will cost 8

A pint of Carriers oyle to cure a Lowzy horse, dip a rag in it when it is tied to the end of a stick & anoint each side of the mane

2 pennyworth of Gum dragon & very black ashes to be boyled in small beer-

4585

2511

15

39

Ann Clutterbuck
Her Book 1693

To make tyeth powder

Take of mastick powder an sarcocolla of each a drachm of whit coralle & red coralle of each half a drachm and one drop of oyl of sassafras ~~and mix~~ powder and mix these all together

Another Receipt for the same

Take of the branches of a vine of the ivy of rosemary an equall quantity dry them and burn them to ashes take of corrall and of cuttlebone the like quantity & add to it beating them all together into a powder & mix mingle them some Allum in powder with each rub the ~~teth~~ tyeth

To stanch blood at the nose or in a wound

Take a round ash stick and cut it when the sun enters into the signe Taurus & cut off a peel part of it and cleane it and let some of the blood run on the stick and as the blood dryes on the stick it will immediatly stanch at the wound or nose

Lady Fowls

For a cold

Take one handfull of Rosemery one handfull of sage 2 ounce of liquorish pulld in thin peices 2 ounce of raisin stoned put thee into a pot and powre on them 3 pints of scalding water and after they hade in fused 2 hours hours before the fire power off the water and put into it 2 ounce of whit sugar candy stirring of it about till it be melted

To make the bitter Drink

Take genory and camomill flower a handfull and 5 heads of cardus benedicto and half an ounce of gention sliced put all these into a pottle of water to boyl till half the water be consumed then take a Dram of Rubarb sliced put into an earthen pan and powre out the water and other ingredients whilst it is scalding hot into the pan a upon the Rubarbe let the pan be close covered and when it is cold you may Drink of it every morning this quantity will serve for 5 or 6 morning you may take it cold or hot but it is lesse nauseous cold

Sr Ph warwick To make Lucatellas Balsam

Take a pint & half of good sallet oyle and beat it with one pint of sack & half a pound of turpentine beaten in damacke rose water still powring it out till looke whit then takes 5 or 6 ounces

of beese waxe in a great eathen pan or pipkine
and ad to the former ingedians stirring them
all together untill they boyl then put half an
ounce of red lauanders in it & let it boyl aloge
ther an houre then take it from the fire and
keepe it in a gallow pot close stopped for your use
it will keepe 20 yeare it is good in plasters or
tents or fomentation it is good any inward wound
being squirted in warme & for an outward being
applyed with fine linnen and hauing the parts
about annoynted it heals any burns or scald
or cuts annoynting the place with it warme
All ackes by cold laying a warme cloth on
them the headack annoynting the temples and
nortills it is good against poyson or sudd take
ing an ounce in a little sack warmed against
the plague annoynting the lips & nortills
Against the biting of a mad dog against worms or
canker heals any fistula helpes digestion
annoynting the nauell staunches blood presently
putting a plaster off it and tying it very hard

W wilson

To make the yellow salue

Take of beeswaxe one pound of Burgundy
Pick one pound and 4 ounces of frankniense
let them be well boyld together and sthred
and kept stirring till they are incorporated
and afterward being poured on a playne
board well butter let it be put into voulds
for your use then throwne into cold water
before you lay them up

(4) Mrs Basket

To make the cordiall or plague water

Take of Rue egremony Valentine sage Balme
Mugwort Dragon pimpernell Rosemary tops and
flowers Marigold flowers & Buglosse mint scabius
scordium Century cardus Bitony Rossols
of each a good handfull Angelica roots
Scrivener elecampane roots tormitall Zedoary
Ligliorish of each half an ounce slice the roots
and after you have weighed all the herbs to a like
quantity shred them unwashed and put them all
together into a gallon of white wine or sack or
into three quarts of wine and one of brandy and
steep them in it ton nights and ton days close
covered stirring it once a day then put it into
a cold still and pass your still close and
distill it with a soft fire save your first running
Running and make ton more running one
smaller then the other when you use it make
it lukewarme and put a little sugar to it you
may give 2 or 3 spoonfull to a child of the
strongest sort and 4 or 5 of the smallest and to
an elder body more you may put in double the
quantity of rosemary you may draw three pints
of the best wich you must mingle together & 3
pints of the smaller sort wich is good to give
children or to take venice treacle in or any
other cordiall it is excellent for any surfeit
or any thing that troubles the stomack or to be
taken in any infection disease as the plague small
Poxe or measles it expells them from the heart
and drives them outward and taken with a
Little venice treacle it cures Agues it must be

taken an houre before the fits comes & exercise after it if the party be able if not they must go to bed and sweat this must be given three tyms for Ague it is excellent for wind in the stomack to be taken at any tyme and in quantity asaforesaid some put in a double quantity of Penny royall amongst the herbs

