V.a.669: Cordial waters simple waters and syrrups, [1680] [manuscript].

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Cordial Waters

Simple Waters

and

Syrrups

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1

To make yellow Water or Aurum Potabile.

Brew 8 Gallons of the Strongest Ale you can, & when

it is a Week or 8 days Old, then put into the Limbeck

4 Gallons of this Ale, and a Gallon of Sack Lees,

then put in a good handfull of Dragons Roots & Leavs

and of Angelica Stalks Slitt, and Leavs as much as

you can grasp in your hand, one good handfull of

Cardus and three good handfull of Rosemary

and a good handfull of Balme, Shred your Angelica

Dragon & Carduus & put these 5 herbs with the Ale

& Sack Lees into your Still, and mingle them well

together and distill them gently, yow must fill your

Limbeck top with water, and when that grows hott

you must draw that out, and put in fresh, because your

distilling Water may not run too fast and when it doth

run too fast yow may Stop it by putting in Wet Cloths

about your Limbeck, and lest it dry too fast it must

be look'd to carefully, it must run a good quick dropping

yow must keep your first running by it self, so the

Second and third by themselves, and let your Still run

as long as it will, it may be it will be 12 or 1 of the

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Clock in the night before it ceaseth to run, but let it

run as long as it will, next morning make clean

your Limbeck take all things out of it, & put in the

other 4 Gallons of Ale and a Gallon of Sack

Lees again and the aforesaid proportion of herbs

and Order it Just as yow did before, and let it run

as it did first of all keeping the Strongest and

Smallest apart, next day make clean your

Limbeck with a Cloth & afterwards take your

Strongest water and Measure it with an Ale quart

and when yow have measur'd in the Strongest water

then measure in your 2d & So your 3d, you must

measure in 16 good Ale quarts, if there be above

keep out the Smallest, then take 2 Ounces of Nut=

meggs, 2 Ounces of Cloves, 2 Ounces of Mace, bruise

them all Severally but not too fine, for then they

will Mudd the water, & a pound of Anniseeds bruised

but not too fine, put all these with your Water

into the Limbeck, then take a pound of Green Liquoris

& Scrape it very clean, and pill it in little Strings

with a knife as small as yow can, keep an handfull

of the cleanest of this Liquoris out of the Still

and put the rest into it Stir all these together

and so let it Still, Observe that it drop not too fast

then you must take 2 Ounces of Saffron pluck it

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abroad and divide that into 4 parts, the

proportion of the Safron must be put into a

little Lawn, yow must have a Wide Mouthd Glass,

put one proportion of the Safron of the Liquorish

and of the Sugar the Sugar must be pounded,

and so let the Still run, and when there is so

much water in the Glass, as it Stirrs these

things, then yow must with a Spoon Stir them

altogether till the Sugar be dissolved, yow must

be sure that the Glass be covered close with

Parchment, onely a hole left for the Nose of

Limbeck to go in when there is a way into the

Glass, then pour it into a Glass Bottle, take the

Liquorish & Safron out of the Glass, and put

them away. then put a fresh proportion of

Liquorish & Safron & Sugar again, let it run

and when there is such a quantity of water as

was before, then Stir it as before till the Sugar

be dissolved, cover your Pot as you did before

and let it run another quart which being poured

into a Bottle, the Safron and the Liquorish Set

by, a fresh proportion of Safron Liquorish

and Sugar must be put together, Stird & Order'd

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& when there is a Quart more run then put out your Safron and

Liquorish and put in your last Proportion of Safron Liquorish & Sugres Order it as before

as before till there be another quart run, if

you can get it, if yow can get a Gallon do, but

no more next day put your 3 quarts into an

Earthen pott and Stir 'em very well together

but if the last quart be much Smaller than the

other, then mingle it not with them but keep it

by it self, if not much Smaller then kee put all

together, if the last Small be kept out let it be

spent first you may take 2 Spoonfuls of it with=

=out fear, but if the Strongest one Spoonfull

with 2 Spoonfull of Beer, This will keep 7 years

it is good if yow fear Meazels, Small Pox

Surfetts, or Agues or most distempers.

Be sure to put your Sack Lees into your Ale

yow must be careful to break all the Lumps

and mingle them and Stir 'em together extremely.

Mrs Tyrer

Orange Water.

Take the Yellow Parings of 30 Sevilla Oranges

put to them 2 Quarts of the best Brandy and

2 Quarts of Sack, let them infuse 48 hours

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being cover'd in a Pott, then Still it off in a cold

Still, you may take 3 Quarts of water, Sweeten

it with Lumps of double refined Sugar, and mix

the Small and Strong together as yow please &

Iust give it a Colour with Safron, if yow

would have it perfum'd or finer than ordinary

yow may add a Small quantity of Leaf gold

Musk and Ambergreece. Mrs Atherton

How to make Swallow water.

Take 40 or 50 Swallows when they are ready to

fly out of their nest, bruise them to paps in a

Morter feathers & all, then add to it 2 Ounces of

Castorum in powder put into a Still with 3 Pints

of white wine Vinegar distill it as any other water

there will be a Pint of very good the other will be

weaker, you may give a Spoonful or Two or three

at a time with Suger, This is very good for the

passion of the heart, for the passion of the

Mother for the falling Sickness, for a Swounding

Fitt for the Dead Palsey, for the Apoplexy

Lethargy or any distemper proceeding from the

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head it comforts the Brain, it is good for

those that are distracted in extremity or

Sickness, one of the best things that may be

administred. Mrs Pelham

The LadyWinn Cured many Children of Convulsion

fitts with this Water.

To make Treacle Water.

