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 stampt in a morter till a spoonefull
or lesse quantity bee strained thereout, put thereto a like quantity
of white wine vinegre, make the same Luke warme, in a -
porringer, or Sawcer, and therewith anoint, both the temple
and forehead, and wett two lynnen cloathes therin, and bind
them ouer the forehead and temples, and then lett the
party apply himselfe to sleepe.

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

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

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

A medicine for a burne. or Scald.

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

A Medicine for a searecloath.

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

The white oyntment for any Itch.

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

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, (but 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 snailles, your butter being melted in a Kettle, then putt in your blacke Snails and lett them boile halfe an hower Stirring them all the while, then take itt off the Fire, and take two handfulls of Rosemary, of Balme, of Lauender, of Lauender cotten, of Southernewood of corsemary, of Elder Leaues, of Buglas, of Brookelime, of Camomile, of Sage, of Bay leaues, of hearbegrace, of mint, of wormewood, of each of These two handfulls, which must (4) Bee gathered in the heat of the day for they must not bee - mashed, but shred, and bruised in a morter then set your butter againe vpon the fire, and put in all your hearbes, letting them boile till it comes to an ointment, when your hearbes bee halfe boiled, put in a porringer of cow dung, and hen dung, newly made, put all these together to boile with your spices as followes. 3 quarters of a pound of the best frankincense, two ounces - of nutmegs sleted, of mace bruised, when it is - boyled to an ointment take it off the fire, and straine itt, and soe lett it stand two dayes, then clarifie it upon coales, & soe put it up for your vse, This is an approved good oyntment, for any bruise or old ach, as alsoe for the spleene or the Gout. its alsoe good for a wrench or spraines=

A Medicine for sore Nipples

Take an ounce of Bee wax, an ounce of Deere suett; and halfe an ounce of fine Suger, a quarter of a pint of rose water, boile all these together till it bee salue, and spread
it upon a cloath, and lay it to the nipple warme, This will heale any choppe or skinne broken in the nipples.

Mr Iohn Rutters

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

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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 Gallindine 1 ounce of Beewax 1 ounce of oyle of spike 1 handfull of camomile 1 ounce of oyle of Roses 1 handfull of smallidge -

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

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 Juniper 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.
your wax liquid, and in another your turpentine, then put 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.

To make an Oyntment for a Bruise

Take a quart of Elder flowers green from the Tree, dryed by the shadow in the space of 12 howers, then beat them in a morter of stone, and out thereto a pint of beane flower finely bousted, and being compounded in a Morter, put them into a glasse or gallipot, adding thereto a quart of sallad oyle, with halfe an ounce of fenigreeke or more being finely beaten and seirc'ed, the meale and elder flowers must bee bea= =ten till they come to the likenes of paste, before they come to bee put into the glasse of oyle or into the fenigreeke, where= of you may adde an ounce if you please, the grosse substance
of the oyle you may vse in manner of a plaister, this vse of this oyle is thatt you must annoint your greiued place by the fire, chafing it in with your hand, then apply thereto a red Cloath, and so lett it lye from one dressing to another keeping the party grieued very warme, especially if itt bee in Winter.

To boile a hanch of Venison:

Boyle it in water and salt, and after it is halfe boiled, stuffe itt with a little beefe suet, and sweet hearbes, and nothing and nothing in the stuffing saue the Grauey, put to it a little Clarett wine, with 2, or 3. yolkes of 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.

A Medicine for the Greensicknes

Take 6 ounces of new filings of steele, wash them cleane And heat them red hott in a crucible, then quench - them in fower pints of Rhenish wine, doe thus thrice then ad to the wine halfe an ounce of nutmegs, three drams of Cynamon, two scruples of cloues, one dram of dryed citron pill, fower ounces of Suger, let these - stand together in awarme warme place 4 dayes together then power off the wine with an easy hand not stirring the powder in the Bottome. Take first 4 spoonfulls of this wine in a morning, fasting, and exercise for an hower after, but eat nothing for 3 howers space, after the taking of it, and after 4 dayes encrease your dose to six spoonfuls 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.
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 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 use it take a pot of Running water and set it on the fire till it beginsse to seeth, then take it off, and put thereto, to two spoonesfulls of powder, and Stirre it a quarter of an hower, & let it stand untill it bee cold, and when you will use it 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.

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, eggs 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 Judgement of the Baker.

For the cough.

Take Aquavitae halfe a pint, 6 figs cut in halfe about 20 raysins of the Sun whole with one ounce of white suger candy, then burne it to a syrrup and of that syrup take 3 nights together a small propor=
tion about one spoonfull full when you goe to bed and
god keepe you.

To make Doctor Chambers his water

Take a gallon of white wine it must bee Gascoigne
wine, then take ginger, mace, cloues, annis seedes,
Fennell seeds, carraway seeds, and galingall of each of
these a dram, then take sage. spearmint.=thyme-
and wild Thyme, 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
but not soe good as the first, this is a most excellent water
or weake people.

To make a water for a Squinancy.

