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**V.a.396: Receipt book of Penelope Jephson [manuscript].**

*V.a.396: Receipt book of Penelope Jephson [manuscript].*

front outside cover

front inside cover || folio 1 recto

[ book plate for Joseph Lyon Miller M.D. ]

folio 1 verso || folio 2 recto

penelope Jephson
Her Booke Annoque of
Domini 1674/5

folio 2 verso || folio 3 recto

Rules: ffor Wayte Viz:

1 A graine is the weight of a Barley Corne
taken in the Midle of the Eare
2: A scruple is 20 Graines
3: A Dram is 3 scruples
4: Eight Drams makes one ounce
5: Semis is the halfe of euery weight
6: Manipulus is a Great handfull
7: Pugillus is a small handfull
8: Ana signifies of Each a Like

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Mrs Lukes Cake

Take 5 pound of flower breake small into itt
one pound of Butter mingell into itt 5 pound
of Curants washed & well pickt a quarter of
a pound of sugar 3 Nutmeggs a littell Cloues
& mace & Cinamon more in quantity then any
of the former beate these very fyne & sift
ffourteene Eggs haue of the whites of them
throwe a way A pint & aquarter of Ale yeast
& a quarter of a pint of sack mingell the
yeast sack & Eggs together lett them stand
before the ffyer not too neare riseing
halfe an houere or more a pint & quarter
of Creame put in it 3 quarters of a pound
of butter set it with the Creame vpon
ffyer let it be redy to boyle but not boyle
take itt of & lett itt Coole a Little when your
yeast begins to rise mingle your Cake pour
your yeast & eggs throwe a strayner then
your Creame & butter mingle all Lightly
together strowe a Little fflower one the
topp of itt & set it before the ffyer riseing
halfe an houer Covered with a Cloth then
breake heare & there one the top a littell
butter as bigg as a hazle nutt then put it
into the oven & lett it stand there bakeing
a hour & a quarter whilst it is

2.
Bakeing you must haue 3 quarters of a pound
of suger ffnly sarched & the white of an
egge & two or three spoonfulls of Rose
watter beate these together the Longer
the better & when your Cake is baked
lyce it & set it into the ouen till the
lyce is hardened then draw itt & eate itt
when you thinke good but itt will keepe
a yeare if you doe not lyce itt

Receipt 2 To Make ffyne pan Cakes

Take a pint of very thick Creame &
sixe eggs well beaten with the breads
taken out halfe a porrenger full of melted
butter a littell salt suger & nutmeggs
soe much flower as will make itt of the
thickness of batter stirr them well together
& & poure them into the pann thinn
& they will frye them seelues without
butter ore any thing elce

Receipt 3To Make Marmalett of Oringes

Take your oringes paire of the rine
very thinn then take of the other part
in quarters from the pulpe & boyle
the pееle in 4 ore 5 watters till the
bitternes be all out still putting them
into boyling watter when you shift them
then drye them in a Cloth & scrape
of the white one the in sid

3
very cleane the Cutt the pееle into little dice
then boyle a dozen of pippins in as much watter
as will couer them & take a quarter of a pint of the Joyce of them & as much of the Joyce of Lemons way your oringe peeles & to 3 quarters of a pound take a pound & halfe of them in watter & put them in your - basin with the Oringe peele & the dice of pipins & boyle them very fast a quarter of an houer then put in your Joyce then put in the Joyce of Lemon lett all this boyle together till the oringe is cleare & till itt will Jelly then put itt into glasses

The Custard possett

Receipt 4
Take ninteene Eggs & beate there whits & all straine them & mingell them with a pint of sack & halfe a pound of sugar sett it one the fire tell it is scalding hott still stirring it all one way then let your quart of milke be redy boyled to pour into your Liquer you must lett the milke but Just boyle upp & hold itt a good height & pour itt in before itt falls then stirr itt altogether once or twice & Couer it & Lett it stand a little before you eate itt

To Make Whupt Sulibubs

5 Take a pint of Creame a pint of white wine neare halfe a pint of sack & the whites of 3 eggs put in hole whiske all these till the froth ariseth which put into your Glasses as fast as itt riseth set the glasses in the Cold watter 3 or 4 houers sweeten your whites as you please

6 To Make Lemon Creame

6 Take the Joyce of 3 Lemmons & a Litle more faire watter then Joyce in faire watter some peele according to your tast then take itt out & sweeten itt alltogether very sweete the straine
to itt the whites of 4 Eggs & two of the yolks then set it ouer the fyer & & stir itt all one way till itt bee as thicke as Creame then take itt of & Keepe itt stirring a good while Oringe Creame is maid the same way only without the peels & as much yolks in that as whites in the Lemon Creame

7 To Make Mrs Rush her x Cheesak puffs

Take 3 quarts of new milke put Runnet to itt & when it is come whay itt & putt itt into a Cloth & when the whay is Run from itt breake itt small & putt to itt 4 Eggs some Nuttmegg salt & a Loafe of white bread grated then butter a pye plate & lay them one itt in greate spoonfulls & sett them in an Ouen halfe an houer will bake them then take them of the plate & lay them in dishes & putt sack butter & sugar to them x

8 To Make quince Creame

Take your quinces when they are Ripe scald them pare them & scrape them & put some sugar to them & sett them one the ffyer a while stirrung itt then Rubb itt through a seiue into Cold Creame & stirr itt well together
x

9 To Make a Plaine Cake

Take two pound of flower & one pound of butter & Rubb the butter in the flower soe small that itt Cannot bee seene two Eggs yolks & whites

4 two spoonfulls of Creame 3 spoonfull of Ale yeast & blend it well together & sett it by the ffyer halfe an houer
to rise then worke in halfe a pound of Caroway Comforts as lightly as you can & sett itt in the ouen hot anough for manchant & lett itt stand halfe an houer

10 To Pickle Cucumbers

Take the best beare vinegar or if itt be not sharp enough put in a little wyne vinegar make it soe salt as to beare an Egg boyle it till the scum Rises take it of Cleane & put in your Cucumbers but before it boyle put in a little long pepper Mace & Nuttmegg & when they begin to Chang Colour take them of & lay them one by one upon a board when they are Cold lay them in a pott with Dill ffennill & a little spice betweene every Roe giue the Liquer one boyl & let it stand till itt be Cold then pour it to them soe let them stand one weeke then pour the liquer from them & giue it a boyle & put itt to them scalding hott soe doe now & then

11 To Make Cowslipp Wine

Take 2 Gallons of watter & to Each Gallon put a pound of sugar add to this the white of 2 Eggs then set them one the fier & lett them boyle an houer Continually stirring itt then take a Bushell & halfe of pickt Cowslipps bruise them in a stoane morter a little put hem into a tubb & the Liquer hott one them Couer them & let them stand a day & a night then straine itt through a hare seive then take 3 or 4 tosts of browne bread & good Ale yeast which itt must be very sweete spread it one the tosts one both sides & put them into the liquor then put in 3 botles of Rennish wine white or sack & take the Joyce of & pill of 4 Lemmons & put into itt
then Couer itt Close with a Cloth & when it begins to worke stirr itt & Let it stand working 2 days then Tunn it very Close & let it stand a month then draw it into bottles & in every botle put in a Lump of Loafe sugar & stop your botles well before you put the yeast in you must warme such a quanity of it as will make all blood warme & then put in the Toasts

To Make Raspisberry Wine

12 Boyle 2 Gallons of watter Gently for halfe an houer then pour itt upon a Gallon of Raspes & one pound of sugar & one pound of Rasins of the sunn slit them but not stoned put all these into an Earthen pott & add the Joyce of 2 Lemmons then tye one a Cover & Lett itt stand 3 days straine itt out afterwards botle itt up

To Enamell Currants

13 Take the white of an Egg & beat it upp very well then take of the froth then dipp your Curants in itt & take them out & Role them about in fine sugar being beaten & sarched drie your sugar before you use itt then when your Currants are sugared laye them upon a shelfe of paper & lett them drye in a stoue ore the sunn

To Make Bisketts Cakes

14 Take 15 Eggs beate them very well with a whiske put in 2 pound & halfe of sugar searced & when itt is well beaten in put in two pound & halfe of flower putt in Caraway & Aniseeds drope them upon papers sift a Littell suger one the topp
& bake them in a quick ouen take
them of whilst host & putt one Lattices
& sett them againe in the Ouen
untill they are drye

To Drye Cherries Without Sugar

15 pull the Cherries from the stoanes then
put away all ther Joyce & boyle them
till they are as drye as you Can then
Clapp them together in little Cakes &
put them one paper one a seiue & set
them in an Ouen

16 To Make Oringe Creame

Take 3 pints of Creame & put to itt a
quarter of a pound of new Candid Eringe
Roots shread very small & a quarter
of a pound of naples Biskett Cut of all
The Browne from the topp & bottom
& slice itt very thinn into your

6
Creame with the Eringe sett them one
the ffier & lett itt boyle very softly for
halfe an houer then pour itt into a dish
& stirr itt till itt is Cold

17 To preserve dry Aprecocks

Take a pound powdred sugar Clarifie itt
with the white of an Egg then take
a little of the sirrup & make itt very
thinn with watter then let it boyle
up & haueing a pound of Aprecocks
redy pared very thin & a little slite
itt the seame sid att the topp put them
into a gally pott & pour the boyling
sirrup into them lay a little wayt
upon them to keepe them vnder the
sirrup & so let them stand Close kyvered
for 12 houers then take them out & thurst
out the stoans then take as much sirrup
as will make them swim in a presaruing
pot puting in a little watter soe boyle
them as fast as you can for a litle
while then take them of the fyer
& those you find tender put them out
into a Cleane pot & set the rest one againe & soe till they are all anoufe & then pour in the hott sirrup to them & let them stand till they are cold the next day then take them from the sirrup & take halfe the other

sirrup & put them to itt & warme them twice a day for three days together - putting them into the pot euery time that you warme them when you find the sarrup any thing sharp warme them with the other sirrup be sure not to let them boyl when you warme them then lay then a drying in a stoue turning them
If you make the last sirrup with duble fine suger they will looke much better

18 To Make Seed Cake

Take halfe a peck of fyne flower 6 oz of Carroway seeds a pound & halfe of sugar beaten small mixe all these together then a dozen of eggs with whites well beaten a pint of sack a quart of good Ale yeast mixe these together then take 2 pound of butter a pint of Creame pour it into the flower & mixe them well together then put in the sack & Eggs & yeast & when all is well mingled put itt into a hoope well buttered & flower the paper well then put it into a prity quick ouen & let it stand an houer & halfe

7

To Make A Cake as Madmoysell

19 Take 7 pints of flower 2 pound & halfe of butter a pint of Creame melt the butter in the Creame beate one oz of Mace small & put into the flower with a pound of sugar then beate
20 Eggs halfe the whites taken out  
& a pint of Rose watter & a pint of  
Ale barme mixe all these well together  
& haue 6 pound of Currances redy  
washed & dryed & maid very hott  
put them in & Keepe them by a good  
fyer stirring for an houer then set  
it in a quick ouen let itt stand an  
hour & halfe

20 To ffine Syder

When the syder has stood about 3 days  
in a Cowle Close Couered with a hare  
Cloth & a nother ouer that but not soe  
Close as to make it worke pour itt  
from thee Lees & Tunn itt up but not  
stopp & if it only Couer the Bong lest itt  
worke & if it bee not Indiferent Cleare  
let it stand a fortnight & draw it of  
againe after which let itt stand 3  
or 4 days & then take a gallon or 5  
quarts of spring watter & boyle in  
it 5 or 6 oz of Iseinggasse

\[ \text{till the watter be halfe boyled away} \]
\[ \text{& when it is Cuole put itt into the hodgher} \]
\[ \text{of syder & itt will fyne itt if your} \]
\[ \text{quantity of syder be Less your quantity} \]
\[ \text{of watter & Isingglasbe must be proportionable} \]
\[ \text{a baided the syder will bee well fyned} \]
\[ \text{in a fortnight time after putting in} \]
\[ \text{he Iseing glasse & itt is afitt time} \]
\[ \text{to bottell itt up} \]

21 Mrs Chips Reset?t to Collar Beefe

Take a peece of flank beefe & salt itt a  
weeke then let it Lye 3 days in pumpe  
watter shifting itt once a day then take  
of all the grissell strings & tuff sk...gs  
skyn but keepe the great skyn as whole  
as you can beate the beefe with a Roleing  
pinn till it be tender & hold together  
then spred it a broad season itt with  
peper 2 or 3 nuttmegs a quarter of an  
ounce of mace this is the quantity if the  
beefe bee Larg & will make two Collers
but if the beefe be small halfe the quanity will sarve then take sweet yearbs & one pound of suett shred small strew itt all ouer the beefe & stirr itt up & downe to make the beefe eauen & plain then begin to Rowle itt up Like a Coller of brawne as hard & as eauen as possibell you Can with tape when you haue tyed it up Close then beate itt soundly againe then draw the tape to bind itt up hard then putt the beefe & lapp the Coller in the skyn putting it into a stoane pott with a quart of Clarrett & a pint of pump watter Couver the pot with past & bake itt with your housshold bread & when Cold take of the fatt hanging itt up to draine 24 houres then wipe itt dry & hang itt in the Chimley in a drye Corner & keepe itt for your use eating itt with elder vinegar the sweete yerbs must bee sweete Margrum time winter sauory parsly put a Clove of Garlick in the bottom of the pot

To Make Collops of Veale

22 Take the fleshy part of a Legg of veale Cutt it into thynn slices & hack it with the back of a knife beate 6 eggs well with a Littell salt take a littell time winter savory & sweet Margrum shred itt & slice itt into the eggs then put in the veale let it stand two houres then heate the frying pann with a peece of butter & frye itt well with the Eggs about it & a whole onyon then serue itt up with some Grauie or strong broth & an anchouy disolued in it Rub the dish with Garlick if you haue G grauy you may breake the knuckle boane & boyle itt in strong Ale in sted of gray gravy
To make Jumballs Mrs Carrys

23 Take a pound of flower & a pound of sugar 8 Eggs but two whits beate them very well put in what seads you please into the flower & sugar put into your Eggs 4 or 5 spoonfull of Rose watter mixe all these well together then butter your plates & when you haue Roled them out lay them therone your ouen must be but Just soe hot as to Coller a white paper

24 To Make very Good Cheescakes Mrs Carry

Take 3 pound of uery tender Curd maid with new Milke then Grind itt in a stoane mortar fine as

9. wild Curds then put in a pound & halfe of butter the yolke of 6 Eggs halfe a nuttmeeg grated a littell handfull of grated bread 6 spoonfulls of damask rose watter as much Creame grind all these well together till the butter is all broake & well mixt put in what Currance you please make your past with a littell Creame & butter & the white of 2 or 3 Eggs & make itt all Could

25 To Drie Plums Mrs Carys

After the plums bee stoaned take halfe the waite of them in suggar & to a pound of suggar take a quarter of a pint of ffaire watter melt the suggar & then lay the plums one by one in it & soe boyle them uery softly for feare the skynn shuld breake it is best to boyle them but halfe a nufe att first & then stand still the next day when they are Could lay them one a syue & let them not touch one the other & soe set them into an ouen when it is warme till they be halfe drye then dipp
a Cloth in scalding watter & wippe
them then set them in the ouen

againe & drie them upp

26 To Stew Carpes

ffirst Cutt *them* in the heads & make *them* to
bleed then put in a littell salt & wine
vinegar in the blood & Role the
Carpes in itt being well sealed then
put to *them* 2 or 3 Cloues a littell
mace 2 or 3 Races of Ginger bruised
a good quanity of pepper a littell
bruised 2 or 3 oynyons a Cloue or
two of Garlicke a littell horse Radish
a bundell of sweete ½ herbs take as
much Clarret wine with a littell
watter as will Couer *them* let the
3d part bee wyne then set *them* a
stewing when they are a nough
disloued 2 or 3 Anchouis then take
out the Carpes & straine the licquoi
into a sauce pann & beate 2 or 3
yolks of Eggs & sett the Liquoir ouer
the fyre & put in a good peece
of butter & the Eggs & Keepe itt
stirring till it be thick a nough
then serue it up with sipetts
of white brende

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27 To Make Aprococke Cakes Mrs Carrys

Take your Apricocks & waye them before
they are pared or stoaned *then* take
ther wayt in dubell refinned suggar
or loafe suggar then slice *them* into
your suggar & let them stand till
next day. then boyle them on a
prety quick fyver till they Come
from the pann keepe them stiring
all the while *then* put *them* into tow
molds & the set them in the stoue
when they are Could Keepe a Constant
heate to *them* till they are as drye
as you would haue them

28 To Make Apricocks Cheps Mrs Carry

pare your Apricocks & slice them & make a littell surrop with a littell sugger & watter & boyle them a littell while then lay them a draining from that surrop then boyle sume sugger to a thin Candy & warme the Chips 5 or 6 times letting them be Could betweene whiles then put them upon Glasses & set them in a stoue till they are drye

29 To presure Cherrys: Mrs Carry

take to ebery pound of Cherrys a pound of sugarr & 3 spoonfull of watter

To presure Gusberries: Mrs Carry

youses no noe watter only take them out the watter you laye them in when they are stoaned put a quarter of a pound of sugarr more then ther wayt

30 To preserue Damsons Mrs Carry

Take a pint of watter to ebery pound of damsons & let them stand upon the fyer 2 days still hotter but not boyle till the last time

31 To Make ffresh Chees & Creame

take a poringer full of Cheese Curds & beate it in a morter very fynne put to it the yolks of 2 Eggs & one white a littell nuttmeeg grated & a littell rose watter or orring flower according to your tast when you put in into your dish put Cold Creame without suggar
32 To Make Lemon Cakes \textit{the} Lady Cogall waye

Take the thickest Rind Lemmons pare ofe
the yallow Rine then take the white
peele & boyle it in watter till it is
so tender that you may brake itt with
the backe of a spoone shift your watter
3 times then take all the pulpe of
your Lemmons & put to it breaking
it small or Rub it throw a hare sive
then take the wayt in dubell refined
suggar boyle it all most to suggar
againe then stire in your pulp &
scald it seat in a stoue 3 days \textit{then}
put itt into Cakes & drye \textit{them} in your
stoue

33 To Make Aprecocks Jumballs or any fruit

take your Aprecocks scald \textit{them} in watter
till they are uery tender then draw
the pulpe throw a sive beate dubell
Refinned suggar uery small & drye
it well one a Chafing dish or in
an Ouen 2 days before that it may
be uery drye then mingell as much
suggar with your pulpe as will make
it stife like paste \textit{then} Role it in long
littell Roles & tye it in what fashion
you please

Mrs Carys

34 To Make Any sort of Cleare Cakes

Dubell boyle your ffruit very quick
if it be whight \textit{then} let the Cleare be
pared from the rest & to every pint
a pound & halfe quarter of suggar
boyle your suggar to a drye suggar
againe \textit{then} poure in your Juce &
stirr it till it be scalding hot \textit{then}
put it hot into your glases
you may drye \textit{it} the wayt of suggar
will doe it for it will bee better then
more
To Make Cherrys a Cordiall & to: Keepe the m 35 all the yeare MrsPikes way

take a quarter of a pound of fine suggar
beate it put it into a Glace with a wide
mouth & a nutmegg slicsed a littell Cloues
Grose beaten sum sinament then fill
the glass full with Cherrys & pouer
in as much brandy as the glase will
hold set it by for a mouth & doe
not shake it you must not pull the
stoanes from the Cherrys

36 To presarue Raspes Mrs Carrys

take a pint of Juce to 2 pound of suggar
boyle it quick till it be well scume
then put in a pound & halfe of raspes
& boyle them up quick when they
looke Cleare they are a nough
put them up when they are allmost
Cold

37 To Make Aple Cakes Mrs Airs way

take the sourest Aplies you Can git
Cut them in quarters from the Cors
put them in a pot & bake them with
browne bread Couer them Close
with some dowe when they are
drawne lay it in spoonfulls
upon plates & dishes & set them in
the ouen againe & an houer
after t??? turn them

38 To Make Sarrop of Oringles

to a pint of Juce take A pound
of suggar boyle it to a Candy hath
then put in your Juce & let
it Just scald
To Make Beene Bread or Almond Jumballs - Mary Sandys

take a pound of Almonds blanch *then* drye them in a Cloth & haue redy a pound of very fine suggar finly beaten & strew some in the bottom of your panns *then* Cut your Almonds broad way very thinn & put a laying of Almonds & a laying of suggar when they are all Cutt beate the whits of 3 Eggs & as the froth riseth put it *into* your suggar & Almonds when that is all in put in 3 spoonfull of oringe flower watter or Rose watter *then* set it one your fyre & boyle it a good while then put in a few Caraway seeds & when your Almonds are pretty thick haue Redy some wafers upon pye plates & drop your Almonds a spoonfull in a place & whilst it is hot stick in some 4 or 5 slices of orring & Lemmon & settron then set them into an Ouen not uery hurt they must stand halfe an houer but must not bee soe hot as to Coler them flower Oringe watter will bee best Caraway seed without suggar & not put in till it is allmost dun you may alalso put in a littell Muske you must Cutt the waffers Close Round when all is done

To: Make any sort of suggar Cakes 40 the Best way

take fine suggar finly beaten put it in a poringer & put into it what Juce you please as much as will wet it then set it upon a Chafing dish & keep it stiring till it is scalding hot be sure if doe not boyle as soon eas it it hot take it of & drop it upon pappers strewed with fine
white suggar if it groes thick &
Could warme itt againe

41 to Make very good sasages

Take the lean of a legg of porke
put double the weight of beef suett to it
shred both together as small as can be
& season them with a good quantity of sage
& some nutmeg & mace, & a pritty deal of salt, & a little peper, mingle with all this
5 eggs yolkes & whites then fill the guts
sheeps guts are best

To Make small mead Lord Gorge

Take China .1. ounce & a halfe, of Eringo
roots not candied 3 ounces, of licorish .1. ounce
dryed coultfoot 2 handfulls, 2 spriggs of Rosmary
of Resons sliced one pound, of curence halfe a pound, of curriander seeds a quarter of an ounce of hony 3 pints & a halfe. Boyle all thes in 5 gallons of watter (skiming the same somtim's untill it coms to 4 gallons, then strain it worke it up with yest, then tunn it in .7. or .8 dayes itt will be ready to drinke, it will keep in bottles a munth in summer, 2 in winter/

42 Bolonia Sasages

Take the bigest guts of a hoge, & when thay are washed clean lay them in salt 48 hours at least, when you would use them you must wash them in severall watters, which must be warme & in which you must keep them while such time thay are filled, take the leanest part of a legg of porke & be cure to pick it clean from skinns, sinews, & fatt, then beat it in a stone morter, & in the beating add a small quantity of the best fatt, & when it is well beaten to a pomis then take .14. ounces of white salt beaten to a fine powder, for every 25 pounds, (Italian weight which is .12. ounces) five ounces of hole peper, one ounce of beatten cloves, a glass of red or clarrett wine, wherin has bin steeped a little
scuchineall & a little muske or amber greese, mingle them all very well together in the morter, then fill your guts over scallding watter stufing them so hard that ther remaines no wind or hollow place, then hang them in the chimley while they are through dry, which will be in 2 or 3 munths, & then you may eat them/

43 To make Goosbery wine

Take Goosburys when they are allmost ripe with the stalkes and leaves picked out, weigh your goosburys, & bruise them very well in a stone morter with a wooden pestle, for every 3 pounds of goosberrys take a quart of faire watter and a pound of lofe suger & mix them well together then put it up into a barrell and stir it often for 24. houres, the lett it stand a fortnight well stoped, then draw it out into bottles, stop them not very clos at first for fear of breaking the bottles, but after .3. or .4. dayes you may stop them as clos as you can, if you see at .14. dayes end your wine is not very clear, then pour it into other bottles at a munth or two you may begin to spend it, it will keep the year round/

44 To make a Carrot Pudding Dr Garner

Take a 2 peny loafe grated & one good big Carrot grated, mix these together.
Take 6 Eggs & a pinte of milke, and halfe a pound of Butter melter thicke; a nutmeg grated, halfe a pound of Sugar, & a little salt. mix all these together & bake it in an earthen Pan, butter the pan before yow put it in. 3 quarter of an houre will bake it./

45 To make Chocolate

Take a pound of the cacao nuts finely beaten & searsec, half a pound of hard sugar finely beaten & searsed, an ounce of Cynamom, quarter of oz. of Nutmeg, half quarter ounce of Ani seede, half a drachm of long pepper, as much of lamaica pepper. Beate & searse all these spices, then put in two sticks
of vanillo's beaten & searsed, * musk & amber as you like the taste. When all *two drachms of Achi ote bea- ten & searsed,

these are poudered & well mixt, heate them in an earthen pan till they are as hot as you can endure your finger in it. keep it well stirr'd that it burn not, then put it into a mortar & beate it very fast till it begin to oil, so as it will work like paste, then make it into paste.

