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Last Updated: 11 September 2020

V.a.430: Cookery and medicinal recipes of the Granville family [manuscript].

front outside cover

front inside cover || page 1

Mrs Ann Granvills Book

which I hope shee will make

a better use of then her mother

Mary Granville

Now Anne Dewes

Bradley 8 September 1740

Page (1)

To make one Sleepe.

Take house Ivy leaues stampt in a morter till a spoonefull

or lesse quantity bee strained thereout, put thereto a like quantity

of white wine vinegre, make the same Luke warme, in a -

porringer, or Sawcer, and therewith annoint, both the temple

and forehead, and wett two lynnen cloathes therin, and bind

them ouer the forehead and temples, and then lett the

party apply himselfe to sleepe.

For purging Rheume and phleagme, from the

head and Stomacke.

Take 8 figs slitt att the top, and mustard seed putt therein

and boiled in a pint of clarrett wine, till itt come to halfe a

pint, then take out the figs, and eat them and drinke a

good draught of the wine, and halfe and hower afterward if

you can walke after itt, taking thereof.

To cure an Ague.

Take a handfull of Garden Auens boyled in a quart of -

clarrett wine, vntill itt be dissolued to a pint, and drinke itt of

an hower before the fitt comes, then goe to bed thereon and

keepe your selfe warme.

page 2 || page 3

(2)

A medicine for a burne. or Scald.

Take litharge of gold, and oyle of each 4 ounces, of vitrioll

three ounces bare waight, of hogs soile two ounces fiue drams

and a halfe, take your litharge. and oyle, and boile them

simpering on the fire, untill itt will sticke to a Sawcer,

then take your hogs soyle, and putt to the litharge. and oyle

and boile them together till it will stinke, then take the

vitrioll and putt to them, and lett itt simper a little while

and then power itt into a Bason of cold Water, and then

make itt vp into Rowles, and keepe it for your vse.

A Medicine for a searecloath.

Take a pint of oyle. of olive, and seeth itt till it simpers

then put in halfe a pound of red Lead beaten to powder,

and well seirced, stirre them together continually, till

they cast a little black, and then dippe the cloathes in itt.

The white oyntment for any Itch.

Take a quarter of a pound of litharge of gold, 4 ounces

of oyle of Roses; 5 ounces of the best white wine Vinegre

putt all these together in a Morter, and grind or pound

them, for the space of two or three howers, till they

bee well mingled, & soe apply it to the place grieued.

(3)

A Medicine for a sore Breast.

Take a pint of new milke, boile it very well, then take

a peny loafe, grate it and put it into the milke, and boile

it thicke to a poultesse, then put into it a little saffron,

and a little barrowes grease, Lay it to your sore, and it will

heale if it haue holes without tenting of itt.

An Excellent Medicine for a Sore breast with the

Ague, it will both breake it and heale, without any other thing.

Take a pint of the dregs of ale or new beere, then bruise, a

good hand full of flax seed (alias linseed) boyle this till itt

bee thicke as a poultis; and put into it two spoonefulls of lin

seed oyle, for want of that, take oyle of roses; or Barrowes -

Grease, (butt the linseed oyle is best) and apply itt to your Breast

if it bee not too farre past, it takes it away without breaking

att all.

To make the greene Ointment

Take Eight pound of butter in the moneth of may fresh

without salt; a pottle of black snailes, your butter being melted

in a Kettle, then putt in your blacke Snails and lett them

boile halfe an hower Stirring them all the while, then

take itt off the Fire, and take two handfulls of Rosemary,

of Balme, of Lauender, of Lauender cotten, of Southernewood of

corsemary, of Elder Leaues, of Buglas, of Brookelime, of

Camomile, of Sage, of Bay leaves, of hearbegrace, of mint, of

wormewood, of each of These two handfulls, which must

page 4 || page 5

(4)

Bee gathered in the heat of the day for they must not bee -

mashed, but shred, and bruised in a morter then set your butter

againe vpon the fire, and put in all your hearbes, letting them

boile till it comes to an ointment, when your hearbes bee halfe

boiled, put in a porringer of cow dung, and hen dung, newly

made, put all these together to boile with your spices as followes.

3 quarters of a pound of the best frankincense, two ounces -

of nutmegs sleted, of mace bruised, when it is -

boyled to an ointment take it off the fire, and straine itt,

and soe lett it stand two dayes, then clarifie it upon coales, &

soe put it up for your vse, This is an approved good&nbsp;

oyntment, for any bruise or old ach, as alsoe for the spleene

or the Gout. itts alsoe good for a wrench or spraines=

A Medicine for sore Nipples

Take an ounce of Bee wax, an ounce of Deere suett; and

halfe an ounce of fine Suger, a quarter of a pint of rose

water, boile all these together till it bee salue, and spread

it upon a cloath, and lay it to the nipple warme, This

will heale any choppe or skinne broken in the nipples.

Mr Iohn Rutters

Take woodbind Leaues, Sage, Bramble tops, Plantine,

and Red Roses, of each halfe an handfull, boyle them in

3 pints of Barly water to halfe the quantity, to which

when it is strained cleare ad sirrup of Violettes and Syrrup

of mulberries of each an ounce, burnt allum powdere halfe

a dram, spirit of Virtioll .3. or 4 drams, rose water an ounce -

mix them altogether for your vse.&nbsp;

(5)

Goodwife Lawrence her Salue.

one pound marking pitch 1/4 of a pound of deere Suet

one pound of Rosen 1/2 a pound of Barrower grease.

3 penyworth of turpentine - 1/4 a pound of mutton Suett -

1/2 an ounce of mithridate 1 handfull of hissop

3. or 4. spoonfulls of honey 1 handfull of Sallindine

1 ounce of Beewax

1 ounce of oyle of spike 1 handfull of camomile

1 ounce of oyle of Roses 1 handfull of smallidge -

The deares suet and Barrowes Grease beat in a morter

together, let them stand 3 dayes couered close, then boile

them together with all the other things except the oyle of

Spike and oyle of Roses, which must bee put in, when the

others bee boiled, and strained; for a Bruise take some

of this and melt itt and put in to it hoxy croxy an ounce&nbsp;

To Make Balsamum

Take halfe a pound of Turpentine, a pint of Sallad oyle, -

fower ounces of yellow wax, an ounce of storax, liquid oyle

of hypericon, red Sanders, mirhe of each one ounce, oyle of

camomile, oyle of Roses oyle of firre, oleum balsamiae =

oyle of Baies of each fower penyworths, dragon Blood Six

pennyworth, orris powder an ounce, damaske powder an

ounce, oyle of mirhe, & oyle of Iuniper of each fower peny =

= worth oyle of cedar, and oyle of dill, of each threepeny =

= worth one dram of Camphire, Lastly of corall Pearle -

and amber finely powdered, with powder of gold a

quarter of an ounce. first in an earthen pipkin make.

page 6 || page 7

(6)

your wax liquid, and in another your turpentine, then putt

them together, next put in your sallad oyle, and lett

them Boile a little while, then put in your storax liquid,

and then your oyle of hipericon, and lett them boile a -

little then take it from the Fire, and put in your

Sanders, and stirre itt till itt bee almost cold, then draine

out the water att the Bottome, att a hole which you must

make in the pipkin, then melt it againe, and put in

all the Rest of the forenamed things, and stirre itt till

itt bee cold, and it is Finished.

Receipt of water for a sore throat or mouth.

Take of knot mariorain, Sage, mother of time, of each

five handfulls, shread them small, & boile them in 3

quartz of water vntill 3 pints bee consumed, then

straine out the hearbes, and out to the liquor a

quarter of a pound of english honey and lett it boile

a little, then skim itt and straine itt againe and soe

keepe itt for your vse.

To make Oyle of Saint Iohns Worte.

Take a quart of sallad oyle of the best, and put it into

a glasse putting thereto as much Saint Iohns Worte, as you

can well stop into itt, keeping it very close. with a peice

of parchment, and then sett it in horse Dung couered

over for the space of nine Dayes, casting warme dung

euery day upon itt thus doing itt will bee

very good.

(7)

To make an Oyntment for a Bruise

Take a quart of Elder flowers green from the Tree, dryed

by the shadow in the space of 12 howers, then beat them

in a morter of stone, and out thereto a pint of beane flower

finely bousted, and being compounded in a Morter, put

them into a glasse or gallipot, adding thereto a quart of sallad

oyle, with halfe an ounce of fenigreeke or more being finely

beaten and seirc'ed, the meale and elder flowers must bee bea=

=ten till they come to the likenes of paste, before they come to

bee put into the glasse of oyle or into the fenigreeke, where=

of you may adde an ounce if you please, the grosse substance

of the oyle you may vse in manner of a plaister, this vse of

this oyle is thatt you must annoint your greiued place by the

fire, chafing it in with your hand, then apply thereto a

red Cloath, and so lett it lye from one dressing to another

keeping the party grieued very warme, especially if itt

bee in Winter.

To boile a hanch of Venison:

Boyle it in water and salt, and after it is halfe boiled, stuffe

itt with a little beefe suet, and sweet hearbes, and nothing

and nothing in the stuffing saue the Grauey, put to it

a little Clarett wine, with 2, or 3. yolkes of egs, and a little

Sampire cut small, then cut Brewes into the dish, and -Soake them with the fat of the Venison. and keepe it hott,

if you will boyle it with Colloflowers, boyle them alone, and

after put them into a pipkin, with the. Remainer. of the

Grauee, and Some sweet Butter and some, three or 4

Anchoues.

page 8 || page 9

(8)

A Medicine for the Greensicknes

Take 6 ounces of new filings of steele, wash them cledane

And heat them red hott in a crucible, then quench -

them in fower pints of Rhenish wine, doe thus thrice

then ad to the wine halfe an ounce of nutmegs, three

drams of Cynamon, two scruples of cloues, one dram of

dryed citron pill, fower ounces of Suger, let these -

stand together in awarme warme place 4 dayes together

then power off the wine with an easy hand not

stirring the powder in the Bottome.

Take first 4 spoonfulls of this wine in a morning,

fasting, and exercise for an hower after, but eat

nothing for 3 howers space, after the taking of it,

and after 4 dayes encrease your dose to six spoon=

=fuls and perseuere in that quantity. And.

Every 8. or 9 dayes take this following purge (vizt)

Take sena two drams. agarick one dramme, Romane

Wormewood one scruple, Rubarbe two scruples, ginger

halfe a scruple, mace 7 graines, infuse them in

sucory water, warmed 12 howers, then boile it a little

lightly to 4 ounces, then lett it coole and adde to the

liquor strayned five drams of syrupus Augustanus.

(9)

The Wound Water.

Take Bolearmeniack 4 ounces, white coperis 4 ounces, cam=

phire one ounce, then beat the camphire and coperis into fine

powder, and boile them in a little black earthen pot continuall

=ally stirring them till they bee melted, and become thinne.

and hard, againe, and soe dissolued to a fine powder, as it will

bee with a soft fire, and long doing them, then beat the

Bolearmeniacke, to powder likewise, and mingle them

together, and keepe the powder in a bladder, and when -

you haue occasion to vse it take a pot of Running water

and set it on the fire till it beginnes to seeth, then take

it off, and put thereto, to two spoonefulls of powder, and -

Stirre it a quarter of an hower, & let it stand untill

it bee cold, and when you will vse itt let it bee of the -

Clearest and put it in, an earthen pan, and set it on -

the fire, and make it as hott as the party can suffer it,

when you bath the sore bee bething of it a good while -

very well, and if it has a hole in it, syringe it, still very

hott, halfe a dozen tymes one after another, till it come

as cleane out as it went in, then lay thereon on a fowerfold

woollen cloath, scalded well in the water that you are

sure it bee wet through then bind vp the sore with

the wet Cloath on it, and bee sure to keepe it very warme

with many double woollen cloathes let this bee done twice

aday day att least, This water is alsoe good for sore eyes.

page 10 || page 11

(10)

To make Bread A la Roine

Take good Flower of good wheat, ground in a good mill

make leauen with flower, and beere not bitter, and warme,

yet not boiling, the leauen must bee made of the third

part of all the Flower which is to be vsed, then make -

the paste somewhat soft, and in the moistning of itt

put in milke somewhat warme, egs butter, and salt, putt

in butter sparingly, of the Rest you cannot put in too

much, the oven must not bee heated too much nor too

little but according to the Iudgement of the Baker. -

For the cough.

Take Aquavitae halfe a pint, 6 figs cut in halfe

about 20 raysins of the Sun whole with one ounce of

white suger candy, then burne it to a syrrup and of -

that syrup take 3 nights together a small propor=

=tion about one spoonfull full when you goe to bed and

god keepe you.

To make Doctor Chambers his water

Take a gallon of white wine it must bee Gascoigne

wine, then take ginger, mace, cloues, annis seedes,

Fennell seeds, carraway seeds, and galingall of each of

these a dram, then take sage. spearmint.=thyme-

and wild Thime, Rose=mary, Cammomill, Lauander tops

and pellitory of spaine of each of These one handfull,

(11)

Then Beat the spices small and the hearbes alsoe., and

put them all into the wine, and let it stand 12 howers,

stirring it often then distill it in a Limbecke, and keepe

the first water, for that is the best, the second is good too

butt not soe good as the first, this is a most excellent water

or weake people.

To make a water for a Squinancy.

Take a pint of running water, and make it ready to boile

then take a handfull full of dryed red roses and put therein &

lett them stand in that hot water about halfe an hower,

then strain the Roses from the water, and put in 3.

or 4 drops of oyle of Vitrioll, and as much syrrup of mul=

berryes as will sweeten it; this is the best medicine for a

sore Throat that ever I met with

A Soueraigne. Balsum

Take a quarter of a pound of yellow wax cutt it in small

pieces, and put it into an earthen panne; or pot with a pint

of sacke, then melt it on the fire, and when it is all melted,

take halfe a pound of venice Turpentine, and wash it very

well in Rose water, then take a pint & a halfe of oyle of oliue, and

poure both the oyle and the Turpentine into the pan when -

the wax, and the Sacke is well melted, then boile them alto=

gether with a soft fire, vntill they bee well incorporated

then take it from the fire, & let it coole, and when it is cold take

away the cake from the sacke, then melt it againe and putt

into it an ounce of the best red Sanders, & soe stirre it conti=

=nually till itt bee cold.

page 12 || page 13

(12)

To make an Admirable good Water against Melancholly=

Take a pottle of sacke, and put it into a Iarre glasse.

such an one as you may stop close, put into it 3 handsfull

of Rosemary flowers, 4 handfulls of wallflowers, either

double or single, alsoe of Burrage, and Buglas, and mary=

=gold Flowers of each a handfull, of conslip a handfull,

of pinkes 6. handsfull, the redder the better, of damaske

Roses, 3 handsfull, of Balme .6 handsfull, such of these

Flowers as haue white bottomes they must be cut off, then

you must ad halfe an ounce of Cynamon, and two ounces

of nutmegs, and one ounce of Annis seedes, you must

bruise your spices, and your seedes, then ad three peny

weight of saffron, put these things to your flowers

and Balme, and let them stand two dayes stirring

them once or twice a day, then put it into a still, and

past vp your still close, let it run into a glasse that

hath two graines of muske tyed in itt; you must not

let it distill too fast for if you doe it wil be the

smaller, and you will have the lesse. in all this water

you must haue 6 ounces of white suger candy beaten

itt is very good for them that are heauy hearted, and

haue a heauines in their Spirits; take two or three

spoonesfull att a time and it will comfort you very

much. Probatum est.

(13)

A Receipt to make Meath.