Take a pint of running water, and make it ready to boile
then take a handfull full of dryed red roses and put therein &
lett them stand in that hot water about halfe an hower,
then strain the Roses from the water, and put in 3.
or 4 drops of oyle of Vitrioll, and as much syrrup of mul=
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.
To make an Admirable good Water against Melancholly =

Take a pottle of sacke, and put it into a larde glasse. such an one as you may stop close, put into it 3 handsfull of Rosemary flowers, 4 handfulls of walleflowers, 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 handsfull, such of these Flowers as haue white bottoms 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 dissolved 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 dissolved 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 usually 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 poppies 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 graine of Bezar, and a pound of fine -suger candy, then hang in the glass six graines of muske and Sixe graine 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.
Campana, then cover it vp close with paste, all the Top bake itt in an oven with browne Bread, and when it is baked straine itt through a linnen cloath, and when it hath stood till itt bee cleare, then drinke six spoonesfull of it in the morning and at fower of the clocke in the afternoone.

To Take out the holes of the Small Pox.

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

For a Consumption.

Take snailes in the shells half a pecke, wipe them very cleane with a cloath, and put them into an earthen pott, with a good - quantity of sage. that the said snailes may skowre themselves & let the pot bee well couered that they get not out, and soe lett them stand 24 howers there in, with an awle pricke everyone 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

For A Consumption (vizt)

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

Take of french Barly, the rootes of Smallidge, the rootes of fennell, the rootes of Asparagus, of each two ounces; of the hearbes, Succory, lyon-tooth, Endiue, of each two hands =full, the hearbes lettuce, liuerworte, femitary, and hops, of each one handful; maiden hair, white maiden hair, centerach, lycorish, winter Cherries, Dodder, of each Six drams boile these in 12: pints of water to the consuming of the third part; in which decoction being strained, infuse all night 6 ounces of Rubarbe, of spikenard 6. drams. then straine itt and ad to itt 6li of suger, clarified with the whites of Two eggs, and boile itt gently to the consistence 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.
To make Aqua mirabilis

Take 3 pints of sack, one pint of Aquavitae, and halfe a pint of the Juice of celandine, cloues, mace, ginger - nutmegs, cubebees=cardamomum, galangal, meliots Flowers of each dram, well bruised together and put them into a glasse to infuse 24: howers, then still it with a very soft fire, and let the still bee pasted vp close, you may add juice 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 jelly 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 alseoe, and a pint of of that juice that was strained, and one spoonesfull 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.

To make plaine cake

Take to Six pound of flower, three pound of sweet Butter rubbed in the Flower, one pound of sugered Carrawayes, a quarter of a pound of fine suger beaten, mingle it with the carrawayes, one pint of thicke creame,
one pint of Ale yearst, knead your cake and lay it before the fire to rise halfe an hower, and when you goe to mold it, put in your carrawayes and suger, and soe lett it stand 3 quarters of an hower in the ouen.

To make a Fricacee

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

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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 Juice of a leamon. -

To make a Pye.

Take a handfull of spinage another of lettuce; al= =most as much of sorrell, 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 &
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,-
coriander seedes, carroway seedes, grumwall seedes, and Iuniper.
Berries of each a dram, bruise your spices, and your seedes seuerally
a handfull of reisins of the sun stoned, and 2. or 3 figs sliced, put all these
into a wide mouth'd glasse, then set it 20 daies in the sun, and stirre itt -
every 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.
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 receuier 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 - Receuier, for that turneth into water as red as bloud, and being all come put it into another glasse stopting the mouth close, which let stand soe long vntill the water become very cleare, and in coulor like to Rubie, now it being on this wise as aforesaid distill the same againe in Balmeo maria, and soe often repeat this vntill you haue distilled itt Six, or Seuen times ouer that the coulor bee changed- and in the end be like to the coulor of gold, which then is most pleasant of sauor, and soe sweet that nothing may bee compared like to it in fragrantnes of smell, itt doth dissolve 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= =velopely helpe the cough, the Rheume the desease of the Spleene, and many other deseases scarce to be beleuied; -
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, throughe heale of his desease, alsoe this helpeth the falling sicknes, and preser= =ueth the body from putrifying, soo 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 preserve Walnuts.

Take some walnuts about the latter end of June or the beginning of July when the shells are like a jelly or before they be tuffe then pare the upper thin skinne off like an apple, and make a hole with a Bodkin through every 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 altogether till the walnuts bee prettily 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 egs, garnish your dish with stewed pares, and Barberies and Season itt with suger.

To make hipocras for a consumption

Take a pint of malmesey, and as much wormewood water - put them into a fair glasse of a pottle or more, and putt thereto an ounce of cinamon, two drams of case ginger which is pure and white within, bruise the cinamon, and ginger great; and put it into a glasse, and putt 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 every time - you take of it shake the glasse.
To make Harts horne Ielly.

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

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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, pimpemel 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 spooneful or two if you bee infect
=ted, and sweet thereupon if you are free of infection -
three quarters of a spooneful, at morning, and halfe a
spooneful 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 lug, then put in the galls, stirring itt 2. or 3 times a day letting it stand 8 or 9 daies, a and then put in your coperas and Gumme as you vse it straine itt.