46 To make mince pyes

Parboyle a legg of mutton & mince it, take all most as much beef suett as meat, a pound and halfe of reasons of the sunn stone and minced, and as many currence washed and dryed, a few dates, some orange peell, 2. or .3 pipens all minced small, 3 nutmegs, 2. or .3 cloves, halfe a pound of suger, a little salt, some rose, or orang flower watter, mingle thes well, & fill your pyes

47 To harsh a calves head

best way
Take a good calves head halfe boyle it, then slice it, & leave the bones whol & keep them hott, then take some calves sweet breads & lamb stones, & sheeps tongues, & oxe palatts, boyle the tongues & palatts & blanch them, & cutt them in little peices, put them all togeather then slice a little bacon amongst the rest take a bottle of white wine, & .6. or 7 anchoves, & a good bunch of sweet herbes, an union, a lemmon peel, 2 nutmegs, 6 hard eggs minsed & put amongst them all togeather in a frying pan with a good piece of butter. then for the leine a pint of good gravey, & 6 yolkes of eggs beat them up togeather, & when you are reddy put them into the rest, & make it very thick & so dish it away fry some thin tosts in eggs & a little parseley, & the braines, to garnish out your dish & some lemman
48 To Stew a Rump of Beef

Take a rump of beef & take out the
great bones, then season it with salt
nutmeg, mace & a little pepper & stop
your lean parts with beef sweet shred
very fine & mingled with cloves, nutmegs
mace, pepper & salt, & stuff it in very
hard. put it into an earthen pott or pip-
kin, & put thereto a quarter or better of
white or clarret wine, a pinte of wine vin
egar, & six onyons pretty big cleft in sundar
a bundle of sweet herbs & season it with salt
to please your palate. Then put as much wa-
ter to it as will cover it & so let it stew
gently, at least six hours. When you take
it up to dish it, skum of the fat & take
away the onyons & herbs, & put it into a
larg dish powdering the liquor upon it.

49 To roste an hare in the skin

put into the belly an handful of winter sa-
vory & some other sweet herbs, mince them
small with some nutmeg pepper & salt,
half a penny loaf of grated bread, with al-
most a pound of butter. mix altogether
& sow up the belly, and when you lay it
to the fire baste it with bear & salt, till
the fur & skin peel off. And when you
have pulled that off, baste it well with
butter till it be enouigh.

50. To make a fricasee of Chicken

Take a couple of chickens, flea them & cutt
them in pieces; set them a frying in a frying
pan with as much clean water as will cover
them. Let them boil till almost all the water
be boil away. put in a good piece of butter
& some salt, let it boil a good while, Then
put in halfe ^ a pinte of white wine, & let that boil
till it come to the quantity you would have your
sauce of. Then mingle the yolks of three
egg with the juyce of a Limmon, and when
it is boil inough, put it in. Let it boil one
or two walmes after the eggs are in, & dish
it up with sippets. if no Limmon, put in a little Vinegar.

22

51 To stew a Calfshead

Boil the head a little, take it out & cutt it in slices, stirr it between two dishes with claret wine & a clove or two & some Limmons with the brains & a little sage & parsley. when it is taken off put some butter to it.

52. To stew a pike

Take a little water, white wine, vinegar & salt; set them over the fire; take the fish, wash & scale it & wash it & put it into the liquor with a bundle of sweet herbs & a flake of Mace, two cloves of garlick. Take a little horsRadish root, scrape it, the quantity of half a spoonfull. put into a pinte of oysters & a quarter of pound of butter. So serve it up with sippets of white bread & the juyce of a Limon.

53. To boil a Carp

Take a little water & claret wine or white wine Vinegar; set it over the fire. Take the carp, scale it, wash it & sowe the blood & put it into the liquor together with the Carp; with some salt, 3. cloves of garlick, one Anchove & a bundle of sweet herbs a flake of Mace & a quarter of pound of butter. Serve it with sippets, put the liquor upon it with the juyce of Oreng or Limon.

54 To stew a ± calves head

Boil the head tender & cutt it with the tongue into thin small slices, only the eyes left with a little on the jawbones. Take a pint of oysters with the liquor & half a pint of white or claret wine, two or 3. Anchovies, spoonfull of capers, a little nutmeg, 6. cloves, a bunch of time, & sweet Marjoram, a peice of an onyon; let all these stew half an hour or less. Take out the herbs & onyon, & dish it in a broad dish. The brains being boid with some sage break them well with half a pound of butter & a little vinegar, & some
shred limon. powre it all over, laying the eyes first to the jawbones with on the meat. If you have no oysters, put not in so may Anchoves but more Limon. It will do well to lay some slices of bacon boild or fried, & sausage meat with sippet in the bottom.

55 To dress mushrooms hott

Take Mushrooms new gathered, pair off the outside if they be not wormeaten; take them & quarter them, with parsly & onyons shred small. put them into a skellet with a bundle of sweet herbs & season the mushrooms with pepper & salt.
Boil them till the liquor be all wasted; put to them as much cream as will cover them.
Boil it till it be thick & put in a slice of butter & serve it up.

56 Pease pottage from the Cook in Suffolk Street

Take two quarts of pease to two gallons & a halfe of water. when they are very well boild, strain them through a Cullender; and if you would make a quart of pottage, take almost a pinte of the pease broth & add to it as much of strong or jelly broth that hath hath no thickning in it; and half a pinte of new milk. Then take two ounces of bacon & stick 4. cloves into it. Shred into it an handfull of sorrel & spinage, with a little Mint.
When it boils, put into it the quanity of a small egg of sweet butter & half a penny loaf sliced thin. Then season it with a little white pepper beaten small, & some salt. As soon as it boils the first time, put in the bread & butter. When it boils the 2d time dish it up.

57 French pottage

Take a capon & neck of veal, boil them in mutton broth. When it is half boild put in an onyon stuck with cloves. Boil the Capon very ten
der, & take it up. Let the veal boil to mash,
Then take turnips & carrots cutt into little peices,
boil then in a pan with fair water & 5. or 6.
onyons. When they are boild strain the water
from them & take out the onyons. Then take
out the clear broth from the veal & putt it into

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\textit{folio 23 verso || folio 24 recto}
\end{center}

a stewing pan with the turneps & carrots & let
it boil a quarter of an hour. Thicken the broth
with a little burnt butter or a ladle full of dripp-
ing & some flour. Season it with salt, slice bread
in the bottom of the dish. Lay the Capon in
the dish & poure out the broth with half
a pinte of gravy.

58 To make a Hare pye

Take the hare, break all the bones, quarter
it, season it with pepper & salt & little nut
meg. put it into the pye with 2. or 3. ony-
on's. a pound & half or 2. pound of butter.
serve it in hot with a glass of French wine
when it is taken out of the Oven.

59 Sauce for a Shoulder of Mutton

When the Mutton is half inough, prick it that
the gravy may run out. put to it a little
onyon water, a blade of Mace, a little butter
beaten thick, & one Anchove shred small &
dissolved in it Serve it up with the meat,
with oysters stewed in the gravy & water, be-
fore you put in the butter. The Anchove
dissolved in the gravy before you put in the
water is the best way.

60 Sauce for a fillit or Shoulder of veal

Take a little watter & shred a few sweet herbs
into it & few currence & boyle them well together
boyle 2 eggs hard & mince them small, a little
beatten butter, 2 or 3 spoonfulls of wine or
vargis, a little suger, mix all togeather and
pour it hott on your veal/
61 Sauce for any fresh fish

Take a little water & a little vergis &
boyle in it a onion & a bundle of sweet herbs
a blade of mace, & a few oysters stewed if you
have any, then put to it a little beaten butter
& dissolve an anchove in it/

62 To make Jelly broth

Take 5 pints of water, a pint of white wine
also the knuckles of veal, & little end of a rack
of mutton, or in stead of that a cock, and boyle
in it, put not the white wine till it be half
boyled, put in a crust of bread, a bundle of sweet
herbs, & some salt, lett it boyle till it is halfe
enough then put in halfe a candied lemon, as muc
much orange, & as much citron all sliced very thin
& your white wine must be put in then, you may put
in capers if you pleas/

63. To make Pottage

Take a leg of Beef & break the bones
very well & boyle it to make strong
broth; then take the flesh of a leg
of mutton & a good piece of veal, all
without salt; shred it very small with an
onion & put it into a frying pan with
a piece of butter & let it fry a little
stirring in a little flower; and let your
strong broth be put to there a little at
a time & stirring it while you have
enough for your use. When you have
a while fryed all these together, powre
all into a stew-pan, letting it boil out
the strength of the meat. you may
put in some cloves, a little whole pep-
er, with a little gravy & a bundle of
sweet herbs. Let all boil together
till your broth be strong enough. you
must let some white bread cutt very
thin, be dryed ready, very crisp to
lay in the bottom of the dish you serve
it in : and on the top just when it
goes to the Table. You may boil some
herbs green & garnish your dish: and if
in pease time you may boil some green pease
and try them with sweet butter and

put them into the pottage. You may
also garnish your dish with a breast of
mutton fryed.

64 To make Ginger bread

Take 3 pound of flour, one pound
& half of honey, one pound of Sugar,
one ounce of Ginger finely beaten &
searsed, set your sugar & honey on
the fire to clarify them; When it
is scumd, cutt in some candied oreng &
limon peel & citron in long thin
slices. Not so much Orang peel as lim
mon or Citron. Wett your flour with
this, make it into rolls, and flour
or butter your Paper or tin moulds
and bake them in a temperate Oven
that they do not burn. Therefore try
it by throwing in a little flour till
it hardly colours it Half an hour
will bake them inough. Let them
lye in a dry place & they will keep
many year.

65 To make Sausages to fry

Take a pound of veal or Mutton & three
pound of beef suet, mince them very fine
then season them with pepper salt and
Nutmeg & a good handfull of sage; as
many oysters as you think fitting Then
work it up with the yolk of 5. or 6.
eggs. so fry them for your use.

66 To fry steaks

Take as neck of Mutton & cutt it in
steaks, beat them with a rolling pin pretty
thin, but do not break the bones. Lay
them upon a cloth & strew a little salt
on them a little before you fry them.
Take a chop of Mutton, & a little cla
ret wine, a bunch of sweet herbs & an Anchove & let them boil a pritty while. Then put to them some gravy & heate the pan hott & lay in the meate & fry them very well? white. There must be nothing in the pan but

only the meate. Put them in a dish, & set them upon coales, then powre on Sauce & stew them with a little chalote and whole pepper; and serve them up with tosted sippets.

67. an Orenge pudding

Take halfe a pound of Butter & work it till it be like Cream, then add a quarter of a pound of sugar & the rinde of one orenge cutt small, with the yolks of ten Eggs, stirr it well together. you must have a thin paste on the bottom of the dish & another on the top of the pudding; but cutt it so that the pudding may be seen & less than Half an hour will bake it.

68. To picke Cucumbers Cosin Stones way

Take the best beer Vinegar; if it be not sharp inough, put to it a little Wine Vinegar Make it so salt as to bear an Egg and then put in a little long-pepper, Mace and Nutmeg, boil it till the scumme rises, take it off clean & put in the Cucumbers and when they begin to change colour take them off & lay them one by one on a board. When they are cold, lay them in a pott with Dill, Fennil & a little spice, between e-very row. Give the liquor one boil & let it stand till its cold, then powre it to them & let it stand a week. Then powre the liquor from them & give it a boil, and putt it to them scalding hott; so do now and then.
69 To make Raisin Wine

Take two Gallons of water & boil it; take off the scum that rises & then take 4. pound of the best Raisins & stone them, with a pound & half of loafe sugar: 3 limmons, the peel of two if them, Put the water into an earthen vessel & put all the other things into it whilst it is hott & let them stand 2. dayes, stopping up the vessel very close. Then strain it through a Gelly bagg & bottle it up ten dayes or a forthnight before you intend to drink it.

70 To make French bread

Take half a peck of fine flour, the yolks of two eggs, half a quarter of a pound of butter, and some salt, a quarter of a pinte of good yest; warm some milk & putt to the yest; stirr it well together, with a little warm water. Wrap it in a cloth & lay it riseing by the fire.

81 to make clean plate

mingle a little Brandy with white wine, and put some cholke, or whiten in it, and Scour your plate with it, it will fetch out any staine or spots, and make it looke like new, as allso for guilt plate

872. To make the Bambury Cake

Take flower well dryed in the oven, measure a gallon of it into a pan, then put in 3 nutmegs & as much ginger, and mace, with sum cloves dryed & finely beaten, then bruse your salt & safron in fine powder & put it into your flower, & make a hole in the midle of it & put it into 2 pound of fresh butter cold then take 4 pounds of currence & strew them in your flower then take a pint of good raw cream & when it is ready to boyle put in halfe a pound of almonds
finely beaten with rose water, or cream, & a quarter of a pint of sack put this into your hot cream then put it into your flower & butter, and straine in a pint of good barme being first very well beaten with 6 yolks & 3 whites of eggs, then mix all thes together & when it is risen worke in it a pound of caraway cumfits & so bake it in a hoop of lattin, or wood bored full of holes & when it is baked draw it to the mouth of your oven & wash it over with feathers with this Ising. Take a quarter of a pound of butter, & as much fine searched suger, & put in it 6 spoonfulls of rose water two graines of amber greece, melt all thes togethther on the coales, and when it is mellted beat it in a dish with a spoone & so wash your cake and lett it stand a quarter of an houre then take it out of the oven; lett your hoop be well buttered

73 To dress a cods head

Wash your head very clean & salt it for an houre then boyle it till it is enough in such liquor as you doe other fish, for sauce take halfe a pint of strong gravy & halfe a pint of white wine, a quart of oysters, another of shrimps, put thes into a sauce pan with sum of the liquor you boyle it in & 3 anchoves, 2 shalotts, thicken this with the yolks of 6 eggs, a pound of butter lay larg sippetts of whit bread with shd ed capers on them, between your sippetts lay little fish fryed & elle & oysters fryed & slices of lemmon send it up hott, & draine it well before you put your sauce to it /

74 to make a chiken pye Sis Purdon

take fore fatt chiken well scalde and and clean dran cutt every chike in for quartars seson them with salt and spice and lay the quartars in your pye thro in a little hole pepar take some sweet breads of ueall and palats of beens and boyle them then slise them and lay them in the pye ten har tychoke botams well boyled and cutt in halfe when you haue layd all into the pye with 6 yuolks of hard egs ciuer it ouer with butur soe ledit and forget not to put in a good handfull of sug sugar into it when its baked put in this caudle take a pint of whit wine and a pint of uargis
slice in the pill of a lemon and a nutmeg putt

a handfull of whit sugar in to it beat the
yeulks of ten eggs put them in to the wine and
uarges and sett it ouer the fiar stiring it all
the while when it begins to groe a little thick
draw the pye out of the ouen and put in the
caudle

74: To Make Sawce for Cold Meat

Take the yolks of 3: Eggs Bruse them
very well with a spoon then take 3: or 4
Anchoves wash'd & Bon'd Mash them
very fine Mix them well with the Eggs
with a Little Mustard & fine Minced
Lemon peel put to these a Little
Lemon Juce with some venegar and
Onion sliced Into water to make
it of the thickness of Caviare you
must stir all these things well
togather & put in a sawsser

75 To Make Biskets

cousen Sandys
Take one pound of Loafe Sugar beatn
and searsed, put to it the yolkes of seaven
eggs, 4 whites, & 8 sponfulls of Roase water
beate thees together in a pan with a ??
whiske vntill it is white & thicke when you=
are ^just Redy to put them into the oven stir in ?????
twelve ounces of fine flower dryed & Cold
i Butter the pans ^ & as you fill them search double
Refine suger & sett ^them Quick, into a Quick ouen

To make Bisket Cakes. Sister Jephson

Take 15. eggs & beate them very well with
a whisk. put in a pound & half of sugar
searced: and when it is all well beaten add
two pound & half of flour, with as much Ca-
rawayes & Aniseed as you like. Drop them on
papers; sift a little sugar on the top and
bake them in a quick oven. Take them out
hot & put them on latises, & set them into
76 To make almon bisketts Raw good

cousin Sandys
Take a pound of almons & lay them in Cold water ouer night to blanch them; Take a pound of doub[e] Refined Sug[e]r beat[n] & searc^hed; Then take tenn Eggs beate the white of fflower of them with halfe of the Suger then beate the almons to a fine past, putting in the rest of the Suger by degrees into the almons, & when it is a fine past put in your Eggs and beate them very well to geather; butter your pane & when you fill them Search a Little Sugar ouer them and when they are baked; putt them in againe to dry

77 A pottage Sister Jephson

take a good quantity of onions & boil them whole in water, with whole pepper & salt half an houre. Strain the liquor from them & put to it the scragg end of a neck of Mutton with such herbs as you please or pease, & boil a while. When it is served it up put a little butter to it, with sippets of bread put in a dish over some coles, & softened with some of the broth it is good without any meat.

78 cousin Sandys Oreng Bisket

Take of the best Sivil orenges, pare them very thick, & boil the peels in a good quantity of water (the water boiling before you put them in) and let them boil prit ty fast till they are tender. Then take them out & drain them well from the water & dry them with a cloth. Cut out all the white from the outside, & then putting them into a stone Mortar, beate them as Small as you can. When they are well beaten,
take them out & weigh them. To every half pound of peel put three quarters of a pound of Sugar, which must be finely beaten. Then put both into the mortar again & beat them together, till they are well mixed. Then take it out, & with a knife spread it upon pieces of glass, & set it into a stove, or any place where the Sun or fire may come to it. When it is dry on the top, cut it into square pieces, & turn the other side. And so let them stand till they are dry enough to carry in your pocket.

79. Mrs Gore

To Stew Pippins

Take of the largest & palest pippins, cutt them in halves, core & pare them put 20. of them in water. If the pan will hold them, to this number take a pound of Sugar, and beat it very fine, and have the peel of a Limmon minced very small. Then take 3. pintes of water, put the limmon peel into the water, & halfe the Sugar, then wash the apples very well & put

them in the water, the cutt side upward: they must lye one by one in the pan. Then cover them with a dish close, and set them over a clear charcole fire to boil as quick as may be; shaking them now & then. Squuze juyce of Limmon into the other half of the Sugar, & make it thin with some of the Syrup out of the pan. When the Apples are very tender & begin to look clear, take them of, pour the Sugar & limmon on them, and cover them close with a cover & cloth till they are cold. They will keep a week in the house if the peels be good; and look as clear as if preserved.

Mrs Gore

80 An exellent receit to preserve Citron

Rub the Citron well with bay salt, & then lay them in water one day & night, & shift the water. Then cut them in Quarters, & take out seeds & juyce. Then let them
lye in water one night. Then put them into a good quantity of cold water, & set them over a quick charcoal fire, boiling them apace till they are tender. If you would have them taste much of the peel, then shift not the water; but if you would not, then shift it two or 3. times. Let the fresh water boil when you put in the Citron. Then take out the peices; & laying them one by one upon a cloth, take to every pound of Citron (weighing it before you boil it) two pound of fine Sugar, almost half a pinte of water to every pound of Citron. And set it over a quick charcoal fire, and when it boiles power in, to the quantity of 4. pound of Citron, a quart of the best Rhenish wine, or for want of that, white wine. When it hath boiled again & you haue scummed it well, wring in through a strainer all the juyce of the Citron. Then let it boil pretty fast, scumming it all the while, till it looks clear. Then put the Citron as close as you can into a pott without bruising it, & strain syrup to cover it, & when they are cold cover them. The next morning pour out the syrup & makeing it scalding hot, pour it into them again, putting the peices uppermost that were undermost the day before. And so heate it for 7. or 8. dayes together. It will not be the worse if it should lye in the syrup a fortnight or longer. Then take the peel of 6. or 7. orangs being first watred & boil them tender in two waters: Then cut them into long marrow peices slices & even peices. Then take 20. John Apples & 15. pippins fair pippins which must not be mellow & make pippin gelly with them. Then put in a good big peice of double refined Sugar more then the weight of the pippin water, because of the juce of the Limmons. Put in the orang peel & set it over a clean charcoal fire & scum it clean, and when it has boiled long enough to gelly, then strain in the juyce of 6. fair limmons & when it is gellied inough then put in a little amber grise in a bitt of tiffany and let it boil a little. Then take the Ci-
tron out of any strings that maybe in the
inside of the Citron, and cutt it into what seli
slices you think good that the syrup may cover
them. Then fill up the glasses with the gelly
of pippins; you may do some of the Citron with
the peel on it, & pare the rest.
You may keep some in syrup & put it into
gelly, as you please, it will be the better.

81. To make Italian Cream Mrs Gore

Take a dossen white of Eggs, beate them
up to froth, with two or 3. spoonfulls of sack
Then let it stand & settle before you take off the
froth which you must put into another Basin
and so do till it is all beate up into a froth
letting it stand a little to settle before you take
it off, that the froth may be the firmer
Then take a Quart of fresh Cream not
too thick & boile it with a little Cinnamon
Mace, & Nutmeg till it have a convenient
taste of the spice. Then take it out and
sweeten the Cream upon the fire with some
fine sugar. Then stirr in your whites of
eggs which you have beaten, & let them have
a boil or two. Then take it off & pour it
into the thing you serve it in. If you
like it better perfumed, it is best to perfume
your sugar; which you may do by laying Musk
or Ambergrise in the sugar over night

82 Mrs Gore A rich Cake

Take 15. pound of flowr, & 15. pound
of Currance (weighed after they are wash
ed) three pound & half of Citron sliced
half a pound of oreng peel cut in smaller
peices than the Citron, six ounces of Musk
Comfits beaten, two oz. of all sorts of spi-
ces beaten together & sifted, a pound &
half of sugar beaten & sifted, one ounce
and quarter of Carroway seeds, one good
spoonfull of salt. Mix all these well
together with the ??? flowr, just when
you are ready to make your cake. Then
take three score eggs; and but twenty
of the whites; beate them very well
with 4. or 5. spoonfull of Rosewater
and three quarters of a pinte of sack. Then take seven pints & half of good Ale yest, put it to your eggs & so strain them all through a sive. Then take 3. pints of Cream, 3. pound & half of Butter, cutt into it when it is cold. Set it on the fire till it be scalding hot; but let it not boil. When this is done, take your flower & fruit in the thing you mix your cake in, and lay it up very high in the middle, and then powr the Cream & butter on one side, & the yest & eggs on the other and so stir it round with your hands till it be well mixed. Then set it by the fire to rise for half an hour, being coverd with a cloth that must first be a little flourred. And then put it into the oven; one hour & half will bake it, if the oven be hot

Two yards & a nail makes a hoop of a good size for this cake.
To ice it very thick you must take 7. pound of double refined sugar beate and sifted, and then whites of eggs well beaten, which must be mixed with five pound of the sugar. Beate them very well together, and make it so thick that you may spread it with a knife upon the Cake: when this is laid on, set it in just at the mouth of the oven till the icing be hardned, but not at all coloured Then take it out; mix your other 2. pound of sugar with whites of Eggs, as before, but not near so thick. Lay it upon the Cake that it may run all over the Cake, & be a smooth Ice. If the heate of the cake do not harden this, you may set it a little at the mouth of the Oven

83 Mrs Gore Limmon Marmalade

Take a pound of double refined sugar, and beate it; a pound of pippins & 2. pippins above a pound; pare them and chop them as small as you can cut them into a skillet; first strewing sugar at the bottom. And as you cut them strow sugar upon them. Set them on the
fire, & put in a quarter or half a pinte of water & let them boil till they look clear. Then take two Limmon, pare them very thick, & boil the peels till they be very tender. Then mince them very small, cutting away as much of the white as you can after they are boiled. put them to the pippins & let them boil, till you think they will gelly. Then take it off from the fire, and put in the juyce of both the Limmons, & let it just boil & no more. Then take it off and put it in your gelly glasses. You must strow the sugar on, as it is aboiling. Add to this a quarter of a pinte of pippin gelly, let it boil a little before the juyce of Limmons goes in, and allow a quarter of a pound of Sugar more. This will make it turn out very firm.

84 A Brown Frikase Mrs Gore

Take chickens, pull off the skins, cutt them into little peices, put them into water with a whole onion & a bunch of sweet herbs so set them on the fire, and let them stew a while. Then put in a little cha-lot, whole pepper, salt, & a blade of Mace Let them stand & stew till they are very tender. Then take the meate out from the liquor & fry it with butter till it be a little browned. Then take a little claret wine, a spoonfull or two of Verjuice, 3. or 4. yolks of eggs, beate them well to gether, and put them to the liquor the meate was stewed in: and then powr it all upon your meate in the frying pan. As you hold it over the fire shake it round about, all the while, that the Eggs may not curdle. And when it is well mixed & the liquor very thick, it is inough. Then powr it altogether into the dish. In which it must be served up. This dish may be inlarged & trimmed out with meat balls fried with small chickens or pigeons cutt in half & broiled & laid round.
If you would make this a white Frykase
the meate must not be fried by it self
at all, but put altogether into the pan
with the liquor & Eggs & white wine
or strong Cydar. And the balls must be
stewed with the meate about half an
hour before it be inough.
Gravy in the brown Frykase, mends it
much

85 To dry tongues. Mrs Gore

Take the largest neats tongues; make
a hole in either side with a little knife
and put in as much salt peter or salt prunella as will lye
upon a penny. Make two holes more
about the tip of the tongue & at the
root; put in the same quantity of salt
peter Then salt them with ordinary
salt, & let them lye some dayes. Then
salt them again & let then lye a forth
night. Then stretch them out & hang
them up to dry. Boil them as you use
them.