Take to six gallons of water, six quarts of honey, or

as much honey as will make it strong enough to beare an

egge, the breadth of three pence aboue water, when the

honey is dissolued in the water put your honey and water.

together into a cleane wooden vessell, ouernight, and temper

it well together, and soe let it stand till the next day that

the honey may bee dissolued well, before you set it on the

fire, then put it on the fire, in a Kettle, or broad panne

and boile it well at least an hower, and scum it as long as

any scum will rise, then take halfe a handfull of egremony &

as much pelitory of the wall and wash that cleane, and boile

them in itt some halfe an hower more (if the hearbes bee

dry it will doe as well as if they were green) then take halfe

an ounce of nutmegs, and cynamon & soe much ginger, bruise

the nutmegs and cynamon but not too small, and slice the

ginger thin, and small, then put the spice into a little canuas

bag, and put little cleane pebble stones in the bag to make itt

sinke, and when the meath is boiled enough put the bag of

spice in the Kettle, and take it presently off the fire, for the -

spice must not boile in it but scald, then power the meath into

a cleane vessell againe, the same you tempered it in, and soe let

it stand, and coole, and let the bag of spice lye still in it, and the

next day you may tonne it vp, you must tye a thrid to the bag by

which it must hang in the vessell, and not lie in it, if your vessell

you intend to fill bee six gallons, you must take soe much water, and,

allow the honey for wast in boiling for it will wast soe much if not

more, and if the vessell bee not quite full, it matters not much for this

kind of drinke, but if it be fullest is the better, this receipt is as it is

vsually made. but if you like it not soe strong, you must take fiue -

quarts of water to a quart of honey (but I thinke it was the long keeping

that made mine soe strong, if you make it at michaelmas it will

not bee ready to drinke till lent but the smaller you make it the

sooner it will bee ready to drinke; you must not tonne vp the

very dreggs into the vessell.

page 14 || page 15

(14)

To make Poppy Water.

Take a pottle of Angelica water, and a pottle. of

Annis seed water; take thereof a quart or three

pints, take of poppies about halfe a pecke, when the

Blackes are clipped off the leaues, then put them

into the water and let them lye a day or longer

till they looke whitish, then straine the water

from them, and put therein as many fresh pop=

=pies againe to that water, and let them stand till

they bee whitish, and straine them as before, and

Soo repeat it Seuen times in all, and then putt, and

then put the water into a great glasse, with the

other water, and put therein an ounce of cynamon,

an ounce of nutmegs sliced, and halfe an ounce of

cloues, steepe these fowreteen dayes in the water,

then straine the water from the spices. and put there=

=in twelue graines of Bezar, and a pound of fine -

suger candy, then hang in the glass six graines of

muske and Sixe graines of Amber greece; This

water is very good for a surfett. /

An excellent water for a consumption.

Take Turnips and pare them and slice them very

thinne, and put them into a pipkin that will hold

fower quarts, and Fill itt with your Turnips

then put in fower spoones full of rosewater, as

much white wine, and a root or two of Ennula campana.

(15)

Campana, then cover it vp close with paste, all the Top bake

itt in an oven with browne Bread, and when it is baked straine

itt through a linnen cloath, and when it hath stood till itt

bee cleare, then drinke six spoonesfull of it in the morning

and at fower of the clocke in the afternoone.

To Take out the holes of the Small Pox.

Take 2 quarte of sherry sacke, and one quart of white wine

vinegre, halfe a pound of butter. Almonds, two handsfull of

Rosemary tops, 30 whites of egs, with halfe the shells, distil

all these together, and then put to it one ounce of Suger

candy wash with it 3. or 4 times a day. probatum est

For a Consumption.

Take snailes in the shells half a pecke, wipe them very cleane

with a cloath, and put them into an earthen pott, with a good -

quantity of sage. that the said snailes may skowre themselves &

let the pot bee well couered that they get not out, and soe lett

them stand 24 howers there in, with an awle pricke eueryone

of the snailes, through the shell, then take them and fill the

holes with browne suger, candy then put them into a Bag

and hang the bag upon a naile, soe that it touch not the

wall, and set a Bason vnder to receiue the water that

will droppe from the same, then put it into a glasse

with a quarter of a dram of confectio Alkermis; take

a little in the morning; afternoone, and at night, if you

would keepe it for your case, till winter it must bee boiled,

and the Scumme taken off

page 16 || page 17

(16)

For A Consumption (vizt)

Take a pottle of Goates, or Red cowes milke, with two

handefull of colts foot, and halfe an ounce of annis seedes, and

halfe a pecke of shell snailes, fresh purged with salt, then

wash them and put them into a still, with a soft fire, and

when it is distilled sweeten it with the finest loafe sugar,

and take 6 spoonefulls att 7. of the clocke in the morning,

six spoonesfull att 11. at noone, and 6. going to bed, if

the party bee troubled with the spleene, distill with

itt a handfull of Tamariske

To make Syrrup of Succory with Rubarbe.

Take of french Barly, the rootes of Smallidge, the rootes

of fennell, the rootes of Asparagus, of each two ounces; of

the hearbes, Succory, lyon-tooth, Endiue, of each two hands

=full, the hearbes llettuce, liuerworte, femitary, and hops,

of each one handful; maiden hair, white maiden hair,

centerach, lycorish, winter Cherries, Dodder, of each Six

drams boile these in 12: pints of water to the consuming

of the third part; in which decoction being strained,

infuse all night 6 ounces of Rubarbe, of spikenard 6. drams.

then straine itt and ad to itt 6li of suger, clarified with

the whites of Two egs, and boile itt gently to the con=

=sistence of a syrrupe, you may giue, two or three spoones=

=full of it, and itt will purge gently.

(17)

To make spleen Ale

Take to 4 gallons of Alewort a handful of harts tongue

a handful of Egraemony, a handful of Dockrootes -

scraped and sliced, twice as much Tamariske, a good quan=

=tity of liuer=wort, boile all these in the wort, and when

it is ready to tonne vp, put into your Vessell a handful

of wormewood being a little bruised and soe att 3. or 4

daies end, drinke it att 7 of the clocke in the morning

and 4 in the afternoone. &C. you must yearst itt as

other Ale, and putt in what other hearbes you please.

A water to cure pimples in the Face

Two ounces of litharidge of gold in fine powder, boile it

the space of a quarter of an hower, in a pint and halfe

of distilled vinegre, then straine it and put to it 4

ounces of oyle of Tartar, wash with it every night

when you goe to bed, and if you find it too sharpe,

put oyle of Almonds into it

To make Meath. the best Way

To one quart of honey take 8. quarts of water, put

them together, hang it over the fire, and when it boiles

scum it cleane then put thereto an ounce and a halfe

of these spices, (vizt) Ginger, Cynamon, mace, and nutmegs.

this quantity you may putte to 8 quarts of honey

then keepe it boiling for an hower and a halfe, and -

better; it being boiled put it into a cleane Tub, spice

page 18 || page 25

(18)

And all, and let it stand till the next day then tonne

it vpp spice groundes, and all together, the Tub must bee

quite full and you must stoppe it very close, and when

itt hath stood 3 weekes or a moneth you must bottle it vp.

To make Aqua mirabilis

Take 3 pints of sack, one pint of Aquavitae, and halfe

a pint of the Iuice of caelandine, cloues, mace, ginger -

nutmegs, cubebees=cardamomum, galingale, meliots

Flowers of each a dram, well bruised together and put

them into a glasse to infuse 24: howers, then still itt

with a very soft fire, and let the still bee pasted vpp

close, you may add iuice of mint if you please, if you

haue a glasse still, it is best, and sweeten it with white

suger of candy; The virtues of this water are very many.

To make Quince Marmelade with Ielly white, or Red

Take a pound, and a halfe of double refined suger, boile one

pound to suger againe, beat the other half pound, and

set it by, Take quinces and grate them, then straine them

as quick as you can through a Ielly bag, or a peice of cotton

till it bee as cleare as white wine, then take parboiled -

quinces halfe a pound, cut them in pieces and put them

into that suger that is not boiled then put the boiled suger

to them alsoe, and a pint of of that Iuice that was strained,

and one spoonefull of water, then boile them as fast as you

can till it will Ielly let not the Fruit bee aboue the

liquor, you must make the Red the same way, onely

you must put ni 3 spoonesfull of water, and cover it

a little.

(25)

To make plaine cake

Take to Six pound of flower, three pound of sweet

Butter rubbed in the Flower, one pound of sugered

Carrawayes, a quarter of a pound of fine suger beaten,

mingle it with the carrawayes, one pint of thicke creame,

one pint of Ale yearst, knead your cake and lay it before

the fire to rise halfe an hower, and when you goe to

mold it, put in your carrawayes and suger, and soe lett

it stand 3 quarters of an hower in the ouen.

To make a Fricacee

Take an onion and cut it in halfe, and fry it in a pan

with a piece of sweet butter, till the butter tast well of

the onion, then take 4 pigeons, and parboile them, then

cut them into pieces, you may take larkes alsoe; and cutt

them in halues, put them into the butter and fry them

a good while, then take a quart of oysters well washed,

letting the liquor stand till it bee cleare and then put

itt to them againe, and soe put your oysters into the pan

to your pigeons, and when your oysters bee more then halfe

boiled, take the yolkes of seuen egs beaten & mixed with

a little wine vinegre, nutmeg, and cynamon according to

your taste, put these into your pan stirring it altogether

till you thinke it thicke enough, and to put into your

dish you may ad a pound of sawsages to it if you please.

I Thinke that leamon will be better then Vinegre.=

page 26 || page 37

(26)

To stew a Calues Head

Take a calues head let it bee halfe boiled, then cut it in

pieces, and season it with nutmeg, and salt; stew it with

a quart of wine put to it two onions cut in quarters -

with a good quantity of samper, and a small bundle.

of sweet hearbes, let this stew altogether till you thinke

they bee almost enough, then take a pint and a halfe -

of oysters, put away some of the liquor from them, &

season it with a little wine large mace, salt and an onion

set them ouer the fire to take the Rawnes from them.

then put them to the other things with some of the

liquor, and a piece of sweet butter, take a red Cabage

boile it in water and salt, with the bones of 4. or 5 -

anchoues, when it is boiled enough take it vp & cut itt

into quarters, and lay it about the dish. if you

please you may put in the Iuice of a leamon. -

To make a Pye.

Take a handfull of spinage another of lettuce; al=

=most as much of sorrill, as both the other, parsely, and -

sweet hearbes a top or two, when you haue washed -

them, cut them a little, put them Into your paste

with butter suger, and a little nutmeg. any fruit

that the season of the yeare will afford some

little pieces of flesh as yeale mutton or lambe.

when it is baked put in a little white wine, or

sacke and Butter.

(37)

Bottle, and set them vpon soft embers and let them boile -

leisurely the spare of two howers, then take them off, and set

your bottle by, for a day, and a night, then straine it out fr

from the spice, and put it into your Bottle againe, then take

a pound of browne sugercandy bruise it and put it in, and

6 graines of muske tied in a linnen rag, and soe put it into

the bottle, and thus you may keepe it all the yeare;

To make Cynamon Water.

Take fower gallons of canary sack, and halfe a bushell of

Damaske roses buds, and a pound of burrage flowers, a

quarter of a pound of rosemary Flowers, two pounds of rei=

=sins of the Sunne stoned, two pound of cynamon, steepe all,

these in your sacke, and distill them in a limbecke, in the

put that it runs into put a pound of white suger candy

broken into peices as big as a nutmeg, and a pint and a,

halfe of Iuice of pippins.

To make a pretious drinke good for the wind in

the stomacke, or to bring off any meat or

drinke that lieth upon the stomacke.

Take two quarts of small aquavita and put into it cowslipp

flowers, sage, rosemary Flowers, and sweet marioram of each

a pretty handfull, of pellitory of the wall a little, cynamon and

nutmegs of each halfe an ounce, fennell seedes, annis seedes, -

corriander seedes, carroway seedes, grumwall seedes, and Iuniper.

Berries of each a dram, bruise your spices, and your seedes seuerally

a handfull of reisins of the sun stoned, and 2. or 3 figs sliced, put all these

into a wide mouth'd glasse, then set it 20 daies in the sun, and stirre itt -

euery day with a little sticke, then straine it out and put therein halfe a pound of

fine suger and let it stand in the sun till the suger bee melted, stirring it about sometimes.

page 38 || page 39

(38)

To make Sirrup of Vinegre=

Dissolue a quarter of a pound of suger in 6 spoonesfull of

Rose water, and a quarter of a pint of wine vinegre, and

Boile itt to a sirrup.

The manner of distilling a water of honey.

Take two pound of the purest white honey being both -

cleare, and pleasant in taste, which put into a body of glasse

being soe big as 4 of the 5 parts may remaine empty the

same past strongly aboue settling the head after on itt

and a receiuer aptly to the nose of the still when you

haue thus done then make a gentle fire vnder itt

att the first but after increase the fire to heat more -

and more, vntill certaine white smoake appeare in the

head of the glasse body which manly coole.

and turne it into water by wetting of linnen clothes in

cold water, and lay on the head and nose towards the -

Receuer, for that turneth into water as red as bloud, and

being all come put it into another glasse stoping the mouth

close, which let stand soe long vntill the water become very

cleare, and in coulor like to Rubie, now it being on this wise

as aforesaid distill the same againe in Balmeo maria,

and soe often repeat this vntill you haue distilled itt

Six, or Seuen times ouer that the coulor bee changed-

and in the end be like to the coulor of gold, which then

is most pleasant of sauor, and soe sweet that nothing

may bee compared like to it in fragrantnes of smell, itt

doth dissolue gold, and prepareth it to drinke, itt is alsoe

very comfortable to all those that are apt to have swoun=

ding=

(39)

swounding fitts, and are vsed to faintings in the stomacke,

in giuing to any one two or 3. drams to drinke, likewise if

you wash an wound or stripe with this water it doth in,

small heale the same; this pretious water doth mar=

=velously helpe the cough, the Rheume the desease of the

Spleene, and many other deseases scarce to be beleiued; -

This water was administred, to a person sicke of the palsie

for the space of 46. daies, and hee was by the mightie helpe

of god, and this miraculous water, throughly healed of his

desease, alsoe this helpeth the falling sicknes, and preser=

=ueth the body from putrifying, soe that by all these wee

may learne that this is as it were a diuine water from

heauen, and sent from God to serue vnto all ages.

To preserue Walnutts.

Take some walnuts about the latter end of Iune or the

beginning of Iuly when the shells are like a Ielly or -

before they bee tuffe then pare the vpper thin skinne off

like an apple, and make a hole with a Bodkin through

euery one of them, put them in water and shift them twice

a day for 4 daies, then boile them till a rush or straw wild

goe through them, Then way them, and take as much -

suger as they way, and put as much water as will make

itt a sirrup, and when they suger is melted put in your

walnuts, and for halfe a pecke of walnuts you may allow

halfe an ounce of cloues, an ounce of cinamon, and halfe an

ounce of ginger, or els butt a quarter of each, boile alto=

gether till the walnuts bee prety tender, then take

out the walnuts and boil the sirrup as for other things

page 40 || page 41

(40)

To boile a capon larded with leamons

Take the capon being scalded and bruised, and put him

into a pipken, with a fagot of sweet hearbes, and strong

mutton broth, put in a little large mace, one nutmeg quartered

and soe let it boile, till hee bee almost tender, then take -

him out and lard him thick with leamons, put to your -

Broth manchet, and the yolkes of 2 hard egs, garnish

your dish with stewed pares, and Barberies and Season

itt with suger.