Take 1 Ounce of the Shavings of Harts=horne

boyled in 3 Pints of Cardus water, till it come

to a Pint Quart then take the Roots of Elicompana,

Gentian, Ciprus, tormentall, the leavs of

Carduas, Angelico and Citron rinds, of each

one Ounce, of Burrage flowers, Buglass

flowers, Rosemary flowers, Clove gilliflowers

of each 2 Ounces Marygold flowers one

Ounce, then take a pound of the best old

Treacle, dissolve it in 6 Pints of White Wine

and 3 Pints of Red Rose water, infuse all

these 24 hours, at the least, Stop it exceeding

close, and Still it in an Ordinary Still, but

then it will not be so Strong, take water as

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long as there is any Strength in it, and mingle

altogether and Stop it close and drink 4 Spoon=

=full of this water with Sugar in any great

distemper of heat Sweeten it with Syrup of

Sitterne instead of Sugar as in Fevers, Small

Pox, or Measels, it is good at the beginning

of an Ague to take half an hour before the

cold fitt comes, It is good for faintness and to

restore the Spirits, for Convulsions and for the

Worms, and the best thing that young Children

can take for the wind is one Spoonfull thereof

being made Sweet with Sugar, when they be

undrest in the afternoone for a bigger child

2 Spoonful or more, and in all other cases it is

best to take it going to Bed, for new born

Children, keep of the middle sort, neither the

Strongest nor the Smallest of all, it will be

the Stronger if yow Still it in a Glass Still Close

luted, but for want of that the other will Serve.

Lord Holseys .

Mrs Granthams Cordial water.

Take of White Wine 7 Quarts, of Canary Sack

3 Quarts of the best Aqua Vit&#230; 4 Quarts of the

Iuice of Salendine 5 Pints of the Iuice of

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8.

Salendine 5 Pints, of the Iuice of Balme

3 Pints, Nutmegs Cinamon, Mace Cloves, Dates

of each 3 Ounces, Cubebs, Cardimums, Galingale

of each 3 Ounces, Bettony Flowers, Clove Gilly=

Flowers, Burrage flowers Bugloss Flowers

RoseMary Flowers, Mary Gold Flowers, Mellilet

flowers, Stock Iilly flowers, Pances, Violets, Cowslips,

Red Poppies growing in Wheat of each 3 Ounces,

Young walnuts bruised, half a pound Mints,

half a handfull Sweet Marjoram, and Angelico

each one Small handfull, let all the Spices be

bruised in a Morder, and Infused in the aforesaid

Liquors with the flowers and herbs as you get

them, till yow have got them all, onely keep out

the Aqua Vit&#230; till you put it into the Still ^ which must be a Cold Still,

Lute it very close, and let the top of the Still

be Orderd with wett Cloths still it with a good

hott fire hang a Bagg of Musk & Ambergreece

at the Nose of the Still, and keep the first

running which is the Strongest by it self

and Sweeten it with White Sugar Candy.

I presume there will be of this

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quantity 2 or 3 Still fulls be sure to put ever

the Strongest by it self, and for the Smallest

it will be very good if there be but a little Aqua=

Vit&#230; put to it.

Walnuts half a pound Mint and Marjoram a hand=

full of each of Angelico half an handfull

The Iuices may be gathered at the best

time of the year and close botled till you use them

but fill them to the top, and put a little Oyl on the

top which yow must take clean off & then Shake

the Bottle well. Goltho.

Mrs Grantham

The Vertues of the abovesaid Water.

Drink of this Water a Spoonfull every week in

Summer and in Winter 2 Spoonfull at 2 several

times every week and it will cure the Body of

many diseases approvedly true, this water dissolveth

the pains of the Lungs and mightily preserveth

comforteth and helpeth them, it Suffereth not the

Blood to putrify, nor the heart to burne, no Melan=

cholly nor the Phleme to have power over nature

it expelleth the Rhume and perfecteth the

Stomach, it destroyeth the Palsey of the limbs or

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10.

Tongue comforteth the memory and is good

even at the point of Death. Tis best to Still it

when the Iuices are fresh

To make Aqua Mirabilis a Slighter way.

Take 6 Pints of White Wine or Sack, 2 Pints of

Aqua Vit&#230; 2 Pints of the Iuice of Salendine

and then take Cloves Mace Cardamum Seeds

Gallingal, Nutmeggs, quibbets, ^ Ginger & Mellelotts, of

each of these 2 Drachms, beat them to powder

and put all these things mingled together and

Still them in a Cold Still.

Lord Paulets Draught: Mrs Warton

To make Poppy Surfeit Water.

Take 4 Quarts of Aqua Vit&#230;, one Peck of

Poppies clean picked from the Seeds and let

them Steep 3 days in Aqua Vit&#230; with one Ounce

of Liquoris, and one pound of Raisins of the

Sun Stoned then Strain it, and put to it one

Pound of Sugar and 4d of Dioscordium

Mrs Osbaldeston

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A Water for the Scurvy.

Take half a Peck of Sea Scurvy grass two

handfull of Brooklyme 2 handfull of water=

=cresses and 3 good Roots of Hors= Redish

scrape them Small, Steep all this in 6 quarts

of white Wine, and 6 good Lemmons cut them

rind and all very small and let them all

Steep together 24 hours, then Still it in an

Ordinary Still, and Sun it or double Still it

or else it will not keep drink of this three

Spoonfull with 4 Spoonfulls of White Wine,

for 30 days together both Spring or Fall.

Mrs Osbaldeston.

Orange Water.

Take 40 of the best Oranges and deepest

coloured, pare of the yellow rinds, Crush 'em

a little in a Stone Morder and Infuse them

3 days in 2 quarts of Canary Sack in a deep

Pott close covered while they are Infusing

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12.

Slice the meat and the Oranges, and the

whites into as much Sack as will cover them

let them Steep one night Still them in a Cold-

Still then take that water & put it into the Sack

and Pills Stir them well together, and put it

into a Glass Still and take the first Pint by it

self let it drop on White Sugarcandy & keep the

first by it self.

Mrs Holmes.

Sweet Water.

Take half a Peck of Damask Rose Buds, One

handfull of Sweet Marjoram pick'd, as much

of the youngest Bayleavs and half as much

Levander, mingle these among the Roseleavs

with half an Ounce of Benjamin, one Ounce

of Oris Roots, a quarter of an Ounce of

Storax, half a quarter of an ounce of Cloves

grossly beaten mingle these altogether and put

them in a Still, and when they are almost

distilled put in 3 Grains of Musk in fine powder

mingled in a little Rose=water and Vinegar, &

so Strow it on the Cake which must Stand in

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13.

the Still one hour after, then take it out and

lay it in a Chamber to dry & Sun your Water.

