To Pot Uension to make oyntment for

burnds take A handfull of Elder buds And A handfull of brier Leaues And A handfull of sheeps dung boiled in hogs grees And Aply it to the place on heartstonng Leaues And when you dress the wound waish it with milke

To stay the R boule flax seeds in bear And take it 3. days At A time on After Another

Another Reseit

Take A handfull of sheeperds pooch And A handfull of hearts horn And A handfull of not grass And A handfull of Comfory boyled in bear And take it As often As you please

To make A good healeing salve

Take some bees wax

Take some bees wax And venvs turpetine And Rossom of Each sort the Like qvantity And boyl it vp in fresh Liqvor
Abreviations which are writen in this book
1684
w^{th} for with
y^n for then
y^m for them
& for and
y^e for the
y^t for that
January the 5^{th}

3

To Pot Venson the first

Take a hanch or side of venson and bone it and take out all the sinews and skin it and beat the Leane into a past but not the fat then season it high with gross paper salt and Nutmeg put it in a Tray sprinkle red wine or Clarret all over it Let it lie 5 or 6 hours then roule it up hard in round Coller with the skin side outward Then put it into a pot lest fit for it put in 2 or 3 bay Leaues in the bottom and 3 or 4 in the Top put either some beefe dubbin or butter upon the top and Couer it with Course dow bake it with houssould bread when it is baked if you intend to eate it presently fill it up with butter as it is not take it out and strew some Spice upon it pour out all the liqer very Cleane and put up the end that is downe fill it with Butter

2 To Pott all manner of wilde Fowle

Take wilde geese or duckes and bone them and season it very high with peper cloves mace and nutmeg and salt putt som butter in the bottom of the pan put it in the fowle take the Largest geese first then take the least and put it in the belly of that putt youre duckes with their neckes downwards round the geese if you please you may season a breast of porke & put on the top of the geese put in - other or beefe dubblin and som breade mace and Couer it with Course dow and bake it with houssould & bread when it is baked pour out all the Liquor and grauy Cleane frome it fill it up with
fresh butter and keepe it in youre seller and for
your other foule Season them all only you must
not bone them/ /

3 To Make Sprige Garden Beefe

Take the best ind of a rib of beefe & bone
and Cut out all the skin and senews very cle\textsuperscript{an}

and beat it to a past take to penny worth of cuchane\textsuperscript{II}
& puet in a pinte of red wine to stipe Let it stand
for an houre Season youre Meat with beatten -
Cloues and mace and nutmeg pepeter and salt then
put it in a tray and sprinkele youre winde all
ouer it & Let it stand all Night the next morninge
take it and rowle it as hard as you Can and Lay it
in a pott that will Iest fit it put a few bay leaue\textsuperscript{s}
and beefe budin in the bottom of them and Lay
youre meate on the leaues and put som dubbin in
the top and lay a tile stone and a paper betwen and
awaite vpon that and Couer it with Course dow and
when it is baked take it out and order it is you did
the other when you serue it to the Table Cut it in
slices as you doe beefe and viniger upon the top
Garnish you dish with flowers and Leaues as you
Fancy

4 To Keep Gravy

When you boyle a rump of beefe or a Leg of
mutton or any such peice of beefe or mutton

\textit{folio 4 verso || folio 5 recto}

When it is a Little more then halfe boyled take it
up that the grauy may run from them then take the
grauy and Boyle it with a branch of sweet herbs a
hole cloues, & broade Mace and peper and salt Boyle it
and scum it uery cleane ty it downe a Lether on
It and keep it for youre vous somtimes you may bake
it with youre bread this grauy is good to put in a
hash or frigasy or s\textsuperscript{awse}

5 To Make Ballonia of Beefe

Take som of the Buttock or rump of beefe
only Cut out all the sinews and skins Cut it
in thin slices and put it in a Large mortar &
pound it to a perfect past then season it with beaten Cloues mace nutmegs spice and pepper and salt & Couchaneele and a glase of redwine work it very well butter your pot you bake it in take an onion and cut it in thin slices and

Put it in the bottom of the pot you must haue som beefe dubbin of the kidneyes and cut in slices so thick as a barly Corne and put it in the bottom of the pot upon the onions take some of youre beece and lay downe on youre dubbin as Clos as you Can about the sides thick and then Lay dubbin on the top and Soe doe till youre pott be full your pots must be according to the Quantity of your beece that you may haue enough to fill it up put on the top som dubbin and Lay leaues of a sprig of rose Mary then you must haue a tile stone round just fit to your pott and put it within your pott on the top of your meat only put a paper betwen & and a waite on that Couer it with Course dow bake it very well when you take it out take of the tile stone and paper and poure out all the grauy and fill it up with butter when you serue it to the table stick Lorrell and bay and Cut it with mustard

6 To Make a Frigasie of Mutton

Take a short Leg of mutton cut it in thin steeks & and knock it very well with a great knife or Cliver season it with pepper salt and nutmeg and let then Ly an houre haue youre pan on the fire full of water with some winter saury brod time and sweet Margorum and parsly half a dozen of Cloues of shallet cut in slices and a few siues Let them stew together till the herbs are very tender then put in the meate and let it stew till the meat is tender then put it into a Collender that the water may run from it wipe the pan Cleane and put in almost halfe an pound of butter and a pinte of white wine and when the butter is melted put in the meate with the herbs and let it fry till it be yellor and a little broade mace & when it is fryed yellor take 6 egs and beat them very
well and stere them into the meate taking great care that it doth notCrudle when the eges is hardened take it up & dish it on spiets first dipping it into spiets in white wine you may fry oysters and Carry in egs and Lay over it

7 To make Lemmon Creame

Take a quart of thick cream and set it on the fire with a stike of Sinomon and some broad mace & a peice of Lemmon reine when it boyles up take it up and Lett it Coole stire it till it be Colde and take Yolkes of egs & the luce of on Lemmon & as much shuger as will sweeten it beat youre egs well with rose water when youre Cream is allmost Could put In youre egs & beat both well togheter then sett it on the fire when you find it doth thicken at the bottom take it of and stere it againe uery well then sett it on againe stireing it all the while taking great Care that it doth not Crudle then second of third time then take it of and put it into the bason you intend to serue it in

It must be Could before you serue it to the table garnish youre dish with sliced Lemmon or oreng

8 How To make Sacke Creame

Take a quart of good Creame and set it on the fire to boyle with the same spice as you did Creame before then take the yolks of 5 egs and beat them uery well together with halfe a pinte of Sacke and as much shuger as will swetten it and beat them together for half an houre when Youre creame is pretty Coole bruse youre egs and Creame together as you doe buttered alle for a Quarter of an houre together at Least then put it into the dish or bason you intend to serue it in put it on a Cheffin dish of Coales lest to warm when you finde it doth begin to thicken as you may finde by diping youre spoone by the sid of the pan and it will thicken about the spoon you must not sture it all about take it of the Im maden I mad

ffire and sett it to Coole and garnish it with sweet
Meats

9th To Make Gossbury Creame

Take green gossberyes scaled & Pulk them through a rang way them and put them in youre preseru̇e pan and Lett it boyle till it will part from the side of the pan and putt the waite of it in fine shuger and boyle it up to marmellet the takitamin of the fire and when it is Coole take a quart of goosberyes a quart of Creame s'ir the Cream into the Goosburyes keep stiring for halfe an hour or more with to or 3 sponfuls of rose watter then putt it into youre pan and sett it on a Cheffindi sh: of Coales lett it stand till it doth begin to thicken which you will find by stirring it by the sides of the bason Sto take it of and Lett it Coole before you serue it to the Table

folio 7 verso || folio 8 recto

10thTo Make Apriccok Creame

Take your apricoks when they are ripe them and stone them & put them in a silver bason or deep dish with 3 or 4 spunfulgles of rose water to stew on Som Coales till they be tender as the other then take som other Apricoks and boyle them as you doe the marmellet when they are thick then stire in the Creame to the marmellet of 6 Apricoks a quart of Cream stire them very well Together then Lay youre steewd Apricoks in the bottom of your pan that you serue it in poure the creame all ouer them and serue it to the Table garnish youre dish with sweet meats

40th

11thTo make Rasbery Creame

Take a quart of Rasberies plump them through a ring and put them in youre preseruring pan with almost half a pound of shuger and lett it boyle till it will be a jelly about the spoon then poure it into a bason and Lett it stand till it be through Could then
take on halfe and stire it into a quart: of
Creame stire it well till you see your Rasb
eries: and Creame is very well mixt Together and if
Youre Creame be not sweet enough with the
Rasberis add a little more to it then tak a Little
Sweet meat spoon and lay the other part of
the Rasberries in a little heap over the
Cream & and a few whole rasberries so serue
it to the Table garnish your dish with whole
Rasberries and Carrants

12th To Make Snow Creame

Take 3 pintes of Creame 15 or 16 Egs & strain
them together a Little rose water as much
shuger as will sweten it then take a stike as
big as a Childs Arme Cleane one end of thr
stick and widen it with youre fingers soe
beat it with the stick or a bundle of reeds
tied together roule it between youre hands
standing upright for that will make the snow
rise the faster now as the snow riseth take
it up with a spoon put it in a Cullinder that
the thin may run from it and when you hau
sufficient of this snow take the Craime
that is Left and seeue it in a skillet and put
in beaten Cloves and sliced nuttmeg beate too or
3 yolks of egs to thicken it and sweeten it with
a Little rose water and shuger pour it into the
bason when it is boyled & when it is could

Put the snow upon it in heapes dip a bunch of
rosemary in the snow and stike it up on a round
peice of bread put it right in the midle of the
dish garnish it with sweet meates & Caraway
Comforts

13 To make Rice Creame

boyle youre Cream thickest with Rice flower it
must be pounded sifted through a silk seeiue
2 or 3 spoonfuls will thicken a quart of Cream
let it Coole Season it with oreng water boyle a blae:
de: of mace in it then take som Coole Creame
with rose water whites of egs & shuger beat it
up with a wisk to a froth and Lay it upon heaps
upon the Creame

14 To make Barly Creame

Take 2 ounces of barly and wash it & let
it stand half an hour in: water pour away
the water then Boyle it till it be tender

sifting it often in hot water as long as the
watter Looks reed then draw out the water
Cleare from it then sett a pint of Cream
on the fire with a Leafe of mace & when
it boyleth up put in the barly soe lett it
boyle together till it doth begin to grow
thick which you shall find by the stureing
of it then Season it with rose water a shuger
as you like it you may put a Qart of rose
water and 2 ounces of Barly

15 To Pickle Ash Case or samphire

You must take your cayes when they are
very young before there is any seeds to be
seen in them: in handsome viniger as will Couer
them and as much salt as will rellish the
uiniger and stiffe them very Cloos with Cours
dow and hang them on the fire very high
for 3 hours that they may just simber them

then take them of and put them in a tray spreading
along to Coole and strew a handfull of salt ouer
them & put the picckle to Coold by it selfe and
when it is through rould put both together and
ty a paper down very Close upon them in the
earrhen pott that is well glased then couer the
on top with a paper and a Lether and keep
them in a rould seller about a month Chang
your viniger thus you must pickle shamphire
the viniger must be boyled and through Could be
fore you Chang youre Pickle

16th To keep Pushlan for sallet

Take youre pushlan and pick of all the
Leaues take the best whit wine viniger you
Can get and put a quart of watter to it and as
much salt as will giue it rellish when youre
viniger and watter boyles take youre pushlan
and just dise it in on the fire put them on a

Plate to Coole and Let your pickle boyle till you
think the water is halfe boyled away then
take it of and Lett it be through Could and
put your pickle and Puslin together in a
Pott that is well glassed and Lay a paper down
Close upon them and ty a Leather upon that

17 To do them Another way

Take as much viniger and water as
will Couer youre puslin 3 pints of viniger
on part of water and as much salt as will
make it a pretti strong pickle when it is
halfe boyled boyled away Take it of and Let
it cole and pickle youre Puslin in handsom
stalked with the Leaves and Lay them in a pot
that is well glazed with a rub or 2 of roch
Allom & power the pickle on them and ty
a paper down Close on it and leather on that

18th To Pickle kidney beanes

Take as much water as will Couer your beanes
and as much salt as will giue it a rellish and
a knub of roach Allum and as big as a small wal
nut and let it boyle till it is of a good relish tak
it of and let it be through could put youre
beanes in a pott that is well glazed and pour
youre pickle to youre beanes and ty downe a
paper on them and a letter on top of that
and in about of thre weeks you must Chang
youre pickle and about a month after chan§
it againe and put a Little viniger to youre
water and soe keep them for youre vse

19 To do them Another way

melt som beter and hang them in the bottom

of the pott Lay your benes on the top and Let
your butter be Almost Could before you put
your beans in then spred the butter soe thin as you Can to Lay a Laying of beans & a Laying of butter till youre pott is full and Lay the buter thick upon top & Couer them Close & Lay them in a cold seller thus you may keep sparrow grass all the yeare you must Chang youre butter 3 or 4 times in the yeare

20th To pickle Gilliflowers

Tak gilly flowers pick them and put them in a pott put first some shuger in youre pot and then Lay your flowers in the pot till it is halfe full then Lay some more shuger in the middle & fill it up youre pott and Lay shuger ouer them then take as much wine viniger as will couer them & ty down paper on them & Lay them in a Cool seller

21 To Pickle Barbery

Take some of your barberies and boyle them in as much water and salt as will Couer them If you intend to Pickell them Let it boyl till it is the Coller of pale clarret then straine out the barberies & let it Coole & lay your barberies in a pott that is well glazeed & pour the pickle to it and Ty down a paper on it and Lay and lay the barberies you straine: out on the paper & a Leather on that if you doe them for sallet you must put viniger insted of water/

22 To Pickle Batallians

Take your young Batallians apples they are to be gathered in Agt August when they are about as big as Larg nitmags tak them & put them in a brass pott with some faire water & an ounce of raoch allum stiffe them for an houre & a halfe and if they doe looke very green stiffe them a little Longer when they are grew take them of lay them on by on to Coole then make the pickle of
viniger as much as will Cover them with
sallet Cloues and mace & whoole mace &
as much salt as will giue them a good relish
let it boyle verry well take it of & let it
be through Coulde & when it is Coole put
your battalians in a pot & poure your pickle
to them and put a nub or 2 of roach allum in
the pott & ty them downe Cloose & keep them
in a Could seller for youre use/

23 To Potch Egs and Moone shine

Take a Quarter of a pound of Curens pickt
& washed Cleane & a quarter of a pint of
whit wine & a Little Slice of nutmage
& a little oreng peeple lust as much as
will giue it a rellish sett it ouer the fire
to boyle & if you see it want any more Liquor
you must ad more whit wine it must boyle
till the Currans are uery plump then put in
good store of butter after you take it of the
fire stire it till the butter be melted then
pocth youre egs uery white & hansome & Lay
them on sippits first wet youre sippits in whit
wine: then poure the same on them serue it to the
Table/.
24 To: M Dress Trouts
You must gut them and give them 2
Scoches

on the back and boyle them syder or water
and six cloues & put in salt & 8 sliced
ginger and a bunch of sweet herbs and when
it haue boyled a while put in the fish and
boyle a quarter of an hou're and then tak
them and set them on sippets on their bolyes
as if they were a swiming & then melt
som butter and beat the yolks of 2 egs
with a little viniger chop the yerbs that are
boyled with the fish and mix it all together
& poure it all ouer the fish garnish the
dish with Barberies and green Leaues
and flowers

25 To Stew Oysters

you must open the oysters and put them
in a dish Liquor and all then wash them out
of the pickle and put them into another
dish with Clarret wine & Lay maste and

on Aⁿchoues and a little peper and Nutmeg let
it stew a Quarter of an houre ouer the fire
then take the yolks of 2 egs on spoonfull
of raw Claret then put in a good peice
of buter to your oysters then stir the yolks of
the egs and stiring it till the butter be
all melted and serue it upon sippets garnish
your dish with sippets and soforth/

To Make the best Sasseges that
26 euer was eat

Take the Leg of a young porker and cut
of all the Leane and sred it very small but
leave non of the strings or skins amongst
it then take 2 pound of beefe sewett &
sred it small then take 2 handfuls of red
sage and peper & salt & nutmeg & a small
onion chop them all together with the

Flesh and suet till it is small enough put
the yolks of 2 or 3 egs and mix them all
together and make it up into a past if
you will use it roule it in as many peice³
as you please in the forme of an ordi
nary sassager and soe drie this past it wil
keep a fortnite upon occasion

27 How to Make Potted Hare

you must take on or 2 young hares a
Coople of rabbets a fat goose a breast
of pork then boyle then altogether &
when they are boyled very tender you
must take them and put all the bones
sinews and skins very cleane & take the
meat and pound it in a mortar very well til
it comes to a perfect part then take 2 or 3
cloves of garlicke and put amongst it

pound the garlicke till it cannot be seen then
season it with nutmeg cloves and mace and a Little peper soe mang it all together & put in as much of the spice as will make the meate rellish of it then butter a hansom earthen pott & put buter in him according to the quantity of youre meate and bake it 2 houres and when it coms out of the oven you must fill youre pott up with butter this will keep a Quarter of a yeare good

28 To make Carrot Puddins

you must take youre carets and wash them & ser-rape them and boyle them very tender then plump them through a rang then take some creame & mang with it and 2 or 3 sponffuls of grated breed grate it very fine slited nutmeg &

\[\text{a Litle siniment \& the yolks of 5 egs \& the whites of 3 then mang it very well together and put in some Currens and as much shuger as will sweten it and a little rose water and make it a little thicker then for round flitters take some sweet fresh buter \& heat it in the pan and put it in about the bigness of round Slitters ad fry them very broune \& shave shuger ouer them and serue them to the table if you make the same puddin to bake you must ad a quarter of a pint of sacke and a little marrow and put it in a deep dish and couer it with puff past}\]

29 To Rost a Hare in his skin

you must take a hare \& wash him very well and dry him in a Cloth you must spit him \& lay him downe to the fire you must bast him with Cleane water \& when he is half rosted you must take of the skine Lard it w\th fat bacon keep bastung of it with viniger and var\ges till you think it is amost done then bast it w\th sweet butter, throw a little salt vpon it \& flovre \& rost it vp w\th a Quick fire as can be you must serue it to the Table w\th with vens\textsuperscript{on}
Sawce

30 The Best way to make a Collar of beef

You must take a ribe of beef or a flanke of beef cut out the bones & beat it very well and season it with cloves mace & butmeg peper & salt and Chuchaneele & beat it and mix it with spice and season it your meat very well & take 2 anchoves and take out the bones and put it every where about the meat then take youre meate and cut out the Collar and roule him up as hard as you Can and put him into an earthen pot that is fit for youre Coller & you must put halfe a dozon of bay leaves in the bottom of your pot & binde up your Coller with fillit ine: or tape then put it into your pot if it be in the winter time putt in halfe a pint of Clarret wine but if it be in the sumer time put in none but not keepe lay bay Leaves on the top of your meat & som beaten meat dubbin or else butter soe Couer it up Close with a peice of past and soe bake it if you will keep it Longe you must youre out all the liquor as soone as it comes out of the oven and turne the meat that was downward upward keep out all the Grauy & put in the fatt againe and fill up the meat with melted buter & you may keep it halfe a yeare you must serue it to the Table in the pott that it was baked in you must turne up the bottom of the pot and break him out & you must eat it out & if you take it out it will not keep

31 Swet Seasonings for a Lamb Py

You must take your Lamb & Cut in small slices: then season it with cloues mace & shuger & salt & soe put it into your py in the time of yeare you may put in puslin or clove Lettis or a few goosberyes or grapes & sliced Lemmon but if you have none of these put in a could cup of whitwine or syder
32 To bake a carp to be eaten hott

Take a carp & call it aliue & scrap of
the slime draw it and take away the gall &
guts scoch it and season it with nutmeg peper &
salt slitly lay it in the py and put the meat
into the belly of the py then lay on slitates
in halfe large mace sliced Lemon goodberies
and or grapes or Barberries & som reasons of
the sun & a good peice of buter close it and
bake it being almost baked Liquor it with
buter shuger Clarret or whitwine & ice it
you may if you please make a pudin in the
belly of the fish make it with grated bread
peper and nutmegs yolks of egs sweet herbs
Curens and shuger goosberies or burberies
orengado dates capers taches Raisons &
some minced fresh Eale

33 To bake a Carp with Oysters

Skall & scrap of the skine & bone it then
cut it into larg dice work as also the milt
being parboyled mingle them with the bits of
the Carp and season them together with beaten
peper salt nutmeg cloues and mace
grapes goosberies or barberries blanched Clus
tnuts pistaches seson them lightly then putt
in the bottom of the pie a good big onion or
to fill the pie & lay upon it some larg
mace & peper close it up & bake it being
baked Liquor it with whitwine & sweet butter
or beaton buttur only

34 To make open MaRmelet tarts

You must youre aples and bake them when
they are baked you must put in beaton sinoment
rose water and shuger oreng peele minced

boyle it till it is thicke If you have any
quince put a little quince amongst it you must
make your dow with puf past when you have
put in your marmellet then lay some long strips
of your past on the top of it when they are
baked thick upon some suckets on the top
carp some white wine sugar on the top of it if
you have any Collered Caraway Comforts stick
them on the top of it soe serve it to the
Table

35 To make a Neach toung pye

You must take your toung & boyle it blanch
& when it is through ready cut it in thin
slices season it well with sinommon cloves
mace nutmeg & some suger them put it
into your py being made & washed with butter
then suckets & dates Larg mace on the
top when it do come out of the Oven putin a
Glass of Seck

36 To make a Sallomon Gu3dy

You must take the breast of a Capon or
pullet or turky & pull it with your finger in
small slices you must rub the bottom of the
dish with cloues of garlick shallet then lay
your slices in the dish as you do anchous you may
put in small bits amongst it mince a few caper5
on the top of it & oyle & viniger a little peper
a Little thine slices of Lemmon garnish your
dish with Barberries

37 To make a dish of Scotch collops

You must take some of a fillet of veale &
one but the flesh you must take none of
the fatt nor strings & then you must hack
them with the back of a knife on both sides then
lard them with bacon & season them very weell

with nutmeg peper and salt fry it with fresh
butter and keep stireing it that it may
look white then take a Litle shallet &
mince it very small boyle it in a Litle
whitwine or syder a Copl of yolks of egs
& some sweet butter & on anchoues &
keep stiring of it till the butter is melted
youre Collops being fryed & put into a
dish & pour ouer it
38 To keep Quinces Raw all The year

Saue all the Cores and rines & put in as much water as will Couer the quinces as you meane to keepe them put in a hand full of salt and a good spoonfull of hony & lett them boyle till the Liqor is thick and boyle it about halfe away then straine it into a cleane vessell & lett it stand till the next day in a Coole place

then whip youre quinces & put them in a pott that will hold them put in the pickle and lay a strong cleane paper closs upon the top of it poure the scores and reines which you Straine out of the pickle on the top of the paper and keep them from vining an keep them up close that no aire may com to it soe keep them for your vse when you have ocation to vse them you must take out the scored and pare them and boyle them when you do bake them you must you must put in their weight of shuger thus you may keep them all the yeare

39 To Make an Egpie

Take whits of egs pocth them very hard & mince them very small & to the whits of a dozzon eges halfe a pound of beefe suet and mince it very small & season it as you doe a Calues foot py serue them to the table/

40: How to mak a Calues foot py

Take the Calues feet & boyle them very tender & mince them very small with 3 or 4 pipins when it is minced very fine Season it with cloues mace nutmeg & sinement and shuger according to your pallet & put in as many currens as you think fit you must slice some Suckets & put in along with it then fill your py with it and Lay upon top of it either marrow or fresh butter is best
and more Suckets and lay ouer it & soe
Couer it and bake It

41 To make :a: hering py

you must take your herrings and lay them
in water till they are fresh then tak
them and slit the belly & take out the
bones then take som broad time and winter
sauory sweet margorum & mix it very smal
then mix it with halfe a pound of Curens &
mang with the herbs beaten cloues mace nut
meg & a little pepe r & season your herings with
it then put them in the py and a full spon
full of s handy upon the top of it & bake it

42 To Stew a Rump of beefe

Take your beefe & boyle it very tender
then taker it up and pooll out the great bones
Saue the liqor that runs from it then take it
& put it in the stew pan of the liqour tak
a quart of Clarrett thre anchoues a little
larg mace and sliced nuttmeg halfe a dozzon of
cloues and A little peper a bunch of sweet
herbs sweet margerum and winter sauory
mince 2 or 3 onions finely with a little
Claret you must turns the meat when it
is a stewing when it is very tender

put sipets and Lay it in the bottom of the
dish and put the meat ouer it and poure the
Liquor ouer it & garnish your dish with
barberis and soe serue it to the Table

43: To Stew a leg of beefe

you must tak youre beef and boyle it
very tender then tak it up and put it in
a Less pott & take of the top of youre
& put in the pot with a quart of whitwine or
syder or els a litte uniger with a few Cloues
and mace & nutmeg and halfe a graine of
peper and a bunch of sweet herbs as is ness
esary in the forgoing receit with a sprig of
rose mary & another of bay tyed up toge
ther and stew it you must take out all
the herbs when it is done you must stew
it with to or three handfuls of onions when
your meat is stewed put in a quarter of

a pound of Curens put in a little sake & a little
shuger malified when your meat is very tender
tak it up & lay it upon sippets & pour the
Liquor ouer it and garnish your dish with any
green thing and a few barerries and so seru
it to the Table

44: To Stew Mutton

Take mutton raw cut it in slices put
in viniger and water and salt sliced
nutmeg hole peper onions with a bunch
of all sorts of sweet herbs Lett it stew
'till it is enough then take out the herbs
put in a handfull of rapiers & sampire
and on anchoues serue it to the table
on sippets garnish youre dish with Caper
ers and Sampire

45: To Make a Dish

You must take slices of beef fat and Lea
pork If you haue it veale mutton &
bakon & piggons or any other sort of fowle
stew it with a little whitwine water & salt
and a uery little viniger if you leaue
out the wine a bunch of sweet herbs with
a Little cloues mace peper pound it as
small as you Can you must put in a good
handfull of onions merrigolds with 2 or 3
anchoues and Carrets and a few green
beans or peese a few Collifowers when
it is all very tender stewed serue it
on sippets so serue it to the table liqor
and all together you must garnish your
dish with samphire capers or any green
Thing
46 To make a hasg of a Calues head

Take the Calves head & boyle it & Cut out it thin slices saue the gravy and tak som swett burs of veale & lambs and sheep toungs boyle them till they will peele then cut all of them in slices and take a slice of Leave veale Cut it in bits & beat it in a mortor till it Coms to a perfect past then take or gaine sweet margery winter sauory or time choop them very small then mix it with the meat a Little peper salt and Cloues and b'ake into it an egg mix it altogether and make it into a round ball & take your mealt afforsaid and put in a quart of Clarret and sett it on a Chefindish of Coales in a dep dish & put in a hole onion to be takeh out when it is ready half a pint of oysters and too or three Anchoues and a handfull capers and larg mace hole peper salt Sliced nuttmeg Samphire and a bunch of Sweett herbs to pound of sasages cut of the links thess being stewed altogether put in the bellys that were made with veale the take braines being beaten boyled & stir it in with a pound of fresh butter or elc the marrow of too bones the meat being very tender stewed serue it to the table on sippets Likewise the liqor and garnish your dish with fryed bakon and fryed sasages cap^ers Samphire and barbaries