To make hipocras for a consumption

Take a pint of malmesey, and as much wormewood water -

put them into a fair glasse of a pottle or more, and putt

thereto an ounce of cinamon, two drams of case ginger r=

which is pure and white within, bruise the cinamon, and

ginger great; and put it into a glasse, and put to this -

fine suger, 4 ounces or more, and soe let it stand fast stopped

three dayes, and at the third dayes end giue it to the sick

6 spoonefulls in the euening and as many in the -

morning, and let it bee warme and at euery time -

you take of it shake the glasse.

To make Harts horne Ielly.

Take a quarter of a pound of harts horne scraped

boile it gently in a pottle of spring water, till you see

by taking of some vpon the point of a Knife, and laying it on

a dish that it gelly then straine it and sweeten it to your

taste with suger, rosewater, and Iuice of leamons: =

(41)

To make plague Water:

Take red Egrimony; wormewood, Sage, salandine, balme

mugwort, dragons wood sorrell, scabius, wood betony -

browne mayweed, Avens. Angelica, turmentill, pimpernel carduus

benedictus, of each a pound. Ennula campana rootes, burnett

marigolds, featherfew ^of all each a pound=two ounces of hartshorne, and two pound

of rosemary, mingle all these together, and chop them very

small, and then steepe them in 5 gallons of the best white

wine or sack. 3 daies, stirring it once a day, then still itt

in a common still with a soft fire./

Doctor Burges his direction against the plague.

Take 3 pints of malmesey, and boile therein a handfull of

Sage, a handfull of rew, till it bee wasted, then straine

itt, and sett it ouer the Fire againe, and put there to a -

pennyworth of long pepper, halfe an ounce of ginger, and

a quarter of a pound of nutmegs, all beaten together then

lett it boile, a little, and take it off, then put to it 4 peni=

worth of mithridate, 2 penyworth of london Treagle, and

a quarter of a pint of Angelica water, keep this as your life

aboue all worldly Treasure, take it alwaies warme both

euening, and morning, a spoonefull or two if you bee infect

=ted, and sweet thereupon if you are free of infection -

three quarters of a spoonefull, at morning, and halfe a

spoonefull at night is sufficient, in all the time of the

plague, vnder God trust to this for this neuer did faile

either man woman or child, this is alsoe good for the

measles, smallpox, and other Kinds of Deseases

page 42 || page 43

(42)

To make=Inke=Verie Good

Take a quart of snow or raine water, and a quart of

Beere vinegre, a pound of galls bruised, halfe a

pound of coperis, and 4 ounces of gum bruised; first

mix your water and vinegre together, and putt itt

into an earthen Iug, then put in the galls, stirring

itt 2. or 3 times a day letting it stand 8 or 9 daies, a

and then put in your coperas and Gumme as you

vse it straine itt.

To make Almond Puddings

Take a pound of the best Almonds, put them in,

water over night, and in the morning they will blanch

when you haue blanched them beat them with a

little rosewater; take alsoe 12 egs, and boile them

hard, and chop them very small; mingle them with

your Almonds, and 6 penny loaues, grated and

sifted, seuen egs beaten, with three pound of suet,

a little Cynamen, mace, and nutmegs, and as

much suger as will sweetin itt very sweet, wett it with

as much creame, as will make it not too thinne

and soe fill them in your gutts, and boile them,

butt Note that a little boiling will serue.

(43)

To Make the cocke water

Take of Burrage, Buglas. 2 handsfull of each, tyme, penny

=royall, Rosemary flowers, one handfull of each, a pound of

reisins of the sun stoned one pound of currants, halfe a pound

of dates, 2 quarts of sacke, 2 quarts of new milke, and a

cocke well beaten not washed but dried with a cloth, and put

itt into these things whilest itt is warme, and still them,

altogether in an ordinary still, and let the water drop

into a glasse, with suger candy and leafe gold in itt, well

beaten, together with some magesterium of peatle if

you please, you must take of this water 4 spoonefulls

before dinner an hower or two, and as much att fower

of the clocke in the Afternoone.

A Drinke for the Ricketts

Take two good handsfull of scurvie grasse, 2 handsfull

of water creasis, 2 handsfull of brookelime, one handfull

of Harts tongue, one handfull of lungwort, 2 handsfull of

liuerwort, one handfull of Betony, and one handfull of

egrimony. wash them purely cleane, and swing them well in

a cloth, that there bee noe water in them, and beat

them well in a stone morter, and put thereto a quart of

red cowes milke warme from the cow, then straine them

through a Fine cloth, put it vp into a Bottle, and

let it bee close stopped, and let the child drinke of

itt. Itt must stand in a very coole place. \_\_\_

page 44 || page 45

(44)

An Ointment for the Rickets

Take a pound of fresh butter well beaten, or

washed out of the Chirne, clarify it, and take two

handfulls of woodrose or spurrey, shread itt very

small and boile it with the Butter a good

while leisurely, and when you vse itt haue a care

the child take noe cold; annoint the Breast

and belly of the child, spreading the breast

and stroaking downe the Belly; keepe the child

warmer those dayes you annoint him, then att

other times./

To make Ielley of Calues Feete

Take two pair of calues Feete, open them and

take out the knott of fat in the middle of them, then

boile them in two gallons of water vntill it come

to a pottle, keeping it cleane scum'd all the while,

Then let it stand till it bee cold, and take off the fat,

put to this one pint of sack, one pint of white

wine, coriander seedes, nutmegs, ginger, cynamon,

mace, Rosewater, and suger, to your taste; put

in these ingredientes when itt is cold, then let it

boile on the Fire, and cleanse it through a

Ielly bagge, till it bee cleare enough, you

may ad Iuice of leamons if you please, and

itt will tast the quicker. =

(45)

To make a thicke creame:

Bring 2. or 3. Cowes according to the quantity -

you will make as neare the place you set your creame

in as may bee, and milke them with all the speed -

that you can, soe that the milke may bee strained as

hot as possible you can into the pans, for the warme =

=nesse of the milke from the cow is the reason of the

thicknes of the creame, soe lett it stand 24 howers

if you thinke it will keepe noe longer sweete, and

then take itt vp as thick as the creame will afford; &

you will find it a very thick creame, and cleane

another Taste if you exactly obserue the Rule -

To make a Friccacee of Veale.

Take a Breast of Veale, cutt itt in small pieces

and lay it in water a quarter of an hower to make

itt white after that take a skillet and put in a pint

of clarrett wine, and a pint of water, and a whole

leamon after you haue taken away the pill of itt

and put in salt, and when this boiles, put in your

meat skum itt often, then put in a quarter of a pound

of Butter, then take 12 cloues, halfe a nutmeg, and

2 or 3 blades of mace, and a little pepper, and beat all

these together, and put them into the skillet, if this bee too

much spice you may put in according to your liking; alsoe put

in a few sweet hearbes, then take 6. yolkes of egs, the Iuice of a leamon

and one orange, & a little of your broth beat all these in a porringer

take off from the fire your skillet, & put in these, then take it

vp and serue itt in. =

page 46 || page 47

(46)

To make a possett

Take two quarts of very sweet Creame, and -

when it boiles take itt off the Fire, and stir itt

least itt curdle, putt into itt the yolkes of Six new

laid egs, finely beaten with a little Creame, before -

the cocks treads bee taken outt, sett itt two or three

minutes over the Fire againe, stirring itt continu=

=ally, then putt itt into the Sacke (w,hich must

bee ready att the Same tyme) thus; Take the

third part of a pint of the best Canary, and putt

into itt 3. nutmegs quartered, 3 quarters of a

pound of suger, sett itt on the Fire till itt come

to a sirrup, then putt in your creame as afore=

=said; if you like itt you may lett 2 graines of amber

greece boile in your Sacke.

An excellent approoued plaister for the spleene

which hath cured divers giuen ouer by the Phisitians =

Take halfe a pound and halfe a quarter of Deers

suett, as much wax, and olibanum, Rosen, and -

Frankincense of each halfe a pound, masticke,

and camphire of each halfe an ounce, of the best

Turpentine halfe a pound and halfe a quarter,

melt all butt the Turpentine, and the Camphire

=

(47)

And when itt is melted, stirre in the Turpentine and

Camphire, then power all into a Bason, the bason hauing

a quart of white wine in itt, and worke itt into little

Rolls, and soe Keepe itt, lett the Camphire and all bee -

throughly by Dissolued before you power itt into the wine

probatum est:

A Receipt to take away the red spotts out of

the Face after the small pox are gone.

Take of the Femitary water a quarter of a pint, wild tansey

water a quarter of a pint, sulphur vivum, a quarter

of an ounce vnbeaten; 3. or 4 leamons, powder of cam=

=phire a quarter of an ounce, and a pint of the best white

wine, Then using the Iuice of the leamons into a thing

by itt selfe, and boile the pith with the two waters and

the camphire, and when itt is cold, mix itt with the Iuice

of the leamons (when you haue strained) you must straine

the leamons alsoe, then poure itt so the white wine, and

lett itt stand 5 or 6 daies in thee Sunne.

Another Receipt

Take 1/2 a pint of white wine, 2 leamons, 4 graines of

powder of camphire, and a pint of milke, boile the milke

and putt the Iuice of the leamons into the white -

wine, and when the milke boiles make possett -

take of the curd, and then putt in the Camphire and

lett itt boile.

page 48 || page 49

(48)

An Ointment to take the spotts out of

the Face after the small Pox =

Take an ounce of deeres suet cut it small & put it into

a pipkin with 1/2 an ounce of camphire; melt them together

and take of sulphur vivum 2 penny worth, beat them

it very small and sift it, and put it in when the other is -

almost cold.

A very good ointment for a tetter or any Itching

Take of lithridge of gold, beaten, and Searced into very

fine powder, halfe a pound, and put itt into a morter

and stirre itt well Sometimes with oyle of Roses and Some

times with wine vinegre, till you haue consumed the

Best part of a pound of the oyle, and halfe a pound of

the vinegre, by which time itt will bee an ointment

and whitish, you must doe itt with a wooden pestle -

A Receipt for a Consumption

Take Dandelion, wood Sorrel, scabius, watercreses

bloudwort, yarrow, and parseley of each of these one hand

full; liuerwort, parsely rootes and fennell Rootes of each

of these, two handsfull; red rose water one quart, red Cocke

Chickens six, hunted to Death, and chopped into little pieces

all parts except the guttes, the hearbes must bee chopped which

when you haue done distill all these in a common still, with 20-

or 30 pieces of gold, and when the water is distilled, put therein a

quarter of an ounce of prepared pearls 1/4. of an ounce of pre=

=pared corrall, 1/2 an ounce of confectio alkermus, and 2 ounces

of manus Christi, and then giue 3 spoonefulls to him to drinke

att a time that hath need of itt.

(49)

Doctor Butlers Receipt against a consumption

Take China rootes thin sliced 2 ounces, steepe them 12

howers in 8 pints of fair running water, letting itt stand all

the Tyme warme, and close couered in an earthen pipkin

or Iorne pott, then sett itt on a cleare fire to boile with a cocke

Chicken, and a pice of Veale; keep it cleane scurn'd, then putt

to itt raisins of the Sunne, and Currants of eache 2 handsfull;

maiden hair and Colts foot, of each an handfull; licorish

scraped and Bruised two stickes, 4 dates, 3 blades of

large mace, and the bottome of a manchett, boile all these

together in the Pipkin, with your broth till itt bee

of a reddish coulor, and bee not in quantitie aboue a

a quart, then straine the Broath, and bruise the

Chickens bones all in a stone morter, and straine the

Iuice into the broth, then sweeten itt with suger candy,

and Drinke a good draught warme 2 howers before

Dinner and supper dayly, for 12. or 15 daies vsing still

your ordinary Diett.

To make Mackaroones

Take a pound of Almonds laying them in cold water

two daies shifting the water twice a day then blanch

them out of that water, and pound them in a stone

morter, with halfe a pint of Damaske rose water, till

they bee small, then take a pound of hard suger, and

beat with them, then put them in a dish, adding the

broth of 4 whites of egs, and neere a peny white loafe

grated and searced through a siue the make them

=

page 50 || page 53

(50)

Boile a little, and soe drop them on wafers cakes

in fashion of a macaroone, washing them over, with

the froth of egs with a feather, and scrape double

refined suger on every one of Them, which will Ice

them, then put them into an oven, which must bee as

hott as for manchett, looking to them that they doe

not colour too fast, and when you conceiue they bee

baked, take them out, the finer your suger is itt

makes your mackaroones the better, and the whiter

they will looke.

To make Violett Cakes

Take Violets, and cutt off the white ends of the

leaues, put them into a pewter dish, and sett them

into the oven after white bread hath been baked -

therein, the heat whereof will dry them, which done

beat them to powder and siftt them through fine

Taffany, Then take gum dragon, and steepe itt

in rosewater till itt bee like starch, then take 4 -

ounces of fine suger beaten and Searced, and make

paste with your gum, that which you make must

bee pretty stiffe, putting as much powder of the -

violetts thereto, as will coulor itt according to your

owne desire, Then roll itt out like paste very thin

and cutt them into what Flowers you please, laying

them on glasse plates to dry, if you will haue -

your cakes red put 2, or 3 drops of Iuice of leamons

to itt, if white nothing but suger and Gum.

(53)

To make Diett cakes

Take ten of the palest coulered hen egs, taking the skin

and cock Treads from them, and putt them into a

deepe stone pan, that will hold about a pottle, Then

put a pound of double refined Suger finely beaten into

Them, and soe beat them with a stick made flatt att the

end about an inch broad, some 3 howers neuer letting -

them stand still, in the Interim heat an oven as hott

as for house hould bread, when the oven is hott take a

pound of fine flower, and stir into the egs, and suger

with a few carraway seedes, and a little Amber

greece, and muske, they must bee baked on tin or

pewter plates, which must bee buttered within the brims

and then drop a spoonefull and halfe of your bater, on

each plate, and soe sett them into the oven, not aboue

3. or 4. att a time, because one must stand att the ovens

mouth, with a slice and turne them as they see occasion

when they rise vp in the middle, and looke yellow, they

bee enough, when you haue baked them all take -

them off the plates, and lay them on white paper,

setting them into the oven, some three howers after,

(when itt is almost cold to harden -

page 54 || page 59

(54)

To Make Doctor Buggs Sirrup of Violett

Take Violetts picked and cutt and put them into

a deep gally pott, then heat water seething hott

euen ready to boile but it must not boile, and poure in

as much of that water into the Violetts, as when the -

Violetts are sunck you may presse a spoonfull of water

over them, then couer the pot close with double paper

and sett it in warme embers, but take heed they bee

not too hott for if they bee it will spoile the coulor

of the Iuice, let the pot stand in the embers, about

18. or 21 houers then presse them out as hard as you

can, and take to a pint of Iuice almost 3 poundes

of double refined suger, beatin and Serced, then mix

the Iuice and sugar well together, you must not lett

the Iuice come into any mettal, but put it into the

Same, or other stone pott, which couer close with paper

picked full of holes, soe sett the pott into a skillet

of cold water, setting it one the fire to boile till the

Sirrup hath a white crust on the top of it which

crust take not off for that will keepe the coulor of

the sirrup, when you haue occasion to spend any

of itt make a little hole in the Crust, and poure out

the sirrup through itt.

(59)

An Approoved Medicine for the Hickockes

Take such a proportion of warm milk from the cow

as the party is in case to take for it may bee administred

to one very weake, giving it to them very often if need

be require.

