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

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Mrs Ann Granvills Book
which I hope shee will make
a better use of then her mother
Mary Granville
Now Anne Dewes
Bradley 8 September 1740

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To make one Sleepe.

Take house Ivy leaues stampd in a mortar till a spoonefull
or lesse quantity bee strained thereout, put thereto a like quantity
of white wine vinegre, make the same Luke warme, in a -
porringer, or Sawcer, and therewith annoint, both the temple
and forehead, and wett two lynnens cloathes therin, and bind
them ouer the forehead and temples, and then lett the
party apply himselfe to sleepe.

For purging Rheume and phleagme, from the
head and Stomacke.

Take 8 figs slitt att the top, and mustard seed putt therein
and boiled in a pint of clarrett wine, till itt come to halfe a
pint, then take out the figs, and eat them and drinke a
good draught of the wine, and halfe and hower afterward if
you can walke after itt, taking thereof.

To cure an Ague.

Take a handfull of Garden Auens boyled in a quart of -
clarrett wine, vntill itt be dissolued to a pint, and drinke itt of
an hower before the fitt comes, then goe to bed thereon and
keepe your selfe warme.

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A medicine for a burne. or Scald.

Take litharge of gold, and oyle of each 4 ounces, of vitrioll
three ounces bare waight, of hogs soile two ounces fiue drams
and a halfe, take your litharge. and oyle, and boile them
simpering on the fire, untill itt will sticke to a Sawcer,
then take your hogs soyle, and putt to the litharge. and oyle
and boile them together till it will stinke, then take the
vitrioll and putt to them, and lett itt simmer a little while
and then power itt into a Bason of cold Water, and then
make itt vp into Rowles, and keepe it for *your* vse.

A Medicine for a searecloth.

Take a pint of oyle. of olive, and seeth itt till it simpers
then put in halfe a pound of red Lead beaten to powder,
and well seirced, stirre them together continually, till
they cast a little black, and then dippe *the* cloathes in itt.

The white oyntment for any Itch.

Take a quarter of a pound of litharge of gold, 4 ounces
of oyle of Roses; 5 ounces of the best white wine Vinegre
putt all these together in a Morter, and grind or pound
them, for the space of two or three howers, till they
bee well mingled, & soe apply it to *the* place griued.

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A Medicine for a sore Breast.

Take a pint of new milke, boile it very well, then take
a peny loafe, grate it and put it into the milke, and boile
it thicke to a poultesse, then put into it a little saffron,
and a little barrowes grease, Lay it to *your* sore, and it will
heale if it haue holes without tenting of itt.

An Excellent Medicine for a Sore breast with the
Ague, it will both breake it and heale, without any other thing.

Take a pint of the dregs of ale or new beere, then bruise, a
good hand full of flax seed (alias linseed) boyle this till itt
bee thicke as a poultis; and put into it two spoonefulls of lin
seed oyle, for want of that, take oyle of roses; or Barrowes -
Grease, (butt the linseed oyle is best) and apply itt to your Breast
if it bee not too farre past, it takes it away without breaking
att all.

To make the greene Ointment

Take Eight pound of butter in the moneth of may fresh
without salt; a pottle of black snails, your butter being melted
in a Kettle, then putt in your blacke Snails and lett them
boile halfe an hower Stirring them all the while, then
take itt off the Fire, and take two handfulls of Rosemary,
of Balme, of Lauender, of Lauender cotten, of Southernewood of
corsemery, of Elder Leaues, of Buglas, of Brookelime, of
Camomile, of Sage, of Bay leaves, of hearbegrace, of mint, of
wormewood, of each of These two handfulls, which must

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Bee gathered in the heat of the day for they must not bee -
mashed, but shred, and bruised in a mortar then set your butter
again vpon the fire, and put in all your hearbes, letting them
boile till it comes to an ointment, when your hearbes bee halfe
boiled, put in a porringer of cow dung, and hen dung, newly
made, put all these together to boile with your spices as followes.
3 quarters of a pound of the best frankincense, two ounces -
of nutmegs sleted, of mace bruised, when it is -
boyled to an ointment take it off the fire, and straine itt,
and soe lett it stand two dayes, then clarifie it upon coales, &
soe put it up for your vse, This is an approved good &
oyntment, for any bruise or old ach, as alsoe for the spleene
or the Gout. itts alsoe good for a wrench or spraines=

A Medicine for sore Nipples

Take an ounce of Bee wax, an ounce of Deere suett; and
halfe an ounce of fine Suger, a quarter of a pint of rose
water, boile all these together till it bee salue, and spread

it upon a cloath, and lay it to the nipple warme, This will heale any choppe or skinne broken in the nipples.

Mr Iohn Rutters

Take woodbind Leaues, Sage, Bramble tops, Plantine, and Red Roses, of each halfe an handfull, boyle them in 3 pints of Barly water to halfe the quantity, to which when it is strained cleare ad sirrurp of Violettes and Syrrup of mulberries of each an ounce, burnt allum powdere halfe a dram, spirit of Virtioll .3. or 4 drams, rose water an ounce - mix them altogether for your vse.

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Goodwife Lawrence her Salue.

one pound marking pitch 1/4 of a pound of deere Suet
one pound of Rosen 1/2 a pound of Barrower grease.
3 penyworth of turpentine - 1/4 a pound of mutton Suett -
1/2 an ounce of mithridate 1 handfull of hissop
3. or 4. spoonfulls of honey 1 handfull of Sallindine
1 ounce of Beewax
1 ounce of oyle of spike 1 handfull of camomile
1 ounce of oyle of Roses 1 handfull of smallidge -

The deares suet and Barrowes Grease beat in a mortar together, let them stand 3 dayes couered close, then boile them together with all the other things except the oyle of Spike and oyle of Roses, which must bee put in, when the others bee boiled, and strained; for a Bruise take some of this and melt itt and put in to it hoxy croxy an ounce

To Make Balsamum

Take halfe a pound of Turpentine, a pint of Sallad oyle, - fower ounces of yellow wax, an ounce of storax, liquid oyle of hypericon, red Sanders, mirhe of each one ounce, oyle of camomile, oyle of Roses oyle of firre, oleum balsamiae = oyle of Baies of each fower penyworths, dragon Blood Six pennyworth, orris powder an ounce, damaske powder an ounce, oyle of mirhe, & oyle of Iuniper of each fower peny = = worth oyle of cedar, and oyle of dill, of each threepeny = = worth one dram of Camphire, Lastly of corall Pearle - and amber finely powdered, with powder of gold a quarter of an ounce. first in an earthen pipkin make.

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your wax liquid, and in another your turpentine, then putt them together, next put in your sallad oyle, and lett them Boile a little while, then put in your storax liquid, and then your oyle of hipericon, and lett them boile a little then take it from the Fire, and put in your Sanders, and stirre itt till itt bee almost cold, then draine out the water att the Bottome, att a hole which you must make in the pipkin, then melt it againe, and put in all the Rest of the forenamed things, and stirre itt till itt bee cold, and it is Finished.

Receipt of water for a sore throat or mouth.

Take of knot mariorain, Sage, mother of time, of each five handfulls, shread them small, & boile them in 3 quartz of water vntill 3 pints bee consumed, then straine out the hearbes, and out to the liquor a quarter of a pound of english honey and lett it boile a little, then skim itt and straine itt againe and soe keepe itt for your vse.

To make Oyle of Saint Iohns Worte.

Take a quart of sallad oyle of the best, and put it into a glasse putting thereto as much Saint Iohns Worte, as you can well stop into itt, keeping it very close. with a peice of parchment, and then sett it in horse Dung couered over for the space of nine Dayes, casting warme dung euery day upon itt thus doing itt will bee very good.

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To make an Oyntment for a Bruise

Take a quart of Elder flowers green from the Tree, dried by the shadow in the space of 12 howers, then beat them in a mortar of stone, and out thereto a pint of beane flower finely bousted, and being compounded in a Morter, put them into a glasse or gallipot, adding thereto a quart of sallad oyle, with halfe an ounce of fenigreeke or more being finely beaten and seirc'ed, the meale and elder flowers must bee beaten till they come to the likenes of paste, before they come to bee put into the glasse of oyle or into the fenigreeke, where of you may adde an ounce if you please, the grosse substance

of the oyle you may vse in manner of a plaister, this vse of this oyle is thatt you must annoint your greiued place by the fire, chafing it in with your hand, then apply thereto a red Cloath, and so lett it lye from one dressing to another keeping the party griued very warme, especially if itt bee in Winter.

To boile a hanch of Venison:

Boyle it in water and salt, and after it is halfe boiled, stuffe itt with a little beefe suet, and sweet hearbes, and nothing and nothing in the stuffing saue the Grauey, put to it a little Clarett wine, with 2, or 3. yolkes of eggs, and a little Sampire cut small, then cut Brewes into the dish, and - Soake them with the fat of the Venison. and keepe it hott, if you will boyle it with Colloflowers, boyle them alone, and after put them into a pipkin, with the Remainer. of the Grauee, and Some sweet Butter and some, three or 4 Anchoues.

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A Medicine for the Greensicknes

Take 6 ounces of new filings of steele, wash them cledane And heat them red hott in a crucible, then quench - them in fower pints of Rhenish wine, doe thus thrice then ad to the wine halfe an ounce of nutmegs, three drams of Cynamon, two scruples of cloues, one dram of dried citron pill, fower ounces of Suger, let these - stand together in awarme warme place 4 dayes together then power off the wine with an easy hand not stirring the powder in the Bottome.

Take first 4 spoonfulls of this wine in a morning, fasting, and exercise for an hower after, but eat nothing for 3 howers space, after the taking of it, and after 4 dayes encrease your dose to six spoon= =fuls and perseuere in that quantity. And.

Every 8. or 9 dayes take this following purge (vizt) Take sena two drams. agarick one dramme, Romane Wormewood one scruple, Rubarbe two scruples, ginger halfe a scruple, mace 7 graines, infuse them in sucory water, warmed 12 howers, then boile it a little lightly to 4 ounces, then lett it coole and adde to the liquor strayned five drams of syrupus Augustanus.

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The Wound Water.

Take Bolearmeniack 4 ounces, white coperis 4 ounces, camphire one ounce, then beat the camphire and coperis into fine powder, and boile them in a little black earthen pot continually stirring them till they bee melted, and become thinne. and hard, againe, and soe dissolued to a fine powder, as it will bee with a soft fire, and long doing them, then beat the Bolearmeniacke, to powder likewise, and mingle them together, and keepe the powder in a bladder, and when you haue occasion to vse it take a pot of Running water and set it on the fire till it beginnes to seeth, then take it off, and put thereto, to two spoonefulls of powder, and Stirre it a quarter of an hower, & let it stand untill it bee cold, and when you will vse itt let it bee of the Clearest and put it in, an earthen pan, and set it on the fire, and make it as hott as the party can suffer it, when you bath the sore bee bething of it a good while very well, and if it has a hole in it, syringe it, still very hott, halfe a dozen tymes one after another, till it come as cleane out as it went in, then lay thereon on a fowerfold woollen cloath, scalded well in the water that you are sure it bee wet through then bind vp the sore with the wet Cloath on it, and bee sure to keepe it very warme with many double woollen cloathes let this bee done twice aday day att least, This water is alsoe good for sore eyes.

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To make Bread A la Roine

Take good Flower of good wheat, ground in a good mill make leauen with flower, and beere not bitter, and warme, yet not boiling, the leauen must bee made of the third part of all the Flower which is to be vsed, then make the paste somewhat soft, and in the moistning of itt put in milke somewhat warme, egs butter, and salt, putt in butter sparingly, of the Rest you cannot put in too much, the oven must not bee heated too much nor too little but according to the Iudgement of the Baker. -

For the cough.

Take Aquavitaie halfe a pint, 6 figs cut in halfe about 20 raysins of the Sun whole with one ounce of white suger candy, then burne it to a syrrop and of that syrrop take 3 nights together a small propor=

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

To make Doctor Chambers his water

Take a gallon of white wine it must bee Gascoigne
wine, then take ginger, mace, cloues, annis seedes,
Fennell seedes, carraway seedes, and galingall of each of
these a dram, then take sage. spearmint.=thyme-
and wild Thime, Rose=mary, Cammomill, Lauander tops
and pellitory of spaine of each of These one handfull,

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Then Beat the spices small and the hearbes alsoe., and
put them all into the wine, and let it stand 12 howers,
stirring it often then distill it in a Limbecke, and keepe
the first water, for that is the best, the second is good too
butt not soe good as the first, this is a most excellent water
or weake people.

To make a water for a Squinancy.

Take a pint of running water, and make it ready to boile
then take a handfull full of dried red roses and put therein &
lett them stand in that hot water about halfe an hower,
then strain the Roses from the water, and put in 3.
or 4 drops of oyle of Vitrioll, and as much syrrop of mul=
berries as will sweeten it; this is the best medicine for a
sore Throat that ever I met with

A Soueraigne. Balsum

Take a quarter of a pound of yellow wax cutt it in small
pieces, and put it into an earthen panne; or pot with a pint
of sacke, then melt it on the fire, and when it is all melted,
take halfe a pound of venice Turpentine, and wash it very
well in Rose water, then take a pint & a halfe of oyle of oliue, and
poure both the oyle and the Turpentine into the pan when -
the wax, and the Sacke is well melted, then boile them alto=
gether with a soft fire, vntill they bee well incorporated
then take it from the fire, & let it coole, and when it is cold take
away the cake from the sacke, then melt it againe and putt
into it an ounce of the best red Sanders, & soe stirre it conti=
=nually till itt bee cold.

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To make an Admirable good Water against Melancholly=

Take a pottle of sacke, and put it into a Jarre glasse. such an one as you may stop close, put into it 3 handfull of Rosemary flowers, 4 handfulls of wallflowers, either double or single, alsoe of Burrage, and Buglas, and mary=
=gold Flowers of each a handfull, of conslip a handfull, of pinkes 6. handfull, the redder the better, of damaske Roses, 3 handfull, of Balme .6 handfull, such of these Flowers as haue white bottomes they must be cut off, then you must ad halfe an ounce of Cynamon, and two ounces of nutmegs, and one ounce of Annis seedes, you must bruise your spices, and your seedes, then ad three peny weight of saffron, put these things to your flowers and Balme, and let them stand two dayes stirring them once or twice a day, then put it into a still, and past vp your still close, let it run into a glasse that hath two graines of muske tyed in itt; you must not let it distill too fast for if you doe it wil be the smaller, and you will have the lesse. in all this water you must haue 6 ounces of white suger candy beaten itt is very good for them that are heauy hearted, and haue a heauines in their Spirits; take two or three spoonesfull att a time and it will comfort you very much. Probatum est.

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A Receipt to make Meath.

