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V.a.425: Receipt book of Sarah Longe [manuscript], ca. 1610.

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folio 1 verso || folio 2 recto

Mrs Sarah Longe her
Receipt Booke

folio 2 verso || folio 3 recto

folio 3 verso || page 1 (folio 4 recto)

1.

To make Snow.

Take a pint of thicke sweete Creame,
and halfe a pint of Sack, and halfe a
pound of Sugar, and the white of two Eggs
well beaten, and a pretty deale of limon,
and mingle all this together, and put it into a pretty big earthen Pan, or Bason, and take a pretty big birchen rod, and beate it till the froth doth rise, and then take it of with a stirre, and put it into the thing you would have it goe in, (it should bee a glasse Sillibubbe pot, if you have it, if not, a white creame dish will serve: you should lett it stand a pretty while before you eate it, because it should settle with a little kinde of drinke at the bottome, like a Sillibubbe.

To make a Goosebery Foole.

Take two handfulls of greene Goosebery's, and pricke them, then scald them very soft, and poure the water from them very cleane, and breake them very small, and season them with rose-water, and sugar, and then take a quart of Creame, or better, and put in a little mace, and sett it on the fire, (letting it boyle) and then take it of, and take out the Mace, and poure it into the Gooseberies, and stirre it about, and lett it stand till it bee cold, and then eate it.

To make Conserve of Roses.

Take rose-buds, dip of the white at the bottome, then weigh them, and take to a pound of roses 3 pound of lofe sugar, beate the sugar very fine, beate the roses in a stone morter, straw in the sugar in the beating of them, beate them one hour or longer, till they are very finely beaten, then put it up in your Gally pot.

To make a White-pot.

Take a quart of Creame, a lofe of bread, and slice it then (the crust being taken from it) one Nutmegge, and stirre it, a pound of Cur= rence, and sett it on the fire a quarter of an hour, and boyle it thicke, (keeping it stir'r'd) and take 7 Eggs, and beate them, and take 3 whites from them, and take a quarter
of a pound of sugar, put the Eggs, and suger into the rest, and boyle it, then put it in a dish, and bake it in an Oven for the space of an hour; you may put the marrow of 2 bones into it when you put it into the Oven, and for want of that, you may put in a little slice of butter.

To preserve Gooseberries.

Stone your Goose-beries, and lay them in faire water an hour, and shift the water once or twice, and prick them round with a great pin, then take a pound and an halfe of sugar, and a wine-pint of water; melt your sugar, and boyle your sirrope, and skim it well, then put in your Gooseberries, and lett them stand, and boyle an hour or two, then take them of, and sett them by, 2. or 3. days in a glasse, (but does not cover them till they be cold,) Then boyle them upon a quick fire, till the sirrope gelly, but not to high, for feare they turne red.

To preserve Cherries.

Cut of the stalks, and then weigh them, stons and all; To a pound of Cherries put 3 quarters of a pound of sugar; put your sugar into a pan, and poure 5 sponefulls of water into it, then sett it on the fire, and boyle it, and skim it, and then put in your Cherries; boyle them on a quicke fire (taking them of now and then, stirring them about the pan) and when the sirrope will gelly they are enough; you must stone the Cherries after they bee weighed; when your Cherries bee boyld, poure them out into a silver dish, and lett them stand till they bee cold, then poure them into a glass; you may put to a pound of ordinarie Cherries about 3 quarters of a pound of sugar.
To make red marmellett

Take Quinces and pare them, quarter them, and core them, then take a pound of them, and a pound of sugar, and half a pint of water, and put all in a skillet, and when it is hot, take a good many of the cores of the Quinces and tye them up in a piece of lawne, and put them in, then cover them, and let them boyle softly for 2 hours, then take out the Cores, and wring them betwene 2 trenchers, and then breake the Quinces, and cover them, and lett them boyle a pace, and stirre them till they bee enough, and soe put it into boxes.

To make white marmellet.

Take Quinces and par-boyle them very tender, then pare them, and scrape the pap from the Core, then take a pound of the pap and dry it in a dish a little while, and take a pound of sugar finely beaten, and wet your sugar with 2 or 3 sponefulls of water boyle your sugar againe, and then put in your pap that is a drying and stirre it well to-gether, and sett it on the fire till it bee made to boyle, then take it of, and put it into glasses, and sett it in a stove till it bee canded.

5.

To make rice-puddings.

Take a pound of Rice, boyle it in a pottle of milke till it bee thicke as you may cutt it with a knife, when it is cold, and take halfe a pound of Almonds, and grind them very small in a stone morter adding now and then in the grinding a sponefull of milke that hath bin boyled and cold againe put in 3 pound of Beefe Seuett, 2 penny-loves grated, one ounce of Mace, 3 Nutmegg’s, the yelkes of 15 Eggs, one pound of sugar, a little rose-water, and fine salt, Temper all these with Creame, being boyl’d and cold againe, and lett it not bee
tempered too thin.

To make a Cake.

Take halfe a bushell of flour, 8 pound of Currance, and 5 pound of butter, and Boyle it by it selfe, and skim it, 3 pints of Creame and Boyle it, 3 quarters of a pound of sugar, one Ounce of Mace, one Ounce of Nut-megg's, halfe an Ounce of Cinamen, a little Ginger, halfe a quarter of a pint of Rose-water, 10 Eggs, (halfe the whites) and halfe a pound of Carroway-comfetts, one quart of yeast, and lett it stand in the Oven an hour and an halfe.

note. made 3 hooles in the flower, and put the Eggs in one hole, the melted butter in the other, and the yeast in the 3d, and have a care that you scald not the yest with the Creame when you mingle the Cake.

To make Snow-Creame.

Take a quart of Creame, and put in a little large mace, and then sett it on the fire, and lett it Boyle, and then take it of, and poure it into a bason, and take the mace and lett it stand till it bee almost cold, and then poure it into a platter, and put in a sponefull of good Runnett, and then stirr it together, soe lett it stand till it be cold.

To make a Posset without milke.

Take 12 or 14. Eggs, beate them very well with halfe a pound of sugar, saving from it soe much sugar as to straw on it when it is made, and with halfe a white-lofe grated stirre it well together, then take a pint of aile, and halfe a pint of Sack, a few cloves and mace, and halfe a nut-megge, breake it in 2.or 3. pieces, and put in the spice into the Sack and aile
together in a Skillet on the fire, and as soone as it seetheth, put in the Eggs (the Skillet being still on the fire) and keeping it very well stirr'd till you perceive that it is as thicke as you will have it, the presently power it out into your bason, and if you thinke it too cleare, sett the bason on the

7.

Calles a little while, but stirre it about, then straw on the rest of the sugar with beaten Cinamon.

How to dry Cherries.

Take your Cherries and stone them, and to 5lb of Cherries take one pound of sugar, and halfe a pint of water, you may take pouder sugar, but if it bee cource you must clarify it, then put in your Cherries, and boyle them a quarter of an hour apace, then take them of the fire, and lett them stand till they bee cold, then take them out, and lay them upon plates with their holes downe wards, and flatt them with your finger, then sett them into a warme Oven, or in the Sun, and dry them, but an Oven is the best; when they are a little dry you must shift them on cleane plates, and when they are enough, you must tye them up close in paper, and soe they will keepe all the yeare.

To preserve Barberies.

Take a pound and an halfe of sugar, and melt it with halfe a pint of water, and skim it very cleane, then take a pound of barberies ready stoned and put them into the liquor, and soe sett them till they bee throughly warme, then sett them on the fire, then boyle them apace, that the liquor may rise, skiming them very purely, and looke to them very well, for the colour will soone bee gone, and they will bee quickely boyled.
To make cleare Cakes of Gooseberies.

Take your Gooseberies, and pick them, and put them into a Gally pot, and stop it close, and then set it in a Skillet of water (but lett the water boyle before you put in your pot) and when it hath stood about a quarter of an hour, or more, you may try if any of the cleare will poure from them, through a strainer, but you must doe it very carefully, not brusing the Gooseberies at all for feare it will bee thicke, and you must keepe your iuice warme till you use it, then take double refine sugar, finely beaten, and wett it, and boyle it, then put in your iuice and sett it on the fire, when it is ready to boyle (but it must not boyle) then put it into sacers, and soe dry it as you doe white marmelet; you must take a pound and an halfe of sugar to a pound of iuice, and if it bee a hot sun shine day you may set it in the sun, and when you thinke they bee dry enough, you may cut them off what fashion you please.

9

To make Cherries Marmelet

Take 5 pound of Cherries, you must weigh them with their stones in them, after stone them, then take one pound of sugar such as you make marmelet with, and put your Cherries and your sugar both together into the pan, or skillet which you will make it in, but beate your sugar very well: and soe lett it boyle as you doe other marmelett, and when you thinke it is boyled enough, put it into your Boxes or glasses as fast as you can.

To make sugar Cakes.

Take a pound of butter, and wash it in rose-water, and halfe a pound of sugar, and halfe a douzen sponefulls of thicke Creame, and the yelkes of 4 Eggs, and a little mace finely beaten, and as much fine flower as it will wett, and worke it well together, then roll them out very thin, and cut them with a glasse, and
pricke them very thicke with a great pin, and lay them on plates, and soe bake them gently.