86 To make a French pottage Mrs Gore

Take a leg of bief and break it wel, and put
it into a little pot that wil just hold it. Let it boil
on a soft fire, set on by seaven of the clock
in the morning: Scum it very wel, and put in
a pint of the best white pease. Let them boil
together til the meat is boiled tender. Then
strein out the broth into a little pot; then take
an handfull of Sorrel, as much Spinage, & as
much white beet, a little Chervil, a pretty
deal of Lettuce, Sweet Marioram, speremint
half an handful of water Cresses wash and
pick them cleane, & give them a chop or two.
put them in the broth when it is almost boild
enough, with a slice of Bacon, some cloves, white
pepper. Then cut a penny Loaf in thin slices &
tost them brown or fry them in a pan with
butter. Then put in the dish you serve it in Some
chippings of white bread, & a little of the broth
Let it Simper a little on a chafing dish of coles
scum the fat off clean, then put in a good piece of fresh butter. Before you put it into the dish you may put in Asparagras, or Green pease or Cucumbers, or balls of forced meat, as they bee in season./

Mrs Gore

87 Beife ala mode.

Take the middle peice of the buttock of bief let it be very wel salted, with bay salt (cut of the hanging fat) for twenty four houres. then take bay salt, salt peter, cloves, mace, nutmegs, and a little white pepper les than of the other spices, beat al theise together very wel. then take al sorts of sweet herbs as you like and slice them very smal. Mix the salts and spices wel together; then take the fat of bacon & cut it into square bits, such as are vsed for Larding, but bigger, & stuff the beif with the bacon dipt & rouled in the mixture of salts and spices. Then put it into a glazed pot pretty fit for it, & put therin whole Mace, cloves, white pepper of each a smal quantity with a bunch of sweet herbs an onyon or 2 quartered, rosemary & bay leaves strewed on the top & put in as much claret as will cover the beif. Set it into the oven having first covered the pot with a paste./

88 Mrs Gore To make an Almond Cream.

Take a quarter of a pound of Almonds, beat them very wel with a spoonful or two of Rosewater. Then put them into a pint of Cream & mix them wel together. Then strein it through a cloth, or streiner, & put the cream into a Glass churn, being first sweetned, and beat it til it bee as thick as butter just ready to come. then put it into the dish or glas you serve it in. There must be a blade of Mace put into the Cream as you beat it./

89 Mrs Gore

To make Almond Custard

Take a quarter of a pound of Almonds blanched in cold water; Cut them in thin slices, & mince them smal
then put them into a quart of Cream. When the Almonds are al in, set the Cream on the fire with a blade of mace. & boyl it. when you take it off, put in some Green Citron, minced smal as the Almonds, til it is as thick with Citron & Almonds, as you like it. Then take a spoonful of Rose water, or orang flower water put them into the Cream, & set it on the fire, & let it stand til it be thick stirring it al the while. When you take it off put it into the dish or glass you serve it in. When it is cold stick it on the top with long peices of the greenest of the Citron.

Mrs Gore

90 To make a Good Plum Cake.

Take 5 pound of Corans one pound of raysins of the Sunn, stoned & shred three quarters of an ounce of al sorts of spice together viz: cloves, mace, nutmegs & a little Ginger. Three quarters of a pound of sugar beaten & sifted. a quarter of an ounce of Caraway seeds, half a smal spoonful of salt. Mix al theese with six pounds of fine flower. Then take 5 eggs & but half the whites, beat them very wel w/ a quarter of a pint of sack, and a spoonful of Rose =water. then put to them a larg quart of Good Ale =yest, & strein them thorough an hair Sieve. Then take a pint & half of Cream, a pound & quarter of butter Cut it cold into the Cream. then set them on the fire til the Cream be Scalding hot, but it must not boyl. Then mix your Cake. Lay it high the flower high in the middle, & pour your yest and Eggs on one side, & the Cream & butter on the other so stir it round til it bee wel mixed. Then set it by the Oven. three quarters of an hour will bake it. then take it out and ice it with a pound of sugar wet with a little water & pour it over the cake, spread it w/ a feather, & set it into the Oven to harden./

Mrs Gore

91 To Make A Good Boiled Custard

Take a quart of cream & boile it with some nutmeg cut in bits with some Mace & Sinamon, & when it tastes strong enufe
of the spice sweeten it to your pallate
and when the suger is all melted take it
of the firer, and when it is cooll enufe
stire in 10 yolks of eggs well beaten:
with a spoonfull \ of sack half a spoonfull
of orang flower water if you like it,
you must stire it all ine way after you
set it on the firer with the eggs in it
tell it be very thick, then strain it
through a corse hare seive in a ba=
son & fill your Custard dishes: if you
make them the day before you use them
thay will \ be the better & thicker

92 Cousin Ston's peas potage without meat

When your peas are boyled very tender straine
from them what quantity of broth you will
use & put it into a dish over the fire putt into
it a good quantity of herbs, \ of what sort you like only mint if you
can get no other: a cuple of onions, 2. or 3 anchove
some balls of sasages and a little of brused to peeces
into the broth, some salt & a little small peper,
a peece of butter, & sum slices of bakeon very
thin & fryed crisp thin tosts of white bread
in the dish you serve it up/

cousin Sand Orang & leonon watter

93

Pare twelve or. 14. large oranges as thin as you can
put the pareings into a quort bottle of brandy
lett them be clos stoped 3 dayes, then pour that
of & put to them peels a quort of watter lett that
stand 3 dayes more, then mingle the watters
together and ad about three quorters of a pound
of loafe suger or sweeten it to your tast, stir it
well togerather, and straine it through a duble
tifen, and if you would have it extream cleir
through brown paper too but then it looses somwhat
of its strength it is so long runing through the
due paper. duble refined suger is best, keep it stopd
Cousen Grenvil's pudings

Take good sweet cream boyle it, grate as much bread as will make it pritty thick and put into it as soon as you take it of the fire, then cover it up closs, and to every halfe pint of creame put two eggs beat them very well & straine them, and when the cream is pritty cold mingle all togeather and season it with suger and nutmegg and a little rose watter, & a little salt, put it into wooden dishes, but before you fill the dishes boyle them & then butter the insides and fill them full & flower the tops and ty them up clos in cloths and keep them constantly boyleing for a little more than halfe an hour, turn them out and for the sauce some sack suger and butter beat togeather you may stick them with slices of cane dyed citron, orang, or lemmon peel, or of blanched almonds

Lady Stuart To make Damson wine

95
Take eight gallons of watter and .32. pounds of malego reasons, and one bushell if ripe damsons, put them in a tub for 6 dayes, keeping them covered, and stir them with a stick twice or thrice every day, then lett them stand .6. dayes with out stiring, then draw the watter out of the vessell and collor itt with sirrup of damson that it be as deep as claret wine, then put it into a runlette stop it clos for a fortnight, then botle it up & corke it fastast, tyeing down the corkes

3 pints of sirup will sweetten 4 gallons of the watter which is more than can be drawn of this quantity, unless you add a little more watter than the resait, for the reasons suck up a good deal if not sweet enough ad a little knub of suger to every bottle

96 To make Almond Butter

Take a pinte of Cream & boyl it, then put to it eight eggs, with the whites, very well broken: put them over the fire again, & stirr them all the time, till they grow thick. If there be any whey strain it through a hair
sieve, put to the eggs & cream six ounces of fine sugar, and then rubb all through a sieve, & let it stand till it be cold. Blanch 4 ounces of Almonds & beate them very well; put to them a quar some Rose or oreng flowr water (according as you like it) stirr them altogether & dish it out.

97 To brown Butter

Take & half a pound of Butter, brown it in a fry-ing pan very brown, boyling it till it be so. Then putting in half a handfull of flower, put it over fire again, keeping it stirring till it be brown. Take care it burn not tro. This butter gives stewed fish or hashes an high rellish.

98 Couslip Wine. Cus. S.

Take six gallons of water & ten pound of poudre sugar, three or 4. whites of Eggs well beaten & put into the water cold. Then let it boil 3. quarters of an hour: Take off the scum very clean, & then take it off the fire & powre it upon the cowslips, being all bruised, the heads only pulled off, & without the stalks. When it is cold put in two spoonfuls of good Ale yeast, & a pinte of syrrup of Limmons well beaten together. The next day put in 3. Limon peel's & the juyce of two. Let it stand 4. dayes. Then strain it out & put it in a cask. Be sure to fill the cask that may purge. And when it hath done working, stop it up very close for a fortnight. Then bottle it, & put into every bottle a little knob of sugar, stopping it down fast. Four dayes after give the bot-tles a little aire, opening them again. For it prevents their flying.

99 To pickle walnuts Mrs Child

put your walnuts in water & salt seven dayes shifting them every day with fresh water & salt. Then boil them in clean water until they be soft shifting the water 3. times. Take them out into a seive till they be cold
For Pickle

Take a quart of Mustardseed 3. quart of white wine vinegar & one quart of white wine Ginger, Nutmegs, cloves & mace, a little salt with some Garlick, or chalot. Boil all together. when cold put them together in an earthen pott

100. To make a Sugar luaf of Cream

Take a quarter of a pound of Hartshorn, & put to it a pottle of fair water, & let it stand close covered till it be consumed to a pinte. When you first put in this water, you must allso put in two ounces of Iceing glass, & so let them stew together; till they come (as was said) to a pinte Then strain it & let it cool. Then take three pintes of good, thick sweet Cream & boil it with Nutmegs & larg Mace & a stick of Cinnamon. Then take a pound of fine blancht Almonds, & beate the m extream small, & keep them white in the beating by putting in Rose or orenge flowre water. Then mix the Cream & Almonds together & strain it hard out through a strainer. Then melt your pinte of gelly & powre that out into the Cream & sweeten it with sugar very well And perfume it with Musk, Amber grise, & a little Rose-water. Put it into a glass, made in fashion of a Sugar loaf, & so when it is cold, it will be a firm sugar loaf, which put forth

101. To make balls

Take a little veal or mutton & the like quantity of suet with a bit of fat Bacon, sweet herbs & one onion or two, a little pepper, Nutmeg & salt in it. Mix it together with 4. yolks of Eggs beate, make it up into balls & boil them in broth or what you please These may be used in Fricacies or pottage.
To pot Duck or Teale

Bone & skin them, & haveing beaten them very well with butter, then season them with a good deal of salt & some pepper & spice & a little herbs, but not to be tasted any one of them. Bake it with brown bread in a pott & when it is cold take it out, & if there be any gravy powre it out & scrape all the moisture from the bottom of the meate. Put it into the pot again & into the oven or into a skil let till it be through hot: then cover it quite over with butter, & it will keep good an whole year.

To preserve green plumbs

Take your plums before they begin to turn colour, put them into a skil let of almost boiling hot water, & let them lye till you find the skin will scrape off. Then take the skillet off the fire & take out some of the water & put in some cold, for if they stand too hot after the skins will come off, they will be too tender. Then have another skillet of water just warm, to put them in as fast as you peel them, & keep it covered; when they are all scraped put more fire to make them almost scalding hot, and when they are as green as you like them, take to every pound of plums a pound of double refined sugar: beate it small & well but half of it in water, & the other half must be strewed in as they boil. If you think they be not green enough, you may cover them in the boiling with the sugar, & it will green them much. When the syrrup gellies they are inough you must weigh them before they are scalded, & tell h... in any goes to a pound: for they cannot be weighed afterwards with o ut breaking
104. To pickle Mushromes

As you pare them put them into fair water, then put them into a sauce pan of fresh water, & boil them with salt & a bay leaf or two, with an onion peeled. Let them boil a quarter of an hour; & then for the pickell put in some white wine & as much ale vinegar, & set them over the fire with a good quantity of Mace, cloves & whole pepper, & boil them together; As your Mushroms are boiling & then strain your liquor from them very clean. put your pickle scalding hot on your Mushroms & put them into a galoon pott. keep them very close.

Be sure to boil as much pickle as will cover them.

105 The Queens Cakes

Take half a pound of flour, half a pound of loaf sugar beaten & searced half a pound of currance picked, washt & dryed & rubd very well. Take half the sugar & flour & mix them well together; then half a pound of butter, & work it with your hand till it be very soft: which mix well with your sugar & flour: beate five eggs, leaving two of the whites & powre them by degrees into your butter, sugar & flour. Then by degree put in your other sugar & flour, leaving out a little sugar to strew on the top of your cakes. The flour & sugar must be both well dried; put in a quarter of an ounce of Mace finely beaten, & then put in the Currance. You must be sure to keep it continually beating with a spoon, till the oven be hot. It must hardly be so hot as for penny bread. Take your molds & fill them but not too full. Strew a little sugar on them as you set them into the oven. Be sure you keep it beating all the time it is filling. If you will make seed cakes leave out the Mace & put an ounce of Carraway seeds to the other thing you must not butter your molds for either
of these cakes, but wipe them very clean.

106 A very good wash for the face

Take halfe a pound of bitter allmonds blanch them in cold watter beat them very small and put in a little watter as you beat them to keep them from oyleing, then squee in the juce of a lemmmon, a gr^o ates worth of campher beat smal, three pints of barley watter or of whit wine & watter watter of each the same quantity, straine it, and put in a bottle shake it when you use it. you may ad the froth of the whites of eggs

Cowslip wine my mother to every gallon of soft water 2 pounds of sugar boil it 3 quarters of an hour, skim it well when the liquor is cold, to every gallon ad a pound of Cowslip the yellow tops only flowers to ten gallons put 3 spoonfulls of the yest with the juice of 4 lemmons & the peel of 2 let it work alltogether for 3 days stirring it twice a day, then tun it with the flowers into a large vessel, if tis fine bottle it after it has stood a month it will be in perferfection when the flowers come again

107 Limmon Cream

Take 3. larg Limmons, pare one of them very thin; infuse the pareing in almost half a pinte of spring water, for half an hour: Then squee out the juyce of all the Limmons, upon half a pound of double refined sugar. Then put the water to it, in which the Limmon was infused. Set it over coals till the sugar is dissolved. Then set it by, Take the whites of 4. new laid Eggs beaten very well with a whisk. Mingle these very well together; then strain all through a flannell bagg gently. And set set it on the coals, stirring it all one way without intermission. When it is as thick as Gelly, take it off or Else it will turn white & curdle. Put it into a Cream dish, an inch deep./
rich queen Cakes my mother -

take nine eggs leave out the whites of 4. beat them very well with 3 spoonfulls of sack & a little Mace a pound of fine sugar searsed which beat up with it, then take 3 quarters of a pound of the best butter, work'd till smooth with your hands, mix it by degrees with eggs & sugar, when the oven is near ready add a pound of the finest flower dried. Currance or Sweetmeats which you like best butter the pans half an hour will bake them.

108. Mrs Caryer
To make a Rice Custard

Take half a pound of rice & wash it in two or 3. waters, & then in a little milk; put to your rice a quart of new Milk, & let it boil till the rice be tender. keep it continually stirring, & put in half a Nutmeg sliced & some large Mace; and when the rice is very tender put in a quart of the thickest cream you can get, & let the cream boil. And when the cream boils, put in the yolks of 6. or 7. eggs well beaten: and as soon as the eggs are in, that it doth but just boil, take it off the fire & sweeten it to your taste.

109 An oyster pye Mrs Caryer

Take a Quart of oysters & parboil them in their own liquor; season them with Nutmeg, Cinnamon & a little ginger sliced not beaten; together with a little limmon pele, & salt. Then put them in the pye with fresh butter under & over: put in a whole onion in the midst of the pye, the yolk of 4. or 5. eggs boiled hard

3. 4. oz 5. slices of limmon: and when it is baked take out the onion, & putt in some boiled Marrow & a Cawdell.

110. Almond Milk Mrs James
Take two drachms of Coriander seeds, & 10: Almonds, one ounce of French barley boiled in a pint & half of water first:
and the barley is sodden, then peel your Almonds, & beat them altogether with the barley in a mortar, with the water which the barley was boiled in. Then take 3 ounces of Rosewater, and as much sugar as will sweeten it. Then strain
strain it through a fine cloth

111 Mrs James A Sawce for young Ducklings

Take young onions green, & cut them small, tops & bottom, with time & parsley, rost them in their bellies. And when your Ducklings are rosted inough melt butter thick, and in the gravy of the Ducklings & the herbs shred small, in the juce of half a limmon

Elder Flower Wine

Take a quarter of a 100 of Malaga Raisins & a quarter of a peck of picked sifted elder flowers chop pick your raisins clean from the dirt & stalks & chop e'm small, sift out the seeds & unblown flowers which will make the wine bitter, put it into a barrel large enough to let it work in well so as it mayn't work out & tun into your barrel on them six gallons of boil'd spring water scal ding hot stir it well & stop it close till its almost cold then stir it mighty well together with a stick, put in 3 or 4 lemons sliced rinds & all put in a little yeast beat up with a little of the liquor & let it work about 30 hours to a good head then stir it mightily & do so 3 or 4 times a day till its well workt which will be in five or six days then stop it close, draw it off in 5 or 6 weeks into quarts not mighty close stoped & let it stand a fortnight then rack it into pints & corke it close & well & it will be fit to drink in a month or six weeks more leave out the rinds of two lemons else it will be too strong/

To Rock Oringes Flowers

Take Orange Flowers when they are at the full bloom & fresh pick & wipe the leaves & put them into a deep silver or earthen bason or pan not laid too thick then take 5 pound of double refined suger wet it & boile it till it will blow thro the holes of a skimmer in flakes then pour it upon your flower holding your hand pritty high, clap it into a stove with a constant
heat & when tis hard candy'd at the top you must break a

little hole at one side of the rocking & let out the sirrup with your sirrup stick your Rocks together as high as you think fit that which sticks to the bottom of your bason or pan will have no flowers in it but will serve to sweeten tea or coffee

Elder flower wine Mrs Edwards

Take 6 Gallons of fountain water Boyle it (& scum it) an hour, let it stand till it be Blood warm then have ready 20 pound of Raisons of the son Pick't & Chop't small put them to the water with the Peile of 6 large lemons & the juce: Dry'd Elder flowers two ounces let them stand together in a Tubb 14 Days stirring it Every day: & Put 2 ounces of Isenglass to it Pull'd in peices then straine it all through a Hair sive into a vessell & put to it 5 Pounds of Loafe Sugar Stiring it well together to make it work & not stop it for 2 or 3 Days: then Stop it down for 6 weeks & Bottle it vp

112 Mrs Henshaw's plain Cake:

Receipt Four pounds of Corrance weighd after they are wash'd two pounds of raysins of the Sunn whole. one ounce of Spice viz: Mace Nutmeg and a little ginger. one pound of Sugar beaten and sifted; half a spoon-full of salt a quarter of an ounce of Caraway Seeds: eight pounds of flower one pound and half of butter: Rub your butter very fine & small into the flower Then put into all these a Large quart of Ale-yeast, three pints of new Milk warm'd, but not boy'd put into the yeast four spoonfulls of Rose =water, & four spoonfulls of sack. Mix the fruit, spice & sugar very wel with the flower, & then pour on it the Milk & yest mixing altogether. set it to the fire to rise, half an hour or there abouts put it into the oven with an hoop of paper an hour will
To preserve Abricots whole in Syrup to keep all the year or to dry Mrs Henshaw

Take of the largest & fairest Abricots, not too ripe; cut them in halves & pare them curiously; weigh them before you pare them; and take half the weight of them of the best double refined sugar finely beaten: and as you pare them lay them in a silver basin or tin preserving pan, covering them over with that Sugar. When that is done, weigh the stones & pareings, & what was wanting in the weight, make it up, & strewn it upon it. Then cover them close & let them stand two or 3. hours. Then set them on a clear charcoal fire, with a quarter of a pint of spring water, to about a pound & half of Abricots. Let them boil till they look clear & are tender; shaking them now & then: & taking the scum off with a piece of issue paper. If you dry them take them out of the Syrup, scraping it as clean from them as you can, inside & out; and lay them on glass plates, sifting a little sugar candy on them as you lay turn them. They must be laid out when the syrup is hot.

If you like stones or kernels in them, you, must boil them a little in the syrup, before you take them up: but either of them are apt to make them sour. If you keep them in syrup, only put them in a well dried pot; papering them with issue-paper; which is best for all wet sweet meats, & very good for the taking off the scum in the preserving any thing.

To preserve red & white Currants in Gelly Mrs Henshaw
Take the largest Currants you can get, pluck them gently off the green stalks, into some flat gally pott, which you must have weighed before. Then take to a pound of Currants, half a pound of double re-fined sugar, finely beaten. Then take off the black heads with a needle, & as you stone them strew sugar upon them; which will keep them from changeing colour. Then have ready pickt from the green stalks & squeezed through a strainer, being first mashed with the back of a spoon, the worst of your Currants, To this quantity of stoned Currants, put half a pinte of juyce, & half a pound of double refined sugar. Let the sugar & jelly just boil, & scum it. Then put in the currants, & after they have had a boil or two, put in a lump of loaf sugar, which must be saved out of the weight. If it be a large one, when that is melted, it is inough. For white Currants, it is best in stead of mashing & squeezing them through a strainer, after they are pickt from the stalks, to boil them in water, till you think it is a moderate jelly. Then squeeze it through a strainer, & do it, just as you do the red; taking them off now & then to shake them, that you may scum them the better.

115 A receipt to Collar pig.

Mrs Henshaw
Bone your Pig, wash it well in water; lay it in milk & water 2 days, shifting it night and morning: take it out & dry it very well in a cloath, and cut it into 3 collars according to the Bigness of the Pig; then slice off the flesh very thin where it is very thick and lay it on the thin parts; if you find any skins take them all out; for the seasoning take 1 large Nutmeg & twice as much Mace, and salt to your taste; mingle them together & strew some upon your Collars; and if you like
herbs take a good handfull of sage shred small & put to the seasoning. Lay the flesh you sliced before very even upon the seasoning and then more seasoning & herbs as you did before: then collar it up & sow it in a cloth with consideration, that it must be drawn closer when it is boiled: tye it up at both ends before you sow it at all
Have your Liquor boiling upon the fire, which must be 2 quarts of milk & as much water as will cover it, with a few bay leaves and a little salt: put in your pig with the head tied up in a cloth & let it boyle 3 hours; then take it out, & tye it closer at both ends first, & then lace it straiter, and put it into the pot you'll keep it in, & powre the hot liquor to it: let it lye til the next morning; then take off your Cloths and put into the Liquor a pint of vinegar. put in the pig again & keep it for use.
When you serve it in, cut the Collars in the middle & set them in a dish with bay-leaves amongst them, & the head Head in the middle.
In summer time put in less milk & more water in the sowing drink & change it when it grows sour.

115 A Dutch Leg of Mutton Mrs M.W.

Cutt out all the flesh of a good Legg of mutton, leaveing the bone, and the skin whol & thick, then shred a pound of the flesh (or somwhat more) exceeding small shred also two pound of beefe suett very small, then take a handfull of thes herbs, parsley, Thime, marjorum, winter savory & Rosemary, shred then and mix all together with the mutton, add to them a grated nutmeg, peper and salt, break 4. or 5. eggs into it to bind it, then thrust it into the skin again and have in readyness 10. or 12 hard eggs the yolks whol, and so lay one laying of meat then halfe the yolks then a laying of meat & the othe yolks. tye the call of the sheep all over it, to keep the meat in or tye it up in a cloth, boyle it 3 or 4 hours you may serve it up in
To preserve pears. Plums. or with Bull?e

Take of the fairest but not two ripe pears. Plums put them in a brass scillett that hath in it scalding water as much as will cover them then cover them close down with vine leaves. Let them stand 3 hours to green them. The skins will crack. Take them out and poke them in the same liquor they stood in to green. They must stand over a small fire all the while they are in the scillett. THO not simmer to every quarter of a pound of sugar. Plums take a quarter of a pound of sugar and half a quarter of a pint of codling geley and two ounces of sugar more for the codling geley mix the codling geley and two ounces of sugar more for the codling geley mix the codling geley and sugar together then put your plums to it. Boyle them till they look clear and green and till your syrup gelies. Next day put them up in pots or glasses for your use.