Gotho. Mrs Grantham.

A Collick Water good against the Stone.

Take 6 Quarts of the Strongest White Wine

distill it in a Limbeck with these herbs, Hyssop,

Fennel, Balm, Saxafras, Philopendala, Bean

flower, of each a good handful, mild time Pellitory

of the Wall & Germander, of each a good quanti=

=ty, one Gallon of Sanctpeere, cut them infuse

them all in the Wine, one night before yow Still

it, then add thereto One Peck of May flowers,

if they be new gather'd, but if they be dry

one Gallon will Serve, a quarter of a pound

of Anniseeds, and as much Sliced Liquorice

then distill all together & it will make good

water for any distemper that proceeds from

Wind. Mrs Vincent.

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manicule

A Capon Water for one in a Consumption

Excellent and well approved.

Take a Young Capon Sow up the belly after

it hath been washed with Claret Wine, Conserve

of Red Roses, Burage, Bugloss Flowers, of each

an Ounce, So done boyl the Capon with Asparagus

=roots and dates of each an Ounce, Fennel roots,

one Ounce, of Almonds blanched and boyled 2

Ounces of Coltsfoot Maiden hair of each one

Ounce, Pine kernels 4 Ounces boyl them or

Stew them gently in a Sufficient quantity of

Water and when the Capon is almost boyled put

it in a Stone Morter, then put the Capon and

Water in a Glass Still and Still them, add Balme

to the distilled Water and Salt of Pearl one

Drachm Ambergrees 2 Drachms, White Amber

3 Drachms, let these being in fine Powder be

hanged in the water contained in a little Silk=bag

4 Ounces of White Sugarcandy in Rose Water

3 Ounces Drink of this often, Mrs Frances Savil

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15.

A most excellent Cordial Water.&nbsp;

Take of Blew Violets 2 }

Rose= Mary Flowers - 4 }

Mary Gold flowers - 3 }

Damask Roses - 3 }

Burrage Flowers - 4 }

Clove Gilly flowers - 4} Handfull

Bugless flowers - 4 }

Cowslip flowers - 4 }

Lilly flowers - 2 }

Sage Flowers - 4 }

Arch angel flowers - 2 }

Balme leavs - 2 }

You must take from the first blowing of all

these flowers till the last half an Ounce of

Cinnamon grossly beaten half an Ounce of Anis=

seeds bruised, One Ounce of Carroway Seeds&nbsp;

2 Ounces of Nutmeggs 2 pennyworth of English

Safron, All these flowers and leavs as they&nbsp;

Spring and blow in their Season must one after

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16.

another be put into the Sack in a close earthen

Pott of Glass that is better and every day Stirred

at the putting of the flowers your Spices are not

to be put in till your flowers are all in and mingled

Infuse all these in 6 Pints of Sack let it Stand in

a close Glass Stir 'em once a day together till yow

Still them Distil all these in a cold Still closing

your Still with Past, you must distill it with a

hott fire then add to your Water 8 Ounces of

White Sugar candy very finely beaten put your

Glass with Sugar candy in it for one hour into

hott Water that it may incorporate if yow please

you may hang all the nose of your Still in a

fine Cloth 2 Grains of Musk and one of Ambergreece

that your distilled Water may run through it

of this Cordial yow may take 3 times in the Week

a Spoonful at a time it will clear your Spiritts

lighten your heart. Mrs Manby

Arabia Water.

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Sage, Rosemary, Bettony, flowers of each half an

handfull, Sweet Marjoram pick'd , Burrage, Bugloss

Lilly the Valley of each an handfull, Steep them in

the Strongest Spirit of Wine each one in their

Season till all may be had, put to them balme, Spike=

=nard, Motherwort, Bay leaves Orangeleaves, & Orange

flowers of each one Ounce, put them to the rest

and as many Levander flowers as will fill a

Gallon Glass Steep all these 24 hours then Still

them all in a Limbeck, put to it Citron dryed

Piony Seeds Shelled of these 6 Drachms, Cinnamon

Nutmeggs, Mace, Cardimums Seed Cububs Yellow

Sanders of each half an Ounce Lignum Aloes

one Drachm make all these into a Powder put

them into the Stilled water aforesaid Iujubees new

and a good half pound the Stone taken out & cutt

some do the Role with a double bladder and so

let them digest 6 Weeks, then Strain them in a

prepared Pearl imaragdes and Safron of each

10 Grains, Ambergreece one Scruple, Red Roses

well dryed, Yellow and Red Sanders of each one

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18.

Ounce hang these in a Tiffany bagg in the Water

Stopp it close that nothing breath out let it Stand one

Month then boyl it for your use. Mr Manby.

An excellent Cock=Water for a Consumption

or Phlegmetick.

Take 2 Gallons of new milke of a red Cow, one

Gallon and an half of Canary 3 quarters of a Peck

of Garden Snails washd in water bruised in a

Mortar with their Shells.

1 good Old Red Cock break his bones in a Mortar putting

away the Inwards.

1 Pound of Blew Currants bruised,

3 Quarters of a Pound of Raisins Stones

1 Quarter of a Pound of figgs Shred Small

1 Quarter of a Pound of Harts horne,

1 Quarter of a Pound of Liquorish Sliced

3 Quarters of a Pound of Dates Shred.

3 Ounces of Enula Campana Sliced

3 Spoonfulls of Anis seeds

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19.

1 Quarter of a Pound of Marygold flowers

2 good handfulls of Sage,

2 good handfull of Rosemary

2 good handfull of Bettony

2 good handfull of Colts foot

2 Ounces of Maidens hair

2 large handfulls of Egrimony

2 large handfulls of Liverwort

2 handfulls of Eamaris

2 handfulls of Harts=tongue

2 hanfulls of Balme

2 handfulls of Burnet

1 handfull of Sweet Marjoram

1 handfull of Spear Mint

1 hanfull of Pimpernel

1/2 a hanfull of PennyRoyal

1/2 a handful of Hyssop.

Pick the Herbs put them with all the other Ingredients

into the Pott first the Milk and Sack then the

herbs, then the Cock and fruit and the Snails

uppermost then kindle the fire past the Limbeck

very close yow may draw a Gallon of this Water

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20.