To make another Bisket.

Take halfe a pound of sugar, as much flower, 11 Eggs, leave out all the whites but two, +rose-water with 2. or .3. sponefulls of water, beate it 2 hours, and then put in a few anniseeds, and a few Carroway seeds, bake it an hour, then take it forth, and shift it, then you must dry it againe in the Sun.
or oven.

To make Metheglen.

Take of the best Condit-water, and the best and purest hony you can gett, put them together in a tub, and beate them together till it bee strong enough to beare a new lade Egg from the bottome, then sett it over the fire, and put into it a little rose-mary, Time, mariorum, and winter savery ty'd up in a bundle, (if you please you may put in Maiden-haire, Liver-wort, or any other herbs, as you thinke fitt) then make a little fine bagg of linnen, and put into it 3. or 4. races of ginger, 2. or 3. nut-meggs, a little Cloves, and mace, and if you will a little Cinamon, sow it up, and put it into the boyling, lett it boyle one whole hour, skiming it all the while, then poure it out into Earthen pans, and soe lett it stand till next morning, then poure all the cleare of the pans into a good vessell, one that hath binn used with sacke or white-wine, and hang your bag of spice in it, soe stop it close, and lett it stand at least 2 moneths before you drinke of it, then draw it into bottles if you please it will ^be beater; you ^may make it with a lemon pill put into the vessell;
if you intend to keepe it, make it the stronger of hony, and spice it to drinke at 2 moneths End, lett the Egg only rise from the bottome without swimming.

A speciall water for sore Eyes if a man have lost his sight 5 yeares if it be possible it will restore it within 40 days.

Take small dye Rue, fennell veruen, Egrimony, Bitany Seabius, hounes stongue, Eye bright, pim-pernet sage, distill all these together, with a little urin of a man-child, and 5 graines of frankinsence, drop of the same every night into the sore Eyes.

For sore nipples.

Take house-leeke, marigold leaves, platine Ribwort, Sedwell parsly, Beesewax, of each a like quantity, boyle them in fresh butter unwashed, while it is enough, then stirre it, and keepe it for your use.

To preserve Barberies

Take a pound and halfe of sugar, and melt it with halfe a pint of water, and skim it very cleane, then take a pound of Bar-

12. berries stoned, and put them into the liquor, and then lett them lye till they be through warme, then sett them on the fire, and lett them boyle a little while gently, taking them of againe a while, then againe boyle them a pace that the liquor may rise, scuming them very cleane, and looke to them very well, for they will be quickly be boyled, and the Colour will soone be gone.

To preserve Apricockes, and dry them.

ffirst gather your Apricocks before they are ripe, then a day after they be gathered stone them, and paire them very thin, and to a pound of apricocks put a pound of sugar, and lett your Apricocks lye in the
sugar covered for 2 hours until the sugar be moist as it will melt without water, then put your sugar, and apricocks upon a soft fire, that they boyle not in half an hour, then let them boyle very softly for half an hour, or more, turning them often that they break not, when you thinke they be enough put them into a deepe glasse, and the sirrope into a silver dish, and lett the Sirrope

13.

seeth a little, then poure into your apricocks the same, and soe let it stand uncovered untill the next day, then cover them, and when they haue laine a weeke in the Sirrope, take them out, and lay them on a faire glass, and put them into a stove, or some cleane place, where they may have some aire of the fire, and every day turne them uppon cleane glasses untill they be through dry.

A more approved way to preserve Apricocks.

Take ripe Apricocks, and sun them and paire them, Then take a pound of lofe sugar finely beaten, and put it into a pan, and melt it with half a pint of water, and boyle it up that it be throughly melted to skum, then take your pound of apricockes that are paired, then put them into the liquor, and there let them stand a quarter of an hour, till they be throughly warme, then sett them on the fire for the space of halfe an hour, taking them of one 2. or 3. times in the space of halfe an hour, then take them of from the fire, boyling them gently, covering them

14.

with a cloath and a dish, and soe lett them stand till they are cold, then sett them on the fire, boyling them gently till you thinke they are halfe boyled, then take them of, and let them stand till next day, and then boyle them up, but put
them not into your glasses until they be
cold.

note If you please you may make your water
that you melt your sugar with all to be
half of pipins.

To sun the Apricockes.

Boyle green pippins in water, and
when your liquor is strong of the pippins
then strain it out and use the liquor
instead of water for preserving the
Apricockes.

To preserve Damsons.

You must preserve damsons even as you
doe Apricockes, but take a pound and
quarter of sugar, to a pound of damsons,
and take no other liquor but half a
pint of water

15.

To preserve green Apricockes.

first gather your Apricockes before they have
any stone in them with the stalks one, and
weigh them, and take to a pound of Apricockes a pound of sugar, then take a skillet
of fair water and make it boil, and put in
your Apricockes, and make them boil,
till they have lost their colour, then take
them out of that water and put them into
another Skillet of water that boil, and let them boil till they be tender, and
take them out of the water again, and put
them again into the other water, and sett
them on a few Embers, and let them simmer
till they come to their colour again, and
then take them up, and beat your sugar
very fine, and put it in your preserving
pan, and lay in your Apricockes, and
take a little of the liquor and drop upon
them all, and so preserve them.

To preserve Quinces Red.
Take a pound of quinces ready pared, and Cored, a pound and halfe of lofe sugar, a wine pint of water, and make your liquor, and keepe a quarter of a pound of sugar out to straw upon them

16 as they boyle to keepe them from breaking, and when your liquor hath boyled, and is skumed, then put in your Quinces, and boyle them gently at first, and cover them till they be red, and then boyle them up faster till they be enough.

To preserve Quinces white.

Take 8 pound of pouder sugar, and a pint and halfe of water, with the whites of 2 Eggs. stirre these well together in your pre-serving pan, then set it over the fire, and lett it boyle 4 or 5 warms (you must not stirre it while it is upon the fire) when it hath boyled you must straine it into a cleane pan, and sett the sirrope upon the fire till it be boyled.

Take 3 pound of Quinces boyle them in faire water till they be tender, you must lett the water boyle before you put in the Quinces, and when they are tender boyled you must paire them, and core them, then put your Quinces into the Sirrope that you haue made and when they haue boyled a pretty while, you must take halfe a pound of lofe sugar finely beaten, and put all

17. the halfe pound in the boyling, boyle it till you find the sirrope thicke; you must preserve them upon a quick fire, and puot a little musk in them when you haue found them enough; Then put them up into your glasses or potts: before you take up your Quinces, take up some of the Sirrope into a little dish, and when they are both cold enough, then put the sirrope to cover the Quinces.
To preserve Wallnutts.

Take your Wallnutts when they be greene, and pare all the greene of them, then prick 3 pricks in every walnut, then scald them as you doe other things, when they be scalded take them forth, and - lett them lye in water 2 or 3 day's and shift the water twice a day, then take them forth, then take the 6th part of a Clove and stick it in one end of each wallnut, soe put them in sugar, and preserve them as other fruite.

To preserve Wallnutts the Physicall way.

Take a pound of walnuts, and a pound of sugar, and halfe a pint, or a pint of Damask rose-water, scald the walnuts, and shift them twice, then put them to the rose-water and sugar, and stew them as you doe pruines, and soe keepe them all the yeare for your Vse.

To make sirrope of Roses.

Take Damask roses, and pick them, and put them into a bottle of water as many as you can well thrust in, and keepe it in a close pott in a warme place, and shift it every second day till it bee 9 times shifted, then straine it, and put to a quart of liquor one pound and halfe of sugar; you must shift them from the seeds.

How to Clarifie sugar.

Take the whites of 2 Eggs, and beate them with a little birchen rod very well, then put halfe into your sugar that you melt with your water, then when it boyles up put the other halfe in,
and soe lett it boyle 2 or 3. warmes, then straine it into a dish, then wash your pann very cleane, and put in your clarify'd liquor, then put in your plumbes, and soe preserve them.

To make Biskets of Almons very dainty, and knowne of few.

Take a pound of Almons, blanch them, then beate them in a morter, then put in a little rose-water to them, that they may not burne to an Oyle in their beating; when they are beaten very small take them up, and put them into a Dish, then take halfe a pound of sugar beaten very small, and put to them the whites of 4. Eggs, with a little Quantity of musk, and Ambergrease, then beate it altogether a quarter of an hour, then put it upon papers in what fashion you will. You must be carefull in the making of it, that it be not Coloured to much.

Another Bisket.

Take 3 quarters of a pound of sugar, beate it fine, as much flower, take a little handfull of Anniseeds, and as much Coriander seeds, beate them and search them fine, take 7. Eggs and leave out 2 of the whites, put in 2 sponefulls of rose-water, mingle them together, and beate it an hour and halfe; when you put it into the oven, cast fine sugar over the top of it.

To make another Bisket, whereof King Iames, and his Queene have eaten with much liking.
Take a pound and quarter of sugar, and a pound of flower very finely boulted, and after finely searched, you must beate the sugar very fine, and then search it through a fine lawne search, and mingle the flower and sugar together, then take 12 Eggs where of you must take but halfe the whites, first beate the Eggs with 3. or 4. Sponefulls of rose-water, then put the flower and sugar that are mingled to

21.

gether to the Eggs; then beate them one hour together, a little before you put them into your Oven, put a few Caroway seeds, and Aniseeds into it, and cutt your plates before you put on the stuff, and the oven must be noe hotter then for a Tart.

