce one handfull of Orue Piony seeds washed 5 Drams, Seeds of Orue 2 Drams Ruffia Castor Labels & place of each one Dram Cinnamon 3 q. of an Ounce Rosemary Flowers 3 Ougils of Stachas 4 Lavender flowers each 3 Ougils of Betony Clove and Cowslip Flowers each 4 Ougils of y^e Juice of Black Cherries one Quart Distil it in a Cold Still and keep it for use.

217
A Receipt for a Cream
Cheese.

A pint & half of cream, and pint & half of Milk new from the Cow, and made boiling hot. It must be stirred together well with y^e Cream whilst its hot. Then put a Spoonfull and better of Rennet, then let it stand till it looks & feels firm. Then you are to put it into y^e Straw frames in as large pieces as y^e can. It must be filled up slowly as occasion requires for a few Hours, then let it remain all night, y^e next day turn it & salted wth Bay Salt of each side once. keep turning of it upon the Straw Bottoms twice Every day till its ready to leave y^e frame, wch will be in abt. three Days from y^e time of making.

It will be ripe in Hot Weather in 2 or 3 Days covered wth Green Leavel.

218
For Fits or y^e falling sicknes

Take a pound of single piony Root scrape it clean & slice it thin put it into three pints of white Wine & cover it close in a Silver Tankard, Let it stand & infuse all Night on hot Embers. Then Strain it out very hard Add an Oz. of Prussia Castor in fine Powder and an Ounce of Tincture of Castor. Fifty grains of Shell & fifty Grains of y^e Mob of Dead mans Skull both in fine Powder mingle them all in a Glass bottle stop it close & Shake it well for halfe an houre keep it in a cool place.

For Prevention give y^e of these Changes of y^e Moon three Mornings together & let y^e Person fast halfe an houre after it. The Dose is a Tea Spoonfull for a Child & 2 Common Spoonfulls for man or woman the same Quantity wth y^e Fits are coming. Shake it well before you give it.

168
Gascoigne Powder.

Take Seed Pearl
Red Corall
White Amber
Oriental Beasor } of each halfe an Oz.

Harts horn 1 Ounce.
The Blacke Taps of y^e great Sea Crabs Claws 4 Ounces.
all these must be very finely powdered & made up into Balls with Harts horn Jelly, in which boil a Vipers skin.

The wound Drink

First in April gather these Plants Oak, Hawthorn & Bramble the younger the better. then gather these Herbs when in Season. Sothern Wood, Worm-wood, Bugloss, mug wood Wood Betony, Crowwort, Aquimony, Camphrey, Spearmint, Scabius, Sitch-fol Spallen poppy, Spallenchamper Ox. Eyes, Sweet magdaline, Wood roo of hony suckles wild Angelica, Dary roots flowers & leaves.

Plantain, Ribwort, Dandyllion, Rins Sanicle, Violet leaves, Strawberyy leaves, Self heal. After you have dryd an equal quantity of these herbs & mixt them well together, to six handfulls of these Herbs, pour six quartes of Spring water, let it stand on a slow fire for six or 7 hours till waied to four quartes. then Strain of all the Liquor and put to it 2 quartes of white Wine & 1 Quart of clarified hony, boill it together then bottle it up close for use. Take 3 Spoonfulls the in y^e Morning & last at night. Blood warm, if y^e party has any outward sores let y^e apply some of these boild herbs to it, or wash y^e in some of y^e Liquor. if y^e wound be clean & only want healing use no tent nor Salve only a Scurd cloth made with rosin, bea wax and Suet spread upon a cloth.

Finis.