To make Almond Puddings

Take a pound of the best Almonds, put them in, water over night, and in the morning they will blanch when you haue blanched them beat them with a little rosewater; take alsoe 12 egs, and boile them hard, and chop them very small; mingle them with your Almonds, and 6 penny loaues, grated and sifted, seuen egs beaten, with three pound of suet, a little Cynamen, mace, and nutmegs, and as much suger as will sweetin itt very sweet, wett it with as much creame, as will make it not too thinne and soe fill them in your guts, 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 whilstt 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 brookeline, one handfull of Harts tongue, one handfull of lungwort, 2 handsfull of
liuerwort, one handfull of Betony, and one handfull of
egrimony. wash them purely cleane, and swing them well in
a cloth, that there bee noe water in them, and beat
them well in a stone morter, and put thereto a quart of
red cowes milke warme from the cow, then straine them
through a Fine cloth, put it vp into a Bottle, and
let it bee close stopped, and let the child drinke of
itt. Itt must stand in a very coole place. ___

An Ointment for the Rickets

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

To make Ielley of Calues Feete

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

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 warmeness of the milke from the cow is the reason of the thickness of the creame, soe lett it stand 24 howers if you thinke it will keepe noe longer sweete, and then take it vp as thick as the creame will afford; & you will find it a very thick creame, and cleane another Taste if you exactly observe 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 clarret wine, and a pint of water, and a whole leamon after you haue taken away the pill of itt and put in salt, and when this boiles, put in your meat skum itt often, then put in a quarter of a pound of Butter, then take 12 cloues, halfe a nutmeg, and 2 or 3 blades of mace, and a little pepper, and beat all these together, and put them into the skillet, if this bee too much spice you may put in according to your liking; alsoe put in a few sweet hearbes, then take 6. yolkes of egs, the luice 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 egs, finely beaten with a little Creame, before - the cocks treads bee taken outt, sett itt two or three minutes over the Fire againe, stirring itt continu= =ally, then putt itt into the Sacke (w,hich must bee ready att the Same tyme) thus; Take the third part of a pint of the best Canary, and putt into itt 3. nutmegs quartered, 3 quarters of a pound of suger, sett itt on the Fire till itt come to a sirrup, then putt in your creame as afore= =said; if you like itt you may lett 2 graines of amber greece boile in your Sacke.
An excellent approoed plaister for the spleene
which hath cured divers giuen ouer by the Phisitians =

Take halfe a pound and halfe a quarter of Deers
suett, as much wax, and olibanum, Rosen, and -
Frankincense of each halfe a pound, masticke,
and camphire of each halfe an ounce, of the best
Turpentine halfe a pound and halfe a quarter,
melt all but 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 -
thoroughly 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 camphire 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.
An Ointment to take the spotts out of the Face after the small Pox =

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

A Receipt for a Consumption

Take Dandelion, wood Sorrel, scabius, watercreses bloudwort, yarrow, and parseley of each of these one hand full; liuerwort, parsely rootes and fennell Rootes of each of these, two handsfull; red rose water one quart, red Cocke Chickens six, hunted to Death, and chopped into little pieces all parts except the guttes, the herbes 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 spoonfulls 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 handfull; licorish scraped and Bruised two stickes, 4 dates, 3 blades of
large mace, and the bottome of a manchett, boile all these
together in the Pipkin, with your broth till it 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 morter, and straine the
juice into the broth, then sweeten itt with suger candy,
and Drinke a good draught warme 2 howers before
Dinner and supper dayly, for 12. or 15 daies vsing still
your ordinary Diett.

To make Mackaroones

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

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

To make Violett Cakes

Take Violets, and cutt off the white ends of the
leaues, put them into a pewter dish, and sett them
into the oven after white bread hath been baked -
therein, the heat whereof will dry them, which done
beat them to powder and siftt them through fine
Taffany, Then take gum dragon, and steepe itt
in rosewater till itt bee like starch, then take 4 -
ounces of fine suger beaten and Searced, and make
paste with your gum, that which you make must
bee pretty stiffe, putting as much powder of the -
violetts thereto, as will coulor itt according to your
owne desire, Then roll itt out like paste very thin
and cutt them into what Flowers you please, laying them on glasse plates to dry, if you will haue - your cakes red put 2, or 3 drops of luice 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 egs, taking the skin and cock Treads from them, and putt them into a deepe stone pan, that will hold about a pottle, Then put a pound of double refined Suger finely beaten into them, and soe beat them with a stick made flatt att the end about an inch broad, some 3 howers neuer letting - them stand still, in the Interim heat an oven as hott as for house hould bread, when the oven is hott take a pound of fine flower, and stir into the egs, and suger with a few carraway seedes, and a little Amber greece, and muske, they must bee baked on tin or pewter plates, which must bee buttered within the brims and then drop a spoonefull and halfe of your bater, on each plate, and soe sett them into the oven, not aboue 3. or 4. att a time, because one must stand att the ovens mouth, with a slice and turne them as they see occasion when they rise vp in the middle, and looke yellow, they bee enough, when you haue baked them all take - them off the plates, and lay them on white paper, setting them into the oven, some three howers after, (when itt is almost cold to harden -

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To Make Doctor Buggs Sirrup of Violett