To stop the bleeding of a wound.

Take a peece of an Old hatt, and burne it in the fire to a Cole, then grind it to pouder, and straw in into the wound.

A remedy for such as are subject to miscarry.

Take a quart or 2 of stronge Aile, and a pound of Currence, an ounce of Nutmegg's, and prick them full of holes, and take pith of 2 oxen, and one handfull of Nipp, & an handfull of Pimpernell, one hand-
=full of Clary and boyle them together, till a pint be boyled away, bruse the Currence, and the Pith of the Oxen, and put them in againe, and boyle it againe, and then drinke it morning, and Evening warmed.

22.

Another for the same Remedy.

Take a little Clary, a little Comfery, a little knott grass, the Pith of an Ox. boyle these in a quart of Aile, till halfe be wasted,
then straine it, and take every Morning a Poringer full of it, and thicken it with an Egg, and put in it some Cinamon & sugar.

To make Conserve of Barberries

Boyle your Barberries in an Earthen pott, in a kittle of water while they be tender, then straine them through a cloath, then take a pound of sugar, and wett it with 4. or 5. sponefulls of water, then boyle it to sugar againe, (continually stirring it) then put in a pound of your Barberies, that you have strained into your sugar, stirring it, then set it on the fire, and let it boyle halfe a douzen warmes, then take it of from the fire, and scum it, then put it into your glasses, and set it in a stove, and soe candy it.

23.

A receipt for my Capp

Take Bittony, red sage, red-rose leaves, sweet margerum, Cowslip flowers, and penyriall, of either an equall Quanity, lett them be all well dried, and beaten into a gross pouder, and put to it nutmeggs, Cloves, and mace all pounded, a little quantity to a good handful of each of the herbes, take halfe an ounce of each of these spices, lett all be mingled togeth-ther, take some of this pouder, and quilt it with some Bumbast, in a Capp of a fitt bignes for your head.

A receipt for a Cordiall for a woman that is in danger to Miscarry.

Take the yelkes of halfe a doussen new laid Eggs, and halfe a pint of plantine wa-ter, and halfe a pint of red-wine, and season it with Cinamon, and sugar, and soe drinke it, also take the Top of a wheaten lofe, and tost it and stick it with Cloves,
and wett it with Muscadine, and lay it to her Navill.

24

For a stinking, or poyson of Snakes, or adders.

Take Bittony, Egrimony, and rusty bakon, and beate them fine together, and lay it to the wound, and it will keepe it from Rankling, it is also good for the biting of a madd dogg to keepe it from rankling, or to draw out a Thorne.

To make ffritters.

Take 3 pints of Milke, a quart of aile, and make a Posset of these, stirre it all together, and lett it stand till it be pretty Cold, then put in 16 Eggs, (taking out halfe the whites) and put in flower, and make it as thicke as you would have it for the ffritters, then put in good store of Apples sliced thin, keepe the butter warme, for if it be cold the fritters will be heavy; fry them on a quick fire, with store of beefe suett.

25.

To boyle a Pike.

Take your Pike and open him, and wash him cleane, and salt him on the In-side, then boyle it in water and salt, lett the water boyle a pace before you put him in, put in a good bundle of sweet herbs, with some rose-mary, lett it boyle altogether, till it be boyled enough, take 3 sponefulls of white-wine, one sponefull or 2 of Viniger, 2 sponefulls of sugar, 3 or 4. yelkes of Eggs, beate it altogether in a dish, then take halfe a pound of sweet butter, a nutmegge grated, and a little beaten ginger, and worke it in your Butter very well, (your butter being cold) then put it into the
Eggs, and wine, sett it on the fire, & stirre it till it be very Thick in a dish, then take your Pike up, and dish it, and poure this broth on it.

To make a Hagis.

To make chalves Chadarne, and parboyle it, when it is cold mingle it fine, with a pound of Beefe suet, a penny-lofe grated, some rosemary, time, winter-savery, and penryiall, of all a small handfull, a little Cloves, Mace, nutmegge, and Cinamon, one quarter of a pound of Currence, a little sugar, a little salt, rose-water, all these mixt together, wett with 16 yolkes of Eggs, put it in a sheeps panch, and boyle it to make Plague water .

Take Cowslip flowers, Redweed, Roman-wormewood, Mugwort, Horshound, Pimper-nell, Rice, Sage, Saladine, Motherwort, Worm wood, Burnet, Turmentall, Sorrell, Ellicmpaine-rootes, ffetherfew, Balme, Dragon, Angelico, Marrigolds, Rose=mary halfe a pound, Brow may weeds, Scabius, Egrimony, Bittony, Cardis, Endiff, Sotherne-wood, The Birch lott, Macthaline, Sinkfall, of each a quarter of a pound, shred them very small, and lay them a steepe 24 hours in 3 quarts of whitewine,

Then still them in a Limbeck, or still, then save the first as strongest, and soe a 2. and 3. sort.

An Excellent Plaister to keepe a woman from miscarring.

Take of the choiset Mastick 4 drames, gum Elemie halfe an Ounce, Burgandie pi^ch 3 drames, Beniamin, and Dragons blade of Each 2 drames, melt all these, and straine
them, and add to them 2 drames of the
Trochises, called Alepta Muscata, one
drame of Venice Turpintine a little boyled,
3 drames of the plaster of red lead made
of Oile of Quinces, halfe an Ounce of
Bees-wax, one drame and halfe of
Endian Balsome, 2 scruple of Oile
of Spike, make these all into plaster,
and spread thereof upon your leather,
on for the region of your back, and ano-
ther for the lower Region of the belly.

Sirrope of Violetts.

Take a reasonable quantity of Violetts,
and pick them, then weigh them, and
take to a quarterne of Violetts halfe a
pound of sugar, and halfe a pint of
water, then shred the Violetts very small
and beate the sugar very fine, then
take halfe a pint of water and make
it boyle in a cleane Skillett, and put
in the sugar, and skim it very cleane,
then put the Violetts into a gally pott,
and put the liquor to them seething
hott, and stirre it about, and cover
it close, and lett it stand soe till next
morning, then thraine it, and boyle
it up to a Sirrope, and soe keepe it.
Note A quarter of a pint of Violetts will make
a pint of sirrope.

Hony ^ of roses.

Take red-rose Budds, and white clipt
of them, take a pint of the best hony,
and stirre it in as many leaves as
you can, then sett it in a Skillett
of water over the fire, there lett it
stand while it is ready to boyle, then
sett it in the sun, shift it 3. or .4 times
every 2 day beating of it every time.
To make Chynie Broth.

Take one Ounce and half of Chiny, infust it in a pottle of running water 24. hours, then stirre it, and put in a Cock Chicken, and handfull of reasons of the sun stoned, a handfull of Currence, a blaid of mace, a top of rose-mary, a quarter of an Ounce of red Sanders, a quarter of an Ounce of white Sanders, and thick it with the bottome of a white-lofe, when it is boyled take out the Chicken, and straine the broth before the party must drinke thereof, and lett him drinke it 3 hours before dinner fasting, and a draft at 4. a Clock in the after-noone with a little sugar; the broth will last but 3. days good.

An approved medicine called purging aile, to be taken Every spring, and fall.

Take 4 Gallons of aile-wort, the strongest you can gett, boyle it till comes to 3 or there abouts, lett it be of the first spent as Brewers calls it, soe tun it up with store of Barme, that it may worke well, but against you tun it up, make a bag, and slitt it through, or thrust a haisle stick through it, and soe fasten it to the sticke, that it comes not within 3 Inches of the barrells bottome, not flote at the topp; with the barme then put these things following into the bagg;

2 Ounces of Bay-berries huld
2 Ounces of Anniseed's
3 Ounces of Ashen-keys brused
2 Ounces of Sasafras wood
2 Ounces of Saldeneta
2 drams of Ruburb.
lett all these be brused to pouder, except the Cena which must be whole and when the Aile leaves working, stop it up close, leaving good store of barme on the Top, and after 3. or 4 day's
drinke thereof halfe a pint every
morning, and in the Evening a
little lesse, but if you Take a
little warme broth 2. or 3. hours after
it, it will worke the better.

31.

A purge of a man

Rubrick 3 drames, Senny 3 drames,
a little sweet fennell seed, a blade
of mace, white wine 4 sponefulls,
as much Endiffe water as will cover
it, infuse all these 12 hours, then
straine it, and put to it 4. spone
=fulls of sirrope of Roses.

The Golden Oyle.

Violetts, Primrose, Cowslips, the leaves or
flowers of them. Sage, Margerom, Rosemary
Nips Lavender, rose leaves, Smallage,
Southernne-wood, Rew, Time, Dasmaske , ffe-
therfew, Clary, Tansy, Loveage, Muibs,
Camamell, Oke. of Ierusalem , Peneriall,
Safforne, Hysope, Balme, white-mint,
Marygold leaves, Dasy-leaves, Bay-leaves
Dill, Piony leaves, of each of these a hand-
full brused in a morter, infuse them in a
pipkin, with a pottle of Sallet oile. and
a quart of White-wine, and lett it boyle
softly till the Wine be boyled away,
after it is cold straine it through a
linnin Cloath, and put it into a glass.