Take to six gallons of water, six quarts of honey, or as much honey as will make it strong enough to beare an egge, the breadth of three pence aboue water, when the honey is dissolued in the water put your honey and water together into a cleane wooden vessell, ouernight, and temper it well together, and soe let it stand till the next day that the honey may bee dissolued well, before you set it on the fire, then put it on the fire, in a Kettle, or broad panne and boile it well at least an hower, and scum it as long as any scum will rise, then take halfe a handfull of egremony & as much pelitory of the wall and wash that cleane, and boile them in itt some halfe an hower more (if the hearbes bee dry it will doe as well as if they were green) then take halfe an ounce of nutmegs, and cynamon & soe much ginger, bruise the nutmegs and cynamon but not too small, and slice the ginger thin, and small, then put the spice into a little canuas bag, and put little cleane pebble stones in the bag to make itt

sinke, and when the meath is boiled enough put the bag of spice in the Kettle, and take it presently off the fire, for the - spice must not boile in it but scald, then power the meath into a cleane vessell againe, the same you tempered it in, and soe let it stand, and coole, and let the bag of spice lye still in it, and the next day you may tonne it vp, you must tye a thrid to the bag by which it must hang in the vessell, and not lie in it, if your vessell you intend to fill bee six gallons, you must take soe much water, and, allow the honey for wast in boiling for it will wast soe much if not more, and if the vessell bee not quite full, it matters not much for this kind of drinke, but if it be fullest is the better, this receipt is as it is vsually made. but if you like it not soe strong, you must take fiue - quarts of water to a quart of honey (but I thinke it was the long keeping that made mine soe strong, if you make it at michaelmas it will not bee ready to drinke till lent but the smaller you make it the sooner it will bee ready to drinke; you must not tonne vp the very dreggs into the vessell.

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To make Poppy Water.

Take a pottle of Angelica water, and a pottle. of Annis seed water; take thereof a quart or three pints, take of poppies about halfe a pecke, when the Blackes are clipped off the leaues, then put them into the water and let them lye a day or longer till they looke whitish, then straine the water from them, and put therein as many fresh pop=
=
pies againe to that water, and let them stand till they bee whitish, and straine them as before, and Soo repeat it Seuen times in all, and then putt, and then put the water into a great glasse, with the other water, and put therein an ounce of cynamon, an ounce of nutmegs sliced, and halfe an ounce of cloues, steepe these fowreteen dayes in the water, then straine the water from the spices. and put there=
=
in twelue graines of Bezar, and a pound of fine - suger candy, then hang in the glass six graines of muske and Sixe graines of Amber greece; This water is very good for a surfett. /

An excellent water for a consumption.

Take Turnips and pare them and slice them very thinne, and put them into a pipkin that will hold fower quarts, and Fill itt with your Turnips then put in fower spoones full of rosewater, as much white wine, and a root or two of Ennula campana.

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Campana, then cover it vp close with paste, all the Top bake itt in an oven with browne Bread, and when it is baked straine itt through a linnen cloath, and when it hath stood till itt bee cleare, then drinke six spoonesfull of it in the morning and at fower of the clocke in the afternoone.

To Take out the holes of the Small Pox.

Take 2 quarte of sherry sacke, and one quart of white wine vinegre, halfe a pound of butter. Almonds, two handfull of Rosemary tops, 30 whites of eggs, with halfe the shells, distil all these together, and then put to it one ounce of Suger candy wash with it 3. or 4 times a day. probatum est

For a Consumption.

Take snailes in the shells half a pecke, wipe them very cleane with a cloath, and put them into an earthen pott, with a good - quantity of sage. that the said snailes may skowre themselves & let the pot bee well couered that they get not out, and soe lett them stand 24 howers there in, with an awle pricke eueryone of the snailes, through the shell, then take them and fill the holes with browne suger, candy then put them into a Bag and hang the bag upon a naile, soe that it touch not the wall, and set a Bason vnder to receiue the water that will droppe from the same, then put it into a glasse with a quarter of a dram of confectio Alkermis; take a little in the morning; afternoone, and at night, if you would keepe it for your case, till winter it must bee boiled, and the Scumme taken off

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For A Consumption (vizt)

Take a pottle of Goates, or Red cowes milke, with two handfull of colts foot, and halfe an ounce of annis seedes, and halfe a pecke of shell snailes, fresh purged with salt, then wash them and put them into a still, with a soft fire, and when it is distilled sweeten it with the finest loafe sugar, and take 6 spoonefulls att 7. of the clocke in the morning, six spoonesfull att 11. at noone, and 6. going to bed, if the party bee troubled with the spleene, distill with itt a handfull of Tamariske

To make Syrrup of Succory with Rubarbe.

Take of french Barly, the rootes of Smallidge, the rootes of fennell, the rootes of Asparagus, of each two ounces; of the hearbes, Succory, lyon-tooth, Endiue, of each two hands =full, the hearbes llettuce, liuerworte, femitary, and hops, of each one handful; maiden hair, white maiden hair, centerach, lycorish, winter Cherries, Dodder, of each Six drams boile these in 12: pints of water to the consuming of the third part; in which decoction being strained, infuse all night 6 ounces of Rubarbe, of spikenard 6. drams. then straine itt and ad to itt 6^{li} of suger, clarified with the whites of Two eggs, and boile itt gently to the con=
=sistence of a syrrupe, you may giue, two or three spoones=
=full of it, and itt will purge gently.

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To make spleen Ale

Take to 4 gallons of Alewort a handful of harts tongue a handful of Egraemony, a handful of Dockrootes - scraped and sliced, twice as much Tamariske, a good quan=
=tity of liuer=
=wort, boile all these in the wort, and when it is ready to tonne vp, put into your Vessell a handful of wormewood being a little bruised and soe att 3. or 4 daies end, drinke it att 7 of the clocke in the morning and 4 in the afternoone. &C. you must yearst itt as other Ale, and putt in what other hearbes you please.

A water to cure pimples in the Face

Two ounces of litharidge of gold in fine powder, boile it the space of a quarter of an hower, in a pint and halfe of distilled vinegre, then straine it and put to it 4 ounces of oyle of Tartar, wash with it every night when you goe to bed, and if you find it too sharpe, put oyle of Almonds into it

To make Meath. *the best Way*

To one quart of honey take 8. quarts of water, put them together, hang it over the fire, and when it boiles scum it cleane then put thereto an ounce and a halfe of these spices, (vizt) Ginger, Cynamon, mace, and nutmegs.

this quantity you may putte to 8 quarts of honey
then keepe it boiling for an hower and a halfe, and -
better; it being boiled put it into a cleane Tub, spice

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And all, and let it stand till the next day then tonne
it vpp spice groundes, and all together, the Tub must bee
quite full and you must stoppe it very close, and when
itt hath stood 3 weekes or a moneth you must bottle it vp.

To make Aqua mirabilis

Take 3 pints of sack, one pint of Aquavita, and halfe
a pint of the Iuice of caelandine, cloues, mace, ginger -
nutmegs, cubebees=cardamomum, galingale, meliots
Flowers of each a dram, well bruised together and put
them into a glasse to infuse 24: howers, then still itt
with a very soft fire, and let the still bee pasted vpp
close, you may add iuice of mint if you please, if you
haue a glasse still, it is best, and sweeten it with white
suger of candy; The virtues of this water are very many.

To make Quince Marmelade with Ielly white, or Red

Take a pound, and a halfe of double refined suger, boile one
pound to suger againe, beat the other half pound, and
set it by, Take quinces and grate them, then straine them
as quick as you can through a Ielly bag, or a peice of cotton
till it bee as cleare as white wine, then take parboiled -
quinces halfe a pound, cut them in pieces and put them
into that suger that is not boiled then put the boiled suger
to them alsoe, and a pint of of that Iuice that was strained,
and one spoonefull of water, then boile them as fast as you
can till it will Ielly let not the Fruit bee aboue the
liquor, you must make the Red the same way, onely
you must put ni 3 spoonesfull of water, and cover it
a little.

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To make plaine cake

Take to Six pound of flower, three pound of sweet
Butter rubbed in the Flower, one pound of sugered
Carrowayes, a quarter of a pound of fine suger beaten,
mingle it with the carrawayes, one pint of thicke creame,

one pint of Ale yearst, knead your cake and lay it before the fire to rise halfe an hower, and when you goe to mold it, put in your carrawayes and suger, and soe lett it stand 3 quarters of an hower in the ouen.

To make a Fricacee

Take an onion and cut it in halfe, and fry it in a pan with a piece of sweet butter, till the butter tast well of the onion, then take 4 pigeons, and parboile them, then cut them into pieces, you may take larkes alsoe; and cutt them in halues, put them into the butter and fry them a good while, then take a quart of oysters well washed, letting the liquor stand till it bee cleare and then put itt to them againe, and soe put your oysters into the pan to your pigeons, and when your oysters bee more then halfe boiled, take the yolkes of seuen eggs beaten & mixed with a little wine vinegre, nutmeg, and cynamon according to your taste, put these into your pan stirring it altogether till you thinke it thicke enough, and to put into your dish you may ad a pound of sawsages to it if you please. I Thinke that leamon will be better then Vinegre.=

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To stew a Calues Head

Take a calues head let it bee halfe boiled, then cut it in pieces, and season it with nutmeg, and salt; stew it with a quart of wine put to it two onions cut in quarters - with a good quantity of samper, and a small bundle of sweet hearbes, let this stew altogether till you thinke they bee almost enough, then take a pint and a halfe - of oysters, put away some of the liquor from them, & season it with a little wine large mace, salt and an onion set them ouer the fire to take the Rawnes from them. then put them to the other things with some of the liquor, and a piece of sweet butter, take a red Cabage boile it in water and salt, with the bones of 4. or 5 - anchoues, when it is boiled enough take it vp & cut itt into quarters, and lay it about the dish. if you please you may put in the Iuice of a leamon. -

To make a Pye.

Take a handfull of spinage another of lettuce; al=
=most as much of sorrill, as both the other, parsely, and -

sweet hearbes a top or two, when you haue washed -
them, cut them a little, put them Into your paste
with butter suger, and a little nutmeg. any fruit
that the season of the yeare will afford some
little pieces of flesh as yeale mutton or lambe.
when it is baked put in a little white wine, or
sacke and Butter.

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Bottle, and set them vpon soft embers and let them boile -
leisurely the spare of two howers, then take them off, and set
your bottle by, for a day, and a night, then straine it out fr
from the spice, and put it into your Bottle againe, then take
a pound of browne sugercandy bruise it and put it in, and
6 graines of muske tied in a linnen rag, and soe put it into
the bottle, and thus you may keepe it all the yeare;

To make Cynamon Water.

Take fower gallons of canary sack, and halfe a bushell of
Damaske roses buds, and a pound of burrage flowers, a
quarter of a pound of rosemary Flowers, two pounds of rei=
=sins of the Sunne stoned, two pound of cynamon, steepe all,
these in your sacke, and distill them in a limbecke, in the
put that it runs into put a pound of white suger candy
broken into peices as big as a nutmeg, and a pint and a,
halfe of Iuice of pippins.

To make a pretious drinke good for the wind in
the stomacke, or to bring off any meat or
drinke that lieth upon the stomacke.

Take two quarts of small aquavita and put into it cowslipp
flowers, sage, rosemary Flowers, and sweet marioram of each
a pretty handfull, of pellitory of the wall a little, cynamon and
nutmegs of each halfe an ounce, fennell seedes, annis seedes, -
corriander seedes, carroway seedes, grumwall seedes, and Iuniper.
Berries of each a dram, bruise your spices, and your seedes seuerally
a handfull of reisis of the sun stoned, and 2. or 3 figs sliced, put all these
into a wide mouth'd glasse, then set it 20 daies in the sun, and stirre itt -
euery day with a little sticke, then straine it out and put therein halfe a pound of
fine suger and let it stand in the sun till the suger bee melted, stirring it about sometimes.

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To make Sirrup of Vinegre=

Dissolue a quarter of a pound of suger in 6 spoonesfull of Rose water, and a quarter of a pint of wine vinegre, and Boile itt to a sirrup.

The manner of distilling a water of honey.

Take two pound of the purest white honey being both - cleare, and pleasant in taste, which put into a body of glasse being soe big as 4 of the 5 parts may remaine empty the same past strongly aboue settling the head after on itt and a receiuer aptly to the nose of the still when you haue thus done then make a gentle fire vnder itt att the first but after increase the fire to heat more - and more, vntill certaine white smoake appeare in the head of the glasse body which manly coole. and turne it into water by wetting of linnen clothes in cold water, and lay on the head and nose towards the - Receuer, for that turneth into water as red as bloud, and being all come put it into another glasse stoping the mouth close, which let stand soe long vntill the water become very cleare, and in coulor like to Rubie, now it being on this wise as aforesaid distill the same againe in Balmeo maria, and soe often repeat this vntill you haue distilled itt Six, or Seuen times ouer that the coulor bee changed- and in the end be like to the coulor of gold, which then is most pleasant of sauer, and soe sweet that nothing may bee compared like to it in fragrantnes of smell, itt doth dissolue gold, and prepareth it to drinke, itt is alsoe very comfortable to all those that are apt to have swoun= ding=

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swounding fitts, and are vsed to faintings in the stomacke, in giuing to any one two or 3. drams to drinke, likewise if you wash an wound or stripe with this water it doth in, small heale the same; this pretious water doth mar= velously helpe the cough, the Rheume the desease of the Spleene, and many other deseases scarce to be beleiued; - This water was administred, to a person sicke of the palsie for the space of 46. daies, and hee was by the mightie helpe of god, and this miraculous water, throughly healed of his desease, alsoe this helpeth the falling sicknes, and preser= ueth the body from putrifying, soe that by all these wee may learne that this is as it were a diuine water from heauen, and sent from God to serue vnto all ages.

To preserue Walnutts.

Take some walnuts about the latter end of Iune or the beginning of Iuly when the shells are like a Ielly or - before they bee tuffe then pare the vpper thin skinne off like an apple, and make a hole with a Bodkin through euery one of them, put them in water and shift them twice a day for 4 daies, then boile them till a rush or straw wild goe through them, Then way them, and take as much - suger as they way, and put as much water as will make itt a sirrup, and when they suger is melted put in your walnuts, and for halfe a pecke of walnuts you may allow halfe an ounce of cloues, an ounce of cinamon, and halfe an ounce of ginger, or els butt a quarter of each, boile alto= gether till the walnuts bee prety tender, then take out the walnuts and boil the sirrup as for other things

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To boile a capon larded with leamons

Take the capon being scalded and bruised, and put him into a pipken, with a fagot of sweet hearbes, and strong mutton broth, put in a little large mace, one nutmeg quartered and soe let it boile, till hee bee almost tender, then take - him out and lard him thick with leamons, put to your - Broth manchet, and the yolkes of 2 hard eggs, garnish your dish with stewed pares, and Barberies and Season itt with suger.

To make hipocras for a consumption

Take a pint of malmesey, and as much wormewood water - put them into a fair glasse of a pottle or more, and putt thereto an ounce of cinamon, two drams of case ginger r= which is pure and white within, bruise the cinamon, and ginger great; and put it into a glasse, and put to this - fine suger, 4 ounces or more, and soe let it stand fast stopped three dayes, and at the third dayes end giue it to the sick 6 spoonefulls in the euening and as many in the - morning, and let it bee warme and at euery time - you take of it shake the glasse.

To make Harts horne Jelly.