To Make Paracelsus Plaister

Take .6 ounces of sallad oyle, one ounce and halfe of

bee wax, 4 ounces and halfe of lithridge of gold, one ounce

of Amoniacum and one ounce of Bdelium; Galbanum

opopanax, and oyle of baies of each of these 2 drams; two

drams of tapis calliminaris, two drams of Aristolechia;

both long and round, two grams of mirrhe, and two drams

of frankincense, and one ounce of venice Turpentine, the

powders to bee beatin seuerally, first powder the lithridge

of gold, and searce it very fine then boile itt with the

wax and oyle till itt will not strick to your finger

being cold, Then before it be cold putt to your

gummes, but first dissolue them together in white

wine vinegire, and straine them into itt, lastly

ad to itt the powder, the oyle of Baies and the

Turpentine soe make itt vp into Rolls

page 60 || page 88

(60)

A Medicine for one that is in a desperate

fitt of the stone, and that cannot vrine

Giue the party a glister of halfe a pint of possett

ale, where in pellitory of the wall and parsely haue

been boiled, put to the strain'd liquor as much as

a wallnutt in quantity of Castill, spanish, or hard

soape, dissolued in the warme liquor, and foure

spoonefulls of Irish Butter mix all and giue itt

the party luke warme, for a glister, lay the party

on his backe vpon a bed, lift him vp by the legs thatt

his body may Rest vpon his shoulders shake him

well diuers times to se if the stone may bee remoued

backward from the necke of the bladder, Then

putt him in a bath, vp to the necke, or onely to -

the short ribs, keeping itt in a Temperate heat

by the fire side, giue him a draught of possett ale,

and 3. or 4 hiue Bees drye'd and beat to powder,

whilest hee is in the Bath, where lett him remaine

an hower, make a poultis of leeks, parsely, and

Black soape beaten together with a little fresh

Butter, apply itt warme to the bottome of the

Belly, next aboue the Share Bone, and

betwixt the cod, and Fundement.

88/

To make Sirrop of Iilliflowers,

Take of flowers the Whitts cutt of, one pound of them and

infusse them all night in 2 pints of springe Watter In a

baleu, In the morninge strayne them out and add to the

licquor fower pound of the best loafe shugger then sett

it over a gentle Hyre untell the shugger bee Disolved

Without boylinge then strayne it leist there bee

Anye drosse in the shugger takeinge of all the

Skumme ass it Risseth In the same manner you

maye doe it With sack onlye 3 pound of shugger

Will bee Enough and me thinkes the Sirrup much

better,

To cleanse Teeth Well

Take a quantitye of Powder of Corralls as much

powder of the pomye stone mingle it With a little

honnye and musk and soe keepe it and applye it

at your need of Rubbing your Teeth

page 89 || page 90

89/

To Pickle ffrench Beanes

Cutt of the stalkes of the Beanes and laye them

In Watter and salt for about a Weekes space then

take them from that Watter and green them in

fayre Watter and When they are Verie green

and drained from that licquor Put them Into

the Vessel you intend to keepe them addinge

White Wine Vineger and Salt to them couer

them With an oylie Paper and Sett them

by your Vse in the Winter

An Excellent Receat for a soare Brest to keepe it

from breaking ore for any other swelling one

it ore for any bruise Viz, Mrs Patts

Take an Equal quantity of honny and Aqua Vitta and

stirr it well together; over the ffyre vntel it bee a little

thicker than oyle then Beath your brest Well With it

ouer the coales and dipp a cloath in it and laye it

Morninge and Eveninge intell you fynd Ease

90/

To cause sleepe in feauors ore any other Distempers

Take the yolk of a new layd Egg a large Nutmegg gratted

as much bay salt as halfe the nuttmegg beaten the salt must

bee Verie fine Mix these Well together and spred it vppon a

fine lynnin Cloath take the Cold of one it and applye

it to the forhead and the temples and let it soe lye six

howers and if need doe Require it you maye doe it agayn

but Obserue that Commonlye the first time does

the Worke of Causeinge Sleepe

To Cure a Cankey in the mouth ore the mouth any Waye soare

Take a quantitie of hony and half that quantity of Roach Allum but

burne it and beat it to powder then mix it with the hony in a pewter

ore silver dish heat the End of the tongues ore the like Iron redd hott

and then stirr the allum and honny together with the said Iron -

heating it still hott vntill the Ingredients turne black and then vse

it three ore fower times a day with a little Ragge vppon a stick.

page 91 || page 92

91/

To Marrianate soles ore flounders

ffrye your fish first as you would doe to Eat it and -

haue in dressing White wnine Vineger two or three -

Cloues of garlick brined Ten cornes of Peper cracked -

Laye your fish in the sauce and turne it once a day you -

Maye Eat it as it is done ore keepe it at pleasure and them -

sauce you must observe must thee accordinge to the -

quantitye of your ffish

For Aches t homas Blothers seare cloath

Take a quarter of a Pound of White lead one ounce and a quarter

of ceruse three large leaues of gold halle a pynt of sallet

oyle put the oyle in a broad Erthen pann skillet set it one the

ffyre a little While then put in the ceruse and stir it

With a stick tel it bee cleare and black, then make it

vpp in Rolles spread it one a cloath and lay it one

Warme Where your payne is and let it lye on vntel

it falls off of it selfe

92/

To Make a Cake By Mrs Margaret Melborn s Way. Viz

Take fower pound of flower three pound of Currans Verie well pickett

and dryed after washed three ounces of fyne shugger a quarter of an

ounce of these spices Mace Nuttmegg and synamon fynlye and beaten

Mingle all these together take tenn Eggs have the Whites taken

away halfe a porrenger of ale last beat these Well together and

put it to your other things, Then take a pynt and quarter of

thick creame boyled melt halfe a pownd of sweet butter in it

and let it stand tell it bee but blood Warme then mingle it

With the other things it Will bee soe thin that you must sett

a hoope one your paper and power it into It must bee

baked in a quick ouen and Eaten New,

To Cure a quartan ore doble quartan

ague given me for Excellent by a Portuges

Olibenum mastick and safran mixt with one peny

worth of Venice Terpentine of each 1d Worth beaten to

powder lay it one your Navell one however befor the

fitt comes Playster wayes Cures all manner of Agues

page 93 || page 94

93/

To Make a Iuyce of liquorish Mrs Lake s Way Viz

Take a pound of English liqorish scrape and kutt into small

pecces sliced and bruised and put it into a deepe gallye pott

and put into it Coultsfoott watter horehound watter Isope watter

scabius watter of Each of these a pynt Tye vpp the pott Verie

closse and sett it in a skillet of watter let it boyle in that watter

ffower howers then take vpp the pott and take out the Licorish

and beat it Verie small in a marble morter put it in Cooke

pott agayne to the same licqour and let it boyle in the skillet

of watter fower howers more then strayne it and into a

siluer basson and sett the basson one a skillet of boyling watter

vncouerd that the thinest part of the Licquor maye

Evaporate then add to this a pound of white shugar

candie finlye beaten and searced and when it hath

melted well together power it into seuerall Cheynie

dishes and sett the in the same ore a stoue and stirr

the Everie daye with a wooden knife soe keepe it in

a stoue till it is stiffe anough to roule vpp into

knots ore lozenges you maye add in the making

vpp of it a little musk ore ambergrisse if you please

and dipp your finger in powder of licquorish to keepe

the powder from strikinge to the stuffe drye them in a

stoue ore in the sunne, This is most Excellent

for consumtiue coughs of the Lungs

This Receat Mrs Ann

melcombe procured mee

finis

94/

To Make Excellors Orenge Watter Viz

Take two quarts of the best Sack halfe a pynt of

aqua vita ore brandye winne then take the Rynds of halfe

a hundred of orenges pare them as thin as possible that

no white appeare one them then steepe them all Night

ore 12 howers in the said licquor then still all with a

soft ffyre and your still must bee luted vpp which

is pasted that noe ayre come in and this watter you

must sweetened with shugger candie ore the best loafe

shuger as you please the first quart is the best euery

time you still

finis

page 95 || page 96

95/

Mr Leonard Wilkes Receat for Good chocolate

and the mixture it oft to haue of things

A milliarium 1000 Cacaus tosted & soe taken

the husks off Beinge Computted fower pounds Neat

Requires 3 ounces of synamon

6 Bynillas

3 pownd of shugger

If you please to put Musk in a dram will serue for

ffortye ore sixty pound, to put it in your Chocolate you must

beat it in a morter with some white shugger and when

your chocolate is redy to bee taken of the stoue you must

mix it

You must have great Care in the Tastinge of your

Cacao perpetually stirringe of it while it is one the

ffyre for not to burne which if it happen will giue it a

badd tast

you must tost it in a new Cassuela that hath not been

vsed befor for not to giue it a badd tast

your spyces must bee sifted ass fyne as possible to

preuent any settlinge in your chocolate dish at the time

When it is taken,

Collonel Iohn Belasyse

had the receat with hime

Cadiz 4th 8October 1665

96/

For the Eys Mrs Rebeca Ashan ,

Excellent Receat of a Powder for them Viz

on ounce of Prepered Tuttye

on ounce of white shugger candy beaten & searced

on ounce of the powder of skutell Bone ore shell

To all thes powders as Much burnt Allum beaten

fyne ass much as will lye one A groate

Mingle all these together and blow thes powders

once a day into the eyes with a quil,

You must distil some Rotten Pepins and Wash the

Eyes with it vppon a ffether the Watter of it.

To make Inke the spanish Waye Viz

To 3 Alcarrasas of Rayne Watter

2 quartillos of wine Vinegre

8 ounces of gaules

4 ounces of Copres

2 ounces of gomme Arabicke

Stirr thes things frequently in an Erthen

pott for 7 ore 8 dayes & when you Vse it

page 97 || page 98

97/

a Receat for any bruise an Excellent thinge

Take 1 pynte of ffayre Watter 1 pynt of the best

winne vinegre 1 handfull of peny veyall greene

is best, use dry yff noe other 6 ounces off lichorish

slyced and kutt small and pot let it simper in the

aboue, said lichour but not to boyle fast, and let the

quart boyle to 1 pynt litle more ore lesse and

boyle it in a new pipkin and soe boyle bottle it vpp

the licqourish you maye chew it in your mouth

as longue as the Vertue last, take the licqour

for a bruise, chaiffe ore shortness of breath

and alsoe to bringe one to a stomack take

two or three supps and fast always one

hower ore tow after & soe vse it at your pleasure

98/

To Make orenge Bisquit

Take orenge Peells and watter them all night next

day boyle them Verie tender shifftinge the watter.

once in the boylinge then scrape out all the white

pulpe leaueinge onlye the redd rynde Verie thinn

and beat them Verie fyne in a stone morter, to this

you must put all the meat of the orenge first

boylinge it in a silver Tankard in seething watter

a good Whyle the boylinge soe is to take away all

the rawnesse, put away all the Iuyce as cleere

as you canne without squeesinge ore Wringinge pick

out all the hard skinns and seeds and put the pure

pulpe soe boyled to the beaten orenge peeles and beat

them boath together, but befor you put the pulpe to

the peeles you must waye the peels and to Euerie

halfe pownd of peels you must waye one pound

and halfe of doble reffynde shugger Verie fynlie

beaten, then beat your pulpe peells & shugger all

together vntill it bee Well mingled, then let it

stand in the morter till the next day, then

beat it well agayne and spred it vpon peeces

of glasse ore plates and when it is a little dry

you maye kutt it into whate shape you please

page 99 || page 100

99/

And then sett it in your stoue, yff you dry it hard

you must take all the meat cleane out of the

orenges Peells befor you watter them and the meat

soe taken is in which must bee boyled in the said

Tankard

finis

Captain William Webber 's Receat for the

Cureinge of most paynes & aches

Cadiz 1669

Take a pynt of white ffrench winne in a

pynt pott 10 leaues one cloues of mace 30

spriggs of sweet margerim Tyde with a thred

put boath these into the said winne & boyle them

vntell 1/4 part bee consumed then strayne it

through a cleane lyninge cloath into

another Vesell and beinge strayned retorne

it vnto the same pynte Pott & reafill it

with good sallet oyle with .2 spoonfulls

of white shugger, Now thus, brew them together

Vntill comes to bee noe warmer then

100/

can bee suffered to drinke, and then drinke

the same ffastinge in a morninge in your

bedd then off shirt & couer your selfe Verie warme

head and all for an hower lyinge fflatt one

your back, Then one hower more with hott

cloathes from the ffyre continewally frotinge

ore wypinge all the bodye ouer then begin by

little and little to take off the cloathes

from the bedd to coole yourselfe by degrees

but still wypinge that noe sweat returne

into the body for the space of an hower

and soe repeat the medecin an you

fynd in needful for a Totall Cure

finis

page 101 || page 102

101/

Mrs Rebekah Ash hir most

Excellent Powder for the Eyes

Take one ounce of Prepared Tuttye one

ounce of shugger Candye the whitest, beaten

and serced one ounce of the Powder of scutlebone

to all these powders as much burnt Allum

beaten fyne as will lye one a groate, then

mingle all these together and blow these

powders once a day into the Eyes with a quill

you must still some Rotten Pepins and wash

the Eyes with some of the watter noat that

the burnt alome

must bee alsoe serced

London

Para haser buena Tinta

Cadiz 6 de Nouiembre, Iuan

Baqueriso guarda de Nauio

que asido Maestre de escreuir y contar

Alna a sumbre de agua lloudiza sin sisar

3 oncas de agallas negras rompidas de vn golpe

3 oncas de caparosa

1 vna onca goma arabiga

Medido toda en esta olla nueba puestra en la sombra por

doce dias y meneada 2 veses al dia con palo de higuera

hendido decrus al Cabo solo, y esta saldra muy buena

Tinta =

102/

Mr william ffens receat to make rare

Inke giuen mee in Malaga Ano 1646

Take halfe a pound of Gaules blacke & small &

break them in as few peeces as you canne & steepe

then in three pynts of fountayne watter for 2 dayes

then boyle the said watter with the gaules vntill they

consume to the quantity of one Pynt then take the

quantitye of three quarters of an ounce of copris

and put in it & then put in ouer the fyre agayne vntill

it boyles vpp a little then take it off and put it a cooling

and there will proceed good Inke, you may strayne it

yff you please,

Nota that

said Inke must be made in a new Erthen Pott and all

the whyle its one the ffyre, & off Vntill it bee cold

it must bee stirred;

finis;