32
Because all these herbes are not to
be had altogether, you must make use
of such till you can gett the rest, stamp
them as aforesaid, and infuse them in
the Oyle, straining them every day,
to keepe them from moulding, till the
Oile be made Complete; This Oyle
is especially good for the Goute, or any
humour that runs up and downe in
the Ioynts, it is good to anoint the
stomake for any windy, or belching
Cause, it is good to anoint the guts in
Cause of the Collick, and also the
raines (mixing it with the Oile of
lillies) and a good meanes to bring
downe the Stone.

A receipt for One that cannot
make Water. &nbsp;

Let him use to hate Aglentine Berries,
and they will force him to make water
often times in a short space, you may keepe
them all the yeare, they will be good in
winter if you need them.

33.

ffor the Mother.

Take a dram of Methridate, dissolve it
in one Ounce and an halfe of Wormwood water,
drinke it 4. hours before you goe to bed.

To stint bleeding at the Nose.

Take yarrow and put into the Nostrills
of him that bleedeth, it will stint it
presently.

To boyle a Capon.

Take a Capon and Two Marro^w bones, the
Marrow being taken out, and sett on the
fire, the Capons and the bones in a broad
mouth pott, or Kettle, and lett it seeth
till the broth be strong of the meate,
then take a pint of the broth, and a
pint of Renish wine, or halfe a pint of
sack, or halfe a pint of Muscadine
and put into it large mace, and Cinnamon
sticks, 3. or 4. Cornes of whole pepper, 3.
or 4. dates cut in the middle, and the
stones taken out, lett this with halfe
a quarter of sugar be boyled on a soft
fire, till halfe be consumed, then
beate 4 or 5 Eggs throughly, and straine them in a porrenger, with 2. or 3. spone-fulls of cold Renish wine, or veriuice, then put a quarterne of sugar to the Eggs, and still stirre it, till the sugar be melted, then take the other broth from of the fire seathing, and pour out some of it into a pottinger, and coole it, then pour it all into a pipkin of broth (one stirring it) and soe lett it boyle one warne with your Marrow, Then lay the Capon in a Dish, and poure the broth into it; when the Capon is almost boyled, take it, and lay it in a plaster, with the breast upward, and scatter some Salt thereon, untill your broth be ready, then boyle it a little more, and that will make it looke white.

The Cocke water for a Consumption

Take a running Cocke pull him alive, then kill him, and when he is almost Cold, knock him in the backe, and take out the Intralls, and wipe them cleane, and then put him in such a still, as you still rose-water with, with a pottle of sack, a pottle of new milke of a red Cow, a pound ofCurrance, a pound of raisons of the sun stoned, a quarter of a pound of Dates, stoned, and Cutt small, a handfull of pimpnemell, 2 handfulls of Rose-mary blossoms, a handfull of wild time, 2 handfulls of Penerialll, 2 handfulls of Bugles blossomes, 2 handfulls of Bourgage blossomes, an handfull of fennell rootes, and an handfull of parsly rootes scraped, the pitch taken out an handfull of Endive leaves, an handfull of Succory leaves, a handfull of maiden haire, a handfull of figgs, 3 ounces of anniseeds brused, 7. ounces of liquoras scraped, and brused, still all these together with a soft fire, puttint into the glass which The water dropeth into halfe a pound of sugar, Candy beaten small; a booke of leafe-gold
cut small among the sugar, 4 graines of

Amber-greace, 12 graines prepared pearle, and soe lett the water drop in upon these things in the glass, mingle the first water and the last both together, and take 4. sponefulls in the morning fasting, and 4. sponefulls as hour before supper, and shake it about the glass before you take the water to drinke.

For a Vomitt.

Take Crocus, Merhelosuse, and put a drame into a pint of sacke, and soe keepe, and the night before you giue it shake the glass, and soe giue six sponefulls of the wine to one that is old, and 3. to a Child, or by weight an Ounce, and to a Child halfe an Ounce.

Another way to make snow.

Take a pint of creame, and a little rose-water, and the white of 2 Eggs, and as much sugar as will sweeten it, and soe wipe it, and take of the froath, but not into the thing as you wold have it, and soe lett it stand neere halfe an houre, till it be settled to the botome, then take it out slightly into the thinge you would have it goe in, and lay it in heapes.

For the Megrim, or swiming in the head.

Twenty ground Ivy leaves, and one prim-rose roote, cleane washed, and scraped, stamp them together small, with a sponefull of womans milke, If the medicine be for a man, it must be the milke which a Girle sucks on, if for a woman it must be the milke which a boy sucks, straine out the Iuice, and of that
substance take out one drop in a spone, and sett a quill upon it, and holding one nostrill with your finger snuffe it up with one other, and after 3 dayes doe the like to the other nostrill, and then noe more for a weeke.

For Expulsion of wind.

White pepper, Black pepper, of each a peny-worth, Time, ginger, anniseeds of each a spone-full, searched, and made into fine powder, and a penyworth of long pepper, the white must be beaten grossly, Then take a pint and an halfe of Isopp water, and put into it 3 quarters of a pound of sugar,

boyle it till it comes to a sirrope, after Cooling, then put in your pouders, stirring it well together, and soe keepe it in a gally-pott if you please a yeare to-gether.

A pouder for a weake back which never failes, approved of by Lady Parsons.

Take the kernells of Acrons, white-archangle flowers, or for want of them Pomegranette blossomes, red Corall, and amber, of each halfe an Ounce, Sugar candy, an Ounce, powder them all very fine, and drinke as much of it morning, and Evening in beere as will lye upon sixpence, if the flux be very great, then drinke it with this distilled water.

Take muskadine 3 pints, the inward pith of the backe of a young bullock, a quart of creame, a quarter of a pound of Dates, 2 ounces of mastick, brused Plantaine, and knott grass, of each 2 good handfulls, steepe all these together in a bason, covered a day, & a night, then put it into a glasse,
still and distill it in hott water, this water
with this pouder will stop the flux of
the whites, eaven the runing of the
raines, and restore any weake back.

To stay the whites, and runing
of the Raines, Mr Aires.

Take a quart of water, put into it one
Ounce of Anniseeds, and boyle it to a
pint, then straine it, and devide the
liquor into 3 parts, and into it one
sponefull of the luice of red mint,
and soe drinke a mornings cold, and
nights warme for a weake or longer if
you please, you must make the
luice of mint fresh every day, &
if you put a sponefull into your water
it will be the better.

Mr Triplett 's Receipt for the
Ague.

Take 3 Gallons of Aqua-vita, put into
it halfe a bushell of red poppy flowers,
lett it stand a day and a night in
a glass well stopt, then straine it

very well, and put in it the same glass
againe, take halfe a pound of figgs,
halfe a pound of raisons of the sunn,
well stonedm and sliced, 3 ounces of
Anniseeds beate small, tye up all
these in a barg, lett it stand upon
these ingredients, if you haue a
Convenient place to sun it for 10
days, it will much improve it.
note Be sure the poppy lie not in the
Aqua-vita above 24. houres.
In 2. or 3. sponefulls of this water
dissolve well the quantity of an
hasel nutt of london Treakle giue
it the patient an hour before
the fitt fasting, then exercise
a fast 4. or 5. hours after.
A white ffrigasy.

Take the flesh of 6 Chickens, & cut the legs and wings into peeces, and the other cutt in as broad thin peeces as you cann, then take strong broth, and a bundle of sweet herbs and large mace, and boyle all -

42.

together till they be tender, then put your Chickens into the pan, then take 9 yelkes of Eggs, and beate them with a little white-wine, or a little Vinagar, a little sugar and the Iuice of a lemon, but fry your Chickens, when they are ready then put in your Eggs, and toss them well together, fry them, not too long after your Eggs be in, for they will Curdle, soe serve them with Cippits, straw minced parcly over the Dish.

To make a limon Sallett.

Take limons, and cut them in the midst, and take out the meate, and put them into a Bason of cold water, then lett them stand all night in cold water, and the next morning cut them out into little long strings, and wind them up every halfe limon by it selfe, and tye them with a thread, that they doe not breake, then take them & boyle them till they be a little ten=der, then take a pint of Vinigar

42. and a pound of sugar, and boyle them, till they come to a thicke Sirrope.

How to make an Excellent fine Cake

Take a quarter of a Peck, or some-what
more, of the finest flower you can gett, a pint of Thicke Creame, 10 yelkes (without whites) well beaten, 3 quarters of a pound of fresh butter gently melted, and poured on the flower, a little dish full of Aile yeast strained, halfe a quarter of a pint of Rosewater, with some musk or Amber-greece dissolved in it, season it with salt, a penny-worth of Cloves, and as much mace, and more of Nut-megge, all finely beaten together, 2 pound of the best Currence, well pickt, and washed in warme water, a pound of raisons stoned, and shred very small, with a little rose-water, halfe a pound of fine sugar, first mingled, then knead all these things very well together, then lett them lye a full hour in their dough,

43.

and the Oven being ready make up your Cake, lett not your oven bee too hott, shutt not the nouth of it close, turne your Cake now and then that it may bake alike, lett it not stand a full hour in the Oven, against the time you draw your Cake, you must have in readynes some Rosewater, and sugar beaten small, and both together beaten in a pottenger, then dip in a tuft of feathers, or a little brush in it, and wet the upperside of the Cake all over very well, then sett your Cake in the Oven to dry it on, and when you draw your Cake it will be covered as it were with Ice;

note This is calle Queene Elizabeth 's fine Cake.

