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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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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 2^d & So your 3^d, you must measure in 16 good Ale quarts, if there be above keep out the Smallest, then take 2 Ounces of Nutmeggs, 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 Lady Winn 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 Vitæ 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 Vitæ 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=
Vitæ 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 Melancholly 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 Vitæ; 2 Pints of the Iuice of Salendine and then take Cloves Mace Cardamum Seeds Gallinal, Nutmeggs, quibbets, ^Ginger & Mellelots, 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 Vitæ; one Peck of Poppies clean picked from the Seeds and let them Steep 3 days in Aqua Vitæ; 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, Borage, 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.

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 2 Ounces of Nutmeggs 2 pennyworth of English Safron, All these flowers and leavs as they 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 dried, 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 figs 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 dried, 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 dried
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 Strengneth and Comforteth all the
Vital Animal and Natural Spirits, & Cleareth
the external Senses Strengtneth 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 Vitæ 1 pint or 2 of the Juice 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 thô 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 Seared into the receiver that takes it from the Limbeck and let the water distill upon it this water is extraordinary for Strengthening 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 June 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 handfulls a piece, of Rue half an handfull of Fenny=
=greek and Turmerick one Ounce of Saffron well dryed and powder'd the weight of 6^d 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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33.

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 Jelly 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 Sovereign 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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38.

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 comfortheth 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 comfortheth 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 handfull, 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, Violet
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 Rosemary 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.

Raspberry Brandy.

To every quart of your best Brandy put a Quart of Raspberries and to every Gallon a

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Pound of Loaf Sugar when you put in *your* Raspberries you must break them well with your hands and Shake the Glass every day till all the Colour and tast of the Raspberries be in the Brandy then Strain it out through a Jelly 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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43.

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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44.
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 Sufficent 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 thô 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 Syrrup 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 squ^{ezer} 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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51.

white and black of each of these one hand=
=full, of the Seeds of Lettice, Purslain Endive
Succory gords, Citral, Melons Cowcubmers
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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53.

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 : ;

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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55.

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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