47: Rose a Shoulder

To Make of muto

47: To Rost a Shoulder of mutton in blood

Saue som blood of the sheep & the caul of the sheep you must tak 6 spoonfulls of cream tak all sorts of sweet herbs sweet marger^im and winter sauory broad time & chop them very small with a litle clous and mace &
peper 2 or 3 anchoues & a Pound of mutton
dubbin minc it very small with 2 or 3
spoonfuls of grated bread put all these
ingrediences together with as much blood
as you think fitt beat 2 or 3 raw egs
very weell a little sallet minced very
small & put amongst it & if you haue
and fresh oysters put them among the
rest of your ingredients so stuf youre mutton
with it & rap the call all ouer it and when it is
at fire keep basting of it with the remainder
of youre stuff and when that is all basted
vp you must bast it with fresh butter & sauc
the gravy for sawes make it with youre

Gravy and sallet so when your meat is ready flower
it and bast it so serue it to the table garnish your
dish with barberis & Oysters If you put any
in sawes

48 How to rost a calues head

you must tak your calves head and wash it very well
take out all braines and cut out the toung cleane
from the fatt and boyle it with the braines
sadge & put a puding where the braine was
and mak it very stif with eggs and shuger
grated bread bread & a little spice in the
sumer time put in spinage to coller it green
soe ty it fast with tap and put on the spitt
and rost it stick a few branches of rose
mary & & a few cloues in the rosting
off it beat it with fresh Butter & throw
some salt upon it In the rosting you
must take some oreng reine & boyle
it in 3 waters cut it in small pices

then take a little water & boyle a quarter of a pound of
currens with a little sliced nuttmeg siaon butter viniger
and the oreng peell minced: a little shuger & the
luc of oreng so when your calues head is ready put
it in the dish with your saws so serue it to the table
garnish your dish with oreng peele & salt

49 How To make a ffrigasy of rabe ort or chicken

Take them and skin them both and bruse
them in pices w th a knife take good store of onions and parsly broad time and winter sauory
Chop them very small and set them in a frying pan with water till they bee tender then put in the meat being cut in pices and hancht with a knife and when your meat is tender tak it up and the herbs and Lett the water run through a rang then put half a pound of buter into the frying pan when the water is cleane from the water put them & harbs bak into the pan fry it very weell with the butter

then take 3 eggs and halfe a pinte of creme beat them together very weell with sliced nut meg and salt stir it into a deep dish with sipets in a Little whitwine then fry oysters dpt in egs you must lett your meat fry till it is broun and a little nutmeg beat with your egs lay it upon top of your meat clarrified in egs garnish the dish with some of the sam or barberies or flowers

50: How to stew a Calues head

Boyle your calues head very tender & cut it in slices cleare from all the bones & saue the grauy take a pinte of whitwin & put in the grauy and put it on a Chefin dish: of coales and lett it stew half an hour then put in the braines with a handfull off Capers with hole peper salt & sliced nut megg: hal: a pound of butter keep stiring it till the butter is melted then serue it to the table on sippets garnish youre dish with Barberies

51: To make a goosbery ffoole

Scale the Goosberys plump them through a serue & take the pulf & shuger & rose water & oreng peell & boyle it till it is thick & Lett it stand till it is could then put in som Creme by degrees keep stiring of it in your dish and when you see it of good thickness for such a dish sheauue shuger on it and soe serue it to th Table
52: How to Stew a Bullock Cheek

you must boyl it till it is very tender
take out all the bones and sue the gravy
and tak the fatt of the pott & putt to: your meat
in the stew pan with the gravy & putt to it a
pinte of Clarrett or syder or viniger with
a handfull of capars minc it verie small
& shallet and a bunch of sweet herbs with
a little peper mace & cloues & stew it
very tender with 2 or 3 anchoues if you can
haue them: when it is very tender stewed
put sippets in the dish & poure the liqour
on the Cheek garnish your dish with Barceries
or any green thing

53: To Stew duckes

Take your ducks raw cut them in peices &
take out the gall from the liuor & wash
them and the g carkeses cleane in Claret
wine bruse the liuor when they are boyled
between 2 trenchers and stew it in the wine
with the meat on a Chaffindish of coales
season it with a couple of onions sliced
thin grated nutmegg and a good quantumy
of peper and salt anchoues 2 or 3 when
it is stewed enough put in a peice of

27
fresh buter ring the luce of a Lemmon: in to it
soe serue it to the table on sippits garnish
your dish with Lemon peele or onions

54: Another of the Same

Take your ducks when they are halfe rosted
cut them up and putt them in a dish with the
Grauy a Litle Clarret a couple of onions &
on Anchoues i nutmeg sliced & when it is
enough putt in a peice of fresh butter serue
it to th Table on sippets garnish your dish with
Onions

55: How to make the best sort of stewed broth
You must tak *your* bones of meate mut*on*
beefe or veale and boyle it *with* a bunch
of marigoulds and bayes tender poure out all
the Liqour through a range then putt it into
a pott & hang it ouer the fire put a Leg of
beefe or a neck of mutton when the meat
haue boyled half an hour put in the curens
pruans raisons *with* larg mace & sinament
you must thicken it *with* grated bread
coller it *with* sanders a little a boue an hour
before you take it up you must take the
marow of 2 bonens and put in it take it
of the fire put in sak & shuger acording
to *your* Liking *with* som suckets minced then
stire it all together and put the meat
in the dish *with* small sippets and poure
the broth upon top of it garnish *your* dish
*with* some fruit and soe serue it to the Table

56: To make white broth:

You must take the meat & boyle it as
before put in a Chik or neck of muton
& 2 marrow bones and tak the marow
of them and Leaue them *in* the broth then
put in the fruit spice thicken it *as* the
stewed broth when it is boyled enough
put in a quart of Creame *with* the yolkes
of 10 egs beat 10 weell *with* some rose water

& half a pinte of sack a graine of amber
grees *with* shuger and suckets mince it you
must keep it stiring it after the egs & cre
ame: lest it Crudle sack must be put in
after they are of the fire

57: To stew veale

Take veal raw cut it in small *speices*
& & season it well *with* cloues *hole* mace and peper
stew it *with* whitwine put a bunch of sweet
herbs as broad time winter sauory southern
wood pa*rs* sly and marow if you haue it in the
winter time put in curens in the summer
time goosberys or grapes Instead of curens
when it is enough take out the herbs and
put in 2 or 3 egs beten weell w and a peic
of fresh butter soe keep stireing it till *your*
butter is melted soe serue it to the table
garnish your dish with Lemmon and oreng

58 To Smere a Rabet A ffrench dish

You must skin the robert & slit him for the
taile to keep bone and bring the Legs & thrust
under the shoulder you must take a scure
& thrust the hinder Legs you must haue an
other: scuer and a put into his mouth & stick
his head upright upon his bak put it in the
pott when the Liqor is ready to boyle take
out some of the liquor into a skillett put
in good store of onions sliced with Currens
and a litle larg mace & sliced nutmegg &
then put in a good peice of fresh butter
with som suger some viniger then take
them up and put them in a dish with sipets
slip out the hip bones and put the eyes
in the eyes of the rabbets let the rabbets
stand upright in the dish to poure out your saves
all ouer garnish youre dish with barberies/

59: To make kidny toats

when you haue a line of veale take the kidny
and fatt mince it very ver small with swet herbs
Cloues mace nutmeg peper an a Litle salt
a quarter of a pinte of cream & a few: eggs
rose water & shuger & a L mingle it alltogether then
cutt manchet in thin slices fry it with fresh
butteer you must turne them in the frying
so serue them to the Table/

To make an orier of sweet bone
60: of pork or a fillet of veale

Take a quart of viniger & a quart of water
a handfull of shallet & winter sauory mar
and time cloues and mace and nutmegg
and a good store of peper and salt boyle it
altogether and Lett it stand till it is Could

If it be a sweet bone of pork you must cut
it in peices and put it into a pot that will
jest hould it then poure out the Liqor upon
it & et it stand 3 dayes befor you dres
it then rost it and bast it with fresh buter
garnish your dish with Lemmon & eat it
with the iuce this you must doe to the
veale also & the same Liquor will
serue for 2 or 3 peices of meat

To Rost a shoulder of mutton
6i: with oysters

Put a knife at the handle of the meat
and holow the skin all ouer the back of
the mutton & thrust in the oysters all
on the back of it with the skin lay it to
the fire rost it up as quick as you can
and bast it with fresh buter sett a dish under
and it to saue the grauy and put in 2 or 3
anchoues

a little sallet and peper and boyle the saues ces with,
a few minced capers putt the saues ces and clar in the dish and Lay the meat upon it soe serue it to the Table garnish your dish with oysters &
barberies Capers and samphire/

62: To rost a Capon with oysters

wash the inside of it with Clarret & stufe
the inside of him with oysters trus him &
Lay him to fire & when it is about a quarte rosted winde about him sasages & bast him with fresh butter keep a dish under
it to saue grauy and the Clarret which
you washed with and 2 or 3 anchoues and
a little sallet and peper and a peice
of fresh buter keep sturing it till the
buter is melted so put the Capon in the
dish with sasages & fryed oysters and
Barberis

63: To stew calues feet

Tak your calues feet and stew them
very tender take of all the skinn &
heire very cleane from them then
put them in a stew pan with a qua' t of
syder & sliced nutmeg and a Litle
broad mac half a pound of Curens a
little salt a little minst oreng peel
set it ouer the fire lett it stew altogether
take yolks of 3 egs the whites of one beat
it weell with some of the liqor you stewed
it in take out the calues feet put them
in a dish on sipets then stur in your egs
in the liquor with a little shuger & a fresh
peice of buter Let it be ouer the fire
till it doth Lust simber after the egs
bee in keep sturing it all the while &
pour it on the calues feet ring the

Iuce of 3 orenges upon the top of it garnish
the dish either with flowers and some of
the Curans which was boyled with it and
oreng peele

64: To Make a hash

Take a should of veale half rosted
cut it in thin slices and saue al the guy
put it in the stew pan with a quart of whit
wine too hole oniones and a bunch of sweet herbs
2 or 3 anchoues a good handfull of hole peper
Capers and some samphire halfe a pint
of oyster and half and ounce of hole peper
some hole mace sliced nutmeg and a peice
of Lemon peele hole so couer it and sett
it ouer a gentle fire that it may stew
Leasurely when it has stewed halfe an
hour put in half a pint of sasages a pint
of strong broth or grauy then sett it ouer
the fire againe Lett it stew till it is Enough

beat it with the yolks of 6 egs very well with
some of the Liquor that it may not Crudle
take the hash of the fire stire in
the egs with a good peice of fresh buter
take out the herrbs onions Lemmon
peele & sipets put in the botom of
the dish & so you must serve it to the
table garnish the dish & lay ouer over
the hash ball of frost meat fryed burs
and tonges fryed oyesters bakon & sasagès
capires sampire olives & barberies put in
the middle of the dish 2 fowles or a turkey
or a couple of neach Toungs rosted or
a calves head rosted you may put
chikin & marow bones round the dish
you may put in the hash when you stew
it first Lambs stones sheps toungs ope
pallets or & burs//

65: How to make forst meat

Take some Lean meat but cut of all
the skins & stringe very cleane pound it
till it comes to a perfect past take to every
pound of meat \textit{mean} a pound of beefe dubbin minc
it very fine and mix it with the meat take
a little broad time winter savory margerum
Corse mary a little southern wood persly &
sorell & minc it very fine season it with
beaten Cloves mace & nutmég peper & salt
tak the yolks of 4 eggs and the whites of 2
beat them & put to it 3 spoonfuls of grated
bread mix all these very well together then
boyl six eggs together very well take out the
yoks hole make the meat in little round bals
\textit{som} about the bigness of walnuts but round
\textit{som} the bigness of goose eggs in the middle
of these bals put the yolks of eggs on in each of
the Large bals so fry them browne these balls
of forst meat are very good in a frigasy put
barberies into some of them and currens into
other some both must be whole

\textit{folio 32 verso || folio 33 recto}

66: To make a spread Eagle

you must take a fryg young pullet that is
fleshy & you must keep her fasting all
night then you must tak her & cut her
throat & you must have \textit{the} water scalding
hott & ready against it is dead you must
nott ouer scald her nor brak the skin you
must take the craw out where you cut
her throat then you take a quill and blow
her untill all the skin com from the flesh
and you must take all the bones Except
the Legs & wings & head & you must cut
of Legs rump & Leave it hang in to the
skin the flesh bones & lime guts must be
taken out wher you take out the Craw
then you must parboyle the flesh & minc
it fine & mince it with 5 spoonfuls of grate d
bread and som barberies and mince 3 egs
to beat up with the meat & some shuger
and salt beaten Cloves mace simoment

Dubin wher you take out the meat you must
put in this Lay it in an Earthen platter &
lay butter under it & Lay upon top of it &
slit the head in 2 and slit head wings up by
the sides & the Leegs upon it & soe bake it
& serve it to the table & ring the Juc of
an oreng upon it & garnish the dish with
oreng and the peele

67 Sawes For Rosted Chickin or Partrig

Tak a Little Claret & a whole onion
& a little peper & the livers of the chickin
boyle them together take out the onions for the
Chickin sawses but lett it alone fore the
Parriges put in som fresh butter stire it
Altogether with a little salt

68. Another of the same

69: Three Sorts of Sawes for a Capon or Turky

Take Clarret wine pepper onions minced
very small the Liuors very small and
anchoues boyled together & put fresh
butter into it keep sturing of it till it is
melted
70 Another Way

Take clarret wine & Lemmon peele that is very thin & mince it very small & put it on a Chefindish of cooles with a little Suger & butter

71: Another Way

Take a good quantity of onions & peele them & boyle them white & tender chop them very small and put them in Sawes pan with peper and Salt & butter stir it altogether till it is melted

72 Sawes for a Rosted Pigg

Take some Sawes & serell & boyle it very weell in faire water when the Pig is rosted put the braines in the sage & serrell finely minst with shuger and buter & viniger & a little sliced nutmeg so garnish your dish with a little crust of a manchant finely grated

73: Sawse for boyled Chicken

Take a litle of the water you boyled them in a litle sweet margorum & winter Sauory & boyle it then take gisards & liuers mince them very smale with the herbs then boyle a pound of Spanish Putatoes & put it with broad mace & marow Lett it boyle till it is Enough then put in 8 Caled goosberis & shuger and butter and half a pint of sacker lett it boyle Enough then take it of and garnish the dish with barberries sliced Lemmon shaue shuger round the dish soe serue it to the Table

74: To mak Snow with Cream

Take 3 pints of Creame 15 or 16 egs
and straine them together and a Litle rose water & as much shut as will sweeten it

then take a stïke as big as a Childs arme cleane on end of the stick & wind it with your fingers soe beat it with the stick or a bundle of reeds tied together rowle it between your hands standing upright for that will mak the snow rise the faster now as the snow riseth tak it up with a spoon put it in a caldron that the thin may run from it & when you haue sufficient of this snow take the Creame that is Left & seeth it in a skillett & put in beaten Cloues & sliced nutmeg beat 2 or 3 yolks of Egs to thicken it & sweeten it with a Litle rose water & shuger pour it into the bason when it is boyled & when it is Coole put the snow up on it in heaps dip a bunch of rosemary in the snow & stick upon a round piece of bread stike it upright in the midle of the dish gar nish your dish with sweet meats and caraway Comforts

75: To mak harts horne Ielly with barly water

Take the barly & still boyle it on the fire put away the first water tak what Quantity you please If you take a pinte 'put in a nounce of hartshorne and Let it boyle till you think it will Ielly then straine it out and put in Lemon Pele & a little spice of nutmeg put in shuger as you Please for sweetness and put in the white of an ege & put it in and Lett it boyle walme or 2 & put in luc of a Lemon a Sprige or 2 of Sweet margerum soe Lett it run through the Ielly bagge

76: How to make Pan Pust

Take a stale rowle and pare of the Crust Cutt in thin slices then tak 6 eggs & beat them very well take siniment sugeer and rose water and put in half
a pinte of thicke Creame as you can geett

put it in the eggs then put the slices of bread into it then fry it in pure sweet buter keep pourring of the eggs as you turun it till all the eggs and Cream be in then when they be fryed put them in the dish & shaue shuge upon them soe serue them to the Table

77: To make a Posset

tak Cream and sett it ouer the fire with a little mace & nittmeg then haue som sack & sweeten it with shuger & when your Cream is boyled stir it up a little coold then put in your sacke hould it up a good heigh that it may leather in froth then let it stand Couered ouer the Coales half an houour at least

78 To mak a could Posset

Take a pinte of whitwine 2 Lemons or or a little varges or a little bunch of rose mary or a little stick to Lase it with as much shuger as will sweeten it brew all these things together for a quarter of an hour then Lett it setle straine it in your posett your bowle standing as high as you can from the ground & as high as you can and lett youre bowle be on the ground then pour a it into new milke as soft as you can till it be neere full then stur it up and put in fine shuger into it

How to make a Pudding in
79 a Legg of mutton

Skin all the skine from the flesh & take up all the bones & flesh Except the very Leg bone That must hould the skine then mix a little of the meat & suet together & boyle som
Creame & put it on a sliced manche
then beat a few egs take shuger & spic & reasons & Curens & temper it alto
gether then put it in the skin & put it in an earthen pan & bak it without anything in the pan

80 How to make a dish of fryed peasecoods

you must take Aples & Coodles them & plump them through a rang then put to it some shuger & beaten sinoment & rose water & boyle it till it do come to a past then take it up & Coole it & when it is Could roule out some puff past uery thin roule it about the bread of the plaine of your hand put into it a spoo nfull of your aplies & couer them & make them in the shape of peasecods soe fry them in the pan with fresh buter very broun soe put them into a dish-

& shaue shuger ouer them & serue them to the table

81 How to make Goosebery past

You must take the grenest goosberryes you can geet & scald them & plum them though a range then take your plum & put it into your preserueing Pan ouer the fire keep stiring of it till it will come cleare from the sides of the skillet then to euery pinte of Gooseberyes take halfe a pound of shuger & put in your shuger by deg reese then boyle it as Quick as you Can & stir it that it doe not burne till it doe come from the bottome haue youre moulds redy on a peuter plater dust it with fine shuger under it and on the
top then fill your moulds with your past
& dust shuger upon top of it & when
they are Could take them out of your moulds
& put them into your ouen & when they
are dry take them out and keep them
for youre vse put them often into
your peuter platter

82 How To make Iely of rasberies

You must take a quart of rasberies & 1 quart
curens & put them into your preseruing pan with
half a pint of faire water and set them ouer
the fire and Let them boyle till you think the
water is all boyled away then plump them through
a rang that is very fine that none of the
seedes may goe through then put your puple in
your preserueing pan and sett it ouer the fire
& keep stireing of it & Lett it boyle very fast
sture it till it will parte from the sides of the
skillet then haue a pound and a halfe of shuger

Beat very fine put in your Ielly when it will Iely
in a spoon put in your glases and keep them for
your vse.

83 How to make a past of rasberyes

You must take Rasberies to the value
of 3 pintes and plump them through a rang
and take the plump & put it into your preseruing Pan & soe Lett it boyle apace keep stiring of it
till it Com from the bottom of the pan then take
3 parts of a pound of shuger being beaten very
fine put it in by degrees and soe Lett it boyle
till it is as stiff as it was before you put in
the shuger then haue your moulds ready in a
Peuter platter & dust them with shuger
then put it into your moulds & dust them
again with shuger & when they are could
take them out of the moulds & put them
In the Sun to drying & soe keep them for
Youre vse

...
84 How to Make a Lemon Cake

Take some dry Rose buds & strip them & put them in a little rose water as much as will Couer them & soe Lett them be all night the next morning boyle them & tak a Lemmon and grate of the outside of him & mix them with your shuger & take a spoonfull of the luce of a Lemon & as much of the rose water that your roses was in as much as will Couer the shuger then tak and boyle them to a candy height then drop them on a sheet of paper & keep them for youre vse.

85 How to Clarifie Shuger

Take a pint of running water & beat the whit of an ege into it till there arise a whit froth upon top of it then put a pound of shuger into it and Lett it boyle very fast & in the boyleing ther will arise a black scum upon it Let it boyle a Little & then scim it very Clean straine it through a cloth & so vse it.

86 To know when your shuger is in a thin sirip

Take your shuger being clarified sett it to boyle againe Lett it boyle very fast & in the boyleing there will arise a white scum soe Lett it boyle scumming it very clean an when youre serip boyles cleane without any scum then you may know it is in a thin serip youseing accordingly.

To know when youre shuger is

87 In a full Serip

Take youre shuger being Clarified & sett it to boyle againe very fast & in your boyling your sirrop will Change his Coller & it will look more high Collered then.
before & when yov see it high Collered of
the Coller of amber or strong beere by
they yow may know it is in a fyll sirrop
& use it accordingly

To know when your shuger
88 is at manus Christi height

Take youre shuger when it is clarified
& sett it to boyle againe Let it boyle fast
til it doth dry betwen your fingers Lik a
Small thred or weeb & doth not break &
by that you may know it is manus Christi so
vse it

To know when youre shuger
89 is at a Candy height

90 To Preserue Quinces whole & red

Take the best Quinces free from spots or
bruises pare them & score them through
them into faire water as you doe take the
rindes & scores and boyle them in as much
water as you doe think will mak serip
to preserue them the water must boyle
halfe away then straine it through arang
way your Quinces & put them into the preseruing
pan poure the Liquor upon them put half

There waught in shuger to peniworth of Cuchan
elle stifle them very cloose & hang them
very high from the fire that they may keep
Scalding hott not to boyle for to houres time
then take them of the fire & open
them & puut in another quarter of shuger
& stifle them up very cloose & sette them
ouer the fire againe too houres more
Lett them simber but not boyle then open
them againe & if they be a good Coler sett
them ouer the fire to boyle apace if
they doe not boyle red enof sett them
ouver the fire againe as they did befor
when they are of a good Coller seett them
in the Gally pots & lett them stand in the
serip 2 or 3 dayes then boyle them againe
put in the rest of the shuger they must
haue theire full waight of shuger in all
Then let them boyle pretty Quick till the

91 To mak nable Bisket

Take the yolks of 16 egs the whits
of 6 beat them 1 houre tak a pound
of Lof shuger beaten and sifted very
fine put it into your egs saue alitle of your
shuger to strew on top of them & beat
them another houre then put a pound
of flowre dryed beat it halfe a hour

More with sack & rose water buter your
moulds & fill them with your Bisket bater
Lett your owen be pretty hott you must
strew som shuger ouer guest as they goe
in the owen when they doe rise they
are enough take them out of the moulds
put them on Cap paper & sett them in the owen
to dry

92 How To make Italian bisket

Take a pound of Loof shuger take it
& pound it & sift it very fine take
1 ounc of gumarabak pound it and sift
it very fine put the gum into youre mor
ter againe put the whits of 2 egs and beat it
weell halfe 1 houre then put in a Quarter
of a pound of shuger beat it againe a quarter
of an houre more then put in another
Quarter of the shuger and beat it a
Quarter of 1 hour more

put in 2 sponfulls of roswater beat it
againe another quarter of an houre & put
in againe another quarter of the suger
beat it halfe an houre more then put
in halfe a spoonfull of fine dry
flower beat it againe a bout a quarter
of an houre then put it into your
preseruing pan set it over a Cleare fier
keep sturring of it that it doe not burn
put into it a quarter of an ounce of beaten
Caraway seeds as soon as it doe boile take it of
& put it into the morter againe keekpe po
unding of it till it Coms to a past then make
it vp between yovre handes with a littill sug
ar in Cakes about the bigness of a shilling strew
suger upon whit paper bake them on it the
oven must not be so hot as for other things
keep the oven with a littel breake of fire after
they are in when they doe Rise they are enough
take them ovt of the oven

How to pickle mangross

Take youre wallnuts when they be green
about the bigness of large nutmegs make
them full of holes throw them into fair
water as youw pickle them boyle them in 7 wateRS
btweene euyry boyling then wipe them in a
Course Cloth put them in as much vinigar
in a brass pot as will Couer them to a quart
pot in 3 parts of an ovnce of hole peper a
good handfull of salt half an ovnce of rochalem
stifle them very close hang them very high over
the fire where they may keep hot neither simber
nor boyle for 3 hours then hang them Lower that
that they may boyle a pace vncover them that you
see they do not breake when they look green take
them vp pvt them a broad on a platter to
Coole & boile your pickle Longer then you mvsit put it to Coole till it is through Could put it together In a deep pot that is weell Glazed couer them very close that no Aire may com to them keep them in a Coole sceller these mangrose are very good in hashes or for sauce wher capires and Sampires is Vsed

94 To Pickle broom Buds

You must gather them when they are very young before they blow in a dry day put them in a deep gally poott put as much Viniger and salt as will Couer them & alittle shuger Lay a paper down close upon them Couer them with a peice of leather keep them in a Close seller this way you may pickle ieliflowers Cowslops or any sort of flowers

95 To candy Cowslops

Take halfe a pound of loafe shuger beate
& sifted very fine put 2 parts of it into youre preseruing Pan and lest wait with faire water & put it ouer the fire & Lett it boyle up to a Candy then take your Cowslops being pickt the blowings of & stew them lightly into youre Candy boyling ouer the fire keep stiring of them & lett them boyle very quick when you doe see them Candy again put in the rest of the shuger Lett them Just boyle againe & take them of the fire keep stireing of them in the preseruing Pan till the candy Do com to be a perfect shuger againe then put them in a rung & sift the shuger from them put in the Pan to dry keep them in paper bags keep them neare the fire this way you may Candy other flowers

96 To Candy Grapes
Take hansom bunches when they are th'ough ripe you must gather them in the middle of the day when they are dryed you must take theire waits in double refined shuger pounded & sifeted very fine haue it in readyness stiped ouernight & ounc of gumaraback in rosewater & with a feather wash your grapes all ouer Couer them all ouer with your shuger then ty a string to the stem of them and to a stick lay the stick a thirt the earthen pan soe that the bunches may not tuch the pan sett them in a stow or waRM ouen that is of a good drying heat Lett them stand about 3 houres and tak them out & strew more

shuger upon them all ouer soe that you may not see the grap if you find the shuger doe not stik weell any where upon the grapes wet the plac with a little of your gum water Put them in a stow & Lett them stand till you se the shuger is dry & hard about them them keep them for your vse

97 How To make Almon Iembe's

Take halfe a pound of Almons blantch & beat very well with rose water they must be the best Ior den Almonds & beat very well then pvt an ounc of gnmarrabeck being stiped in a littell rose water & the whites of 2 eggs then beat them alltogether very well with Almons then Take a po vnd of lofe Sugar mix it all very well then pvt it over the fire in your preserving pan keep sturring of it till it do come from the side of the pan take it of the fire & Let it stand then beat it againe very well in a morter to a fine past then rowll it ovt in littil rowls then bake them vpon wafer paper before your ouen be not to hot

98 How to make Gimballs of
Apricocks or Plvms
Take the ripest Apricockes and bruse them
in a Silver dish as small as you can & stir them
& turn them & them on a fire till it doe
grow as stif as dow then rowll it in 2
balls so let it ly all night then the search\textsuperscript{ed}
svgar work them together into past & lay
it not so set them in a stow so dry