page 103 || page 106

103/

To make double Incke kalled In ffrench ancCre Luisante

this is the way and receat My brother Mr

Iohn wescombe Gaue Mee the Ianuary 1671

To three pynts of ffrench wine must put one pound of gaules

which you must putt in an Earthen pott Ea'ther in the sume

ore neere the fyer soe that it may heat without boylinge duringe

three dayes, stirringe it with a stick of a figue tree three

fower or more times a Day=

It will bee good after the Tow ore three dayes Infussion to aproch

it neere the fyer for fower ore fiue howers time, that it heat without

boylinge and afterwards when its Could to straine it through

a linnen Cloath= You must afterward take one ounce of copres

and put into it, with halfe an ounce of arabicque gumme, all well

pounded & stirre it from time to time vntill you see that all is well

dissolued,= & afterwards must adde to it halfe an ounce of uitriol ^ of

roman and let it all remaine duringe three fower ore more

dayes, and finally you must straine said Incke a second

time through a linnen Cloath & put it in your Botle the which

you must leaue Exposed to the heat of the sunne duringe

6 ore 7 dayes for the more you leaue, it the more it will

shyne & obseruinge these things you shall haue perfect

Recetta de Dona Maria Leal mi

Comadre para hazer Agua de Ambar

9 libras de rossas limpias

1/2 aroba de vino de lucena

2 onzas de clauo de Comer

2 onzas de Canela

2 onzas de Nues Muscada

4 onzas de benxui

1 onza de ostoraxe

1 Pu&#241;o de Alxusema

1/2 libra de Cimienta de Treuol

1/2 quartillo de aguardiente de Cauessa

-

Todas las especias y simdas refferidas bien

Maxadas y aEchar todo en vn lebrillo ama=

sando con fuerca de brassos hasta que se aya

enbeuido todo el Vino y despues echar en vna

tinaxa &#243; Orza tapar muy bien con vn couertor

dexando todo estar Nuebe dias y despues sacar

&#243; destilar todo por Alquitara con poco fuego, y a

los picos de las Alquitaras atar vna Algodones con

vna poca de Algalia y a cada asumbre de este

page 107 || page 108

107

Agua se eche vn quartillo y medio de Agua

rozada vn quartillo de agua de azaxar y

medio quartillo de agua de Treuol Todo

esto echar en vn perol &#243; Olla Nueba

Muy bien Tapada y dexar heruir vn

poco y a esta cantidad se eche Vna

adarme de Ambar dos de Algalia y

Media de Almiscle y vn papel de

Poluos de Ambar y despues desbaratar

todo esto en vn Almires Caliente y

echar todo esto, los flascos quando

el agua esta caliente Tapan dolis Muy

bien y poner dichos flascos al sol quanto

Mas sol Mexar estara dicha Agua de

Ambar

Cadiz Anno de 1676=

Mr Henry sheers receat Giuen My lord

Marshall howard for parfummige of

lether an Excellent way anno 1670 Ianuary

4 ounces of Ambar } Proportion of the Ingredients

2 - muske

1 1/4 - ciuit

3 - oyle Iesemi } Proportion of the Ingredients

3 - Gum Dragon

2 Pynts rosse watter

The Ambar in first beaten small in a morter by it

selfe, and afterwards is put to it oyle of Iesemi with

which it is agayne beaten and mixed verie well use

Elce the ambar will wast in the Dryinge, beinge well

Mixed with oyle of Iesemi which requires 3 howers labour

they then put to it Gumm dragon disolued in rosse

watter and strayned through a fyne lyning cloath

being thus mixed they put to it the Ciuet stirring

and well mixed together then they put in the

Muske which is first well beaten in a morter by

it selfe and Temperd with rosse watter, still

puttinge in and Tempringe the Composition

therewith vntill it bee of the Consistance

gap of thicke Cream

page 109 || page 110

109

it is Applyde by a small spunge and one

quarter of one howers sunne in Madrid , Viz

Sol de Membrilla aboute the month

of Iully perfects the worke

the proportions aboue Mencioned

& perfumes Viz

7 Cordouans 4 of them beinge Twice layd one

7 kidd skinns for fans

6 payre of weamens Gloues

finis

u

Memoria Como se ha&#231;e El Picadillo de Xigote

de Carnero

Primera mente sepica la Carne y despues selaua bien y lue=

go, sepone en vna Ca&#231;uela, a sancochar Con agua, y su sal, y

vnos axitos picados=

Tenestando medio sancochada sesaca y seba &#233;chando en

vn Almirez, y seba malando, por si hubiere algun nerbe=

suelo en la Carne por mal picado, por este Camino sepuede facil -

mente quittar= Y luego se echa en vna Ca&#231;uela aco&#231;er con manteca de puerco y sele=

&#233;cba suespe&#231;eria de ^ nues muscada de azafran, Canela, Clauos, decomer, y Pimienta

Yantes de sacarla, para lamesa, leuanten Vnas Yemas de

huebos Con suagris de limon, y sehecha enla Ca&#231;uela

todo y semenea, y de alli selleua este Plato de Pica=

dillo ala Messa=

Recta del Capittan francisco. del Po&#231;o

de Rota queta Remitio a Cadiz al Sr

Consul Donn Martin Biscomde

a 22 de Agosto de 1682

ojo, Con su manteca de puerco &#243; manteca de flanders

page 111 || page 120

111

Receta que me dio Vn relixioso en

Orleans a 23 de Mayo Iuebes de 1675

por cosa muy cierta para matar destruyr

chincas en las camas y paredes

Azoge, Hiel de Buey &#243; Vaca, Vinagre

fuerta, y cal, seca;

Misturar todo en Proporsion y battir y despues

de hecha pasta, poner della alos abuxeros

de las paredes y en qualquier parte dela cama

que estubieren y matara todas las chinchas

sin criar chincha alguna adonde dicha pasta

aya estado, eseta receta es Verdadera &c

white Cerus two ounces, liturage one ounce myrrhe

halfe an ounce, lapis Calaminarus halfe an ounce

Champhir a quarter of an ounce, white lead halfe

an ounce, Bolus halfe an ounce, frankincence -

halfe an ounce, Turpentine a quarter of an ounce

Rosin a quarter of an ounce, Bees wax foure ounces

oyle of Roses foure ounces, all the things that are

hard must be prepared in fine Pouder, take the

Rosin, Oyle, & wax in an Earthen Pipkin, & boyle

them ouer a soft fire, then put in all your other

things keeping it stirring, and let it boyle a quarter

of an houre, then make it up with Cold water, into

roles, when you vse it must be spread thick vpon

leather, Prickt with the point of a kniue before -

you spread it, one plaster will last a fourtnight

wipeing it euery day,

if it be an old wounde wash it euery day when

you dress it with this watter, a pint of running watter

two or three spriggs of rue, three ounces of honny

a litle allome, let all these boyle together softly, till

halfe be consumed, it must be hot when you vse

it,

A most Excellent Plaister for all kind of

wounds or old zoars, this receat you had from my sister

Melborn in Essex the 12th of Iune 1683=

page 121 || page 122

121

Para mejorar y conseruar Vynillas

Majar 4:&#243; 6 vynillas para ali&#241;ar vn ciento y a vn

ducientos, y en vna poca de Agua tibia desleir dichas

vynillas Iunto con vna poca de azeite bueno &#243; de Al=

mendras dulces, y batido muy bien esto, entonces

se vntaran &#243; fletaran las vynillas con este yngrediente

Caliente poniendose vn dedal de Ante sobre el dedo

pulgar y passandolos vno a vno con el Iugo de dicho

Yngrediente ambos lados de la vynilla con

este Beneficio se purificaran y temaran Nuebo

Iugo, lustre y olor; despues de esto hecho

se Tendran al Ayre por vna ora &#243; dos

sueltas porque atandolas luego se pondrian

maiosas y de peor calidad de lo que estauan

antes de beneficiarlas

recetta del sariento de vn Oio Gordian ventura

fernandes verino de Xeres / Cadiz 18

de settiembre de 1685=que vino en la flotta

Captain felpes of bristoll his receat Giuen mr

Iohn Emilli in Cadiz the month of Ianuary 1687=

for the voydinge of Grauel & stone Experienced

vpon hime selfe vizt

Take watter cresses beat & strayne them as your need

& drink the quantity of halfe a pynte mixt with some whitte

french wynne ore renish

thes watter cresses are called in spanish verros

of which said nation often times Eate as a good

sallet as others Eat lettices

said felpes lerned & procured from the moors when

hee was a slaue in Barbery then much tormented

with said Payne till hee applyde this remedy which

vnder God Did cure hime;

page 123 || page 124

123

Remedio para Affixar Muelas y Dientes

Vizt

Tomar Dos quartillos de Vino.

dos &#243; Tres coxollos de Torbisco Macho

dos &#243; Tres Agallas

cuatro quartos de sangre de Drago

dos otres coxollos de romero

que quesen todo esto hasta que quede en la mitad

reducido y tibio eniuagarse la boca a discretion

hasta que dichas muelas &#243; dientes esten firmes &c

Cadiz 22 de Iunio de 1685 en el Officio del

Senor Lucas de Molina vn senor lizenciado me dio, esta

memoria &#243; receta &C

To Make a seed cake Mrs Tauerners way

To a pound of flower you must take a pound of butter,

you must drye your flower very well, then rub your butter

into it, then take six spoonfulls of the best alle yest and

Twelue egges takeing away 6 whites beat all this very well

together with your hand adding as much cream blood warm

as with weet if, when it is well beaten alltogether you must

couer it with a clean cloath and lett it stand by the

fire to risse about half an hower then take a pound of

sugar carroways and strew them in with your hand mixing

them well together then put it into a hoop with paper

vnder it which with the hoop must be buttered that the

cake stick not then tye the paper closse vp to the

hoop that the cake run not out at the egdges, it must

stand in the ouen about an hower, the ouen must be

pritty quick and you must haue a care of scorching it.

page 125 || page 126

125

A very good reseipt for Beef steaks

you must take the tenderest part of the Beef and cutt

it very thin and beat them very well then strew them

with a little peper and salt, then take some butter

and put it in the frying pan with a pritty larg onion

holle, you must stirr the butter till tis melted that it

dos not oyle, then put in your steaks which must be

kept shakeing all the time they are ouer the fire, and

you must keep them turning, your fire must not be rash

and when they be fryed enough haue the yolks of 2

or 3 egges beaten and mixt with some clarritt wine

and Iuce of leamon and a little nuttmege which putt

into the pan to the steaks takeing out the onion

so toss it vp till it be thick and then serue it up

To make a Carrett pudding

Take the quantity of three large Carrotts &

boil them tender in Beef broath, then beat them

in a stone mortar to a paist, sweeten it with

half a pound of sugar or more, some salt &

the greatest part of a nutmeg, a little Orang

flower water, then grate a penny loaf & sift

it thro a siue cullender, then put a pint of

cream scolding hott to your bread, & when it

is a little cool, mil mingle six eggs well beat

& soe put all into the mortar togather to to beat

then put it into a Dish with puff paist & soe

balk Bake it

A plain Bak'd pudden

Take a two penny loaf grate it or slice it

thin & scald it in a quart of Milk, then before

it is quite cold put to ^it three quarters of a

pound of Beef suet finly shred, a whole nut=

=meg, some salt, three quarters of a pound of

sugar, a quarter of a pint of sack, eight eggs

and soe Butter your pan & Bake it -

To make a Rice pudding

Take thethe third part of a pound of rice

flower, & put it into a quart of New Milk,

sett it over the fire, & keep it stirring till it

is as thick as you wou'd mix a pudding, beat six

eggs. & putt them in with spice, & stir them all to=

=gather soe put it inot a dish, & half an hour

will Bake it, if you please put marrow, or

half a pound of butter./

page 127 || page 140

127

To Ming

To Pickle Artichoaks

Cutt the Bottoms clean from the leaves & Choak &

lay them to steep in salt & water for an hour att

least, prepare a pickle with the best white wine

vinegar, Horse Radifh or Iamaica pepper, if

you please a g clove or two of garlick, when

your pickle is boild, wipe the bottoms of your

Artichoaks dry, & then put them in the pickle

& give them a gentle boil, & then pour off

your pickle & lett it stand till it is luke

warme & then pour it agin upon your

Bottome & soe lett it remain.

140

To make Orange flower Cakes

Dip your Suger in watter & set it over a quick

fire Let it boyle til it is almost suger again then

put to, it three spoonfulls of water to the quantity

of half a pound of suger Let it boyle til it is clear

then put in your Orange flowers & Let them boyle

up then pour it out on silver or china & dry theme

oin a stove til they come out

To make them another way

Take a pound of Orange flowers the leaves only

melt 4 pound of double refined suger with a little

water over the fire & when the suger is clear and

that you find it begins to candy cut the orange

flowers very small & put them imediately into

the suger and Keep them allways stirring take

the pan of the fire and spread them all on a great dish

and put them to dry in a place where sweetmeats

are commonly Kept puting a chaffing dish of

coales

page 141 || page 142

141

near, them you must make the surrup run all over the

dish, when they are almost dry breaek them in

peices and turn them, heap the smalest peices one upon

another and make the surrup run between both

142

Lemon Cream

Take a large lemon & pare of the yelow skin as thin as

tis posible then then take the skin par'd of to the white & put it

into allmost 3 quarters of a pint of spring watter & lett it

bye 3 hours then take seven nine whites of eggs & beat them very well

squse the iuice of four lemons and half a spoonfull of Orange flower

watter, & half a pound of duble refiend suger beaten, stire them

together, whenthe suger is melted straine it through a tifiny sive

into a silver skilet or stone pipkin sett it over a quick fire &

keep it stirring all one way till it be as thick as cream thentha

take it of the fire, stirring it tell it is cold, so put it into

glases.

page 143 || page 144

143

To make Raisin Wine For Elder Mrs

Pain of Glosters way

Five pound of malingo Raisons clean

pick'd & Chop'd small to one gallon of

water, wine Measure; boyl the water &

let it stand till it is blood Warm, then

pour it to the Raisons keeping it stir'd

every day for fourteen days, then strain

it off, & put in a Pint of Elder Iuice

to every Gallon, & stir it well togather

then let stand eight Days in the Vate,

then pour it off from the settlement &

Tun it, & when it hath done Working

put a Tile stone on the Bung or the

bung: slightly In 'till it is fine then

Bottle it off: you must prepare

the Iuice as follows

To pot Beef

Take a good hand fat buttock of beef. weigh=

ing two stone, a pound of common salt, two oz

of salt petra, 1 oz of pepper a large nutmeg, half

an oz of all spice, a quarter of an ounce of

mace. Beat your spices and salt & mix 'em all

together very well, & rub your beef well withthat

quantity, let it lye in itt three nights & 3 days

then bake itt all night with bread, Larding your

beef with a pound of fatt Bacon, & the marrow

of two Large bones. put your beef in a pott this

will hold itt Laying the bones at the to, & put

in a pint & half of pump water, after your

beef is bak'd take it out from the pott & drein

it from the gravy and put it into the potts

you design to keep it in breaking it smal

with a spoon, & as you break it put in one

of its own fat to keep make it moist. then flat it

page 145 || page 146

145

down even, and as close as you can. When

'tis cold Butter it up for your use. be sure to

pott it hott

To keep the Iuice of Elder to

make Wine at any time

Pick the Berrys off the Stalks, then

put them in a Pot & draw the Iuice

in an Oven, then Strain off the

Iuice but let it run as long as it

will that you do not bruize the Berrys,

then put it into Wide Pans like

Milk Pans, & in a day or Two there

will be on the Top a perfect thick barm,

which you must scum off, then when No

more rises put it into a Bell-Mettle

Kettle, & boyl it & Scum it as long as

any rises, after which the Iuice

will be as fine as any Wine, then pour

it out into a Pan & when 'tis quite Cold

Bottle it & Cork it but not too Close

To preserve Orange flowers

Take the Largest flowers you can get, and

to a pound of leives take four pounds of

treeble refined Sugar, bruise the leives a

little between a Napkin, and boyle them

in a good deal of water till they are tender,

if the water grow yallow in the boyling

change it for more, which is likewise boyling

hot, then take your sugar and dip it in

fair water, and put it ouer the fire till his

melted, into a syrrop and twill scum

and. when tis cold put your flowers, into

it, cover it close and let it stand all night

then boyle all together till the syrrop.

is thick and put it into Glasses or pots

you must boyle the flowers in silver or

pewter, and very quick, &c.