Take a quarter of a pound of harts horne scraped boile it gently in a pottle of spring water, till you see by taking of some vpon the point of a Knife, and laying it on a dish that it gelly then straine it and sweeten it to your taste with suger, rosewater, and Iuice of lemons: =

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To make plague Water:

Take red Egrimony; wormewood, Sage, salandine, balme mugwort, dragons wood sorrell, scabius, wood betony - browne mayweed, Avens. Angelica, turmentill, pimpernel carduus benedictus, ~~of each a pound.~~ Ennula campana rootes, burnett marigolds, featherfew ^{^of all each a pound=}two ounces of hartshorne, and two pound of rosemary, mingle all these together, and chop them very small, and then steepe them in 5 gallons of the best white wine or sack. 3 daies, stirring it once a day, then still itt in a common still with a soft fire./

Doctor Burges his direction *against* the plague.

Take 3 pints of malmesey, and boile therein a handfull of Sage, a handfull of rew, till it bee wasted, then straine itt, and sett it ouer the Fire againe, and put there to a - pennyworth of long pepper, halfe an ounce of ginger, and a quarter of a pound of nutmegs, all beaten together then lett it boile, a little, and take it off, then put to it 4 peni= worth of mithridate, 2 penyworth of london Treagle, and a quarter of a pint of Angelica water, keep this as your life aboue all worldly Treasure, take it alwaies warme both euening, and morning, a spoonefull or two if you bee infect =ted, and sweet thereupon if you are free of infection - three quarters of a spoonefull, at morning, and halfe a spoonefull at night is sufficient, in all the time of the plague, vnder God trust to this for this neuer did faile either man woman or child, this is alsoe good for the measles, smallpox, and other Kinds of Deseases

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To make=Inke=Verie Good

Take a quart of snow or raine water, and a quart of Beere vinegre, a pound of galls bruised, halfe a pound of coperis, and 4 ounces of gum bruised; first mix your water and vinegre together, and putt itt into an earthen Iug, then put in the galls, stirring itt 2. or 3 times a day letting it stand 8 or 9 daies, a and then put in your coperas and Gumme as you vse it straine itt.

To make Almond Puddings

Take a pound of the best Almonds, put them in, water over night, and in the morning they will blanch when you haue blanchd them beat them with a little rosewater; take alsoe 12 eggs, and boile them hard, and chop them very small; mingle them with your Almonds, and 6 penny loaues, grated and sifted, seuen eggs beaten, with three pound of suet, a little Cynamen, mace, and nutmegs, and as much suger as will sweetin itt very sweet, wett it with as much creame, as will make it not too thinne and soe fill them in your gutts, and boile them, butt Note that a little boiling will serue.

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To Make the cocke water

Take of Burrage, Buglas. 2 handsfull of each, tyme, penny =royall, Rosemary flowers, one handfull of each, a pound of reisins of the sun stoned one pound of currants, halfe a pound of dates, 2 quarts of sacke, 2 quarts of new milke, and a cocke well beaten not washed but dried with a cloth, and put itt into these things whilst itt is warme, and still them, altogether in an ordinary still, and let the water drop into a glasse, with suger candy and leafe gold in itt, well beaten, together with some magesterium of peatle if you please, you must take of this water 4 spoonefulls before dinner an hower or two, and as much att fower of the clocke in the Afternoone.

A Drinke for the Ricketts

Take two good handsfull of scurvie grasse, 2 handsfull of water creasis, 2 handsfull of brookelime, one handfull of Harts tongue, one handfull of lungwort, 2 handsfull of

liuerwort, one handfull of Betony, and one handfull of
egrimony. wash them purely cleane, and swing them well in
a cloth, that there bee noe water in them, and beat
them well in a stone mortar, and put thereto a quart of
red coves milke warme from the cow, then straine them
through a Fine cloth, put it vp into a Bottle, and
let it bee close stopped, and let the child drinke of
itt. Itt must stand in a very coole place. ____

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An Ointment for the Rickets

Take a pound of fresh butter well beaten, or
washed out of the Chirne, clarify it, and take two
handfulls of woodrose or spurrey, shread itt very
small and boile it with the Butter a good
while leisurely, and when you vse itt haue a care
the child take noe cold; annoint the Breast
and belly of the child, spreading the breast
and stroaking downe the Belly; keepe the child
warmer those dayes you annoint him, then att
other times./

To make Ielley of Calues Feete

Take two pair of calues Feete, open them and
take out the knott of fat in the middle of them, then
boile them in two gallons of water vntill it come
to a pottle, keeping it cleane scum'd all the while,
Then let it stand till it bee cold, and take off the fat,
put to this one pint of sack, one pint of white
wine, coriander seedes, nutmegs, ginger, cynamon,
mace, Rosewater, and suger, to your taste; put
in these ingredientes when itt is cold, then let it
boile on the Fire, and cleanse it through a
Jelly bagge, till it bee cleare enough, you
may ad Iuice of leamons if you please, and
itt will tast the quicker. =

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To make a thicke creame:

Bring 2. or 3. Cowes according to the quantity -
you will make as neare the place you set your creame
in as may bee, and milke them with all the speed -

that you can, soe that the milke may bee strained as hot as possible you can into the pans, for the warme =
=nesse of the milke from the cow is the reason of the thicknes of the creame, soe lett it stand 24 howers if you thinke it will keepe noe longer sweete, and then take itt vp as thick as the creame will afford; & you will find it a very thick creame, and cleane another Taste if you exactly obserue the Rule -

To make a Friccacee of Veale.

Take a Breast of Veale, cutt itt in small pieces and lay it in water a quarter of an hower to make itt white after that take a skillet and put in a pint of clarrett wine, and a pint of water, and a whole leamon after you haue taken away the pill of itt and put in salt, and when this boiles, put in your meat skum itt often, then put in a quarter of a pound of Butter, then take 12 cloues, halfe a nutmeg, and 2 or 3 blades of mace, and a little pepper, and beat all these together, and put them into the skillet, if this bee too much spice you may put in according to your liking; alsoe put in a few sweet hearbes, then take 6. yolkes of eggs, the Iuice of a leamon and one orange, & a little of your broth beat all these in a porringer take off from the fire your skillet, & put in these, then take it vp and serue itt in. =

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To make a possett

Take two quarts of very sweet Creame, and - when it boiles take itt off the Fire, and stir itt least itt curdle, putt into itt *the* yolkes of Six new laid eggs, finely beaten with a little Creame, before - the cocks treads bee taken outt, sett itt two or three minutes over the Fire againe, stirring itt continu=
=ally, then putt itt into the Sacke (*w,hich* must bee ready att the Same tyme) thus; Take the third part of a pint of the best Canary, and putt into itt 3. nutmegs quartered, 3 quarters of a pound of suger, sett itt on the Fire till itt come to a sirrup, then putt in your creame as afore=
=said; if you like itt you may lett 2 graines of amber greece boile in your Sacke.

An excellent approued plaister for *the spleene*
which hath cured diuers giuen ouer by the Phisitians =

Take halfe a pound and halfe a quarter of Deers
suett, as much wax, and olibanum, Rosen, and -
Frankincense of each halfe a pound, masticke,
and camphire of each halfe an ounce, of the best
Turpentine halfe a pound and halfe a quarter,
melt all butt the Turpentine, and the Camphire
=

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And when itt is melted, stirre in the Turpentine and
Camphire, then power all into a Bason, the bason hauing
a quart of white wine in itt, and worke itt into little
Rolls, and soe Keepe itt, lett the Camphire and all bee -
throughly by Dissolued before you power itt into the wine
probatum est:

A Receipt to take away the red spotts out of
the Face after the small pox are gone.

Take of the Femitary water a quarter of a pint, wild tansey
water a quarter of a pint, sulphur vivum, a quarter
of an ounce vnbeaten; 3. or 4 leamons, powder of cam=
=phire a quarter of an ounce, and a pint of the best white
wine, Then using the Iuice of the leamons into a thing
by itt selfe, and boile the pith with the two waters and
the camphire, and when itt is cold, mix itt with the Iuice
of the leamons (when you haue strained) you must straine
the leamons alsoe, then poure itt so the white wine, and
lett itt stand 5 or 6 daies in thee Sunne.

Another Receipt

Take 1/2 a pint of white wine, 2 leamons, 4 graines of
powder of camphire, and a pint of milke, boile the milke
and putt the Iuice of the leamons into the white -
wine, and when the milke boiles make possett -
take of the curd, and then putt in the Camphire and
lett itt boile.

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An Ointment to take the spotts out of
the Face after the small Pox =

Take an ounce of deeres suet cut it small & put it into
a pipkin with 1/2 an ounce of camphire; melt them together
and take of sulphur vivum 2 penny worth, beat ~~them~~
it very small and sift it, and put it in when the other is -
almost cold.

A very good ointment for a tetter or any Itching

Take of lithridge of gold, beaten, and Searced into very
fine powder, halfe a pound, and put itt into a mortar
and stirre itt well Sometimes with oyle of Roses and Some
times with wine vinegre, till you haue consumed the
Best part of a pound of the oyle, and halfe a pound of
the vinegre, by which time itt will bee an ointment
and whitish, you must doe itt with a wooden pestle -

A Receipt for a Consumption

Take Dandelion, wood Sorrel, scabius, watercresses
bloudwort, yarrow, and parseley of each of these one hand
full; liuerwort, parsely rootes and fennell Rootes of each
of these, two handsfull; red rose water one quart, red Cocke
Chickens six, hunted to Death, and chopped into little pieces
all parts except the guttes, the hearbes must bee chopped which
when you haue done distill all these in a common still, with 20-
or 30 pieces of gold, and when the water is distilled, put therein a
quarter of an ounce of prepared pearls 1/4. of an ounce of pre=
=pared corral, 1/2 an ounce of confectio alkermus, and 2 ounces
of manus Christi, and then giue 3 spoonefulls to him to drinke
att a time that hath need of itt.

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Doctor Butlers Receipt against a consumption

Take China rootes thin sliced 2 ounces, steepe them 12
howers in 8 pints of fair running water, letting itt stand all
the Tyme warme, and close couered in an earthen pipkin
or Iorne pott, then sett itt on a cleare fire to boile with a cocke
Chicken, and a pice of Veale; keep it cleane scurn'd, then putt
to itt raisins of the Sunne, and Currants of eache 2 handsfull;
maiden hair and Colts foot, of each an handsfull; licorish
scraped and Bruised two stickes, 4 dates, 3 blades of

large mace, and the bottome of a manchett, boile all these together in the Pipkin, with your broth till itt bee of a reddish coulor, and bee not in quantitie aboue a quart, then straine the Broath, and bruise the Chickens bones all in a stone mortar, and straine the Iuice into the broth, then sweeten itt with suger candy, and Drinke a good draught warme 2 howers before Dinner and supper dayly, for 12. or 15 daies vsing still your ordinary Diett.

To make Mackaroones

Take a pound of Almonds laying them in cold water two daies shifting the water twice a day then blanch them out of that water, and pound them in a stone mortar, with halfe a pint of Damaske rose water, till they bee small, then take a pound of hard suger, and beat with them, then put them in a dish, adding the broth of 4 whites of eggs, and neere a peny white loafe grated and searced through a siue the make them

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Boile a little, and soe drop them on wafers cakes in fashion of a macaroon, washing them over, with the froth of eggs with a feather, and scrape double refined suger on every one of Them, which will Ice them, then put them into an oven, which must bee as hott as for manchett, looking to them that they doe not colour too fast, and when you conceiue they bee baked, take them out, the finer your suger is itt makes your mackaroones the better, and the whiter they will looke.

To make Violet Cakes

Take Violets, and cutt off the white ends of the leaues, put them into a pewter dish, and sett them into the oven after white bread hath been baked - therein, the heat whereof will dry them, which done beat them to powder and sift them through fine Taffany, Then take gum dragon, and steepe itt in rosewater till itt bee like starch, then take 4 - ounces of fine suger beaten and Searced, and make paste with your gum, that which you make must bee pretty stiffe, putting as much powder of the - violets thereto, as will coulor itt according to your owne desire, Then roll itt out like paste very thin

and cutt them into what Flowers you please, laying them on glasse plates to dry, if you will haue - your cakes red put 2, or 3 drops of Iuice of leamons to itt, if white nothing but suger and Gum.

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To make Diett cakes

Take ten of the palest coulered hen eggs, taking the skin and cock Treads from them, and putt them into a deepe stone pan, that will hold about a pottle, Then put a pound of double refined Suger finely beaten into Them, and soe beat them with a stick made flatt att the end about an inch broad, some 3 howers neuer letting - them stand still, in the Interim heat an oven as hott as for house hould bread, when the oven is hott take a pound of fine flower, and stir into the eggs, and suger with a few carraway seedes, and a little Amber greece, and muske, they must bee baked on tin or pewter plates, which must bee buttered within the brims and then drop a spoonefull and halfe of your bater, on each plate, and soe sett them into the oven, not aboue 3. or 4. att a time, because one must stand att the ovens mouth, with a slice and turne them as they see occasion when they rise vp in the middle, and looke yellow, they bee enough, when you haue baked them all take - them off the plates, and lay them on white paper, setting them into the oven, some three howers after, (when itt is almost cold to harden -

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To Make Doctor Buggs Sirrorup of Violett

Take Violetts picked and cutt and put them into a deep gally pott, then heat water seething hott euen ready to boile but it must not boile, and poure in as much of that water into the Violetts, as when the - Violetts are sunck you may presse a spoonfull of water over them, then couer the pot close with double paper and sett it in warme embers, but take heed they bee not too hott for if they bee it will spoile the coulor of the Iuice, let the pot stand in the embers, about 18. or 21 houers then presse them out as hard as you can, and take to a pint of Iuice almost 3 poundes of double refined suger, beatin and Serced, then mix

the Juice and sugar well together, you must not lett the Juice come into any mettall, but put it into the Same, or other stone pott, which couer close with paper picked full of holes, soe sett the pott into a skillet of cold water, setting it one the fire to boile till the SIRRUP hath a white crust on the top of it which crust take not off for that will keepe the coulor of the sIRRUP, when you haue occasion to spend any of itt make a little hole in the Crust, and poure out the sIRRUP through itt.

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An Approved Medicine for the Hickockes

Take such a proportion of warm milk from the cow as the party is in case to take for it may bee administred to one very weake, giving it to them very often if need be require.

To Make Paracelsus Plaister

Take .6 ounces of sallad oyle, one ounce and halfe of bee wax, 4 ounces and halfe of lithridge of gold, one ounce of Amoniacum and one ounce of Bdelium; Galbanum opopanax, and oyle of baies of each of these 2 drams; two drams of tapis calliminaris, two drams of Aristolechia; both long and round, two grams of mirrhe, and two drams of frankincense, and one ounce of venice Turpentine, the powders to bee beatin seuerally, first powder the lithridge of gold, and searce it very fine then boile itt with the wax and oyle till itt will not strick to your finger being cold, Then before it be cold putt to your gummes, but first dissolue them together in white wine vinegire, and straine them into itt, lastly ad to itt the powder, the oyle of Baies and the Turpentine soe make itt vp into Rolls

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A Medicine for one that is in a desperate fitt of the stone, and that cannot vrine

Giue the party a glister of halfe a pint of possett ale, where in pellitory of the wall and parsely haue been boiled, put to the strain'd liquor as much as a wallnut in quantity of Castill, spanish, or hard

soape, dissolved in the warme liquor, and foure
sponefulls of Irish Butter mix all and giue itt
the party luke warme, for a glister, lay the party
on his backe vpon a bed, lift him vp by the legs thatt
his body may Rest vpon his shoulders shake him
well diuers times to se if the stone may bee remoued
backward from the necke of the bladder, Then
putt him in a bath, vp to the necke, or onely to -
the short ribs, keeping itt in a Temperate heat
by the fire side, giue him a draught of possett ale,
and 3. or 4 hiue Bees drye'd and beat to powder,
whilst hee is in the Bath, where lett him remaine
an hower, make a poultis of leeks, parsely, and
Black soape beaten together with a little fresh
Butter, apply itt warme to the bottome of the
Belly, next aboue the Share Bone, and
betwixt the cod, and Fundement.