116 Mrs Sallters way to make Jely Hartshorn

Take half a pound of Hartshorn wash it: & put to it 2 quarts of water a little ivory: & set it over the fire & let it Boyle till it will gel. then strain it through a sieve & let it stand till it is cold: then put to it a pint of renish wine: & 2 or 3 spoonfull of sack a stick of Sinnimond & a nutmeg cut in quarters: the white of 4 eggs beaten to a froth: with the juice of 5 lemons & the peil of them cut very thine. Put some of the peile into your bag & keepe some for to put into your glaces cut in long slices. Sweeting it to your taste with double refined sugar: Put your jelly & all your things togeather
in a Preserving Pan then let it Boyle take it of the Fire & put it into your Jelly Bagg: & if it runs not clear the First time: then Put through a gain you must wipe your seive with a cloth: if you Please you may add musk & ambergrise

To Make Apricot Paste G: F:

pair & quarter the Apricocks then put them into as much strong jelly of Codlings as will just cover them, boil it till pretty thick then put an equal weight of double refined sugar & give it a scald pour it into round glasses & when candied at the top turn them on glasses or China plates. to make clear cakes boil the Apricocks in the jelly till tender then strain of the Liquor & boil it well before you add the sugar

M.D. way to make Jelly of harts horne Take of the best & largest

Harts horne = halfe a pound, put 2 larg quorts of spring water to it, & let it steep one night, then let it Boyle over a very slow fire about five hours as softly as posibly, then straine it & lett it stand a night then take it from the bottom put it in a silvier or bell mettall scillet season it with the juyces of 2 oranges, 2 lemmons, 6 blades of large mace, a quarter of an ounce of Cinnamon, a nutmeg cut in quarters, halfe a pint of sack a quarter of a pint of white wine, a spoonful of orang flower water and as much double refined loaf sugar as will sweeten it to your tast, beat the white of 2 eggs & put into it, with a peice of lemmmon peel, let all these simer over a clier slow fire a little and when it begins to Boyle take it off and pour it through your jelly bag, and the first which runs pour through againe which doe till you find it as clier as can possibly be oysters & mushrooms does well in this frycase if you would have it tast high

117 Mrs Sallter

To make French Barly Caudle
take a quarter of a Pound of French Barrly Pick it & wash it very well: lay it all night in water: then Put it into a Pipkin with 2 quarts of water: & sett it over a quick Fire & let it Boyl till it is of a fine thickness then Pour it Through a Hair sieve: & let it stand and drain, to a quart of renish water & a quart of the a??or?d water sett it over the Fire, & let it Boyl up: then take it of the fire: Put to it the yolkes of 10 Eggs Beating & strained then mingle them with your cauldle sweeting it to your tast with double refined suger: 2 spoon fulls of oringe Flower water the juice of 2 lemons & the Peil cut very thin set it over the Fire stir it continewly till it is of a card??el thickness but not to Boyle

118 Mrs Mortons frygace

Take your chickens & flee them cut them in small pieces set them on the fire with as much water as will cover them when they Boyle up scum...scum them & put to them cloves mace peper and a little salt with sum shallots & a bundle of sweet herbs when the chickens are tender enough take them out the liquor, have ready beatten the yolkes of 3 or 4 eggs beat your eggs up with white wine shred a little parsley & sweet margerum & put to the eggs, put your chicken into a frying pan with a good piece of butter & your chicken liquor stired with the eggs shake all together till tis thick enough & hangs about the meat

Mrs Henshaw 118

To make Cotelets.

Cut them out & beat them well with a rolling Pin: Season them gently with pepper & salt. Dip them in Vinegar & melter butter. Roll them in grated white bread & lay them on the gridiron over wood Coales or set them before a fire, turning them often, strewing them sometimes with grated Bread, and as they ly bast them with fresh Butter. make gravy sawce./

A Biscuit baked puding

Take a pint and halfe of cream, cutt
into it fore naples biscuits, let them be
well soaked then breake in 4 eggs leaving out
one of the whites shred 2 or 3 peeces of Citron
very small mix all well together, then poure them
into the Dish in which pudding is to be Baked,
then Cutt some of the?

taken brown part of
the biskett into Little small bitts, square and
stick them here & there the brown side uppermost
Just as itt is going to the Oven, when itt is
drawn out of the oven stick itt with Long peices
of Orange or Citern, on the top, a spoonfull of
sack and a little minced Lemmon peell or greatd
does very well with it

Mrs Henshaw 119

To make fine Paste for Tarts.

Take a Quart of Flower & a pound of Butter &
eight yelks of Eggs; knedd them together, use
a little water in the tempering thereof, & work
it exceeding well together: when you have so
done roll out your Paste of an even thickness;
before you put the Paste into the Pans strow
the bottom of them with flower: the Quantity
above mentioned will make paste for five Tarts:
when you have erected & thus done your paste,
take Apples & pare them & slice them thin ta-
taking out the Cores; then first Lay a Lay of Apples
strowing a little fine Suger mixed with a little
Limmon-pill shred small; then lay Another Lay
of apples & upon them a Lay of Limmon cut in
thin slices & strowed with sugar & limmon pill
as before & lay a Lay or Apples over all. then
wet your Lids & cover your Tarts & close the
sides well: Before you put them into the oven
take the yelk of an Egg & a little flower with
butter melted. beat them very well together so
wash the Tarts over & put them into the oven;
you must keep the oven open all the time they
are baking, & if you see them discolour you
must dip paper in Butter & lay it about the
Edges. When it is bak'd cut open the Lids and
put in Quince or pipin jelley which you like best,
and not put it in the oven afterwards./

Mrs Henshaw 120
To make Wiggs

Half a peck of fine flower half a pound of powder sugar, half a pound of Naples Bisket grated into the flower, a pound of Butter rubb'd very well into the flower, 3 Eggs, a pint of good yest new & thick, two ounce of seeds. mix it up with new milk & let them lye in paste rising while the oven is heating a wigg or two will do almost as well as bisket.

Mrs Henshaw

119. Syrup of clove Gilly flowers

Cut the flower in pieces after the whites are clippd off & steep them in as much juice of Lemmon as will wet them. Let them stand a Night & a day close cover'd; then strain them. To every pint of juice take a pound & half of dubble refined sugar: boile it to a Candy then poure in the juice stir it over the fire till it is well mixed but not too hot, when it is cold boyle it.
this sirrup is to colour Jellys giveing a plesant tast to it

Ratefea Brisket My Mother

take a of bitter & sweet almonds a quarter of a pound each beat them with 3 spoonfulls of orange flower water: 9 eggs leave out the whites of 4. put in by degrees a pound of scearsed sugar beat the eggs & sugar well together then the allmonds when your oven is ready stir in 8 ounces of fine flower dryed.

120 To make fruit: Cream Mrs Henshaw

Take any fruit: pick & bruise them into a skillet with a little spring-water, boyle them till the water have a very strong taste of the fruit. then strain it, & to a pint of this juice take the whites of 50 eggs very well beaten, with fine sugar as much as will sweeten it to your palat, set all this over the fire & stir it till as thick as cream, & then glass if up scum the suger & juce before you put in the whites of eggs; cool some of the licour
Mrs Henshaw to mix the whites of eggs in

To make Lemmon Biskets

Beat the whites of 2 Eggs up to a froth, a pound of double refin'd sugar serced very fine, put the sugar by degrees into the egg till it is so thick that you may cutt it with a knife: then take the outside of a Lemmon grated very small, stir it into the Paste, cutt paper in small pieces & lay the Quantity of a Nutmeg upon a paper & set them into an oven a little more than warm.
Mrs Henshaw

121 To keep Goosberries all the year for Tarts

Take Goosberries at their full growth, cut off the blacks & stalks, and put them into wide mouthd glass bottles; stop them & tie them down fast. Wrap them round with hay, and set them into a kettle of water, which must be scalding hot. Let them stand till they be almost cold: then put them into other scalding hot water: so do them 3. or


times till they be scalded enough. Lett them coole in the watter 122

Mrs Henshaw To make plums look with a blew on them

When your plums are dry, take a wett cloth & wring it as hard as you can, & wipe them clean: then lay them in a Mazarine one by one; lay another Mazarine upon them; set them in an oven where Tarts have been baked, little more then just warm and let them stand an hour.
Mrs Henshaw

To make Cutelets of Veal or Mutton

Take a neck of mutton or veal, cutt it rib by rib, season it with a little fine pepper, nut-mug, & salt, with some stript time & winter Savoury, cut as small as can be. When they are season'd, broil them so leisurely; and when the gravyd begins to rise, strew on grated bread: turn them often, strewing on bread to drink up the gravy: when they are enough dish them up & poure on the sauce, being made with gravy & little chalot, capers, anchovy & sliced limon, with a little butter
Mrs Henshaw To awful pot Tongues

Salt the tongues a forthnight, and then boil them well, & so season them with pepper, cloves, mace & ginger, & put them into a pot with a pound of butter at the top, and bake them with small bread: and when you draw them, poure all the liquor from them

123 and wash off all the seasoning with the same liquor; and fill up the pot again with butter.

Mrs Henshaw Almond butter

Take a quart of Cream, ten Eggs well beaten & strain’d; mix them & set them over a clear fire, with continuall stirring; till it come to a curd like a cheese. Then take it from the fire, & stir it till pretty cool: then put it into a strainer, & hang it up till all the whey be dropped out. After that beate it very well in a mortar, with a little of the cream of the whey & mix with it half a pound of Jordan Almonds blancht in cold water & finely beaten. Sweeten them to your taste

Mrs Henshaw Chocolate Cream

Mix a larg spoonfull of chocolate; scrap fine, with a pinte of good Cream; and set them over the fire to boil then put to them the yolks of two Eggs & let them boil gently to a due thickness with constant stirring; and then sweeten it to your taste. Mill it in a Chocolate pot, and poure it into your dish, holding it high.

Mrs Henshaw 124

To make a Tansy to bake

Take a quart of Cream, a quart of juyce of Spin-nage, with some Tansy beaten in it, twenty four eggs (leaveing out half the whites) beate them very well; put to them a quarter of a pound of
Naple Bisket, & a penny Manchet, both grated very fine & sifted through a Cullender, a Nutmug grated, mingle all those together & sweeten it to your taste. Then set it over the fire & thicken it a little, and bake it in a dish or pottingers. and butter your dish or pottingers before you put it in to bake. When baked put them on a plate & scrape Sugar on them

Mrs Henshaw To make Northern Biskets

Take a dossen of eggs (but half the whites) beate them very well, put in carraway seeds & sugar, less or more as you like. Mix them well with your Eggs, then with fine flowre make all up, into a pretty stiff paste, fit to roll. knead it a little & then roll it out in square thin peices, or what you please. You must be sure to prick them well before you put them to the oven: and bake them upon papers.

Mrs Henshaw A Winter cheese

Take half New milk & half Cream set it together, not so warm as from the Cow, and when it is come, take it thin in the

125 skimming dish, and lay it into your cloth to whey & there let it whey about half an hour. Then put cold water into the Tub, where the cheese curd is, & when the cheese is very cold, let it be gently wheyed, till it be fit to press when your first weights must very small, & by degrees increased, but no great weight till next day: and then it must be pressed very hard.

To make a Cream Cheese Mrs Henshaw

Take two quarts of stroakings, & of Cream boil the Cream, haveing a care of smoake then put in the stroakings & cool it a little with a clean dish; then take a spoonfull of Rennet (the older the better so it be sweet) when it is well come, take a large strainer & lay it in a great cheese mote fit for a winter cheese. Then with a skimming dish, take up the Curd gently, and put it into the strainer & lay a cheese board
upon it: and upon that a weight of about two pound; & let it stand two or three hours, untill the whey be well drained out from it. Then take a cheese cloth & lay it into a Mote, about two fingers thick, into which put your curd & let not above six pound weight be upon it. Turn it 3. or 4. times before night into fresh clothes

126
and early the next morning salt it with fine, dry clean salt, and turn it once in two hours, till Noon into dry cloths. Then take it out the next morning, and lay it thick & close upon it, the leaves of the largest Nettles pulled from the stalks: shifting it into fresh every morning. If at the first pulling off the Nettles the cheese be moist, clap it gently with a clean cloth & presently put it in fresh nettles. In a fortnight it will be ready & sooner, if it be hott weather.

How to gum Gloves Mrs Henshaw

steep gum dragon in Rose or orenge flower Water overnight, pretty thick. Next day wash your gloves with a piece of clean spunge; hang them up to dry with care, that nothing touch them. When they are dry, press them in a clean Book.

Mrs Henshaw To make pulp Cake of White pear plums

Pare your plums as thin as may be, & put them into pipping gelly, let them boil together as fast as you can Then pulp it through a coarse hair sive, & then boil it again a little, then stir in the weight of the best double refined sugar, finely beaten and searsed, and when it is melted, put it

127. into your glasses & stove it, as you do other sweet meates.
To make a Seed Cake Mrs Henshaw

Take 3. pound and half of the finest flowre three quarters of a pound of Butter: rub the Butter well into the flowre. Then put in a quarter of an ounce of spice (with must be Cinamon, Mace, & Nutmug) mingle it all together: add to it 3. ounces of fine sugar, and mix them well in the flowre. Then take 10. Eggs, put away 6. of the whites, then beate them very well, & put them to a large pinte of good Ale yest and strain them together into the flowre. Then have ready 3. quarters of a pinte of Cream, blood warm, two spoonfulls of Sack, and two of Rosewater, collour it with Saffron if you like it. stirr all these together & when it is well mingled, strew in a pound of rough Caraway Comfits. Then make it up, & put it on paper, which must be first buttered. Then put it into the oven, 3. quarters of an hour will bake it. If you like it, you may keep out some of the Comfits, to strew on the top.

Mrs Henshaw's Oatmery. 128

Take Oatmeal that is not very small, beat it very well; then put it into an Earthen Pot: poure upon it a good Quantity of spring water. Let it stand twelve houres: then poure that water from it, & poure fresh water upon it, and let it stand twelve houres longer: Then poure the water from it, till the white of the oatmeal begins to rise. Then put it through a Tiffany seive, and with your hands squeeze the oatmeal till it will yield no more. When the oatmeal is clean strein'd from it, put to it as much water as will make it somewhat thicker than new milk. Then boile it upon a soft fire, stirring it all the while till it be enough, which it will be in something less than half an hour. Then put it into shallow dishes. When you have put away the Oatmeal by well straining it, if you are not minded to boyle it presently, you may keep it a week or ten days by putting fresh water to it every day.
when the other is poured off.

129 To preserve Oranges Mrs Henshaw

Take the palest & thickest rind oranges either Ber=
mudas or sivil: cut a round hole in the middle at
the stalk, and take out the meat, but not so clean
as to leave the rind clear. Then put them in a large
pot of water; shift them twice a day for 3 days.
the third Evening pare the m very thin, and put them
into water again, next morning boil them in a large
kettle of water. if you would have them look very
well tye them uup in tiffany or muslin, let the wa=
ter boile before they go in. keep them under
liquor till they are boiled very tender. you must
have another kettle of water on to shift them into
of they will look too high. When they are tender
take them up into a cloth upon a pewter dish,
turn the other end of the cloth over them, and
wet them all over with some of the Liquor they
boiled in to keep them from growing dry, till they
are put into the syrup; which must be made thus:
Take to every pound of Oranges (weighed before
they are boil'd a pound & quarter of sugar,
and a pint & half of water; clarify the
syrup & scum it clean, and strain it through
a tiffany seive, then take the oranges out of
the cloth, and pick out all the skins of the meat,
and put them into the syrup & boil them up,
scumming them & keeping them under the syrup all
the while they boil. When they look clear
take them up with the syrup & lay on the lay the cap
you cut took off from them, having first fill'd your
oranges with syrup; and put them into the pot you

130 intend to keep them in. If you would put any
in Jelly, it must be made whilst they are
boyling, as you usually make jelly for other
things; onely John-Apples are best for Oranges.
when the stock is made allow the weight of
sugar, because there must be a little juice of
Lemmon to cleer it a little before you take it
up. The oranges you designe for jelly must
be drain'd clean from the syrup, and put into
the glass or pot you design to keep them in, and
fill them up with jelly & put on the Cap; then
put in as much jelley as will fill the glasses
half an inch above the oranges./
Mrs Henshaws Oatmeal sack Possit.

Take a pint of Cream & 2 spoonfuls of the flower of Oatmeal, you must mix it very well together. 
put in a blade of Mace, set it on the fire and let it boyle very well till you think it is enough, and the rawness off. In the mean time take two spoonfuls of sack, 2 spoonfulls of Ale & 3 spoonfuls of sugar; mingle all these together & set it on the fire for to melt the sugar. Then put a spoonfull of sugar into the boyling Cream, when you think it is enough take & poure it to the sack sugar & Ale, then set it on a soft fire till you think it is enough, then take it off.

131 Mrs Henshws Apricock wine.

Take 3 pound of sugar, 3 quarts of water, let them boile together, and take off the scum when it ariseth. put in six pound of Apricocks par'd and ston'd, let them up & when the Liquor is cold bottle it up. You may if you pleas let the Liquor have one walm with a sprigg or two of flowr'd clary, when the Apricocks are taken up; it gives a pretty flavor. The Apricocke makes a good service form your Table for present spending./

Mrs Henshaw Sack posset

Take a full quart of the best sweet Cream, and near a full pinte of sack; to which quantity take 16. eggs, and beate them well, near half an hour. Then put the sack to them & strain them; then sweeten both sack & cream to your taste. The sack should be sweetened most. If you make it in a silver Basin, heate the sack & eggs in it; but in a white Basin, heate it in a skillet, and poure it immediately out, when they are scalding hot & begin to be thick. You must keep them constantly stir ring, only one way. When you think them so ready, poure into them the Cream; it have ing bold, & the scalding a little off poure it in as high as you can. Then give but one

132 stir round, and cover it with a plate tied in a
napkin. Let it so stand warm half an hour, be
tore it be eaten. When you mix it together, take
it off the fire.

Mrs Henshaw To make Red Quince Marmalade

Mrs Henshaws
Take Quinces & pare them; and to two pound of Quince
take a pound & half of Sugar, a pint of water, and
a pinte of the juyce of Quince; which must be gra-
ted & strained over night, that it may be clear.
Then put the juyce, water & sugar together,
into the skillet you intend to do them in, & let
it boil & Scum it. Then put in your Quince, and
set them on a Soft fire & cover it, with a peuter
plate tied up in a ragg: and let it boil gently
till it is of the colour you like. Then take off
the cover & break it: and let it boil as fast
as you can till you think it be enough.

Mrs Henshaw To make white Quince Cakes

Take your Quinces the same day they are gathe-
red, if you can, and quoddle them: and be sure
to let your water boil, before you put in your Quinces
to quoddle, and never let them cease boiling,
till they are tender enough: keeping them all-
ways down with a ladle in the water as
they quoddle. Let them boil very fast in a
great deal of water. When you think they are
enough, take off the outsides very clean, and
scrape the pulp with a knife to the core
Mash it, that there be no great bitts.

Then set the pulp on the fire, haveing first weigh-
ed it; and when it hath had a boil or two upon the
fire, stir in the weight of the best double re-
fined sugar searced; and when it is melted
take it off, & put it into clear cake glasses, and
stove it as you do other sweet meates. Be sure
not to let it boil after the sugar is in

Mrs Henshaw To make good Custards to bake.

Take a quart of Cream, the yolks of nine Eggs
with two of the whites, well beaten Then
strain them into the Cream cold; sweeten it, &
put in a little Nutmug & strain it through a
sieve, & bake them not in too hot an oven.
Put in a spoonfull of Rose water if you please or orange flower water or Sack or both.

Mrs Henshaw Goosbery fool

Scald as many Goosberys as will be done in a two quart scillett being clean picked from the stalkes and blacks, when they are very tender bruise them with a spoon, and putting in as much sugar as will sweeten them to your tast, then beat the yolkes of six eggs with a little of the thick water and put into them setting them on the fire and lett it boyle a little

To Collar Brawn. Mrs Henshaw.

Let your Bo'ar be thorough fat, stick it carefully that it do not dye presently, then move it about gently to make it bleed, scald it, and scrape it very well that it may look white, and dress it as you would another hog. Next morning bone it and cut it out in Collars of what size you please. You may either bone it whole or cut in halves. Where the flesh is too thick slit it or cut it off, but let the flesh be watered with the pieces that it may look white, to fill the Collars, then lay it in a good quantity of water wherein a good quantity of Salt has been dissolved. Lay it in two several tubs that the bloody pieces and the other may not lye together. It must lye thus 3 days being shifted with fresh water twice every day and scraped with a good strong knife that the outside may look white. The night before you designe to boyl it, you must roll it in Collars, It must be first washt out in some warm water to make the brawn buckle close: dry it very well and throw a handful of Salt into it. Wrap it in good strong Linnen cloth not too course, Sow it up with good strong brown thred two or 3 times double,
room for it to lace in when it is boyled. When it is sowed along the middle set it on one and stuff it full of flesh, tye the ends, and the next morning let your Copper be filled with water, put in as much milk as will coulor the water white. When it's warm put in your Collars and keep them boyling and scumming for the 3 first hours, then let them boyl more moderately for 3 more. It must be tender enough for a straw to run through it. then take them up and lace them pretty close, and tye up the ends. Then put them into water colored with milke quite cold. Move them about in it some -times for an hour, then take them up and set them in some tub where they may not touch one another. A day or 2 after put them into the sowceing drink made of Bran and water seasoned with salt as you like it, boyld very well.

I generally let them lye in the sowceing drink a day or two before I take it out of the cloths, and except what I vse presently I let lye A fortnight in the cloths. instead of brown thrid, the twisted thrid thay net with is best to sew it with when you role the collars up pare one side pritty thin that it may close the better

To Salt Bacon like Westphalia.

Mrs Henshaw.
Take A limd quarter of porc, Cut it like A Westphalia gamon then beat it all over with a Rolling pin holding it vp by the hough that the skin do not crack. then salt it well with beaten Nitre then with coarse sugar and then with white salt. then turn it every day for 9 days and then hang it adrying. Before it is boyld lay it in water one night.

Marmalade of Oringes. The Lady Jones 's way.
Take 12 of the best Oringes, pare or grate them, Cut them and squeeze out all the juice, and pick out all the pulp from the skin and put into the juice. Then take the weight, in double refin'd sugar, a pound to a pint, leting it stand allnight in a silver tankard,
then put your peels into water and the next day boil them tender as you would have them, then pick out the strings and skins and slice them very thin, and mince them very small then take their weight in sugar and .......... boil it to a candy height. then put in the pulp boyling it as quick as you can till it be

137. pretty thick, then put in your juice and sugar, then give it but 2 or 3 boyls squeezing in the juice of one Lemon, and put it in your glasses./

To preserve Bayford pippens.

Lady Jones .
Take one pound of Bayford pippens, Core them with a scoop Take one pound and half of double refined sugar beaten and put some fair water to it to make it into A thin syrrup. Set it on the fire and let it melt and when you have scummed it clean put in your Apples, which must be curiously pared, and let them boyl as fast as you can. When the Syrrup begins to wast put in half A pint of Rheish wine. When the begin to clear, and are near enough, put in one pint of pippen jelly, and then let it boyl till the syrrup will jelly. then put in the juice of three lemons, then take it off the fire after a boyl or two, and put them in deep glasses./

138 To make Elder Berry Wine

Mrs Marshall
Take 20 li of the best Malaga Raisins pickt & rubbd clean, shred them small & put them to 20. quarts of Water. Let it stand 10. dayes; then take five pintes of the juyce of Elder berries & put them together cold. But first first strain the Liquor through an hair seive, stirr it well toget her, & put it into a vessell. If the weather be cold, put a Blanket about the vessell while it is
working. Let it be stopped & stand six weekes at least. Then bottle it off & it will keep good a year.
Let the berry be ripe, but not too ripe, & gathered dry. The best way to get the juyce is to strip the berry into a Pitcher, & set the Pitcher in boiling water, and as it comes off strain it & set it in again till you have the Quantity. But be sure no water get into the Pitcher.
Take 2 of the Nutts at Night when you are Costiue or before takeing Pysick it is holesome against Infection Consum=tion or weakness

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Mrs Henshaw To preserve Goosberries

Take Gooseberries & slit them & pick them out the seeds & put them into cold water while they are done. Then put the into scalding water & cover them. When they will peel, take some of the water & heate it again, and put them in as you peel them. Then have some goosberry gelly made ready & weigh it, the Goosberryes & gelly together: & give them their weight in Sugar. Then set the Goosberries & gelly on the fire, together with the Sugar, and boil them as quick as you can; and when they begin to be clear they will quickly be enough. To half a pound of Goosberries, 7. ounces of gelly will be enough.