99 How to make oreng biskit

Take the fairest orenges yov can get take
ovt the middle of them & lay them into wa
ter fovr ro 5 dayes sifting them twice a day
then boyl them very tender then dry them
on a Clean Cloth very well bvt what yov
mvst doe more I cannot tell

100 Hov to make a Goosgiblet py

You must take your Giblets and Perboyl
them then break the bones & save the skine
of the neck whole you must season them
with sweet margurum winter sauory & broad
time & chop them very small with Cloues &
Doe saue the bloud of the goose to make a
Puding with a Litle milke & gratted bread
& a litle dubing mixt very fine with 2 egs
& the same seasoning which you seaone\textsuperscript{d}
the giblets with all

You must put your Puding in the neck
of the goose into the hose of the geele
and some Curens in the Puding &
that you may Leaue put in the midle
of the py & put good store of fresh
butter in the top of the py before
you close him up/

101 How make red mar\textsuperscript{nelet of Quince

Tak the fairest quinces you can
gett pare them & score them as
you pare them put them in faire
water & saue the Curnells & tak
the curnels & put them in a lane
bag then tak the rinds & scores
& boyle them in as much water
as will Couer the Quinces & when
it is half boyled away it must
boyle till the water is slimy

Then way your Quinces & put them in your
Preserving pan poure the Liquor upon
them put the Curnels that you put
in the sam bag with a peniworth of
venus Leak pounded in the middel of the
quinces then tak take the weight of your quin-
ces & put it into your preserving pan &
Couer it verry close & hang it ouer the fire
pretty high where it may stew about
1 houre then stire it and put in alittle
more shuger & Couer it againe &
Lett it hang till it is of a good Coller
then sett it on the fire to boyle up
quick & put in the rest of the shuger
& when it will part from the side of
the pan after the shuger is in it is
enough

102 To mak scots Collops of mutton

Take a Leg of mutton & cut the
Lean of in thin slices round the
Leg about the thickness of a Crown
peice hack them with the bake of
an knife on both sides strew a
Little salt on them & broyle them
on a gridian on a Cleare fire as
soon as you see the blood upon the
top of them turne them in a dish to
saue the grauy and byrle the other
side take care you doe not broyl
them to much Put som Claret wine
& 1 anchoue & put in the dish to the
grauy with a Little sliced nutmeg 3 or
4 spoonfuls of pickle oysters & a
Little peper 3 or 4 salets sliced
sett it on a Chefindish of coals
& when it boyles Put youre
Colops to it & Lett them boyle all together a little while then beat the yolk of 2 or 3 eggs with a Little Claret wine very well then take out your colops put them on sipets in the dish you intend to serve it to the table then take your eggs & a good piece of butter and stir it into the sauce till the butter is melted on the Chefindish of Cools soe pour it on your Collops & garnish with barberies & Lemons

103 To make an hash of rabets

Take your rabets and flay them & Cut them in quarters the wings & Legs in 2 or 3 pieces & the Chin in 3 or 4 pieces put it into the

with a pint of whitwine & a pint of water a Little Larg mace sliced nutmeg groose peper & salt take a little winter sauory broad time sweet margerum Parsly & little ser¹ & a small sprig of southwarn wood & couple of onions or salet sliced strew it all over your rabets in the stew pan Couer it very Close & sett it over a Clear fir to stew when the Rabets are stewed very tender tak to yolks of eggs & beat them with a little whitrwine & stir into your hash with good peice of butter serve it to the table upon sipets garnish your dish with barberies & flowers

104 To hash an hare

Take your hare & flay him & draw him in a little faire water then cut him in pieces the Legs and thighs in 3 or 4 pieces & rip up the brest and
Cut the ribs in pieces & Leave the head whole put it in your stew pan straine the water you washed the hare in & into a Quart of clar\textsuperscript{et} wine a bunch of sweet herbs 3 or 4 Larg onions cut in half an peper an sliced nutmeg broad mace & salt & 1 anchoues or 2 half a pinte of good Larg oysters Lett it stew alltogether till it is very tender take out the bunch of herbs & the onions beat 2 or 3 eggs very weell with a little raw Claret stire it into your hash with a good peice of buter take care you doe not Lett the egs crudle about serue it to the table on sipets garnish the dish with sliced Lemon barberies & oysters & flowers

105 To Codle Aples Green

Take good Coodleing aples & put them in a brase pott as much water as will Couer them Lay som Leaues on them keep them under water stifle them up cloos & hang them up high to Codle ouer the fire when they are coodled take them of and peel them tak Care you doe not breake them put them back into the same water againe stifle them up close & hang them very high soe that they keep scalding hott but not simber nor boyle for 3 hours time then open them & if they are not green enough stifle them up 2 hours longer if they are green enough take them for your vse

106: How to make a Salmon:Pye

You must ake your salmon & scale it very thine & Picke out the bones as well as you can you must season it very weell with beaten cloues nut
meg & salt and put good store of fresh butter with a little large mace up on top of it when it doth come out of the oven fill it up with fresh butter you may keep it a long time.

107 How to make an olive pie

Take a fillet of veal of a cough calf & cut in small slices & take out the vudder & cut it in as many slices as you did the veal & take some sweet marmalade & time & serrell & chop them very small & mix with beaten clover mace nutmeg & salt & sugar half a pound of currants mix them together with the yolks of 6 eggs & three whites & private herbs & spices into it then take some of the calves call & cut them long pieces & roll up every piece with the spices & herbs & so put them into the pie & a few grapes & gooseberries if you have none private slices of lemon & sultanas & fresh butter or marrow boil 3 or 4 eggs hard mince the yolks of them small & strew upon the top row when it comes out of the oven put in a candle of white wine & so serve it to the table.

How to make a pasty of a bull

108 ocks check

You must take 3 or 4 checks the fattest you can get and the youngest and boil them till they be very tender or bake them with claret wine & when they be baked take them out & pick out every bone & splinter of bone save all the liquor & season you cheek very well with pepper salt cloves mace & nutmeg then put them into your pasty or pie wash the bottom of the pie with butter before you put in the meat put all the fat that is upon the gravy upon top of the meat.
when you put youre py into the ouen poure out all the grauy that was Left when it first coms out of the ouen you may put som Claret in the Py

109: To make a Pasly Py

You must tak the Parsly pick it and byle it very tender & ring out the water betwixt 2 trenchers chop it very small and put into it a pint of Creame & beat with 4 or 5 egs halfe a pound of reasons of the sun with a little peper sliced nutmeg rose water & a litle buter & lett it stand till it is Could and then put in your stuf into the py then when it is baked tak it out of the ouen & cut of the Couer in 5 Peices Lay 4 about the py and the other upright in the midle & put it into the ouen again for about a quarter of an houre & when you take it out shaue shuger round about him and seru it to the Table

110: To make Vension of mutton

Tak a quarter of mutton and bone it Leame very well & wash it wth blood & a kind of blood that is holesome & then season it wth peper salt nutmeg & a litle Couchaneell and put into youre py when it is going into the ouen wpour a litle Claret wine you must bak the bones in a pott and bak them in the ouen with youre Py & when you serue it to the Table take Liquor that comes from the bones & fill up youre Py

111 To make Caules Chald on Py

Take a chaldron half boyled and Lett it Coole and when it is could mince it as small as grated bread with half a pound of marrow
season it with Salt beaten Cloues and mac & nutmeg a Little Onion the luc of half a Lemmon & sum of the peele minced very small & 1 pound of Curens mixed altogether then tak a peice of past & Lay alaf there of in the dish of the bignes to Containe the meate then put in the meat & Couer it with another Leaf of the same past then bake it & when it is baked open it & when it is opened put in the luce of 2 or 3 oreng is stire it altogether be shuer that there be non of the stones in the orengis couer it againe serue it to the Table

112 How to make a Tansy

Take ten egs & beat them with their whits tak a pint of Creame a good handful of wheat if you Can get it if not tak spinag with a Litle tansy on spoonfull of grated bread to bind it a Little nutmeg Caraway Comforts fry it in the pan till you see it is enough then ring the luce of a Lemon and strew som shuger on it & garnish the dish with orengis

113 To make a spinage florandine

boyle it tender ring out the water well mince it smale put to it a pint of Creame & a good handfull of Chees Crudes beat it in a morter and sum minced suckett and shuger and marow season it with sinomun & nutmeg beat it altogether & put it into your dish & couer it with puft past sett it into the ouen and when you take it out put in a glas of sak & serue it to the Table

114 How to make a Lambert Py

Tak a pound of ueale that is Leane &
Cut out all the skines very Cleane & pound it in a morter till it Comes to a perfet Past: of beef suet minced & pounded with it tak a Little southern broad time winter saury orguny swet margerum mince it very fine and mix it very well with the meat with a Little salt beaten cloues mast nutmeg sainoment a Little sugar then break into it the yolks of 6 eggs the whites of 3 and to sponfull of grated bread beat it all very well together diuid it into 2 parts on part mix it with half a pound of Curens & make it into Little bales som about the bigness of wall nuts som about the bignes of eggs

some Long some round take 4 or 5 eges & boyle them very hard & take the whites from them mix in the other that have no Curens some sliced suchets then take the yolkes of the eggs & - rowle up in the midle of the meat in some put in a hole egg & some yolks & in some peices of yolks make some Long & some round take 4 or 5 egs & boyle them very hard & take the whites from them mix in the other that haue noe Curens some sliced suckets then take the yolks of the Egs & rowl them up in the midle of the meat in some put in a hole eg & some yolks & in som peices of yolks mak som Long & some round

115 To make a Pork Py

Take a pessell of pork that is young and boyle it till the skine comes of & then take it up and skine it & Lett it stand till it is through Could then slit it in 2 peices & take out the bones you must put in a round py the meat being in the midle of the py Lay the f fat sid upward & stik it full of cloues you
must season it very well with peper & nutmeg you must lay Larg mace on the top & fresh butter & bak it till the mea\textsuperscript{1} be very tender cold & if you mean to keep it Long you must fill up with fresh butter

116: To make Sirop of snails

Take youre hous snails & put them in a basket put fenall in the botome & in the midle & on the top Couer them very Clos & let them stand for 24 hours then take them up & whip them very well & Clean in a Course cloth prick the bottom of the snails with a botkin & stop there mouths with Lisborne shuger put them in a Caue with the holes that you made with the botkin downe wards & sprinkle a little rose water all ouer them there Let them stand till the shuger bee disouled & the sirop drop cleare into a dish that you must put under the seiue to catch take it for youre spent use with out boyling but for to keep put it on the fire Lett it lust Boyle scuming it very Cleane tak it of the fire & keep it till the next morneing then botle it

117 To make shuger Lumballs

Take halfe a pound of double refined shuger weell beaten & sifted then take an ounce of gumdragon stipt in rose water take the gum & put it in the morter with the white of an egg & a graine of ambergreese beat it together till it is ury well mixt then take the shuger & put in by degreese keep pound ing all the while till it doth com to a stif past the more you beat it the whiter it will bee then tak it & diuid it into 5 or 6 parts then take for youre coulering yallow tak safron & for blew powder blew & for green take green sap- & for red take uenus Leak for another
red tak vermillion & for purple take
couchanele grind all these collers
seuerally for another yalor marigoulds
grinde youre collers very fine then
take on part of youre paste & mingle

it with on youre collers then take som of your
blew & som of youre yalor & mix it very well
& it will mak another green you must
keep the best part of the past when all the
collers are well mixt then take some of
each coller & rowll it out in littell
rowls about the bigness of a good big
straw then place your collers as you please & rowle them together & ty them
in pretty knots as you please & dry them
in the sun in the svmmer you must
take flowers of all these collers & coll
er your lumballs with them

118 To make moth Cakes

you must make your past all one as you
did for your lumbals & mix the collers
all on but you left most whit of that

which now you must leaue most green you must
take som march pane past & make little
cakes very thin & as big as a crowne peice or a
little bigger som of them you must tak the colers
in a haire seive seuerally with the back
of the spoon doe them in little dabs on those
cakes as you pleas som in the shape of roses
& other prety fancys and plac the collers
to your fansyes as you may doe som of those
cakes with out march pane past under them for
botome and dry them in a stow or ouen

119 To make Serip of mulberies or rasberies

Take the mulberies or rasberies put
them in a siluer tanker in a pot of
water & lett it boyle for 3 or 4 hours take
care that no water com unto them then
let it - run through a haire seive
And to euery pinte of this Iuce 3 Quarters of a pint of shuger and Lett it boyle till a drop will stand upon the naile scum it very well then tak it of and keep it till the next morning then put it into the botles

120 How to make serip of gilyflowers

Take youre gillyflowers and cut of all the white from the bottom of the flower you may stipe them either in water or seck or whitwine or brandy tak a Qart of either of these & held it scalding hott and put youre flowers into it and put it into the Chibmny Corner till you se it of a good Coller & when it is squiz out the flowers very well & grind dry 500 flowers will make a Quart of serip then take of each a pinte of this a pound of lisborne shuger & lett it boyle till will stand upon youre naile scum it very weell and Let it Coole & botle it to the sirop that is made of brandy or such take to euery pinte a pound & a half of shuger and sett it to the sun till the shuger be desolued then botle it

121 To make sawes for boyled fish or fryed fish

Take thre Quarters of a pinte of whitwine and 2 or 3 Salets and on anchoues 2 or 3 Slices of Lemon 2 or 3 slices of nutmeg and then boyle it up with buter put in the dish sipets of manchant

122: To make Sawes for wild Duckes

Take a pinte of water a steake of Lean beefe an anchoues or 2 a slice or 2 of onions 2 or 3 peper Corns & halfe a pinte of Clarret when it is boyled
To make boiled pudding for 4
123 in a dish

Take
Take halfe a pound of Almons blanched them & beat them very small &
3 pints of Creame some grated bread & 8 or 9 or 12 Eggs a little sack or
spice & sugar & a spoonfull or 2 of
flower to binde it & so flower your
Cloth boyle them about an hour
& a halfe Culler on with Coucheneele
for Red & for your yellow with -
saffron & for your green with spinach liquor for your sawse butter rose
water sack & sugar stick muskedin
blanched Almons & Long Comforts
on the puddings garnish the dish with
Collered Carawayes & shawe on sugar and

服务商 them to the table

124 To make sirrop of maiden hair

Take your maiden hair fresh gathered
& picked very clean & tak as much
water as will be about an inch deep
then take herbs scalding hot and pour
it to it & Let it stand in the Chimney Corner
till the next morning then straine it
& put as much more then straine it &
to every pint a pound & of Lisborn shuger
& Let it stand in the sun & stire it 2
or 3 times a day till the shuger is dis
olued & the sirip thick then botle
it and keep it for your use the sirip
of Coultsfoot & other herbs make
this way

125 To Make Sirip of burig or

buglas or other flowers
Take your flowers being gathered in a dry day and pick them into a pot that is well glazed an take as much water as you think will twiz Couer them and Lett them boyle half away scum it very Cleane and paiire it scalding hott into the flowers & Couer them very close & Lett them stand 12 hours in the sun or in the Chimny Corner & squize out those flowers & put in more & soe doe for 3 times & if you see it not of a good Coller then put the flowers 4 times & tak to euer\textsuperscript{y} pint of this Liquor a pound of suger & six ounces & Lett it stand in the sun stiring it 2 or 3 times a day for a week then botle it

126 How To Candy Curens

Take the best Curens you can get & the hansomest branches & stone them taking care you doe not squat them cut of the black eyes with the sisers & you stone them strew some shuger all ouer them tak som other Curens and put them in a siluer tankerd in a pot of water taking Care that non of the water gets in Lett them boyle an houre then Let the Iuc run from them through the sides of the tankerd way the Curens that you haue stoned & take 3 times theire wait in double refined shuger you must put the better part of your shuger into your pan & as much of the Iuc of the Curens that was in the tankerd as will wet it & sett it ouer a Cleare fire & Let it boyle Iust to a Candy height then tak it of the fire & put in the Curens strew almost the rest of the shuger upon the top of them & there Lett them stand to houres then set them on the fire againe & when you see them begin to simber stur them round by the
side of the pan taking Care you doe
not squat them when you se them begin
to boyle softly strew on the rest of the
shuger that is Left & when the sirop
Do begin to Candy about the spoone
an the the Curens Look Clear it is
Enough tak them of & tak your Currrens
& put them on the seiuies bottom twic
it must be seiuue that dries them put
them in a warm ouen or a stow & Let
them Ly for a Quarter of 1 houre
then tak them out & turne them
in dry places & when you see they
doe begin to dry then tak them &
dry ty them as you pleas take som
twine & ty a thirt a windy wher
the sun comes very hott & Lay
them a cros the twine & turne
them & loose the Curens somtimes
with a botkine & plumb them som
times wround with youre finger wher
you se they are sqaten & soe
Let them dry

127 How To Candy spermints or bame

com what now
Take your spermints & gather
them in a dry day the tops of
them about half a pound of shuger
and as much water as will Couer
the weett of it & boyle it up to a

Candy height then take your herbs
& put them in your sugar boyling
on the fire then stew in a littel
more sugar stirring them & let them
boile till the sugar will Candy about the
spoone take it of the fire & stir it
till the Candy Comes to the suger put
them in a seive that the suger may
run from them so keep them in
papers

128 How to make Egs & bacon
Take half a pound of Almon, blanch and beaten very fine with rose water and as much gumaraback pounded & sifted as will Li on a six pence which Almons are beaten very wel put to it half a pound of Loaf shuger pounded and sifted with a gram of ambergres pounded to a past

...tak it out of the morter & diuid it into 2 parts the on almost soe big as the other then tak som red sander pounded with the Least part till it is the Coller of Lean bacon diuid the whit into 3 parts & the red into 3 parts Leaueing the on part of the whit as big as the other 2 parts & so Likewise the red then take the bigest peice of the white & red at Last soe flat them down & cut them in what bignes you please put them in the sun or a ston to dry to mak eggs take half 1 ounc of gum araback or gumdragon which you pleas diped in rose water and pound the whit of an Egg till it Look very white then put in half a pound of double refined shuger or beaten

and sifted very fine with a Graine of am bergreese put it to your gum pound it an houre & a half till it Looks very whit then drop them on a sheet of paper a bout the breadth of a Crowne som of it you must mix with the yolk of an egg & put in the midle of euery on of these bake them in the ouen & when you see they rise & slip them from the paper they are enough so bake them after bisket

129 To prepare Apricok green

Tak your apricoks when a pin wil run through them put them in a pot of water on the fire very high Cloos stifled for 3 for 3 or 4 houres then...
tak them of & Scrap of woll
iness of them & haue in readyness
theire serrip mad with half theire
wait in shuger tak water that did
scald them to mak the serip you
must take Care that they do not
boyle but keep scalding hot put
them into youre sirip and put shuger
alouer them and set them on the
fire and stifled them very close as
before 3 or 4 hours very high only
to grem them they must not boyle
if they be not green enough then
you must ture them and set
them on againe you must not Leav
them to Long for they will burn
black if they are green enough
then you must ture them and
sett them & sett them on againe
if they are green enough at first
you need nott put them on againe
when you see they are green as
gras sett them ouer a Quick fire
strewing some shuger ouer them
& Lett them boyle you must not
Too often ture them in theire sirip
when the serip begins to thicken & the
fruit Looks Cleare take them up
taking great Ceare you doe not
break them put them in youre Gally
pots sett the serip to boyle Again
Let it boyle scum it very Cleane
pour Let them stand a week then boyl
them againe theire waite of shuger
in the whole to Every pound of shuger
a pinte of water
130 To make Ielly of Pipins
you must Take about Christmas
the fairrest pipings you Can get
pare them & Cut them in thin
slices & put them in your presauer
uing pan & put into them as much
water as will Couer in about an Inch
aboue them & set it ouer the fire

with a littill oreng peelee & lemon peelee & 3 or 4 Cloues then Couer them & set it over the fire & let it boyle till it be halfe boyled a way then take it of the fire & let it boyle about a quarter of a nooure to put it into a hairn Ceieue that the Ice may run from it but not the plumb then put it into your pan againe & set it ouer the fire & let it boyle a quarter of an hour then put in a quarter of a pound sugger beaten then let it boyle

To make sirrop of Violets

Take the Right sort of vilots Cut of wits & put them in warm water & put them in a pot that is well glased & set them in the Chimny Corner let them stand all night to infuse then the next morning take those violets ovt & put in fresh ons and let them stand till the morning If you see the water do not Collour then take out those & put in others so do till the water is well Colered & when the water is of deep Collor take to each pint water A pound of Lisborn sugger in a preserving pan & let it boyle sofley scumin of it till the svgger be disolued then put in halfe of the other part of the svgar & let it boyle apace keep sturring of it all the while when that is melted pvt in the Rest of the sugar & let it boyle till a drop will stand upon youre naile then take it of & let it stand till it is Could & put it into your Pot tels Cover it with paper & a peece of leather tied down Close keep it in a dry place but not to dry
To preserve oranges in Jell

Take Chany orings the fairest you can get cvt them scoope the boyle them all on as you did the Candied ons then take them vp & let the water Rvn from them & haue in Readiness a sorrop made of pipins water & pour them in it yov mvst make the sorrop take 2 or 3 orings a pound of sugar take half a pint of water that haue had pipins boyled in it as high as for Jelly at first & when it is boyled that all the svgar be pvt in be disovled then put in orengs & let them boyle a pace about a quarter of an hovr & pvt into them a handfvll of svgar you must take great Care in the boyling of them that they do not breake keep stvrreing of them & then take them of the fire

& pvt them into the galipots againe with the Rest of your sugar & boyl\textsuperscript{e} them till the sirrop will Jelly about the spoon then the them vp & pvt their siverall pots If yov plese yov may fill the with marmile\textsuperscript{t} If not pvt in the spices yov took ovt so keep them but to fill them is the best way yov may do Allmons all on as yov do these but they wi\textsuperscript{l} not keep so long as orings

To Candy orenges whole

Take faire Cheny orenges yov can get the Clearest from spots then Cut & take ovt a peace of a hole where the stem is & take out the meat with a scoope take it out the very Cleane then put on a pot of wat\textsuperscript{er} & when the water boyels pvt in the orengs with a stike keep them down in the water till they be boyled tender then put them up & strew
sugar in the in the bottom of the basin & fill each of them with double Refined sugar let them stand 3 or 4 dayes till the sugar be disouled then set them ouer the fire & let them boyle keep stirring of them as you did the half & when the sorrop will Rope between your fingers then throw in some more suger then take them up & put the hols downwards Leaue youre Candy of an indiferent thickness & sift some sugar through a pice of stifeny upon them those that you would haue only before they are Could put in the peice you took out when you took out the meat put in a littill of the Candy close it hansomly & those that you would have full make some marmilet of the meat you took out & fill them with it & when it it Could put in the peice you took out & put it in & with some of the Candy close it hansomly that it may Look like orenggs those you fill you must put them in an oven or stow to dry w they are dry put in papers seuerally & keep them in a dry place

To preserue sweet orenges & Lemons

Take your orenges & pare them very thin & let them ly all night in water then boyle them half an hour then Cut hols in them & take out the meat as Clean as you Can & put them in Could water & let them ly in all night then boyle them again for half an hour then put them in Could water till next morning then then boyle them againe for half an hour then take them out & put them dwble cloths then Couer them with a Cloth till they are allmst Could put
in your Orengs & boyle them with a quick fire till they Leak Clear & the sirrop be of a good thickness then take them of & put them about 3 Weekes take the sorrop from them & boyle it againe and when it is Could put into your orenges keep them in glasses

To make Orenge Water

Pare yor orengs wery thin & let them ly a night in water with beaten Cloues then still it

To make spanish Biskit

Take a pound of sugar finly ebaten then take 10 Eggs the whits of 4 beat beat your Eggs half an hour before you put in your sugar your sugar must be of the finest & finly beaten put into it a pound of flower by littel and littel and stur it all the while you are prot ing it let the flower run betwne your fingers & put it in Leasurly beat it all the wile & a good while after the flower is in you must make it no thicker then pan Cakes & in the beating put in as mvch white win white wine as will go in 2 Egges hels then take wafer paper & lay in the thing If you dissine to bake it in it & poure Butter vpon it & svgar finly beaten & strew sofley all over them so pvt them into the ouen & when they are half baked cvt them in what form you pleas set them in the ouen at the disscresction of the baker If you pleas you may put some Caraway or Cariander Just brused
To keep walnuts fresh all the yeare

Take the sennells of the shells & lay them in salt & water 24 houers then waish them out of the salt & put them into milk & set them ly 3 or 4 hours then take them out & peel them & dry them in a Cloth & so keep them

To make Lemon water

Take the fairest Lemons you can get pare of the outward Rind as thin as you Can & steep them in sack 3 or 4 dayes then still them in a glass still or Limback let your water drop into a bottel where is some suger finly beat & put in your second stilling some brused Cloues & it will make very good small water with the paring put into it some sack

To make Apricot Iumballs

Take the Ripest Apricocks you can get pare them & cut them in peices put them into your preseruing pan with as much water as will allmost Couer the set it on the fire Let them boyle till the pecis are broke & are very tender then take it of & put it into a siluer bason ouer a Cafin dish of Coles & let it stand drying till it be pretty stiff as stiff as dow then take it of & let it stand till next morning then put it in a morter & beat it a good whille with a littell gum marrAback then beat it in by degrees as much double Refined sugar as will make it a perfect past then make it up in knots, knots or with your fancy
To preserve Damsons

Tak 1 pound of damsons wip them and pick them

full of holes with a nedle then take a pound & a quarter of shuger finly beat then strew som shuger in the bottom of a silver bason or an earthen vessell weell glased soe put a Lay of damsons and a Lay of shuger & put them 3 or 4 spoonfuuls of water then coue\(^{r}\) a day for 5 or 6 dayes together Lett them be hot but boyle them tak som other damsons put them in another pott of hot water lett them stand till the Iuc comes from them then tak 9 or 10 sponfuuls of that Iuce & put it to your finest damson soe heat them 1 a day as before till they are tender enof for your vse If any riseth take it of with a stick or knife

To make Lumbals of Apricoks or plums

Take the ripest Apricoks you can gett bring them in a silver dish as small as you can bruise them And set them on the fire stire them & turne them till it is stif as dow then roul it in bales & let them Ly all night then take some sifted shuger & work it with the plums to a past then Lay it in nots or prett fancyes soe dry them in a stow on papers

To Preserve Quinces whit in Ielly

Take the fairest Quinces & cleare from spots you can get pare them very hansomly & couer them Cleane. & when you pare them throw them in water then take the rinds & scores & youre pipins sliced in thin slices put them in as much water as you think fffit when it is half consumed it will mak sirrop couer them when the water is boyled half away straine it through a ceiue then take the wait of
your Quinces lin shuger & put half of it into the
water & sett it ouer the fire Let it boyle
till the shuger be disolued then take quinces
out of the water & put them in the sirop ouer
the fire & put in almost the other half of
your shuger & Lett them boyle apace & scim
them as the scum riseth & when the sirop begins
to thicken an will Jelly about the spone
& the Quinces Look Cleare the put in
the rest of the shuger when they Look
Clear and the sirop will Jelly well then they
are enough take them up & put them in
a pott & keep them for the use you must
Lett them boyle after the 1st shuger goes
in till they will Jelly well