Take Violetts picked and cutt and put them into a deep gally pott, then heat water seething hott euen ready to boile but it must not boile, and poure in as much of that water into the Violetts, as when the - Violetts are sunck you may presse a spoonfull of water over them, then couer the pot close with double paper and sett it in warme embers, but take heed they bee not too hott for if they bee it will spoile the coulor of the luice, 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 luice almost 3 poundes of double refined suger, beatin and Serced, then mix
the Iuice and sugar well together, you must not lett the Iuice come into any mettal, but put it into the Same, or other stone pott, which couer close with paper picked full of holes, soe sett the pott into a skillet of cold water, setting it one the fire to boile till the Sirrup hath a white crust on the top of it which crust take not off for that will keepe the coulor of the sirrup, when you haue occasion to spend any of itt make a little hole in the Crust, and poure out the sirrup through itt.

(59)

An Approoved Medicine for the Hickockes

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

To Make Paracelsus Plaister

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

(60)

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

Giue the party a glister of halfe a pint of possett ale, where in pellitory of the wall and parsely haue been boiled, put to the strain'd liquor as much as a wallnutt in quantity of Castill, spanish, or hard
soape, dissolved in the warme liquor, and foure spoonfuls of Irish Buttery 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 remainge 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 illiflowers,

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

89/

To Pickle ffrench Beanes

Cutt of the stalkes of the Beanes and laye them In Watter and salt for about a Weekes space then
take them from that Watter and green them in
fayre Watter and When they are Verie green
and drained from that licquor Put them Into
the Vessel you intend to keepe them addinge
White Wine Vineger and Salt to them couer
them With an oilie Paper and Sett them
by your Vse in the Winter

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

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

90/

To cause sleepe in feauors ore any other Distempers

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

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

Take a quantitie of hony and half that quantity of Roach Allum but
burne it and beat it to powder then mix it with the hony in a pewter
ore silver dish heat the End of the tongues ore the like Iron redd hott
and then stirr the allum and hony 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 vpon a stick.

91/

To Marrianate soles ore flounders

frye 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 fish

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

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

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

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93/

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

94/

To Make Excellors Orenge Watter Viz

Take two quarts of the best Sack halfe a pynt of aqua vita ore brandye winne then take the Rynds of halfe a hundred of orenages 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

95/

Mr Leonard Wilkes Receat for Good chocolate and the mixture it oft to haue of things
A milliarium 1000 Cacaus tosted & soe taken
the husks off Beinge 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 morter with some white shugger and when
your chocolate is redy to bee taken of the stoue you must
mix it
You must have great Care in the Tastinge of your
Cacao perpetually stirringe of it while it is one the
ffyre for not to burne which if it happen will giue it a
badd tast
you must tost it in a new Cassuela that hath not been
vsed befor for not to giue it a badd tast
your spyces must bee sifted ass fyne as possible to
preuent any settlinge in your chocolate dish at the time
When it is taken,
Collonel John Belasyse
had the receat with hime
Cadiz 4th 8October 1665

96/
For the Eys Mrs Rebeca Ashan ,
Excellent Receat of a Powder for them Viz
on ounce of Prepered Tuttye
on ounce of white shugger candy beaten & searced
on ounce of the powder of skutell Bone ore shell
To all thes powders as Much burnt Allum beaten
fyne ass much as will lye one A groate
Mingle all these together and blow thes powders
once a day into the eyes with a quil,
You must distil some Rotten Pepins and Wash the
Eyes with it vppon a ffether the Watter of it.

To make Inke the spanish Waye Viz

To 3 Alcarrasas of Rayne Watter
2 quartillos of wine Vinegre
8 ounces of gaules
4 ounces of Copres
2 ounces of gomme Arabicke
Stirr thes things frequently in an Erthen
pott for 7 ore 8 dayes & when you Vse it
97/

a Receipt 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 little more ore lesse and boyle it in a new pipkin and soo 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 & soo vse it at your pleasure

98/

To Make orenge Bisquit

Take orenge Peells and watter them all night next day boyle them Verie tender shifftinge the watter. once in the boylinge then scrape out all the white pulpe leauinge onlye the redd rynde Verie thinn and beat them Verie fynlie in a stone morter, to this you must put all the meat of the orenge first boylinge it in a silver Tankard in seething watter a good Whyle the boylinge soo is to take away all the rawnesse, put away all the Iuyce as cleere as you canne without squeesinge ore Wringinge pick out all the hard skinns and seeds and put the pure pulpe soo boyled to the beaten orenge peeles and beat them boath together, but befor you put the pulpe to the peeles you must waye the peels and to Euerie halfe pownd of peels you must waye one pound and halfe of doble reffyne shugger Verie fynlie beaten, then beat your pulpe peells & shugger all together vntill it bee Well mingled, then let it stand in the morter till the next day, then beat it well agayne and spred it vpon peeces of glasse ore plates and when it is a little dry you maye kutt it into whate shape you please
And then sett it in your stoue, yff you dry it hard you must take all the meat cleane out of the orenge Peells befor you watter them and the meat soe taken is in which must bee boyled in the {sa}id 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 {sa}id 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 ffllatt 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 sambre 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 puesta en la sombra por
doce dias y meneada 2 vezes 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
quantitie 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 receat 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 same
ore neere the fyer soe that it may heat without boylinge duringe
three dayes, stirringe it with a stick of a figue tree three
fower or more times a Day="
It will bee good after the Tow ore three dayes Infussion to aproch
it neere the fyer for fower ore fiue howers time, that it heat without
boylinge and afterwards when its Could to straite 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
Comandre 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 benxu
1 onza de ostoraxe
1 Puñao de Alxusema
1/2 libra de Cimienta de Treuol
1/2 quartillo de aguardiente de Cauessa
-
Todas las especias y simdas referidas 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 días 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 Algaliya y a cada asambre de este