page 147 || page 150

147

To pickle Walnutts Mrs Mary Hill s Way

Take an hundred of the Largest french Walnuts

at the beginning of Iuly, before they are hard

shell'd, just scald 'em that the first skin may

rub off them, throw them into brine that will

bear an Egg, for 9 or 10 days changing them eu'ry

other day & keep them close from the Air then

dry 'em & make your pickle of good Vinegar

black pepper, Ginger, of each one ounce,

cloves, mace, & Nutmeg of each half an ounce

beat the spice with a Large spoonful of -

Musterd seed, boiling your spice in your pickle

put your pickle on them boiling hot 3 or 4

times. If you see Occasion, be sure to keep

them close stop'd. A spoonful of this -

pickle is good in any sawce. 3 or 4

cloves of Garlick do's well if you do not

dislike the tast. two quarts of Vinegar

to this quantity.

the Queen of hungary s water

take two Gallons of the best brandy Ten pound of

Rosemary flowers let them steep in a new well Glasseed

earthen pot with a cover to it four or five dayes either

in a warme place or in the sun keep it so close stoped

that it loose none of the spirits and then distill it in a

limbeck the head being very close passted on & as you

draw it of in order write the first second and third if you

use it outwardly for baithing it must with the strongest =

A receit to pickle oysters

open the quantity that you designe to pickle into a basin

wash the oysters in the liquor very well then strain it

through a fine sive or thin cloath put the oysters into

the liquor again seasoning them with whole white peper

& Mace according to your taste put them over a very quick

fire and iust let them boile up then separate the liquor from

the oysters and put to the quantity of a quart three spoonffulls

of Good white wine vinegar and give it a boile or two

over the fire then when the liquor and oysters both are cold

page 151 || page 152

151

put them together adding half a dozen bay leaves

if you finde the liquor two fresh you may add alittle

salt according to your taste and pray observe they

wont keep above two months

To pickle musarunes

Take your musarunes wash and Clean them well

in fair water & salt with a peice of flanell when dun

put them into a pipkin or silver skilett and boyl

them fast up in watter & salt then take them out &

and put them into Cold watter till Cold then take

them out and lay them upon a Clean Cloath till

dry then to prepare your pickle take good vine vinegar

according to your Quantity of musarunes put into it

mace Cloves Ginger black pep=per and a nutmeg a

little bay salt & when well boyld let it stand tl till

Cold then your nutmeg will slice also put in your

spice into the musarunes and Cover them with your

pickle tye them down close put oyl upon them if

you think fit

page 153 || page 154

153

To make Mrs Looks Balsom

Take a pound of the leafe barrow Hog Take of

the skin and beat it well with Rose watter then

Take two ounces of stone Pitch two ounces of

bees wax a pint of the best Oyle Incorperate

these over a soft fire till they be all in one body

straine it through a cloth then put to it 4 ounces

of oyle of St John's one dram of spermesity give it

a warm over the fire to mixt them well put it up un

in a pott with two grains of ambergreese-

To make Fritters

To a Pint of small beer two Eggs

some Ginger & salt & make it

into a thin batter with flower

let it stand stirring it often a

good while before you make them

you may slice your apples or

Chop them.

To make wiggs

Take a pound of flower & 6 or 7 eggs & a

pint & halfe of good ale yeast put into the

flower some ginger finely pounded then rub

in the yeast and eggs lightly then make it up

into a light past with 2 pound of butter melted

in some new milk just so hot as to melt the

butter then let it stand Covered warm by the fire

for halfe a hour to rise then you must work

in halfe a pound of pouderd suger mixed with one

ounce of caraways seeds -

page 155 || page 156

155

Take toddy arack & bath watter

an equall quantity Iuice of

orange Sweetend with white

suger drink it hott & tis

amost sovereighn medicin

for the Colick

To make Shrub Mrs Carryl

Take the rinds of 10 Lemons very thinly

pared & also the iuice strain'd, put both

into 3 quarts of Brandy, & let it stand close

cover'd in ^ a warm place 2 Days, then boile for

half an hour 3 pints of spring water, when -

so boiled put to it one pound ^& quarter of double -

refin'd sugar, boile it another half hour

& scum it very well, put it hot to the Brandy

& Lemons, & let it stand close cover'd about

30 hours, then strain it thro' a ielly Bag &

put it into Bottles, & when it has stood a

fort'night strain it again into pints -

page 156

To make the red Powder

Cardus

Draggons

pimpernell

Scabius or Devills

bitt; of each a handfull

The roots of Elicampain

Gentian

Tormentill of

each a handfull

Slice the roots & shred the herbes &

steep them in a quart of good strong

white wine 24 houres or more close

cover'd; take a pound of bolearmonak

the cleanest from filth and made into

fine powder put itt in a pewter dish

& strain as much of the wine from the

herbs herbes as will wett it as thick

as a hasty pudding. sett itt in the

sunn and strirr itt 3 or 4 times a

Day

page 157 || page 158

157

and as it drys put in more till all

is strain'd hard from the herbes then

put in an ounce of Methridate an

ounce of harts horn in powder &

a dram of Saffron in powder or

desolved in a Littre of the Iuce and

mix it all well to gether and when

itt is pretty still make it into balls

and dry it in the sunne

A Powder to be given to awoman

in Labour

Take some grains of parradice and

the like quantity of Saffron and

so of date stones and ^ of Cumine as much as all

the rest make all into fine powder and

if the Labour stops give of this powder

15 graines & 10 graines of Myrrh in

powder in candle or alebury; if if do's

not do give the same quantity once

in two houres ; but be sure the Child

come right 'tis a great forcer &

ought not to be given But when there

is great Occasion ; if the after paines

trouble her give her one dose: of this

if you would keep this powder by you make

it up in balls with harts horn Ielly

page 159 || page facing 159

159

Dry itt and so itt will keep as

Long as you please

Docter Lowers bitter Infusion

Take filling of Steel two ounces

infused in milk watter one quart

Gentian watter compound 8 ounce's,

wormwood watter compound 6 ounce's,

digest itt cold for 16 Days then power

it off from the steel, then add to the

Liquor Gentian root half a scruple

the tops of Century pne pugill

Roman wormwood half a pugill

Cardus Bennedictus seed 2 dram's;

then Digest it again six houres then

bottle itt

Take 6 spoonfulls night &

Morning

To make a very good Plumb Cake

Take seven pound of Flower dried att

the fire: put to it a pound of Lofe sugar

an ounce of mace and a Little salt, the

yolks of 30 Eggs the whites of 14 well -

beaten; 3 pints of yeast, & a Little -

Orange flower watter a little brandy if

you please & some musk & amber -

greece that must be steep'd over night then

take a good quart of sweet Creame;

set it on the fire, & put in five pound

of butter to melt, put the Eggs & yeast

through a hare sive into the flower & on

the other side the Creame with the butter

that was melted in itt warm; mix alto=

=gather very well like a stiff pudding &

strow a little flower on itt & set itt

to the fire about a quarter of an

hour

page 162 || page 163

162

hour till you see itt rise then take

12 pound of Corrinths wash'd pick't &

warmed at the fire. work them into

the Cake pritty quick with some Cittron

and Orange peal if you please then

butter your hoop and power itt in

set itt in a quick oven and bake itt

about an hour.

To make an orange Tourt of Puding

Take a Cevill orange peal: boyle it

very tender then scrape out all the

skinns then put it in a marble mortar

with half a pound of Butter & half

a pound of Double refinn'd sugar

beat them well togather till itt be Like

a paste. then grate in almost two Naples

Bisketts & take the yolks of 7. Eggs

the whites of 5 & a very little Cream

beat them well and put altogeather with

the Iuice of an orange and orange

flower watter to bake itt half an

hour with puff past crust under and

over itt roll'd very thinn

Let not your oven be too hott.

A Recipe for a Cough.

Take 4 quarts of spring watter, 2 quarts

of bran; a thick marsh mallow Leaf root

2 ounces of green Liquorish; boyle these

to two quarts strain it & sett itt on

the fire again, to every quart of this

Liquor put a pound of double refin'd

sugar, a pound of malago reasons

& an ounce and half of Cinamon

Let itt boyle very slowly a quarter of

an hour; then strain itt again & Drink

of this every night after the person is

in bed; a Tea dish full made ^pretty hott and

as much in the morning before they rise

page 164 || page 165

164

To Cure a Flux infaliably

A handfull of Oak bark 2 sheets

of the whitest paper about of an

ounce of Double refin'd sugar boyl'd

in a pint of spring watter then

strain it and put a Large wine glas

full of right french Clarret and -

give a glas of it 3 or 4 times a

Day.

To Cure Deafness

Essence of Castor dropt 2 or 3 drops

into the ear and then put a Little

wool to be had in Devonshire street

at the Golden head .

To Make spanish Pap

Take three spoonfulls of fine rice

flower too4 yolks of Eggs 6 spoonfulls

of sugar two of Orange flower watter

mix these together & put them -

into a quart of Cream & set them

on the fire stirring of itt till itt

comes to ^ a reasonable thickness then

put them into cups or glasses.

page 166 || page facing 166

166

To make Goosberry Wine

Take 12 pound of green goosberry's as

they are ready to turn and beat them

in a mortar; then to every twelve pound

of Goosberry's put a gallon of raw water

let it stand all night then drain it

out and to every gallon of water put

4 pound & half of ten penny sugar

& let it stand another night and then

let it run through a Flannel bag and

then put it into your vessel & to every

ten gallons put a quarter of an ounce

of Issinglass cut small into your Vessel

when it is fine Bottle it.

A receipt to cure any Infirlamation or

sweling In the Mouth or throat

To make the mouth water

Rosemary

Red Sage

Plantan Leaves }

& roots together

Egrimony

Alehoofe

Scabius

Sincfield

Wood bine Leaves

Bramble Leaves

Cullobine Leaves

Ground Ivy Leaves

Horstale

Issope }

each of these 1

handfull or the like

quantity of each &

lett them be Clean

wash'd in Conduitt or

spring watter - thro' 3

water Then put them

in a new Earthen

Pipkin which you must

keep one porpose for this

use & put as much

conduitt or spring

water to them as will

iust cover them, &

boyle them upon a

moderate fire about

5 hours

Then Take the herbs Clean from the Water

and take of the best Hony 1 pound to

each Gallon & one quart of water wine

measure of the best Common Allum to Each

page 167 ||page 168

167

Gallon 1 ounce Then put it upon a soft fire

about a quarter of an hour Then strain it

Thro' a Close hair Cive into an earthen pan

or steen and lett it stand twelve hours untill

it setles or becomes fine, Then you may eather

draw it of from the Lee in a steen or into

Bottles for you use Keep it alwais well stopt

To use the several things here mentioned

Take this Method

Take four or five spoonfulls more or less as

The Malady may require it about blood warm

then take a fine bit of a linen rag & dip it in the

water lapp it upon the end of one of your

fingers and put as much of the powder as will

lie upon itt then goe tenderly & touch the

place agreived as near as you posibly can

& shake of the powder upon itt & then take a

serringe full of the water & force itt

as strongly as you Can to the place agriev'd

and let the party Hold it in there

mouth, and gargle it upon the place then

spitt it out into a bason this doe three or

four times together then let them wash there

mouth very well with the water after it

then take a linnen Peice of fine flanel

not new and dipp itt in some of the oyntment

very warm+as posibly the agrieved person can

suffer itt & bath the out side of the place

agrieved very well then take your flanel

& wring itt preety dry & pin itt under

then Chin & keep the place very warm

then aply the Plaister as derected and

lett the party Eat a porringer of white

bread & milk sweetned with double refine

sugar & put a good peice of fresh butter

in itt then goe to bed and lely lay the head

prity high & lay upon the side least agriev'd

Take care your bare hand or finger doe not

touch the place agrieved either inside or out

side

page 169 || page 170

169

To make the pouder

Take one ounce of the best white sugar

Candy of ordinary Allum halfe an

ounce Burn'd and as much Bolearmorick

as will just couler it red & beat

them together to a fine powder

then Cift them through a fine

Cive & soe use it Keep it dry

in a box or Gally pot Close

cover'd

Observe, The water & powder are sufficnttient

to cure any sore mouth or gumms

or any inflamation in the throate

where no impostumation does apear

but if your throat mouth or gumms be

swelld or imposumated it will require

the use of the plaister and oyntment

following

To make the Plaister

Take TwowTwo ounces of cumminseed bruse

them very well in a Glass morter

& put one handfull of the finest

Rye flower you can gett to the seed

then mingle them together with the

best white wine vinegar untill itt

be like a paste then spread itt

between a sheet of halfe pound

brown paper for each plaister (make them

both of a size proportianable to the

persons head that is to use Them) Then

bake them in a fire shovel untill

they are pritty dry & put one of them

to the Gnape of the neck and the other

to the mold of the head & binde them

on with a fillet that they may not

remove:

page 171 || page 180

171

To make the oyntement

Take A quarter of a pint of the

best oyle of olives or Sweet

oyle, one fowrth part of a Rolle

of Diacalum Slice itt very thin

& put itt to the oyle then Sett

itt upon a soft fire untill the

Diacalum be melted & put itt

in an Earthen vesel to keep for

use

Mrs Badge's Plaister

Take ^ of the best white Rosin you can get one pound

beat your Rosin. & to a pound you must take 3

ounces of the best yeloow bees-wax slice it into

Iust as much sallad oyl as will melt itt. When 'tis

melted. put in your Rosin and then put in two ounces

of Common Black pitch symber it together 'till

'tis all disolv'd. then make it up in Roles for your

use

To Make french Bread

Make your milk a little warmer than new milk

to 3 pound of flower half a pint of Ale yeast, a

very little salt. mix these together not very stiff.

when it begins to rise put it into little wooden dishes

& Let it rise in the dishes when the Oven is ready

(which must be pretty quick) Turn them upon the peatthe

bottom's upwards. & set them not too close in the Oven.

When bak'd rasp or grate off the out-sides. flow'r the

Dishes well before you put the Bread into Them

page 181 || page 182

181

To Make Black Currant Wine

You must boile your water & sugar toge-

=ther a good while till you have scum'd it

that it looks very clear. then pour it boiling

hot upon your Currants. and let itt stand

'till you think it of a good Colour then pour

itt off without pressing the berries much. and

tun itt up. If you find itt don't work of itts's self

in a week's time or such a mater bung it up

close. when 'tis fine and the sweetness pretty

much Lost bottle itt off. to each gallon of

water. two pound of half of sugar. and about

2 2 quarts of Currants. you must not bruise

them.

To make a potato puding

Take 2 pound of potatos & boyle tender then beate them in

a stone mortar with 3 quarters of a pound of butter till they

are well mixt then add a quarter of a pinte of sack a -

little cinamon & 8 eggs half an hour will bake itt

To make Puding for a Hare

Take to a penny white Lofe a quarter of

a pound of beed suet or if you please -

half bacon shred them very fine a little

spinage winter invory & lime a little-

onion or shalot shred fine mix all these

to geather in a dish season it with -

peper & salt then slice in the bread &

pore in as much boyling milk as will

make it pretty moyst cover it Close & -

lett it stand till it is almost Cold & -

then brake in two Eggs & beat it very

well togeather

page 183 || page facing 183

183

To make plum porige

Take a large leg of Beef & Cragg

of Mutton to 4 gallons of water a little

salt in the boyling when the meat is

boyl'd to rags strain it off & sett it by

till it is Cold. the take off all the fatt

& sett it over the fire & putt into it

the quantity of 3 penny white loafs

gratted & lett it boyle halfe an hour

then put in 2 pound of Currants that are

plumped in water & when they have bin

in a quarter of an hour put in 4 pon'd

of reasons when they are halfe boyled put in

2 pound of pruents & a handfull of salt then take

2 pound of suger 1 quart of red wine 1 pint of sack

1 ounce of cinamon 1 nutmeg halfe a quarter

of an ounce of mace 12 or 14 cloues

& a litle Iemeca peper Beat & sift

all this spice & minyle is with your

wine & sugar giue it but one boyle

before you use it

To make minced pyes

To a pound of neats tongs take

one 2 pound & halfe of beef suett a pound of

Currants & halfe a pound of stoned

reasons Cutt small one quarter of pound

of pruents cut also, halfe an ounce of

cinamon halfe a nutmeg 4 or 5 blades

of mace 7 or 8 cloues & a litle Iemeca

peper beat & sift all this spice take fore

4 ounces of ^ candid orrenge peale 2 of candid

citron 2 of canded lemon peale the rine

of fresh lemon shred very fine 3 or 6

pipins halfe pint of sack verIuice & a very

litle suger

page 184 || page 185

184

The Milk Cordial Water

Take a Gallon of red Cows milk in the month of may

and distill it in a cold still, then take the water of the milk

so distill'd & add to it sixty snails bruised shells and all, also

one handfull of bettony & as much scabius, Houndstongue, liverwort

clary & baume & Eringo roots Five Grains of leaf Gold a quarter

of an ounce of Alkarmes the Gelly that is betwext betwixt the foot

and leg of beef, one handfull of Dates one handfull of prunellos

4 ounces of Double refin'd sugar Then distill it altogether.