To Preserve Walnutts Physickaly

Take walnutts aboute Midsomer & Cutt of the Ends: then boyle them in two waters: but the bitterness must not be out to much Nor they to tender: then to Every pound of Nutts put a pound of brown sugar & half a pint of water: boyle the sugar and Scum it Clean & when it is allmost Cold put in your Nutts wipe them Dry & Cutt them in the side with a penknife to the midle & slick half a Cloue in Each of them then boyle them a little: & boyle the Syrup to a thickness & pour over them when at any time it is grous thin boyle it againe & pour it over them
Quince wine

take your Large quinces pare them and as you pare them put them into faire water then grate them and squee out the Juice in a strong bolter bagg then Let it stand a Litell to setelle and then Let it run thro a Jely bagg until tis as cleare as water for so it will be then botle it and to euyer botle of wine put in a quarter of a pound of double refine suger cork it well and a fortnight after pour it out of them botels into others for theare will be som setlement and when you botle it Last put a nob of suger in euyer bottle it will keep a great while

Cousin Courthop to Marinate Elles

take your eele clences it wipe out all the blood wind it up first the head ty it ouer with pack thread and fry it in salet oyl fry it softly and turn it often till it is well soakd when thay are throw cold put them into this folowing pickel

as much white wine uiniger as will couer the eells put into it whole peper salt and mace and sliced ginger and six bay Leaues Let them boyll together a quarter of an hour when tis cold put in the eels and press them down that thay may keep couerd thay will be redy to eate in a weeks time but thay will keep close couerd 3 or 4 mounth

Abricot
Lady Jones Cakes

Pare your abricots and cut them in Litell peeces to euyer pound of abricots take 3 quarters of a pound of fine sugar beaten and sherced put them together in a preseruing pan and let it boyll till it be thick Pape then Let it cool a Litell and drop it upon glases & as soon as that haue a skin ouer them dust them with double refine suger in a fine
seiue and put them in a stoue and when one side is dry clape the to wet sides together and so turn them euery day till thay be enough.

Lady Jones fruit Bisket

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Take four ounces of any sort of fruit pulp or Juice and six ounces of fine suger beaten and scarced make them both scalding hot seueraly then put the fruit to the suger and beat them a Litell then put in to good spoonfulls of the froth of the white of eggs and so continue beating it an hour or more till tis uery white and Light so drop it into dripping pans made of cards or stiff paper and set them into the stou it will be a fortnight in drying if you plese you may put into the beating to grains of mush and to grains of Ambergris

Cousin Stone To Pickle Cucumbers

Take 12 Cucumbers & slice them thinn & put them into a pewter dish, put to them Six onyons sliced, then strow them with two handfulls of Salt, and let them stand 2 dayes then boile up a strong pickle with white wine Vineger and halfe beere Vineger, Cloves Mace & whole Pepper, take your Cucumbers out of the first liquor & put them into a Gally Pott then powre you pickle made with Vineger boyling hott upon them

letting them stand till they are cold, then strow a beaten Pepper, and they wilbe fitt to eate in 2 or 3 dayes, according to this rule you may doe what quantity you please

Cousin Stone To Make jumballs

Take a pound of sugar good weight, a pound and halfe of fflower your flower & sugar both well beaten & cearched being first dried, & Six Eggs halfe the whites put out, beate them very well with three spoonfulls of Rose water then
breake into the flower a quarter of a pound of butter, and put in some Coleander & Carraway seeds then make this into a paste & role into what fashion you please they must be baked upon Tinns

Cousin Stone To Pickle Tongues

Lay your Toungs in pump water for 12 hours then take them out & scoure the shine cleane off & rub them dry in a Cloth: To every Toung take as much

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much Salt petre as a Walnutt & beate it small & rub your Toung with= it, then salt them with= other salt and lay them in an Earthen pan, and in three dayes after take them out againe & salt them as before with= Salt Petre and other salt, and turn the other side downwards, & soe lett them lie a Month, & then they will be ready to boyle if you finde the pickle begin to decay boyle it, and when it is cold, put your Toungs to it againe, if boy? your Toungs to eate hott water them 12 hours before/

Cousin Stone To Make Elder Wine

To every quart of water you use put a pound of Malagoes or Raisons of the Sunn they must be chopt small putt them and the water together in one or more Earthen potts, and lett it stand 10 dayes stirring it twice a day, & at the 10 dayes end you must squeeze the liquor from the Plums, & to
every Gallon of liquor put a large pint of juce of Elder berrys, then putt it up into a barrell but stop it not close untill it hath done working, lett it stand in a warm place till it is fine then bottle it, the plums must be well rub'd in a course Cloth before you chop them if you Bake your Berrys put them in to pots & Bake them with your Brown Bred powr of the Juce when it is hot & vous the sam quantity as of raw juce raw.
Juce makes the pale wine
Orang Wine EC

Take 3 gallons & halfe of Spring Water on Quarter of a hundrid of Oranges 7 pound of fowre peny suger, the whits of two Eggs well beat, the Water, Suger, & Eggs must be boyled together, when it boilys scom it very well, after You haue scomed it boyle it an howre, then pare Your Oranges, & putt in the Picts, when it is cold putt straine it & putt in a pint of the Yest, Let it work 24 howers Take the Yest off uery Clean, & putt in the Juice of the oranges, & an Quart of sack & two Quarts of Whit Wine, putt it into a Vessell & the Picts with it Let it stand 12 or 14 days then bottle it & ty it Cloce, be sure You doe not putt in the whits of the picts for it will make it bitter.

To Make a Lemon Pudding EC

Take 4 Large Lemons, pare them thick boyle them in fiue or six waters when the pile is tender brake it in a mortar very fine, then add to it 8 Youlks of Eggs & fower whitts, beat them extremly well together ad 6 ounces of ordanary Lofe Suger, & halfe a pound of butter & Som of the Juice, still beat it in the Morter till it is all mixt, Lay puff past att the top & bottom of the dish halfe an howr will bake it,

To Make Pancaks EX

Take a quart of milke & ten Eggs Leue out halfe the whits, then putt in a wine glass of Sack on Sponfull of Alle Yest season it with Nutmeg & ginger & make into thin batter with flowre & Let it stand halfe an howre by the fier not to nere, & just before You fry them putt in a quarter of a pound of melted butter, You need only rub Your pan with butter when You fry them, if You haue no milk, Alle, or Water, will make them good
To Coller a Calues head

Water Your Calues head a day & a night bring clean Picked & boned, then Water it again 6 howres, wringing the blood clean, then season it with Clous, mace, Nutmegs, peper of each a Like quantity beaton, then take of sweet herbs Sage & Spinidg of each on handfull shred them uery Small & mix them with your Spice & a good dele of sault, if Your head is Larg halfe of it will be big enough for a Coller, wash the inside of the head with Yolks of Eggs & strow in Your seson= ing, then Lay on slices of backon the Length of the head, pare a Lemon & Slice it, & pick out the seeds, & Lay the slices on the Backon, Role it up in a Coller & to it Cloce & sowe it up in a Cloth & bind it with broud filliting then boyle it in a pipkin with whitt wine & wine Vineger & som bace & som Lemon pile & som hole Spice & an onyon pricked full of hols, to three heads You must haue a quart of wine & as much Vineger & & halfe an ounc of each Spice & som sault & what You want of Liquid to Cover them You must make up with water You must boyle them till they are tender they will keep 3 months

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To Make Orange Custerds

Take the Yolks of twelve Eggs, & the Whitts of six, beat them uery well with a spoonfull of orang flower water then putt to them the Juice of eight oranges & the bigness of Wallnutt in sweet butter, sweeten it to your tast, then sett it ouer the fire, & stir it all the whill till it is as thick as Cream, then putt it into dishes & eate it Cold,

To Make Wine Eager Mrs Henshaw
To an Ale gallon of spring water allow 3\text{ll}
of Mallogoe raysons well washt & not pickt but
draind, your Runlet must be a third part
biger then you desine to make your quantety
well bound with Iorn Hoops Cutt the
bung hole so large that a hand may goe
in to clean's it, then lett your fruite be
first put in, & poure your water upon
it, paste the bung hole doune with a
Corse thick Cloath set it in the Sunn
from May to September, when you euse
it draw it ofe and not botle it

To Make Lemon Jelly EC

Take 4 or 5 of the depest Rinds
You can gett Rasp them into there own Liquer
about a quarter of a pint when this hath
stood a whill putt to it a pint of hearts
-horn Jelly made strong, & hott sit it on
the fier & boyle it uery quick a pritty
whill then strain it into a pound of
duble refined suger boyled to sugre agane
then squese in the Juce of an other
Lemon, Let it stand ouer a soft fire
till it begins to Jilly on the spone,
it will make Clear Cakes if you putt
them into Little glasses & stoue them,
with a small fire,

Raison Wine Mrs Beaumond

to 5 pounds of Malaga Raisons, a Gallon
of spring water pick the fruit clean &
put it into the vessel whole, pour the
water on it & stir it 3 times a day for
a fortnight or more stop the Vessel
close & let it stand half a year before you
bottle it if you keep it longer it will be better

To make Cheescakes Mrs Henshaw .

Take 5 quarts of milk & put to it two good Spoonfulls of
Runitt, & lett it Stand till it comes very hard, then put your
hand in it & break it very Small, then put it in a cloath & Strain all the whey from it. then put it in a morter putting thereto half a pound of blanch't almonds beaten with the yolk of a Egg very small, & half a pound of Sugar & 5 yolks of Eggs, a little Rose water a little mace cut very Small, half a Nutmeg grated: beat all these together with 3 quarters of a pint of good thick sweet Cream. Then take half a pound of Currants wash't & pick't & boyle them a little, then dry them in a cloath. Stir them with the rest, take a pound of the finest flower, half a pound of butter, a little Sugar 2 or 3 spoonfulls of water *** make it up altogether, & divide it into 6 Cheesecakes which the Curd will just fill, tye or pin a paper about the crust of every one of them, & when they are almost baked take off the paper, then strew a little fine sugar on them & set them again into the Oven till they are baked enough, the Oven must be well heated, then the Top a little cooled with a mop, & if you would have any of the m plain, you need take but a quarter of a pound of Currants. If you would have them in little Cheesecakes, you may take a pound & an half of flour & three quarters of a pound of Butter./

You must add 3 yolks of Eggs to make the Crust and little Cheesecakes the quantity makes 14./

To make white quince paste for pasty to keep all the year.

Cozen Hanshaw
Take your clearest Quinces, & sett on a skillet of water, which must first boile before you put your Quinces in to coddle & never let them cease boilling untill they are tender enough keeping them alwais down with a Ladle in the water as they codle, and let them boile pretty fast in a good deale of water that they break not one another untill they are as tender as a Codling, then take of the outside very clean and scrape the pulp with a knife from the cowre mash it that there be no hard bits., To a pound of Pulp of Quince put: 6 ounces of juice of Quince a pound & quarter of good sugger beaten and sifted. Stir all together & boile them, tele you think it is enough; Which it is when it looks clear. You must shake it in the boilling to take of the Scum.
To make Apricock paste for Pasty
to Keep all the Yeare

Cozin Henshaw.
Take ripe Apricocks pare them & cut them in bits and to a pound of Apricock put nere half a pinte of Jelly of Codlings. Lett it boile till it is all mash, then have redy two Basons of an equall wait, & powre out your Apricock in one, & weigh your sugger in the other weight for weight. And boile your sugger to a candy hight then put in your Apricock & boile it 'till the sugger be well melted & power it in pots for your use. The next day paper it up with issue paper wetted in clean water & dried on a cloath before you put it on.

It is always best to beat your sugger very well small as you intend to boile to a Candy hight And put as little water as possible you can to wett it.

To make Raisberry paste for Pasty
to keep all the year

Cozen Henshaw.
Clear your Raisberrys from the bad ons & mash them as small as you can. And to a pound of Raisberrys take neere 1/2 a pinte of the Juce of Red corrance, And the weight of good sugger put them all together in a skillet; Boill it 'till you think it will Jelly scuming it now & then And put it into pots for your use.

It is best to Paper all wet Sweetmeats with issue paper just wetted in fair water and dried again with a clean cloth, And so lay it on damp; Which makes it ly much closer then if you lay it on dry. Paper the top of the pot again with a white paper tyed or rowled close. Dryed Sweetmeats keeps much better in fine white paper then in corse white paper.

To Preserve Oranges to make tarts

Cozin Henshaw s way.
Take 1/2 a Core or a dozen Oranges, Pare off the yellow rind clean, & tye them up close in a thin cloth; Put them into a Larg Kettle of boilling water. Keep them under water 'tell they are boilled very tender. Then take them out of the water & cut them in rownd slices not too thin, & pick out all the seeds clean. And to a pound of Orang take: 3 quarters of a pound of Sugger & half a pint water, set the water & sugger on first, Boil it & scum it then put in your Oranges, Let them boile tell they look clear. When they are nere enough Sqees in the juse of a larg Lemmon, let it boile a little after put it in pots for your use.

To make Nunes Bisket. Lady Jones.

Take half a pound of the best Jordan Almonds blanch them & beat them very fine Take the whites of 6 eggs & beat to a froth then add them by a spoonfull at a time in the beaing of the Almonds tell you have put all in then have in reddiness a pound of duble refined sugger finely sear=ced, with the peel of 6 Lemmons greated into the sugger; then put your sugger to your Almonds & mix them well & beat the yolks of 6 eggs very well & put to them. Then put in half a pound of fine dry flower beat all thgese to gether very well for a quorter of an hour, then bake them in little square Paper Coffins well buttered, Let your Oven pretty quick but not to Scorch them. One quorter of an houre will bake them.

To lay Lemmons in Jelly.

Cozin Henshaw
Take the Lemmons pare them pick all the white that there be nothing but the cleare skin upon them then take out the several Cloves or divisions of them pick out the seeds with a bodken. Break the Cloves as little as may be then take their weight in suger. Wet the suger with a little fair water Set it upon the fire & let it boile a very little, then take it off the fire & put in the Cloves of your Lemons set them
on the fire againe till it be scalding hot, then set it by till the next day & then give them a boile till they look clear; Lay them out to drain while you make your your Jelly of pipins which must have a Lemon Squee =zed in it. Lay the Lemons in a pot as close as they can lie without lieing one upon another, then power in the Jelly to fill the Glasses raise the Lemons from the bottom of the Glasses with a bodkin.

To make cakes of Juce of Lemon of the Juce of any frute

Take Duble refined Suger beaten and finely Sifted dry it ouer the fire in a Silver porringer when it is dry and very hot put in Somuch Juce as will make it of Such a thicknes that may be dropt upon paper and ly in Round cakes, but before you drop them you must let the Juce and Suger Stand on the fire tell they be very hot but not boyl, then drop them out and if they dry as you do them you may put in more Juce: with the Juce of lemons you may put in violets or cowslips or shred Lemon peel or any such thing you like Either for fast or couler and they must be mixed in the Suger when it is hot Just before you put in the Juce: when they are dry of one side you may pull them off the paper and when they are done hard which they will doe without a stove you may put them in a box all together on heaps they will keep couller the better: If you make these sort of cakes with Suger boyled to a candy and the Juce and fflowers put in when the Suger is but of a Soft cand. they will hold couller better then the other but are much more troublesome to make:/

To Make Paist for Sweetmeet Pastys or any Pys in dishes or Pattee-pans

Take a pint of the finest flower; 2 eggs, a quarter of a pound of butter, break the butter pretty small into the flower, make it up into a paist with a little cold water, as little as you can, to make it into a paist, than rowl it out
with a rolling pin not too thin, and spread a little butter all over it, then flower it—after that lap it, or roll it up with your hand & let it lie a little, then roll out your Paistys of what size you please, & lay your sweetmeat on them raisberry corance quince or apricock paist, that is not too thin, and close them with a little water, lay all your peeces you cut of one way upon another by them-selves & roll the paist out all one way, els it will be heavy Just as you put them into the oven, doe them over with a feather, diped in the white of an egg or two, beat up to a froth, & sift some fine suger on them, a quick oven does best.

To Make French Bread Mrs Henshaw

Take half a peck of fine wheat flower Dry it a Little in an oven then take Some milk and warm it pretty hot but not Scaldee ing hot then take a pint of new Ale Yest and a Little Salt beat them together lett the Salt be dissolved, put it into the milk stir it together then put it to the flower and work it all together but not to stif so done make them into Lofes what Size You please set them upon a dry board well flowered or put them into Small dishes and cover them warm and Let them Stand a quarter of an hour then set them into the oven stop the Side close and Let then stand an Houer,

To make good mustard Mrs Henshaw

Beat your mustard seed undryed, sift it through a hare sive, mix it pretty thin with vinagre for it will grow thicker with keeping put into a halfe pint jugg 20 cornes of white peper, 2 larg races of ginger slit a lump of loaf suger, pour your mustard to it, & stop it close with a corke tyed up in leather
To make a Sullibub. L. Pain

Take the white of 4. or 5. Eggs, beat them till they be very frothy with a white whisk, bound both ends togeather. Put in a quarter and half of searced sugar, or more if you love it sweet. Then wring in the juyc of a larg Limmon; & beate it till the sugar be melted. The powre in half a pint of sack, & so beate it together. And a pinte of good sweet cram & beate it all together a good while. Then powre it into your Sullibub glasses and let it stand 5. or 6. hours at least, before you serve it up to the Table. It will be clear in the bottom, cream in the middle, & curd at the top.

To make an Oatmeal baked Pudding

Take a quart of new milk or thin Cream, let it just boil; & then powre it upon half a pinte of great oatmeal Cover it close, till it be tender. Shred some beef sewet very small, & stir it in the oatmeal while it is hot. Then beat 4. Eggs very well wth a spoonfull of Sack, sweeten it to your taste. Mix it all together, & put it into the dish you intend to bake it in: which must be well buttered. Be sure you put in small shred Sewet inough to keep it moist. If the pudding be not thin inough, you may put in more milk. And put boil some Nutmeg & Mace in the Milk or Cream you put to the Oatmeal.

To pickle green Bacon

Scald the Hogg, & bone it as you do Brawn, Cut it into such peices as best sutes the Tub or earthen pot that is to receive it. To a large Hogg allow a pound of Salt-Petre. & rub every peice first with it; Then salt it very well with ordinary salt: and lay it thrust as close as you can in the Tub. So let it stand close covered about six weeks or more before you use it. And take the peices as they come not stirring the other. If the Brine do not cover it after it hath stood 6. weeks. then you must make a brine on purpose, boiled high & scumd: and put it in when it...
is cold. If you have any brine by then that is left of salting tongues or Hams, it is better than any you can make, to put to it. After you have boiled it & it be cold, put it to it, keep it very cool in a collar & set the Tub on a board to keep it from rotting.

To make White quince Marmalade

to Keep all the Year. /

Take the best quinces when they are new-ly gathered pare them and core them, when you have cut them in quarters, add to a pound and halfe of quinces, 2. pound of Double refined Suger, finely beaten and searced Lay Your quince quarters into the Sawce pan. or Skillet You intend to doe them in, Strew =ing all the Suger betwen as You Lay them in, and put in halfe a pint of the Juce of quince, then set it on the fire and boile it verry quick, cover it as Sown as the Suger is melted and as soon as it Look clear, take it ofe and break the quinces and put in 2 spoon-fulls more of the juce, which will giue it a quick tast, then set it on again and Let it boyle a Little, then take it ofe and when it is cool a nufe put it into deep glasses or gllay pots: it will be best to prepare your juce the Day=before which must be dun thus/
Take your quinces and wipe them verry cleane and cut out the black tops,

then grate them and squeeze out the juce as fast as you can, through a flanell as you doe it power of it into your paper funell and set it into a glass bottle to drop through, the quicker you do it the better. The paper funell may be made of halfe a sheet of whited brown paper or issue paper./
To make Almond butter. Mrs ffreemans

Take a pinte of Cream and boile it; then take three Eggs beat ten very thin: put them to the Cream, and lett them boile un till you see thin and thick separate. Strain the thin clean from it. When the curd is could, take half a pound of Almonds xx beaten very fine with a little Rose=water: also two ounces of Dubble=refined suger, finely beaten, and searched: Being all well mixt and beaten together in a Morter dish it up. Put your Almonds into could water in the morning and as you blanch them, throw them into cold water untill you beat them./

To make Chocolate my Lord Gorg's way.

Take a quarter of a hundred of good Caraco=nuts. Parch them very a well with a quick clear fire: no matter how brown, so they be not burnt. Clense them well from the husks, and fan them very clean. To this quantity of nuts (which will not be above twenty pounds when parched) take fifty good Venellios, which will wey neere six then five ounces (for under the last they must not be) and ten ounces of Cinnamon with four cods of red Guinea. paper: x which must be dried before the fire, and the seeds shaken clean out. Powder all this spice together, and sift it through a Tiffiny sive very fine. To every pownd of parched nuts put three quar ters of an ounce of this beaten spice, and one pownd of good powder sugar./

To Make: Aprecock: Wine Mrs Carols

Take good spring water: and boyle it an hower: and Let it stand tell it be Could: then for Every quart: of water: two quartes: of Apre= Cocks pared and stond Let them stand two gether A night and A day then straine it Throw A haire sive and mea sur your Liquer And two Every quart tak three quarters of A pound of good powder shuger then stur It well up: While all the shuger is melted Then tun itt up into A strong uesell and when It has done working Cork it down Close And A top of that dubell white paper & Clay bung A top of that: And at half A yeares End botell itt Out
To Make Marmalade of Oringes

Take twelve of the best Oranges pare or
great them then Cut them and squease out
all the juise and pick all the pulpe from
the skin and put it into the juice then take
The Weight of dubell Refind suger A pound
Two A pint Letting it stand all night in
A silver tankerd then put your piles into water
And the next day boyle them as Tender
As you would haue them then pick out
The strings of them and skins, then slice
Them very thin and mince them very small
Then take their weight in suger and
boyle it to A Candy height, Then put
In your pulpe boyling it as quick as
you Can tel it be pretty thick then put
un yourer juice and suger then giue
It but two or three boyles squeasing
In the juice of one Lemmon and put
it into yourer glasses.
If you pare all the yellow rine of yourer
Oringes yourer Marmalade Will be the
Better

To Pickle sparragrass: Mrs Henshaw

Take the sparragrasse and ty them vp in small
bundles & put them up into A pot, then take
sum water and season it with salt tell
It will bear An Egge, and fill up the pot
With the solt water and Let them Remaine
so About A month or Longer as you pleas but when you take Any out Let it be stopt
up uery Close Againe, Then them that you
haue taken out, put it into some faire
Water, shifting it often for 3 or 4 houres
And put them into A brass kettle and Let
Them haue A good fire under them tell
they boyle or tell you find that they are
green Then take them and Let them stand
Tell they are Could then boyle yourer
pickle, as you doe for other things
putting them in when the pickle is Could
you may boyle them at any time in the
Winter, laying them in fresh water 3 or 4
hours shifting them often when you
open the pot they will smell very strong
But they are never the worse for that/

To Make Clove Wine Mrs Henshaw

Take three gallons of water and seven pounds of
sugar one gallon of Cloves, with the whites
Well cut of, Boyle the sugar and water three
Quarters of an hour or more, skim it very well
Well, you may Clarifie it with whites of Eggs
If you please, put the Cloues into an Earthen
pot then pour your Liquer Scalding hot
To them so cover the pot very close, and
When it is Could Enough two worke putt
In 3 or 4 spoonfuls of barme Lett it stand
Two dayes & two nightes then straine out
The Cloues and put it into a pot again
so Lett it stand A week or more then-
Bottle it with A Lump of Lofe suger in
Each bottle you may put in the juce of
A Lemamon if you please, the pot
should bee A steane that is a tape & fosset
To draw itt Out -

How to Make Lemmon Marmalade

Mrs Henshaw
Take a pound of double Refined sugar beaten
And a pound of pipens and two pipen Above
A pound pare them and Chope them as small
As you Can Cutt them into A skillet first -
strouing suger att the bottum and as you Cutt
Them strow suger upon them but do not
put all the suger on them, then set then on the
fire put in halfe a pint of water or less and Lett them
Boyl tell they Looke Cleare: then take two-
Lemmons pare them very thicke and boyl the
pills tell they bee very tender. then mence
Them very small Cuting Away as much of
the White as you Can After it is boyled and
put it the peel to the pipens, and Lett it boyle tell you
Thinke it will Jelly then take itt of from the
fire and put in the Juice of both the Lemmons
In it and Let it Jest boyle and no more: then
Then take it of and put it in youer Jelly
Glasses you must strow the suger on as it
is A boyling
Add two this A quarter of A pint of pipen Jelly
Let it boyle A Little before the Juce of Lemmons
goes in and A Low A quarter of A pound of
suger more, this will make itt turn out uery
ferine

To Make Ink Lady Lidall

Take three Ounces and A halfe of gales: and
put thereto A quart of snow water Let the
gauls ie in it 2 or 3 dayes: then strain
It from the gauls and put thereto two
Ounces and halfe of Copperas: and two
Ounces and half of gum Arabick: keep it
stiring twice or thrice A day for A
fortnight together and Afterwards as-vous see Convenient or A White scum
A Riseing on the top: But take Care your-
Gauls be beate as small as meal, and your
gum as small as you Can get itt

L Lidal To keep fowl fresh A fortnight

kill the foul and blud them well in the
head Leafig their heds on and all the
feathers Also Let them be throughly
Cold, before you put them up two be
sent by A Carryer or other wayes; then
put two peper Cornes in their uents and
sow them up, undrawn: put them up
With dry bran; two keep them from
all air and sheaking: Thus they will -
Carry uery fresh: And Rost as white
as if newly killed
Especiall patridg out of the mew.