Strong fit to keep out of this quantity and 2 quarts

more fit for children and to Spend presently

you must put to each a quart of Water, a quarter

of a pound of Sugar candy when you intend to drink

it take of it 3 times a day a Sack Glass at a

time the first Early in the morning and Sleep after

it, it should be made in May or June.

Mr Manby.

The Palsy Water.

Take Bugloss Lillium de Valley & Cowslip flowers

of each an handfull Sage, RoseMary & Bettony

flowers of each half an handfull let all these be

gathered in their Several Seasons for they are not

all to be had at one time but take the first that

comes and let them be Steeped in very good

Spirit of Wine distilled from all flegme in one or

2 Glasses till all may be had and let them Stand

20 days after the last is in alwais very well

Stopped, alsoe when Levander comes, Stripp off

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the fairest heads the quantity of 2 pound and

put them in a larg Gallon Glass and pour upon

them the like quantity of Spirit of Wine (as

before) as will cover them and let them Stand

close Stopped 24 days in the Sunn or in some

warm place with the other Glasses which done

take the Levander with the Spirit and distill

it in a Limbeck by it self, then take the Water

you extract and put it with all the former

flowers and Spirit together into a Limbeck

and put therewith these things following, Balm,

Motherwort, Bay leavs, Spikenard, the leavs &

flowers of Oranges if they may be had of each

one Orange cut and Shred Severally or else the

yellow Pill of Cittrons dryed, or else Lemmon

Pill and Piony Seeds hulld of each 6 drachms

Cinnamon, Nutmeggs, Cardamums, Cububs and

yellow Sanders of each half an Ounce in powder

Lignum Aloes in Powder one Drachm, Jubebs

new and good the Stones taken out and cut

Small half a pound all which being well mingled

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together in a Limbeck let them be carefully

distilled with an indifferent fire, If yow please

you may make 2 Sorts Stronger & Smaller which

yow: may do by preserving the first that comes

by it Self and the latter by it Self and so use

thema as occasion servs after it is distilled put

it into a Wydemouthd Glass & Stopp it close.

Then take prepared pearl and Smaragds

of each one Scruple Ambergreece Musk & Safron

each half a Scruple Red Rose Leavs well dryed

red and Yellow Sanders Small and thin Sliced

of each one Ounce put all these in a Sarsnet

Bagg and hang it in the Water for 6 Weeks

together and Cover it close with a double bladder

that none of the Strength breath out afterwards

pour it into Glasses and keep it for your use.

The Vertues.

This Water is of exceeding Vertue in all Swounds

in the weakness of the heart and decaying of

Spirits in all Apoplexies Palsies and Epilepsies

in all pain of the Joynts coming of colds and all

Bruises outwardly bathed and dipped Cloths

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laid to it Strenghneth and Comforteth all the

Vital Animal and Natural Spirits, & Cleareth

the external Senses Strengthneth the memory

restoreth lost appetite, all weakness of the

Stomach being bathed outwardly and taken

inwardly the dose is a quarter of a Spoonfull

and fast an hour after it, takes away the

Giddiness of the head helpeth lost hearing brings

a breath there can be no better remedy

in Palsies and Apoplexies both to help them in the

fitt and to prevent than to take evening and

morning a quarter of a Spoonfull with Crum's

of Bread and Suger. Mrs Pelham

The Lady Norres Aqua Mirabilis.

Take 3 Pints of White Wine, one Pint of the

best Aqua Vit&#230; 1 pint or 2 of the Iuice of

Salendine, of Galingal, Cardamum, Quebibus,

Mellefoyl, Nutmeggs, Cinnamon, Cloves, Mace,

Ginger, of each of these a full Drachm bruise

them into a gross powder and mingle them well

with 5 Pints of liquor, putting them together into

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a cold Still pasting it up close and letting it

Stand all night in the morning put fire into

the Still let it Still leasurely dropping into a

Glass wherein is 8 Ounces of White Sugar=

candy finely beaten when you have mix'd the

first & Second running together hang in a little

Bagg wherein is Safron and some Ambergreece

if yow please. Mrs Holmes

To make a Cordial Water

against Infectious diseases as.

the Pestilence, burning Fever, Plague, Pox, and

Meazles, and to remove any offensive matter

from the Stomack, Especially a Surfeit, it is alsoe

good to be give to Women in fitts of the Mother,

and to Children in fitts of Convulsion, it may be

Aqua Cor, or febrifuge, or Contra pestem.

Take Sage, Salendine, and RoseMary, Rue, Worm=

wood Rosa Solis, Mugwort, Pimpernel, dragons

Scabius Egrimony Balme Scordium, Carduus=

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Benedictus, Bettony flowers and leavs Century topps

and flowers, Marygold flowers and leavs of each of

them a good handfull, Then take the Roots of

Tormentill, Angelica, Enulacampana, Piony and

Savoury Liquorice clean Scraped of each half an

Ounce let all the herbs be washed in a Clean

Linnen cloth untill they be dry Shred them all

together and let the Roots be thin Sliced & mixed

with the herbs then put them all into a Gallon

of White Wine and lett them Steep altogether

(if you please let one quart of it be Sack it will

keep it longer from Souring) in a larg Gallon

pott or earthen Pott well leaded and so let them

remaine close cover'd 2 days and 2 nights Stirring

the herbs and Wine and Roots together once a day

then distill altogether in an Ordinary Still & not

in a Limbeck with a Soft fire reserving about a

Pint of the first running by it Self for the

Strongest & a Quart or 2 running by it Self &

at the last about a Pint of the weakest Sort

by it self in Several Glasses close stopped with

Corks & tyed about with Leather bands for your

use, Note alsoe that it is always good to close

the Still round about in the Ioynts with a Past

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made of Rye Meal Vinegar and the Whites

of Eggs and bole Armoniack lest any of the

Vertue break forth if your Still be not large

enough yow must use 2 Several Stills, remember

alsoe to keep a temperate fire all night that it

never cool till it be quite distilled which is

commonly 2 days and one night for it will yeild

about 2 Wine quarts of Water of the first of

this Water 1 or 2 Spoonfulls may be given to a

Man or a Woman th&#244; she be with child Safely

of the Second Sort yow may give twice so much

the third and weakest Sort is fit for young

Children, whereof a Small quantity may be

given to a Young Infant, this water to comfort

is usually given warm with a little Sugar or Suger =

=candy, it may be given alone cold, alsoe it is

very proper to be given in any kind of Iulep

for diseases wherein any Infection is feared.