To stew a Rump of Beefe.

Take a Rump of Beefe, and cut it into 4. piecees, put it into a great pipkin with water, cut 4. or 5. Carrotts in piecees, put good store of Onyons shred, 3 leaves of mace, and some whole
pepper, a bundle of time, and Rosemary, 6 sponefulls of Vinigar, a pint and halfe of Renish wine, a little veriuice, and salt, lett it stand a great while softly, and then send it in with browne Cippits.

A white-Pott.

To a quart of Creame, take 8 yelks of Eggs, the whites of 2, beate them very well, season them with sugar, rose-water, nutmegge, 4. dates sliced, take a peny lofe, and slice it thin, then put it into a dish, with the marrow of 2 bones, butter the bottomes of the dish, and strew the raisons at top, an hour will bake it.

To make a good Posset.

Take 8 yelks of Eggs, and whites, beate them well together, and straine them into a quart of Creame, season them with nutmeggs, and put to them a pint of sack, stir them together, and put them into a bason, and sett it into an oven noe hotter then for Custards lett them stand in 2 hours.

To make an Excellent Sillibubbe.

Fill your Sillibubbe pot with Sider, and good store of sugar, and a little Nutmegge, stir it well together, and when the Sugar is melted, put in as much creame, by 2. or 3. sponefulls at a time, then stirre it softly once about, lett it stand 2 hours at least before it be eaten, the standing makes it curdle.

To make Iumballs.

To a pound of fine flower dried in
the Oven take a quarter of a pound of sugar, 2 yelks of Eggs, and one white, and thicke creame as much as will wett it, Corriander fennell seed a good quantity, worke all together well, then roll it into small rolls, and cast it into Knotts, Take heed the Oven be not too hott.

46

A sirrope for a Cough of the lungs.
by D. R.

Take good deale of wood-Bittony, Sca-bias, Egrimony, Colesfoot, Senecle, alehoofe, tub a like quantity of these hearbs, (except ales foote) take a little less of this, because it is of a strong tast, beate these in a stone morter, and wring out the iuice a pint, or a quart (as you will) then sett it on the fire, and skim it iust as it boyleth, that it may be cleared, then to a pound of hony lett there be a pound and a quarter of the iuice, and put them altogether, and boyle them to a Sirrope, and take a sponefull or 2 of this Sirrope, morning and Evening.

47.

To preserve Damaske roses.

Take Damaske -Rosebudds, with the Nailes upon them, and shake the seeds from them, halfe a peck, pick them cleane from the out leaves, put to them as much runing water as will cover them, when they are thrust downe, and prest altogether, boyle them till they be tender close covered, put in double the weight, and halfe of fine sugar, and boyle them to a
Conserve, your sugar must be put in at twice from the time you put in your first sugar, till it be enough it, will be an hour, but lett it not be too long after your last sugar in, you must not cover it after you begin to put in your sugar.
Take a sponefull of it at a time, (doe more as you will have it worke) in a morning early, and keepe in a warne house, but you may goe about the house if you will.

To preserve Raspas.

Take a quart of Raspas, and put them into a Skillet, and boyle them a little, untill the iuice will come from them, then straine them through a piece of Canvas, then take a pound and a quarter of lofe sugar well beaten, and put to the sugar halfe a pint of the iuice of the Raspas, and sett it on a quick fire, and boyle it and skim it, then boyle that liquor till it come to a thick sirrope, then take it of from the fire, skim it cleane, and put in a pound of great Raspas, and lett them stand in the liquor a little while till they are warne, then set them on the fire, and boyle them a little while gently, then boyle them on a quick fire, and soe boyle them till they bee enough, which will be quickly, but if you boyle them long they will be hard.

Preserves, & Conserves.

The Index

Conserve of Roses - - pa. 2.
To preserve Gooseberries - - 2.
To preserve Cherries - - 3.
To dry Cherries - - 7.
To preserve Barberies - - 7.
To preserve Apricocks - - 13.
another way - - 12.
To preserve Apricocks - - 15.
To preserve Damsons - - 14.
To preserve Quinces Red - - 15.
To preserve Quinces white - - 16.
To preserve Walnuts - - 17.
To make Conserve of Barberies - - 22.
To preserve Damask Roses - - 47.
To preserve Raspas - - 48.

The Index.

Cokery.
A Gooseberie foole - - page 1.
A white pott. - - 2.
Rice Puddings - - 5.
A Cake. - - 5.
Snow Cream - - 6.
A Posset without Milke - - 6.
Cakes of Gooseberries - - 8.
Sugar Cakes - - 9.
To make Bisket - - 9.
Metheglin - - 10.
ffritters - - 24.
To boyle a Pike - - 25.
To make a Haggis - - 26.
Chyney broth - - 29.
To boyle a Capon - - 33.
An excellent Cake - - 42.
A ffirigasy - - 40.
To stew a rump of Beefe - - 43.
A white-pott. - - 44.
A good Posset - - 44.

Phisike & Chirurgery.

A water for sore Eyes - - 11.
ffor sore Nipples - - 11.
To stop the bleeding of a wound - - 21.
A remedy for such as are subject
to miscary} - - 21.
Another for the same - - 22.
A Cordiall for a woman that
is in danger to miscary} - 23.
ffor stinging or poysen of snakes - 24.
Plague water. - - 26.
A plaster to keepe a woman from
miscaring} - - 27.
Sirrope of Violetts - - 27.
Purging ale - - 29.
A purge for a man - - 31.
ffor one that canot make water 32.
ffor the mother - - 33.
To stint bleeding at the Nose - - 33.
ffor a vomit - - 36.

ffor the Megrim - -37.
ffor Expulsion of wind - - 37.
Powder for a weake back - - 38.
To stay the whites - - 39.
ffor the ague. - - 39.
ffor the Cough of the Lungs - - 46.
I.I.

A Glyster good against griping.

Take a peice of fat meat of Porke, an handfull of Camo=
=mile flowers & about an ounce of liquorish Cut & scrapt, & a
sponefull of aniseedes bruised, boyle them well, & take about 4
a wine pint of this broth, & about 4 sponefulls of Course sugar
& the yolkes of 2 Egges mix them well & so use them for
a glyster.
To make surfeit water

Take five quarts of anniseed water, halfe a bushell of Popyes, steeped three dayes in it, then straine it out and pat a pound of raisons of the sunn stoned, a pound of figgs sliced, halfe a pound of licorish sliced thin, two ounces of anniseeds, one ounce of fennel seed, brused infuse them of three or fower dayes more, then put it into bottele.

To make the yellowe Salve.

Take of rosen and perrosen of each halfe a pound, virgins wax and frankincence of each a quarter pound, mastick & deer suit of each one ounce, then cut the suet & wax & dissolve them first in a kettle, then put in the rosen & let yt melt thenthe perrosen, thenthe frankincence, next the mastick one after the other, but be sure to stirr them all the while, till they be well melted, but by noe means to boile, then take it of the fire, & straine it through a course lining Cloath into a pottle of white wine boiling hot & soe stirr it till it be blood hott, & then put a quarter of pound of turpentine two drames of beaten Chamfeir, & stirr them well in when tis cold to handle take it out of the wine, & roll it vp for your vse, but for a fistula put in 4 ounces of myrthe amongst the things whilst they are melting

The wine that wash this salve would be saved to wash a wound of sore with all being very good for that purpose.

To make the Lead in learch Cloath

Take a pound of red lead, and a pound of white, both beaten very fine, put them into a deep earthen pan well-leaded with a pint of sallet oyle & 12 ounces of cassell soap sliced in, & 3 ounces of bees wax cut very thin then lett them over a soft fire & keepe it with Continuall stiring till all be melted, then boyle it gently till it comes
to an oyle coulor & when it will
neither sticke to your fingers nor
board tis enough, you either make it
into rolls or dip Cloaths in, & keepe
them for your vse.

A receipt for dizines in the head.

Take a pint of whit wine and put into it
halfe a handfull of Cardious Benidictus
sett it vpon a soft fire to infuse till halfe
be consumed then straine it out and
put to it two graines of bezar and
as much flower of brimstone as will
lay vpon sixpence, and soe drinke it
last to bed, or any other tyme, when
you find the distemper vpon you, if
it be vnpleasent add a little sugar
but lesse the better.

To make seed Cake.

Take fower pound of fine flower, one
pound of butter crumbled well into the
flower, then put in halfe a pint of ale
yeast, and as much Creame blood
warne, as will it a stife past, lett it
lay an hower in the dough til the
Oven heat, then pull it in pecces, and
strowe in 3 quarters of a pound of
Carriway Comfitts, & halfe pound of biskett
Comfitts, reserving some to strowe on the
tope, going into Oven, bake it with
a good quicke heat.

To make the spleene salve.