To make Jelly flowers wind

Tak to ouncecs of dry Gilly flowers and
pick them in to a bottle of seck beat 3 ounces of
fine shuger or shuger candy & grind som
Ambergrese & put into the botele of sack

and shaue it often and run these through a Jely
bagg and iuce it great Cordiall and you may
mak Launder wine as this & put this first
Gily flower wine must stand a week before
you use it al

To make Gooberie wine

Tak first ripe Gooberies and briues
them but not break the stones &
straine them into an earthen pott with in
narrow mouth the mouth being soped
all but a Little vent hole & Lett it stand
3 dayes and then straine it through a
haire seiiue into a vesell & soe Lett
it stand till fortnight and bootle it up
with a Little shuger as big as a walnut
for each bottle it must be drunk in a
fortnight

To make marmelet of Quince
white
Take the fairest through rip Quinces
pare them & score them through them into
faire water take to every pound of Quince
a quarter of a pound of pipins pared
& sliced put it into the preserving pan
with as much water as will lust Cover
them sett them on a quick fire and lett
them boyle as fast as they can till they
are very tender take a pound and a
quarter of shuger pounded drop out
a Quarter of it to the Quinces and let
it boyle keep stireing of it all the whil
Lest it burne then put in another quarter
of shuger and let it boyle half an hour
then put in a Little more shuger & let
it boyl a Little Longer and soe doe till
you have put in all your shuger which
must be at fower or 5 times leting it
boyle a quarter of an hour betwixt
each putting in of the shuger

Let it boyle til it doth part from the botom
of the pan after the Last putting in of the
shuger then tis enough take it of fire
and put it into glasses

To Preservere Quinces whole & white

Take the fairest Quinces you can
gett free from spots pare them very
neatly and score them with a scop
doe them through them into Clear wate
tak the rind and Cores and put them in
as much faire water as much as will
serue to make serop to the Quinces when
half of it is boyled away & to it the win
of 6 or 8 pipins being cut in slices when
your Liquor is boyled enof tak it and
straine it through a rang then way
quinces to every pound of Quince tak
a pound and a quarter of shuger & put
three parts of the shuger in the preserving
pan with the Liquor that the rinds & aplies were
boyled in & set it on the fire and Let
it boyle to a siroip sleime it very weell
and put it in your Quinces then strew the
rest of your shuger on them sett it ouer a
Clear fire Lett them boyle as fast as they
Can turneing of them often taking care
that you doe not break them you must
keep out a Little of the shuger to
put a nub of it in now an then in the boyleing
when they Look cleare and the sirop will lely
about the spoone they are enof take them of the
fire & put then in youre galy pot poure the
sirop all ouer them Lett them stand till they are
through could then paper them up and if you
see there sirop grows thine in a fortnight or
3 weeks after they are done you must boyle it
againe

Wine of damsons Curens
Goosberies or Cherries

Tak what quantity of fruit you pleas and
put it into an hot tob or such like vesele
and put as much hot water to them as
will Couer them and keep the water warm
with Cloths or som other deuise as long as
euer you doemoust when you doe
step it let them ly 24 houres or more
till they be plump or swelled and soe
more water is to bee aded and use
is to be boyled together ouer quick fire
for 1 houre then straine it hard from
the husk and stones through a haire
Cloth being strained you must sett it
to work with barme or the Leese of good
and after tunn it up but if you desire
to haue it stronge soe soone as you

haue strained it you may boyle it a Little mo\text{\texttildere}
away and instead of barm sett it to work
with the decokson of red Corins thus
to a pound of Curens tak 3 pints of water
& boyle it together till it Comes to about
a Quarter straine decokscion through
a haire Cloth which proportion you
may Allow to euery gallion of this friut
wine this will not sett it only aworking
but allsoe ad strength to Itt when it hath Risen a froth a Little time tune it up in a good wine Cask and stop it Exactly Close & this without the help of the grape you may have a perfect strong wine neither in strength good tast not Colavour Inferiour to french wine If not better and more holesome

To mak Rasberries or Curen wine Another way

straine out the Iuc of youre fruit And to every Gallion of Iuc put a pou\textsuperscript{nd} of shuger Cleare and dry and boyle all these together a Little while then set them a working with som barm when it is al Could as wort useth to be put barme to It and Lett it work as Long as it will and when it hath done working tune or botle it up and stop it very Close and sett it in a Could seller till it be ripe which will be a bout a month

To make Hoypocrit wine wine white or red

Take a botle of whitwine an Quarrt of seeck 1 Quart of Renish wine 2 pound of shuger 2 ounces of Sinom\textsuperscript{ent} well briused 2 ounces of nutmegs

8 dussen of Long peper 12 race of Ginger and their waiite in Cloues briues all these spices together and dip them into into the Liquor and stire them 2 or 3 times before you goe to bed for you must Lay it in stipe ouer night and in the morneing take half a pinte of milke the the Creaiume being scimed and stire them together and soe Put it all into youre bay and Lett it run till it is Cleare likewisse for the red hypocryt tak 5 pints of Claret wine 3 pints of red wine and youre milke Lett it run
through your bag till it be clear one pd and half of sugar will serve for the red hypocrisy.

To make Hypocrisy Water

Take a bottle of white wine & put therein a pound of sugar & then take a pound ofinnamon & as much ginger 16 cloves 3 nutmegs and bruise them in a mortar and put them into the wine then let it stand a day and a night close covered till you think all the goodness of the spices be gone out then let it run 2 or 3 times through a wollen bag till it be very clear so set it into the bottles and stop it up close. You make hypocrisy of seek after this manner.

To make ordinary Gingerbread

Take stale white bread grate it and sift it through an herie sieve & then take beaten giner sifted sinomint a little likoors dried & beaten & sifted mingle these spices with your bread but let the greatest part be of ginger then sett on a pint of honey in a kittle let it boyle up then take it of the fire & knead your bead and spic with it to past then take some of your fine ginger and rub it upon your moulds & when you have rouled some of your past let it be printed you may fill your moulds you may rub your moulds with some beaten sinomint which will make them differ in collour this will keep half a yeare.

To mak Apricot chips

Take your apricokes before they be ripe way them and take
theire lust wait in double refine
shuger and beat it very fine then

Then pare your Apricoks & cut them
In the Midle and cut every half in
six or eight pieces the Long Way
acording to the g bigness of your
apricock and strew a Little shuger
on them to keep their Collour
then take the rest of your shuger &
melt it with faire water but be
shuer not to melt it to much then
boyle it to a Candy height and put
in youre slices of Apickocks then set
your skillett on a Quick fier and mak
It boyle apace shake them often
and stire sides of youre skillett with
a spoone keep it from burning when
you see youre Apricoks look very
Cleare take them from the fire &
Take up youre slices with the spoone
Lay them In a white or glass plate
then sift them againe on more Clea'

plates & set them Inn a warme stow
or against Cherkcoale fire which hath
a good heate and they will dry as well
as in a stow but they must haue a
continuall heat and you must t'rne
them very often on Cleane plates they
will dry and Candy the better you
must doe but a few at a time if you
doe many together they will goe all
to mash and bring you a greate deale
of trouble the serip after you haue
done will bee very good to eat Codlins
with

Marmelet of Damsons

Takke through rip damsons skine
half of them and put them in the
preseruing pan and to a pound
of them putt half a pound pint of faire
water
sett it on the fire and Lett it boyle till it parts from the sides of the pan then take 3 parts of the waite of your Plumes and Let it boyle till it parts from the bottom of the pan then take it and put it in galy pots whilst it is hott Lett it stand till it is Could paper it up and keep it for your use you may make marmelet of any sorts of plums allon

To Preserue Licompane roots

Lett them be Clean scraped & shiffted in the boyleing about 12 or 13 times all on as the wall nuts were then dry them in a Cloth you must boyle them as you Doo the wall nuts because you take theire waite and halfe in shuger

To make a Tart with bacon

Take a pound of fatt Bacon & scrap it and put it into faire water & Lett it Ly a Quarter of an houre take 3 ounce of mack herhoones beat them small and tak som Correns Cloues & mace nutmeg and amborgreese beat All these together and mix them with the forsaid things & make them up in puft past & bake it in a dish as youre florandine

Conserues of burage

pick them and pound them in a morter with 3 times theire waite in shuger & to every ounc of mary Goulds & pound it 3 or 4 houres & after put it in a glas pott & put it in the sun stiring of it 3 or 4 times a day for aboue a fortnight Cover it Close & keep it for your use
Conserues of Burrage

picke them & pound them in a morter very fine & take 3 times their wait in sugar by degrees pound it 2 or 3 hours & put it in a glass gallipot

Conserues of bettony flowers

pick them & pound them & take 3 times their wait in sugar & to every ounch put in a spoonfull of faire water & pound it well for 3 or 4 hours & put it in a glass in the sun for a week sturring it 2 or 3 times a day then pound it again for about an hour & put it in the glass againe

Seasoning for a Turkey pie

you must bone youre turky & season it with peper Salt nutmeg and stick some cloues upon the brest & Ciuer him all ouer with butter & when he goeth into ouen put in half a pint of faire water into it you must season your goos pe all on but you must Leaue out the Cloues & insted lay bred mace

How to make a Rabbet pie

Take your Rabbet & cut him in peices & quarters & breake the bones & you must season the meat with peper salt Cloues mace mince parley and good store of fresh butter & when it do go into the ouen put in a quart er of a pint of water & when it Coms out of the ouen If you please you may put in a glass of whit wine or a spoonfull or to of Vargis
To make A french stake pie

Take a Rack of mutton & Cut him
in steacks season him with Cloues mace
nutmeg peper & salt & let it ly 2
hours before you make your pie

& put in A gless of Claret wine
upon the meat then some
herbs & minc them uery fine take
sweet margorom & time winter sau
ory pasly & onion Raise your pie
hight & waish the bottom of it with
fresh butter put in your meat & strew
the yolkes of Egges minced uery smell
and when he is in the ouen put in
the grauei & the wine that coms
from it in the seasoning

How to make a Pigion pie

Take the Pigions & cut of the
leeges & breake the Bons season
them with peper salt nutmeg &

How to make A Potato pie

Boyle your Potatos & peale them
Cut them in handsom peices & put
into euery peice a slice of suckets then
take 2 or 3 Egges & beat them uery well
take sinnimont & nutmeg & poun
d them uery well & put it to the Eggs
& so lay them handsom in the pie
then slise some suckets & lay on the
top of them with houle mace some sli
ces of fresh butter or marrow & half A

poun of fine sugar & so Couer it &
How to make a Chicken pie

You must take out the breast bone or break it season them with nutmeg clove mace & sinoment & sugar & salt & if you have marrow Enough roile it vp in the seasoning & put in to the bely of every 1 of them if not roile butter in the seasoning & put in bely & if you have harticks put the bottom of them between the Chickin or spanish potatoes Cut in Long pieces & dip it in the yoks of eggs with sinoment & sugar & rose water beaten well together or a few gooseberries if you have them or Grapes & if you have none put in a sliced Lemmon if you have no Lemon you may Put 2 or 3 spoonfuls of varges You must Lay on the top of your pie sliced suckingets & sliced dates & large mace if you will have it rich cover the breast of them with Gould & put into it a graine of Ambergrise mince the yolks of 4 eggs fine & strew on the top of it when it Comes out of the oven put Cadle into it made with white wine or sack shaw sugar on it so serve it to the Table

To make the best sort of minst pies

you must take either a neach tongue or a Calues head when they are boiled and Could mince them very small season it with Cloues mace and sinoment and a little salt Salt rose water & sugar you must put in the pies no dubbin nor fruit but you must take good store of minst dates & marrow & suckets & mince them altogether and Lay it in your pies fresh butter on the tops of ebery on when they comes out of the oven put in every a little
glase of seck if you please put in the
sack a Little Claret to giue it a sharp relish

Seasoning for min pyes muton veal or beef

Take your meat & cut it in very
thine slices & cut out All the skins

and fell with a knife and when you
haue beaten it thin to a perfect past
and put to euery pound of meat 3
pound of dubbin and 3 pipins shaue it
amongst the dubbin then mince the
dubbin fine & mince the meate &
dubbin together and season your meat
According to youre pallet with nutmeg
cloues mace & sinoment & a little salt
put in som rose water & shuger in the
meat and to euery pound of meat 3
Pound of Currens & put on the top.
of the pyes some dats sliced suckets
when your pyes are baked put in a glas
of sack to euery peck of flower put
4 pound of buter to make very good
and other wise 3 pound

How to make a sett Custurd

Take a Quart of Cream and 16 yolks of egs
beaten very well then mix with a Little sinome
& shuger and a Little rose water & put it to your Cream
& beat it altogether harden your Crust in the ouen
before you put in your Custard

To mak an humble Pye

Parboyle them and when they ar Could minc
them small with Cloues mace sinoment &
shuger and Curens & minced suckets and sun
roeswater a pound of fresh buter ouer it or
marow and 2 or 3 sprigs of broad time &
sweet margerum and a little seryl sh'ed very fine
being mixed with it bak it and when you draw it
out of the ouen put in a glas of sack
To make Past Royal

Take A peep of flower break in
the yolks of 12 Egs & the wits of
6 a quart of Sack 1 pound of shuger melt
6 pound of buter with som faire water &
Lett it stand till it is allmost could tak
of the top of it and mix it with youre flower
Lite it with your hand as Limber as puft past
nead it not for that will mak it heavie
this past will serve for pasty as pans or
platers

To mak Lossongengers

Take halfe a pound with double refined
shuger pound it and sift it fine tak half
1 ounc of gumaraback being steeped
24 houres in rose water till it Comes
Like a gelly take this gum and pound it
in a morter very well take Care
that there be noe spots in it put to it a
Thimbell full of the powder of Caraway

or aniseeds and as much powder of mastick
2 grams of musk a grame of A grame of
Ambergrees beat al these for 1 houres time
take your double refined shuger afforesaid
and put to It by degreese till it Comes to
a perfect past then tak it and roule
it out in very this peices & Cut it in
Little round Cakes and print them with a seal
or anything els what you please & put
them in a ston to dry and keep them for
your Use the Lossenger are very good for
a Could or for those whoo are Inclined to
a Consumption if you make these Losinger only
for a prefume you may Leave out the aforsaid powder

To dry PiPins or peares without shuger

Take the pipins or peares and prick& them full of litle
holeswith a bockkin & lay them in sweet wor 3 or 4 days
then lay them on a seires bottom & put them in an
ouen till they are dry but to drythem in much hast is
not good
To make marmelet of Cheryes

Take 3 pound of Cheryes and Lett them boyle in theire owne Liquor till it is boyled away keep stireing of it all the while Let it not burne the put in a pint of the Juice of red Curens and Lett it boyle againe till it parts from the side of the skillet then put in 1 pound of loafe shuger beaten by degrees about a quarter of a pound at a time and Lett it boyle againe that with stireing you may see the bottom of the skillet after all the suger is in it is enough put it in the glases

To make Jelly of Curens

Take the Curens and pick them in your preserving pan to every quart of Curens 1 pint of water sett them over the fire Lett them boyle till you think the water is boyled away then take them up and put them into a heire seive & Let all the the Juice run from them & put it into the preserving pan againe & put it over the fire and Let it boyle till twill part from the pan take to every botle of Curens 3 quarters of 1 pound of shuger put in more then half your shuger at onc and Lett it boyle till the shuger bee dissolved then put in the rest scim it as often as your scum riseth let it boyle til it will Jely about the spoon then it is enough take it up & skim it & put it in your glasses when it is Could Enough ty down paper on it & keep it for your Use

A Jelly of Rasberies

Take the rasberies doe them through a seive take the Juce and set it over the fire into your preserving pan & let it boyl till you doe begin to see it part from the side
To every quart of rasberyes take half a pound of shuger pounded it and sift it & put it into your pan and lett it boyle till it will jely about the spoone keep stiring of it all the while take it of and put it in your glases

To mak jely of Damsons

Take your Damsons when they are through rip and put them into a silver tankerd and set them in a pot of water and lett them boyle Almost 3 or 4 hours takeing care that none of the water get into them take them vp and put them into a seive Let the water run from them then take the sirip & set it ouer the fire & Let it boyle till it will boyle till itt will part from the side of th skillett then put in the shuger by degrees alone as you did in

your jely of Pipins soe put it in your glases

To make jely of Goosberyes

Take the Largest Clear goosberys befor the are ripe & scald them and plump them through a seive and to the plump of a Quart of Goosberyes take a Quart of water & put it together in your preseruing pan on the fire and Lett it boyle till half the water is boyled away then tak it of the fire and pour it softly in a seive put it in an earthen dish to receiue the Liquor you must Lett the Liquor run softly through the seive stirring softly with a spoone then tak your Liquor in to your preseruing pan Sett it ouer a very clear fire and Lett it boyle till you see it will part from the sides of the Pan then take to euery pinte of this Liquor 3 Quarters of 1 pound of shuger or the waite which you please pounded and sifted and put in youre pan of Liquor
and lett it boyle pretty Quick till you see it Jelly about the spoone scime it very Cleane and put it into your glases

To Candy Angylygo

Take Angylygo stems when they are very young and cut them in what Length you please and string them very Cleane haue on a Little water when the water boyles put them in Lett the water run Cleare from them strew som shuger in in the botom of your pan & Lay a Laying of stems and a Laying of shuger till all youre Angylygo is in you must not Lay abou + Layings of Angylygo to do at onc couer them all over pretty thick with shuger Lett them stand an houre or more till the shuger is melted and sett it over a Cleare fire and Let them boyle as fast as you will till the shuger will roap betw Em your fingers stir it from the side of the pan till it doe not burne when it doe be gin to roap put in a Little more shuger & stire it gaine till you Can draw a Long thred beetwen your fingers then tak it of on a plate twist them as Long as you can & strew som fine shuger over them paper them and put them in the sun to dry & then keep them for your use

To make Angylygo Cakes

you must take the young buds of Ang ylygo & boyle them very tender Leting the water boyle before you put them in and when they are boyled very tender take them up in a Colendar that the water may run Cleare from them then put them on a trencher and mins them as small as posible you can and put them in your pan & As

Much shuger as your angly go will Just weet and sett it on the fire & Lett it boyle
to a Candy drop it on papers as big as a
Crown when they are Could take them
up and keep them for your use thus you may
doe spermints or bame or other tender
herbs only drop them Lesser

How to mak your Hops of
goosberies

Take your fairest Crystall goosberys
and pick them & cut them acros ... your eye
very even half way downe then pick out
all the seeds with a thorne then take som
Long blake thornes dried and Craped very
Cleane Leaning the heads of the thornes on
then tak of the Goosberys and put the
thornes & take, of the Least Goosberys
and put on first take another a Little
big or then that you must be shuer to put

the peck of the Goosbery against the cros
of the other untill there is 6 or 8 on then you
must tak theire wait in shuger & half to
make sirop to evory pound of sirop tak a
a little pound of bytiny half a pint of water
a quarter of the shuger over them Lett them
stand till the sirop is all most could and
then set them on the fire till they be
Almost scolding hott then tak them of the
fire againe & Lett them stand a Little
& then sett them on the fire & Lett them
simber a Little then tak them of & Lett them
stand till the next day put Them into your
preservering pan againe sett them over the fire &
Lett them boyle very softly taking great Cear that
they doe not break them put in the rest of the shuger
when you se they Look clear then take them up
& put them into your galypott then boyle your sirop
againe till a drop will stand uppon your naile
then poure it upon your hops & Lett it stand till it
is through Could then paper it up and keep
it for your use

To Candy Couslops

Take your Couslops fresh picked pick
only the blosoms taking Ceare you do
not squat them take twic theire wait
in shuger put most of it in the prese
ruing pan with lust as much water as
will wett it when you see it boyle all ouer
your pan then strew in youre flowers &
keep stiring of it al the while when you
see it Candy thick take it of and stire
it till it Comes to a shooger & when you
see it is dry & the sheger dusty put it
in a ryn seiue that the shuger may goe
from it and that shuger will serue to doe
more use it to mak cakes or keep it in
a dry place for your vs

To Pickle Cowslips

Take them Long or then the Candy put them
in a galy pot that is well glazed strew a
Little shuger in the bottom of the pot & litle
betwene them as you put them in it must
be but a very little shuger then take
as much whitwin viniger as you think
will Couer them and sett them on the
fire with as much other Cowsllops as will
Collor it yallow then take it of & strain
the Cowsllops from it & let it Coole & whe
n: it is through Could put it to your Cowsllops
and ty white paper downe Close upon it
& put the flowers that wass boyled in
vinigar a top of the other paper & a paper
upon top of the other those A Leather on top
of them so keep them in your seller

To make Cowslip wine

Take your cowslips & pick them

& to euer peck of Cowslips 3 gallons
of water on the fire let it boyle scum
it very well Put your flowers in wood
or vessell Couer very Close & let it
stand there 2 or 3 days then stur your
water & Cowslips very well together
& straine it through an heire seiue
wringing the Luc very well out of the
cowsllops then set it on the fire with 4 pound of
shuger & boyle it an houre full then tak
it of & put it into your wooden vêsell again
& keep Lading of it with aboull till it is all
most Could & when it is allmost Could
as wort when you put it to work tak the
yolks of 2 3ggs & half a spoonfull
of wheat flower & half a spoonfull of
ale & a Litle spoonfull of hony & beat
it well together & put it to your wine
keep Lading of it with a boule for half 1
houre then Couer it as you doe a seiue
when you see It is gathered to a head
tak it up and when it hath done working

stop it vp Close and In about a fotnight or
3 weeks you may bottle it & when you do
bottle It put in your botle anub of Loaf
shuger & for Chany put in a glas of whit
wine

To mak Rasberi Past

Take your Rasberies & Plump them
through then put the plump into your pan
and sett it ouer the fire & Let it boyl
till it doth part fro the bottom of the
pan to every Quart of Rasberyes
half a pound of shuger finely beaten
& sifted then put half of it to your
Rasberies on the fire keep stireing
it and when you see it part againe put
in sum more shuger keep stiring of it all
the while it is on the fire when it is par
tas
againe put in the rest of your shuger &
when it doth parte cleane from the
side of the pan it is enough for

you may dry it on a plat you must
Leaue in readyness your mould son
a peuter plater with som shuger dusted
through som tiffany & so doe with them
as with your pipin past your Cakes must be
mad all one but you must Leaue half
the seeds in the Cakes

To mak Tabelets of rasberies
put in your Rasberies in a seieue & brieues them with a knife or som such thing that will not brieuse to mash & Let them stand 1 houre & that thin luc that doe run from them you must take it and put it in your pan with som fine Loafe shuger mak it as thick as for a Con serue & sett it on the fire and Let it lust boyle then take it of and drop it on papers as you doe Lemmon Caks

To mak a Quideny of Rasberys

Take your rasberies & doe them in a seive as you doe for pasl and boyle it almost as you doe for past put it in glazes & so keep it

To make Goosbery Past

Take your duch goosbery green & scald & to euery Quart of goosberyes take a duzen green Aples Codle them green take you goosberies & Codlins and plump them through a rang then put it in your pan and Lett it boyle & put into It a pint of faire water & euery now & then put in a Litle more till you doe see it Look green then take it of and pouf it very softly into your seiue & Let it stand till the water is run from the pulp & put it in your pan and set it ouer the fire & Lett it boyle till you see litt will part from the side of the pan

Then take their waite in shuger & put in the best halfe first it must be finely beaten and sifted & put in the rest by degrees when you se it parte from the bottom of the pan it is enough you must stir it al the whill it is on the fire it must boyl pretly Quick then haue your moulds in readynes & chang it as your other past that Liquor that runs from them through your seiue will make you very good Ielly
To Preserve Gooseberries

Take the Largest duck gooseberries you can get & put in water scalding & let them stand a little while then take them out & put them in another couer them close & when you see the skin to rise peale them taking great care ye do not bruise them pick off the eyes but not the stews then have a sirup

make with a pound of sugar & a pint of gooseberries your sirup must be made with half a pint of water & half the sugar when your sugar is dissolved put in your gooseberries & put all most the rest of your sugar upon top & let them stand till you sirup is almost could then put upon a clear fire stirring them by the side of the pan th take care you do not break them when they do look clear & green they are enough take them off & put them in your galipots & let them stand or a fortnight then boil them again & put in the rest of your suger & let them boyle a little scum them very well then take them up & put them into your pots & when they are through could ty them down close with a paper scum them very clean after their first boyleing

To Dry Apricocks

Take the Largest Apricocks you can get when they are full ripe take care they be not squot way pare & stone them as you tone them strew suger all ouer them & let them stand till the next day then put them in your pan where they may ly on by on then pour their sirrop to them & strew a littel more sugar ouer so set them on a soft fire that
they may Look Cleare let them boyle A littel faster you must let them boyle till the sugar will Rope betwne your fingers take them up in a bason powr the sorrop all ouer them & put them in a warm ouen to dry when you see them Candy upon top turne them &

when they Candy only on side take them of & put them in thin plats before they are quiet dry in their stows turns them often in the dry ing on plats when they be dry keep them in papers for your vse

To Dry Damsons or Plums

Take your damsons or plums & Cut them down the sids & put them in your pan with as much water as will Couer them & 2 quarts of damsons on pound of sugar beaten & put to it set them ouer the fier & hang them uery high take Ceare that it be not scalding hot take them out in a broad pan & boyle your sirrop very well afterwards then powre it on your plums & let them stand for 3 or 4 days then set then on the fire a gaine & let them boyle sofley till the plums Are dender & take them up & take out the stons at the side & fill them vp with the mrmilat of plums & set them in the ouen againse & let them stew a quarter of an hour more thus do till the plums are full & the skins Look smoth take & lust drip them in warm water & wipe them with a cloth uery Cleane put them on a clean thing in the ouen A littel while you must cheing your seives euery time you put them in the ouen keep them in a dry place

To make marmilate to fill plums

Take a quart of damsons & stone them into your pan put half a pint of water to
them & let them boyle till yow think all
the water is boyled away them put in half
a pound of sugar finly beaten & boyle it
up to a stif marmilate keep sturring
of it all the while Least it burn set it

in a broad dish in the ouen with you're
plums & fill your plums with the
outsid & so put it in the ouen with
your plums againe

To make mackeroones

Take a pound of Allmons & blanc'h
them out of warm water into Could
take them Clean from the water
& put them in A mortar & beate
them indiferen small take 2 pound'd
of suger pounded & sifted uery fine
& put it to your Almons & pound it
very well together then put to it as much
Gumaraback being first diped in Rose
water as will ly on six pence then
break into it the whits of 10 Egs beat it

all very well together for an ours time
& stur in 3 spoonfulls of flower pu
put it in your pan set it ouer a Clear
fier keep sturring it all the while
Least it burn when it boyls all ouer
tak it of & let it stand till it is all
most Could & drop it out on wafer
paper or other papar & see them in
the ouen to bake them the ouen muts
be as hot as for Biskit when you see
they haue done Rising they are
Enougt take them out & Ice them with
A stick A thick white Iceing & strew
some Coullered Careway comforts ouer
them set them in the ouen againe till
the Iceing is dry then take them out
& Cut the paper euyn with them &
keep them fore your vse

To make Iceing
Take the whites of 2 Eges & much fine powder of gumarabeck as will ly on a shilling beat it very fine for an hours time at Least put to it a quarter of a pound of double Refined sugar pounded & sifted & half a spoonfull of Rose water wherein a grain of musk have bing stiped & beat it together for 2 hours till tis as whit as any thing Can be this Iceing wil serue either for Bisket mackeroons or Cakes lay it on with a small brush of feathers