Drink six spoonfulls at a time first & last

The Plague Water

Take of Sage, Salendine, Rosemary, Rue Wormwood

Mugworth Pimpernell Dragons Scabius Egrimony Baume.

Scordium Centory Cardus Bettony Rosasolis of each a good

handfull, Angelico-roots, Beniamin=roots, Turmindall Ledoary

Liquoras of each half an ounce slice the roots & wash the

Herbs & dry them then Chop them & put them all together into

8 pints of white-wine if your wine be small put 20 to it & steep

them in it Two Days & Nights close stopt then put it into an

ordinary still, & so Distill it

To Make Queen Cakes-

One pound of Butter, one pound of

flower, one pound of sugar, You must

beat the Beat Butter and Orange

flower Water half an hour, then put

the yolks of six eggs and beat it -

Together, then stir youre sugar and flower

and Butter well together, then add the

white of an Egge thereto, and set it

into the Oven, but not too hot - To this

Quantity a quarter of an ounce of mace. sift

some double refin'd sugar over them iust

before you put 'em into the Oven

page 186 || page 187

186

To Make Elder Wine

Take 20 pound of Malago Raisons, pick rub & Chop them;

put to them 5 gallons of water, let them stand 10 day's, then

strain the Liquor from them and put into it 2 quarts of the

iuice of Elders berries that are full ripe, having been infused

in hot water in a iugg or baked in an Oven, when it is

Cold put it into the Liquor, stirring it 'till it is well mixt

then strain it put it thro your Barrell & let it stand 6

weekes before you bottle it, put into each Bottle a little

Loaf Sugar.

To preserve mulberries -

To a pint of mullberries, you must have, two pound of

Loaf Sugar, which you must dip in water, & make a thin

syr^rope, when you have scum'd it, put in your mulberries

which you must only scald and set them by in the

syrrope, 'till next day & then boile 'em moderatly

and set them by for your

To Make a Cake

Take six pound of flower, six pound of -

Currants, 2 pound of Butter, 20 Eggs & use

but 8 of the whites, of 'em. one pound of sugar a

pint & half of new Yest, Cinamon, Nutmegs & mace

of each a quarter of an ounce, a quart of Cream

which when ready to boile take off the fire & slice

the butter into itt. & stir it together, let it

stand 'till it be not scalding hot, then mingle your

flower spices sugar & Currants (being wash'd

& dry'd) together then put them all of ^a heap

Cross the middle of your pan. beat your Eggs well &

mingle them with the yest, & strain them & pour

'em on one side and the Cream on the other side of

the flower & mingle all well together. Then double

a sheet of white paper 12 inches deep.

page 188 || page 189

188

it in what Compass you please. with white-

-brown paper at bottom & butter the paper. when

your Oven is hot to the degree of baking

penny bread put your. Cake into your paper case

pretty thinn for 'twill rise very much, cover it

with paper that it be not Colour'd too much

Let it stand an hour in the oven

To make Andules

A Calves Chauldron p Boil'd, when cold mince

it fine, Take the like quantity of lean pig meat,

mince that also, to four pound of the minced meat

put near a pound of Bacon fat cut to the bigness

of Barley Corns, if you put any Leaf fat, let

it be cut to the size of smal Dice, mix that with

the minc'd meat, to 5 pounds of the meat, put 10

Eggs well beaten, you may put in half a pint

of good milk, season it with salt, peper, cloves

Nutmeg, & a little Coriander seed, some 'Mariorum

Thyme, parsley, & Onion, of shallot, season'd to

the palate, stuff your meat into Beviors ropes

cut them in lengths at Discretion. Boyle 'em

as you do Hogs puddings, they will keep

good a month at least, Broile or fry them

when they are to be sent to Table

page 190 || page 191

190

To make shrubb

Pare 12 Lemons very thin and pull off the White

rinds; slice them but not through; put to them with

the peals into 4 quarts of Brandy, let them stand

three Days cover'd close, put to them a pound &

half of Double refin'd sugar, then take out the

Peels and squeeze the Lemons, then put in half

a pint of milk and let it stand one night; after

which add two quarts of french white wine; strain

the whole thro^ a ielly Bagg 'till 'tis fine, then

Bottle it

To make syrrup of Iilly flowers

Take the quantity of Iilly flowers you design to do, when

you have cut them, put as much boiling spring Water as will

wet 'em, let 'em stand close cover'd 24 hours; to a quart of

tincture put a pint of sack, then squeeze the tincture from

the flowers, & to a pint put two pound of single refin'd loaf

sugar, melt the sugar eno^ to raise the scum, let it stand

simber but not boile; when it's cold bottle ^it for use.

To make Orange Cheesecake

Take half a pound of sweet almonds, blanch'd &

beaten fine with the orange flower watter, half a pound

of sugar sifted, 3 quarters of a pound of Melted Butter,

Let it stand 'till 'tis almost cold, Eight Eggs (leave out

4 of the whites) beaten. Boyle the peel of a Large Orange

very tender in quarters, shifting the Water 2 or 3 times.

Beat it fine in a stone mortar, mix them very well -

together, make your past light, and smal, fill them pretty

full, Lemon peel do's almost as well

To make Lemon Wine

Take 12 quarts of water & 4 pound of sugar, boile it

and scum it 'till it be clear then put in the Peels of 7 or 8

Lemons & boyle 'em in it about a quarter of an hour,

take it off; and put it into an Earthen poll & let it stand

'till 'tis cold, then take the white part of the Lemons off &

slice them into it in very thin slices. & put in a pint of the

Best Brandy, work it as you do other Wine, & thun it up

let it stand in the Vessel a month then bottle it off.

page 192 || page 193

192

To make white Elder Wine -

Take 20 pound of Malaga Raisins, Pick't, & Chop't

boile 8 Gallons of Water, let it stand a while, put

it to the Raisins, with 4 ounces of white Elder Blossoms

the iuice & rind of 3 Large Lemons let it stand 9 Days

stirring it every Day, then strain it thro^ a hair -

seive, & put to it 4 pounds of single refin'd sugar

stirr it well together, & Barrel it up, let it Stand

2 months, & Bottle it when 'tis fine.

To Scower Pewter

Take half a peck of Wood Ashes & half

a peck of Lime a little slack'd, put

them into Seven Gallons of soft Water

& let it boile one hour stirring it

often; Let it stand 'till Cold, then pour

it off clear & Bottle it for use,

you may use it hot or cold.

Palsie Water -

Take Sage, Rosemary, Betany flowers Lilly of the

Valley flowers single Piony flowers, Burridge & Buglos

flowers, spike flowers, Orange flowers, of each a quart;

put 'em into a Large Glass and put to them of Aqua-Vitae

enough to cover 'em, Stop it close, and tie it down fast with

a Bladder wet in water, then put in as many Lavender

flowers (stript from the stalk) as will Fill a Large-Gallon

Glass, & put in more Aqua-Vitae, let all these stand 6

weeks, then distill it carefully in an Alimbeck then

put to the Water Citron Peels dry'd, Piony Seeds hull'd,

of each 6 Drachms, then put in Cinamon bruis'd Cardimums,

Cubells, Nutmegs, Yellow Sanders, each half an Ounce

Lignum Aloes one Drachm, make these into powder, put

them into the Water Iujubes new and good Cut Small half

a pound then stop the Glass & cork it well as before let

it stand 6 weeks. then prep out the Liquor, then put to it

prepared pearl, smarages, Musk & saffron; of each 10

graines, Amber greese a Scruple, Red Rose Leaves dry'd

red & yellow sanders, each an ounce, hang all this in a sarcenet

Bag in the Water never to be taken out 'till the Water is spent.

Give 40 Drops to a Man; 30 to a woman in Crumbs of Bread &

sugar Especially against the New, full, & Change of the Moon

page 194 || page 195

194

To make snaile Water; for a Consumption

Take the chips of Oranges & Lemons, of each 2 ounces

of Ground Ivy 10 handfulls, Hyssop, & Coltsfoot 6 -

handfulls of each, Nutmegs beaten, an ounce & half

a peck snailes wash'd in white Wine & broken in a quart

Let them be Sprinkl'd with a quart of Canary, &

let them stand 12 hours, & after add to them of New milk

12 pints, Distill them in a rose still, take 7 Spoonfulls

of the distill'd milk, & the ^like quantity of new milk, morning

& at the hour of rest, & every 4 hours, & when you do

not use new milk, sweeten it with a spoonfull of the

following surrup.

To make Surrup of Snailes -

Take a quart of 3 pints of white snailes with the

shells, wipe them uery clean, & put them in an Earthen

pott, with a Laying of Fennel at the Bottom, & upon

that, a Laying of snailes, & so between euery Laying

of snailes, a Laying of Fennell, then couer them

over

with fennell, this being done in the Euening, Let

them stand all Night, and in the morning wipe them

one by one, and prick them, & fill them up, the shells

with the snailes with double refin'd sugar, ofr while

sugar Candy finely beaten. then put them in a clean

strainer, Laid an hour before in red rose water, then

hang it upon a Gally pott, that the iuice of the snailes with

the Liquor may drop into it, then put up that syrrup

into a close glass, and take a spoonfull of it, in the

mor^ning, & as much at Night when you go to Bed, you

must cover the pott close, when you Lay the Snailes with

the fennel, Laying a weight upon it, Least the snailes

get out

To make Lemon wine

Take 12 quarts of Water; & 4 pound of sugar, boile it &

scum it 'till it be clear, then put in the peels of 7 or 8 Lemons

& boyle them in it about a quarter of an hour, take it off &

put it into an Earthen pott, & let it stand 'till cold. Then take

the white part of the Lemons off & slice 'em into it, in very thinn

slices, and put in a pint of the best Brandy; work it as other

wine, & tun it, Let it Stand a Month in the Vessell &

Bottle itt

page 196 || page 201

196

To make Cinamon Water

Take a quarter of a pound of Cinamon, break it small

into 3 quarts of Water, over night, stopping the Vessell

close you put it in on the morrow put it into a still

the half of it, & as near as you can guess unless your

still be Large, if so you may draw it at once then

pour over it 2 quarts of the best Brandy & 2 quarts

of your Lees of white wine, still it very gently, a very

sme smal Quantity of fine sugar put into the Bottles

that receives it is enough, for 'tis apt in itself to be

Sweet, your water will be strong eno^, If you draw

a Gallon from your still, and draw one quart of smal

by it self, which is very good for uses; ^ where the strong

cannot be used. Five quarts in all

To make French Bread Lady Lansdowns

Take a peck of flower, make a hole in the flower & pour in

a pint of milk blood warm, stir it very thin, put then to it half a

pint of milk, & half a pint of yeast, then mix them together thin &

cover it thin with flower, then let it rise a quarter of an hour, then take

as much milk as will mix it all, then add half a handfull of salt

& a quarter of a pound of Butter melted in t the milk both. Mix

all together not too stiff, & lap it up in a warm cloth, then make

it up in roles and let it stand a quarter of an hour, and put

it into the Oven imediatly

To make an Apple pudding

Take ten apples, scald them & make them into paps, then take the yolks

of 8 Eggs, & two spoonfulls of whites, the crumb of a penny Loaf, one

nutmeg grated, half a pound of Butter melted, the Eggs must be well

beaten & strain'd through a sieve, put in a spoonful of Orange flowe r :

water, (or sack) then mix 'em very well together, & sweeten it to your

tast, let the dish be well butter'd before you put in your pudding

then put it in the oven, being moderately hott, & let it stand an

quarter of an hour

add a little grated lemon peel & if

the apples are mellow some of the -

Iuice

page 202 || page 203

202

To Make Shrewsbury Cakes

Four pound of flower: two pound of sugar, both dry'd & sifted

one pound and half of new butter, the salt & butter milk clean

wash'd out, rub it in the flower & sugar, 'till it all Looks like

grated bread: then with 2 Spoonfulls of rosewater (in which was)

a Nutmeg slice. & steep'd all night) & 6 spoonfulls of fair

Water. make it up into a past: flat & role them out into

what bigness you please, but not too thick, the oven must

not be too hot

The past for cheescakes - or tarts A pound of flower, a pound of butter, rub the butter into

the flower, & beat 3 Eggs and wet it with them.

Nuns Biskett

Take 1 pound of beaten sugar 1/2 a pound of

beaten and blanched Almonds, 6 Eggs, beat all

them togather 'till it's very white, then put

in a quarter of a pound dryed flower, the rinds

of two lemons grated or shred. bake them in

such pans as you doe Naple Biskett, sift sugar

over them. you may put candyed orange or Citron

sliced thin into them if you please.

To make a pleasant Bitter

To 1 quart of brandy take the Peels of 1 dozen Oranges

& 1 oz Gentian let it steep for 3 weeks.

Then put in a litle safron & Cocheneal let that

lye 3 weeks & then filter it off -

For Worms in Man Woman or

Child

Two Drachms of Rhubarb, 2 of Burtnt -

Hartshorn, one ^ one of Worm-Seed, put them

in a plane Muslin bag, & steep these

in a Quart of Small-Beere twenty four

Hours. give three or four spoonfulls fasting

in the morning, & at four, after noon, fasting

an hour after.

- Probatum Est:

page 204 || page 205

204

To short paist without Butter

Bake your flower first, then take a quart of

it & the yoalks of three Eggs & a pint of Cream

two ounces of fine sugar & a little salt, soe

make it into paist.

Walnutt water or the Water of Life

Take green walnuts the beginning of Iune -

beat them in a mortar & distile them in an

ordinary still. keep that water by it self.

Then about midsumer gather more and

distile them as before, which alsoe keep by

it self. then take a quart of each & mix

them togather & distill them in a Glass-still

& keep it for your life.