L. Lidal. To keep Limmons all the year fresh

Let the Limmons be fresh and sound before they
Be soft, Couer them all ouer with bay salt
Lay your salt A Conseeerable thickness
In An Earthen dish at the bottum perhaps
Three Inches deep: Then Lay in your Limmons
At A distance from Each other, that they
May not touch, but the solt may fill up the
spase between Each Limmon; Then poure
ouer the Limmons as much salt as will Couer
them 2 or 3 inches all ouer, and Couer the
Dish they are in with A bowl or box-

To Make Otmeal Pudding L Lidal.

Take three pintes of new milk, and when it
boils put into it two good handfulls of
Oatmeal Crusht, but not small when it is
Creed and half made the milk pretty thick,
take it of the fire and Couer itt Close down
When it is Almost Could, break in six-
Eggs and A little salt, A Little suger A pice
of butter, A nutmeg greated if it be two
thick put in 4 spoonfulls of Craime: butter
Butter your pans & put it in if you Loue it with
frute, put in A pound of Rasons & Currance
Jest before you put it into your pans, stir the
first well in & so put it in pans, well buttre'd
And beak it in not two hot an ouen

To keep Venison fresh & good

Take an hanch or any other parte Cutt
Out the brused blood, and wipe it with a Clean
Dry Cloth, Then Couer it all ouer with
Dry bran as Clear as you Can without
floure, Lay A great quantety of bran
vnder it as well as ouer it two keep it Close
from the Air: throw ouer the bran A
Cleane dry Cloth: Thus it may be kep
A week fresh and good

L Lidal The Queens Cream

Take A quarter of A pound of the best harts
horn, put to it four quartes of spring
water Let it boyle slowly down to
one quart: strain it through Jelly bag
And when it is almost Could put to it
A quarter of a pound of Jordan Almons first blanched in cold water, then purly fine beaten with sum of the jelly and orange flower water warmed else it will cool the jelly and the Almons will not beat so fine, when they are beaten enuf mix them with all your jelly, strain it 4 or 5 times through a jelly bag sweeten it with double refined sugar to your taste and add orange flower water or juice of lemons as you like and put it in jelly glasses.

Liddal to make a Lobster Pye

Make the crust thus: to every pound of fine flower rub in half a pound of butter - three eggs and as much faire water as will make it fine light paste, work it as little as you can and roll only one way from you, then divide the paste equally and flower your patty pans, and then having rolled out one half of the crust for the crust for the bottom, lay it in the pan, thin the other half for the top, one pound and half of fine flower with butter andect proportiably makes a crust for a midling sized patty pans your crust this prepared, then take 3 lobsters which will fill a middle sized patty pan; boyle them and take out all the meat of the claus & tails, free them from all splinters & the red hard pieces that are usually in the tail piece, cut the tail into four, and the claws if larg into as many, season it with beaten mace cinamon saffron to discreshun considering that fish requires more.

Seasining then flesh: their flesh being-
Then ready, put up on the bottom of your crust a layer of butter, next a layer of lobster, and then a layer of butter again and so do tell all your lobster be in, then put on the top a good layer of butter, before you lay on your crust: it will take near a pound of butter, let not your ouen be
scorching hot to burn the Crust: An hour
And half will beak it when it Comes out
of the ouen, And you are Redy to dish it
vp. haue Redy A gill of good grauy
Disolue in it two Large Anchoves, Clearing
them well from the bones, then put it
into the pye uery hot shake it well Among
the meate, and serue it up, This is the
Exact way for Lobster peys: which must
neuer be made in standing Crust but in
A patty pan, The formes Crust being
?? ???ing two dry for fish

A cement for braken China or glass

Take unslaked Lime and mix it well with
the white of an egge, the Lime being first wel
beatten and searced, the white of the egg
well beaten allso, & mixed with it, to such
a thickness as you find will fix the peices
togeather

To Make Little pastyes of A kidney of veal

first shred youer kidney uery small, and if
It be Large put two Large pipins shred uery
small to it almost A handfull of Clean
picked Corants what suger and nutmag you
Think fit 5 or 6 spoonfulls of thick Cream
The yoke of one Egg, sharp them with A Little
Lemon, And Cut in some of the peell uery
small, if you haue no Lemon quicken it
With good uerjuce, Lay the meate in your
Crust Close the Edges of youer pastyes
Well, And besure you Let the fat be boiling
hot when you putt in the pastyes, fry them
Crisp, but not two browne, you may bake
Them but then you must make the Crust
A Little fatter

To make french White Custerd

Take one quart of thick sweet Cream
And set it to boyle, stir it with A spoon
all the while, then take the whites of twelue
Eggs uery well beaten with A Little oringe
flower water, sweeting your Craime as
you think fit before you put in *your* Eggs
And when your Cream is almost Could put
In *your* Whites of Eggs stiring it all the while

Then when the Eggs & Cream are
Well mixt pass it through a hair siue
then set it on A slow fire to thicken
stiring Continually, and when it is
Thick Enough pass it through a uery wide
hair siue, but if it will not go through
fill your Custerd dishes with it as it is
If you find twelve whites of Eggs two
Little you may take one or two more

To Make Oyster Loaues;

Take a peack of the Largest oysters you
Can get take Care to saue all the pickle
as you open them and when they are
all opend, put to them A pint of white
Wine, and wash them one by one, then
set the pickle by to settle strain it
Through A Close hair siue to take out
all the shells and scales, then Let your
oysters be putt into the pickle Again
And set them ouer A slow fier with
A blade or two of mace 2 or 3 Cloues
A Little hole peper A Little peice of
Butter a greated nutmag and A quartered
onyon, so Let them all haue a gentle
Boyle ouer the fire, then take 4 Egg
yolks and beat them with Juice Lemmon

And thicken your Lequer with them when it is
Redy to serue up, then take three french Rowles
and make A hole in the topp and take out all the
Crum of the Loues, And make the Crust as thin
as you Can, then take A pint of Cream & 4 egg yolks more beaten in the cream then
dip your Loaues very well inside and outside
Then haue Re^dy Clerifyed two pounds of butter
In A depp sawce pan, make it uery hot and
then put the mouth downwards to drain the
fat Clear from them then put the Cream &
Egg spars to your oysters and set them on the fire
keeping them sturing till it be pretty thick, so
fill your Loaues with the oysters and pickle & if Any
spares of filling: put it on the dish with the
Loaues, and serue it up as hot as you Can
With sipits of bread & slic'd Lemon

Turky or Pullets Alamode

Breake the breast bone very well, Lard them
Thick fry them a Little brown on the
Breast, so put them into a stew pan
With some grauy and strong broth,
A Little bunch of sweet herbs, two onions
A Little peice of bacon stuck with Cloues
still keeping Liquar to them till you
Think they be Enough, Let your ingredients be sweetbreds Lambs stones
sausages sheeps tongues sliced or whole

And Larded pullets truste or Murraile,
Artichock bottums, or Anything in season
A Cording to your discretion, Let all these be
Tossed up thick, with A Little Anchoue pepper greated nutmag & A Little white Wine, And when you dish it up put all
The ingredients ouer it

Pottage of Squabb pidgons

Take A Leg of beef & some uveal & mutton
And boil that strong broth till it Come to the quantity as you think it will gelly
season it with Jamaca pepper & Cloues
And throw in an handfull of sweet herbs
And some onions, half Rost your pidgons
And then stoue them down, for your ingredients Let it be sweet breads tops of sparragrass Artichoke bottums, bottums of Cardus, young pease for the herbs-spinage Cabbage Lattis, Cut some of them in quarters and Lay Round the dish
And some bacon, Cheruill and sorrel
And wash them very well, and Cut them not two small, put them into a sauce= pan with 4 ounces of butter or as much
As you think fit & A slice of Limmon
With them a Little pepper and solt

stoue them down by themselves, till they be dry, so put a quart of grauy & another of strong broth stoue them down in that till they be tender
Take the ingredients Ragg on Every one of them by them selues, browne a Little butter and shake a Little flower in it and so put some gravy into them and toss them up in that, And keep them till you top your pottage, Let your bread be well dryed and stoue it half A quarter of an hour before you top it, so Lay the pidgons Round the dish, and some in the middle, All these are uery good when they are two be got, when they are not you may put Any thing in Room of them, as mushrooms pullets troofe Murrall, grapes or Any such thing

To Bake Herrings

Take fresh herrings, Cut of their heads, wipe them Cleane with A Cloth, after you haue scalled them But do not wash them then put them into A pot uery Close, and between Euery Row of herrings strew some salt mixt with pepper, mace and Iamaico pepper, put as much uineger as will ouer flow them the depth of three fingers, set them in an ouen with brown bred And Let them stand twelve hours, so keep them for the use, They must be Eaten Cold with oyle & uineger if you Like it
The Table for Receits for Diseases
for the :Kings Euell
for the :Kings Euell the oytment
for the Kings Euell a diat drink
A Cherry Watter
to Break a Cold
A Cordiall aatter
A Drink for the Ricketts
A oytment for Ach or Bruise
A salue for an old sore
Red powder against Miscaring
Snaile Watter
Doctor Burges Receipt against plague
The Balsom
Doctor Stephens : watter :
The Eddington Plague :
Amber Cakes:
for a Rume in the Eyes:
The : Greene Salue :
A watter Against the Consumsion
To: Make oringe Watter :
To Make aqua marabelis
To make Surrop Gilly flowr:
The Bitter drink
Elderberry Ale
Mr Vernons oytment for sore breasts

Gentian Water
glister for the Piles
Red oyle
water for any swelling
Clyster for Worms
Remedy for the stone
Dr Willis his water for weakness
in the back
A plaister to prevent miscarrying
For the Scurvy Dr Walgrave
Sir W. Mans receit against Miscarrying
An oytment for Sprains
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A receipt for a burn or scald
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Receites ffor Diseases &c

For: The: Kings Euell

divide
Take a pound of Lygnun Vite & devide it into 3 parts put one part into an earthen Jugg with a potell of watter & past it up Close then put the Jugg into a pot of watter that boyles & keep it boyling 12 houers when it is Could straine it out & drink a good draught first warme in the morning & Last at night & at 4 in the afternoone to drink noghting elce is best you must drink it a mouth spring & fall this is allso to be used with the following oyntment
Take the fflower of fox Gloues a peck stamp them in a stoane Morter & when they are uery small put to them 3 pound of fresh butter out of the Churne then set them one a soft ffyer in a new Earthen pipkin & let it boyle 4 houres stiring it Continually with a flat wooden sticke then put it out into an Earthen pipkin that neuer had salt in it soe that you may heat it againe when it needs which will bee once a moneth

you must set it in an ouen after the bread is drawne & put in a peece of butter without salt to Keepe it moist When you use it you must take noe more then you need at a time & warm it not soe hot soe that the party may well endure it it must be Layd one euery place where the euell is broke
deress the sore, twise in a day you
must anoynt the sore with some of
that oyle that Runs from the
Compossition as farr as it is hard
you must Lay it one the Cloth nether
to thick nor to thinn you must allways
keepe the same Cloth next to it but
the others you may shift when you pleas
there must be no salt in the butter
you use nor must it be washed but
well beaten out of the Churne there
Compossition if well Kept & that is the
oyle that is spake ofe whilst you use
this use the diet drink

Another

Take 3 ounces of guntion sliced 9 ounces of
the barke of each Infuse them 29 houres & a halfe
in 16 gallons & halfe of Cleane Runing
watter on hot ashes in a pipkynn

Close Couered then boyle it ouer a gentell
fyer without smoake till the 3d part
be Consumed then add Epythininen of
pelypodism of the Sake of Each 12 ounces
of ffinnitonery fflowers & borrage flowers
of each a littell handfull Rosemary flowers
succory Roots Prim Rose Cowslips Camomell
violet fflowers of Each a Littell handfull
Anniseeds sweete ffennell seeds of Each
halfe an ounce boyle all these things
till ther remains but 16 pints of your
Liquer then straine it Cleane & Let
if Infuse as aforsaid 12 hours in
hot Ashes with 13 ounces seana: beaten
then after once boyling strayne it
& Clarifie with the whight of an Egg
then put in a littell suagar according
to your pallet & Let the party take
20 or 30 ounces in the morning fasting
Continuing it 18 days add or diminish
as you find it work 2 or 3 times
a day is sufficient
This is the most Approved Medesine for
this disease in the word & it neuer
fayles to Cure if it be taken before
the Euell be gotten into the bowell
though otherwise it may haue

Continued many yeares

4 A Cherry Watter Good Against Mallencholy

Conv?tons fitts the spleene

take 3 pound of Red Cherrys 3 pints of Clarret wyne about the wayt of a shillengs of these spices following Cloues mace nutmeg Ginger & of Cinnamon the wayt of 2 shilleng let these spices be be bruised a littell & steeped with the Cherrys & wyne 24 houres in a Glass or Earthen Vessell being Close stoped up after they haue bin soe Long steeped take the Cherrys out & beate them & soe put them in the wyne stilling stoanes & all then put all these things in the still after soe Long steeping as foure & twenty houres it must be a Rose watter still & let the still be Closed up with a paper first wetted with the white of an Egg beaten with a littell flower to Keepe the strength from going out

& in the glass the watter is to Runne into being a quart glass put sixe ounces of white suggar Candy or dubell Refined Suggar beaten & searched through a fynn sarch & soe Let your watter Run into the Glass to the .. Suggar shaking the glass now & then to mixe it soe Let it still till you haue 3 wyne pints or better of the watter & when you haue drawne this quanity mix all the watter together adding to it all 3 ounces of sugar more for you must allow to euery pint of the wyne 3 ounces of sugar more if you put in a good handfull
of Cloue Gillyflowers buglas & Borrage or any Cordiall flowers it is the better

5. An Excelent Medisin to Breake

a Cold in the stomack by Docter Baites

take halfe a pound of browne sugar Candy & beate it uery small & put it into a bladder that will Keepe out watter

& hang it up in faire watter till it be dissolved into a sirrup then take a Spoonefull or two at a time 3 or 4 times a day or more if you please

6. A Very ^good Cordiall Watter

take a pound of Loafe suggar finely beaten put to it a quart of Running watter stirr it well together & straine it through a Cotten bagg 7 or 8 times then put to it a pint of Damasque Rose watter a pint of the best Cynament watter a quarter of a pint of Angellicco water as much of Rosa Solis watter & as much of Cloue water 3 pints of ordinery aquavita a quarter of a pint of Annyseed water mingle all these together & poure them through your Cotten Bagg foure times or more then take halfe an ounce of Muske Comfits bruise them & put it into your glasse

you intend to put your water in & shake it together & set it up for your use

7. A Very Good Drink for the Ricketts

take of harts tongue 6 or :8: Leaues
2 handfull of Egrimony as much lyuer wort wash them Cleane & put in them some 3 pints of Runing water or more halfe an ounce of Annyseeds & as much Liquorish sliced a quarter of a pound of Currance & as many Reasons of the Sunn stoaned boyle all these together till it be halfe boyled away then straine it Crushing it hard & sweeten it with browne suggar Candy & Let the Child drink a draught in the morning & a nother in the afternoone it will bee the better it you put in a handful of Mayden haire as much blodwort & as much speedwell

The oyntment for the same

take Rosemary water Maiden haire Issope buyse penny Royall southerne wood spike ffetherfeu of each a good handfull Chopp them small

put them into pound of fresh butter nether washed nor salted & boyle them til the herbs begin to groe drye then straine it & chrush it hard & anoynt the Child euery morning & euening all the knots of the Ribbs & the breast if at be narrow let the Child be purged first with Rue bab 3 days before it take the drink you may take the wayte of 4 pence in Rubab sliced & laye it in soake all night in beare you must let the Child blod in the Eares once or twice as you shall see Cause when your moon is eight days old

8 Mellolet oyntment for Ach of Bruise

Take Mellolet when it is Ripe & stripp the leaues & flowers from the stalke then take to euery pound therof a pound of butter Chopp the Mellolet small let it boyle one a soft fier till the herbs begin to bee drye then
straine it in an Earthen pott &
keepe it for your use

A salve ffor an old sore

9 Take stone pech beeswaxe Rozin of one
as much as the other
three
Take of

fresh butter halfe as much as the other
three
put them aalltogether into an
Earthen pot & set them ouer a soft
fyer & let them boyle about an houer
then take it of the ffyer & put it
into a Gally pot you may spread it
eather one lint or as a plaster as you
see occation

10 The Red Powder An Approved

Remedy to Keepe one: ffrom : Miscarrying

or ?o stopp

Take one drame of Dragons Blood 2
Graines of Amber greise ? dram of Red
Currell 3 graines of besorstone beate
these uery small in a marbell
morter then mix them uery well
& put as much as will lye one a
penny into one spoone full of burnt
Clarrett & take it 3 tymes night
& morning as much as will lye
one a penny & sleepe after itt

A snayle Watter Good for a Consumcon
11 of the Jaundeys

Take a peck of gardaine snayles wash them
in a great boule of beare then make
you Chimney uery Cleane & kindle halfe
a bushell of Charcols & when they are
well kindled make a hole in the midle
of them & put the snayles therin & Cast
some Ashes one them & Couuer them with
Charcols & let them remaine there soe long as they make any noyse then take them out & with a knife & Corse Cloth pick them & wipe all the greene from them very Cleane then bruise them in a stoane morter shells & all also take a quart of Earth worms slit them one Knitting needles & scour them Cleane with salt diuers tymes then wash them & beate them to pceces in a stoane morter then make that pot very Cleane one which you meane to set your Limbeck & take 2 handfulls of Angelica & Lay in the bottom & 2 handfulls of sollandyne upon the topp of that the a quarte or 2 of Rosemary

fflowers or in the want of that the herbe may serv Allso bear foot-Eg'imony the Red ofe dock Root the Bark, of barberry tree wood sorrell & bittony of Each 2 handfulls halfe a handfull of Rue ffine grake & Turmerick of Each one ounce well beaten then Laye the snayles & wormses upon the topp of all these & pour into it 3 Gallons of strong Ale & stopp the pott Close & Let it stand all night or Longer if you please & in the place wher you meane to put fier under to drie the snailes in an ouen in stead of the ffyer is better in the morning put in 3 ounces of Cloues beaten to powder allso 6 ounces of Grated harts horse you must not stirr it after the hartshorne is in Lest it goe to the bottom then set one your Lymbeck & stopp it very Close with Ric dough & Let it be Keept with a soft fyer & Receiue the watter in pints you may receiue 6 pints or more the first is best & must bee Keept keept by it selfe you may mend your smallest by putting in some of the strongest when you use it This watter must bee giuen in the

In the morning fasting & the patient must fast two houres

folio 10 verso || folio 11 recto
after it & not sleepe & at foure
of the Clocke in the afternoone you
must take of the strongest two
spoonfulls to foure of the white wine
ore Ale or beare & of the weakest
as much watter as Ale or wine this
watter hath bin stilled in a Common
still & hath bin found very effectuall

his Receite for the
12 Docter Burges : Plaugue

Take 3 pints of Malmesey & boyle
therin one handfull of sage & one
handfull of Rue until one pint-therof be wasted then take it of
& straine it & set it ouer the ffyer
againe & put ther two one penny
worth of Long pepper halfe an ounce
of ginger a quarter of an ounce of
Nuttmeggs all beaten together then
let it boyle a Littell & put therto
4 pennyworth of Methridate two
penny worth of treacle a quarter
of a pint of aquavitae or rather
hot Angelicae watter stirr it
well together & take one
spoonfull therof morning &

Euening to prevent & avoyd the
Infection but if the party be alredy
diseased then let him take 2 spoonfulls
therof at a tyme & swet ther upon
once a day at the least or ofthenner
if the Abillity of the body will endure
it Chang the Lynnen wherin he swetts
for fresh very well agrees In some
short time this will helpe them vnder
god if the hart be not Cleane-
mortified & drowned with the disease
before: this is not also good for the
Common plauge but allso for the
small pox Measles or any other-
Infectious pestilent diseases-

13 The Balsom

Take one quart of sallet Oyle & one
pint of faire watter boyle them a while
in an Earthen pot then put therin halfe a pound of yallow wax then take Rosemary Bayes sweet Margrum & balme of each one handfull & shread them & put them into your Liquer allso halfe an ounce of Redd saunders Rose watter & plaintaine watter of each 2 ounces & let them boyle a Little then bruise 4 drams of Mummey & halfe an ounce of dragons Blood & put them in

And Lett them boyle a Little then take venice Turpentine a quarter of a pound & wash it 3 tymes twice in faire watter & the third in Rose watter & put it into the pot & let it boyle a little then put in Oyle of Apericion halfe an ounce of Naturall bolsom halfe an ounce of of Liquid florax 6 ounces Letting them all boyle a quarter of an houre then astraine it & Let it Coole & when it is Cold power the watter from it & melt it a gaine if it be fowle you may straine it againe then put it up you may keepe the watter to wash soares-

14 To Make Docter Stephens Watter

Take a Gallon of good Gascoigne wine galleng Nutmeggs graines Cloues Annyseed & ffennell seed Carraway seeds of Each a drame then take sage mint Red Rosses Gardaine Vei?e thyme pellitory Rose Mary wild Margerrum organ or penny Royall wild time Cammamill Lauender auens of each of them one handfull bruise the spices small & stamp the herbs & put all into the aforsaid wine

& if you please put therto a good-quantity of fyne Muske & Let it stand Infuseing 7 hours & stirr it diuers times & then still it in a Lymbeck & keepe the first watter by it selfe which is the best the second by it selfe which is not soe strong the vertue of it Comforts the spirrits it helps Inward diseases Coming of
Colds the shaking Palsey it Cureth
Contractions of sinnews it strenneth
strengthneth the marrow in the
boanes it helpeth the Conception of
women that be barren it helpeth worms
it Cureth the Cold Goute & Cold dropsy
it helpeth the tooth Ach it Comforteth
the stomacke it helps the stoane in
the bladder & in the Reines of the
back in helps the Canker & stinking
breath it makes one seeme young
a great while if you put if you put
much peny Royall it makes it haue an
Ill tast

The Eddington Plaugue
Watter

15 Rake Rue Eng^imony wormwood sage-
sallendine balme Burnett Rosemary-
Mugwort Dragons Pimpnell feathfoy
sorrell Motherwort Cardus Benedictus
Angelico bettonny Scabius Turmentil scordium
Cowslipps avens & Marygolds of all these
\*herbs a quarter of a pound by waite
only the Rosemary & the scordium
bee halfe a pound Alycompaine Roots
Sweete fennell seeds Carraway seed
harte eas or paunces of each one ounce
Chopp the herbs & Roots uery small
& bruise the seeds & put them to the
herbs into a new earthen pot well
glased & washed Cleane a pottell of
white wine \(2\frac{1}{2}\) quarts of sack stirr them
all together & soe let them steep 3 or
4 days stirring them euery day & Keepe
it Close Couered then still this in
an ordinnary still & Keep the first
& second watter by them selues take
3 or 4 spoonfulls of this watter-
warne with a Litle suggar it is
good for the plaugue small pox
Measles ffeauers & any distemper in your stomach
To Make Amber Cakes good for the Palsey or falling sicknesse or fits of the Mother

Take half a pound of Loafe sugar seroed 12 drops of oyle of Amber as much Gumdragon as will make it into a stiffe paste Role it out thin & Cut it in Little Cakes with a Ring dry them in a stove & Let the patient put one of them in their mouth & let it melt when they fear a fit

For A Rume fallen suddainely Into: the Eyes

17 Take some bole armarick & beat it very small stir it with the white of an Egg spread it one some leather & Lay it aboue the Eye brow this doe euery day at the same time dropp in some plaintaine water wherein Conserue of Roses hath bin melted-

To Make the Greene Salve

18 one pound of Bees wax one pound of Deer suett or if you Cannot get that mutton suet one pound of pigg Grease fresh take also Isop E Grimony wood bittony sheapheards purse safe heale Mayden haire Dandelion Hounds tongue leaues sillgreene-Grunsell fiue leaues Grass polipodium of an Oake earbe of Grasse earbe of uestue sage Chickweeds Archangell woodbine leaues one handfull of euery one of these let all these be well shred & beaten in a morter &-boyled in 2 quarts of white wine or strong Ale together with the things first mentioned let them boyle till all the liquor be wasted then straine it very hard through a strainer & let it Coole & settle in porringers & then take it forth & Keepe it for your
19 A Very Good water for the Consumcion

gather the eares of wheate when it is in the milke still them in a Cold still & sweeten with white sugar Candy take 3 spoonfulls att a tyme 2 or 3 times a day fasting

20 To Make Oringe Watter Mrs Careys

only paire your oringes as thinn a you Can Take 2 dozen of good orenes & paire ofe the outward Rine as thinn as euer you Can then Cut of the peel as farr as the yallow goeth & as you Cut it put it into a gallon of sack & let it stand & Infuse in an Earthen pot 3 or 4 days then put to it a pint of brandy & halfe an ounce of Candymums then put it into a Cold still & past it well upp & wrapp about the Nose of it a papper soe let it drop into the botle & make as bigg a fyer in your still as you Can you must haue allso a paill of watter with 2 or 3 napkins into which you must dipp them & Continue Cooling the topp of your slice with them use not your napkins untill the paper about the nose of the still groe dampe then you must then you must put a quarter of a pound of duble refined sugar into each quart

To Make Rare Good Aquamirabilis

21 Take of Cardimum Cubube sedary Gallingall Grains of parillis of each one drame Cloues mace nutmeggs sinamont Ginger of each one drame melolet flowers marygold flowers dried or greene Gillaflowers Burrage flowers Rose mary flowers Cowslipp flowers- Viollets of each of all these one once dried one quart of Juce
of sallindine of mint balme
& Angelico of each one pint
take one Gallon of Malligo
sack bruise your spices & seeds
& Infuse them with all other
Ingredients in the sack with
three pints of spirit of sack or
brandy destilled it in a Rose
watter still or Lymbick put in
it halfe a drame of saffron
6 orringes slised meete & Rine
alcermis & harts horne as
you think fitt

you may dropp of one quart very
strong 2 quarts very good & a pint
of small sweeten all to your tast
with duble Refinned suggar

22 To Make Surrap of Gilliflowers

Mrs Careys
Take a pound of Gillyflowers the
whight being Cut Cleane from them
& a pound & a quarter of Loafe sugar
finly beaten put it in a pot a Laying
of sugar & a Laying of flowers duble
boyle them three houres then straine
it out whilst it is scalding hott &
keepe it stirring till it bee quite
Cold-

The Bitter Drink for Agues
or the stomach.