page 107 || page 108
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 Algali 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 recaet Giuen My lord Marshall howard for parfumming of lether an Excellent way anno 1670 January

4 ounces of Ambar } Proportion of the Ingredients
2 - muske
1 1/4 - ciuit
3 - oyle Iesemi } Proportion of the Ingredients
3 - Gum Dragon
2 Pynts rosse watter
The Ambar in first beaten small in a morter by it selfe, and afterwards is put to it oyle of Iesemi with which it is agayne beaten and mixed verie well use Elce the ambar will wast in the Dryinge, beinge well Mixed with oyle of Iesemi which requires 3 howers labour they then put to it Gumm dragon disolued in rosse watter and strayned through a fyne lyning cloath being thus mixed they put to it the Ciuet stirring and well mixed together then they put in the Muske which is first well beaten in a morter by it selfe and Temperd with rosse watter, still puttinge in and Tempringe the Composition therewith vtill 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
Memoria Como se haçe El Picadillo de Xigote de Carnero

Primera mente sepica la Carne y después selaua bien y lue=go, sepone 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=
écbasuespeçeria de ^ nus muscada de azafran, Canela, Clauos, decomer, y Pimienta Yantes de sacarla, para lamesa, leuanten Vnas Yemas de huebos Con suagris de limon, y sehecha enla Caçuela todo y semenêa, y de alli selleua este Plato de Picadillo la 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

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 después de hecha pasta, poner della alos abuxeros de las paredes y en cualquier parte dela cama que estubieren y matara todas las chinchas sin criar chinch a alguna adonde dicha pasta aya estado, eseta receta es Verdadera &c
white Cerus two ounces, liturage one ounce myrrhe halfe an ounce, lapis Calaminarus halfe an ounce Champhir a quarter of an ounce, white lead halfe an ounce, Bolus halfe an ounce, frankincence - halfe an ounce, Turpentine a quarter of an ounce Rosin a quarter of an ounce, Bees wax foure ounces oyle of Roses foure ounces, all the things that are hard must be prepared in fine Pouder, take the Rosin, Oyle, & wax in an Earthen Pipkin, & boyle them ouer a soft fire, then put in all your other things keeping it stirring, and let it boyle a quarter of an houre, then make it up with Cold water, into roles, when you vse it must be spread thick vpon leather, Prickt with the point of a kniue before - you spread it, one plaster will last a fourntight wipeing it every 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 little 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=

Para mejorar y conservar Vynillas

Majar 4:ó 6 vynillas para aliñar vn ciento y a vn ducientos, y en vna poca de Agua tibia desleir dichas vynillas junto 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 yngredienle Caliente poniendose vn dedal de Ante sobre el dedo pulgar y passandolos vno a vno con el lugo de dicho Yngrediente ambos lados de la vynilla con este Beneficio se purificaran y temaran Nuebo lugo, 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 setiembre de 1685=que vino en la flotta
Captain felpes of bristoll his receat Giuen mr
John Emilli in Cadiz the month of January 1687=
for the voydinge of Grauel & stone Experienced
vpon hime selfe vitz

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;

Remedio para Afīxar Muelas y Dientes
Vitz

Tomar Dos quarilllos de Vino.
dos ó Tres coxollos de Torbisco Macho
dos ó Tres Agallas
cuatro quartos de sangre de Drago
dos otres coxollos de romero
que quesen todo esto hasta que quede en la mitad
reducido y tibio eniuagarse la boca a discretion
hasta que dichas muelas ó dientes esten firmes &c
Cadiz 22 de Junio de 1685 en el Officio del
Senor Lucas de Molina vn senor lizenciado 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 alltogether you must
cour it with a clean cloath and lett it stand by the
fire to risse about half an hower then take a pound of
sugar carroways and strew them in with your hand mixing
them well together then put it into a hoop with paper vnder it which with the hoop must be buttered that the cake stick not then tye the paper closse vp to the hoop that the cake run not out at the egges, it must stand in the ouen about an hower, the ouen must be pritty quick and you must haue a care of scorching it.