88/

To make Sirrop of Iilliflowers,

Take of flowers the Whitts cutt of, one pound of them and
infusse them all night in 2 pints of springe Watter In a
baleu, In the morninge strayne them out and add to the
licquor fower pound of the best loafe shugger then sett
it over a gentle Hyre untell the shugger bee Disolved
Without boylinge then strayne it leist there bee
Anye drosse in the shugger takeinge of all the
Skumme ass it Risseth In the same manner you
maye doe it With sack onlye 3 pound of shugger
Will bee Enough and me thinkes the SIRRUP much
better,

To cleanse Teeth Well

Take a quantitye of Powder of Corralls as much
powder of the pomye stone mingle it With a little
honneye and musk and soe keepe it and applye it
at your need of Rubbing your Teeth

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To Pickle ffrench Beanes

Cutt of the stalkes of the Beanes and laye them
In Watter and salt for about a Weekes space then

take them from that Watter and green them in
fayre Watter and When they are Verie green
and drained from that licquor Put them Into
the Vessel you intend to keepe them addinge
White Wine Vineger and Salt to them couer
them With an oylie Paper and Sett them
by your Vse in the Winter

An Excellent Reecat for a soare Brest to keepe it
from breaking ore for any other swelling one
it ore for any bruise Viz, Mrs Patts

Take an Equal quantity of honny and Aqua Vitta and
stirr it well together; over the ffyre vntel it bee a little
thicker than oyle then Beath your brest Well With it
ouer the coales and dipp a cloath in it and laye it
Morninge and Eveninge intell you fynd Ease

90/

To cause sleepe in feauors ore any other Distempers

Take the yolk of a new layd Egg a large Nutmegg gratted
as much bay salt as halfe the nuttmegg beaten the salt must
bee Verie fine Mix these Well together and spred it vppon a
fine lynnin Cloath take the Cold of one it and applye
it to the forehead and the temples and let it soe lye six
howeres and if need doe Require it you maye doe it agayn
but Obserue that Commonlye the first time does
the Worke of Causeinge Sleepe

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

Take a quantitie of hony and half that quantity of Roach Allum but
burne it and beat it to powder then mix it with the hony in a pewter
ore silver dish heat the End of the tongues ore the like Iron redd hott
and then stirr the allum and honny together with the said Iron -
heating it still hott vntill the Ingredients turne black and then vse
it three ore fower times a day with a little Ragge vppon a stick.

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91/

To Marriante soles ore flounders

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

haue in dressing White wine Vineger two or three -
Cloues of garlick brined Ten cornes of Peper cracked -
Laye your fish in the sauce and turne it once a day you -
Maye Eat it as it is done ore keepe it at pleasure and them -
sauce you must observe must thee accordinge to the -
quantitye of your ffish

For Aches thomas Blothers seare cloath

Take a quarter of a Pound of White lead one ounce and a quarter
of ceruse three large leaues of gold halle a pynt of sallet
oyle put the oyle in a broad Erthen pann skillet set it one the
ffyre a little While then put in the ceruse and stir it
With a stick tel it bee cleare and black, then make it
vpp in Rolles spread it one a cloath and lay it one
Warme Where your payne is and let it lye on vntel
it falls off of it selfe

92/

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

Take fower pound of flower three pound of Currans Verie well pickett
and dried after washed three ounces of fyne shugger a quarter of an
ounce of these spices Mace Nuttmegg and synamon fynlye and beaten
Mingle all these together take tenn Eggs have the Whites taken
away halfe a porrenger of ale last beat these Well together and
put it to your other things, Then take a pynt and quarter of
thick creame boyled melt halfe a pownd of sweet butter in it
and let it stand tell it bee but blood Warme then mingle it
With the other things it Will bee soe thin that you must sett
a hoope one your paper and power it into It must bee
baked in a quick ouen and Eaten New,

To Cure a quartan ore doble quartan
ague given me for Excellent by a Portuges

Olibenum mastick and safran mixt with one peny
worth of Venice Terpentine of each 1^d Worth beaten to
powder lay it one your Navell one however befor the
fitt comes Playster wayes Cures all manner of Agues

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93/

To Make a Iuyce of liquorish Mrs Lake s Way Viz

Take a pound of English liquorish scrape and kutt into small pecces sliced and bruised and put it into a deepe gallye pott and put into it Coultsoott watter horehound watter Isope watter scabius watter of Each of these a pynt Tye vpp the pott Verie close and sett it in a skillet of watter let it boyle in *that* watter fflower howers then take vpp the pott and take out *the* Licorish and beat it Verie small in a marble mortar put it in Cooke pott agayne to the same licqour and let it boyle in *the* skillet of watter fower howers more then strayne it and into a siluer basson and sett the basson one a skillet of boyling watter vncouerd that the thinnest part of the Licquor maye Evaporate then add to this a pound of white shugar candie finlye beaten and searced and when it hath melted well together power it into seuerall Cheynie dishes and sett the in the same ore a stoue and stirr the Everie daye with a wooden knife soe keepe it in a stoue till it is stiffe enough to roule vpp into knots ore lozenges you maye add in the making vpp of it a little musk ore ambergrisse if you please and dipp your finger in powder of licquorish to keepe the powder from strikinge to *the* stuffe drye *them* in a stoue ore in the sunne, This is most Excellent for consumtiue coughs of the Lungs
This Reecat Mrs Ann
melcombe procured mee
finis

94/

To Make Excellors Orenge Watter Viz

Take two quarts of the best Sack halfe a pynt of aqua vita ore brandye winne then take the Rynds of halfe a hundred of orenge pare them as thin as possible *that* no white appeare one them then steepe them all Night ore 12 howers in the *said* licquor *then* still all with a soft ffyre and your still must bee luted vpp which is pasted *that* noe ayre come in and this watter you must sweetened with shugger candie ore *the* best loafe shuger as you please *the* first quart is the best euery time you still
finis

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95/

Mr Leonard Wilkes Reecat for Good chocolate and the mixture it oft to haue of things

A milliarium 1000 Cacaos toasted & soe taken
the husks off Beinge Computed fower pounds Neat
Requires 3 ounces of synamon
6 Bynillas
3 pownd of shugger
If you please to put Musk in a dram will serue for
ffortye ore sixty pound, to put it in *your* Chocolate you must
beat it in a mortar with some white shugger and when
your chocolate is redy to bee taken of the stoue you must
mix it
You must have great Care in the Tastinge of your
Cacao perpetually stirringe of it while it is one the
ffyre for not to burne which if it happen will giue it a
badd tast
you must tost it in a new Cassuela that hath not been
vsed befor for not to giue it a badd tast
your spyces must bee sifted ass fyne as possible to
preuent any settlinge in *your* chocolate dish at the time
When it is taken,
Collonel Iohn Belasyse
had *the* receat with hime
Cadiz 4th 8October 1665

96/

For the Eys Mrs Rebeca Ashan ,
Excellent Receat of a Powder for them Viz

on ounce of Prepered Tuttye
on ounce of white shugger *candy* beaten & searced
on ounce of *the* powder of skutell Bone ore shell
To all thes powders as Much burnt Allum beaten
fyne ass much as will lye one A groate
Mingle all these together and blow thes powders
once a day into *the* eyes with a quill,
You must distil some Rotten Pepins and Wash *the*
Eyes with it vppon a ffether the Watter of it.

To make Inke *the* spanish Waye Viz

To 3 Alcarrasas of Rayne Watter
2 quartillos of wine Vinegre
8 ounces of gaules
4 ounces of Copres
2 ounces of gomme Arabicke
Stirr thes things frequently in an Erthen
pott for 7 ore 8 dayes & when you Vse it

97/

a Reecat for any bruise an Excellent thinge

Take 1 pynte of ffayre Watter 1 pynt of *the* best winne vinegre 1 handfull of peny veyall greene is best, use dry yff noe other 6 ounces off lichorish slyced and kutt small and pot let it simper in the aboue, *said* lichour but not to boyle fast, and let the quart boyle to 1 pynt litle more ore lesse and boyle it in a new pipkin and soe boyle bottle it vpp the licqourish you maye chew it in *your* mouth as longue as the Vertue last, take the licqour for a bruise, chaiffe ore shortness of breath and alsoe to bringe one to a stomack take two or three supps and fast always one hower ore tow after & soe vse it at *your* pleasure

98/

To Make orange Bisquit

Take orange Peells and watter them all night next day boyle them Verie tender shifftinge the watter. once in the boylinge then scrape out all the white pulpe leaueinge onlye the redd rynde Verie thinn and beat them Verie fyne in a stone mortar, to this you must put all the meat of the orange first boylinge it in a silver Tankard in seething watter a good Whyle the boylinge soe is to take away all the rawnesse, put away all the Iuyce as cleere as you canne without squeeinge ore Wringinge pick out all the hard skinns and seeds and put the pure pulpe soe boyled to the beaten orange peeles and beat them boath together, but befor you put the pulpe to the peeles you must waye the peels and to Euerie halfe pownd of peels you must waye one pound and halfe of doble reffynde shugger Verie fynlie beaten, then beat your pulpe peells & shugger all together vntill it bee Well mingled, then let it stand in the mortar till the next day, then beat it well agayne and spred it vpon peeces of glasse ore plates and when it is a little dry you maye kutt it into whate shape you please

99/

And then sett it in your stoue, yff you dry it hard
you must take all the meat cleane out of the
orenges Peells befor you watter them and the meat
soe taken is in which must bee boyled in the *said*
Tankard
finis

Captain William Webber 's Receat for the
Cureinge of most paynes & aches
Cadiz 1669

Take a pynt of white ffrench winne in a
pynt pott 10 leaues one cloues of mace 30
spriggs of sweet margerim Tyde with a thred
put boath these into the *said* winne & boyle *them*
vntell 1/4 *part* bee consumed then strayne it
through a cleane lyninge cloath into
another Vesell and beinge strayned retorne
it vnto the same pynte Pott & reafill it
with good sallet oyle with .2 spoonfulls
of white shugger, Now thus, brew *them* together
Vntill comes to bee noe warmer then

100/
can bee suffered to drinke, and *then* drinke
the same ffastinge in a morninge in your
bedd then off shirt & couer *your* selfe Verie warme
head and all for an hower lyinge fflatt one
your back, Then one hower more with hott
cloathes from the ffyre continewally frotinge
ore wypinge all the bodye ouer then begin by
little and little to take off the cloathes
from the bedd to coole *yourselfe* by degrees
but still wypinge that noe sweat returne
into the body for the space of an hower
and soe repeat *the* medecin an you
fynd in needful for a Totall Cure
finis

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101/

Mrs Rebekah Ash hir most
Excellent Powder for the Eyes

Take one ounce of Prepared Tuttye one
ounce of shugger Candye the whitest, beaten
and serced one ounce of *the* Powder of scutlebone

to all these powders as much burnt Allum
beaten fyne as will lye one a groate, *then*
mingle all these together and blow these
powders once a day into the Eyes with a quill
you must still some Rotten Pepins and wash
the Eyes with some of the watter noat that
the burnt alome
must bee alsoe serced
London

Para haser buena Tinta
Cadiz 6 de Nouiembre, Iuan
Baqueriso guarda de Nauio
que asido *Maestre* de escreuir y contarAlna a sumbre de agua lloudiza sin sisar

3 oncas de agallas negras rompidas de vn golpe
3 oncas de caparosa
1 vna onca goma arabiga
Medido toda en esta olla nueva puestra en la sombra por
doce dias y meneada 2 veses al dia con palo de higuera
hendido decrus al Cabo solo, y esta saldra muy buena
Tinta =

102/

Mr *william* ffens receat to make rare
Inke giuen mee in Malaga Ano 1646

Take halfe a pound of Gaules blacke & small &
break them in as few peeces as you canne & steepe
then in three pynts of fountayne watter for 2 dayes
then boyle the said watter with the gaules vntill they
consume to the quantity of one Pynt *then* take the
quantitye of three quarters of an ounce of copris
and put in it & then put in ouer the fyre agayne vntill
it boyles vpp a little then take it off and put it a cooling
and there will proceed good Inke, you may strayne it
yff you please,
Nota *that*
said Inke must be made in a new Erthen Pott and all
the whyle its one the ffyre, & off Vntill it bee cold
it must bee stirred;
finis;

103/

To make double Incke kalled In ffrench aneCre Luisante
this is the way and reecat My brother Mr
Iohn wescombe Gaue Mee *the* January 1671

To three pynts of ffrench wine must put one pound of gaules
which you must putt in an Earthen pott Ea'ther in *the* sume
ore neere *the* fyer soe *that* it may heat without boylinge duringe
three dayes, stirring it with a stick of a figue tree three
fower or more times a Day=
It will bee good after *the* Tow ore three dayes Infussion to aproch
it neere *the* fyer for fower ore fiue howers time, *that* it heat without
boylinge and afterwards when its Could to straine it through
a linnen Cloath= You must afterward take one ounce of copres
and put into it, with halfe an ounce of arabicque gumme, all well
pounded & stirre it from time to time vntill you see *that* all is well
dissolued,= & afterwards must adde to it halfe an ounce of uitriol [^] of
roman and let it all remaine duringe three fower ore more
dayes, and finally you must straine said Incke a second
time through a linnen Cloath & put it in *your* Botle the *which*
you must leaue Exposed to *the* heat of *the* sunne duringe
6 ore 7 dayes for *the* more you leaue, it *the* more it will
shyne & obseruinge these things you shall haue perfect

Recetta de Dona Maria Leal mi
Comadre para hazer Agua de Ambar
9 libras de rossas limpias
1/2 aroba de vino de lucena
2 onzas de clauo de Comer
2 onzas de Canela
2 onzas de Nues Muscada
4 onzas de benxui
1 onza de ostoraxe
1 Puño de Alxusema
1/2 libra de Cimienta de Treuol
1/2 quartillo de aguardiente de Cauessa
-

Todas las especias y simdas refferidas bien
Maxadas y aEchar todo en vn lebrillo ama=
sando con fuerca de brassos hasta que se aya
enbeuido todo el Vino y despues echar en vna
tinaxa ó Orza tapar muy bien con vn couertor
dexando todo estar Nuebe dias y despues sacar
ó destilar todo por Alquitara con poco fuego, y a
los picos de las Alquitaras atar vna Algodones con
vna poca de Algalia y a cada asumbre de este