The Virtues of this water are as follows

good for Dropsies & Palsies drank with wine fasting

one drop in the eye cures sore Eyes, it help Conception

drink there of one spoonfull at a time in a glass of wine

once aday. good to wash the face with, good for all

infermitys of the Body, drives out all corruption of

inward bruises, dranck moderately with wine, kills

worms in the body, drink much of it you shall live

till the world is weary of you. it recovers for soure

wine in four days clos'd stopp'd

A Drink for the Ricketts

Take 6 or 7 Leaves of Hartstouge, of Liverwort and of Hy=

Sop, with yarrow, wood betony Coltsfoot, Plantane, Egrimony, violet

leaves, strawbery leaves, maiden hair, alehoof, of each of these

a handfull, Liquorish an ounce, any seeds a spoonfull, Currans a

quarter of a pound, 4 lent figgs sliced, 2 dates stoned, Raisons of

the sun ston'd a handfull, boyl all these in 3 quarts of running

water, till it comes to a quart, strain it off & put into it

an ounce of brown sugar Candy & give the child 3 or 4

spoonfulls of it every day at 4 in the afternoon & at

night

Oyntment for the Richetts

Take camomile, Feather few, Rosemary, Lavender, Southern wood, Bay=

leaves, Rue, Hysop, Thyme & Alehoof, Then take a pound of unwashd

butter boyl it skym it clean, then take of each of the aforesaid herbs a

handful. chop them very small & boyl them in the butter half a quarter

of an hour, then strain it off & anoynt the child with it morning

& night for 3 weeks or a month together on the breast and

back bone & rub it well in before the fire, opening the breast

with both hands as you do it. -

The drink is to be took at the time

you use the oyntment which is to be

made with may butter & used spring &

fall.

page 206 || page 207

206

To Make syrop of Violetts

Take three quarts of violetts: put a full pint of boiling

water, which must be kept close cover'd twenty

four hours then strain it off & put your pint of

tincture cold upon 2ll it of double refin'd sugar

finely beten; stir it often in a day: & in a weeks

time the sugar will be disolu'd the: violets must

be pick'd the leaves from the green: & the heel of

the violets must be put to the leaves end

To make clouted cream

Take a gallone & half of new milk sett it on

a clear fine & cott is boil then put in one quart

of sweet cream & stir it about alittle while

over the fire, then pour it into two or three pans

and cover it till the next morning then take it

ot carefully with a skimmer & put it into a dish

one upon another, some eat it with sack & suger

but I think it excellent with aple pasty

A Reci'p for black Cherry water

Take 12 pounds of black cherryes clean pick'd

from the stalks brease them stone mortar

then put them in a earthen pan & pour upon

them 2 quarts of the best Canary & 1 quart of the

best french Brandy Distill this in a cold still

with a clear fire keeping a wett cloth on the

top of the still from this quartity you may

draw d6 quarts of very good water

page 208 || page 209

208

A Recept for hams of Bacon

Take a peck of spanish salt four ounces of

peter salt and fiue pound of the bronest

sugar you can gett put all these into as

much water as will beare an egg to the

breadth of six pence the pickle must not be

boild, put in your hams lett them by three

weekes in the pickle which will, keep a

quarter of a year when you find it begins to

decay then you must boil it and scum it

and this will be fitt againe to put in fresh

hams when you take them out of the pickle

dry then will with a cloth and rub them

ouer with any kind of fatt then hang them

up and make a fire with sawe dust or

muck of the stable: to dry them do not let

them hang to long in the chimney. if you

do beef thus us admirable to eat

fried or broiled as your rasures of

bacon to make dutch beefe they must be leane

peices but the other must be fatt, this pickle is

very good to salt tongues this quantity of

peickle will couer 4 hams and 5 or 6 tongues

Beat the salt peter very fine before you put it

in:

To make a very good cake

make half an ounce

Take a bare peck of flower 6 pounds of currats

half an ounce of mace, half an ounce of cinamon

a quarter of an ounce of cloves as much nutmegh

half a pound of fine sugar & as much rose water as

you please beat your spice, & put that & your

fruit with a lettel salt into your flower, then

take cream or new milk as much you think fitt

dissolve tharein 2 pound of fresh buter

page 210 || page 211

205

210

then put it in a basin with the sugar & a

pint of sack knead it with with a pint of

Ale yest till it rise under your hand let

all things be ready & your ouen hot

before you go to knead the cake,

half this quantity

makes a larg cake

To Make clouted Cream

Take a Gallon and a half of new milk,

let it on a clear fire and let it boy'l,

then put in one quart of sweet Cream,

and stir it about a litle while over the

fire, then poure it out into 2 or 3 pan's,

and cover it like the next morning, then

take it of carefully with a skimmer, and put

it into your dish one upon another, Some

eat it with wine and sugar.

The Head Pills. Mrs Capel 's Receipt,

Take of the roots of round Birthworth,

Gentian, Ditanum, Amber, white wax,

venice turpentine, Myrrh, Chalk of each

2 Drams, Methridate three Drams, 2 ounces

of Aloes, & as much syrrup of Marsh Mallos

as will make it into Pills. take three -4-

or 5- of them goeing to bed and breakfast

or gruel the next morning.

These pils, are good for any pains

or desorders in the head, Cholick in the

stomack, any sharp or Cancerous humour

& heumalik pains, stone, gravel, or

ulcers in the Kidney's, the Gout, worms in

children, and has, often cured the green

sickness when steels would not it is also

good for Melloncholy, & causes sleep, and

page 212 || page 213

212

and may be taken 2 or 3 times a week

as you be occosion. and requires no

Confinement.

To Make Led Powder

Mrs Salvages way

Take three pints of white wine,

& put to it of Tormentill roots, Angelica,

Pimpernell, Dragon and Carduus of

each one handfull, shred them small

before you put them into the wine,

let them infuse 12 hours, then take

a pound of the best Bole Almanack

then pour upon it so much of the

wine as will make it as thin as

Batter, and set it into the sun to dry,

stirring it euery hour; when it is dry

wet it again till it hath soaked up all

the wine: at the last wetting put to it

Methridate, Diascordium, powder of

Elecampane, Burnt Harts horn, and

Crabs eyes, of each one ounce, saffron,

and prepair'd pearl of each three drams

let it stand in the sun till it is stif

enough to make into Balls, and then

make them up, and let them dry in the

sun if the sun be hot enough you

may dry them in a stove.

You may ad to it two

drams of powder of Virginia

snake weed root.

page 214 || page 215

214

To make almond Cheese cakes

Blanch & beat half a pound of Almonds

as small as posible with as much orang:

flower water as will keep 'em from oyling

then put to 'em half a pound of fine

Sugar three quarters of a pound of melted

butter and x x 8 eggs mix & beat 'em all well togather x & bake em in a quick Oven in

patty pans In past made with flower &

butter if you beat the whites of the Eeggs

all to froth by them selves twill be the

better & grind the Almonds as you doe

mustard thay will be finer then thay

can be pounded gap

You must put but half a

pound of Butter, & strain the

butter thro' a sive, & put the

Eggs the last thing when the

butter begins to grow Cool.

To make Almond Milk

Take 2 spoonfulls of Barley & a quart

of watter the barly must be bouled In 3 waters

And the Eed water must be put to the ....

Almonds. To a pound of Almonds 4 quarts

of water The almonds must be Blancht

and beaten very well with Oringe-

flower water, then put the Barly water

to the Almonds mix it well to gather

and Strain it, put it into bottles & into

each bottle a Littele Sugar

page 216 || page 233

216

To make surrup of gilliflowers

Take one pound of clipt flowers and as

much iuice of Lemons as will wett 'em very well

than take three pound of sugar dipt in water & boyled

to a syrrop, you must Prep out the Liquor of the flowers hard & pour it into the syrrop upon the

fire stir iust once about with your spoon & take

it off speedily, 12 Lemons comonly makes 2 quarts.&nbsp;

To make a Whipt PuddingWhip the whites of ten Eggs, beat extreamly

and mix some flower & cream or milk with

the eggs a little salt & either Butter or marrow

bake it and it hott&nbsp;

To make Calues Foot Ielly

Take 2 Feet, 2 ounces of Hartshorn, & boyle it in

four quarts of water & boyle it till comes to two quarts, then

pour it out & let it stand till 'tis cold then scum off all the fatt

on the top and take away all the drop at the Bottom then

mix withit one pinsh of white wine or Rhenish wine, the iuice

To Make the Divine Oyntment

Take 22 ounces of Ox Marrow, well clean'd -

from strings or bones, steep it ten days togather

in spring-water, shifting the water thrice a day,

then take it out of the spring water, and -

steep it in Rose-water four & twenty hours,-

then take it out & put it into a fine linning

Cloath & hang it up to drain the water from it.

afterwards get Beniamin, storrax, Cyprus and

florence orris-roots of each one ounce -

Cinamon half an ounce, Cloues & nutmegs

of each one Drachm, all which must be well

beaten & powder'd, then mix in the marrow

with a spoon, afterwards put it into a pott

of two quarts, which must be well clos'd with a

lining cloath, & flower with the whites of eggs that

the steam may not goe out. put the pott into a kettle

of water which must boile three hours togather with

a moderate heat fire, reckning from the time it begins

to boil, you must haue another kettle of water

boiling to fill the other as it waists alway keep=

=ing water up to the neck of the pott, after three

hours boiling take it from the fire & strain it thro a

fine-lining cloath, & put it into potts.

page 234 || page 235

234

To drye artichoake bottoms

Boyle them as usually till the leves take well from the

bottome on some flat thing & put them soe into an oven,

after things ar drawn out of it when it is to be soposed it

is allmost cold that thay may be but Iust dry

keeping their green Colour.

Syrrop of Elder

Put the Berrys into a Iugg & stop it close.

then put it into a kettle of water & let

it simmer over the fire till all the Iuice

is drawn out; & to a pint of Liquor Put

a pound & 3/4 of sugar, & boyle it to a syrrop

To scow'r Irons

Take wet sand, scow'r Your Bars with

it, then wipe 'em dry with a linnen

Cloth, afterwards rub 'em with Woollen

Mrs Berkers Receipt

To Make a seed Cake

Take a pound of Butter, wash it in Rose Water,

then work it with your hand 'till tis as thin as

Cream, then take a pound of flower well Dry'd,

and a pound of double refin'd sugar finely beaten

Two Ounces of Carraway seeds, three thimbles

full of pounded mace, Mix all the dry things

togather and put them by degrees into the

Butter then mix them well togather then beat

9 Eggs, half the Whites, and 3 or four spoonfuls

of sack Put these into the other Ingredrients, beat

it all well with your hands, having your Oven

ready put your Cake into the hoop and have

a double paper Butter'd to put over it if there

is Occasion

One hour will bake it.

page 236 || page 237

236

Mr Hughs's blistring Plaister

Take Burgundy pitch Eight ounces, Venice

Turpentine & Cantharidis finely powder of each

two ounces and a half. Mix these ingredients

Well together over a gentle fire, little or

much of this may be made by abating or

encreaseing the Ingredients proportionally

To Make a Perfume

Put into four ounces of spirit of wine (that will burn all

up) two scruples of Ambergrece, & one scruple of musk, tye

them in a rag with a bit of lead to make'em sink hang it

in the midle of the spirit of wine & set the glase in hot

water till the spirit has desolved the musk & Ambergrece,

stop the glase with a Cork stoped with hard wax or dip the

cork in hard wax - a drop of this will perfume a quart

of any Liquor

To pott Salmon-

Take a whole Salmon, and Splitt it, and wash it very

clean, and scrape out the blood that is settled at the

back bone, then cut it into severall pieces, then -

season it with cloves mace, Iamaica pepper, black

pepper, and salt to your discretion. Then put it into

a pot close down, and cover'd with butter on the top and

a Layer of butter at the bottome, when it comes out

of the Oven, bone it, and let it stand to drein the

Gravy from it, When the Salmon is drein'd & cold, then

press it, or, pound it, If you think it not season'd eno^

add more in the potting of it of all sorts the butter

that is baked with it will go a towards covering it

- If you pot it in pieces it requires more seasoning

page 238 || page 239

238

A Receipt for the Dropsie

Take of Sena 6 ounces

Polipodium Roots 6 ounces

Bay berries 4 ounces

Annis=seeds 3 ounces

Ash Keys 3 ounces

Sasafras 2 ounces

Bind Weed 2 ounces

Rubarb 4 Drachms

Bind Wheat, (Alias) Wave Wind, one handfull

Bruise all your Ingredients & put'em all into a

bag and let'em hang in 4 Gallons of Ale 7 Days

It must be drank as Common Beer till Well:

The Same Ingredients will Serve twice, & be very good

the Second time If you immediately put up the Same Quantity

of New Ale and let it Stand 7 Days as before

directed, and Drink it as before Directed -

Lady Katharine Windham 's Reciept

Powder for Convulsion fitts -

Take the Herb call'd Lady's Smock strip the Blossome

clean from the Stalk & dry the Large Green Stalks

by themselves & the Blosoms by themselves, then

mix'em and powder'em & sift it through a fine sive,

Give to a young child as much as will lye on a

6 pence, to a Man, or Woman a Spoonfull, three

Days before a new Moon, & 3 days after, & the

Same before and after the full Moon

Mr Bamber 's Medicine for an Horse has the

Grvypes

Take one handful of Green Onion tops,& one handful

of Marsh Mallows, put them into two quarts of

water and boile it to one Quart, then put in

to it two Onions chop'd and half a pint of

Turpentine, strain it, and give it to the Horse,

or Mare warm.

page 240 || page 305

(240)

A Receipt to Make Veal Glew.

Take a Leg of Veal, cut of all the fat. Make a

uery strong broth of the Leg & Strain the Same

through a Sieue, that it may be very clear, when

this is done, put the broth into a broad flat

Stew-pan that will hold it all and set it upon a

high Chaffindish of Charcoal, & stir it Continually

about, that it may niether burn nor boile the -

whole time it is upon the fire, which must be about

7 hours; After this set it by for a Day or two, &

then cut it out of the pan, and Scraping off

the Sedement (if any) put the clear Ielly into

a China dish, and place it upon a Stewpan

of hot Water, placing the Stew pan upon a

Chaffing dish of Coals; the Water in the pan

must be kept boiling, 'till by the steem the

Ielly grow of a Glewy Substance which

it

To get out Iron moulds

half a pint of Iuice of Sorrel,

half a pint of Lemon iuice, of

salt & vinegar a spoonful, boyl

it togather & bottle it for use,

it must be used hot & wash'd out

as soon as done

For a Woman as soon as brought

to bed.

Gasgoin Powder & spirmacite one

scruple Dioscordium 1 scruple &

1/2, & iuice of Alkermes to make

it into a bolous, to be taken at

night with a drought of Pennyroyal

& Doctor Stephens Water, three parts

page 306 || back endleaf 1 recto

306

The Red Powder Mrs Rogers

Take of Cardus, Rue, red sage Lillys of

the valley; Tormentile, pimpernel, Dragons

Bitony, Angelica, Scabious, Speedwell,

of each one handful, Snakeweed one

handful wormwood half a handful Vervain

Agremony of each a quarter of a handful

Shred & bruise the herbs, & infuse them

in to quarts of white wine in a jug

Close stop'd, & set it in the sun. nine days,

then strain the wine from the herbs, then

take a pound of bole armoniac finely powderd,

then put as much of the wine after it is

press'd out as the powder will take up, &

set it in the sun to dry & as it drys up; put

in more of the wine stiring it two or 3 times

a day 'till all the wine is dry'd up in the

powder so as to be fit to work like paist,

then put in the same quantity of each sort

of herb as is infused dry'd & powderd,

one ounce of Diascordium, an ounce & 1/2 of

of Mithridate & ounce & 1/2 of Venice Treacle

back endleaf 1 verso || back endleaf 2 recto

back endleaf 2 verso || back endleaf 3 recto

back endleaf 3 verso || back endleaf 4 recto

back endleaf 4 verso || back endleaf 5 recto

back endleaf 5 verso || back endleaf 6 recto

back endleaf 6 verso || back inside front cover

back outside front cover

MV

MC

spine

head

fore-edge

tail