23 Take Camamil flowers, the tops of Cen
tory of each an scruple a pugill, carduus
seeds a drachm, Gentian root dried half
a scruple, a drachm of Rhubard; boil these
in a pinte of Spring Water till the third
part be consumed. Drink a Quarter of
a pinte of it in the morning.

24 Elder Berry Ale

Take half an hogshed of strong Ale, a
peck of ripe Elderberries well pickt, two
pennyworth of Ginger, as much of Mace &
cloves & Nutmugs. When the wort is boil
put all the ingredients into it, and let them
boil well all together. Let it work as other
plain Ale. putt into it half a pound of hops,
because it is not usuall to drink it till spring
Strain it like other Ale.

Mr Vernons oyntment for Aches &
pains, or sore breasts

25 Take a pound of May butter & clarify it,
then take of red Sage, parsly, smallage,
featherfew, Nip-adders tongue, raw Callamint
of each one handfull, and a little Cammomile.
Cutt all these small with a knife, and boil all
together one hour in the butter over a
gentle fire, still stirring it. Then take it off,
and strain it into a pott.

The Gentian Water

26 Take one Gallon of White wine,
four ounces of Gentian, twenty
four ounces of Centaury; stamp them
all together, and then put the wine
to them, & let them soak together
five dayes. Then distill them in a
Rose still. keep the water in a close
vessell, & when you use it drink 2.
or 3. spoonfulls morning & evening.

The Vertues

puts off Imposthumes, gives a good colour,
resisteth the plague, breaks the stone
in the reines, is good against the Spleen
purges  
choler & corrupt blood,
cleareth the eye sight &c.
v. 32*

A glister for the piles

27. Take the yolk of a new laid Egge
in a spoon, and stirr to it as much Ve
nice Turpentine as the spoon will
hold. Then stirr it together with half a pinte of New Milk warm from the Cow, and give this clyster no warmer

28 The Red oyle

Take as many as you please of the flowers of St Iohn wort, stamp them in a mortar, & steep them 4 dayes in as much white wine as will cover them setting them in the Sun. Then strain out them flowers, & put in fresh till the wine be was ted. To this wine & the last flowers, put as much Salet oyle as the substance of them both; and let these stand also 4. or 6. dayes in the Sun. Then to every pinte of oyle add of Turpentine 2. ounces, of saffrom half a dram, of Nutmegs & cloves beaten each half an ounce, of myrh & rosin of the pyne tree each 2. ounces & of sarcocolla half an ounce. Put these into a butter pot close covered, and set it in a kettle of water & hay, which must boile complete 12 houres, haveing boyling water by to supply the kettle. Then strain it & skim off the oyl while its hott A woman may take 20 drops, and half a spoonfull morning & night. Its good for a consumption or any cough; for ulcers within, or any outward wound, either green or old.

29

A water for any swelling

Take two handfulls of Rosemary, two of Bayes, boil them in two Quarts of spring water, till almost half be boiled away. Then put in two ounces of Allum & after it hath boiled a while, strain it & wash the part with it

30 An approved Clyster for the Worms

Take an handfull of Wormwood, as much of Camomile, a littlew rue, with a spoonfull of Anniseedas, boyle them well in a pinte of Milk; then strain it & put to it a spoon
full of Salt. One ounce of Clyster Sugar, & 30. grains of powder of Aloes.

Ratifie

To Every gallon of brandy fiue hunderd Apricock stones Just Crackt without breaking the meates A pound of white suger Candy beaten fine and 3. or 4 stikes of: Cinnamon steep all these in A stone Jarr sett in the sun six Weeks: Pour it through A Jelly bagg and if tis not fine Enough Put it through A paper

An approved remedy for the stone & 31 Gravel

Take sassafras wood sliced thin 6. oz. Sarsa parilla sliced 6. oz. Anniseeds, parsly seeds, & saxifrage seeds each 3. oz. Horehound one oz. Iuniper berries one oz. the inner rinde of Elder & Water cresses each an hand full. Steep these in 3. Quurts of White wine with 3. Limmons sliced rinde & all into an earthen pot glazed close covered 24. hours. Then put it altogether into a plain still, powr- ing half an ounce of oyle of Vitriol on it And with a soft fire let it distill as long as you can for burning. Then mixing the severall distillations equally together, put it up in glasses close stopped that no air come to it. Of this Water take 8. spoonfulls mixd with as much white wine, & two spoonfulls of the syrup Marsh Mallowes 3. or 4. dayes to- gether every full moon in the morning fasting & at 4. in the afternoon. Then walk & do what you please, only take care of cold This this will gently break & bring away gra vel or stone, & prevent it from troubling you again, if you continue the use of it.

32. * Another much better

Take six quarts of White wine & steep therin a pound of Gentian & half a pound Centory & a quarter of a pound of common Dock roots scraped & sliced, & an ounce of Rhubarb. put
them into an Earthen pot & stop it very close. Set it by a fire nine dayes, stirring it once every day. Then distill it in an ordinary still close pasted. Take two or 3. spoonfulls morning & evening

Dr Willis his water for any weakness in the Back

Take of Oake buds, clary, comfry roots slit, archangel, of each a larg handful steep them in Malaga Sack & new Milk (a larger quantity of the sack than the milk) & draw it off in a cold still, with a penny loaf of Bakers bread slit in it

A Plaister for the Back to prevent miscarrying, (which is good also for all aches & pains in the limbs) Cosin S

Take a quart of good sallet oyle & twelve ounces of Castile sope, one pound of red lead & as much of white lead: Put them all into a great earthen pott wel glased: beat them together half an hour: then set them on the fire & stirr them continually with an iron ball at the end of a long handle. It must boil till it turns of a greyish coller white (which will be in about 3. hours) then put to it two ounces of oyle of Bayes & as much boars grease as an hens Egge. Boil them together a little while: Then rub a Board or Table with some sallet oyle & powre it out, & make it up into rolls. When you use it, spread it on leather (or on dowlis) & lay it to the reins of the back. It will keep many year

35 Dr Waldgraves receit for the Scurvy

Take a two spoonfulls of Mustard seed & bruise it: put it over night into a quart of small Ale, or Ale & bear. powre the clear off & drink it in the morning, walking after it. & at 4. of the clock in the afternoon. A bottle may serve for 3. draughts. Use this a month together. It purges the blood rarely well; & hath done great cures for
the Scurvy, when it hath been much in
the head & in all the limbs.

Sir William Mans receipt to
36. prevent Miscarrying

Mastickm, Olibanum, gum dragon, of each
a drachm & half; Amber, red corall
red rose leaves, of each one drachm; Cinna-
mom one scruple; cloves half a scruple;
to which add of Melon seeds hulled two
dracms. Take the Quantity of a scruple
of this powder every morning, and last at night, in
Conserve of red Roses.

37 An oynment for Sprains

Take a quarter of a pound of Nerve
oyle or oynment as much wax as hens Egge
half an ounce or better of train oil, one
ounce of white Mercury powdered very
fine, as much fresh butter as an hens
Egge, and as much Hogs lard, with the
like quantity of Venice Turpentine. Boil
all these a little while; then take it from
the fire & put into it one ounce of oil
of Turpentine: Stir it very well toge-
ther, & powre it into a gally pott & keep
it stirring till it be almost cold
It is good for Sinnew strains in Horses,

as well as sprains in us, by anointing the
place pain’d well without warming the
oynment, only tying a cloth on it. It may
be done twice or thrice, but once many
times cures. For an horse it must be
well rubbed in with a flat stick: it needs
no cloth about it.

38. The Lady Allens Water

Take of Sage, Célendine, Rue, Rosemary
Wormwood, RosaSolis, Mugwort, Pimpermell,
Dragons, Scabious, Egrimony, Balm, Scor-
dium, Carduus, Betony, Centory, Marigold
leaves & flowers, Angelica leaves & stalks,
each of these a good handfull. Then take
the roots of Enulu Campane, Angelica,
Turmentill, of each a handfull: of Ze-
doary & Gentian half an ounce of each
Let these herbs be picked & shred small,
The roots sliced thin & scraped small. Then
add half an ounce of Caraway seeds bruised
which being mixed with the herbs, put this
quantity into every gallon of sack that
you intend to distill: adding these flowers
Marigolds, Rosemary, Cowslips, Bugloss
Borage, clary & parsly, of each half

a pound. Put all these together & steep
them in sack three dayes & 3. nights, stir-
ing them once a day. Then out it into
a cold still, & lute it close. Make a
gentle fire under it, & distill it as you do
roses. Of every gallon of sack you may
take a pinte of the strongest water first, &
a quart of the second, & a pinte of the
third: all of which will be very good Waters.
Then let it drop as long as it will, & this
will be good to make Julebs of in feavers.

39. A receipt for a burn or Scald

Take a pound of fresh butter in the month
of may or June, put it in an Earthen pip-
kin, & add to it so much of the inner
peel Moss that grows upon an old Ashe, &
tree, & the inner peel of the twiggs
as will fill it to boil, the outward peel bee-
ing lightly scraped of. Let it boil for half
an hour gently, then strain it through
a linnen cloth that is not very thin, &
keep it for your use.
The first two hours keep the burn or scald
moist with butter that is salted, or with
sallet oyl, or snow water, which you please.
Then after this, annoint it with this oyntment
two or 3. times a day. Use no more

fresh linnen upon the sore than you need
must. It certainly heals without any scar
being thus applied.
Approved Medicines in the small pox, to be used to make the pox in the face few & bigg

When the pox begin to fill, take Saffron, Dry it & beate it to fine powder, & put as much as will lye upon a three pence, into a Saucer full of the fatt skimmed from off a fresh beef pott. Stirr it together & with a feather (it being warm). anoint the face here & there. This will draw up the malignity out of the flesh into the skin & contracts the venom to the places annointed so that they are very bigg & but few. Besides, because the watter is not dispersed, let a chafeng dish of coles, be held before the face when it is annointed: though saffron, being very hot, doth abate both the tense & danger of cold

To prevent Scarring by the small pox

When the pox begin to itch & the scabb is crussle, take some bay salt dryed & beate; put to it so much fair water as will make it brine, somewhat stronger than the broth of it Salt beef pot. And with a feather dipped in this (it being warmed) wet those places only that itch; a chafeing dish of coals being held before the face. This kills the itch & so prevents scratching of the pox before they be ripe, which is the only cause of scarring. It also safely & suddenly dryeth the pox; so that they will fall of with a smooth bottom, leaveing no pit behind them.

To hasten away the red spots left by the small pox

Take a leg of Ewe mutton, the fattest you can get: boil it in a larg proportion of water, till it be all in peices. With the fat broth whereof, being warm, wash
your face, 10. or 12. dayes morning & night
This will pale the spots & smooth the face; and if a frosty season comes within 12. or 13. months, lay a cloth all night upon a bush & in the morning whilst it is hard frozen, rub the face therewith, which will do it much good.

41 An oyntment for the worms

Take of wormwood, Walnut leaves, lavender cotton, southern wood, spearmint, rue & Savine, of each an handfull. Grinde all the herbs small, & infuse them on a soft fire in a pound of May butter, untill all the strength of the herbs be in the liquor. Then take about the bigness of a Walnut of Coloquintida & infuse therein on the embers for 24. hours. Then strain it again, & keep it for your use.
Annoint the pit of the stomack down wards, towards the Navel, morning & evening the day before the change of the Moon & two dayes after

42. An exallent Syrrup of Colts foot

Take 3. quarts of distilled water (two of hyssops, a pinte of Coltsfood & as much of borage) putt into a little handfull of the tops of hyssops, & of penny royell, harts-tongue, horehound, liverwort, Marigold flowers, a little handfull of each of these. Then put into it a quarter of a pound of raisins of the Sun stoned, as much of figgs, & as much of dates: two ounces of licorice, one ounce of Anniseeds, as much of Elecampane, parsly & fennel. roots washt & cut to peices. Put them all together in the water in an earth-en pipkin, then take so much coltsfoot as you can well put in, rub it wash it & cut it in peices. Put in one little handfull of the tops of Rosemary, & then cover your pipkin close, tying it down
with a double paper. Let it stand &
infuse in embers 2. or 3. dayes to-
gether, till you think there is not one
part left of three then strain it
out into an earthen basin. Let it
stand & setle, take a quart of the clear
of it, put it in a skillet, & put to
it two pound of sugar candy & one
pound of loafe sugar. Then boyle it
up to a Syrrup, & put it up for your
use.

43 For the falling Sickness

Take a quart of Canary & a pint of
Dragon Water; put into them one ounce
of the powder of Angelica root; as much
of the powder of male piony root,

let them boil together above a quarter of an
hour; then take it off the fire & have in
readiness a groats worth of saffron, tied
in a thin cloth; crush out the goodness
with the back of a spoon & when it is
cold put it in bottles
Let the patient observe what time of the
moon their fits take them & let them take
this drink 3. dayes before & 3. after. Di-
vide the drink for 6. mornings. When
it is drunk, the person much la?e her
self very hard & use exercise & fast
2. howrs after it. Let them have a peice
of piony root with a hole in it, to hang
about their neck on the left side, as near
the heart as they can. This being taken
thrice, hath cured those who have been
thought incurable.

44. Snail water of for a Consumption Dr Eliots

Take snails that have shells on (& wash
them in water) the quantity of a quart
bruise them a little & put them into
two quarts of New Milk, with the peels
of two Orenge & six handfulls of ground

Ivy. Boil the milk before you put them
in, & then distill these together in a cold
still. Take about half a pottinger of it
time thrice or 4. times a day; sweetened
with a little sugar as you like it.

A good salve for cutts, fellons,
Boils, or prick with a thorn
Sister J

Take three pound of Rosin, one pound
of Bees wax, four penny worth of oyl
of capers, one ounce of sallt oyle, two
ounces of horse Turpentine, two ounces
of barrow Hogs grease. Break the Rosin
in lumps & the wax, & putting them
into a kettle or pipkin sett all together over
the fire. Let it boil till all be melted
& mixed: Then powre it out into cold
water, & work it up into rolls.

A drink for the Scurvy to be taken
Dr Lidall

Take of the shaveings of Guiacum, of the
roots of Sarsaparilla cutt small, of each
two ounces. Infuse these twenty hours in
a gallon & half of spring water, in a pip
kin close covered, blood warm. Then add

of the roots of Male Piony, Angelica, fennill
& Chervil of each an ounce: of the leaves of
Sage, Betony & the sprigs of Rosemary, of each
an handful. Then gently boil the water untill
a 3d part or better be consumed: adding toward
the end of the boiling two ounces of Candied
Eringo's half an ounce of licorice & a quarter
of an ounce of Coriander seeds prepared & bruised
When you take the Pipkin from the fire, add
two handfulls of Brooklime & one of Scurvy grass
Let it stand till it be quite cold, which will be in
5. or 6. hours
Mrs James

47 To make the oyl of charity

Take Wormwood, Red Sage, Rosemary, Ca-
omile, Lavender with the green leafs,
each a like quanity chopp them all very
small, & infuse them in oyl one Month
stirr them once in two dayes, boyl & strain
them at the end of the Month. Then put new herbs to them, Charity and Corveriall & boil them with an easy fire, so that the oil may be but wamble. Then strain it again & let it cool & settle two or 3. dayes. Then boil it the third time, & that shall the mother out of the herb. Then it will be a perfect green colour; the best time gather the herb is about the 9th of May. Apply this for a bruise outward or inward, Drink 3. or 4. drop in posset ale, and annoint the place bruised or pained. If it be a wound fill it with lint Dipped in the oil. it will eate out proud & dead flesh, It cures a wound safely or any ach or bruise.

48 For the Wind Mrs James

Take a pinte of Milk & make it into a posset drink with bear & Ale; Boil in it a good handfull of Tamerisk, and drink a good draught of it hot every day for 3. or 4. dayes in a week, & then rest

49. For a Sniffing cold Mrs James

Take pippins roasted soft & put into fare fair water; sweeten them with loaf sugar, & eate it when you go to bed. And roast pippins & put them hot into fair water, & sweeten it; and drink as often in a day as you please of it

50. Mrs Wrights sack for a Consumption

Take a quart of the best sack; being put into a strong bottle put into it of Elecampane roots & Dandelyon roots each of them 4. drachms; of Angelica roots two drachms. All the roots must be scraped clean & sliced thin. When it is well corked & strongly tied down, set it in a pot of water, with a small rope of hay about it. keep it in boiling water 12. oz 14. hours without intermission. Let it stand pretty high in the water; & note that you must not open the bottle when it is hot, for it will
fly all out; but when cold it is very quiet
Note also, that the hay must be all over the bottle, and let not the bottle touch the bottom of the pott.
three spoonfull of is the dose, to be taken morning & evening. Nothing more rectifies the blood, & clenseth it, it wonderfully strengthens, a weak liver & is admirable for weak spirits, for loss of strength either by sickness, or letting blood, or by takeing too much physick

A plaster for the stomak to
52. be used at the same time with the foregoing said

Take Burgany pitch Bees wax, venice Turpentine, of each halfe an ounce, cutt the wax thin, then mix all thes & sett them on a soft fire & lett it boyle a little then take it of the fire and put in halfe an ounce of the best oyle of mace, which is called the extraction of mace stir it well togeather and spred it on lambs leather then stiffen it well with nutmegg & lay it warme to the stomack this wonderfully strengthens the stomack

52 an aproved medison for a loosness
cousen Sandys
Take as much burnt rhubard as will ly on a shilling first in the morning & last at night, for 2 or 3 dayes togeather in a spoonfull of what liquor you pleas.

53. Lady Mews Sirrup of Quinces
a great cordiall, for the heart which it strengthens, and is exceeding good against a consumption, that hath a loosness with it which may be given a woman with child, or in child bed
Take of Quinces seeds & all 3. pound, Cynamon half an ounce, cloves & saffron of each 48. graines; of Lignum Aloes made into fine pounder an ounce & half, of Beniamin half an ounce. Beate these together in a Mass or lump, put it into a glass still, & powre on it seven pintes of sack, & distill it till you receive a pinte. Then take off the head of the still, and let that which is in the body stand till it is cold; then strain it once or twice
& put to it 4. or 5. pound of white Sugar and make a thick syrup. When it is boil'd almost inough, put in the, water that was distilled, into it, & give it a warm or two.

an aproved medison for a cough

54. in children Mrs ffincham

Take a handfull of moss cups that growe on oaken pailles, rub it clean, devide it into 3 parts, Boyle one part at a time in a pint of milke with a little stick of licorice (and if the child be costive a few reasons of the sun stoned) let it Boyle till halfe be wasted, then straine it & sweeten it with white suger candy powdered, a little watter in the milck dos best, it may be done in ale if the child likes it better, drinke it 3 mornings.

55. Mrs Whitakers eye watter

of Red fenil watter 12 spoonfulls as much white Rose watter, as much white coperice as 4 large peas, as much prepared totty in fine flower as you can lay heaped one a six pence at fore times, as much white usger candy in fine flower as totty, mingle all thes togeather very well with a spoon, stirring it in a bason at least two houres togeather then pour it into a glass viall & keep it closs stoped the wait of powder of Tutty must be 2. Drams & a half, & the quantity of Sugar Candy, & the wait of the white Coppers two Scruples it will keep a year, when you use it shake the glass & wash the outside of the eyes morning noon, & at 4 aclock, but not later

56. Rosemary Water

Take a gallon of white wine, 8. pintes of Rosemary flowers, a pinte of shell snailes, 3. limons, balm & flax seed of each one handfull, 4. sheets of the thinnest white paper a dog of 9. dayes old, or a fat knuckle of veal; shell the snailes & wash them in
twelve waters; slice the limons, shred the balm, bruise the seeds, pull the paper in peices; steep these one night, then put them into a Rose water still: draw it off with a moderate fire. You may take it till it be very small; but that will not keep very long. To every pinte put one ounce of white Sugar Candy, & a drachm of the best prepared perl; & keep it close stopt for your use.

Mrs Henshaws Sirrup of Violetts

57. Take of the best blew violetts pick the leaves & heels from any whites & to 4 ounces of the flowers put an ounce of the best duble refined suger & bruise them togeather in a stone morter, then put them in a silver tankard or stone jugg, & pour on a quarter of a pint of watter, after it has boyled a little, scallding hot cover it close & pin it up in a cloth, and sett it by the fire side for 12 hours, then straine it squeeasing out as much of the juice as may be, take to every halfe pint of juice halfe a pound of duble refined suger, lett it stand and on a soft fire till it growes thick & the suger well melted lett be cold before you bottle it up.

58 Mrs Henshaws To Stop Bleeding

58 Burne a peece of a black Hatt to ashes and lay on the place for a bite of a mad dog, aply the vent of a pigeon to the place which will kill the pigeon you must repeate it till the pigeons are not affected with it: this allso cures convovltions in children, if aplyed to the vent fundament of the child

59. Mrs Henshaws Milk Water
Take 3 handfulls of cardus, as much Rue, as much wormwood, as much Spearmint, shred all these and put them in A Rose water still with a pottle of new milk and when it is stilled, put the Same
quantity of all these hearbs again to
the Stilled water, & Still it over again
paist the Still both times, or Stick
it with paper & Starch, it is as
good or better with dried hearbs as green
mix it altogether when it is Stilled
60. and Stop it close with corks

Mrs HenshawTo prevent fitts in Childdren

Take 21 sow bugs, & bruise them all to peeces
with 3 spoonfulls of simple black cherry watter,
& lett them steep in the watter 12 hours then straine
it & give the child a Spoonfull of it, the first
thing it takes, & nothing elce till an hour be
past, this must be given 3 times, 12 houres
between each Spoonfull

61. to prevent any mishif from the

runing in of a rusty naile or splinter,

Role up a peece of brown paper sett it afire blow
out the flame, & hold the part over the smoke

Mrs Henshaw for a brest that is Knoted

62. Take linseed Oyle warme it a little
anoint the brest with it for an hour
togeather twice a day at least with
a very hott hand keeping it warme with
flannell

A Glyster for an
63. immoderate flux

Take a quart of new milck, halfe
a handfull of Red Roses, boyle it well
then devide it into two parts and put
in fore ounces of loafe suger, a quartern
of Brandy, give halfe a pint in a glyster
if occassion be, give once every 3 houres

64. DoctorLower's Syrup of Steell

Take two ounces of the powder of steell in
a quart of the best white wine, shake itt once
a day for a fortnight or Longer, Lett itt run
through a brown paper then putt to itt two
dramms of mace grossly beaten, then boyle
itt with sugar to a thinn syrrup & take itt
two spoonfulls of the sirrup in the morning with
three spoonfulls of white wine or milk water,
after itt,

65. An Excellent Oyl for A Burn. Mrs Henshaw

Take A pint of Oyl Olive put into A new pipkin
and take of the sprouts of Elder which are of a
pretty bigness, shave off the outward rind and
throw it away, then scrape of the second rind
which is green a good handfull with a hand=
-full of plantain leaves, A great head of hous=
-leek and put them into the pipkin with the Oyl
and boyl them well, then strain out the herbs
through A Canvas strainer, then put your oyl
into your pipkin again and put to it 7 spoon-
-fulls of boys Urine, as much strong white wine
Vinegar, two ounces of yellow wax cut into
small thin pieces, two inches of tallow candle
and boyl them a quarter of an hour so put it
into a pot of glass. when it is cold that you
may power away the water and when you
vse it anoint the place and lay vpon it a piece
if issue paper and vpon that a clean rag to
keep it warm. dress it once a day. It is good
against all inflamations or St Anthonys fire
any swelling of the legs, likewise against
all heats of the liver, The Itch. It is best
to be made in May.

folio 28 verso || folio 29 recto

66 the sirup of long Life Dr Needham

The juce of Mercury eight pounds
the juce of Burage & Buglas of each
two pounds, to gett the juce you must
pound the herbs and straine them,
Take of the best live honey twelve pound
& clarifie it, put all togeather & boyle
them a little, infuse in three pints of
white wine, a quorter of a pound of
gentian roots, of iris blew flower deLuc
roots halfe a pound, lett them be infused twenty fore houres, stir it often, & straine it out without saucesing, then put that infusion into the juces of herbs and clarified honey, make all boyl together to the consistence of a sirup that it may keep long. this must be made in the munth of May. Take a spoonfull every morning in hott ale or bear.