Agua se eche vn quartillo y medio de Agua
rozada vn quartillo de agua de azaxar y
medio quartillo de agua de Treuol Todo
esto echar en vn perol ó Olla Nueva
Muy bien Tapada y dexar heruir vn
poco y a esta cantidad se eche Vna
adarme de Ambar dos de Algalia y
Media de Almiscle y vn papel de
Poluos de Ambar y despues desbaratar
todo esto en vn Almires Caliente y
echar todo esto, los flascos quando
el agua esta caliente Tapan dolis Muy
bien y poner dichos flascos al sol *quanto*
Mas sol Mexar estara dicha Agua de
Ambar

Cadiz Anno de 1676=

Mr Henry sheers receat Giuen My lord
Marshall howard for *parfummige* of
lether an Excellent way anno 1670 *Ianuary*

4 ounces of Ambar } Proportion of the Ingredients

2 - muske

1 1/4 - ciuit

3 - oyle Iesemi } Proportion of *the* Ingredients

3 - Gum Dragon

2 Pynts rosse watter

The Ambar in first beaten small in a mortar by it
selfe, and afterwards is put to it oyle of Iesemi *with*
which it is agayne beaten and mixed verie well use
Elce the ambar will wast in the Dryinge, beinge well
Mixed *with* oyle of Iesemi *which* requires 3 howers labour
they then put to it Gumm dragon disolued in rosse
watter and strayned through a fyne linyng cloath
being thus mixed they put to it the Ciuet stirring
and well mixed together then they put in the
Muske which is first well beaten in a mortar by
it selfe and Temperd *with* rosse watter, still
puttinge in and Tempringe the Composition
therewith vntill it bee of *the* Consistance
gap of thicke Cream

it is Applyde by a small spunge and one
quarter of one howers sunne in Madrid , Viz
Sol de Membrilla aboute the month

of lully perfects the worke
the proportions aboue Mencioned
& perfumes Viz
7 Cordouans 4 of *them* beinge Twice layd one
7 kidd skinns for fans
6 payre of weamens Gloues
finis

‡

Memoria Como se haçe El Picadillo de Xigote
de Carnero

Primera mente sepica la Carne y despues selaua bien y lue=
go, se pone en vna Caçuela, a sancochar Con agua, y su sal, y
vnos axitos picados=
Tenestando medio sancochada sesaca y seba échando en
vn Almirez, y seba malando, por si hubiere algun nerbe=
suelo en la Carne por mal picado, por este Camino sepuede facil -
mente quittar= Y luego se echa en vna Caçuela acoçer ^{con manteca de puerco} y sele=
écba suesaçeria de ^{^ nues muscada} de azafran, Canela, Clauos, de comer, y Pimienta
Yantes de sacarla, para lamesa, leuanten Vnas Yemas de
huebos Con suagris de limon, y sechecha enla Caçuela
todo y semenea, y de alli selleua este Plato de Pica=
dillo ala Messa=
Recta del Capittan *francisco*. del Poço
de Rota queta Remitio a Cadiz al Sr
Consul Donn Martin Biscomde
a 22 de Agosto de 1682
ojo, Con su manteca de puerco ó manteca de flanders

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111

Receta que me dio Vn relixioso en
Orleans a 23 de Mayo Iuebes de 1675
por cosa muy cierta para matar destruyr
chincas en las camas y paredes

Azoge, Hiel de Buey ó Vaca, Vinagre
fuerta, y cal, seca;
Misturar todo en Proporsion y battir y despues
de hecha pasta, poner della alos abuxeros
de las paredes y en qualquier parte dela cama
que estubieren y matara todas las chinchas
sin criar chincha alguna adonde *dicha* pasta
aya estado, eseta receta es Verdadera &c

white Cerus two ounces, liturage one ounce myrrhe halfe an ounce, lapis Calaminarius halfe an ounce Champhir a quarter of an ounce, white lead halfe an ounce, Bolus halfe an ounce, frankincence - halfe an ounce, Turpentine a quarter of an ounce Rosin a quarter of an ounce, Bees wax foure ounces oyle of Roses foure ounces, all the things that are hard must be prepared in fine Pouder, take the Rosin, Oyle, & wax in an Earthen Pipkin, & boyle them ouer a soft fire, then put in all your other things keeping it stirring, and let it boyle a quarter of an houre, then make it up with Cold water, into roles, when you vse it must be spread thick vpon leather, Prickt with the point of a kniue before - you spread it, one plaster will last a fournight wipeing it euery day, if it be an old wounde wash it euery day when you dress it with this watter, a pint of running watter two or three spriggs of rue, three ounces of honny a litle allome, let all these boyle together softly, till halfe be consumed, it must be hot when you vse it,
A most Excellent Plaister for all kind of wounds or old zoars, *this* receat you had from my sister Melborn in Essex *the* 12th of Iune 1683=

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Para mejorar y conseruar Vynillas

Majar 4:ó 6 vynillas *para* aliñar vn ciento y a vn ducientos, y en vna poca de Agua tibia desleir *dichas* vynillas Iunto con vna poca de azeite bueno ó de Al= mendras dulces, y batido muy bien esto, entonces se vntaran ó fletaran las vynillas con este yngredien^{te} Caliente poniendose vn dedal de Ante sobre el dedo pulgar y passandolos vno a vno con el Iugo de *dicho* Yngrediente ambos lados de la vynilla con este Beneficio se purificaran y temaran Nuevo Iugo, lustre y olor; despues de esto hecho se Tendran al Ayre por vna ora ó dos sueltas porque atandolas luego se pondrian maiosas y de peor calidad de lo que estauan antes de beneficiarlas

recetta del sariento de vn Oio Gordian ventura fernandes verino de Xeres / Cadiz 18 de settiembre de 1685=que vino en la flotta

Captain felpes of bristoll his recat Giuen mr
John Emilli in Cadiz *the* month of Ianuary 1687=
for the voydinge of Grauel & stone Experienced
vpon hime selfe vizt

Take watter cresses beat & strayne them as *your* need
& drink the quantity of halfe a pynte mixt with some *whitte*
french wynne ore renish
thes watter cresses are called in spanish verros
of which *said* nation often times Eate as a good
sallet as others Eat lettices
said felpes lerned & procured from *the* moors when
hee was a slaue in Barbery then much tormented
with *said* Payne till hee applyde this remedy *which*
vnder God Did cure hime;

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Remedio para Affixar Muelas y Dientes
Vizt

Tomar Dos *quartillos* de Vino.
dos ó Tres coxollos de Torbisco Macho
dos ó Tres Agallas
cuatro quartos de sangre de Drago
dos otros coxollos de romero
que quesen todo esto hasta que quede en la mitad
reducido y tibio eniuagarse la boca a discretion
hasta que *dichas* muelas ó dientes esten firmes &c
Cadiz 22 de Iunio de 1685 en el Officio del
Senor Lucas de Molina vn *senor lizenziado* me dio, esta
memoria ó receta &C

To Make a seed cake Mrs Tauerners way

To a pound of flower you must take a pound of butter,
you must drye your flower very well, then rub your butter
into it, then take six spoonfulls of the best alle yest and
Twelue egges takeing away 6 whites beat all this very well
together with your hand adding as much cream blood warm
as with weet if, when it is well beaten altogether you must
couer it with a clean cloath and lett it stand by the
fire to risse about half an hower then take a pound of
sugar carroways and strew them in with your hand mixing

them well together then put it into a hoop with paper vnder it which with the hoop must be buttered that the cake stick not then tye the paper close vp to the hoop that the cake run not out at the egdges, it must stand in the ouen about an hower, the ouen must be pritty quick and you must haue a care of scorching it.

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A very good reseipt for Beef steaks

you must take the tenderest part of the Beef and cutt it very thin and beat them very well then strew them with a little peper and salt, then take some butter and put it in the frying pan with a pritty larg onion holle, you must stirr the butter till tis melted that it dos not oyle, then put in your steaks which must be kept shakeing all the time they are ouer the fire, and you must keep them turning, your fire must not be rash and when they be fryed enough haue the yolks of 2 or 3 egges beaten and mixt with some clarritt wine and Iuce of leamon and a little nuttmege which putt into the pan to the steaks takeing out the onion so toss it vp till it be thick and then serue it up

To make a Carrett pudding

Take *the* quantity of three large Carrotts & boil *them* tender in Beef broath, then beat *them* in a stone mortar to a paist, sweeten it with half a pound of sugar or more, some salt & *the* greatest part of a nutmeg, a little Orang flower water, then grate a penny loaf & sift it thro a siue cullender, then put a pint of cream scolding hott to your bread, & when it is a little cool, ~~mi~~ mingle six eggs well beat & soe put all into *the* mortar together t̄ to beat

then put it into a Dish with puff paist & soe ~~balk~~ Bake it

A plain Bak'd pudden

Take a two penny loaf grate it or slice it thin & scald it in a quart of Milk, then before it is quite cold put to [^]it three quarters of a

pound of Beef suet finely shred, a whole nutmeg, some salt, three quarters of a pound of sugar, a quarter of a pint of sack, eight eggs and soe Butter your pan & Bake it -

To make a Rice pudding

Take ~~the~~ the third part of a pound of rice flower, & put it into a quart of New Milk, sett it over *the* fire, & keep it stirring till it is as thick as you wou'd mix a pudding, beat six eggs. & putt *them* in with spice, & stir *them* all together soe put it inot a dish, & half an hour will Bake it, if you please put marrow, or half a pound of butter./

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To Ming

To Pickle Artichoaks

Cutt *the* Bottoms clean from *the* leaves & Choak & lay *them* to steep in salt & water for an hour at least, prepare a pickle with *the* best white wine vinegar, Horse Radish or Iamaica pepper, if you please a g clove or two of garlick, when your pickle is boild, wipe *the* bottoms of *your* Artichoaks dry, & *then* put *them* in *the* pickle & give *them* a gentle boil, & *then* pour off your pickle & lett it stand till it is luke warme & *then* pour it agin upon your Bottome & soe lett it remain.

140

To make Orange flower Cakes

Dip your Suger in watter & set it over a quick fire Let it boyle til it is almost suger again then put to, it three spoonfulls of water to the quantiti^y of half a pound of suger Let it boyle til it is clear then put in your Orange flowers & Let them boyl^e up then pour it out on silver or china & dry theme in a stove til they come out

To make them another way

Take a pound of Orange flowers the leaves only
melt 4 pouⁿd of double refined suger with a little
water over *the* fire & when *the* suger is clear and
that you find it begins to candy cut the orange
flowers very small & put them imediately into
the suger and Keep them allways stirring take
the pan of *the* fire and spread *them* all on a great dish
and put *them* to dry in a place where sweetmeats
are commonly Kept puting ^a chaffing dish of
coales

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near, *them* you must make *the* surrup run all over *the*
dish, when they are almost dry breæk them in
peices and turn *them*, heap *the* smaest peices one upon
another and ^{make} the surrup run between both

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Lemon Cream

Take a large lemon & pare of *the* yelow skin as thin as
tis posible ~~then~~ then take *the* skin par'd of to *the* white & put it
into allmost 3 quarters of a pint of spring watter & lett it
bye 3 hours *then* take seven^{nine} whites of eggs & beat them very well
squise *the* iuice of four lemons and half a spoonfull of Orange flower
watter, & half a pound of duple refiend suger beaten, stire *them*
together, *whenthe* suger is melted straine it through a tifyny sive
into a silver skilet or stone pipkin sett it over a quick fire &
keep it stirring all one way till it be as thick as cream *thentha*
take it of *the* fire, stirriⁿg it tell it is cold, so put it into
glases.

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To make Raisin Wine For Elder Mrs
Pain of Glosters way

Five pound of malingo Raisons clean
pick'd & Chop'd small to one gallon of
water, wine Measure; boyl the water &
let it stand till it is blood Warm, then
pour it to the Raisons keeping it stir'd

every day for fourteen days, then strain
it off, & put in a Pint of Elder Iuice
to every Gallon, & stir it well together
then let stand eight Days in the Vate,
then pour it off from the settlement &
Tun it, & when it hath done Working
put a Tile stone on the Bung or the
bung: slightly In 'till it is fine then
Bottle it off: you must prepare
the Iuice as follows

To pot Beef

Take a good ~~hand~~ fat buttock of beef. weigh=
ing two stone, a pound of common salt, two oz
of salt petra, 1 oz of pepper a large nutmeg, half
an oz of all spice, a quarter of an ounce of
mace. Beat *your* spices and salt & mix 'em all
together very well, & rub your beef well *withthat*
quantity, let it lye in itt three nights & 3 days
then bake itt all night with bread, Larding *your*
beef with a pound of fatt Bacon, & *the* marrow
of two Large bones. put *your* beef in a pott *this*
will hold itt Laying *the* bones at *the* to, & put
in a pint & half of pump water, after *your*
beef is bak'd take it out from *the* pott & drein
it from *the* gravy and put it into *the* potts
you design to keep it in breaking it smal
with a spoon, & as you break it put in one
of its own fat to keep make it moist. then flat it

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down even, and as close as you can. When
'tis cold Butter it up for your use. be sure to
pott it hott

To keep the Iuice of Elder to
make Wine at any time

Pick the Berrys off the Stalks, then
put them in a Pot & draw the Iuice
in an Oven, then Strain off the
Iuice but let it run as long as it
will that you do not bruize the Berrys,
then put it into Wide Pans like
Milk Pans, & in a day or Two there

will be on the Top a perfect thick barm,
which you must scum off, then when No
more rises put it into a Bell-Mettle
Kettle, & boyl it & Scum it as long as
any rises, after which the Juice
will be as fine as any Wine, then pour
it out into a Pan & when 'tis quite Cold
Bottle it & Cork it but not too Close

To preserve Orange flowers

Take *the* Largest flowers you can get, and
to a pound of leives take four pounds of
treeble refined Sugar, bruise the leives a
little between a Napkin, and boyle them
in a good deal of water till they are tender,
if the water grow yallow in the boyling
change it for more, which is likewise boyling
hot, then take your sugar and dip it in
fair water, and put it ouer *the* fire till his
melted, into a syrrop and twill scum
and. when tis cold put your flowers, into
it, cover it close and let it stand all night
then boyle all together till the syrrop.
is thick and put it into Glasses or pots
you must boyle *the* flowers in silver or
pewter, and very quick, &c.