Pipin Paste

Take the faires pipins about Christmas pare them score then and cut them in thin slices put them in the preseruing pan with as much faire water as will couer them & set them ouer a Cleare fire to boyle

opening them now & then to stir them Least they burne Lett them boyled up all the water then take them of the fire & plump them through a rang thern way the plump & put it in your preseruing pan againe & set it ouer the fire & Lett it boyl till twill part from the bottom of the pan take the wait of the plump in fine Loaf shuger pounded & sifted half of it to your aples on the fire Lett it boyle againe till twill part from the botom of the pan keep stiring it Least it burne then put in a quarter of the shuger and with it a 2 or 3 spoonfuls of rose water and let it boyle to the same height againe put in all the shuger and Lett it boyle till twill part from the bottom of pan then ring into it the Ice of a Lemon and Lett it boyle againe a little then haue your moule ready on a plate dusted with fine shuger put the past into your mould while they are hott and when they are Could turne them Cleane plats & take them out of the moulds and put them in a
warm oven or stow to dry put them up for your use

To make a Calueshead Py

Tak a fat clewe whit Calues head being well Cleanesed Boyle him somthing more then halfe let him stand till he is Could then Cut them in thin slices about the bignes of Larg oysters cut him cleane from the bones blanch the toung and cut him in thin slices also then take the yolks of 6 ews and the whits of 3 and beat them ver well with Cloues mace sinoment & nutmeg and shuger a Little salt a spon full or 2 of rose water half a smal Lemon peelle minced very fine beat it all very well together for amost half an houre put your meat to the eggs and mix it all very well together

your py being raised wash the bottom of him with fresh butter & Let it stand til it is could then put in som marow in the bottom of your py & som sliced suckets & dats and open the top of it with som Larg mac and pell a Lemon and cut in thin slices & Lay all ouer it the meat & strew som shuger ouer & Lay in som fresh butter boyle 2 or 3 ews very hard & mix the yolks very small & strew all ouer the meat & Lay on the buter ouer him & bake him & when he comes out of the ouen put in Cordiall of whitwine

Seasoning for a vealle Py

Take a good line or breast of veale & tak out all the Rip bones & neck bones Leauing in the grisell bones and cut him in handsom peices of the

Line of veale take out only the Long nuckle bone season it with beaten Cloves mace nutmeg peper & salt take a sprig of winter sauiry sweet margerum south'anwood a Litle of a
sort minced very fine as possible you can
with a Little Lemon peele mix it with the sea
soning amongst the meat Lay the Laying
in the py Lay on good store of fresh butter
couer him and bake him and as you are
going in the ouen with it put in half a
pint of whitwine or syder

Seasoning for a Vension pasty

Take your vension skin it and tak out
all the bones beat it but not the fat
season it with gros peper salt nutmeg
high put in youre past then Lay a good
deale of buter upon the top of it when
you put it in the ouen put in som
Clarett break the bones & put in a
pott with som calret win and water

and bak it with the pasty when you
draw the pasty out of the ouen fill it
up with the Liquor that is the bones

To make Serop of Roses

Tak red roses & cut al the whits tak
som faire water & boyle them tak an
earthen pot that is weel glazed and put
your roses into it poure your water boyling
hot into it 1 inch higher then youre
flowers Lett them Lay till the next
morning then straine them out and
put in soe many more and Lett them
stand as Long as befor and if it be
not of a good colour Lay in more
& set them as Long then strain the
roeses very dry to a pint of this
till a pound will stand on youre naile
Lett it cool & botle it

How to mak Puff paste

you must tak 2 pound of flower
to euery pound of buter mix with could
water and to euery pound of flowers
put 1 egg a Little sack you must
put but a litle buter in the mixing of it and when you haue mixed it roule it in a thick n Leafe & cut youf buter in thin slices Lay it al ouer the past & throw flower upon it and do to it till You haue rouled up all the buter which you must doe at 3 times then you must roule it up for youre vse you must not mould it up with your hands after you haue onc minagled it but with your rowling pan you must be shure to roule it al on way inxt it Limber

How to make stand in past for Pys

To mak it very good you must put 4 pound of buter to a peck of flower by waitt tak your buter and work it very well with youre flowr and be shuer the water doth boyle befor you mix it & mak it up as Quick as you can & stife & be shuer you doe scald al the flower otherwise you may mak it & boyle the buter in water you must scum of all the white froth and mix it up pretty stif as quick as you can you may make very good crust with 3 pound of butter to a peck of flower

Mr Conways r

Iohn the 7:37 in the last day that great day of the feast Iesus stood & said if any man thirst let him com to me & drink:

now my beloued we read that this was in the dayss of the feast of tabernacles: & in this feast they were for to goe out into the feilds & mak themselues boths of bough lik our standings in our market places & they were ther to way for to rember gods mersi towards them in his deliuering them out of the bondage of egyt & in the red sea & they were there for to keep the remembrance of gods mercys with thank sgieing now that he mit them truely thankful he did order this feast of tabernacles I cannot but think by the way of our feast & rables it is that is very prejudical to the
soules & bodys of men this is not of gods making.
now in the words that i haue read to you is in the last day
that great day of the feast so that we find that the last day
& the first day was the stricest keept & there was no work to
be don in those days on those great days of the feast our sauour taks ocasion for to conuert soules & christ takes ocasion
for to mind them of spiritual food & of spiritual dayntys
Let us then mak som improuement of this
first heare is a feast of spiritual for to inioy the word -and
means of 3 Doctrin that god would haue the memory
of great deliuerances not 2 b forgotten

it may b that many of this congregation haue had many deliuerances from great dangers & from sicknes or from any other dangers
 god takes it uery unkindly of us when we forget his goodnes towards us

again Christ taks ocasion for to speak to them for to laboure for 2 get spiritual treasure: Doct that it is our duty from ordinarry thing to draw water of spriutal education & spritual meditation
 the woman of sumaria when Christ cam 2 the well he said giue me to drink & there Christ takes ocasion for to speak to her of liueing water & by water is meant a mans coming to Christ for grace & for glory 3ly & Christ takes ocasion of specking consering the last day of the feast & of thirsting after him 2 Doctrin that Christ is uery wiling that many should be saued: mark 16: 15 he said go into the world & preach the gosple to euery creature: 3 Doctrine that they who thirst after Christ shal haue for leaue to come to him & they haue asuranc from his own mouth of being receiued but som may obiect & say I am afraid that Christ wil neuer receiue me but it is sayd Isaiah 5:j.ii oh euery on that thirsteth let him com to the waters of lif & drink frely without mony & without prise al this while Christ means himself & spirtual things: Reuelations 22:17 let him that is athirst com & hapy are thos that god haue mad their hearts for to thirst after Christ & whosoeuer wil let him com & tak of the waters of lif freely & our lord I expreses thos persons blsed who do thirst after him there be many other criptures that tend to the sam efect 2ly it is spoken to morners here is a promis mad to them that are burthened & heavy laden with theire sins mathew 11: 28: 29

Com to me al ye that are burthen uery & heuy laden & i wil giue you rest: thos that groane under the burthen of theire sines. & moure for them the cripture is uery ful to proue that Christ is uery wiling to receiue to intertaine & to satisfi the hungry: in this thirsting ther is an efectual thirsting & lon§ing after Christ as Christ says the whol ned not a phy
sician but the sick a man must be sin sick my mening is
this a man bein mad sensible of his faling in adam &
of his being in a damnable estate & condiction god do by his
spirit work effectualy on his heart -and so do mak him sensibl
of his sin & misery in this thirsting there is an efectual sens
of our sin & misery this is a Reason suficient that when
we do thirst after Christ this is a singne that he wil receiue us
2ly this thirsting do imply a thorough & a sensible apprehsion
of a sutableenes that is in Christ for to saue us in our condiction
3ly in this thirsting there is som wak though languishin g hop of
relif by Christ
4ly where there is a true thirsting it do imply a restles
going out after Christ in the us of the means for suply a man
wil be restles in the us of the meanes til he has goten
his desire thos that goe from sermon to sermon to lok
after Christ & shal not thos persons be acepted why shu'lly they shall
where god hath wrought this thirsting in the heart
after Christ he wil prepare the hart for to receiue Christ
I haue gon through the doctrinal point I shal now com to the
Aplication

I a use of incouragement for to com to Christ if any man thirst after
Christ let him com to Christ-and he shal be reciued if you can say that you
had rather haue Christ then al the plasures & profits of this life
I shal A som obcetcion the 1 obcetcion is this som may say for al you
haue sayd that al that do thirst after ChristChrist wil receiue them but I
canot find that Christ is wiling to receiue me & my sins are uery
great & i am afraid that he wil neuer forgiue me oh don't
rais such hard thoughts of Christ there are no persan in the world
that haue mo're right & mad more welcom to god then those persons
that think meanly of themselves if a man haue bin the cheifest
of siners if he be a swearer a drunkerd a perctar as was
paule he was a perccutor of gods people but he tells us that
god had mercy on him in his converson & wil you say that I
Christ wil not except you & he wil except of som that are the
greatest of siners whateuer they are if you com to Christ-and
turne from your sin & com to him with a broken heart
why do you say that I Christ wil not ex'cept you you may say that
yo are a uery great siner & i am afraid that he wil not
except me
To answer this obcecion those persons that find that they haue ned of
him why shurly they doe wrong Christ for to haue such thoughts of
him for such as com to Christ in the sens of the want of his pardon
such he wil in no wis cast out for Christ confeses that it was his
buznes for to com into the world to saue siners Christ knows that
they that are the greatest siners when humbled they bring
most glory to god & to his name the Apostle paul was a uery great siner
& yet after his conversion he did highly exalt for mercy — he did greatly exalt the righteousness of Christ for justification.

and not works some will despise a pardon but on that is going to be hanged for his breaking of the Law oh how thankful will he be for a pardon mary loved much because much was forgiven her Christ knows that great sinners will be greatly ingaged for the glory of God again 4ly such persons of any others will give all the glory to Christ though they are the persons that will do most for God yet when they have done all they can do they count themselves but unprofitable servants 1 Corinthians 15 i am the least of the Apostles because i perceived the church of God to the death i this Paul did greatly exalt Christ in his condition 2 Corinthians 23 manasse was a very wicked & his father a good man though your sins are beyond the example of Scripture yet they are not beyond the promises you may say have you any more to say it yes 3ly if there was never a person since the foundation of the world that sinned as you have done in every particular yet if God does give you a sense of your sin he will forgive your sin for if God does work in you a sense of your sin — and you have a desire to be holy as well as happy God will forgive you 4ly to answer another objection all this while i am afraid that i have not a thirsting after Christ as i ought i am afraid that i have no a rigid thirsting & a true desiring after Christ. is a sign that you have grace — that you have a right to Christ. 2ly God does prouid & will give Christ to them that desire — and all him who ever desires to come to me says Christ let him come to those desires Christ do promises to give grace that is you desire grace & therefore you have grace & you that do desire after Christ & after grace that is a sign that you have some good work begun in you again this thirsting after Christ do supos a high ualuing of Christ & prizing of him to those he is precious. there is an thing more that you would fain have spoken to that is how shall i come to Christ & such how shall i now to come to Christ is true i am encouraged but how shall i do to come though i do thirst how shall i know how to come to Christ i shall give you 5 heads. 1 tis true there is a coming & you can never come by a coming of your own & therefore 1 in the words of the canticles say draw me & i shall run after thee never look up to him but in a holy manner make use of those very words lord i beleive oh do thou help my unbelief: 2ly would you come to Christ oh be often renouncing of your own righteousness don't you rest any where in any outward privileges don't you rest in your going a great way to hear a sermon in hearing all the sermons which you can & in sorowing for your sins but you must rest in the righteounes of Christ by faith 45 Isaiah 22 look to me all the ends of the earth oh look to Christ
for all say lord where shall I have any help but of thee thou hast
the words of eternal life learn to know Christ-and last of all will you
learn to know Christ do you keep your selves from your iniquity
would you be welcomed to Christ oh do you break of from all your sins
I can say no more then this oh do you beg of God that he
would give you such a frame of heart & do you never
be but a thirsting after Christ tak this scripture Ezek 36 a
spit in you oh doe you follow hard after Christ God for to work in
You such a heart as for to come to Christ

Mr Fulersse
Psalm 62: 5 my soul trust thou only on God for my
expectation is only from him
That David was the penman of this psalme is most certaine
for the title shews it a psalme of David but the occasion
of his penning of is uncertain whether he was persecuted
by Saul or by Absalom his son but shure we are that
he was in some great strait we may find therefor that he
did in the words of the text stir up his soul for to
trust & wait on his God God will do nothing but what is
lust & good & he will certainly do what he hath promised
therefore as for the present he does seem for to forsake thee
though the enemy do persecute thee - though the enemy
doe disquiet thee yet be thou patient & wait thou one thy God
waiting is mentioned in scripture in reference to God & somtimes
in reference to men 1 the waiting of God for us & to our
selves is to have something from us as it is said God will wait
for to be gracious that is he will wait for a fit opportunity
somtimes it is spoken in reference to men & that do
reach us that our dependance should be only from God & our
dependance wholly on him I shall now show you what it is to wait
on God in the general
1 waiting on God in general is for the performance of what he
hath promised that is to wait on the Lord & to stay our selves
on the holy on of Israel it is a making God our hope & a committing
all our ways & works to him

Psalm 37 39 but the Salvation of the riteous is of the Lord he is
their strength in time of trouble fears & cares are our
cares but this will ease us of all our cares for to stay
our selves on the Lord our God 2ly it is a relying on God
for all that he hath promised not for all that we would have
but all that which God hath promised we shall have a supply of all
that we want & a blessing on what we have for the blessing of our
fears & the sanctifying of our temporal estate & spiritual thus we
are to stay our selves on God but then 3ly it is an orderly Regular
waiting upon God...
Relyance on God when we walk in darkness and can see no light so in prosperity but especially in evil time Proverbs 3:5 trust in the Lord with all thine heart - leave not to thine own understanding but then 2nd it is orderly regular when it is not like feathers that are losing and fro in the air but we should be fixed in him James 1:6: but let him ask in faith nothing wavereth for he that wavereth is like a wave of the sea driven with the wind tossed: fearing no evil though we should walk through the valley and shadow of death we should conclude that God would provide salvation for us. that God will cause our captivity to return. 

Genesis and Israel said to Joseph behold I die but God shall be with you and bring you again to the land of your fathers and that God will arise and that for our hope and safety as in Psalm God will arise and his enemies shall be scattered and that God will as Paul says will deliver and shall deliver Timothy 2:18 and the Lord shall deliver me from every evil work and will preserve me to his heavenly kingdom but then 4th it is a sole Relyance there is but one rock indeed but it is a strong one and in folio 102 verso || folio 103 recto him must all our hope be we must not divide our confidence betwixt the Creator and the Creature setting on foot on the rock and the other on the sand som look on God with on eye and on the Creature with the other our eyes must be wholly set on God not on places of strength though never so strong not on sanctuaries not on chariots though not on men though never so wise Jeremiah 17:5 thus saith the Lord cursed be the man that trusteth in man and maketh flesh his arm whos heart departeth from the Lord: much less on our selves but we must trust on him who is the rock of our salvation and he that is the author of our salvation not in anything of our own but on him who bringeth about salvation for us so I haue shewd you in general what it is to wait on God in particular this waiting doth imply 5 things. 1st silence before God 2nd I trust and confidence in God 3rd hop and expectation from God 4th supplication to God on God and 5th a patient waiting on God till he bring us out of all our troubles. 1st doth imply silence before God as David was dumb and opened not my mouth that is he speak nothing against God that is the first to wait on God in silence now to improve it this silence before God cometh then the my soul be silent before God thou must wait on thy God thou must not be fretish and peevish before God so I ought to be angry thou must mourn but thou mayest not murmur thou art his creature and he is Lord over thee he may preserve thee & he can destroy thee do not thou o my soul God about to disparage God's wisdom & think that thou art able to teach him he is able to bring good out of evil he is able to make that plank that would let thee sink he can make that to carry thee safe to shore.
far be it sayth Iob form in the almighty to comit foly far be it
from thee o my soule for to distrust god & for to think that the lord
hath folishnese in him god is to wis to do thee harme a fr & to lust to do
thee rong away with thise Cursed whining why do the lord deule so hardly
with the sheep of his pasture & why is it so wel with others & so ill with me oh for
to stil this wayt thou on god that is the first to wayt with silenc
before god 2ly trust & confidenc in god & fayth in him it is
nothing but a wayting by faith on him that will do it a wayting for the
promises so the apostle did wait it is a leauing al to god with
a Confidenc of gods fulfilling of his promises in his due time it
is a comon saying a bird in hand is worth 2 in the bush but it
on mercy in hand is worth to in Reuersion but ther is no mercy then spertuall or
is temporall that gods peopel desiers but they shall have the it in the uery
kind to let the uery time they desiers it if god sees it best for them if not they
fayth is to liue with on the imutabilty ofthe promises Reuelation 22: 6
shall be made to wait with patienc gods Apointed time or els to faith Lyue with outt that
thes are true & faithful saying. & god the promiser mercy
malike the 3 & 6 uers e i am the lord i chaing not therfore ye sons of Iacob are not consumed
is a true & faithful god god haue not by his promises euer past his
power but he is able for to performe the tis the covenant which
he wil not break tis that that is gon forth of his mouth & it shal not
alter I say it is the true & faithful sayings of a true & faithfull
god com then o my soule do not sink & rise lik a weather glas
in foule weather but at what times thou art afraid trust in god
do not stager by unbeleif but grow stron in faith glueing glory
to god through beleuieing & in the end thou shalt be able to
say with Ioshah al that god hath promised is com to pas
thus i haue giuen you an acount of trusting & cofidenc in god
3ly expectation from god exercises a beleuieing & waiting for
for it is hop that maketh beleuieing & beleuieing that maks
hop wayt for the promis that is expect it with hop the
promis is the ground of faith & that is the ground of hop now hop is an
expectaci0n of somthing beleuied & it is a Chereful &

folio 103 verso || folio 104 recto

not a feareful expectation Iob 4: 4 thy words haue
upholdene him that was faling: a solictitous expectation
like that of the Creature wachman Romans 8: 19 for the earnes
expectation of the Creattur waiteth for the manifestation
ofthe sons of god despaire is to think that it is imposible four
any good thing to com: com then o my soule & wait thou
on god with a settled hope whos former hope haued semed
to Com to nothing we haue toiled al the night & haue
cought nothing yet at thy comand we wil let downe the
this one more
net is the sun of deliueranc gon backward yet hop stel
with expectation til it return back againe promises not
prouidenc is our rule if we walk by faith & not by sens thus in al discouragments we should wayt on god in all his promises the Iews would say that jah the mesius would com so we may stil our selues & wayt patiently for our god for he is omnipotent & can do al things & therfor no on thing is to hard for him Againe waiteing on god do imply suplication to god Psalm 40: 1 I wayted patiently on the lord & he inclind to me & heard my cry: micah 7: 7 therefore i wil lok to the lord i wil wait for the god of my saluation my god wil hear me: Isaiah 8: 17 & i wil wayt on the lord that hideth his fac from the house of Iacob & i wil look for him by al which you se that waiting do not only imply a trust & & Confidenc in god but a suplication to god & a waiting in the use of the meanes we must not so mayt as to neglect the us ofthe meanes we must not only hasten,, it in our indevauor but we must hasten it in our desires tis the way & means which god hath apoynted his people for to met him in & haue bin sucksesful to al thos that hath rightly sought it when we are in trouble the best way to get out of it is by prayer Com then o my soule & wayt thou on thy god by prayer & suplication be dum & silent from inurinering be not stil in suplication do god seme to cast thee of out of his site --- hid his sit & to hid face from thee do not thou cast him out of thy site but do with daniel look to him are thy straits great Are oh let thy prayers be the greater the greater thy extemitys the greater let thy prayers be in prayer great be low in humility but loud in prayer doe god sem for to stay long pray him to mak hast but be not thou ouer hasty or at least so hasty as to be angry if he do not mak such hast as thow wouldst haue him make thus wayt & thus pray & he wil hear in heauen & be gracious to thee ye he wil work a miracle but he wil saue thee that is the 4 thing waiting on god do imply suplication to god/
5ly wayting on god do imply patienc waiting is not only -and act of hop but an act of patienci not only a hop -and expectation from god but a but a patient wayting til he com it is good that a man should hop & quietly wait on god Psalm 37: 7 rest on the lord & wayt patiently for him directly oposit is murmering to this ptienc is a quiet waiting like the husband man for the haruest Zephaniah 3: 8 therefore wait ye upon me sith the lord until the day that i ris up: god dus indeed stand many times with the people he do stay long not that god do forget his people it may be for to mak them the more thankful & to mak them patient

folio 104 verso || folio 105 recto

this is for to mak them tak his bare word we must not mistrust god but wayt patiently com then o my soule & wayt thou on god
by patient as wiling to abide his time & his pleasure do not say that god is slack conserning his promis 2 peter 3: 9 the lord is not slack consering his promis as som men count slacknes neither say thu why ar his chariots so long a coming as if thou didst say he that can com wil not com at all he wil com in his fixed though not in our determinded time yet a little whil & he that shall com wil com and wil not tary god desires for to saue his Church & he dus and wil go on for the deliverant of his people he is com out & his motion is swift yet a little while & he whom thou fearedst would neuer com wil com -and that to thy sens he may com soner then thou doest expect do not go backward through unbelieif but but go forward through patienc wait thou til he that shall com will com & him that hath promised deliueranc to his people wil com & then thou mayst sing this triumphant song with his church lo this is our god we haue waited for him oh wayt for god which think youu is best gods will or ours our saluation may be nearest when we think it is farthest of patient waiting for redres not making more hast then good speed we should dayly wait for god be preparing for the worst that we may haue the best god is a god of Judgment -and blesed are they & blesed shal al they be that thus wait for him/

Mr Sheild
Numbers 23: 10 verse let me die the death of the Righteous & let my last end be like his who can caunt the dust of Iacob or the 4 part of israell: though thos words are the words of balam the diuiner yet they are r"ed by the direction of god -and are for our Learning and who this balam was & his atempt to curs israel you may read in the chapter forgoing & in some of the chapters folowing & in some of the chapters folowing but god did hinder him from his purpos & designe he could not curs israel but instead of cursing israel he must speak of the hapynes of israell god dus restraine the wicked many times thes words as to the mater of them good though he was a bad man let me die the death of the Righteous & let my last end be like his & he wished that he mit be hapy as wel as them the words -and expresions are double that is to shew his strong desire that he had to dy the death of the Righteous 1 Doctrine that bad men may haue good wishes & good words: balam was a bad man but he had many good words wicked men may haue comon gifts of the spirit they may haue a great deale of notinal knowledg euen thos that are wicked -and shal perish for euer they may pray excelent -and do many good things -and yet they shal be for euer miserable tis not god words & good wishes that wil saue men but it is a good lif -and a good conversation -and an Iterest in Iesus Christ this is that that wil saue us 2ly you may obserue from hens another doctrine 2 Doctrine that there be some that would desire to dy the death
of the Righteous no: they hat the Righteous -\textit{and} would faine curs \textit{them}
if they could but whens is it that they desire to dy \textit{the}

\textit{of the Righteous \& yet they wil not liue the lif}
\textit{of the Righteous 1 becaus they are conuinced that it shall}
goe for euer il with \textit{the} wicked \& that it shal go for euer
well with \textit{the} Righteousnes I must not stand long on this but
we may se that balam he did desire to dy the death of the
Righteous when he was in a could blood neuer did a good
man desire to dy the death \textit{of the} wicked but there haue bene
a great many wicked men that haue desired to dy \textit{the}
death \textit{of the} Righteous wicked men are afraid \textit{of death hel} & dam nation
though they dare it out they are conuinced in their consiences
& this wil be their agreuation in hel that the way of siners
was the wrong way \& that the way \textit{of the} Righteous was \textit{the}
best way \textit{3ly the} Righteous dy as others there is a
temporal \& there is a eternal death the first death is
a temporal death that is a \textit{des} separation \textit{of soule} \& \textit{body}
\textit{the 2 death} is a spiritual \& eternal death that is the soul \&
body for to be for euer seperate from god: againe that
the Righteous dy as wel as the wicked that is evident for
what man is he that liueth \& shal not se death wis men
dy as wel as fools al the apostles \& prophets they dyed as
wel as others your fathers wher are they \& the prophets do
they liue for euer but wil not god spare \textit{the} Righteous from
death must they pas through the shadow \textit{of death} as wel as
others why \textit{the} Righteous must dy as it is unreversable is not
there an apoynted time for all liuieing but god wil tak his
people out of the world in loue \& mercy to him he do deliuer
them from the sin \& misery that do accompany them \textit{whil they are}
in this world
it is a great burthen to a Righteous man for to Cary about
with him this body of death

we are liable to many sorows in the lif but god do hid them
from us in the graue Isaiah 51: 1 heare ye me \textit{al} ye that folow after
Righteousnes \& you that seke \textit{the} lord look to \textit{the} rock from whens ye
are hewne \& \textit{from the} pit from whens ye are diged: againe god
take away \textit{the} Righteous from the euil to Com god taks away his
people that they may not se the euil \textit{to that} com upon \textit{the} world god dus
in the graue hid us til his indignation be euer past as tender
parents when ther is some troubl more then ordinary in the hous
then they put their Children to bed to saue them from harme so
god do tak his people to graue to saue them from \textit{the} euil to com
\textit{3ly the} Righteous dy as wel as others becaus they may be tried \& that
there faith may be tryed in \textit{the} faith of the Resurection tis
on of the articles of our \textit{Creed} faith to beleuie the Resurection
\textit{of the body} \& this a hard mater to beleuie \textit{the Resurection ofthe dead}
Can you beleue when you se others layd in the graue that they shal be raised out of the graue -and that you shal see them againe at the last day -and stand in at the Resurection this was that that martha did beleue of her brother lazerus she could not wel beleue that he should be raisd to lif again in this world 4ly god would haue Righteous men dy as wel as others that the power of Christ should be sen in their this raising of them again at the last day oh how greatly wil the power of our lord Iesus Christ be sen when he shal rais thos many milions of his saints at the last day the apostle seems for to answer on obiection her how shal the dead be raised in the last day why Christ hath great power & he is able to break the bonds of death & he is able to raise us up in the last day

folio 106 verso || folio 107 recto

5ly the Righteous shal dy as wel as others upon this acount becaus god do conseal who are elect & who are Repropat her i shal answer on obiection why must the children of god dy seing Christ hath dyed for them I answer that by Christ the sting of death is taken away there for death is as it were no death to the saints -and Iesus sayd i am the Resurection -and the lif he that beleiueth in me though he dy it shal he liue: though he may dye a natural death yet he shal neuer dy a spiritual death. death is no disaduantag but for an aduantag to the saints as I shal shew by -and by though death is an euil in it self yet it is an aduantag to the saints 4ly let not the Righteous conclud that they are not Righteous becaus they may met with many aflictions in the world I should haue mentioned by the way that Righteous men must dy becaus they must be united to Christ theire head oh we should mak good use of them while they do liue oh there is a great deale of good that we should mak of theire xample I com now to the 3 Doctrine that the death of the Righteous is a desirable thing: though death is teribl in it self yet it is desirable to the Righteous I shal shew you in som particulars how that death is to be desired by the Riteous 1 it is an honourabl thing to the Righteous nay wicked men themselves who did reproach them while they liue they wil speak wel of them when they are dead Christ speak how that when the prophets were dead they did build their sepulcres mathew 23: 29 wo unto you scribs & farises hipocrits for ye build the tombs ofthe prophets & garnish the sepulcres ofthe Righteous

tis com on for wicked men to abus the liueing saints though they wil speak wel of them when they are dead the memory of the lust that is blesed after they are dead but the nam
of the wicked shal rot but the memory of the Righteous shal live 2ly many times death is many times death is a comfort to the Righteous because they then meet with the greatest joy that ever they had in their lives t's true the gods people haue bin in great affliction & straglings agains satan & haue bin buffeted by him but god wil in his time deliuer them out of their distresses & he wil giue them paec againe som there haue bin that haue gon out of this world in a triumphing maner to heauen