67

Cousine Courthopes scarcloth

Take of the best virgins wax halfe a pound halfe a pints of oyle of roses halfe a pinte of oyle olive melt them together and then Let them stand to cooll till thay are halfe cold, then take a pound of the finest white Lead you can get and stir itt well into the melted wax and oyle, and set it on a fire of coals and Let it boyll halfe an hour, stiring it that it do not burn, then take to ounces of mastick to of myrth to of franconsence to of gum olibinum and beate them into uery fine powder, and put them also into the wax and oyle, but you must take it of the fire when you put the powders in, when you haue stirred them well in set it on the fire and Let it Boyle halfe an hour, more, and then put in halfe an ounce of Camphire and Keep it stiring on the fire till it be cole black then take it from the fire and buter a py plate to rolle it on as soon as tis cold when you use it spread it on new strong cloth and do not put on a fresh playster till the first will stick no Longer it has bin aproued by me for all strains sprains cold wind or sore brests

68

The Red water for old ulcers or foull wounds that
Cousin Courthop Honour was drest with

take four ounces of white Coperis pound it small in a mortar take one ounce of camphire and pound that fine with a paper ouer the morter that the spirit dos not fly away then take a brown earthen pot, and put the camphire in ?? to the pot first and the coperis upon it ty to or three papers on the top of the pot uery close and set the pot in warme embers all night the next morning take it out an put to itt four ounces of fine Bolealmonick and beat them altogether into a fine powder when you make the water you must take a quart of spring water and set it on the fire and when it boyls take it of the fire

and put into it one Larg heaped spoonfull of the powder stir it together and put it into your botell when you use it shake the botell well and pour out som to and warme it as hot as you can and wash the wound with it as hot as the party can sufer it and Lay a double ragg dipped in the water on the wound 69

Cousin

Courthop the Right Gaskings

Powder

Take white amber Corrall Pearll the eyes of Crabs hartshorn of each an ounce, of bezar stone a dram, as much of the tops of the claws of crabs as the weight of all the rest, powder them seueraly and sharcho them finely, mix them all together with Jely of harts horne, and a Litell spoonfull of spiritts of wine, with a Litell saforn wated and squeeas into it, make it into Litell balles and dry them in la glas with a temperate fire

folio 30 verso || folio 31 recto
Cousin Courthop The Lucatelus Balsom

take the uenis turpentine one pound three pints of oyl oliue yealow wax halfe a pound six spoonfulls of sake cut the wax and melt it on the fire and then for feare it take fire take it of and put the turpentine to it haueing first wshd the turpentine in damask rose water till it look white haueing mixt the oylle and sake and alit Together put it on the fire till it begin to boyll for if it boyl much it will boyl our speedyly then set it al night or more to cooll till the wine and water is sunk to the botom then pour the water clean from it and set it to the fire againe and put into it one ounce of natural balsom and one ounce of the oyl of St Johns wort when tis melt ed put in one ounce of red sanders finely powderd and stir it well tell it be Incorp?? well together as soon as it begins to boyll take it of and stir it 3 hours till it be thick and quite Cold it will Last Kept Cold thirty yeare and is best att 2 years old this is the best thing in the world

for broken uains in the stomach to swalow it in 3 small pills all night and to stop violent fluxes of blood of all kinds being taken as much as a hasell nut melted in sake every morning for a week or more I would haue you ualue it for I know nothing Like it for cuts or green wounds

71

Cousin Courthop for a child that is

bursten belyd take a pint of alicant or any strong red wine put into it four handfuls of red rose buds beaten very small, boyl them together till halfe be consumed, take the roses from the wine and lay them on as hot as the child can sufer it, to or three tims a day and it will soon be well this has bin tryd

72 Mrs stons ??apor
water looke for it at 80

take a quart of the best brandy and put

into it as much wood soot as a pullet's egg

and halfe an ounce of the best asafidita

which must be beaten small in a blader

shake them well together and let it stand

a fortnight shaking it euiry day the strain

it out and when you use it take halfe a sponful

in any water a few drops is enough for a child

73 An Oyntment for all Rumes in the Eyes

from Madam Courthope

Take of Hoggs greace uery new 6 ounces

steepe it, and wash it in red Rose water,

Six hours, after wash it againe twelues ??
times half an hour at a time, in the best

white wine that can be got, by the space of

Six hours more in which white wine Lapis

Calamaris must be quenched tenn or twelve
times, then straine the wine and take

of Tutty well prepared & made into fine

powder one ounce of a ha??i?tion stone well

washed a scruple of Alloam well washed and

made into powder 12 grains of Pearle in

fine powder 13 grains, mix all these

together in a little fiennell water, first

the powders being well mixed in the water,

then mingle it with much stiring & beating

it into the prepared Hoggs greece & soe make

these ingredients all into an oyntment & keepe

it for your use in a pewter Pott, the Lapis.

Calamaris Stone must be heated red hott,

every time before it be quenched, three

pints of white wine is the least you can

have for the heating of the stone will wast

the wine, lett the stone ly in the wine euery

time till it be almost cold before you take

it out, you must quench the stone in either

pewter or silver and you must wash the

Hoggs greece in a white earthen bason, &

in the mingling and working up of the

powder into the oyntment you may take

a double quantity at a time if you please

when you use it put as much into the

corners of your Eyes as asmall pins head
and anynt them with this, it hath been approved by severall that haue tryed - many things, but found none good but this

Docter Whatmans Yellow

74 Cosin Courthope Water

Take the flowers of Violet cowslips
Harts ease Pinks July flowers Ros'mary
flowers, Marygold flowers the leaues of
wild time, Muscavy Balme Angelico-
sweet Marjoram wormwood of each
one handfull, of Aniseeds two ounces
Cloues Nutmeggs & Cinnamon of each half
an ounce, Lees of wine 3 or 4 Gallons
still all these in a Limbeck as long as
you see the water strong putting to
every quart halfe a pound of white sugar
candy/

75 A Poultes for a sore Breast

Cosin Courthope that Honours arme was
drest with
A quart of the best white wine, & as
much wheat meall I gott from the Mill
without dressing as will make it as
thick as the spoone will stand in it, then

set it on the fire, & when it begins to boile
put in as much Boares greece as will keepe
it from burning, when it is boiled as
stiff as past, take it from the fire &
put in the whites of 6 Eggs working them
well together with your hands, then putt in
some more Boars greece & sett it to the
fire againe & lett it boile till tis stiff
then lay it upon a Cloth thick, & apply it
to your Breast as hott as you can indure
you must warne it three time a day
& every time its warmed put in more
Boars Greece this is Mr Knightly s
Medicine for any sore Breast or the
beginning of a Cancer/

76
Cosin Courthop

For a bruse in an Horse

Take halfe a pound of fresh Hogs Lard & put in a large handfull of white Lilly roots boile them till they are uery tender then straine them out in a Course Cloth, sett the

Liquer on the fire and putt into it a penny weight of Saffron, lett it boil up well, and then straine it out & keepe it for your use/

77

Cosin Courthop My Lords Greene Oyntment

of mint

A pound of unwashed butter made as cleane from the whey as you can putt into it two large handfulls of sparemint chopt small, boil it till your herbs grow dry then straine them out with a Course Cloth as cleane as you can from the butter, & putt in to handfulls more of fresh chopt mint, lett that boyle not soe long as the first, but as soone as the oyntment is greene straine it out & keepe it coole This is good for all Aches that come from cold or wind or spraine

the oyntment for
Cousin Courthop 78 the Piles

Take one ounce of unwashd buter worke out the whey uery well from it then scrape into it as much black Lead as will make it as thick as a stif oyntment mixing it uery well with your hand till tis well Incorporated when you use it anoyn the place and Lay a ragg spred with it on you must anoyn it 3 or 4 times a day

79
An approved Receipt for
Cousin Courthop a sore eye that Looks red

the whites of to eggs put them into a pewter
dish then take a Long sharpe peele of Roch
Alum and and stir the eggs round one way
with it tell thay com to a curd it must
not be stirrd more Least it oyll. Lay the Curd
on the eyes with a siluer spoon as much
as will couer them as it grows hott
put on Cold you must Ly down when
tis put on

folio 34 verso || folio 35 recto

For fitts of Mother
80 or Convultions or vapours

Cousin Stone
Take the quantity of an Egg of Wood soote
and halfe an ounce of Asafetida bruise
it and put them both together into a
quart of the best Brandy, shake the Bottle
every day, for ten dayes together, then
keepe it in the same bottle without stirring
when you finde a fitt coming, give a
quarter of spoonfull of it, in a spoonfull
of Beare to a Woman, of halfe a
Spoonefull without it, if the fitts be
violent, to a Child 10: or 12 drops in a
little beere/

For all Manner of Sores
Cousin Stone especially sore breasts

81
Take the parings of the fore ffeet of a
stone Horse, washed and dryed then beaten
to powder & sifted, take halfe a dram of this
powder & dram of Mace finely Powdered and

81
put them over night into a quart of Milde
Ale and take the quart at five times, Morning
and night, shaking the bottle allwayes before
you take it, This if you continue it will
cure all sores outward & inward, especially
sore breasts, the powder must be sifted through Musslin, the sore must be kept cleane, & only
^ a plaster of butter & Wax laid to it/

82 Sirrup of Elder without Suger

Bake the Berrys; then pour the clier from them, boyle and scum it till it is as thick as very thick cream.
a spoonfull of this dissolved in anything is very ^ good for the scurvey: and in ^ all cases better than that with suger

An approved Medicine for the Iaundice

Bruise Artichokes, then strain the juice off & give a large spoonfull every morning fasting an hour after it, & another another going to bed mix the juice with loaf sugar. when you can't get the Artichoke ^ flower the roots, & leaves of the plant may be used instead of it.

82 How to make the Snaile water

832 Cozin Henshaw
Take of Angelica, nettles, tops & roots, Bearsfoot rind of Barbery trees, reddock roots ^ Alehoof of each two handfulls; of Rue one handfull; one ounce of Rosemary flowers, one ounce of Cowslips one one ounce of Clove gilliflowers, four ounces of hartshorn, 4. ounces of Ivory: of ^ Nutmugs Cloves turmericks & fengreke seeds of each one ounce. A quart of Garden worms & a peck of Snails. Put the Snails into a pot with Speak-\textsuperscript{=}mint & sage shifting them with fresh herbs twise in a day & nights for 2 daies together. Wash the worms in a little beer wipe them dry & break the shells of the Snails being first wiped clean Put all these Ingredience into six quarts of \textsuperscript{Strong Ale} new milk & six quarts of sack. Put to this six pennyworth of saffron. Distill in a Limbick of or cold still, which you pleas paste to your still up close & keep wet cloths on the top of it continually put into every bottle of water two ounces of white suger candy (if you think it too hot with sack you may still it only with
Drink of it every morning a quarter of a pinte warm or could, It's very good against the Consumtion, Put in an ounce of Anniseeds & liquorice; all sorts of dried flowers is good.

a Lime Water good to wash any green wood 83 84 or green sow, or one's mouth for the Scurvy

Take a strong new, earthen pot, of what size you please. Fill it near half full of unslaked lime, & fill it up with spring water. Stir it well with a stick, two or 3. times a day, for a week or ten days. When it is well setled, pour off the clear water, as gently as you can, with a ladle: & if it grows thick, with taking off, let it stand to settle till the next day. Then bottle it up & stop it close. It will keep it severall years.

Mrs Henshaw

85 Gascoings Powder: Lady Brigh?

Take six uipers skins: Cut them into pieces about two inches Long put them into A well gleased pipkin: with A bout A pint of Cardis water dubell still Cover the pipkin very Close and set it so neare A fire That it may simer very Lesurly: but not Boyle; Let it thus do till the uiper skins be prite disolued: or till you find it be An Extraordinery stif gelly which you may know by seting A Littell in a spoon To Cool If it be A stif Jelly take it from the fire and straine it whilst it is hot into Any Chany Cup or A silver pottinger til the next day Then haue in Redyness four ounces of the black tips of Crabes Clawes Which must be gotten in June When the Sun is in the Cancer and Made into very fine Powder and searched Add two this half an ounce of pearle and as much of Cox all both in fine powder and are best prepar'd by an Apothecary mix all these three Powders well twogether upon A White
Plate: and then put two them as much gelly as will make it into A pretty paste
Work it well with A back of A spoon upon the plate: too you fine all the dry powders be wrought in: then work it smooth with your hands and make the balles into what bigness you please: and set them two dry either in the sun or A stoue: you must Remember to set yourer skins A doesing in the morning that it may have time two do uery Leserly for it will be A good part of the day before the gelly will be strong enuf of the skines: and sum will Add A shillings Worth of saffurn When the skines and Cardise water are put twogither: But that may be Either Added or omited As you please:

Dr Bate's Colick Pill improved
86 by Dr Mapleloft

Take the Gum of Guaiacum, of the mass of stomack pills cun Gummi, & of the mass of Pil. Aleopha- phangin, of each 4. Scruples. Of salt of worm wood, & salt of Scurvy grass, of each half a dram. Of extract of Gentian, & of the juyce of great Celandine in spissated, of each two scruples- Of salt of steel & of Rhubarb finely powdred, of each one dram and an half Make all into a Mass with Elixir Proprietatis prepared with Tartar. And make twelve pills of each dram. Take five or six, or more every night Dr Bates ordered a dram to be taken at once: but Dr Mapleloft himself commonly took but half a dram or two scruples ie six or nine of those small pills at once: & continued them till one box of half a crown (sold at Mr Warners at the Bell & Dolphin in Cheapside ) was done. And then ordered a second Box, if the first did not leave him perfectly well.

Dr Lowers Receit for the Colick
87

Take two drams of Rhubarb, two ounces of Licorice sliced very thin, & put them into a Tee pot. Boil a quart of spring water, & powre it upon the Ingre
dients, & let them infuse as Tee doth. Take half a pinte everyday, as long as you please. Let the ingredients & water remain together, till all be drunk.

Orange wine Mrs Edwards :

Take 4 gallons of water 12 pound of sugar: Boyle these scuming till it be Clear: then take 4: Dozen of Oranges & Pare them very thinn & Put them into the liquor with the juce & when it is allmost Cold set it a working with a little yest when it hath work'd a little Put in 3= Ounces of Cittorn or lemon after it hath work't 2: Days Tun it up let it stand: 12: or 14: Days

To Make Syrup of Straberis

Take an Ounce of Balsom of Tvlue Bruse it & put it into a quart of Spring water and boyle it to a pint: Keep it Cloase Cover'd: the balsom will not Disolue but the goodness will boyle out pour it upon a quart of good wood Streberys. let it stand a little & then Mash it till the goodness is out Cover it Cloas & let it stand 2 or 3 hours

A water to prevent a Cancer in the Breast from the Lady 87 88 Ann Grimston

Take half a pound of Lapis-calaminaris, & let it be red hot in a clean charcole fire, & quench it three hours in a quart of Red Rose water every time stopping it close till it has done hissing. Take Tully stone four ounces, & heat it red hot in a Crucible, nine times; quenching it in a quart of white wine, stopping it every time while the stones are in it. Then pound the Lapis Calaminaris very small, & put it into a stone Bottle. Pound the Tully stone very small & put it in. Then poure the Rose water & white wine together; & shake them well twice or thrice a day
for a forthnight, after it is made: & shake the Bottle every time you use it. which must be every morning, dipping a fine linnen cloth in it, double: so lay it cold on the breast & wear it all day. The stones must be pounded apart.
then Straine it & put to it 2 pounds of Duble Refined Sugar let it Stand one Day: then boyle it up into a thick Syrrup

An excellent good water for the stone

Take May fowers, pick them as you do Roses, & put them into a still. Lay a lay of the flowers & strew some Nutmeg upon them. Then powre as much white wine on them as will cover all the flowers And so do, till the still be full. When the water is distilled, take to a half pinte of white wine a quarter of a pinte of the water with Nutmeg & sugar. Take it 3. dayes before the full of the Moon & three dayes after in the morning fasting.

For Shortness of breath

Take three ounces of Conserve of Red Rose, & three ounces of Raisins of the s??? Sun. Steep them till the plump, & then stone them, &m pound them into a paste with the conserve. Put to them fifteen to twenty drops of spirit of Sulphur drawn under the Bell. take the quantity of a Nutmeg at going to Bed.

To Cure the Gout

Take the quantity of six large leaves of dward Elder (or Danewort) put them into a quart of smal Ale. Let it stand all night. Drink a pinte in th morning, & a pinte the next morning Follow this course 10. or 12. days. or you may make it into Tee & drink it. The best time of gathering it, is in May.
Lady Hewit's Cordiall water.

Take of Red: sage. Parsley - - -
Bettonie - - - Rosemary - - -
Spermint - - - Davory - - -
unset Hysop - - - Scabious - - -
Setwell - - - Pellytory of the wall - - -
Thime - - - Wild: marioram - - -
Balme - - - Roman: wormwood - - -
Penneroyall - - - Cardus: benedictus -
Samacle - - - Mother of Time - - -
Sallendine - - - ffield: daises, flowers -
Water:cress - - - root, & leaf - - -
Hearts: eas - - - take one handfull when
Lavender - - - they are clean picked
Angellica - - - from their stalks. -
Permander - - - Ruse - - -
Callamint - - - Maiden: hair -- -
Cammaeris - - - Yallow - - -
Colts=foots - - - Comfry - - -
Avens - - - Sweet: marioram -
Valerian - - - Dragons - - -
Saxafrage - - - Camomile - - -
Pimpernill - - - Plantine - - -
of each of these one handfull
Varvain - - - before they are picked.

folio 39 verso || folio 40 recto

Egremony -
Cowslip=flowers \ of each half a peck
Rosemary=flowers half
that quantitie -
ffennell seeds -
Anniseeds -
Parsely: seeds -
Carraway seeds \ of each of these 2 drams
Nutmegs -
Ginger -
Cinnamon -
Pepper -
Cloves -
Mase \ of each of these 2 drams
91

Spiknard -
Elicampane roots -
dried -
Mellolet flowers -
Callamus Aramaticus
Cardamenim -
Lignum aloes -
Rubark sliced thin } of each of these
Gallengall } 2 drams.
Veronica -
Ladearia -
Quibles -
Grains -
Juniper Berrys one dram. Aromaticum
Rosesarum: three drams.
Sasafras sliced half an ounce.
Hartshorn two ounces.

Wash all these herbs (or pick them clean) & swing them in a cloth till the water - be well dreyned out of them. then - ley them thin upon a table to dry better, after shred them small, & put them - into an earthen pot, & put to them as much of the best Sherry=sack as will - cover the herbs, & so let them steep - = 48 hours : but put the seeds spises and drugs being brused into the midst of the herbs; before the steeping. Then put it into an Alimbick, & from this quantity of ingredience draw- 3 pints of water; - which being mixed will be strong enough: but if you desire to have it smaller, you may take a pinte from the same stilling. Then to each quart of water put the - quantity of Cordiall here expresed.

93
Of Bezoar 15 grains
Musk. 12 - grains -
Ambergreece 10 grains }
fflower of Corrall - 1 dram
fflower of Perl - 1 - dram
White: sugger candy beaten
half a pownd -
Leaf=gold - 4 - leaves -
A small bag of safforn
Shake all these together in the glass for =14 - days space, once a day, and the longer you keep it the better.
The Lady St. Iohn's Watter for the Convoltions
90 Mother and falling=sickness

Take a pownd of true Piony=roots, slised as thin as paper; after they are scraped. Put them into three pints of: true White wine in a pipkin with a cover; let the cover be pasted one: then sett it in a place where it may be bloudwarm allnight. When the pipkin is could-open it and strain it hard out into a glass which will hould three quarts, and is very strong. Put into it thirty grains of the Moss of a dead=mans scull and thiry grains of the scull itself: both in fine powder. A quorter of an ounce of Caster in powdor and an ounce of the best Spirit of Caster. Stop the glass with a cork, and shake them all together as fast as a strongman can for half an hour; sumtines giving the glass a little aire least the bottle break. A spoonfull for a Child. A wineglass for a man or woman to prevent; three night before the chang or full, or in a fitt.

L Robinson To Make fricase of Chickens

Take Chickins Cut them in peices wash them very well then stew them in butter And white wine & A fagott of sweet herbs seson it with hole Cloves & mace & greted Nuttmag beat itt up with yokes of Eggs -

95 ff or a Consumption. Mrs Henshaw

91
Take a gallon of Milk, and a great handfull of Alehoof two ounces of English : licorice sliced: Still it and draw it off to a pottle: then sweeten it with half a pownd of white suger: candy, and drink half a pinte in the morning fasting, and as much at evening; or at any other time when you are dry.

92 To Make french Bread L. Lidall

Take ten pound of fine flower four quartes of Milk half new & half blew sum solt the yolkes of two eggs A quart of barme way youer floure intwo A Larg bowle the measure youer milk
and sett one halfe of it on the fire two boyle -
Then measure youer barme and mix itt with
your Could milk & your yolke, of Eggs with A Little
Could milk: beat them well and put them into
your milk and barme mix sum solt in A Littell of
the milk and so mix all well together take the
milk hot of from the fire put it two the other
milk and mix all well together and put it hot
Two the flower through A ^wide har sive mix itt
Well with your hands: and beat itt ^ nere half An houre
Then put flower on the top of your peast and
set it two the fire two Rise but Cover itt
With A Linen and woolen Cloth that itt may

haue the heat of the fire and yet not harden
the peast A top: Whilst it is Rising sweep
your ouen and set up the stone to Let the heat
fall well two the floore then take up your
past work it not up at all with flower
but clap it into wooden dishes and Lette it
Raise and Jest as you set it into your ouen
Turn it out of your dishes on the pei le and
so into the ouen itt must haue A brisk ouen
When it is beakt take it out and Rasp it
And put it in Againe Jest too Crisp itt /
MRS
Han=
shaws

93 Sir francis Pruieans Cordiall Water

Sage sellindine woormwoode balm
Burnet Scorzonery Scordium Cardus
Benedictis Dutamus Rue scabions clove=
July flowers yellow sanders Mary gould
flowers of each of these two handfulls
The Roots of piony Tormentill bistort
Scorzonera gentiam of Each one
ounce and halfe, The Roots of Angillica
Contraerua butterb?ore zebuary
of Each one ounce Angilleca: seed
Bruze the seeds well and washe the
Roots and cut them thin wash the herbs

And putt them into A cloth, and shake them
Till the water is well out of them, and put
out all the dead Lifes then Cut them,
slice the sanders in as Thin Chipps as you Can, Then steepe all these things three day\textsuperscript{s}
In fiue gallons of the best and strongest Cleare white wine and then distill them put Lofe suger finly beaten in the glas\textsuperscript{es} When you put them under the still halfe A querter of A pound to quart glasse Or As you Like it

94 To make paist Mrs Henshaw

Take A pound of fine flower & dry itt very well & Rubb in as much fresh butter as you think will serue & take two eggs but one of the whites & A spoonfull of suger finly searcht so grasp itt two gether with Could water tell it is peast but doo not mould it you must put as Littell flower as you Can when you Roule itt you must Roule your peast as thin as you Can And make youer pasteys of what you ple

shaw
sha

back outside cover
spine

PENELOPE
JEPHSON'S
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BOOK

head
fore-edge
tail