Take millilet and camomile, of each three handfulls
Parsly and plantin of each one handfull, Deere suet
one pound, Vitgins wax twelve ounces, and rosen
three pound, put these Ingredients into an earthen
pot well leaded and ouer a soft fire melt the wax
rosen and suet, then put in the hearbes being first shred
& mixed vp with a pint of white wine, & soe stir them well together, then sett the pot in a coole seller, 7 dayes then sett it over the fire again, & boyle it halfe an hour then streine it through a linin Cloath into dishes puting a little fair water into every bottome & when tis cold make it vp in rolls, & keepe it close in paper, when tis vsd it must be spread vpon thin leather, cut spleene fashion, pricked full of holes & applied to the sides.

A most excellent drinke against the Plague.

Take 3 pints of the best muskadine & boyle in it one handfull of Rue, one handfull of Sage over a Charcoale fire till one pint be consumed, then streine the hearbs hard out, then sett it over the fire again & put therin long pepper one ounce, ginger half an ounce, nutmegge halfe an ounce, all beaten to powder, lett all these Boyle together, a little after take it of the fire, & put therin an ounce of the best mithridate, an ounce of the best Treackle, a quarter of a pint of the best Angelica water, keepe this above all, if thou be infected with the Plague tak morning & evening one spoonfull luke warme, but if not, only thrice a weeke one spoonfull at a tyme, it have bine observed this never ifayled, if taken in tyme, it is good against the sweating sickness, small pox, measells, surfeits if taken vpon the first invasion, & soe layd downe to sweat, with poset drink made with marrigold flowers.

To make the white ointment

Take 2 pound of hoggs suet pilld & laid in water 3 dayes running the water twice a day, then beat it in a cloath, & put it in a bason, then slice in 2 Lemons halfe dozen pipins slic't two penniworth mace, 6 cloves, quarter pint of rose water then sett it over a pot of boyling water, till all be infused then streine it, & when tis cold, beat it for 2 days together & put it vp.

A water for a Burning

Take a handfull of the barke of an Elm root, scrape it & wash it, & beat it, then lay it in a pint of running water 24 howers then strein it & dip a peice of lawne, & spread over the burning.

A mouth water
Take a pint of running water 3 spoonfulls of honey, handful of red Bramble leaves, little woodbine, halfe dozen sage leaves quarter pound Corrants, peniworth safron, as much allom as an nutmegge, boyle it halfe away, & strein it.

To Stopp a Loosness.

Take the whites of 3 new laid eggs, then scrape Chalke & mixe it, till it be a stiff past, make it into a Cake, & bake it one the hearth, & lay it very hote to the Nobbe.

To make marmalade of Oranges

First weigh your oranges against soe much fine sugar, & then pare them very thinn, taking of as little of the pill as may be, then cut them into quarters & take out all the meat & Iuice being carefull to take out from it all the seeds & strings & put that meat into a glass & cover it, to which put a peice of sugar else it will loose its spirits, then take your pills & boyle them in 3 severall waters, having laid the night before in cold water, putting them into the 2 last waters when they are boyling hot & when they be thus boyling tender drye them in a Cloath & then cut them, not shredding them over small, then take your sugar & iust dipping every lumpe into water put it into a skillet & boyle it very high till it be almost sugar again, then boyle your pills in that sugar halfe an hower & then to all this put your meat & luice & boyle that a quarter of an hower, & soe put it vp into glasses.

A Diet drink against the Gout.

Take of Camipytis or Ground pine i2 oz
Turbith 4 oz
Hermodactiles 4 oz
Rheubard 2 oz
Sennae 4 oz
Coriander Seedes i oz
Let these be bruised & infused 24 howers in a gallon of fresh beere or smal Ale
& when well infused strain them and put
the Liquor into 5 Gallons of new strong
Ale shaking it well together, then put those
Driggs that are strained into a linnin bagg
& let it hang in the rundlet or vessell with
the infusion for 3 or 4 dayes then draw
it out into bottles, and let them be well
stopt, if the partie be weake add in the
infusion a quarter of an ounce of saffron
Drinke of this a pint in a morning
fasting Doctor Trigg

To make China Ale.

Take 2 bushels of mault, and make a firkin of ale out
of it, then take 3 quartars of a pound of stoned Reisons
and halfe an ounce of China , root sliced and halfe an
ounce of Coriander seed, a blade or two of mace, 4 cloues
boyle all these 2 houres, and when it is almost cold
worke it up with yest, & lett it stand 4 or 5 days in
the vessell, then botle it, putting into every botle a good
lumpe of loafe sugar, Let it be well cork't.

To make marmalade of Pippins

Take of the best Green pippens one pound, as much of the
best loafe sugar beaten, then as you pare the pippens put them
into water, then take them out, and chop them, till they
be very small and slice them from the core, then shred in
lemon pill to the quantity of halfe an one, it must first
be boyled tender, then put in your pill, and, 3 quarters of
the sugar, with 3 or 4 sponefulls of water, into a skillett, then
let it boyle quick, and as it boyles strew in the remainder of
the sugar, at severall tymes, and a sponefull of faire water
in the midle of the boyling then a little before you take it
of the fire, squeze in the iuice of 2 lemons, and a muske
comfitt, when it cometh from the bottom of the skillet it is enough

To Preserue gooseberrys

To 3 quartars of a pound of gooseberrys, take 19 ounces of
sugar, slitt them & stonne them, and cut of theire heads
leaving but short stalkes uppon them, put them into cold
water as you stonne them, then beat the sugar very fine
strew some of the sugar in the bottom of the skillet, and then
lay in the gooseberrys one by one, with their slitt sides
downward, and then strew in more sugar uppon them
and put in halfe a dozen sponefulls of water, when the
sugar be dissolved, then sett them uppon the fire being
a very quick one, and lett it boyle up to the top of the skillet
then take it of the fire, and strew in more of the sugar
that was left out, then cover it up close with a plate, and lett
it stand a small tyme, till the boyling sugar be fallen
downe, then sett it uppon the fire againe, as you did
before and boyle it up againe, this doe severall tymes
taking them of and setting them on againe till they be
enough, and lett them be covered when they be of the fire
make experiment of but one quartar of gooseberrys and sugar
proportionable at one tyme

A Diet drinke

Take 4 2 gallons of seury grasse, of water cressys
Brooklime younge ashen vines and buds, younge Elder vines
and buds of one or two yeares growth, Parsely and
the roots, Elecompany, Comfrey, Clary, Lungwoort,
Hartstongue Mallows red netles, White arckangel
Angelica, Red Sage, Rosemary, Hop roots & the buds
Herb Mercury, of every one an handfull, as much as you
can gripe, a pound of currants, halfe a pound of liquo
licoris, =rish sliced sweet fenel seede, Carraway seede, any seeede
of each 4 ounces, boyle all these in 6 gallons of midle
woort, till 2 of them be wasted, streine it and set on
working with barme, at 3 days old drinke of it
mornings & at night, also before & after meat, if you
please a quartar or halfe a pint, or what you please
at a tyme, with sugar or without.
or you may chop all these ingredients, distilling them
& drinke the water with sugar

To Preseurue China Oringes

Take the oringes and chip them and boyle them in
a good quantity of water so fast as the water may
cover them, when it boyle and when they be boyled
cut a little hole in their crownes with a pen knife
then put them into syrrup, the syrrup must be ready made, against the oringes be boyled, you must take for the syrrup one pint of water to a pound of sugar, and you must take as much sugar as may preserve the oringes. 9 or 10 days, every other day take out the oringes and giue the syrrup a boyle, and skim it when you haue lett them lye in that syrrup the prefixed tyme, make a jelly of Pipins, when the jelly haue boyled a while, put in the oringes, then lett them boyle almost halfe an hour in the jelly then take out the oringes and boyle the jelly, till it will cut them take it up and put the oringes into a pott fitt for them, and put halfe of the jelly into it when you take it up, and the other halfe when it be cold you must make to every oringe halfe a pound of jelly.

Be sure every tyme you take the oringes out of the syrrup, that you turn that side upwards which was downwards before.

To make Pippin jelly

Take 10 of the greenest pippins and pare them, and quarter them, and put them into water, then put them into a skillet of water so much as will well cover them and boyle them, till they be soft, then poure them into a siue or cloath to dreyne them take a pint of that water to a pound of sugar, put halfe the sugar in and boyle them a while, then take the iuice of two lemons, and streine them into a vessel, and put the rest of the sugar to it, then take the very outside of an oringe, pill the very out side from it, and slitt it in halfes, and scrape out all the meat, and boyle the pill in six waters to gitt out all the bitternes, then put that, and the iuice of the lemons, and sugar in together, and boyle it till it come to a jelly, or till it hanges to the spoone, as fast as it can boyle I thinke the peices of oringe should not be put in untill a little before the water be enough.

A Diet Drinke

For 3 gallons of Ale Take
To make little Plum Cakes.

Take a pound of currants and a pound of sugar, and a little beaten mace, and half a pound of butter washed out in rose water three yolks & two whites, work all these together, with so much flour, as will work it to a paste, which you make breaks into 24 pieces, and butter so many papers and role the paste in your hand, like a ball and lay it upon the paper, flatting it a little and bake it with a manchet heat.