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 nutmege which putt into the pan to the steaks takeing out the onion so toss it vp till it be thick and then serve it up

To make a Carrett pudding

Take the quantity of three large Carrotts & boil them tender in Beef broth, 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 sile culender, then put a pint of cream scolding hott to your bread, & when it is a little cool, mille mingle six eggs well beat & soe put all into the mortar togather to to beat

then put it into a Dish with puff paist & soe bake it

A plain Bak'd pudden

Take a two penny loaf grate it or slice it thin & scald it in a quart of Milk, then before it is quite cold put to it three quarters of a
pound of Beef suet finly shred, a whole nut=
=meg, some salt, three quarters of a pound of
sugar, a quarter of a pint of sack, eight eggs
and soe Butter your pan & Bake it -

To make a Rice pudding

Take 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 to=
=gather soe put it inot a dish, & half an hour
will Bake it, if you please put marrow, or
half a pound of butter./

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127
To-Ming

To Pickle Artichoaks

Cutt the Bottoms clean from the leaves & Choak &
lay them to steep in salt & water for an hour att
least, prepare a pickle with the best white wine
vinegar, Horse Radifh or Jamaic 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
warne & then pour it agin upon your
Bottome & soe lett it remain.

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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 quanti=
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
oin a stove til they come out
To make them another way

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

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near, them you must make the surrup run all over the
dish, when they are almost dry break them in
peices and turn them, heap the smalest peices one upon
another and make the surrup run between both

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Lemon Cream

Take a large lemon & pare of the yellow skin as thin as
tis posible 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
squeeze the juice of four lemons and half a spoonfull of Orange flower
watter, & half a pound of duble refiend suger beaten, stire them
together, when the suger is melted straine it through a tifiny sive
into a silver skilet or stone pipkin sett it over a quick fire &
keep it stirring all one way till it be as thick as cream then take
it of the fire, stirring it tell it is cold, so put it into
glases.

143

To make Raisin Wine For Elder Mrs
Pain of Glosters way

Five pound of malingo Raisons clean
pick'd & Chop'd small to one gallon of
water, wine Measure; boyl the water &
let it stand till it is blood Warm, then
pour it to the Raisons keeping it stir'd
every day for fourteen days, then strain it off, & put in a Pint of Elder Iuice to every Gallon, & stir it well togather then let stand eight Days in the Vate, then pour it off from the settlement & Tun it, & when it hath done Working put a Tile stone on the Bung or the bung: slightly In 'till it is fine then Bottle it off: you must prepare the Iuice as follows

To pot Beef

Take a good hand fat buttock of beef. weighing 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 with that 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 pot 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 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, & boy 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 leaves take four pounds of treeble refined Sugar, bruise the leaves 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.

To pickle Walnuts 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
clove 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 Glassed earthen pot with a cover to it four or five dayes either in a warme place or in the sun keep it so close stoped that it loose none of the sp'rits and then distill it in a limbeck the head being very close passted on & as you draw it of in order write the first second and third if you use it outwardly for baithing it must with the strongest =

A receit to pickle oysters

open the quantity that you designe to pickle into a basin wash the oysters in the liquor very well then strain it through a fine sive or thin cloath put the oysters into the liquor again seasoning them with whole white peper & Mace according to your taste put them over a very quick fire and iust let them boile up then separate the liquor from the oysters and put to the quantity of a quart three spoonfulls of Good white wine vinegar and give it a boile or two over the fire then when the liquor and oysters both are cold put them together adding half a dozen bay leaves if you finde the liquor two fresh you may add alittle salt according to your taste and pray observe they wont keep above two months

To pickle musarunes

Take your musarunes wash and Clean them well in fair water & salt with a peice of flanell when dun put them into a pipkin or silver skilett and boyl them fast up in watter & salt then take them out & and put them into Cold watter till Cold then take them out and lay them upon a Clean Cloath till dry then to prepare your pickle take good vine vinegar
according to your Quantity of musarunes put into it mace Cloves Ginger black pep®er and a nutmeg a little bay salt & when well boyld let it stand at 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 luice of
orange Sweetend with white
suger drink it hott & tis
amost sovereighn medicin
for the Colick

To make Shrub Mrs Carryl

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

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

A Powder to be given to awoman
in Labour

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

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

Docter Lowers bitter Infusion

Take filling of Steel two ounces
infused in milk watter one quart
Gentian watter compound 8 ounce's,
wormwood watter compound 6 ounce's,
digest itt cold for 16 Days then power
it off from the steel, then add to the
Liquor Gentian root half a scruple
the tops of Century pne pugill
Roman wormwood half a pugill
Cardus Bennedictus seed 2 dram's; then Digest it again six houres then bottle itt
Take 6 spoonfulls night & Morning

To make a very good Plumb Cake

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

To make an orange Tourt of Puding

Take a Cevill orange peal: boyle it very tender then scrape out all the skinns then put it in a marble mortar with half a pound of Butter & half a pound of Double refinn'd sugar beat them well togather till itt be Like
a paste. then grate in almost two Naples Bisketts & take the yolks of 7. Eggs
the whites of 5 & a very little Cream
beat them well and put altogether with
the Iuice of an orange and orange
flower water to bake it half an
hour with puff past crust under and
over it roll'd very thin.
Let not your oven be too hot.

A Recipe for a Cough.

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

To Cure a Flux infailibly

A handful of Oak bark 2 sheets
of the whitest paper about of an ounce of Double refind sugar boil'd in a pint of spring water 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 spoonfuls of fine rice flower 4 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.