3ly if death of the Righteous is a desirable death because it is a peacable death though they may die by the sword it is a peacable death. Iosiahs is sayd to dy in peac though he died in the batele Kings 2: 23: 37 then his seruants caryd him dead from megido & brought him to Ierusalem & buryed him in his ow sepulcre: how is he sayd to dy in peac why he died in the peac of god which paseth al understanding & of liklihood he had peac of conscenc & presently aftere death they enter into peace: 4ly the death of the Righteous is a seasonabl death som are rip sooner er'lier others as it is with our somer friut: In the . 5 of Iob: 26: he shal com to the graue in a ful age as a shock of corne in his season this is in the leter fulfiled: but they may be sayd to dy in in a ful age & in a good season & the soner thou it is the beter for thee 5ly the death of the Righteous is a profitable death for me to Christ-and for me to dy is game death is again to them as in philipans: 1: 21 for me to liue to Christ-and for me to dy is gaine so it is a great gaine for Christians to dy though they los the compani of earthly relations yet they shal innioy beter company & a hous which is from heauen -and though they lose the inioyment of ordinances yet they innioy for them a glorious plac in heauen 6ly the death of the Righteous is desirable becaues of the Reserction the Righteous hath hop in his death proverb 14: 32 the wicked is driuen away but the Righteous hath hop in his death a little use & Aplication & so I shal com to a conclusion is the death of the Righteous a desirable death 1 then let us examin whether we are Righteous as to Iustification -and Righteous as to santification do you beleiue in Christ-and for the Righteousnes of Iustification haue you that fayth that do cleans the hearts -and to beleiue in Christ tis the Righteous that shal inherit the Kingdom of heauen consider wel of it: 2ly then you may se the happy & blesed estat of the Righteous man in his he is happy in lif & happy in death -and happy to al eternity i must hasten is death desirable to the Righteous 2ly then let us Learn henc we that are Righteous not to be afrayd to dy Christ hath suffered in our stead the punishment of our sins wicked men are afraid to dy because they are afrayd they shal go to hell but now the Riteous are deliuered from this death the sting of death is sin but this
is taken away from the Righteous Remember

you that ar Righteous. that death is a gainful thing it doth let us into a better plac: 4ly do you not sorow over much for the death of your relations. there is nothing more tedious in the world then for to depart with our relations but we should not so w overmuch for they ar but layd down to sleep Christ wil bring them again with him tis for heathens that believe that there is no resurection to be sory as men without hope Thesilonians 1:4 but i would not haue you ignorant bretheren of them that ar asleip that ye sorow not as others that haue no hope: 7ly is the death of the Righteous a desirable thing oh then let us learn to liue a holy lif we must liue Righteously soberly & godly in this present euil world & then you may liue in the comfortable expetation of the coming of our lord Iesus Christ Labour for to be through out Christians neuer expect to dy the death of the Righteous if you do not liue the lif of the Righteous ther are but verry few when they com to dy but will wish that they had liueed more holyly -and more Righteous why tis but a little while but it wil be so with us oh do you improue the time with al posible care & industry oh ther was neuer a seruant of god that wheh he cam to dy that did repent his liueing such a holy lif againe my beloued we should imitat the good examples of our frinds that are gon before us in shewing kindnes to the pore Acts 9 chapter later end then peter aros -and com with him -and when he was com they brought him into the upper cham ber wher al the widows stood by her weping & shewing the coats & garments that dorcas had mad while she was liueing we ought to keep in rememberance the good deed of our godly relations -and god hath promised that the generation of the upright shal be blesed -and if ye be folower of the good examples of others that ar you befor you and do the same you shal hear this blesed sentanc blesed are the dead that dy in the lord for they rest from thir Labours & their work' shal folow them which that we may do god of his infinit mercy grant for son Iesus Christ his sak Amen

Mr Smyth Iohn: 14 chapter part of the 1: 2 vers Let not the hearts be trouled beleiu in god beleiu also in me: in my fathers hous ar many mansions if it were not so I would haue tould you I go to prepare a plac for you: my finds i haueing not an opertunity the last time that i was with you for to finish this text I then speak somthing to the first uers I com now to speak to the 2 in my fathers house are many mansions if it were not so I would haue tould you I go to prepar a plac for you our sauioour Christ knowing that the time was near that me must lay down his lif -and go from his disciples he had an ey to them considering that they
would met with great troubles in this world -and therfor he dos as it were forwarne them -and comfort them let not the hearts be troubled it is a metefor taken from the stiring of water therby our stiring of the water we stir up the mud -and dregs that are at the botom -and Christ uses this to shew that his people are somtimes apt to murmering -and therfor he ses let not the hours be troubled do not murmer -and disqiet thy self

psalm 42 - at the beginning -and heare let not your hearts be troubld -and do not murner -and do not be troubled be not difident for so the word is used in the new Testatament do not murmer -and be not of a difident spirit but do you beleieue in me you beleieue in god beleieue also in me in my fathers hous are many mansion/ if it wer not so I would haue tould you you&amp;#8942; though a beleier may met with many troubles in this world yet it shal be wel with him at last &amp;#8942; Doctrine that thos things that Christ hath promised in another world they are not fained things but real -and substantial truths I go to prepare a plac for you: 2 that al the great desings of Christ with his father is to prepar a heauen for his peopl his people for heauen -and as they do beleieue in Christ so they shal be guided by him Iohn 1: 72
my beloued i shal now com to the 2 us which i shal dwel most upon what euer hop a wicked man hath yet the Righteous man hath this hop that Christ prepared a plac of glory for him 3ly the nesesty of it for to bear them up under al their troubles which they met with in this world which I shall speak more to anone: I shal giue you som Reasons in the first plac the best of gods people are subiect to disponding feares our sauiour did know that his disciples would be troubled with this & therfor he prepares them for it psalme 88: 14 lord why casteth thou of my soule & why am I thus aflicted who is this that was in this condiction dauid was a man after god own heart & it you find him in this condiction but that that i am hinteng at is that the dearest of god poples are subiect to disponding troubles but this god own peopl may be brought to disponding troubles what time is this that god pl&amp;eoppl are brought to dis ponding troubles j it is when god sems to stand at a distanc from the soule -and when god wil not answer by urim nor by thuin and he senms as if he would not answer at all or if he do answer it may be that itt may be with such a A as may strick the heart in a could damp dauid he was aflicted -and he was chased as a partry from mountaine to mountaine psalm 77: 6: 7 verses wil he Cast of for euer -and wil he be fauorable no more is his mercy Cleane gon for euer doth his promis fail for euer hath god forgotten to be gracious : hear my frinds obserue what a cloudy day dauid met with hath god forgotten to be gracious -and wil he
remember no more thus my beloued god brings them to their
how long -and somtims god brings them to their how long becaus
many times becaus they brings him to his how long &
againe my beloud when the enemys of Christ do lay ambushments as
lobs frinds 4 lobb 5 but now it is com upon thee & thou faintest
it toucheth thee & thou are troubled 3ly when the arows of the
almity do stik as it were to our uery hearts & god do this
many tims to his own people & this is for to sweten his mercy
to us & god dos it somtims for to purg out the Corruptions & for
the quicking of our graces my frinds I tel you an Reason why god
do bring us to disponding troubles & that he do strick his darts at
us is becaus we are so much weded to our sins againe tha he
mit show his unchangable loue in our ceducing : 4ly in time
when consienc shal cast a Reflect ey upon us for al our
misdemeanors then thou mayst xpect for to haue a cloudy
day: while we are in the huris of this world we cant hear the

voyc of you & of consienc but god wil bring you into the wildernes &
there wil humble you & there he wil speak comfortabl to you them
the Reason of this is first for to humble them -and for to show them
that in ability that is in themselus 2 for the tryal & exercis of their
graces & to mak them depend more on him 3ly & he wil there speak
comfortably to them not only becaus of the weaknesses of a beleiuer & the
litlenes of his faith but becaus satan is a busi enemy & he wil be
redy for to trouble them I shal com now to the uses of this 1 by way of
exhortation if a child of god is not fre from disponding troubles & feare
that are apt for to be cast into his soule how do you laboure to be
acquainted with god mor & labour for to walk wi
if Christ hath pre
pared a glorious place for you & oh do you liue to Christ & beleiu
Christ foe
discovery of the glorious things in another world that they ar not fained
but real & substantial truths there Remaineth therfor a rest for
the people of god that they are Real and substantial truths Hebrew
10 & the beginning of the Chapter who wil Render to them eternal lif
1 peter 1:4 to an inheritanc incorruptible undefiled reserued in heauen
for you & againe it is typyfied by the sacrifices in xodus 2 chapter later
End so ther are mansions prepared for you. fear not litle flock
it is the fathers good flock to giue you a kingdom I shal giue you
seueral Reasasons to pres this hom 1 Reason there is ned of beleiu
eing of it for Christ hath purchased it & god hath promisd it & Christ hath
taken away al mak bots & hath goten the victory ouer death &
ouer the graue oh death wher is thy sting oh graue wher is thy
victory Christ hath layd down his lif for to saue thine & mine siner
& thus he hath taken away all mak bats

again Christ is an aduocat as Christ came into the world to dy for our
sines & to saue us so Christ hath also remoued al mak buts out of the
way & not only so but he is acorded for to tak posesion
of thos glorious mansions for us that do truly beleiu in him
this may be thy comfort that thy aduocat & sauiour is acended into this glory for to tak glorious mansions for thee & as he is asended into this glory so he wil neuer be at rest & be himself til he hath goten al his members to him Hebrews 12: 22

but now ye are com to mount sion & to the city of the liuing god & to the heauenly Jerusalem & to an inumerabl company of saints & angles heare is a great priuilig frinds that we shal be brought to the city of the liuing god & to the heauenly Jerusalem & though thou mayest fal & that fouely yet thou shalt neuer fal totaly John 14

father i wil that thos whom thou hast giuene me may be with me where i am that they may behold my glory 2ly & in the next plac if there was not somthing more in the end the promises of god would neuer go so easily down & though thou mayest met with many troubles in the way yet thou shalt be reciued into a glo rious plac at last & shalt reciue a Crown of glory againe the wise ly heart of man ye the best of men would be apt for to draw back & to tak wings & would fly away & would be apt for to slip color ther not a glorious place prepared for them & a crown of glory againe another argument the Children of god of of al the men & women in the world would be most miserabl & they would haue the hardest bargin wer it not for this Crown of glory which is prepared for them

the Reasons of this is becaus they are the but & mark which saten shots at & that are haled of al his instrumentes & of this world if in this lif only we haue hop we are of al men most mise rable we the memberes of Christ if the meanest memberes we ar not fre I say we the members of Christ are the obits of wicked men John 15: 14 yet a little while & the world seth me no mor but ye se me because I liue ye shal liue also 1 Corinthians 2 Chapter : 9 ey hath not sen nor year heard neither hath it entered into the hea rt to conceiue the things which god hath prepard for them that loue him I shal end this with that in the 19 genesis : 9 verse-and they sayd stand back -and they sayd againe this on felow cam into sojurn -and he wil neds be a judge now will we do wors with thee then withthem this good man lot he indeauors for to giue them admonition for to do them that soiured with him in his hous no wrong but they say to him stand back psalme 31: 14 oh how great is thy godnes which thou hast lay up for them that fear thee which thou hast wrought for them that trust in thee: I shal now com to the Aplication & i of al by way of comfort & consulation Let me beg you to lay hold on the blood of Christ for your salvation in my fatheres hous are many man sions & though thou mast be clad with rags in this world yet when thou shalt go hens thou shalt heare this bl esed sentans wel don thou good -and faithful seruant enter thou into they makers Ioy mathew 25: 33 then shal the king say to them on his right hand com ye blesed of my father inherit the Kingdom prepared for you befor the foundation of the world for i wais an hungry & ye gaue
me meat I was thirsty & ye gaue me drink I was a stranger

& ye tok me in then shal the riteous Answer-and say when sae we thee hungry & fed thee & thirsty & gaue thee drink & the king shal answer -and say unto them verily I say unto you in as much as ye haue don it to on ofthe least of thes mi brethren ye haue don it unto me againe my beloued ther wil be a retaliating day to al the enemys of god & then shal he say to them go ye cursed into euerlasting fire & there shall be a retaliating day for gods ow people & they shal hear this blesed sentanc wel don thou good & faithful servuant enter thou into thy masters Ioy againe there wil be a day of espousal for god people when Christ himself shal com atended with his Aingles & he wil [ heart ]love and mary them to himself & bring them up with him to his glory 2 use is of consolation be not discouraged but hold out to the end ye are already in sight of scian behold I cam quickly & my reward is with me did you euer find god fail oh do you wait on him for there is a distinguishing day coming malakiah

3 17: 18 -and they shal be mine sayth the lord in the day whene i mak up my Jewels sayth the lord & I wil spare them as a man spareth his own sun which serueth him I wil betroth you to me sayth the lord do you hold out Remember that you wil neuer be losers if you hold out to the end you wil be saued againe my frinds there shal be a day of distinguishing between persons he shal set thee sheep at his right hand & the goats at his left oh for gods sak consider that ther is a day when he wil seperat between the righteous & the wicked & consider that ther shall not be a word sede to you of your former trangresin he wil remember your sins no more

it shal not be cast in your teeth as you may see in that ofthe prodigal son which serues to this purpos & when the prodigal son cam to himself I wil returne to my father he ses & in the next uers it is sed that his father saw him coming & ran & fel upon his neck & kised he did not say here is my son that hath spent his estate on harlots & on Rietous liuing not a word of that was sayd so there wil not be a word say of that to his people he wil com & welcan his people with a well don thou good & faithfull servuant ther shal not be a word named of their former iniqitys oh what a day of sorow wil it be on the other hand to the drunkerd to the swearer & not only for them but for folish & empty profesers that haue no oyl in theire lamps I know you not depart from me ye cursed into euerlasting fire againe my frinds there is a day when Christ wil com & tak his servants to himself Jeremi 3 Chapter 14 turne ye back sliding children to me saith the lord for i am mary to you & i wil tak you 1 of of a city & 2 of a family & i wil bring you
to sion Hebrews 13: 5: 6: uers I wil neuer leaue thee nor forsak thee it is not thy sine nor the malic of satan that shal cause me to leaue thee wel my beloued is it so that there ar mansions of glory prepared for you by Christ oh do you put this to your soules haue i a rit to this glory what relation haue I to Christ what acquaintanc haue i with Christ for gods sak do you set about this work & the lord perswad you & unable you thus you may com to a greater acquaintanc with Christ that you may haue acquaintanc with him for god sak let me perswad you to put of al your rags & put of al your polutions & do you go hom to Christ & beg of him for his righteousnes & labour for to put on the brest plat of Righteousnes oh do you consider what a priuilig it is

when you are in the feild wher the bulets fly about your ear for to haue a Brestplat for to saue you oh my frind do you labour for this brestplat of Righteousnes that may sheltre you against al the shots & fiery darts of the deuil & do you labour for to mak shur of Christ & then thou shalt be sheltrd against al the shots & fiery darts of the deuil oh do you laboure not only to know that there is a god but labour to know that he is thy god laboure for to know hin to be a wis god & to be a holy god & a faithful god oh do you labour for to say my lord & my god my Christ-and my sauiour & be you much in prayer to god prayer was prayer hertofor but now it is grown out of fashion perhaps now profesers go a quarter of a l yeare & not put up on serious petion to god how can you know a man that you neuer saw in your liues & that you had neuer no conuers with so you canot know god unles you walk with god oh do you walk mor with him oh be you mor zealous & walk in his presenc walk in his presenc how j labour for to walk in al thy actions as considering that the ey of god beholds thee abroad & at hom & in al thy dealings againe delight in god in the ways of god meditat on him & pray to him Labour for to mak it your delight if thou art a child of god inde thou wilt ponder on god & on his ways oh hear stand & admire with admiration that ouer god did send his son for to dy for us that thou & I might not fry in hell for our sins & do you set apart som time for to spek to god evey day this is the way for to know. god & to conuers with god tak on text of Criptur for this. Psalme 73: 23: 24 neuertheless thou art with me thou

hast upholden with thy right hand thou shalt guid me by thy counsel & after bring me to glory befor I pas this tak on cripture more Psalme 61: 63 my god my god early wil I seek thee oh deore frinds if we would but meditat on god more oh what might we obtain from so tender a fat her from so tender a god again my frinds that you may walk with god go out of the broad way of the world labour to set your feet wher others do set theire hearts hear my frinds I would haue you labour for to trample on the prid of the world
but not to tak a prid in it what good would a chest of gould do thee in a dying houre my frinds this world & the things of it wil be as a clog on the legs of the eagle so that he canot fly upward the things of this world wil not canot satisfi olet not your hearts be set on the world the soule wil not be satisfid withthe things of this world the soule is an imortal euereiuing substanc for it shal neuer dy it shal dy & it shal neuer dy it shal dy to god againe euereiuuing now the soule is imortal & therfor it must haue somthing that is imortal or it wil not be satisfid & the Reason lys heare there is not a tenasidy in things heare below & therfore it canot satisfi the soule I haue set in this plac that that we should set our feet where others do set their heart seek thos thing that are aboue aboue the Reach of satam oh labour for the bread of lif & do you meditat on the word of god & pour your hearts out befor god is not 12d now as good as it was a 100 yeares agoe oh is not prayer as good now as it was so long agoe for it hath the king of heauens broad seale on it againe my frinds labour for to obserue the step of god study god in his word in his works in al his dealings oh the deeps ofthe wisdom & ofthe riches of you walk with god labour to be holy as god is holy

a Christian & a carnal man it is a contradiction in mature be you holy as your heaun ly fathers is holy study after holynes labour for to get mor acquaintanc with god who is the doner of holynes who wil giue grac to euerly on that seek it in the next plac when thou hast goten this acquaintanc with god labour for to se thy intere st in a sharing mersi I would wilingly com to 2 mor obseruations I haue ended withthe 1: 2 Doctrin if the things of the other world was short of our expectation Christ would undoutedly haue tould us of it heare my frinds I would proue this by Cripture Iohn 14: 2: in my fathers hous are many mansions if it wer not so I sould haue tould you I go to prepare a plac for you again if it wer not so god would haue giuen them notic for them to prepar for it againe al Christ undertaking with his fat her was soly for to bring them to god 1 peter 3: 18 & indeed it was the great end of Christ in sufering for to bring :us to god to bring them to know god -and to frindship with god & to bring them into the belif of god & to bring them into the liknes of god that they mit be his uery imag & liknes // 2 of Corinth 4 Chap 7 verse But we have this treasvre in Earthen veseles that the Excelency of the power might be of god & not of vs Doctrinethe 1 that the gospel is A treasvre 1 becase it Doth Convay to vs the most Rich & preciovse things that the sons of men Are capable of Receiving As we Are Rationall Creatvres 1 in generall it doth convey Christ vnto vs & in him All Excelencies if thou hast Christ thou hast
yenovgh for in him Are hid All the treasvres of wisdom & knowledg
2ly in pertecvlar it doth Convay to vs the pardon of sin & Ivstification
of ovr persons in & throvgh the Righteovsness of Iesus Christ 2ly the
gospell is A treasvre becase it doth Convay pretiovse things & yenough
of them 1 peace with god 2 peace of Concsienc Aske those that
have been vnder the terovrs of Concsienc what this is or thos that
have known how it has been to be Inioy peace with god 3ly the
gospel is A treasvre becase it doth convey dvrable Riches 1 A right
to heaven 2ly A trve title to Glory the fvrst vse is of thankfvlness
Learn hence what A thankfvl frame of heart we shovld be in vnder the
Inioyment of 50 Rich A mersey As this treasvre of the gosple is & now I
Come to give yov A few diretions to heithen yovr thankfvlness
for so great A mersey fvrst Consider what we Are more then
others we Are All by natvre Children of wrath As well As others 2ly
Consider how great A part of the world Are without this great
mercy that never heard A sermon in their Lives that Are without

god in the world

folio 114 verso || folio 115 recto

psalm the 100 & 28 1 verce Blesed is the man every on that feareth the
Lord that walketh in his ways
doctrin the fvrst that every on that feareth god
are & shall be Blesed 1 I shall shew you what
the fear of god is
it is caled the grace of god wherby we worship god
1 they are blesed that do fear god for they haue the
best treasure in the world 2 they that haue
the fear in their hearts are in Couenant with
god 3 they haue A Right to All the promises of
god thar is not on Promise in All the b3
they haue the Sprit of god & they shall
pertake of the Comforts of the spirit i
know 1 by way of information if All &
every on that fear god shall be blesed
Learen henc the wofuf & miserable estate of
them that fear not god they are vnder the curse
for 2ly by to shew vs the misery of those
that serue other gods they are vnder the curse
3 o Let me beseech you & preuaill with
you to fear god jeremiaih 10 5 o that every of our
harts might say I will fear god 1 Labour
to fear god truly Let vs not fear god faignedly
to profes to fear god & not to fear him
that will bring A Curse

2 Labour to fear god timly Can you be
to sone blesed Can you be to soon happy Let me beseech you to fear god in your youth

3 Labour to fear god emenently & s 11 Labour to fear god Continually proverbs 23 17 be in the fear of the Lord All the day Long essa 33 to send

1 when we Com to hear the word we mvst do it

5 sal... & i will Com with fear when we Com in the Congregarion of God we showld Com with fear & Reueranc in the fear of the Lord Consists the whole duty of man 2 Considen that the fear of the of the Lord is the excelents thing in the world 1 god talks plesure in them that fear him 2 his mercy is Infinite & everLasting to them that fear him

3 god fulfils the desirs of them that fear him

psalm 145

4 they that fear him shall haue saluation seluation sperrituell & eternall Pr 41 26

5 the fear of the Lord is A fountain of Life

6 in the fear of the Lord is Lafty 7 in the fear of the Lord is Length of days temperall & eutend mencys 8ly gods Aingels doth encamp About them genesis 32 & the begin 9ly no want shall be to them that fear him if you haste not great things in the world it you

shal haue that which is good in the world to the eye of the Lord is vpon them that feare him 11 it shal go well with them that fear him

ecc lesiastes 8 12

§ before god dos send his Judments vpon the wicked furst he doth take for his own peopell 12 the son of Righteousnes shall Rise with healing in his whings malachi 4 10 thay that walk All the day in the fear god shall walk All the day Long with the Son of Righteousnes Lastly by way of triall how shall I know wheather i do fare god 1 the fere of the Lord is to depart from euile not only to Abstain from euill but to hate euill 2 persons that do fear god showld Labour to perfect holynes in the fear of god 3 A man that fears god he will be A companion of euyry on that feanc god 5 praiing to god is A sign of the fear of god 5 walking in gods way & to Close vp Al how i with bruses of Compasion speak to you Al that you would fear god more we should beg of
god to make & inseperable vnion betwne
ovr hearts & his fear god Loues to be put
in mind of his word

gin 32 9 Last study the word of god
more
mr sheild hebrews 11 Chapter Lat part of the 6 verse for he that comeh
to god must beleive that he is and that o is a reward of them/
diligently sek him/ 1 Doctrine thos that diligently sek god heare shall
be reward by god in heauen 2 Doctrine those only shall goe to god in
heauen that beleive that there is a god in heauen 3 Doctrine such
& only such shall goe to god that belice that he is a rewarde
of them that diligently sek him there is non shal receiue the
reward of heauen but such as beleive there is a rewarde in
heauen now I shall shew you what there is in god that must
be sought for 1 we are to sek the knowledge of the esenc of
god 2ly we are to sek the knowledge of god in the trinity of
father son & holy ghost 3ly we must seke the knowledge of
his attributs proverbs 2: 13 This is the first thing in Religion to
be known / is to know what god is the knowledge of god as a
Redemer & santifier of his people/ 2ly we are to sek the
wil of god 3ly in god we must sek his favour & his grace
his pardoning grace & fauor 4ly we must sek to god for the
manifestahin of his Loue & mercy to our soules that god
would shew us the light of his countinanc of his favour & grac
& Lastly we must sek the saluation of god/ now we com
in the next place to the act of seking god it is caled an
act & it is meant euery act of seking god & first it is by
prayer he that sek god by prayer shall be rewarded 2ly by
sekeing of him in his word 3ly by meditation of his word this
is a seking of him 4ly in the lord super that is on speciall
means by which ye sek god & christ there Christ stand at
the dore an knocks 5ly by holy conferenc & discours with
ministers & priuat Christians & Lastly by fasting & humiliation
is another means by which we sek god 3ly I Com to speak
somthing as to the quality of the seking of god I shall shew

you what it is to sek god diligently 1 it is to sek god early
they they that sek athing diligently & that which they haue a mind
to find why they will be seking of it early we find in
scripture that god children haue bin wp early at god work
abram who Was up erly though it was to ofer up his son izak
2ly to sek god diligently is to sek hin ernestly thus you se
Daniell sets hinselv to sek the lord who did it in an ernest
maner it was by prayer & fasting he did it with his
whole heart 3ly to sek god Diligently is to sek god dayly
and frequently they are sed for to be blesed that wait daily
at wisdoms gat proverbs 8 Chapter : 33 4ly we must sek him by
meditation & 5ly to sek god diligently is to sek him in all the means that god hath appointed 6ly to sek god Diligently is to sek him timely & 7ly & Lastly to sek god Diligently is to sek him perseueringly & wnweariedly neuer to giue ouer our pursuit til we com to the injoying of him heare on earth & till we com to the ful Inioyment of god in heauen I com now to the 4th thing in the Doctrinell part & that is the reward of them that Diligently sek him I shall shew you what kind of reward the lord giues to them that diligently sek him it is caled the reward of the Iheritanc & tis caled the Iheriting of the Promise Hebrews 6: 12 but to set forth sumthing of this reward I shall doe it in 6 particulars 1 then to spek of this reward it is a manifould reward there is riches & pleasing & honours & lif ther is the injoyment easifes of the most swet & comfortable relatin & euerlasting light to injoy all thes 2ly it is a free & gracious reward as seruants doe at the end of the day receiue for theire work so god children doe receiue theire reward at the end of theire liues 3ly it is an exeding great reward there are non giues such a reward to their seruants as god giues to his seruants 2 Corinthians 4: 18 Hebrews 10: 35 then 4ly as it is a great an exeding not great reward see it is so 4ly it is a most sure and certane very seasonable reward & it wil sudenly be giuen to you god who canot ly who Will certainly be as good as his word 5ly it is a very seasonable reward as it will be certain & d suden so it will be seasonable when we are most bit for to receiue it then it shall be giuen us 6ly & Lastly it is an eternall euerlastign reward this doe mak it of such a great worth & ualu the inheritanc in heuen is an euerlasting inheritanc the crow of glory is that which doth not fad away I com now to the reasons 1 why should we sek god 1 Reason becaus god hath comanded us to sek him. 2 bec ause god hath apointed us to sek him for all thes thing wil i be sought unto 3 we ought to sek him becaus there is the most swet & comfortablest things for to be found in him againe why should we sek him diligently 1 becaus god is a most pure act himself & he loues diligenc & actiuity in his seruants o loues not slothfulnes in his seruants 2ly it should be an argument for to sek god Diligently because we haue bin diligent in sinnig 3ly we should sek god Diligently bec ause he is the chifest good I com now to the aplic atin he that cometh to god must beliue that he is & that he is a reward of them that diligently sek him In the 1 plac here you are informd that there is a god & it is of unsppeckable consernement for us to beliue that in god 2ly you must not only beleiu other that there is a god but you must beleiu that he is a bounty full god he is good to all but especialy god is good to his children he that cometh to god must beleiu that he is 3 Doctrine that we are by nature far
from god 4ly you may se heare the exelency of true faith
why without faith there is no coming to god without faith there
is noe coming to Jesus Christ there is a reward for the righteous oh
let us not be wery in well doing for in due time we shall
reap if we faint not I should com now to a use of self
examination or inquiry to know whether we are of the numbe
of those that doe diligently sek god but I shall wave that & shall
com to a use of exhortation that is to exhort you to sek
god euer on of you and that you would sek him diligent