How to make Cowslip, or Gilliflower wine

To every gallon of water put two pounds of sugar, boyle it well, and scum me it clean, take it from the fire & cool it when it is as cool as wort put as much ale yeast, as will cause it to work to six gallons take half a peck of flowers and bruise them in a mortar, and when it works put in your flowers, when they rise up put them downe and two or three days after it hath wrought bottle it up. All the difference between this & Gilliflower wine, is that the gilliflowers must be more bruised, and half a peck of Gilliflowers to 4 gallons of water.
To make Raison wine.

Take 2 pounds of raisons of the sun, shred but not ston’d one pound of good powder sugar and the juice of 2 lemons and one pill, put these in an earthen pott with a cover, then take two gallons of water, lett it boyle halfe & an hour howre, then take it hot from the fire, and poure it into the pott where your raisins are and cover it 3 or 4 days, stirring it twice a day, then put it into botles, stopping them very close, and in a fortnight or 3 wekees it may be drunke, you may put in Cowslips or Cloue gilliowres as the tyme of yeare serue, when you make it you may boyle halfe so much water, and put to the strained ingredients, which will be good though smaller.

To make Cakes the Royall princesse her way

Take a pound of sugar finely beaten 4 yolkes of egges 2 whites, one halfe pound of buttar, washed in rosewater 6 spoonesfull of sweete creame warmed, one pound of currants well picked, & as much flower as will make it into a paste mingle them well together, make them into cakes, make them in an oven almost as hot as for manchet lesse then halfe an hower will bake them wee put in but halfe the proportion of sugar & think it enough wee also put in nutmeg & mace and some ginger &c.

A Diet drinke for the scurvy and Dropsy.

Take of Sarsaparilla three ounces sassafras and Elicampane of each six drams wood of Aloes halfe an ounce, Anniseeds and ounce and halfe Fennel and Coriander seeds of each halfe an ounce, leaves of senna an ounce and halfe Polypody Hermodactills of each an ounce Agarick two drams Ginger a dram, Nutmeggs halfe an ounce, Brooklime and water Cresses of each two handfulls, scurvy grass halfe a peck, Egrimony, Harts tongue Roman
wormwood and Tamarisk of each one handfull
Scabius, Coltsfoot and Maiden hair of each
halfe an handfull Monks Rhubarb three ounces
Bruise the hearbs, slyce the drugs, and put them
into a bagg, into three gallons of Ale newly
tunn'd vp, after three dayes begine to drinke
a pint therof at six in the morning and a pinte
at four afternoone, vsing moderate exercise.
Mr Tuthill

The kings receipt for the stone

Take of Mastik 2 ounces, Cloues, Nutmegs, Galligall, Cububees
Juniper berrys, Lignum Aloes, of each an ounce, beating all to powder
and add to them the best Turpentine 2 ounces & 2 ounces of
white hony, Infuse all these 24 houres in aglass still in two
pints of the spirit of wine, the still being close stopped, & when
the 24 houres are expired you must distill it in balneo
Maria, with a gentle fire Cooling the top of the still often
with a wett napkin, & as the water in the still Consumes, add
more the water being first warmed
Of This water take a spoonefull & add to it two spoonefull
of faire water with a lumpe of loafe sugar, take it in the
morning fasting & about 4 or 5 of the clock afternoon the stomach
being empty.

An Excellent Water for the stomack.

Take of Carduus, mint & Woormwood, of each a like quantity
shred them smal & put them into new milke, then put them
in a still & distill them with a temperate fire, when you
take it sweeten it with sugar or with what syrrup you
please.

To Collar Beefe

Take a sirloyn or Plate of beefe, & bonne it takin out the
skins & strings, & lay it in a flatt pann then take a pint
of salt dissolving it in as much water as will cover the
beefe, adding to it two spoonfulls of salt peter, Let it lye
in that 3 or 4 days, turning it twice a day, then dry it well
in a cloth, & roul it as close as you can, & it into a pott
covering the bottome of the pott with bay leaues, then put
in the beefe & lay so many bay leaues as will cover the top of the beefe, & put in a pound of buttar, then cover it close with course paste, & bake it with howshold bread, & when you draw it off the cover, & lay on a plate & a weight, letting it stand so till the next day, then pour off the gravy making an hole in the buttar.

To make a carret pudding

Take 3 pints of milke & 3 penny loafes 7 egges yolkes & whites heat the milke scalding hott, & when your bread is sliced put them together, let them stand till you scrape two carrets very thinn, then mix them together stirring them well together, butter the pann, & when sett it in to the oven, & when it comes out melt buttar & sugar & serue it up.

To make Almond balls.

Take a pound of almonds & blanch them, & beat them with orange flower water very fine, then take the almonds & drye them over Coales, then take two pounds of double refined sugar, & boyle it almost to sugar againe, then put the sugar to the almonds & drop them on plates sett them in a stoue & when they are drye on the one out side take them of the plates, & putt two together bottome & bottome, a little drying more will serue.

To make Vsqueback

Take of the best Aquavita 6 quartes and infuse in it for 9 dayes, Liquorish one halfe pound, Raysons of the sunn stoned one halfe pound halfe a pound of figgs sliced a quarter of a pound of dates sliced and the stones broken two ounces of serpentine root, one quarter of an ounce of Cloves, mace and Ginger two drams of each, one ounce of Annyseeds.

You must make it in a great glass and lett it steep in the hottest sunny place you haue in the house stirring it 2 or 3 tymes in a day.

Afterwards to be strain'd and put into bottles and before you use it poure it from the bottome.  

May or Iune is the best tyme to make it
A drinke against the scurvy.

Take 4 ounces of Guaiacum, one ounce of sassafras, boyle these in 12 pints of running water till half be wasted, and halfe an houre before they have done boyling, putt in an ounce of licorice, then take all off, and straine it, afterwards in fuse two handfulls of scurvy grass for 4 howers which being strain'd out, bottle it vp for your vse.

D: H .

To make Lemon Cream.

Take 4 lemons, chip them thinn, then shreed those chips very small put them in a porringer, and squeezing out the juice of the lemons amongst them and lett them stand 2 howers, in which tyme beat the whites of 7 and the yolks of 4 eggs very well, and put them to the lemons, then put to them a pint of fair water, and a quarter of a pint of Rose water, stirr all these very well together, and strain them through a Canvas strainer, and season it with double refine'd sugar, and put in a little ambergreese if you please, then sett it over a Chaffindish of Charcoales stirring it continually; it must scald but never boyle, and soe be kept stirring, till it be as thick as any Creame, then put it into glasses, and when cold it is fitt to be eaten.

A Drinke to cure obstructions.

Take of Woormwood Egrimony & Centaury of each three handfulls, of Gentian roots two ounces sliced & eight pounds of Reysons stonned, to these put five gallons of water (boyle halfe an hour) very hot into a pott, & let them stand infusing 24 howers, then streine it & worke it up with yest. tun it up into a vessel, & after it hath been tunned, 4 or 5 days draw it into botles, & drinke it morning & afternoone.

A Cordial or Surfett Water

Take a peck of Poppyes, spearmint, Balme Dragons,
Angelica, & Marigolds of each one handfull of Rue halfe an handfull, a few sprigs of Rosemary, put these into six quarts of Brandy, letting it stand nine days in the sun close stopped, stirring it one a day, then streine it & put into it, halfe a pound reisons stonned, halfe a pound of dates sliced, the stones also sliced or broken, Anniseeds Coriander seeds, halfe and ounce of each, one pound & an halfe of Browne sugar Candy, shaking it twice a day untill it be dissolved, then streine it againe & botle it up

To make Orange brandy.

Take 18 oranges pare or chip them thinn, put the chips into 3 quarts of Brandy in which let them infuse 5. or 6. days in a glas being well stopt with a corke & leather tied over it. Then take 2 quarts of water one pound & an halfe of loafe sugar, boyling the water & sugar an hour & an halfe together gently & skimme it well, then straine it & let it stand till it be cold, & then straine the brandy into the Syrrup, then botle it up, & stopping the botles well with corkes, & leathr over them. Lemon Brandy is thus made.

To make Gooseberrie wine

Take 25 pounds of Gooseberries, when they are ripe, bruise them in a convenient vessel, put to them six quarts of boyling water, lett them stand all night, the next day strain them through a flannel bag, put to the liquor Eleven pounds of 6d sugar, when it is all dissolv'd, put it into the vessel full, then bottle it vp, this makes halfe an anchor

Against the Itch

Take powder of ginger 2 drams, pepper, cloves of each a drame, flowers of sulphur 3 drams, powder of inula campana 2 drams, hogs sewet 2 ounces, mix & make an oyntment with oyle of rhodium.
Take flowers of sulphur as much as will lay on a shilling mix it with milke
& drinke it

To make Surfett Water

To five quarts of Anniseed water or Brandy
put a pound of raisons of the sunn stoned a pound
of figgs sliced halfe a pound of Liquorish sliced
thin, halfe a pound of Dates cutt thin the stones
also broken and put in, Anniseeds ffennell seeds
Cardimun Coriander seeds of each one ounce
brused, spearmint Balme Dragons Angelica
and Marygolds of each one hand full of Rue
halfe an handfull a few sprigs of Rosemary,
lett it stand twelve days close stopped stirring
it once or twice a day then put in halfe a bushell
of Poppyes, the next day straine it off:

To make Vinegar
Take one pound of coarse brown sugar
to one Gallon of Water - put in a little
Yeast to make it work - when worked
cover it over with paper & let the
Cask stand in the sun - it will be fit
to vse in September if made in the spring.