Lady Allen s Plague Water

A Cordial Water

Take the best Claret Wine 5 Pottles the best

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Canary Sack 3 Pints Iuniper Berries Cububs

Cinnamon of each an Ounce half an Ounce of

Liquorish Scraped and bruised 4 Ounces, of

Sweet Fennel=Seeds and Anniseeds of each

4 Ounces Sticades one Ounce of Rosemary/

flowers red Roseleavs PennyRyal Cardus-

Angelico red Sage Time of each 2 handfulls

of Balm an handfull half an Ounce of Nut=

meggs and bruise all these and Steep them

in Wine a night Stir it well together & Still

it in a Limbeck.

The Vertues of this Water.

The first of this Water for 3 Pints or more

will be very Strong the Second for above 3

Pints will be of a good Strength for use then

draw as much of a third forth as yow can gett

and mix to the first to every quart of

Water put a quarter of a pound of the best

Loaf Sugar finely beaten and Searsed into

the receiver that takes it from the Limbeck

and let the water distill upon it this water

is extraordinary for Strengthning of nature

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and to increase pains and being in Violent

pain causeth more Speedy deliverance 3 Spoonfulls

of the Water give at a time.

A Water to Strengthen nature to

Comfort the Brain and to Stay the Rhume

Take new milk of a young Lusty Cow one Pint

Red Rosewater one Pint Liquorish Scraped

and bruised 2 Ounces Nutmeggs bruised four

Ounces Anniseeds bruised 2 Ounces Coriander

Seeds bruised 2 Ounces, Ale 1 quart, the Yolks

of 8 Eggs new laid beat all these together &

put them in a Glass Bottle Stop it close and

let it infuse allnight in Balneo gently in the

morning distill it, it will yeild plenty of

pleasant Waters the quantity is 5 Spoon=

=fulls 2 hours before you rise Sleep after it

and the like to Bedward Mrs Francis Savil

To Brew Ale for Snail Water.

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In the latter end of May or beginning of

Iune or about a fortnight before Brew 4 Pecks

of Malt into very Strong ale So as the liquor

will bear an Egg it must not be blinked thats

come nor Hopp'd and boyle it but little above 1/4

of an hour and work it as other Ale So Tunn

it the Grounds must be wrought in it & draw

it off when yow use it if it be thick tis no

worse So it be not Sour

Snail Water

Take a Peck of Garden Snails wash 'em

in a Bowl of Beer and put them in a Brass

Pann Set them over a clear fire and Stir them

as long as they make any noise, then take

them out and with a knife and a course cloth

pick them and wipe away all the Green froth

from them very clean then in a Stone Mortar -

bruise shells and all take alsoe a Quart of earth

Worms Slit them and Scour them ^ with Salt and then

wash and beat them in a Stone Mortar then make

your Pott very cleane upon which yow purpose

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to Sett your Still take alsoe 2 green handfulls

of Angelico and 2 of Saladine and lay them in

the bottom and put upon them the Snails and

Worms with Sheeps=dung and Goos=dung either

of them 2 handfulls, then put in a quart of

Rose Mary flowers alsoe Egrimony Barefoot

and Bettony Red dock roots of the Bark of

Barbery of Wood Sorrel of all these 2 hand=

fulls a piece, of Rue half an handfull of Fenny=

=greek and Turmerick one Ounce of Saffron

well dryed and powder'd the weight of 6d

then pour in 3 Gallons of your Strongest Ale

and cover your Pott and let it stand a day

or 2 and one night at the least close Stopped

in the place where yow mean to put your

fire under it that morning before yow

put your fire under it, put to them of good

Cloves beaten to powder one ^a 1/4 of an Ounce of harts=

horn 6 Ounces you must not Stir it after

you put in the horn lest it go down to the

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bottom then Set on the Still or Limbeck make

it fast with Rye past and receive the water

in Pint Bottles the first water is the Strongest &

must be received in by it self then last is small

and must be mixed with the the Strongest when

it is used it must be given the Patient in the

morning fasting who must fast 2 hours and

not Sleep upon it, or it may be given betwixt

Meals they must take 2 Spoonful of the Strong=

=est with a Spoonful of Ale Beer or White Wine

and the Smallest as Beer, it is good for all Obstructi

=ons whatsoever and cureth those that are in

a Consumption or Dropsy it is good against

the Stopping Stomack and liver and pain in

the head. It is good against the Plague Iaundies

it comforteth the heart and assisteth Nature.

Do not boyl the Snails but wipe the froth

from them and then bruise them and So put them

in this is the better way, & is so used by Mrs Whalley

Mrs Nevill

of Holbeck

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32.

Another Snail Water.

Take 6 Score of hous=Snails break the Shells

and take the Snails out alive then put them

into Water and wash the very clean then

take them out of the Water & put them into

a Gallon of Red Cows milk putt a good handful

of Spearmint into the Snails and boyl it

half an hour then put it into a Rose Still

close Luted and draw 2 quarts of water off, if

it drop on white Sugar candy it is the better

mingle the water together

Vertues

This water is good for Consumption being

given 3 times a day in the morning when one

wakes, at 4 a Clock in the afternoon, and at

night when one goes to Bed, It must be sweet=

=ned with White Sugar candy or loaf Sugar it

is good for the Rickets in Children or any

Weakness, a Child must take 2 Spoonfulls

at a time

Mrs Pelham

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A very Wholesome Water to be

distilled.

Keep Sorrel in Vinegar 24 hours, then take

it out and dry with a linnen cloth then

Still it in a Limbeck drink 4 spoonfulls of

it in a little Sugar and walk upon it till yow

Sweat if yow may, if not keep your bed and

Sweat upon it, use this before Supper any

evening if the patient happen to be troubled

with any Swelling Botches or Carbuncles

let him Sweat moderately now and then.

To make Strawberry Water.