& when you sek to god sek him with an ernestnes & you must
be uery wacffull that you doe not grow faint & wery in well
doing remember therefore that in the 6 Hebrews 12 & we
desire that ebery on of you do shew the same diligenc of hope
to the end how long did the patriarks hold out in a profesin
that hold out for som hundred years & what canot we hold
out for sum few scores of yeares set forward in the way
to heauen & kep up your afections for it is a uery hard mater
when you haue ons lost your afections to it it will be a hard
mater for to gett them againe be lese in seking the
world & the things thereof & more in seking of heauen &
heuvely things consider ebery on of you of these things
I am shure when you com to heauen you will find that to
be mor worth then all that euer you haue done here/
the 16 3 verce what time I Am Afraid
I will trvst in thee hear you haue the history
of dauids fear compared with 1 of samuell 27 the 1
vers & dauid said in his heart I shall now perish
on day by the hand of saul from henc I
shall Rais this doctrin that it is not vnusall
for the Best of saints that have got Vp to the
highest measvrs of faith & confidens to be Afraid
evein of their felowe Creaturs when they set them
selues Against them the fvrst Reason fvrst be
case they be bvt men &, of the same Afetcions &
svbject to Like pasions with other men. 2ly becase
they Are bvt in part saintified in this Life 3ly becase
they are in the most dainger of All men in the world
they are in dainger of their Lives of their estates of
their Libertys & of their Religion 4ly becase in

suddain encovnters & time of great fears & becase of their
vnwatchfvllness over their own hearts they may not have the
Actuall exercise of faith & ther are times when fear
is very daingerous 1 when it is not Kept within its
due bovnds 2ly when it is immoderate & distrvstfvl
the vse of this doctrin is of exhortation & o be
yov exorted to Leave your evill wais & tvrn to the Lord your
god o do you Reuive & earnestly. set Aboote that known
though much neglected dvty of fasting & earnest
prair prayer to god o be earnest with the Lord in
this time of England s fears that he would yeat spare
vs & Continve the glorious gospel Amonghts vs
the word of his grace the glory of ovr nation & & to
encov rage yov in this so great & profitable a dvty fvrst
Consider that how mightey soever the enemise of gods
Church & people may be & how many soever their
devises & Covncels & Combinations may be yet it is
the All wise god that overRvls All thes things psalm
the 11 & Eclesiastis 5 8 if thov seest te opresion of the
poor & violent perverting of Ivdgment & Ivstice in
A province marvell not At the mater for he that is higher
then the high4ts regardeth & ther be higher then they
2ly Consider that god has not as yet left the enemise
of his Church At thair wills it is he that hath set the
bovnds of the sea that it cannot & hath said to the
proud waues therof be still 3ly Consider that if
it should pleas the Lord to Let Loos the enemise of
his Church & people yet he hath set the
our soulss the
best & noblest part of man out of their Re... Reach
Luke 12 4 & I say vnto you my frinds be not Afraid of
them that Kill the body & after that haue no more
that they can do I shall give you to or three directions
& so Conclude with dauids fear & the next
opertunity I shall shew svmthing of dauids faith

folio 118 verso || folio 119 recto

fvrst posess your hearts with the fear of god
2ly considr your ways & turn to the Lord &
3ly put your trust wholey in god
A
Sermon preach'd by Mr Flower
at a Lecture in Tedbury on the September 20th, 1692.
Matthew vii chapter 14.verse Because strait is the gate, and narrow
is the way which leadeth unto life, and few there be
that find it. The words before are, Enter
ye in at the strait gate; for wide is the gate, and broad
is the way that leadeth to destruction, and many there be
which go in thereat. Because stait is the gate, &c.
The Doctrin that few shall be Saved was
preach'd by our Saviour, and tho' it be a bitter, yet it is a
safe Doctrin.
The word Way is often taken in Scripture for the Course
of Men's actions; by Life here, we are not to understand our
natural Life, the Life of our Bodies, but eternal Life the Life
of our Souls. The word few is not to be taken absolutely, for the
Number of them that shall be saved is very great in regard of their excellency and worth, but being compared with the world they are very few.

The Gate we are here said to enter in at is said to be strait, in opposition to wid'ness, and narrow, that is it is an afflicted way; some have it that it is narrow and strait even to a Miracle. From the words we may observe this Doctrine That that Way and Gate that leads our souls into ever lasting Life, is very strait and narrow.

Here I shall enquire what it is that makes it strait
It is strait by reason of our corruptions, and by reason of the Devils Temptations &c.

In the next place I shall enquire what is that Gate that is so narrow thorow which we must enter if ever we will be saved; there are many of these Gates. the First, is the Gate of Conversion, the Gate of Regeneration of being born again. Christians the natural birth is not without difficulty and without danger; many Children stick in the birth and cannot be born; so it is in the new birth, many stick in it and cannot be born Isaiah 26, 18. We have with child, we have been in pain, we have as it were were brought forth wind, &c. This is a fault that the Holy Ghost blames them for, that they would not come over throwly from their sins, and close with Jesus Christ. There are some Christians when they hear the word they are off and on, one while they are willing, another while they are unwilling to leave their sins and receive Christ: they come it may be as far as the Work of conviction, they find they are Sinners, and they confess they are Sinners, they fall into sorrow and pangs of Travel, but then they being unskilful like many women when Travel comes on them they take cooling things and so put back their travel. So the travel of these are hinder'd & put back by the world. Isaiah 37, 3. And they said unto him Thus saith Hezekiah. This day is a day of trouble and of rebuke and of blasphemy: for the children are come to the birth, and there is not strength to bring forth. Some there are when their Consciences are awaken'd for sin, they go ^ to wrong Physicians to merry Company, and so cause the going of the Mill the knocking of Conscience to cease and to grow stupid again.

When the Sinner comes to be new born, he is like a Bullock that makes many kicks and flings when he comes first to the Yoke; so men are apt to throw off the Pangs and Throws of the new birth, and take up with earthly pleasures; the pangs of the new Birth are bitter Things with some, and some to escape 'em they run to sensual sensual Pleasures, &c. In Regeneration there is first a spirit of bondage, which the Apostle speaks of in Romans 8, 11
For ye have not received the Spirit of bondage again to fear &c. This Spirit of bondage brings fear, and fear brings wrath. Some do by Fear as some do by Wounds, for fear of cauterizing they will cast off their Physician till their wounds become inureable; So some there are that cast off Christ the Physician of Souls; and desire to be cured speedily rather than truly, and run to the pleasures and enjoyments of this world. the Second narrow Gate is the Gate of Mortification, that is crucifying the Flesh with its Affections and Lusts; of this Mortification there is an absolute Necessity, for without this we cannot Live Spiritually John 12, 24. Verily verily I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. Our members must be mortified, our Lusts must be crucify'd; and to die christians is a hard thing. Sin can no more be crucifyd without pain than our Saviour Christ; it is not enough that our Corruptions lie sleeping, it is not enough that we want Opportunity to Sin, but we must abhor it, and fear running into it, as we would fear running into the Fire. We must lothe sin, and it's hard for a man to part with his beloved sins, it is hard for a man to mortify them, but so it must be. Col. 3, 5. Mortify therefore your members which are upon the earth, fornication uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry: If it be hard for old Friends to part, so it is hard for old Lusts to part; but yet our Saviour tells us, that we must cut off our right hand, and pull out our right eye if it offend space Now our right eye must be pluck'd out in regard of sinful pleasures, and our right hand cut off in regard of worldly profits. Our old Lusts that we have entertained Friendship with must be mortifi'd, and cast away from us every one of them. And it is not enough that Sin be mortifi'd but we our selves must be the Executioners; as we read Deut. 13. 9. that the nearest Relation was to throw the first stone at him that tempted him to to Idolatry. This seems to be a very hard saying, and almost not to be born with you may say, a man may be carried on very far, and yet not carri'd on far enough; the old man must be crucifi'd within us; Rom, 6. 6. Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. If the crucifixion and death of our Saviour Christ has had any real influence on our souls, and we have had any virtue of it there you may see the Effects of it. Sin must be dead in us, that henceforth (as the Text saith) we may not serve sin. But is it possible may you say, that any man can live without sin? I answer no man can be wholly free from sin in this Life; but by force as the Apostle saith the evil that I would not do, that do I. We
must not be subjects of sin, but lothe it.
Thridly, There is the Gate of leaving all for Christ,
this is a strait Gate indeed; and when it comes to this then it is a
very hard case, and this has been the case of many good
Christians, better christians than any of us are; this is a strait
gate to strip our selves of all for Christ, this is always done
in intention, and sometimes it must be done in execution; we
must part with all yea Life it self rather than part with Christ
Luke 14, 33. So likewise, whosoever he be of you, that forsaketh not
all that he hath, he cannot be my disciple. If a man love not
Christ more than all he undervalues him, and don't love him at all,
don't love him in that way that he will accept of him. It is hard
Christians to lose for Christ, I have found it so, I have had expe-
rience of it: It is hard christians to lost a little, but what is it
to lose all, to lose Life and all! Yet this hath been the Conditi-
on of Martyrs and of many good christians in many Kingdo\text{m}^s
and Countries. Many good men have been made by being undone
the loss of their Estates, have been the saving of their Souls.
There must be all lost for Christ; some bid high, but not
high enough for it, he that sells not all for Christ this precious
Pearl shall never have it; this is a very hard thing. There
was not some but many that Forsook Christ and went

\text{folio 120 verso} || \text{folio 121 recto}

back as it's said John 6,66. From that time many of his
disciples went back, and walked no more with him.
I will give you an Instance out of the holy Scriptures.
You may find it in Matt. 19\text{c}, 26\text{v}. and so onward, if you
compare that with another place in the Evangelist in some
of the foreing verses the Young enter into Life, he must
keep the commandments, he said all these things haue I done;
what lack I yet? Here was many wonders christians \text{in this young
man, for it's said that he was a Ruler, a great man, a rich
man, and for such a one to follow Christ was a great wonder;
and he was not only a great man but also a young man in
the pride of his Life, and he seems to be willing to follow
Christ; and he was also well Educated, as we may see by his
keeping of all the Commandments from his Youth up: And when
he came to our Saviour Christ, one of the Evangelist saith that he
came running to Christ, and seem'd to be willing to lose no time,
and he said all these things have I kept from my Youth up; he
had kept all the Commands except one; but when our Saviour
Christ saith one thing lacketh thou sell all that thou hast \&c.
then it's said that this young man that came so willingly to Christ
went away very heavily. It's story'd of the King of Navar, That
he said he would launch forth no further into the Protestant
Religion than would make for his carrying on his Designs; so
many will venture upon Religion so far as will make For their worldly Interest and no farther. but a
Fourth Gate that is strait and narrow, is the Gate of
self-denial; this is a strait gate indeed, and hard to be enter'd in at. He that comes into spiritual Life must be as naked of his own Thought and Good, as he was when he came into natural Life. Every man hath Self to deny; and what do we mean by Self? By Self we mean a man of flesh, our own Reason, a man of self-moderation in eating and drinking; nay a man's splendor and Glory in the world, his own Ends and aims must be denied, and if we do this we shall be no Losers, God will own us for it.

we read in Matthew 25, 33. of sheep that were set upon our Saviour Christa right hand whom he own'd to have visited him when sick, and fed him when hungry, &c. and you know they deni'd it, and said, Lord, when did we do this space He that will enter in at this gate must follow Chri's Example, he was contented to part with all for his people, he was content to part with all for the salvation of his elect; and when he prayed against his dissolution, he said not my will o Father but thy will in thy merciful salvation of sinners be done. All must be parted with for Christ. We love every one our selves, and that self Love' is the undoing of all. Now to do all that we can do, and when we have done to say we have been unprofitable servants, this christians leads us into the Life of Christianity, and he that is slow to anger, is better then the mighty space that is that overcometh his own lusts, and he that ruleth his own spirit, then he that taketh a city. i.e. a man that can thus tame his spirit is more noble and honourable than he that gets the victory over the greatest and strongest City. It is a great Difficulty to overcome that enemy that is at a distance from us, but it is harder to overcome that Enemy that is close with us; now our own Corruptions, our Honour and Reputation being that which is within us is the harder to be overcome by us.

Fifthly, The fifth strait Gate that we must pass thorow is the Gate of Contrition and godly Sorrow.

most men in the world cannot endure to go through this, to go thro' the Pangs of the new Birth; wicked men are too high in their hearts; but they that will not grieve for him here shall be made to howl for sin in Hell hereafter, when none will pity him. It is as easy to break the adamant as the heart of a Sinner; the heart of a Sinner is compar'd to an adamant in Zach. 7, 12. Yea, they made their hearts as an adamant stone lest they should hear the law, and the words which the Lord of hosts hath sent in his Spirit by the former prophets: The heart of a wicked man is as a stone, which if you break every bit and piece of it is hard, and if
you break a stone it will but fly in your face, so if
You go to humble a sinner, he will but fly in your face.
So Ahab, he would not be humbled by the Prophet for
his wickedness. Man is by nature a self-conceited &
proud creature: Christians mourning for sin is incon-
sistent with hardness of heart. Few know the hardening
nature of Sin; it is a very hard matter for us to bring a
Drunkard, a Swearer, an Unclean Person to smite upon
his thigh and to say what have I done? But my beloved
one that will enter in at this strait Gate he must
mourn, he must turn his Crowing into Crying.
James 4:9. Be afflicted, and mourn, and weep: Let your
laughter be turned to mourning, and your joy to heav-
iness. Christians I am teaching you an uncomfortable
Practice, but tho' it be sorrow at first it will end in
joy. He that will enter in at this strait gate, waters
his couch with tears; he must with Josiah seek a place to
weep, he must with the Corinthians mourn with a godly
sorrow, and with Manasseh humble himself greatly
before God; and with David he must bathe himself
in a River of penitential tears; a true Penitent must
weep and mourn bitterly for his sins.
Christians, if we could but see how filthy and foul
we are in the Glass of God's Law, it would draw tears
from our Eyes and sorrow from our Hearts: Christians
it is a hard thing for a man that abounds in worldly
pleasures, to go into his Closet, and to speak to God by
the eye, and by the Heart; by the Eye with tears, &
with sorrow in his heart; it is hard to bring a sinner
to be sensible of his miserable and undone condition
by Nature. Christians, I must tell you that tho'
there be bitterness in this not, yet it will end in

Ioy and Comfort; if we weep for our sins, our Saviour will
come with his handkerchief and wipe off our tears. the
Sixth strait Gate is that of constant Duty, the waiting
on God in publick and private Duties; in publick in his Ordi-
nances, in receiving the Sacrament, hearing the Word; this is a
christians duty; but our Family and Closet duty is our special Duty.
this our Saviour mentions Matthew 6,6. But thou when thou prayest, enter into
thy closet, and when thou hast shut thy door, pray to thy Father which
is in secret, and thy Father which seeth in secret, shall reward thee
openly. This is a strait gate, and I fear many that hear me this day have
never yet entered in at this gate; and then how do you think to enter
into Heaven? Psalms 53,4 The fool hath said in his heart there is no
God; corrupt are they Psalms 10, 4 The wicked through the pride
of his countenance will not seek after God: God is not in all his
thoughts. Wicked men will not stoop. Now there is great
need of this, that we should make this our constant Duty, be-
cause we sin constantly, and how shall we expect forgiveness
if we don't beg of God for it. Intermission of Duty is lawful,
but the total omission of Duty is ungodly and unlawful.
The worship of God is that high Honour and Respect which
we owe to God as our Creator, and to him as our Redeemer:
and not to give him this is an Omission of Duty, and that is
ungodly. Omissions of Duty in themselves are dangerous,
yea they are in themselves damnable; and they are not only
dangerous and damnable, but they usher in many Sins; if
we live in the Love of one sin, it is just with God to give us
up to others; one Sin brings in another, and little sins make
way for greater. And he that will venture omission of
Duty towards God, he will venture upon any thing that is
offensive against God. I remember I have read of a -
Father that was tempted either to defile himself with
a Black, or to offer Sacrifice to an Idol, and he choos'd
to offer Sacrifice to an Idol; and he confessed that that
morning he went forth without Prayer. O Christians
we should never go forth without this Spiritual Armour
of Prayer. there are many Families where there are
more Oaths in one Day, than there are Prayers in a
whole Year, and therefore it is that there's so much
of the Devil in those Families; and because they omit
Duty, they fall into the commission of all sin.
There are many Causes of this neglect, some there be
that pretend Inability, they cannot pray, but their pretence
lies in their Obstinacy, they cannot do it because they will
not do it. Pray christians consider this, good men would do
more good than they can do, and carnal men they may
do more good than they do do. The Service of god is a
Burthen to the ungodly, they are weary of religious duties;
like those in the Prophet Amos 8, 5. saying when will the
new-moon be gone, that we may sell corn? and the sabbath
that we may set forth wheat &c. The Prayer seems to be too
long, and the sermon not short enough; they long to be at
their worldly Bsiness, Pleasures and Enioyments again;
the attending on God in his Ordinances is tedious and irksome
to them. And if there be any one of you that will say
you cannot Pray, to you I will say, why will you not try?
If you would try, you would have Qualifications for this
Duty; we learn to pray as we learn to write, we cannot
learn to write if we don't write; so if you cannot pray as
you should, yet if you are sincere God will inable you, &
he will give you his Spirit to help your Infirmities. A
prayerless person is a graceless person; our Saviour Christ
one would have thought had less need of Prayer than any,
and yet we read that he continued whole nights in prayer.
And if we would pray aright, let is tread in our Saviours
steps; so did David Psalms 55,17. Evening and morning, and at noon will I pray unto thee, i.e. three times a day; So we find Daniel he was of the like spirit, Daniel 6, 10. tho' it was to the endangering of his Life, he thrice opened his Casement and prayed three times a day to the God of heaven. Those that are prayerless persons, they seem to say as those in the Prophet, depart from us, we desire not the knowledge of thy ways. Seventhly, There is yet another Gate, and

that is the gate of Persecution. Christians, it is true, God hath now given us a breathing Time, that is a Time of respite to get strength again after another time of Trouble, as it was said of the Kings of Israel they were at peace from all their Enemies round about them. Christians, though the Church of Christ be at peace now, we know not how soon Persecution may arise again, and christians are exhorted in Acts 14, 22. to go through many Temptations, not to go by them, but they must go through them to the Kingdom of God. And there be many Reasons for it, why God suffers his Church to be afflicted, it is to prove and try us, for what is not Gold will not abide the Fire. Rotten figs are not dyed in grain; colours will fade if they be not laid in Oil; so we shall fall away in a time of persecution, if we are not Christians indeed and in Truth. Again he doth it to purge and purify us, as wheat is winnowed to clean it from chaff, as Gold is cast into the Fire to clean it from Dross; so God Afflicts his people to purge them and cleans them, Isaiah 27.9. By this therefore shall the iniquity of Iacob be purged, and this is all the fruit to take away his sin: It is true, Persecution can never destroy the Church of Christ, but it may sometimes shatter it; it can never destroy wounds; it's like the Salamander that Lives in the Fire, it's like Moseses Bush, that is always burning, but never burnt. He that will please God in all things must sometimes pull upon him the Displeasure of all the world. We must expect to fill up what is wanting in our Masters sufferings. It is a hard thing to be made the Offscouring of all things, it is a hard thing for us to take all our Sufferings not only patiently, but thankfully; and this good men have done and must do; Paul and Silas sang at midnight in Prison; St Paul was ready not only to be bound, but to die for the Name of the Lord Jesus. Acts 21, 13.

Eighthly, and lastly, There is the narrow Gate of

furthermore, Affliction, of Affliction sent to us by the Hand of God; For whom the Lord loveth, he chasteneth, and Scourgeth every son whom he receiveth. Hebrews 12, 6. Divines have observed, that God had one Son without sin, but none with-
out sorrow. Judgment begins at the house of God, at his own people; i Peter 4, 17 Now affliction is called our Baptism, because we are his sheep, and this is our Mark; and it is called his Cup, and tho' it be a bitter one we must pledg him in it. Psalms 34, 19. Many are the afflictions of the righteous: but the Lord delivereth him out of them all. They have sometimes not only Terrors without, but terrors within, as Iob speaks chapter 6, 4. For the arrows of the almighty are within me, the poysone whereof drinketh up my spirit: the terrors of God do set themselves in aray against me. Afflictions are like the sheep dog that bring us that are going astray, home to Christs Fold. This is that that teacheth a man to be a Christian indeed. Was it not think you hard work for Ioseph to be sold into Egypt for his Piety, and to be put in Prison by his Mistress for his Innocency? Was it not hard think you for Moses to forsake his own Country and all the riches of Egypt, and to go thorow a howling Wilderness &c? Was it not hard for our Saviour to be Reiected by his own people? and to be called by them a Devil, yea the chief of the Devils? and be betrayed by one of his own Disciples, and forsaken by all of them, and to be persecuted by his Enemies, and to suffer not only a shameful but also a painful Death? this was a hard work & so it would be hard work for us again to be banish'd and imprison'd for Christs sake, and the Gospels sake; but this we must do if we are called to it.

Now I have shewn you what are those strait & narrow Gates, that we must go through. I come in the next place to speak something by way of Application. Are these Things so, that narrow is the way and strait is the Gate that leadeth to Life, and few there be that find it? that that way and gate that leads unto eternal Life is a narrow way & strait gate. Why then we may Infer this, That when all things are outwardly well and you have the world at will, and all men speak well of you, and you are settled upon your Lees, beware lest you are not in the wrong way, for the way to Heaven is a persecuted way. You may well Question that you have not God's Favour when you have none of the worlds Frowns. It is our Saviours own words Luke 6, 26. Wo unto you when all men shall speak well of you: for so did their fathers of the false prophets. It is said of the Rich man in Luke 16, 25. Thou hast receiv'd thy good things in this life, but Lazarus his evil things, and he is comforted, and and thou art tormented. A prosperous Life is a dangerous Life; It's hard to carry a full cup without spilling. Some men are tryed with Prosperity, and some with Adversity; and it's very hard to demean ourselves as we ought in every Condition.
Grace and Greatness, they are very Lovely very happy things, but they are very rarely conjunct. When we are full, we are many times farther off and most empty of grace and godliness: The better we are dealt with here, oftentimes the worse we are towards God; as it is in Deuteronomy 32, 15. But Ieshurun waxed fat, and kicked: thou art waxen fat, thou are grown thick, thou art covered with fatness; then he forgot God that made him, and lightly esteemed the rock of his Salvation. Wax ed fat & kicked, it is a Metaphor taken from young mules, that when they have suck'd their Dams, they turn about and kick at them. So when we are full we are apt to kick against God, and to turn away from him. This was that that Moses caution'd the children of Israel against, in Deuteronomy 6, 10, 11, 12. And it shall be when the Lord thy God shall have brought thee into the land which he sware unto thy father, to Abraham, to Isaac, and to Iacob; to give thee, great and goodly cities which thou buildedst not, houses full of all good things which thou filledst not, and wells diged which thou diggedst not, vineyards and olive-trees which thou plantedst not, when thou shalt have eaten and art full; 12. Then beware lest thou forget the Lord which brought thee forth out of the land of Egypt, and from the house of bondage.

When we are full we are like fatting Cattel, fatting cattel they are so wanton that no Bounds will hold them; and there is a great wo pronounce'd against those that abound in all sensual Delights and wallow therein; it is dangerous being in Moabs condition, Jeremiah 48, 11. It is said there, Moab hath been at ease from his youth, and he hath settled on his lees, and hath not been emptied from vessel to vessel, neither hath he gone into captivity, therefore his taste remained in him, and his scent is not changed. v.12. Therefore, behold the days come, saith the Lord, that I will send unto him wanderers that shall cause him to wander, and shall empty his vessels, and break his bottels. Where people are at ease, there often times God is most displeased with the heathen that are at ease: 2ly Hence we may see the Reason why it is that so few are saved, that so few enter into everlasting Life; it is because they like the End, but they like not the way; they would be Happy in both worlds, they would have the Crown, but they care not to take up the Cross. The Text tells us That strait is the gate and narrow is the way and few find the way saith the text; that is few will come up to the Power of Godliness. So much of Religion as will bear up their Names and Reputation here in this world, they are for, and no more; and so it was of old Isaiah 30, 10. Which say to the seers, see not; and to the prophets Prophesie not, unto us right things, speak unto us smooth things, prophe sie deceits.
Indeed many persons that hear Sermons, they use them as people does nose-gays, they smell to them for a while, and then they throw them away.

The Doctrine I am now preaching to you is not a pleasing doctrine to many, but it is the Doctrine that our Saviour preach'd and taught. Luke 15, 24 Strive to enter in at the strait gate; for many I say unto you will seek to enter in, and shall not be able. Matthew 7, 13. Enter ye in at the strait gate; for wider is the gate, and

and broad is the way that leadeth to destruction, and many there be which go in thereat: v.14. Because strait is the gate, & narrow is the way which leadeth unto life, and few there be that find it. As the straw is still more in Bulk than the corn, and as the Dross is still more for weight than Gold is, so the worst of People are always the most. but it may be objected, If so very few be saved, how then is God's mercies over all his works? To this I answer, we must not judge of the Greatness of God's mercies by the Number of those who are saved, but by the greatness of it to those that are saved. The Lord shews more mercy in saving some than all, and more mercy than in saving none at all.

Once more is the gate strait and the way narrow that leads to Salvation? Why then we ought not to despair of mercy, tho' the Gate be strait and the Way narrow, we have all of us Cause to Question our Salvation, when we hear Lord is there few that shall be saved? then do you Question whether you shall be of that Number that shall be saved? Our Saviour tells us that many of them that seek shall not be able to enter; Therefore we should question whether we do make one of those very few that shall enter in.