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To pickle Walnutts Mrs Mary Hill s Way

Take an hundred of *the* Largest french Walnuts
at the beginning of Iuly, before they are hard
shell'd, just scald 'em that *the* first skin may
rub off them, throw them into brine *that* will
bear an Egg, for 9 or 10 days changing them eu'ry
other day & keep them close from the Air *then*
dry 'em & make your pickle of good Vinegar
black pepper, Ginger, of each one ounce,
cloves, mace, & Nutmeg of each half an ounce
beat the spice with a Large spoonful of -
Musterd seed, boiling your spice in *your* pickle
put *your* pickle on *them* boiling hot 3 or 4
times. If you see Occasion, be sure to keep
them close stop'd. A spoonful of this -
pickle is good in any sawce. 3 or 4

cloves of Garlick do's well if you do not
dislike the tast. two quarts of Vinegar
to this quantity.

the Queen of hungary s water

take two Gallons of the best brandy Ten pound of
Rosemary flowers let them steep in a new well Glasse^{ed}
e^arthen pot with a cover to it four or five dayes either
in a warme place or in the sun keep it so close stoped
that it loose none of *the* spⁱrits and then distill it in a
limbeck *the* head being very close passted on & as you
draw it of in order write *the* first second and third if you
use it outwardly for baithing it must with *the* strongest =

A receipt to pic^kle oysters

open *the* quantity that you designe to pickle into a basin
wash *the* oysters in the liquor very well then strain it
through a fine sive or thin cloath put the oysters into
the liquor again seasoning them with whole white peper
& Mace according to your taste put them over a very quick
fire and iust let them boile up then separate the liquor ^{from}
the oysters and put to *the* quantity of a quart three spoonffulls
of Good white wine vinegar and give it a boile or two
over *the* fire then when *the* liquor and oysters both are cold

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put them together adding half a dozen bay leaves
if you finde the liquor too fresh you may add alittle
salt according to your taste and pray observe they
wont keep above two months

To pickle musarunes

Take your musarunes wash and Clean them well
in fair water & salt with a peice of flanell when dun
put them into a pipkin or silver skilett and boyl
them fast up in watter & salt then take *them* out &
and put them into Cold watter till Cold then take
them out and lay them upon a Clean Cloath till
dry then to prepare your pickle take good vine vinegar

according to your Quantity of musarunes put into it
mace Cloves Ginger black pep^r and a nutmeg a
little bay salt & when well boyld let it stand ~~th~~ till
Cold then your nutmeg will slice also put in your
spice into the musarunes and Cover them with your
pickle tye them down close put oyl upon them if
you think fit

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To make Mrs Looks Balsom

Take a pound of *the* leafe barrow Hog Take of
the skin and beat it well with Rose watter then
Take two ounces of stone Pitch two ounces of
bees wax a pint of *the* best Oyle Incorporate
these over a soft fire till they be all in one body
straine it through a cloth then put to it 4 ounces
of oyle of St John's one dram of spermesity give it
a warm over *the* fire to mixt *them* well put it up ~~un~~
in a pott with two grains of ambergreese-

To make Fritters

To a Pint of small beer two Eggs
some Ginger & salt & make it
into a thin batter with flower
let it stand stirring it often a
good while before you make them
you may slice your apples or
Chop them.

To make wiggs

Take a pound of flower & 6 or 7 eggs & a
pint & halfe of good ale yeast put into the
flower some ginger finely pounded then rub
in the yeast and eggs lightly then make it up
into a light past with 2 pound of butter melted
in some new milk just so hot as to melt the
butter then let it stand Covered warm by *the* fire
for halfe a hour to rise then you must work
in halfe a *pound* of pouderd suger mixed with one
ounce of caraways seeds -

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Take toddy arack & bath watter
 an equall quantity Iuice of
 orange Sweetend with white
 suger drink it hott & tis
 amost sovereignn medicin
 for the Colick

To make Shrub Mrs Carryl

Take *the* rinds of 10 Lemons very thinly
 pared & also the iuice strain'd, put both
 into 3 quarts of Brandy, & let it stand close
 cover'd in ^a warm place 2 Days, then boile for
 half an hour 3 pints of spring water, when -
 so boiled put to it one pound ^{& quarter} of double -
 refin'd sugar, boile it another half hour
 & scum it very well, put it hot to *the* Brandy
 & Lemons, & let it stand close cover'd about
 30 hours, then strain it thro' a jelly Bag &
 put it into Bottles, & when it has stood a
 fort'night strain it again into pints -

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To make *the* red Powder

Cardus
 Draggons
 pimpernell
 Scabius or Devills
 bitt; of each a handfull
 The roots of Elicampain
 Gentian
 Tormentill of
 each a handfull
 Slice the roots & shred *the* herbes &
 steep *them* in a quart of good strong
 white wine 24 houres or more close
 cover'd; take a pound of bolearmonak
 the cleanest from filth and made into
 fine powder put itt in a pewter dish
 & strain as much of *the* wine from *the*
~~herbs~~ herbes as will wett it as thick
 as a hasty pudding. sett itt in the
 sunn and strirr itt 3 or 4 times a
 Day

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and as it dries put in more till all
is strain'd hard from *the* herbes then
put in an ounce of Methridate an
ounce of harts horn in powder &
a dram of Saffron in powder or
desolved in a LITTLE of *the* Iuce and
mix it all well to gether and when
itt is pretty still make it into balls
and dry it in *the* sunne

A Powder to be given to awoman
in Labour

Take some grains of parradice and
the like quantity of Saffron and
so of date stones and [^] of Cumine as much as all
the rest make all into fine powder and
if the Labour stops give of this powder
15 graines & 10 graines of Myrrh in
powder in candle or alebury; if it do's
not do give the same quantity once
in two houres ; but be sure *the* Child
come right 'tis a great forcer &
ought not to be given But when there
is great Occasion ; if *the* after paines
trouble her give her one dose: ~~of this~~
if you would keep this powder by you make
it up in balls with harts horn Jelly

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Dry itt and so itt will keep as
Long as you please

Docter Lowers bitter Infusion

Take filling of Steel two ounces
infused in milk watter one quart
Gentian watter compound 8 ounce's,
wormwood watter compound 6 ounce's,
digest itt cold for 16 Days *then* power
it off from *the* steel, *then* add to the
Liquor Gentian root half a scruple
the tops of Century pne pugill
Roman wormwood half a pugill

Cardus Benedictus seed 2 dram's;
then Digest it again six houres *then*
bottle itt
Take 6 spoonfulls night &
Morning

To make a very good Plumb Cake

Take seven pound of Flower dried att
the fire: put to it a pound of Lofe sugar
an ounce of mace and a Little salt, the
yolks of 30 Eggs *the* whites of 14 well -
beaten; 3 pints of yeast, & a Little -
Orange flower watter a little brandy if
you please & some musk & amber -
greece *that* must be steep'd over night then
take a good quart of sweet Creame;
set it on *the* fire, & put in five pound
of butter to melt, put *the* Eggs & yeast
through a hare sive into *the* flower & on
the other side *the* Creame with the butter
that was melted in itt warm; mix alto=
=gather very well like a stiff pudding &
strow a little flower on itt & set itt
to the fire about a quarter of an
hour

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hour till you see itt rise then take
12 pound of Corrinths wash'd pick't &
warmed at the fire. work *them* into
the Cake pritty quick with some Cittron
and Orange peel if you please then
butter *your* hoop and power itt in
set itt in a quick oven and bake itt
about an hour.

To make an orange Tourt of Puding

Take a Cevill orange peel: boyle it
very tender then scrape out all *the*
skinns *then* put it in a marble mortar
with half a pound of Butter & half
a pound of Double refin'd sugar
beat *them* well together till itt be Like

a paste. *then* grate in almost two Naples Bisketts & take *the* yolks of 7. Eggs the whites of 5 & a very little Cream beat them well and put altogether with the Juice of an orange and orange

flower watter to bake itt half an hour with puff past crust under and over itt roll'd very thinn
Let not your oven be too hott.

A Recipe for a Cough.

Take 4 quarts of spring watter, 2 quarts of bran; a thick marsh mallow Leaf root 2 ounces of green Liquorish; boyle these to two quarts strain it & sett itt on the fire again, to every quart of this Liquor put a pound of double refin'd sugar, a pound of malago reasons & an ounce and half of Cinamon
Let itt boyle very slowly a quarter of an hour; then strain itt again & Drink of this every night after *the* person is in bed; a Tea dish full made [^]pretty hott and as much in *the* morning before they rise

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To Cure a Flux infaliably

A handfull of Oak bark 2 sheets of the whitest paper about of an ounce of Double refin'd sugar boyl'd in a pint of spring watter then strain it and put a Large wine glas full of right french Clarret and - give a glas of it 3 or 4 times a Day.

To Cure Deafness

Essence of Castor dropt 2 or 3 drops into the ear and *then* put a Little wool to be had in Devonshire street

at the Golden head .

To Make spanish Pap

Take three spoonfulls of fine rice
flower too4 yolks of Eggs 6 spoonfulls
of sugar two of Orange flower watter
mix these together & put them -
into a quart of Cream & set them
on *the* fire stirring of itt till itt
comes to ^ a reasonable thickness then
put them into cups or glasses.

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To make Goosberry Wine

Take 12 pound of green goosberry's as
they are ready to turn and beat them
in a mortar; then to every twelve pound
of Goosberry's put a gallon of raw water
let it stand all night then drain it
out and to every gallon of water put
4 pound & half of ten penny sugar
& let it stand another night and then
let it run through a Flannel bag and
then put it into your vessel & to every
ten gallons put a quarter of an ounce
of Issinglass cut small into your Vessel
when it is fine Bottle it.

A receipt to cure any Inff^lamation or
sweling In the Mouth or throat

To make the mouth water

Rosemary
Red Sage
Plantan Leaves }
& roots together
Egrimony
Alehoofe
Scabius
Sincfield

Wood bine Leaves
Bramble Leaves
Cullobine Leaves
Ground Ivy Leaves
Horstale
Issope }
each of these 1
handfull or *the* like
quantity of each &
lett them be Clean
wash'd in Conduitt or
spring watter - thro' 3
water Then put them
in a new Earthen
Pipkin which you must
keep one porpose for this
use & put as much
conduitt or spring
water to them as will
iust cover them, &
boyle *them* upon a
moderate fire about
5 hours
Then Take the herbs Clean from *the* Water
and take of the best Hony 1 pound to
each Gallon & one quart of water wine
measure of *the* best Common Allum to Each

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Gallon 1 ounce Then put it upon a soft fire
about a quarter of an hour Then strain it
Thro' a Close hair Cive into an earthen pan
or steen and lett it stand twelve hours untill
it setles or becomes fine, Then you may eather
draw it of from the Lee in a steen or into
Bottles for you use Keep it alwais well stopt

To use the several things here mentioned
Take this Method

Take four or five spoonfulls more or less as
The Malady may require it about blood warm
then take a fine bit of a linen rag & dip it in the
water lapp it upon the end of one of your
fingers and put as much of *the* powder as will
lie upon itt then goe tenderly & touch the
place agreived as near as you posibly can
& shake of *the* powder upon itt & then take a
serringe full of *the* water & force itt

as strongly as you Can to *the* place agriev'd

and let the party Hold it in there
mouth, and gargle it upon the place then
spitt it out into a bason this doe three or
four times together then let them wash there
mouth very well with the water after it
then take a ~~linen~~ Peice of fine flanel
not new and dipp itt in some of *the* oyntment
very warm⁺ as posibly the agrieved person can
suffer itt & bath *the* out side of *the* place
agriev'd very well then take your flanel
& wring itt preety dry & pin itt under
then Chin & keep the place very warm
then aply the Plaister as derected and
lett the party Eat a porringer of white
bread & milk sweetned with double refine
sugar & put a good peice of fresh butter
in itt then goe to bed and lēly lay the head
prity high & lay upon the side least agriev'd
Take care your bare hand or finger doe not
touch *the* place agrieved either inside or out
side

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To make the pouder

Take one ounce of the best white sugar
Candy of ordinary Allum halfe an
ounce Burn'd and as much Bolearmorick
as will just couler it red & beat
them together to a fine powder
then Cift them through a fine
Cive & soe use it Keep it dry
in a box or Gally pot Close
cover'd
Observe, The water & powder are sufficient
to cure any sore mouth or gumms
or any inflamation in the throate
where no impostumation does appear
but if your throat mouth or gumms be
swelld or imposumated it will require
the use of *the* plaister and oyntment
following

To make the Plaister

Take ~~Two~~ Two ounces of cumminseed bruse
them very well in a Glass mortar
& put one handfull of *the* finest
Rye flower you can gett to *the* seed
then mingle them together with the
best white wine vinegar untill itt
be like a paste then spread itt
between a sheet of halfe pound
brown paper for each plaister (make *them*
both of a size proportianable to *the*
persons head *that* is to use Them) Then
bake them in a fire shovel untill
they are pritty dry & put one of them
to *the* Gnape of *the* neck and the other
to the mold of *the* head & binde them
on with a fillet that they may not
remove:

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To make the oyntement

Take A quarter of a pint of *the*
best oyle of olives or Sweet
oyle, one fowrth part of a Rolle
of Diacalum Slice itt very thin
& put itt to the oyle then Sett
itt upon a soft fire untill the
Diacalum be melted & put itt
in an Earthen vesel to keep for
use

Mrs Badge's Plaister

Take [^] of the best white Rosin you can get one pound
beat *your* Rosin. & to a pound you must take 3
ounces of the best yeloow bees-wax slice it into
Iust as much sallad oyl as will melt itt. When 'tis
melted. put in *your* Rosin and *then* put in two ounces
of Common Black pitch syber it together 'till
'tis all disolv'd. *then* make it up in Roles for *your*
use

To Make french Bread

Make your milk a little warmer than new milk
to 3 pound of flower half a pint of Ale yeast, a
very little salt. mix these together not very stiff.
when it begins to rise put it into little wooden dishes
& Let it rise in the dishes when *the* Oven is ready
(which must be pretty quick) Turn *them* upon *the* peat*the*
bottom's upwards. & set *them* not too close in the Oven.
When bak'd rasp or grate off *the* out-sides. flow'r the
Dishes well before you put *the* Bread into Them

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To Make Black Currant Wine

You must boile *your* water & sugar toge-
=ther a good while till you have scum'd it
that it looks very clear. then pour it boiling
hot upon *your* Currants. and let itt stand
'till you think it of a good Colour *then* pour
itt off without pressing the berries much. and
tun itt up. If you find itt don't work of itt's self
in a week's time or such a mater bung it up
close. when 'tis fine and *the* sweetness pretty
much Lost bottle itt off. to each gallon of
water. two pound of half of sugar. and about
2² quarts of Currants. you must not bruise
them.