White Currant wine

ffore quart of currant luice Add One quart
of Water, & one pound of Lisbon sugar is
the proportion of ingredients -
squeeze your currants well with the hands &
then pour the water that you intend
to put to the currant luice over
the pond of currant iust squesed
mix it well together - and then squeeze
them over again mixing them mix the
iuice. water & sugar well together
in a large tub stiring it well till
you think the sugar nearly dissolved
let it then be coverd, and stand 24 hours
you will find it to work - take off the head

and then put your liquor into your cask - you must
make about 4 quarts more than your cask will hold, to fill up as it works over.
lay the Bung on lightly when you find your wine scrotine in the working and at the expiration of 6 weeks add, about a bottle of best Brandy to five Gallons of wine - then bug down the cask well and bottle it off the following spring - Be June your Currants are gathered one evening fine dry day and squeeze your currants over a "large hair sieve -
To Make Currant Wine

Take 8 Packes of Currants bruise them well in a Course Cive with Your hands pouring now and than water on them till you haue pourd 5 Gallons put 24 pound of 5d, Sugar then Tunn it into a Cask, let it stand till October and than bottle it of

To make Lemon Crame

Take a pint of water put the Iuice of 5 Lemons lay a peice of pill a steeping 10 Ounces of Sugar beaten fine the whites of 5 eggs well beaten put altogether staine through a jelly bagg put it into a peuter bason ouer a Chafendish of Coales till a proper Thickness, and put it into Your Glasses
A Lemon Possett

take 2 Large Lemons nip them in the Dish take the Pill of one and Steep in the Juice for one hour sweeten it with a quarter of a pound of fine sugar then take a pint of Cream sweetened with 2 ounces of Suger pour your Cream in a great height Boiling Hott

Orange Marmalade

Take the weight of sugar to the weight of oranges whole Cut them in half, the Round of the Orange than knip out the Juice, lay the pill in water 24 hours boil them till the bittern of is out pare out the white Cut the peel in thin Ringes Moisten Your Sugar with a little water when Meltd put in the Juice and Ringes boyl them till the syrup is Clear

To Cand Orange peel wett

Lay the Peels in water 4 or 5 days shifting them every day than boil them, let them lay a Night to drain boile them as be fore till they be soft lay them in a dish and Cover them with sugar let them stand a day, than boile the sugar Moisten with a little water when tis well seem'd this may be done 2 or 3 times, You may take a pound of Sugar to a pound of peel

To Make Harts horn Ielly

Take 6 ounces of Harts horn, and one ounce of Isinglass, and five pints of spring water boil it till tis half Consum'd, and than add to it the Juice
of three or four Leman the whites
of 4 eggs well beaten, a quarter
of a pint of Renish , and sweeten
it to Your Teast with double refined
suggar, and put it through your
bagg till tis a Clear, as Water

To Cand Orange or Leman Peel

The peel must be laid in water 4 or
5 days, shifting them every day till
the bitterness is out, than boile them
in water till they be tender than
take to a pound of peel a pound of loaf
sugar, and lust wett it with a little
water the peel, wene boil'd, in and
put the peel into it and set it ouer
a slow fire, let them scarld but not
boile, when You think they are aNough
take them Out and lay them single

in dishes, and sett them in the sun
to dry dipping them once every day
in the syrup as they dry till it be
all used, the syrup must boile thick
after the peel one taken out
Mrs Warde

Lemon Cream

take the Rinds of 4 Lemons pared very
thin put them to a pint of spring water
Let them lay a night clean the water
from the Pills then put in the Juice
with the whites of 4 Eggs well beaten
sweeten it to your tast when hot strain
it through a thin Bag Put it again in
your Preserving Pan, stirring it very
quick when it simper take it of the fire
and fill your Glasses

Stewed Pippens

Pare the Pippens and scoop out the
cores then boile them with sugar
water and white wine till you
think them soft Enough take them
out till the Liquour is cold which will
be a syrrup then Put them in and
they are fitt for use

Force Meat Balls

Cutt Some veals very thin and beat it
In a morter shred In some suet very
fine Great some bread, season all,
with salt pepper Nutmeg Mace and
Lemon Pill Mix all together with
the Yolk of an Egg make them In
small round Balls fry them In
Butter till Browne

An Ointment for a Swelling

Three quarters of a pound of
Pilewort One quarter of a Pound of
Elder buds one pound and three
quarters of Hogs Lard beat them
together boile them Till the Herbs
haue lost the Moistir

A common Seed cake

a pound and half of flower 3 quar
ters of butter half a pint of Creame
half a pint of Ale yest one ounce
of carriway seeds half a pouond of fine
sugar 4 eggs 1 white

Elixer Proprialatus

Half an ounce of myrh half an Ounce
of Siucatrine alloes a quarter of an
Ounce of Saffron half a pint of
Brandy the myrh and alloes to be
well Beatin with half an ounce
of Clean dry sand let it stand three
weeks by the fire shaking it up
every day then strain it off

to make ginger Bread

take a pound and half of flower, half
a pound of butter half an ounce of Ginger half an ounce of Carriway seeds as many of carianders one ounce of Loaf Sugar one pound of Treakle the butter must be rubbed in till it is all flower mix it and make it into Little cakes Bake them on tin Plates

an Excelent water for any sore in man or Beast

take an ounce Roch Allum an ounce of white copperus Burn them seperate in a fire shovel Boil a pint and half of runing water before you put in the Allum and copperas after which them and water and it is fitt for use

Lemon wine

To $\frac{6}{6}$ Gallons of water put 12 pounds of the best fat Lisbon sugar the whites of six Eggs well beaten mix them well together and boyl them half an hour skimming them as long as any skim arises when you have done skimming them put In the Yellow part of the peel of 18 Lemons when it is boyled enough put it Into a Pot and when Cold enough work it with apiece of Toasted Bread spread with yeast Tun it the day after it is boyled with the Iuice of the 18 Lemons Cleansed and 3 Pints of good Brandy let it stand 3 months and Bottle it

Nota Bene if the Lemons are small you may add 3 or 4 more it will not be Two many

Dutch Biscakes

six pound of flower a pound of butter rubberd in the flower six Eggs a pint of yest quart musk half a pound of sugar
Fronfiniack wine

Six gallons of water and 12 pounds of white Dry Sugar and six pounds of the best raisons of the sun Cut them small boil them, together One hour and strain these through a hair seive Take of the Flowers of elders when they are falling half a Peck put them In the Liquor when its allmost Cold the Next day put In Six Spoonfulls of Syrup of Lemons and four spoonfulls of ale yest and Two days After straine it Into the Vessell, keep it filling up three or four days stop it up and if you Let it Stand Till march In the Vessell it will be stronger Put In half an ounce of Isingglass

a Lemon Cake

three quarters of a pound of Loafe sugar a quarter of a pint of water put into a saucepan and dissolve it ouer the fire till it is all melted take seven Eggs Leave out two wites wisk them well and straine them then put the sugar and water to them not quite cold and wisk them together half an hour take half a pound of flower dried and dusted in the Pills of two Lemmons grated wiske them well put a paper in to your puding Pan and a paper ouer it when let into the Oven three quarter of an hour will bake it

to Make Flomery

An ounce of IsingGlass Pull it in smal Peices Pour a quarter of a pint of boiling
water and let it stand till it is cold or
till the next day then put to it a pint of
cream and a pint of milk 1700 ounces of
Almonds beat very fine with a little Rose
water a peice of cinaman sugar to your tas
Let it boil a quarter of an hour stiring it
all the time straine it thro a thin cloth
and stir it till it is lust cold before it
is put into cups dip your cups in cold water

folio 5 verso (folio 51 verso) || folio 6 recto (folio 52 recto)

a Recepte for the Ague

a dram of Bark
half a dram of Venice Treacle
the Iuice of a Large Leamon to
be put in a Glass of mountain
and drinck it of when the fitt is
comeing and goe to bed

to make Calvesfoot Ielly

Boyl four Calves feet in a Gallon
of water half in strain it Let it
stand till it is cold scim of the
fat put it in a saucepan with
half a pint of mountaine & a pint
of Rhenish half a pound of Loaf
sugar the Iuice of three Lemons
the Pill of one Beat up the whites
of five Eggs with the shells put them
in the saucepan stir all well together
Let it Boil ten minutes put it in
the Bag Run it thro, three or four
times

A hash Calves head

Parboil your head and pill your
tonge cut them in thin slices about the
bigness of half a crown season it
with salt nutmeg and mace a Lemo
Pill boil some good Gravy in a Saus
pan keep it stiring that it may
mix dredge in a Little flower to
make ir a proper thickness let the brains be well picked boil them season them with salt nutmeg mace and Lemon pill beat them up very light with a Little cream the yolk of an Egg and a Little flower fry them in Butter drop them with a spoon in round cakes have forced meat bals fry d Brown Lay them on the Top Garnish your dish with lemon stew your oisters in their own liquer and lay them on

folio 6 verso (folio 52 verso) || back endleaf 1 recto

back endleaf 1 verso || back inside cover

[ Bookplate ]

back outside cover