I have laid before you many strait Gates through which we must enter if ever we would come to Heaven, and perhaps you may say sure if the way be so difficult, I am afraid I shall never come thither --

Now lest this be a stumbling block to you I will give you some comfortable Motives and Considerations, and so Dismiss you. Must you suffer Afflictions? must you suffer Persecution? well finally then, what are Afflictions? what are Persecutions? when we have Christ to be with us to comfort us in all our Afflictions? 2ly. What are these, when we have his spirit to Direct us under all those Afflictions that we meet with in our way to heaven? 3ly What are these Afflictions Difficulties &c. when we have his Victory to overcome them? His Victory is our victory?

4ly, What are these when we have our Saviour Christs
Intercession to prevail for us, that we may be Conquerors at last!
5ly, Since we have his Pity and compassion, why should we fear Afflictions and Troubles?
6ly, We have his strength to enable us to bear them. and lastly, If we go through them, we shall at last have a Crown of Glory set upon our heads; which God of his infinite mercy grant for his son Christ Iesus sake, Amen.

Sung after Sermon.

O enter at the narrow Gate,
For wide is that of Sin;
And broad the way that leads astray,
And many go therein.

Because the gate to Life is strait,
And all the way thereto,
Is as I say a narrow way;
And they that find it few.

Strive then to hit the narrow Gate,
The right way to Attain;
For not a few I say to you,
Shall seek and seek in vain.
to find out A wise man from this text I shall Rais
these three docttrins 1 that All siners are fools
2 that ther are many profesers but there are but
few true Cristians t
hat are truly wise 3 that All Gods faith
full minesters And profits desire the good of souls
upon doctrin the furst that All siners are fools And
1 fools are egnorant And so are siners 2 fools
are conseited And so are siners o how they brag And
bost of their own righteousness of their parts And
their good hearts poor deluded souls 3 fools
are led away with their own fancies And so are
siners 4 fools are All for the things present
And so are siners 5 fools are set on mischef
And so are siners 6 fools will Lay open their
sheam own sheam And so will siners

7 fools are heardned And so are siners
it shows A pece of courage to contend
with man but it shews the greatest foley
And madness immaginable to contend
with the Lord of host 8 fools are untoch abell And so are siners 9 examin
your selues And bless god if you are non
of those fools or siners in sion was of for the day will come when when
thos siners in sion will be sore afraid vse
the 1 are All siners fools whi then wed
haue many fools in our israell or this if All
siners are fools why then sin is the grea test Euiel doctrin the 2 that there are many
profesers but there are but few that are truly wise
from there Learn those few Lesons furst fowlow not
A multitude to do euel 2 be not discouraged at
the fewness of those trew Cristians for thoug they
are but few in Respect of the vast multitude if
they are A great number And they are persons
greatly Respected they are p verry precious in
Lords acount 3ly enendeavour And striue ernestly

folio 130 verso || folio 131 recto

4l to be of the number of those that are truly
wise 4ly Endeavour to increas the number of
those that are truly wise striue to make that number
greater Lastly Bless god for the Increas of this number
upon doctrin the 3 that All gods faithfull profits
And minesters desire the good of souls And from
there it is they bears with their peopels
And 2ly thats the Reason they bears with their peopels forgetfulness And 3ly that the Reason they bears with their peopels stubbornness And 4ly thats the Reason they bears with their peopels frowardnes And 5ly that the Reason they bears with their peopels reproches O say no as those which say if we go to hell we shall do as well as others wee shall have company enough O sinner dost thou think to fare euer the Better for such company the more fuel it is it will but increas the fire O who can dwell with euer lasting burnings o who can dy the second death in heavens there is the Best sosiety in hell there is the most company dost thou think that

pharrah king of egypt fared euer the better for the company of ganes And gambres his magicians ono And that you may not be of the number of thos o keep holy gods holy sabbaths

Collotions the 1 And the 10 verce the Later part of that verse Christ in you the hope of glory doctrin the furst this glory euery true Beleuver should in A scripture sence be All wayes hopeing And waitung for becuse furt it is A true glory secondly it is A pure glory it is A pure glory becase there is no sin there thirdly it is A high transcendent glory the exselent of this glory nither the toung of men nor Aingels can expres fourthly it is An eternall never fadeing hear on earth on man has three kingdoms but in heauen euery on Inloys A Crown And A kingdome fiftly it is A glory that dos descend in the sweetest way that can be we are born to it not by nature but by regeneration we are the Adopted sons And daughters of the Lord god Allmighty And if children then heyrs heiers of god And loynt heiers with Christ onc children And Allwayes children can true Beleuers finally fall A way from grace no why becuse they are preserued by An Allmighty power through faith vnto saluation Vse the furst is of exhortation to exhort euery on to Look to it that they are found ?? haueing A title to this glory I shall deuide it into to
parts first those that have not a true title to this glory and secondly those that have a true title to this glory the labour to get an interest in Jesus Christ Christ in you the hope of glory secondly the pains taken in making sure of your title to this glory will be heaven upon earth it is the most sweetest work all the ways of the Lord are pleasantness and all his paths are peace secondly you that have a true title to this glory the grow in grace be thriving

Christians growing holy integrity brethren grow in grace Ay but some may object and say o how shall I know whether I have a right to this glory that you have been so much speaking of why you may know it by your regeneration if you have a new nature and if Christ be formed in you whereas formerly you could delight in sin if now you can truly and unfeignedly say the burden of my sins are intolerable they are more then I am able to bare o but Christ yoke is easy and his burthen is Light then you have a true title to this glory secondly if you have a consionable desire for a prepared ness for heaven and a growing up to a meetness for this glory that you can say o that I could love the Lord more and serve him better o that I could love the Lord as I should thurdly are hear any trembling Christians that cannot Aply the to former to themselves with comfort that have a godly jealousy of themseleves whether they have a right to heaven an a true title to this glory this is a true sign that you have a true title to this glory an then heaven shall be yours and glory shall be yours Vse the Last it consernes Al gods peopel that have a true title to this glory as well as to make shure of heaven them themselves to be very solisiteous for the
soules of otherr for if they miss
of this glory for want of deligenc
they must sartainly go to hell for
there is no middel place but Ither
come ye blesed or go ye cursed

the 3 of esayah 2 the 10 verse
say ye to the Riteous it shall be well with
him doctrin the 1 that whatsoeuer euiel
shall man come upon the wicked or how ill
soeuer it may go with them in A time when
god bringeth his Ioudgmentes vpon A peo frontline
yeat gods Riteous ons may Asure them
selues that it shall go well with them
Furst becase gods spesiall prouidenc
is ouer his own peopel his common
prouidenc is ouer All his works but his
spesiall prouidenc is only ouer his ow frontline
peopel God Loues his peopel with
An Apreciating Loue they are precious
in his sight how vile soeuer they are in
the worlds Acount yet they are presious
in gods Acount thou wast honorable
therefor haue I Loueed the 3 itheir
god is A Riteous 4ly god is A god in
couenant with them And they are

his peopel An 5ly the Loue &
faithfulness of god are ingeaged for
their preseruasion god wil be with
his people in six An in seauen
troubles to deliuer them he will be
wil be with them in sickness to make their
beds for them that is to Restor them
to health
1 of Samuell the 30 & the 6 uerce the Later
part of that uerse But dauid encouriged
himself in the Lord his god 1 doctrin that what
distreses soeuer gods people may be found vnder
yeat they haue this Blesed priuiledg that they
may encourage themselves in god
the Reason of this Doctrin Lies coucht in
the text that what straits or excigenses
soeuer gods people may be under yet they
may encourage themselves in god & the
Reason is because the Lord is their god
for
1 he is A god of Infinit wisdom 2ly he is A
god of Infinit power 3ly he is A god of
Infinit mercy & 4ly he is A god of great
faithfullness the Vse of this doctrin is to
fould furst to those who are in A great
measure quiet And Inioy the good things
of this Life with Abundanc of tranctquility
& delight & yet when the Lest cros or Affliction
befals them they are Ready to pine Away
with discontent to you I say if you are not
Able to bear vp in A time of peace
how will you be Able to beare vp vnder
the swellings of Iordon 2ly to those
who are in A more deiceted estate O bear
up Look back vpon holy daudi was greatly
distresed his sity was burnt the people spake
of stoning him yet says he I will encourag
e my self in the Lord my god & so may you
the same god is your god & he will Lay no
more vpon you then he will enable you
to bare now I shall giue you A few directions
& so conclude direction the 1 Labour to make the
way plain before you & if sufering times

be shur you sufer for Righteousnes sake
& not as busy bodyes 2ly Labour to know
more of god 3ly Labour to get vpright
hearts 4ly Labour to get A Catoluge of the
promises 5ly treasure vp A stack of
Choyce experiences 6ly & Lastly Labour
to get An Asuranc of heauen & this wil
help you to

Mr Smith John the 6 & 30 7 verce
verily veryly he that

be shur you sufer for Righteousnes sake
& not as busy bodyes 2ly Labour to know
more of god 3ly Labour to get vpright
hearts 4ly Labour to get A Catoluge of the
promises 5ly treasure vp A stack of
Choyce experiences 6ly & Lastly Labour
to get An Asurance of heauen & this wil
help you to

Mr Smith John the 6 & 30 7 verce
verily veryly he that
Mr Smith on the 6 of St Iohn & the 37 verse
Verily verily verily I say vnto you he that beleiueth on me shall haue euery Lasting Life my freinds beleiuie it & Remember it for my sake the doctrin is this that Euerlasting life & eternall saluation is & shall be the vndoubted porsion of euery troue beleiuor my frends I do Asure you it is no untruth it is the words of our blesed sauiour veryly verily I say vnto you he that beleueth on me shal haue Euerlasting life ? the Loue of god is engaged for it 2 the faithfulnes of god is engaged for 3ly god is engaged in Couenant he gaue h & sealed this couenant with the blood of his son wilt thou beleiuie the word of god if not with thou bold ine the faithfullness of god if not wilt thou beliue the couenant of god well frends will not the Laue of god do nor the faithfulnes of god nor the couena\nt of god will the oath of god do he that could swareby by no greater hath sworn by him self that blesing be will bles thee

the 6 of St Iohn & the 37 verse
All that the father hath giueing to me to me shall Come vnto me & he that cometh to me I will in no wise cast from henc I shall Rais: these Doctrins furst that ther are A sertain number of the sons & daughters of Adam gaue by god the father & god the son 2 that All those that Are so giueing by god the father to god the son shall sooner or Later they shall come to him 3ly those that so come to christ he will in no wise cast out furst becase god ordains to the means ends As well as to the end is it not meant A vocall comeing with our bodys for so thousands caem to christ that Receued no beni fit by him but my beloued it is meant A sperituAll Comeing to christ by A true & liuely faith dy But some may o how shall I know wheather I haue this faith or not why you may know it by the effects & fruts of it which Are these furst only exespting some few that weare saintified from the womb & that were Restra\ned by pious education from Runing out into that chilosh of sin that some others haue done
but As to those that Are Adult persons if thou hast this true saueng faith it was wrout in thee by the preaching of the gospel 2 it is A heart purifing faith 3ly it is A sin conqu-ring faith 4ly therby thou maist ourecome the devel the world & the flesh 5ly it is A faith that worketh by Loue hereby we know that we Are pased from death to life becase we Loue the bretheren if thou Louest christ thou Louest All his members the weakest As well As the strongest & Louest to haue godly conferenc with them we haue Allredy handled to the former doc-trins we come now to the second third wich is that All that so Come to Christ he will in no wise Cast out none Can come vnto Christ .efely 2fectfvaly but except they beliue in him sauingly from thenc I shall Raise this doctrin that All thos that come to Christ by A true & Liuely faith shall neuer after be Regected onc sons & All ways sons those that so come to Christ Are made pertakers of many speciall priuiledges furst they shall haue Remission of their sins secondly the imputation of the Righteousnes of Iesus Christ the 2 of Corinthians the 5 & the 21 he hath made him sin for us that knew no sin that we might be made the Righteousnes of god in inverted row next to gutter .... the 26 ... is that they may Receue forgiuenes of sins of inheritance Among then that are sainticied by faith that is in me

folio 136 verso || folio 137 recto

3ly those that so come to Christ by it true & Liue by faith Are brought in to A near ReLation to god not only of sub lectures & seruants which is A great fauour but of sons Romans 4h 8 & 17 if childre then heirs heirs of god & Ioynt heirs with Christ 4ly those that so come to Christ shall haue that Image Restored again which they Lost in Adam by Iesus Chris t the second Adam Romans th 5th 17 for As by the on mans disobediencc many were made siners so by the obediencc of on shall many be made Righteous beloued we Come now to some Reasons why those that so come to Christ shall be pertakers of those presious priuiledges becase go it is the good will & pleasure of god the father 2ly becase els god would never haue been At so great case he wold neuer haue gueving the only begoten of heauen the son of his etermale Loue to com into the world & dy for sinful man Christ was el willing sauior As itts writing so I Come to do this will o god 3ly els god would neuer haue sent the word of his grace his
euerlasting gospel amongs us I shall Concl
this reason with the words of Manoahs wife Judges
the 13 23 but his wife said unto him if the Lord was
pleased to kill us he would not haue Reseued a
burnt offering At our hands nither would he
haue shewed All these things nor would
At this time haue toold us shuch things As
these 4ly & Lastly if the Lord did not inclines
the hearts of those that shall come to christ to hear
the word of god he would neuer haue sent
Amongst us beloued this is your Accepted
tie this your day of Saluasion god the
father is willing god the son is willing god
god the holy god is willing if you

will still stand out you Are guilty of
the greatest ingratitude that martals
can be guilty of & you are in the
stata Already of Condemnation All
Redy
Mr fuller psalm the 62 to th 5 verse
my soul wait thou only upon god for my
expectation is from is fro him i it inlyes
3 solly say soul wait thou only upon god wh for my
expectation is from him i waiting upon god implies
An ordinary & Regular dependance upon god i it implies
Silenc before god 2 trust & confidence in god 3ly hoop
& expectation from god 4ly suplication to gos 5ly
A patient waitinge upon god be silent o my soule
before the Lord I was silent becase thou didst
it o my soul put thy trust ony in god At such time As
thou Art Afraid trust in god o my soul my hoop &
is only from the Lord that which we expect not no
do not hoop for but my hoop & expecttation is onlyfrom
the Lord what euer mersy Any of gods peopel
desires they sha; haue it in the uery kind they
desires it that the same time they desires it on
if god sees it best for them if not they shall be
endued with patienc to wait the Apointed
time of god that therby the mersy may be indeied
them & their hears & Afections the more
raised to prais the Lord & to giue glory to his name
& if the mersy they desirs be denied them they shall be
made to Liue by faith without that mersy

psalm the 32 the 1& 2 verses Blesed is the man whos
transgresion is forgiving & whos sin is covered Blesed is the
man vnto whom the Lord imputeth not iniquity & in whos
spirit ther is no gile the salmist seems hear to set out the
blessed Estate of that man whos sin is pardoned
covered & to whom the Lord imputeth not iniquity & now I come to shew you
what pardonning mercy is it is An Act of gods grace whereby A
penitent beleuieing siner for the sake of Christ is Reseved into
favor with god As if he had never sined by the gospel Law
& Covenant

Our Sheild on mathew the 5 & the Later part of the 40th verce
what do ye more then others this being part of our blessed sauiour
sermon on the mount that he preached to his disipls the publycans
salute those that salute them & Loue those that Loue them but what
do you more then others the Doctrinth that I shall Rais from
thes words is this that Christ doth expect that his desiples & now
Colou6rs should do more then others furst I shall shew you in what
Christ expects that his desiples should do more then others & then
give the Rwasons why they should do more then others & then
Come to some Aplycation furst Christ expects that his desiples & folowers
should not only Abstain from gros sins but from inward Lusts 2ly
that they should not only mortyfi on sin but All sins the most beloued
& darling sins such as Are as near as dear As the Cuting of
A Right hand or the puling out A Right eye 3ly Christ Expects
that they should not only make Consienc of doing on duty but All dutyes
& 4ly that they should Loue Christ Aboue All Aboue father or
mother wife or Children & or Any thing that this world can
Aford us & 5ly that we should seek furst the Kingdom
of god & his Righteousness that is we should seek spirituAls
before temporalls & 6ly that we should hould fast the pro
fesion of our faith without wauring that we should hould out
to the end 7ly that they should make conscience of keeping
All the commandments of god in keeping the greater not
to forget the Lesser & in keeping the greater we should haue
Respect unto the Lesser 8ly Christ expects that they should
ouer Look the faileings & imperfections of others & be
much in Judging & Examining themselues ther is no greater
sine of A hipocrit then to be much in Judging others they
Can desern A mote in Anothers eye when they cannot soe
A beme in their own eye 9ly & Lastly Christ Expects that
they should be much in prayers they should make Concience of
secret prayer enter into thy closet & shut the door behind
thee & thy father which seeeth in secret will Reward
thee openly pray Allways wach vnto prayer
1
now I Come to the Reasons why the Christ expects that
his desipls & folowers should do more then others
when those that profes more then other & do Less then others
it is A great sin indeed 2ly becase they Reseue more
then others they Reseue more Counsels & directions from
Christ they Reseue more tallents & wher much is giueing
that much will be Required 3ly they Are to be patrons &
exAmple to others they Are to shine As Lights in the midst
A of A crooked & peruerce generation 4ly they Are
observed more then others the eyes of men & Aingls
Are upon you
6ly if they do not do more then others their punishment
will be greater then others theis shall be sure to haue the
hotest place in hell he that knows his masters will & dose
it not shall be beating with many strips the furst vse is of
information to inform vs that faith without works is not sufficent
works Are materialy good but not to Iustify us 2ly for
hipocrits & the worst of siners may do some things that
Are materialy good herod heard Iohn baptist gladly but still
he keeps his herodias his beloued sin till At Last of Coms Iohn
baptist head but we must mortifi euery sin 3ly of Examina\text{tion}
what haue you done more then others have you not only Abstain\text{ed}
from gros sins but from inward Corruptions have you not only
mortified on sin but All sins your beLoued Lusts & darling
sins haue soate spirituall before temporall haue you loued Christ
Aboue All & prefered him beofre Let your consiences testifi
haue Loued your enimise done good for euile haue you done
good to them that hate you praied for them that haue despitfully vse\text{d}
you & persecuted you or on the other hand haue you Resolued
those that haue done you An ingury neuer to forgiue them
won would not be in such A man or womans C. as for
ten thousands worlds how many times shall my Brother ofen\text{d}
I forgiue him vntill seuen times I say not intill seuen times
but untill seventy times seuen haue you Releued the poor

Clothes the naked & haue you Releue Christ poor or haue
you not haue they been in prisons & you uisitd them not so As
to Releue them o vp An be doing for Charity is on of
the greatest sines of your Loue to Christ in Reiueing
his pooR Afflicted members
the furst epestell generall of St Iohn 3 Chtr
& furst & second verses
Behould what manner of
Loue the father hath bestowd upon vs that we should
be Caled the the sons of god therfore the world Know\text{eth}
vs not becase it knew him not Doctrine\text{the} furst that
the great Loue of god in makeing sons & daughters by
the grace of Adoption is mater of Admiration verse
the 2 Beloued now are we the sons of god but it doth not yeat
Apear w\text{hat} we shall be but we know that when he shall
Appear we shall be like him for we shall see him
as he is - upon the former part of the vers now
are we the sons of god but it it doth not if appear what
we shall be. Doctrin that it is the duty of those that
are the true minesters of Iesus Christ to preach
the comforts of the gospel to their people Comfort ye a
Comfort yea my peopel saith your god elay the 40 1 vers
Doctrine 2 that the sons & daughters of god in this Life perllke
of glorious priuelleges but the glory of their sonship doth not
Appear till hear After the first privilege first they are
sett it Liberty from the sermoniall Law & 2ly in A
great measure from the morall Law & 3ly they Are
vnder the providentiall care of their heavenly father his
common people & 4ly they shall never be cast ovt of
their sonship once A son & Allwayses A son once A daughter
& Allwayses so once An heir of glory & for ever an heir of
glory

5ly they have a right to heaven & though they are Covnted
As the scouring of the earth now yet they are pretious in gods Esteem
Malachi the 3 & 17 vers & thay shal be mine saith the Lord of hosts in that day
when I make vp my jewells & I will spear them As A man speareth his own
son that searveth him & now I come to give you some reasons why the
glory of their sonship doth not Appear till hear After & 1 beacavse now
thay see but in c part & throw A glas darkly 2ly becaves thay Cary Abovt
with them A body of sin which thay grone vnder & 3ly becaves the
gloomey sheads of death doth vaill the gloryovsness of that Estate
which delivers shall enjoy hearafter 4ly Becase they are not Capable
of Injoying this glorious estate in this Life 5ly becase god hath
Reserved the time of glorifying them till hearafter & the
Reason of this is becase they shovld Live A Life of seeking
& 6ly becase they shovld walk hvmbly before the Lord
now to make some improvement Vse the fvrst it is devided
in to parts fvrst to siners & then to saints yov have hard the
glorious priviledges that the sons & daughters of god by the
grace of Adoption Are & shall be made pertakers of bvt
to yov that are yet in yovr sins & in An vnregenerate condition
so Long As yov therin Abide A say yov have no Lot nor portion
in this mater for yov doe yet in the gall of biterness &
in the bond of inqvity for all yovr mercies Are Iudgments
& yovr iudgments are iudgments indeed & the miserableness
of yovr estate doth not Apear till hear After the Later part
of this vse is of exortation to All Christians fvrst Let me exort
yov to walk worthy of this glorious estate o walk worthy of yovr
sonship As thos that are Redeemed of the Lord that are Reyd
god is pleased to bring yov vnder Any Afflicted providenc Learn to
bear it patiently & not faint vnder it for know fvrst it is the
Chastisments of A father 2 tis in Love & 3ly for ovr profit 4ly
that yov being made the sons of god by the grace of Adoption yov may have
free Access to the throne of grace O Let me exhort you to
make use of this glorious privilege go to God & beg his pardon
mercy & beg persevering & receiving grace then you are
under the providential care of a heavenly Father therefore
be careful for nothing I mean in a distracting way but leave
the ishew wholly to God

5ly if you are once in the hovs you shall be all ways in the hovs I
mean once in the family of Christ & always in the family of
of Christ once a son & always a son my father is greater than I
& none can pluck out of my Father’s hand 6ly & lastly you are coo
heirs with Christ Romans the 8 if children then heirs heirs of God
& joynt heirs with Christ O Christians Let me exhort you to clean
up your evidences for heaven to prove your election by your calling

folio 140 verso || folio 141 recto

Water pro the Stone.

Take a peck of through ripe hawes, and one pound of the
roots of phylapendula, one pound of Sassafrage seed
one pound of hors raddish roots sliced very thin, 4 oz of the
roots or restharo cut very thin let the haws & Sassafrage
seed be beaten well in a stone mortar then Infuse
it all in a pottle of rhenish wine or Cider for the space
of 24 hours; then put into it of red Cows milk and stir
it well together then put it into the Still and whilst it is
a distilling stir it often till the Ingredients are dry stil
in a Cold still you may take about 4 spoonfulls of this
water a Little warm which you must follow once in 3
hours till you have ease it may be taken by any age or sex

Receipt pro the Cholick or Stone.

Take acron kernels and the seeds of hyps and the seeds
of ashen keyns & the seeds of haws of each half an ounce
Groumwell seed & Ginger 2 oz dry’d and pounded 12 oz of
Louf sugar pounded sift all these very fine put it in a
bottle in a dry place where the sugar may not melt take
as much at a time as will Lye on a six pence a man may
take as much as will ly on a shilling or half Crown when
the pain Coms in a Glass of ale for the Cholick, and in
a Glass of white wine for the Stone

To make Balm Water.

Take of Gallingles Cubeb Cloves Nutmeg Cinnamon Ginger of
Each 1 oz annis seeds 2oz Balm 2 pound mint, sage of each
one pound; infuse the spice being bruized and the herbs cut
for one night in 6 Gallons of wine or Cider then draw of with
a Limbeck 4 or 5 quarts of Liquor you must weigh all
the herbs as soon as you Gather them but they must be
dry before you use them sweeten the water as sweet
as you please.

Annisseed Water

Take of Annisseeds half a pound, seeds of fennel and Carraway
of Each 2 oz Cloves Cinnamon Ginger of Each one ounce bruise
all the Ingredients and Infuse them in 6 Gallons of Cider and then
draw off the strong spirits in a Limbick, put in as much Sugar to swee
ten it as you please.

Receipt To make Black Balsum

Take 1 pound of venice Turpentine wash it in half a pound
of spring water, take also 3 pound of Sallet oyl which wash
in 3 lb of Spring water take also 2 pound of Liquid venice
Storax wash it in half a pound of white rose and plantane
water after they are washed mingle them together beating
Them very well a good while together, that being done
put them upon a Charcoale fire in a Bason put with them
half a pound of new wax Cut in small pieces Let these
boyl a little together and afterwards ad to it one Gripe of
these herbs as much of one as the other Bay-Leavs balm rose
-mary time and saints Iohns wort cut these herbs very small
and put them to the rest then take it off the fire and let it
Cool when it is cold cast of the water, which is Good for any
Itch or scab after this is done put it on the fire and let it
boyl a Little then strein it thorrow a Good strong Cloth
and squeeze it hard then Cast away the herbs and put the
Liquor on the fire again and ad to it 3 pouders, of Mummi
-a 4 ounces red Saunders and dragons blood off Each 2 oz let them
be pounded and sifted and put them in by Little and little stir
-ing them on the fire let it boyl till it reseth then take a clean
linen Cloth and strein it twice to take away the powder put
it on the fire again and ad to it half pound of the oyl of St Iohns
wort & 2oz of the thickest India balsum stir it a Little on the
fire and put it up in a Gally pott

folio 141 verso || folio 142 recto

Lukatillas Balsum very precious

Take half a pound of the best Yallow wax cut in slices
put it in a pan with a spoonfull of the best sack melt them together, take a pound of the best venic turpentine wash it and beat it very well in rose water till it be as white as can be then take 3 pints of the best sallet oyl 1 oz of the best red sanders and sift it very well then put the turpentine and sallet oyl to the wax and wine Let it boil up then put it into an earthen pot and let it stand till the next day till it is Cold and when it is Cold with a knife make holes in it to let out the water when the water is taken out put it into a skillet and melt it again and put in the sanders and one ounce of Natural balsam then give it one boil and no more stir it and let it stand until its cold that it may incorporate well together it may be put in pots well covered with lead and let upon a board two foot deep in the Earth for the space of 3 months you may if you please add to it one ounce of St John's worts the longer you keep it the better it will be the Quantity to take of this balsam is the bigness of a Nutmeg dissolved in water or sack or rolled up in sugar morning and evening it is good for all pains bruises or sores when you take it inwardly you must fast one hour after.

O
O that my heart could but forbear the world's luxury for to wear
O that I did not know her sheep o that her snarl I could E sheep
O that mine Eys might closed be to All her pride & vanity
O that my mind were truly bent in All Estates to be content
O that I had but Eagls whings to fly Aboue her scorpione stings
O that my soule had Eys to see the glory of Eternyty aboue
O that I felt that Life of Love that draws the Loue to god

And
Am in thos days

in
in thos days

folio 149 verso || back inside cover

Commandements

These
m m m m m
I
Amen
r mend made in
In my
in the end
and
and
Lay som
in the brod
& so
lay som brod
mate
ten
w wron

The fear of the Lord is m
Rem
The feare of the Lord

[ Book plate ]
Record of Exhibition

back outside cover
spine
head
fore-edge
tail