Take pure Spirits of Wine what yow please

put it into a deep Glass or Silver Bason with

good Store of ripe Strawberries cover it well

with a Silver dish that the air get not in let

them infuse 24 hours, take Spirits of Wine drawn

from them as you can but Squeeze them not at

all for if any pulp come in the Water it will

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not keep do this so often that the Spirits of

Wine will make no more and the Strawberries

come out as red as they were put in, but let all

the Infusion after the first Stay on the last

two days Sweeten it according to your tast

and to make it more delicate a grain of

Amber and a little quantity of Musk to quicken

it with the Sugar let this pass through the

Ielly Bagg or double Strainer, Save all the

Strawberries yow take out, and Squeeze them

into another Vessel and Sweeten that as before

and it will Serve for present use.

Strawberry water another way good to cool

the Liver Kidneys and Heart burninge

Take 2 Quarts of new milk from the Cow and

2 Quarts of Strawberries picked and

Crushed, four Drachms of Cinnamon mix

them all and distill them in a Cold Still

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A good Water against Wind

Take 4 Quarts of Angelica Water which is

onely Angelica leavs Stilled in a cold Still, and

then make the Still clean from the Leavs, and

put in the 4 quarts of water, and half a pound of

Carroways bruised and So Still them in a Cold

Still.

Anniseed Water for Children

Take half a pound of Anniseeds bruise

them well and put them into a Gallon of

Spring=Water, let it be well Stirred together

and kept close covered 24 hours, then distill

it in a cold Still, and give the Children as

yow please. Mrs Thornhill

A Water for a Consumption.

Take a Young Pigg of a fortnight old or under

and Scald away the hair draw it and wash

it very clean, dry and wipe it very well with

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36.

a Clean Sinnen cloth, then cut the flesh

bones and all into small pieces and Steep it

one night in 3 quarts of new Milk of a Red

Cow warm after it is Strained, then in the

morning after it is Stained, put into the same

one pound of Dates made clean and cut into

pieces half a pound of Raisins of the Sun

Stoned one Ounce of Liquorice Scraped and

Sliced thinn half an Ounce of Anniseeds

Cleaned and bruised, One Ounce of Chosen Cinna=

=mon bruised half an Ounce of Mace bruised, one

Ounce of Corral beaten to powder 2 Ounces of

Seed Pearl beaten to powder, 2 hundred of Leaf

Gold taken out of the Brook and pulled in pieces

3 or 4 Grains of Ambergreece, one handfull of

Maiden hair as much of Egrimony Still all these

in a dry Rose Still with a Soft fire.

Cinnamon Water.

Take 3 Quarts of White Wine and one of

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Brandy put them into the Still bottom then a

1/4 of a pound of Cinnamon grossly beaten put

it into the Wine and Brandy then Set it on

the Still and lute it on let it Stand within

the Air of the fire 24 hours then divide it &

distill at twice with a very slow fire and yow

may take above 3 quarts of water mix the

water you draw off altogether and put into

it a quarter of a pound more of Cinnamon

and infuse it 24 hours & distill at twice,

if it be distilled with care there will be 3

quarts of good Water when you set it first to

Infuse you must put in a Pint of Damask

Rose water and an handfull of Salt and some

Rose Mary and Cowslip flowers if yow please.

Mrs Nevil of Holbeck

A Soveraign Water of Dr Chambers

Phisitian which a long time he used and

therewith did many cures & kept it Secret

till a little before his death & then disclosed it

to his freinds.

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Take a Gallon of White Wine then take

Ginger, Gallingale, Cinnamon, Nutmeggs, Granes,

Cloves Anniseeds Fennelseeds, Caroway Seeds of

each of these an Ounce, then take Sage Red

Mints, Roses, Time Pellitory Rose Mary, Wild Time,

Camomil Lavander of each of them an handfull

then bray the Spices Small and also bray the

herbs and put them all in the Wine let it stand

so 12 hours Stirring it Several times then Still

it in a Limbeck & keep the first water by it

self ^ & the Second by it Selfe for it is good.

The Vertues

It comforteth the Spirits Vital, and helpeth

the Inward diseases that come of cold, and

against the Shaking of the Palsy that is the

contraction of the Sinews, It helpeth the

Conception of a Woman that is barren, it

helps Worms in the Bodly, likewise the Stone

in the Bladder, the Cold Gout, and Toothach,

It comforteth the Stomack, & Cures the cold

Dropsy, It helps the Stone in the Reins of

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the back, It helps Short Stinking breath, and

whoso useth this water moderately and not too

often it keeps them in good health, and Comforts

nature marvailously.

Milk Water

Take of Meadow=Sweet Cardus, Goats Rue

each 6 handfull, Mint and Wormwood, each 5

handful, Rue 3 handful, Tops of Angelica two

handful being cut Small and bruised, put thereto

3 Gallons of new Milk & distill with a common

Still. Mr Holden

Another Milk Water.

Take a Gallon of new Milk, a handful of Mint

1 of Balm 1 of Cardus 1/2 a handful of Worm=

=wood 1/2 a handful of Hyssop, let your herbs

Steep in the Milk 12 hours Then Still it in a

Cold Still, often Stirring it to break the Scum that

it may cast the Water better

Mrs Grantham

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Butter Milk Water.

Take Plantane, Cowslipps, Endive, Succory,

Burrage, Bugloss leavs, wild Time Cinquefoil,

Woodbine, Marigold, Strawberry, Violett

Sorrel Mallows, Wild Briar, Balm leavs of

each a like quantity you must fill your Still

with herbs and then put what Buttermilk

yow can and so let them distill fairly & after=

=wards distill your Water, and you must put

into it Sugar to Sweeten it withall when yow

drink thereof, the water is excellent to make

one Sleep to quench thirst and to take in a

Fever. Mrs Osbaldston

Cowslip Water.

Take a Gallon of Brandy, and put to it a

Peck of the topps of Cowslipps, and let it

Stand 10 days, then take a quart of Water

to every quart of Brandy, and a pound

of Loaf Sugar, & boyl your Water & Sugar

together half an hour, and let it cool then

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mix it altogether, and bottle it upp, you may

make either Lemon or Orang water this way

with the outrind put in, in the roome of Cow=

Slipps.