To make a potato puding

Take 2 pound of potatos & boyle tender then beate them in
a stone mortar with 3 quarters of a pound of butter till they
are well mixt then add a quarter of a pinte of sack a -
little cinamon & 8 eggs half an hour will bake itt

To make Puding for a Hare

Take to a penny white Lofe a quarter of
a pound of beed suet or if you please -
half bacon shred them very fine a little
spinage winter invory & lime a little-
onion or shalot shred fine mix all these
to geather in a dish season it with -

peper & salt then slice in *the* bread &
pore in as much boyling milk as will
make it pretty moyst cover it Close & -
lett it stand till it is almost Cold & -
then brake in two Eggs & beat it very
well together

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To make plum porige

Take a large leg of Beef & Cragg
of Mutton to 4 gallons of water a little
salt in the boyling when the meat is
boyl'd to rags strain it off & sett it by
till it is Cold. the take off all the fatt
& sett it over the fire & putt into it
the quantity of 3 penny white loafes
gratted & lett it boyle halfe an hour
then put in 2 pound of Currants that are
plumped in water & when they have bin
in a quarter of an hour put in 4 pon'd
of reasons *when* they are halfe boyled put in
2 *pound* of pruments & a handfull of salt then take
2 *pound* of suger 1 quart of red wine 1 pint of sack
1 ounce of cinamon 1 nutmeg halfe a quarter
of an ounce of mace 12 or 14 cloues

& a litle Iemeca peper Beat & sift
all this spice & minyle is with *your*
wine & sugar giue it but one boyle
before you use it

To make minced pyes

To a pound of neats tongs take
^{one} 2 *pound* & halfe of beef suett a pound of
Currants & halfe a pound of stoned
reasons Cutt small one quarter of *pound*
of pruments cut also, halfe an ounce of
cinamon halfe a nutmeg 4 or 5 blades
of mace 7 or 8 cloues & a litle Iemeca
peper beat & sift all this spice take fore
4 ounces of ^{^ candid} orrenge peale 2 of candid
citron 2 of canded lemon peale *the* rine
of fresh lemon shred very fine 3 or 6

pipins halfe pint of sack verluice & a very
litle suger

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The Milk Cordial Water

Take a Gallon of red Cows milk in the month of may
and distill it in a cold still, then take the water of the milk
so distill'd & add to it sixty snails bruised shells and all, also
one handfull of bettony & as much scabius, Houndstongue, liverwort
clary & baume & Eringo roots Five Grains of leaf Gold a quarter
of an ounce of Alkarmes the Gelly that is ~~betwext~~ betwixt *the* foot
and leg of beef, one handfull of Dates one handfull of prunellos
4 ounces of Double refin'd sugar Then distill it altogether.
Drink six spoonfulls at a time first & last

The Plague Water

Take of Sage, Salendine, Rosemary, Rue Wormwood
Mugworth Pimpernell Dragons Scabius Egrimony Baume.
Scordium Centory Cardus Bettony Rosasolis of each a good
handfull, Angelico-roots, Beniamin=roots, Turmindall Ledoary
Liquoras of each half an ounce slice the roots & wash the
Herbs & dry them then Chop them & put *them* all together into
8 pints of white-wine if *your* wine be small put 20 to it & steep
them in it Two Days & Nights close stopt then put it into an
ordinary still, & so Distill it

To Make Queen Cakes-

One pound of Butter, one pound of
flower, one pound of sugar, You must
beat the ~~Beat~~ Butter and Orange
flower Water half an hour, then put
the yolks of six eggs and beat it -
Together, then stir *youre* sugar and flower
and Butter well together, then add the
white of an Egge thereto, and set it
into the Oven, but not too hot - To this
Quantity a quarter of an ounce of mace. sift
some double refin'd sugar over them iust
before you put 'em into the Oven

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To Make Elder Wine

Take 20 pound of Malago Raisons, pick rub & Chop them; put to *them* 5 gallons of water, let *them* stand 10 day's, then strain *the* Liquor from *them* and put into it 2 quarts of the iuice of Elders berries *that* are full ripe, having been infused in hot water in a iugg or baked in an Oven, when it is Cold put it into *the* Liquor, stirring it 'till it is well mixt then strain it put it ~~thro~~ *your* Barrell & let it stand 6 weekes before you bottle it, put into each Bottle a little Loaf Sugar.

To preserve mulberries -

To a pint of mullberries, you must have, two pound of Loaf Sugar, *which* you must dip in water, & make a thin syr^rope, when you have scum'd it, put in *your* mulberries which you must only scald and set them by in the syrrope, 'till next day & then boile 'em moderatly and set them by for *your*

To Make a Cake

Take six pound of flower, six pound of - Currants, 2 pound of Butter, 20 Eggs & use but 8 of *the* whites, of 'em. one pound of sugar a pint & half of new Yest, Cinamon, Nutmegs & mace of each a *quarter* of an ounce, a quart of Cream *which* when ready to boile take off *the* fire & slice *the* butter into itt. & stir it together, let it stand 'till it be not scalding hot, *then* mingle *your* flower spices sugar & Currants (being wash'd & dry'd) together then put them all of ^a heap Cross *the* middle of *your* pan. beat *your* Eggs well & mingle them with *the* yest, & strain them & pour 'em on one side and *the* Cream on the other side of *the* flower & mingle all well together. Then double a sheet of white paper 12 inches deep.

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it in what Compass you please. with white-brown paper at bottom & butter *the* paper. when your Oven is hot to *the* degree of baking penny bread put *your*. Cake into *your* paper case

pretty thinn for 'twill rise very much, cover it
with paper that it be not Colour'd too much
Let it stand an hour in the oven

To make Andules

A Calves Chauldron þ Boil'd, when cold mince
it fine, Take the like quantity of lean pig meat,
mince that also, to four pound of *the* minced meat
put near a pound of Bacon fat cut to *the* bigness
of Barley Corns, if you put any Leaf fat, let
it be cut to *the* size of smal Dice, mix that with
the minc'd meat, to 5 pounds of *the* meat, put 10
Eggs well beaten, you may put in half a pint
of good milk, season it with salt, peper, cloves
Nutmeg, & a little Coriander seed, some 'Mariorum
Thyme, parsley, & Onion, of shallot, season'd to
the palate, stuff your meat into Bevior ropes
cut them in lengths at Discretion. Boyle 'em
as you do Hogs puddings, they will keep
good a month at least, Broile or fry them
when they are to be sent to Table

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To make shrubb

Pare 12 Lemons very thin and pull off the White
rinds; slice them but not through; put to them *with*
the peals into 4 quarts of Brandy, let them stand
three Days cover'd close, put to them a pound &
half of Double refin'd sugar, then take out the
Peels and squeeze the Lemons, *then* put in half
a pint of milk and let it stand one night; after
which add two quarts of french white wine; strain
the whole thro[^] a ielly Bagg 'till 'tis fine, then
Bottle it

To make syrrup of Lilly flowers

Take the quantity of Lilly flowers you design to do, when
you have cut them, put as much boiling spring Water as will
wet 'em, let 'em stand close cover'd 24 hours; to a quart of
tincture put a pint of sack, *then* squeeze the tincture from
the flowers, & to a pint put two pound of single refin'd loaf
sugar, melt the sugar eno[^] to raise the scum, let it stand

simber but not boile; when it's cold bottle [^]it for use.

To make Orange Cheesecake

Take half a pound of sweet almonds, blanch'd & beaten fine with the orange flower watter, half a pound of sugar sifted, 3 quarters of a pound of Melted Butter, Let it stand 'till 'tis almost cold, Eight Eggs (leave out 4 of the whites) beaten. Boyle the peel of a Large Orange very tender in quarters, shifting the Water 2 or 3 times. Beat it fine in a stone mortar, mix them very well - together, make *your* past light, and smal, fill them pretty full, Lemon peel do's almost as well

To make Lemon Wine

Take 12 quarts of water & 4 pound of sugar, boile it and scum it 'till it be clear then put in the Peels of 7 or 8 Lemons & boyle 'em in it about a quarter of an hour, take it off; and put it into an Earthen poll & let it stand 'till 'tis cold, then take the white part of the Lemons off & slice them into it in very thin slices. & put in a pint of the Best Brandy, work it as you do other Wine, & thun it up let it stand in the Vessel a month then bottle it off.

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To make white Elder Wine -

Take 20 pound of Malaga Raisins, Pick't, & Chop't boile 8 Gallons of Water, let it stand a while, put it to the Raisins, with 4 ounces of white Elder Blossoms the iuice & rind of 3 Large Lemons let it stand 9 Days stirring it every Day, then strain it thro[^] a hair - seive, & put to it 4 pounds of single refin'd sugar stirr it well together, & Barrel it up, let it Stand 2 months, & Bottle it when 'tis fine.

To Scower Pewter

Take half a peck of Wood Ashes & half a peck of Lime a little slack'd, put them into Seven Gallons of soft Water & let it boile one hour stirring it often; Let it stand 'till Cold, then pour

it off clear & Bottle it for use,
you may use it hot or cold.

Palsie Water -

Take Sage, Rosemary, Betany flowers Lilly of the Valley flowers single Piony flowers, Burr ridge & Buglos flowers, spike flowers, Orange flowers, of each a quart; put 'em into a Large Glass and put to them of Aqua-Vitae enough to cover 'em, Stop it close, and tie it down fast with a Bladder wet in water, then put in as many Lavender flowers (stript from the stalk) as will Fill a Large-Gallon Glass, & put in more Aqua-Vitae, let all these stand 6 weeks, then distill it carefully in an Alimbeck then put to the Water Citron Peels dry'd, Piony Seeds hull'd, of each 6 Drachms, *then* put in Cinamon bruised Cardimums, Cubells, Nutmegs, Yellow Sanders, each half an Ounce Lignum Aloes one Drachm, make these into powder, put them into the Water Iujubes new and good Cut Small half a pound *then* stop the Glass & cork it well as before let it stand 6 weeks. *then* prep out the Liquor, *then* put to it prepared pearl, smarages, Musk & saffron; of each 10 grains, Amber greese a Scruple, Red Rose Leaves dry'd red & yellow sanders, each an ounce, hang all this in a sarcenet Bag in *the* Water never to be taken out 'till the Water is spent. Give 40 Drops to a Man; 30 to a woman in Crumbs of Bread & sugar Especially against the New, full, & Change of the Moon

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To make snaile Water; for a Consumption

Take the chips of Oranges & Lemons, of each 2 ounces of Ground Ivy 10 handfulls, Hyssop, & Coltsfoot 6 - handfulls of each, Nutmegs beaten, an ounce & half a peck^k snailles wash'd in white Wine & broken in a quart Let them be Sprinkl'd with a quart of Canary, & let them stand 12 hours, & after add to them of New milk 12 pints, Distill them in a rose still, take 7 Spoonfulls of *the* distill'd milk, & *the* ^{^like} quantity of new milk, morning & at the hour of rest, & every 4 hours, & when you do not use new milk, sweeten it with a spoonfull of the following surrup.

To make Surrup of Snailes -

Take a quart of 3 pints of white snailes with the shells, wipe them uery clean, & put them in an Earthen pott, with a Laying of Fennel at the Bottom, & upon that, a Laying of snailes, & so between euery Laying of snailes, a Laying of Fennell, then couer them over

with fennell, this being done in the Euening, Let them stand all Night, and in the morning wipe them one by one, and prick them, & fill them up, the shells with the snailes with double refin'd sugar, ofr while sugar Candy finely beaten. then put them in a clean strainer, Laid an hour before in red rose water, then hang it upon a Gally pott, *that* the iuice of the snailes with the Liquor may drop into it, then put up that syrrup into a close glass, and take a spoonfull of it, in the morⁿing, & as much at Night when you go to Bed, you must cover the pott close, when you Lay the Snailes with the fennel, Laying a weight upon it, Least the snailes get out

To make Lemon wine

Take 12 quarts of Water; & 4 pound of sugar, boile it & scum it 'till it be clear, then put in *the* peels of 7 or 8 Lemons & boyle *them* in it about a quarter of an hour, take it off & put it into an Earthen pott, & let it stand 'till cold. Then take *the* white part of *the* Lemons off & slice 'em into it, in very thinn slices, and put in a pint of *the* best Brandy; work it as other wine, & tun it, Let it Stand a Month in the Vessell & Bottle itt

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To make Cinamon Water

Take a quarter of a pound of Cinamon, break it small into 3 quarts of Water, over night, stopping the Vessell close you put it in on the morrow put it into a still *the* half of it, & as near as you can guess unless your still be Large, if so you may draw it at once then pour over it 2 quarts of the best Brandy & 2 quarts of your Lees of white wine, still it very gently, a very ~~sme~~ smal Quantity of fine sugar put into the Bottles

that receives it is enough, for 'tis apt in itself to be Sweet, your water will be strong eno^, If you draw a Gallon from *your* still, and draw one quart of smal by it self, which is very good for uses; ^ where the strong cannot be used. Five quarts in all

To make French Bread Lady Lansdowns

Take a peck of flower, make a hole in the flower & pour in a pint of milk blood warm, stir it very thin, put then to it half a pint of milk, & half a pint of yeast, *then* mix them together thin & cover it thin with flower, then let it rise a *quarter* of an hour, then take as much milk as will mix it all, then add half a handfull of salt & a quarter of a pound of Butter melted in † the milk both. Mix all together not too stiff, & lap it up in a warm cloth, then make it up in roles and let it stand a quarter of an hour, and put it into the Oven imediatly

To make an Apple pudding

Take ten apples, scald *them* & make them into paps, then take *the* yolks of 8 Eggs, & two spoonfulls of whites, *the* crumb of a penny Loaf, one nutmeg grated, half a pound of Butter melted, the Eggs must be well beaten & strain'd through a sieve, put in a spoonful of Orange flowe^r : water, (or sack) then mix 'em very well together, & sweeten it to *your* tast, let the dish be well butter'd before you put in *your* pudding then put it in the oven, being moderately hott, & let it stand an quarter of an hour
add a little grated lemon peel & if the apples are mellow some of the - Juice

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To Make Shrewsbury Cakes

Four pound of flower: two pound of sugar, both dry'd & sifted one pound and half of new butter, *the* salt & butter milk clean wash'd out, rub it in the flower & sugar, 'till it all Looks like grated bread: then with 2 Spoonfulls of rosewater (in which was) a Nutmeg slice. & steep'd all night) & 6 spoonfulls of fair Water. make it up into a past: flat & role them out into what bigness you please, but not too thick, the oven must not be too hot

The past for cheescakes - or tarts

A pound of flower, a pound of butter, rub the butter into the flower, & beat 3 Eggs and wet it with them.

Nuns Biskett

Take 1 pound of beaten sugar 1/2 a pound of beaten and blanched Almonds, 6 Eggs, beat all them together 'till it's very white, then put in a quarter of a pound dried flower, the rinds of two lemons grated or shred. bake them in such pans as you doe Naple Biskett, sift sugar over them. you may put candyed orange or Citron sliced thin into them if you please.

To make a pleasant Bitter

To 1 quart of brandy take the Peels of 1 dozen Oranges & 1 oz Gentian let it steep for 3 weeks. Then put in a litle safron & Cocheneal let that lye 3 weeks & then filter it off -

For Worms in Man Woman or Child

Two Drachms of Rhubarb, 2 of Burtnt - Hartshorn, ~~one~~ ^{one} of Worm-Seed, put them in a plane Muslin bag, & steep these in a Quart of Small-Beere twenty four Hours. give three or four spoonfulls fasting in *the* morning, & at four, after noon, fasting an hour after.
- Probatum Est:

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To short paist without Butter

Bake your flower first, then take a quart of it & the yoalks of three Eggs & a pint of Cream two ounces of fine sugar & a little salt, soe make it into paist.

Walnut water or the Water of Life

Take green walnuts the beginning of Iune -
beat them in a mortar & distile them in an
ordinary still. keep that water by it self.
Then about midsummer gather more and
distile them as before, which alsoe keep by
it self. then take a quart of each & mix
them together & distill them in a Glass-still
& keep it for your life.