To make Gooseberry 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 inflammation or swelling in the Mouth or throat

To make the mouth water

Rosemary
Red Sage
Plantain Leaves
& roots together
Egrimony
Alehoofe
Scabius
Scinfield
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
just 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 agrieved

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 it in some of the oyntment very warm as possibly the agrieved person can suffer it & bath the out side of the place agrieved very well then take your flanel & wring itt preety dry & pin itt under then Chin & keep the place very warm then aply the Plaister as directed 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 ley 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 apear but if your throat mouth or gumms be swelld or imposumated it will require the use of the plaister and oyntment following
To make the Plaister

Take Two ounces of cumminseed bruse them very well in a Glass morter & put one handful of the finest Rye flower you can get 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 proportionable 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 oynement

Take A quarter of a pint of the best oyle of olives or Sweet oyle, one fourth 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 \(^\wedge\) 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 lust as much sallad oyl as will melt itt. When 'tis melted. put in your Rosin and then put in two ounces of Common Black pitch symber it together 'till 'tis all disolv'd. then make it up in Roles for your use
To Make French Bread

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

To Make Black Currant Wine

You must boile your water & sugar together a good while till you have scum'd it that it looks very clear. then pour it boiling hot upon your Currants. and let it stand till you think it of a good Colour then pour it off without pressing the berries much. and tun it up. If you find it dont work of its self in a week's time or such a mater bung it up close. when 'tis fine and the sweetness pretty much Lost bottle it off. to each gallon of water. two pound of half of sugar. and about \( \frac{2}{2} \) quarts of Currants. you must not bruise them.

To make a potato pudding

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 spinach winter invory & lime a little - onion or shalot shred fine mix all these to geather in a dish season it with -
peper & salt then slice in the bread & pore in as much boyling milk as will make it pretty moyst cover it Close & lett it stand till it is almost Cold & then brake in two Eggs & beat it very well togeather

To make plum porige

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

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

To make minced pyes

To a pound of neats tongs take one 2 pound & halfe of beef suett a pound of Currants & halfe a pound of stoned reasons Cutt small one quarter of pound of pruents cut also, halfe an ounce of cinamon halfe a nutmeg 4 or 5 blades of mace 7 or 8 cloues & a little Iemeca peper beat & sift all this spice take fore 4 ounces of "candid" orange 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 little suger

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

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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 jelly 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 water, 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 small, 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 juice & rind of 3 Large Lemons let it stand 9 Days stirring it every Day, then strain it thro' a hair-seive, & put to it 4 pounds of single refin'd sugar stirr it well together, & Barrel it up, let it Stand 2 months, & Bottle it when 'tis fine.

To Scower Pewter

Take half a peck of Wood Ashes & half a peck of Lime a little slack'd, put them into Seven Gallons of soft Water & let it boile one hour stirring it often; Let it stand 'till Cold, then pour
it off clear & Bottle it for use, you may use it hot or cold.

Palsie Water -

Take Sage, Rosemary, Betany flowers Lilly of the Valley flowers single Piony flowers, Burridge & Buglos flowers, spike flowers, Orange flowers, of each a quart; put 'em into a Large Glass and put to them of Aqua-Vitae enough to cover 'em, Stop it close, and tie it down fast with a Bladder wet in water, then put in as many Lavender flowers (striped 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 graines, Amber greese a Scruple, Red Rose Leaves dry'd red & yellow sanders, each an ounce, hang all this in a sarcenet Bag in the Water never to be taken out 'till the Water is spent. Give 40 Drops to a Man; 30 to a woman in Crumbs of Bread & sugar Especially against the New, full, & Change of the Moon

To make snaile Water; for a Consumption

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

Take a quart of 3 pints of white snails with the shells, wipe them very clean, & put them in an Earthen pott, with a Laying of Fennel at the Bottom, & upon that, a Laying of snails, & so between every Laying of snails, a Laying of Fennell, then cover them over with fennell, this being done in the evening, let them stand all night, and in the morning wipe them one by one, and prick them, & fill them up, the shells with the snails with double refin'd sugar, of 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 juice of the snails 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 Snails with the fennel, Laying a weight upon it, Least the snails 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 thin 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 it.

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

To make French Bread Lady Lansdowns

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

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 -
luice

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 cheesecakes - 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 dryed flower, the rinds of two lemons grated or shred. bake them in such pans as you doe Naple Biskett, sift sugar over them. you may put candied 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 little 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.
Walnutt water or the Water of Life

Take green walnuts the beginning of Iune - beat them in a mortar & distile them in an ordinary still. keep that water by it self. Then about 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 infermitys of the Body, drives out all corruption of inward bruises, dranck moderately with wine, kills worms in the body, drink much of it you shall live till the world is weary of you. it recovers for soure wine in four days clos'd stopp'd

A Drink for the Ricketts

Take 6 or 7 Leaves of Hartstouge, of Liverwort and of Hy-= Sop, with yarrow, wood betony Coltsfoot, Plantane, Egrimony, violet leaves, strawberry leaves, maiden hair, alehoof, of each of these a handful, Liquorish an ounce, any seeds a spoonfull, Currants a quarter of a pound, 4 lent figgs sliced, 2 dates stoned, Raisons of the sun ston’d a handful, 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 oytment which is to be
made with may butter & used spring &
fall.