How to make Carroway Water.

Take a Gallon of Spirits of Putin a quarter

of a pound of Carroway Seed, half an Ounce

of Anniseeds a Quarter of an Ounce of Rose=

Mary dry'd so put it into your Still with

half a Gallon of Water to preserve the Still

so you may draw as much Spirits off as you

put on. Then Sweeten it with a Pound of

Sugar and put it in a little Runlett and so let

it Settle a Week make Sure yow knock your Seeds:

and so draw it into Bottles. Anniseed Water is

made after the same way.

Rasberry Brandy.

To every quart of your best Brandy put a

Quart of Rasberries and to every Gallon a

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Pound of Loaf Sugar when you put in your

Rasberries you must break them well with

your hands and Shake the Glass every day

till all the Colour and tast of the Rasberries

be in the Brandy then Strain it out through

a Ielly Bagg 2 or 3 times if it be not cleare

& So Bottle it up for your use.

How to make Cherry Brandy

Cherry Brandy is made much after the

same manner onely the fruit not broke

but picked from the Stalks and put into

the Brandy and Loaf Sugar to your tast to

8 pound of Cherries put 4 or 5 quarts of

Brandy so much as will more then cover

the Cherries it will be a long time 'ere it be

fitt to drink. they must Shake it sometimes.

An excellent Cordial^Water good to procure

Sleep in all Sickness.

Take 4 Pound of Cherries Stoned, and 5

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Pints of Claret Wine, half a handful of

RoseMary 2 handfuls of Balme 2 Ounces

of bruised Cinnamon, 2 Nutmeggs Sliced

Infuse them altogether in an Earthen pott

close covered all night next day distill them

with a Soft fire in an Ordinary Still, take

Sugar & Red Rosewater & boyl them till

it become Sugar again, put a little Musk in

it, when you break the Candy to Powder

keep this Sugar to put in your Water when

you use it, and yow may Sweeten it as you

please. This Water is Cordial of it Self

but when yow would make it more Cordial to

cause sleep put into every 3 Spoonful a

Spoonful of Syrrup of Gilliflowers & drink

when you go to rest. Mrs Whateley .

Usquebagh

Take 8 Gallons of the best Spirits of Malt

and one quarter of a pound of Coriander

Seeds & as much of Anniseeds & as much

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of Carroway Seeds and bruise them grossly

and one quarter of a Peck clean picked of

Wheat, then put your Limbeck but half full at

the most and proportionably So much of the

Seeds and wheat, So that the whole quantity

of the Seeds & Wheat be at last all distilled

with the Liquor then draw it out of your

Limbeck untill it run Small like water

otherwise it will be too Strong then pour it

into an Earthen Vessel which is very Sweet

& then put 2 pound and an half of the brown=

=ish Sort of the Powder of Liquorish then

cover it close with a Cloth & Stir it thrice

a day for 4 days, and then drain it clear

from the bottom and put it into a Tubb that

is bigg enough to hold it, then add 2 pounds

of Raisins of the Sun Stoned & put into the

Runlett & hang 4 Pennyworth of Saffron

in a little Bagg in the Runlett and three

Pennyworth of Cocheneel beaten very Small

and hang it into it then Stopp it up very

close & let it Stand 6 or 8 Weeks & then draw

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it out into Bottles and if it be right made it

will look of an Amber Colour. Mrs Nevil .

How to make Syrrup of Garlick

Take the Leavs of Scabius, Horehound, ffole=

=foot of each one handfull Hyssop half an

handfull, One Sprigg of RoseMary a good hand=

=full of Raisons of the Sun Stoned & 2 Ounces

of good Liquorice sliced, Anniseeds & Iuniper=

berries bruised of each an Ounce, of good Garlick

pilled and bruised a larg head, put all these

into a clean pipkin with 2 quarts of Spring=

Water then cover it close & Set it upon ^ or near

fire that it may Stew & then boyl it gently till

one half be wasted then take it from the fire

and Strain it in^ to a Bason and let it Stand till

the grossest parts are Setled to the bottom which

will require some time you may Seperate the

clear from the thick, and with a Sufficient

quantity of Sugar (that is to Say) a pound

for a Pint of Liquor then boyl it to a Syrrup.

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To make Syrrup of Red Rose Buds

good for any Cough or Hoarse cold.

Take a Peck of Red Rosebuds and cut them

from the Whites and Greens take a quart of

Pennyroyal Water, and a quart of unsett hysop=

water put them together in a new earthen

Pipkin and Set it on the fire and make the

water very hott put your Roses into it

mixing them together cover them close up

and let them stand 24 hours then Strain

it out and to every Pint of Liquor put two

pounds of Brown Sugar candy well beaten

mix them together in a Pipkin let them stand

3 days Stirring them 2 or 3 times a day

covering them close again then Set them over

a gentle fire keeping them Stirring till the

Sugarcandy be dissolv'd then take it off the fire

and let it stand till almost cold and take off the

white Scum and when through cold Bottle

for your use, let the Pipkin you make it in be

new but well Seasond & the Sugarcandy of Sticks.

Mrs Hopwood

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Syrop of Violets.

Take Violets pick all the Greens & Seeds

from them then bruise the blew a little to which

put some boyling hot water which hath been

boyled and Scummed mix it very thick & Set it

a little to Infuse to the fire then Strain it, to

every pint of the Infusion which must be

deeply colourd put in a Pound and an half

of Sugar: So Sett it on the fire to melt the

Sugar but let it neither boyl nor Scum if

the Sugar be good, So keep it till you think

it of a good thickness, & whilst its hott if

yow put in a little Iuice of Lemon it makes

the blew more Violet colour.

Syrrop of Lemmons

To a Pint of your Iuice ^ of Lemons put a pound and an

half of fine Sugar in a Vessel covered and

Set in a Pan of boyling Water till it be

high enough for a Syrrup Sometimes

Stirring it about. Mr Holden Senior

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To make the Balsamick Syrrup

Take 2 Ounces of Balsom Tolu: put it into

an Earthen or other Vessel with 12 or 14

Ounces of Colts foot Water Stop it close &

let it Stand hott and boyl gently for three

hours then take it from the fire & let it

Stand (not unstopping it till it be fully cold)

then clear the liquor (which will look as th&#244;

it was full of Iceicles) of from the Substance

of the Balsom and put to it 20 Ounces of

fine or rather double refined ^ lofe Sugar, and

keep it often Stirring and Scumming till

it come to the body of a Syrrup without

heat of fire. Mrs Holden

To make Syrrop of Balsom of Tolu.