The Virtues of this water are as follows

good for Dropsies & Palsies drank with wine fasting
one drop in *the* eye cures sore Eyes, it help Conception
drink there of one spoonfull at a time in a glass of wine
once aday. good to wash *the* face with, good for all
infirmitys of *the* Body, drives out all corruption of
inward bruises, dranck moderately with wine, kills
worms in *the* body, drink much of it you shall live
till *the* world is weary of you. it recovers for soure
wine in four days clos'd stopp'd

A Drink for the Ricketts

Take 6 or 7 Leaves of Hartstouge, of Liverwort and of Hy=
Sop, with yarrow, wood betony Coltsfoot, Plantane, Egrimony, violet
leaves, strawbery leaves, maiden hair, alehoof, of each of these
a handfull, Liquorish an ounce, any seeds a spoonfull, Currans a
quarter of a pound, 4 lent figgs sliced, 2 dates stoned, Raisons of
the sun ston'd a handfull, boyl all these in 3 quarts of running
water, till it comes to a quart, strain it off & put into it
an ounce of brown sugar Candy & give *the* child 3 or 4
spoonfulls of it every day at 4 in *the* afternoon & at
night

Oyntment for *the* Richetts

Take camomile, Feather few, Rosemary, Lavender, Southern wood, Bay=
leaves, Rue, Hysop, Thyme & Alehoof, Then take a pound of unwashd
butter boyl it skym it clean, *then* take of each of *the* aforesaid herbs a
handful. chop *them* very small & boyl *them* in *the* butter half a quart^{er}
of an hour, *then* strain it off & anoynt *the* child with it morning
& night for 3 weeks or a month together on *the* breast and
back bone & rub it well in before *the* fire, opening *the* breast

with both hands as you do it. -
The drink is to be took at *the* time
you use *the* oyntment *which* is to be
made with may butter & used spring &
fall.

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To Make syrop of Violetts

Take three quarts ^{of} violetts: put a full pint of boiling
water, which must be kept close cover'd twenty
four hours then strain it off & put your pint of
tincture cold upon 2^{ll} it of double refin'd sugar
finely beten; stir it often in a day: & in a weeks
time the sugar will be disolu'd the: violetts must
be pick'd the leaves from *the* green: & *the* heel of
the violetts must be put to the leaves end

To make clouted cream

Take a gallone & half of new milk sett it on
a clear fire & cott is boil then put in one quart
of sweet cream & stir it about alittle while
over *the* fire, then pour it into two or three pans
and cover it till the next morning then take it
ot carefully with a skimmer & put it into a dish
one upon another, some eat it with sack & suger
but I think it excellent with aple pasty

A Reci'p for black Cherry water

Take 12 pounds of black cherries clean pick'd
from the stalks brease *them* stone mortar
then put them in a earthen pan & pour upon
them 2 quarts of *the* best Canary & 1 quart of *the*
best french Brandy Distill this in a cold still
with a clear fire keeping a wett cloth on *the*
top of *the* still from this quartity you may
draw 6 quarts of very good water

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A Receipt for hams of Bacon

Take a peck of spanish salt four ounces of peter salt and fiue pound of the bronest sugar you can gett put all these into as much water as will beare an egg to the breadth of six pence the pickle must not be boild, put in your hams lett them by three weekes in the pickle which will, keep a quarter of a year when you find it begins to decay then you must boil it and scum it and this will be fitt againe to put in fresh hams when you take them out of the pickle dry then will with a cloth and rub them ouer with any kind of fatt then hang them up and make a fire with sawe dust or muck of the stable: to dry them do not let them hang to long in the chimney. if you do beef thus us admirable to eat fried or broiled as your rasures of

bacon to make dutch beefe they must be leane peices but the other must be fatt, this pickle is very good to salt tongues this quantity of peickle will couer 4 hams and 5 or 6 tongues Beat the salt peter very fine before you put it in:

To make a very good cake

~~make half an ounce~~

Take a bare peck of flower 6 pounds of currats half an ounce of mace, half an ounce of cinamon a quarter of an ounce ^{of} cloves as much nutmeg half a pound of ^{fine} sugar & as much rose water as you please beat your spice, & put that & your fruit with a lettel salt into your flower, then take cream or new milk as ^{much} you think fitt dissolve tharein 2 pound of fresh buter

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then put it in a basin with the sugar & a pint of sack knead it with with a pint of Ale yest till it rise under your hand let all things be ready & your ouen hot before you go to knead the cake, half this quantity

makes a larg cake

To Make clouted Cream

Take a Gallon and a half of new milk,
let it on a clear fire and let it boy'l,
then put in one quart of sweet Cream,
and stir it about a litle while over the
fire, then poure it out into 2 or 3 pan's,
and cover it like the next morning, then
take it of carefully with a skimmer, and put
it into your dish one upon another, Some

eat it with wine and sugar.

The Head Pills. Mrs Capel 's *Receipt*,

Take of the roots of round Birthworth,
Gentian, Ditanum, Amber, white wax,
venice turpentine, Myrrh, Chalk of each
2 Drams, Methridate three Drams, 2 ounces
of Aloes, & as much syrrup of Marsh Mallos
as will make it into Pills. take three -4-
or 5- of them goeing to bed and breakfast
or gruel the next morning.

These pils, are good for any pains
or disorders in the head, Cholick in the
stomack, any sharp or Cancerous humour
& heumalik pains, stone, gravel, or
ulcers in the Kidney's, the Gout, worms in
children, and has, often cured the green
sickness when steels would not it is also
good for Melloncholy, & causes sleep, and

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and may be taken 2 or 3 times a week
as you be occosion. and requires no
Confinement.

To Make Led Powder

Mrs Salvages way

Take three pints of white wine,
& put to it of Tormentill roots, Angelica,
Pimpernell, Dragon and Carduus of

each one handfull, shred them small
before you put them into the wine,
let them infuse 12 hours, then take
a pound of the best Bole Almanack
then pour upon it so much of the
wine as will make it as thin as
Batter, and set it into the sun to dry,
stirring it every hour; when it is dry

wet it again till it hath soaked up all
the wine: at the last wetting put to it
Methridate, Diascordium, powder of
Elecampane, Burnt Harts horn, and
Crabs eyes, of each one ounce, saffron,
and prepar'd pearl of each three drams
let it stand in the sun till it is stif
enough to make into Balls, and then
make them up, and let them dry in *the*
sun if the sun be hot enough you
may dry them in a stove.
You may ad to it two
drams of powder of Virginia
snake weed root.

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To make almond Cheese cakes

Blanch & beat half a pound of Almonds
as small as possible with as much orang:
flower water as will keep 'em from oyling
then put to 'em half a pound of fine
Sugar three quarters of a pound of melted
butter and x x 8 eggs mix & beat 'em all well together x & bake em in a quick Oven in
patty pans In past made with flower &
butter if you beat *the* whites of *the* Eggs
all to froth by them selves twill be *the*
better & grind the Almonds as you doe
mustard thay will be finer then thay
can be pounded gap
You must put but half a
pound of Butter, & strain the
butter thro' a sive, & put the
Eggs the last thing when the
butter begins to grow Cool.

To make Almond Milk

Take 2 spoonfulls of Barley & a quart of watter the barley must be bouled In 3 waters

And the E^{ed} water must be put to the

Almonds. To a pound of Almonds 4 quarts of water The almonds must be Blancht and beaten very well with Oringe-flower water, then put the Barly water to the Almonds mix it well to gather and Strain it, put it into bottles & into each bottle a Littele Sugar

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To make surrup of gilliflowers

Take one pound of clipt flowers and as much iuice of Lemons as will wett 'em very well than take three *pound* of sugar dipt in water & boyled to a syrrop, you must Prep out the Liquor of *the* flowers hard & pour it into the syrrop upon the fire stir iust once about with your spoon & take it off speedily, 12 Lemons comonly makes 2 quarts.

To make a Whipt Pudding Whip the whites of ten Eggs, beat extreamly

and mix some flower & cream or milk with *the* eggs a little salt & either Butter or marrow bake it and it hott

To make Calues Foot Jelly

Take 2 Feet, 2 ounces of Hartshorn, & boyle it in four quarts of water & boyle it till comes to two quarts, then pour it out & let it stand till 'tis cold then scum off all the fatt on the top and take away all the drop at the Bottom then mix *withit* one pinsh of white wine or Rhenish wine, the iuice

To Make the Divine Oyntment

Take 22 ounces of Ox Marrow, well clean'd - from strings or bones, steep it ten days together in spring-water, shifting the water thrice a day,

then take it out of the spring water, and -
steep it in Rose-water four & twenty hours,-
then take it out & put it into a fine linning
Cloath & hang it up to drain the water from it.
afterwards get Benjamin, storrax, Cyprus and
florenc orris-roots of each one ounce -
Cinamon half an ounce, Cloues & nutmegs
of each one Drachm, all which must be well
beaten & powder'd, then mix in the marrow
with a spoon, afterwards put it into a pott
of two quarts, which must be well clos'd with a
lining cloath, & flower with the whites of eggs that
the steam may not goe out. put *the* pott into a kettle
of water which must boile three hours together with
a moderate heat fire, reckning from *the* time it begins
to boil, you must haue another kettle of water
boiling to fill the other as it waists alway keep=
=ing water up to the neck of the pott, after three
hours boiling take it from *the* fire & strain it thro a
fine-lining cloath, & put it into potts.

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To drye artichoake bottoms

Boyle them as usually till *the* leues take well from *the*
bottome on some flat thing & put them soe into an oven,
after things ar drawn out of it when it is to be sposed it
is allmost cold that thay may be but Iust dry
keeping their green Colour.

Syrrop of Elder

Put the Berrys into a Iugg & stop it close.
then put it into a kettle of water & let
it simmer over the fire till all the Iuice
is drawn out; & to a pint of Liquor Put
a *pound* & 3/4 of sugar, & boyle it to a syrrop

To scow'r Irons

Take wet sand, scow'r Your Bars with
it, then wipe 'em dry with a linnen
Cloth, afterwards rub 'em with Woollen

Mrs Berkers Receipt

To Make a seed Cake

Take a pound of Butter, wash it in Rose Water, then work it with your hand 'till tis as thin as Cream, then take a pound of flower well Dry'd, and a pound of double refin'd sugar finely beaten Two Ounces of Carraway seeds, three thimbles full of pounded mace, Mix all the dry things together and put them by degrees into the Butter then mix them well together then beat 9 Eggs, half the Whites, and 3 or four spoonfuls of sack Put these into the other Ingredrients, beat it all well with your hands, having your Oven ready put *your* Cake into the hoop and have a double paper Butter'd to put over it if there is Occasion
One hour will bake it.

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Mr Hughs's blistering Plaister

Take Burgundy pitch Eight ounces, Venice Turpentine & Cantharidis finely powder of each two ounces and a half. Mix these ingredients Well together over a gentle fire, little or much of this may be made by abating or encreaseing the Ingredrients proportionally

To Make a Perfume

Put into four ounces of spirit of wine (that will burn all up) two scruples of Ambergrece, & one scruple of musk, tye them in a rag with a bit of lead to make'em sink hang it in the middle of the spirit of wine & set the glase in hot water till *the* spirit has desolved the musk & Ambergrece, stop the glase with a Cork stoped with hard wax or dip *the* cork in hard wax - a drop of this will perfume a quart of any Liquor

To pott Salmon-

Take a whole Salmon, and Splitt it, and wash it very clean, and scrape out the blood *that* is settled at the back bone, then cut it into severall pieces, then - season it with cloves mace, Iamaica pepper, black pepper, and salt to *your* discretion. Then put it into a pot close down, and cover'd with butter on *the* top and a Layer of butter at *the* bottome, when it comes out of the Oven, bone it, and let it stand to drein the Gravy from it, When *the* Salmon is drein'd & cold, then press it, or, pound it, If you think it not season'd eno[^] add more in the potting of it of all sorts the butter that is baked with it will go a towards covering it - If you pot it in pieces it requires more seasoning

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A Receipt for the Dropsie

Take of Sena 6 ounces
Polipodium Roots 6 ounces
Bay berries 4 ounces
Annis=seeds 3 ounces
Ash Keys 3 ounces
Sasafras 2 ounces
Bind Weed 2 ounces
Rubarb 4 Drachms
Bind Wheat, (Alias) Wave Wind, one handfull
Bruise all *your* Ingredients & put'em all into a bag and let'em hang in 4 Gallons of Ale 7 Days
It must be drank as Common Beer till Well:
The Same Ingredients will Serve twice, & be very good the Second time If you immediately put up *the* Same Quantity of New Ale and let it Stand 7 Days as before directed, and Drink it as before Directed -

Lady Katharine Windham 's Reciept
Powder for Convulsion fitts -

Take *the* Herb call'd Lady's Smock strip the Blossome clean from the Stalk & dry *the* Large Green Stalks by themselves & *the* Blossoms by themselves, then mix'em and powder'em & sift it through a fine sive, Give to a young child as much as will lye on a 6 pence, to a Man, or Woman a Spoonfull, three

Days before a new Moon, & 3 days after, & the
Same before and after the full Moon

Mr Bamber 's Medicine for an Horse has the
Grvypes

Take one handful of Green Onion tops,& one handful
of Marsh Mallows, put them into two quarts of
water and boile it to one Quart, then put in
to it two Onions chop'd and half a pint of
Turpentine, strain it, and give it to the Horse,
or Mare warm.

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A Receipt to Make Veal Glew.

Take a Leg of Veal, cut of all *the* fat. Make a
uery strong broth of the Leg & Strain *the* Same
through a Sieue, that it may be very clear, when
this is done, put the broth into a broad flat
Stew-pan that will hold it all and set it upon a
high Chaffindish of Charcoal, & stir it Continually
about, that it may niether burn nor boile the -
whole time it is upon *the* fire, which must be about
7 hours; After this set it by for a Day or two, &
then cut it out of the pan, and Scraping off
the Sedement (if any) put the clear Jelly into
a China dish, and place it upon a Stewpan
of hot Water, placing the Stew pan upon a
Chaffing dish of Coals; the Water in the pan
must be kept boiling, 'till by the steem the
Jelly grow of a Glewy Substance which
it

To get out Iron moulds

half a pint of Iuice of Sorrel,
half a *pint* of Lemon iuice, of
salt & vinegar a spoonful, boyl
it togather & bottle it for use,
it must be used hot & wash'd out
as soon as done

For a Woman as soon as brought
to bed.

Gasgoin Powder & spirmacite one
scruple Dioscordium 1 scruple &
1/2, & iuice of Alkermes to make
it into a bolous, to be taken at
night with a drought of Pennyroyal
& Doctor Stephens Water, three parts

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The Red Powder Mrs Rogers

Take of Cardus, Rue, red sage Lillys of
the valley; Tormentile, pimperl, Dragons
Bitony, Angelica, Scabious, Speedwell,
of each one handful, Snakeweed one
handful wormwood half a handful Vervain
Agremony of each a quarter of a handful
Shred & bruise the herbs, & infuse them
in to quarts of white wine in a jug
Close stop'd, & set it in the sun. nine days,
then strain the wine from the herbs, then
take a *pound* of bole armoniac finely powderd,
then put as much of the wine after it is
press'd out as the powder will take up, &
set it in the sun to dry & as it drys up; put
in more of the wine stiring it two or 3 times
a day 'till all the wine is dry'd up in the
powder so as to be fit to work like paist,
then put in the same quantity of each sort
of herb as is infused dry'd & powderd,
one ounce of Diascordium, an ounce & 1/2 of
of Mithridate & ounce & 1/2 of Venice Treacle

back endleaf 1 verso || back endleaf 2 recto

back endleaf 2 verso || back endleaf 3 recto

back endleaf 3 verso || back endleaf 4 recto

back endleaf 4 verso || back endleaf 5 recto

back endleaf 5 verso || back endleaf 6 recto

back endleaf 6 verso || back inside front cover

back outside front cover

MV
MC

spine

head

fore-edge

tail