To Make syrop of Violetts

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

To make clouted cream

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

A Reci'p for black Cherry water

Take 12 pounds of black cherryes clean pick'd
from the stalks brease them stone mortar
then put them in a earthen pan & pour upon
them 2 quarts of the best Canary & 1 quart of the
best french Brandy Distill this in a cold still
with a clear fire keeping a wett cloth on the
top of the still from this quartity you may
draw d6 quarts of very good water
Take a peck of Spanish salt four ounces of
peter salt and five pound of the bronest
sugar you can get put all these into as
much water as will bear an egg to the
breadth of six pence the pickle must not be
boild, put in your hams lett them by three
weeks 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
over with any kind of fatt then hang them
up and make a fire with sawdust or
muck of the stable: to dry them do not let
them hang to long in the chimney. if you
do beeef thus us admirable to eat
fried or broiled as your rasures of

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

To make a very good cake

make half an ounce
Take a bare peck of flower 6 pounds of currats
half an ounce of mace, half an ounce of cinamon
a quarter of an ounce of cloves as much nutmegh
half a pound of fine sugar & as much rose water as
you please beat your spice, & put that & your
fruit with a lettel salt into your flower, then
take cream or new milk as much you think fitt
dissolve therein 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 little while over the fire, then pour 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 going to bed and breakfast or gruel the next morning. These pills, are good for any pains or disorders in the head, Cholick in the stomach, any sharp or Cancerous humour & humalik 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 may be taken 2 or 3 times a week as you be occasion. 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
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 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 water the barley must be boiled in 3 waters
And the E[d] 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 Orange-flower water, then put the Barley water
to the Almonds mix it well to gather
and Strain it, put it into bottles & into
each bottle a Littele Sugar

To make surrup of gilliflowers

Take one pound of clipt flowers and as much juice of Lemons as will wet 'em very well
than take three pound of sugar dipt in water & boyled
to a syrup, you must Prep out the Liquor of the flowers hard & pour it into the syrrop upon the fire stir just once about with your spoon & take
it off speedily, 12 Lemons commonly 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 fat on the top and take away all the drop at the Bottom then mix with one pinsh of white wine or Rhenish wine, the juice

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 Beniamin, storrx, Cyprus and florence orris-roots of each one ounce - Cinamon half an ounce, Cloues & nutmegs of each one Drachm, all which must be well beaten & powder'd, then mix in the marrow with a spoon, afterwards put it into a pott of two quarts, which must be well clos'd with a lining cloath, & flower with the whites of eggs that the steam may not goe out. put the pott into a kettle of water which must boile three hours togerather 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 leves take well from the bottome on some flat thing & put them soe into an oven, after things ar drawn out of it when it is to be soposed it is allmost cold that thay may be but lust 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 juice is drawn out; & to a pint of Liquor Put a pound & 3/4 of sugar, & boyle it to a syrrrop

To scow'ry Irons

Take wet sand, scow'ry 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 togethers and put them by degrees into the Butter then mix them well togethers then beat 9 Eggs, half the Whites, and 3 or four spoonfuls of sack Put these into the other Ingredients, 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 blistring Plaister

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

To Make a Perfume

Put into four ounces of spirit of wine (that will burn all up) two scruples of Ambergreec, & one scruple of musk, tye them in a rag with a bit of lead to make'em sink hang it in the midle of the spirit of wine & set the glase in hot water till the spirit has desolved the musk & Ambergreec, 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, Jamaica 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 towards covering it - If you pot it in pieces it requires more seasoning.

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 handful
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.

A Receipt to Make Veal Glew.

Take a Leg of Veal, cut of all the fat. Make a
very 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 neither burn nor boile the-
whole time it is upon the fire, which must be about
7 hours; After this set it by for a Day or two, &
then cut it out of the pan, and Scraping off
the Sedement (if any) put the clear Ielly into
a China dish, and place it upon a Stewpan
of hot Water, placing the Stew pan upon a
Chaffing dish of Coals; the Water in the pan
must be kept boiling, 'till by the steem the
Ielly grow of a Glewy Substance which
it

To get out Iron moulds

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

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

The Red Powder Mrs Rogers

Take of Cardus, Rue, red sage Lillys of the valley; Tormentile, pimpernel, Dragons Bitony, Angelica, Scabious, Speedwell, of each one handful, Snakeweed one handful wormwood half a handful Vervain Agremony of each a quarter of a handful Shred & bruise the herbs, & infuse them in to quarts of white wine in a jug Close stop'd, & set it in the sun. nine days, then strain the wine from the herbs, then take a pound of bole armoniac finely powderd, then put as much of the wine after it is press'd out as the powder will take up, & set it in the sun to dry & as it drys up; put in more of the wine stiring it two or 3 times a day 'till all the wine is dry'd up in the powder so as to be fit to work like paist, then put in the same quantity of each sort of herb as is infused dry'd & powderd, one ounce of Diascordium, an ounce & 1/2 of Mithridate & ounce & 1/2 of Venice Treacle
back endleaf 6 verso || back inside front cover

back outside front cover

MV
MC

spine

head

fore-edge

tail