Take an Ounce of the Balsom of Tolu the

hard put it into a quart of Spring water

and boyl it to a Pint, the Balsom will

not dissolve but the goodness will boyl

out then Strain it and while it is hott put

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in a quart of Strawberries and mash

them till the goodness is out, let them

stand 2 or 3 hours then Strain it and put

in a pound of double refined Sugar beaten

fine let it Stand till next day then boyl it

to a thick Syrrup. Vertues.

It is excellent good for a hoarsness or a

cough & Stuffing of the Wind pipe & Lungs

taking a Spoonful of it going to Bed and a

little at other .... Mrs Palmer

Syrrup ... Mulberries.

Press out the Iuice of the ripest Mulberries

put them in a cloth & squeeze them betweene 2

sticks of Lemon squeezer to every pint of Iuice a

pound of Sugar and boyl it to the height of

a Syrrup and keep it all the year if it be any

way amiss or then a month after you put it

up boyl it again and so keep it.

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50.

To make Syrrup of Quinces.

Take the Iuice of Quinces, Clarify and

boyl it over a gentle fire, let half of it be

consumed and add to it one Pint of Claret

Wine and Scum it before you put in the

Wine and a pound and a half of Sugar

boyl it into a Syrrup perfume it with

Cinnamon Cloves and Ginger of every of

these half a drachm put it in a Cloth and

hang it therein.

Syrrup for the Stone.

Take of the Roots of Marsh Mallows two

Ounces roots of Grass Sparagus half an

Ounce, Liquor is one Ounce, Rasins of the

Sun Stoned half an Ounce, red cisers one

Ounce of the leavs of Mallows, Marsh

Mallows Plantane, Burnit, Pellitary of

the Wall ground Ivy maiden hair both

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white and black of each of these one hand=

=full, of the Seeds of Lettice, Purslain Endive

Succory gords, Citral, Melons Cowcumbers

three Drachms of each boyl all these in

6 quarts of Water till 3 remains then let

it clear from the herbs and Seeds and boyl it

to a Syrrup of a convenient thickness, let

it be to a great height otherwise it will

not ^ keep yow may take it in any thing you

shall please to drink but 'tis most Effectual

in a Cawdle, half Ale, half white Wine.

Mrs Grantham

An excellent Water for any Surfeit

or Ague.

Take of Sage Salendine, Rose Mary, Rue, Wormwood,

Mugwort, Penny Royal, Dragons Scabius, Egrimony,

Scordium, Sentury, Cardus Benedictus, Bettony,

Rosa solis, of each a good handfull Angelica roots,

Turmental Roots, Zeduary roots, Liquorish of

each of these half an Ounce, Slice the Roots and

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Shred them and wipe the herbs with a Cloth

and Shred them altogether into an Earthen

Pott, put to them 5 quarts of the best White Wine

and let them Steep therein 2 days & 2 nights

very close covered, then put it into an Ordinary

Still keeping a very good fire under it, then take

2 pint Glasses, and when it hath filled them

both Stopp them close with a Cork & a double

bladder and mark them that you may know

them to be the first then take of a quart more

keeping that by it self. This is a most excellent

Virtues. for Surfeit or pain in the Stomack & causeth

Sweating give either to Man or Woman 8 or 9

Spoonfull of the first and Second Water with a

little Sugar blood warm in the morning fasting

an hour after it, take it at night alsoe and the

next morning take it again, for Children give

them of the Second and Smallest, warm as before.

To make Syrrup of Gilliflowers.

Take fresh Clove Gilliflowers & cut of the

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white topps & put them close down in a close

mouth'd pott, then take Spring Water and

boyl it very well & pour as much Scalding

hott upon the flowers as will but Iust well wet

them for if yow put too much on them the Infusion

will not be so Strong Cover them Imediatly

very close & lay a Stone or Weight on the top

thereof and Set them in the air of the fire

for 24 hours, the next day Strain it off and to

every pint of the Said Infusion, take a pound ^ & 1/2

of good Loaf Sugar broke in great pieces and

put into the Infusion then Set it upon a slow

fire in a Silver Bason till the Sugr be dissolved

& Suffer it to be So hott as you may Scum it

but be sure let it not boyl. then Set it by

till it be cold & then put it into dry bottles &

keep it close Cork'd for your use. If you be in

hast for the Syrrup you need not let it infuse

so long.

A Water for the Stone

Take of Haws one Peck well bruised in a

Mortar of Sassifras one handful of Philopendile

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as much of Parsley 2 handfulls 2 or 3

Redish Roots, well Scraped & Slic'd add unto

these of good Sharp White Wine 3 quarts

of new Milk So much all from one Cow if it

may be distill all these in a Glass still with

a Soft fire, Take 3 Spoonful of this water

with as much White Wine & a little Nutmegg

when yow are in Pain, & fast 2 hours after it.

A Plague Water. Mrs Fran :&nbsp;

Take of Rose Mary Sage Wormwood Pimper=

=nel Salendine Rice Angelica Dragon Mugwort

Bays Mint 2 larg hand fulls of each bruise them

in a Mortar & Steep them overnight in one

Gallon of Brandy 2 Gallon of White Wine &

distill it the next day either in a Limbeck or

in a Worm Still when you put your Wine

into the Still put in 2 or 3 quarts of Spring

water it will keep the other things from

wasting.

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Sugar of Roses.

Gather Red Roses in the morning, in a hott

day, Set them in the Sun in a Silver Bason;

when they are very crisp, beat and Sears

them, and keep the Powder in a Bagg, let

the white white be clipped and when you use them

lay the powder in Iuice of Lemmon

mixed thick with a little Gum Dragon & as

much Sugar as will make it Past beat in

a Mortar. Mrs : Falcons

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