Mrs Hardy

To make the Cordiall red Powder

Take a pound of fine bole armenick a pound and seare it very fine then take cardus burnanill Bitony Pimperrell scabius ffluellin & scordian of each one handfull chap them together & bruise them then put it into an earthen Jugg and stop it close and shake it ofentimes haueing with all put into it three pints of whit wine and when it hath stood 24 houers strayn as much into a bason where the Bole armenick is as that when it is mixt it will be as thick as butter then set it in the sun and stir it ofene with a cleane stick and as thicken strayne more of the liquor into it till all the wine is Drunk up and when tis growne thick mould it and make it up into cakes and so set it in the sun to dry

To make eye water

Take 4 spoonfull of red fenell water & 4 spoonfull of rose water & as much powder of pearly candy powdered & white coppris the Jyrell of a coriander seed this eye water is good for the rune

Lady spence

To make th Eye oyntment

Take of hogs grease very new three ounces
wash it and steepe it in red rose water 6 hours
then wash it 5 or 6 houres in good whit wine
wherein Lapis Calaminaris hath bin 12 tymes
quenched ad to this an ounce of tutia well
prepared and finly powdered 2 scruples of red
corrall tow scruples of the stone Hematites
well prepared 12 grainers of Aloes washed &
made into powder the Aloes must be dissolved
in fennell water and so dryed in the sun and
made into powder 4 graines of pearl in powder
Incorporate there with a little water of red
fennell and make them into an oyntment
there with annoyne the edges of th eyelides
melting it with the fire if it be stiff when
you wipe it of cleane the eye with fennell
or red rose water 10 y best to annoynt the
eye when you go to bed If they are very
sore put the bigness of a pins head
into both the corners of the eye probatum

Mrs. Porters ponderagt obstructions

Take a pound of whit sugar and an ounce of
nutmegs grated an ounce of cinnamon pounded
an ounce of preed steele an ounce of grains
mixe it altogether over a chaffendish of coles
and take one spoonfull every morning and
fast an houre after it and a spoonfull every
night when you go to bed

To make Rennet.

Take a Bagg & a turn which has a good handfull or more of salt put into it, Boyl Water & Salt make it so strong as to bear an Egg. let it be cold & pour it on your bagg & in 2 or 3 days it will be good Rennet, or the whey that runs from the Cheese that is very clear, after it is put in the Press; with a little salt in it, put in a Spoonfull or two of Rennet, to your milk & doe not let the milk be so warm as milk from the Cow stir it in well, & in a little time the Cheese will be come; which as soon as you find it is come enough, take the Skimming dish & stir it very gently round a pretty while, then leave it to sink & you will make good Cheese with a great deal of Ease. for Oxford cheese ren it as above & when you find it come, doe not stir or break it, only with the skimming dish take it out into a cheese cloath which must be held between two & put in a sieve & there drain it well between 2, than put it in a large vate & press the whey out & the solid out & low weights on it, after put it in the vate you would have it fit for, put a little salt on it, & press it again as before with 2 or 3 brick bats, take it out & let it lye 3 or 4 days to dry a little, then dry it in rushes or grass, to ripen it soon lay it between 2 pewter dishes into an oven that is airy warm,

A little grated bread in Cheese cakes is very good & a slice of butter bread in.

another way for Cheese

good water & salt scum it, so strong that it will bear an Egg & when you put it to your Cheese lips. Some think it the best way to Brine the Cheese the brine is made strong enough to bear an Egg, boyled & skim'd.

The brine that comes from Beef or Bacon boyled up & skim'd once a month is very good for that use, let the Cheese lye in it 24 hours, more or less according to the thickness of it.

Cool Irons over night then scour 'em with turf ashes hearth turf & clear them with chalk & a piece of old white Hat.

To make 2 Quarts of Ink

Take one pound of blue Galls & break them half a pound of Gum Traback 6 ounces of Copperas & put these into three pints of soft Water & a pint & ½ of claret, let them lye about ten days, stirring them three or four times a day, strain it & use it always stirring it before you take any out.

Galls	1	6
Gum Ar.	0	9
Copperas	0	2
Claret	1	1½

To make Japanning Balls for Shoes.

Take 10 ounces of Beeswax, 4 ounces of Soap & 2 or 3 little barrels of Lamblack — put the wax shc into a skillet with the Soap all but a little to rub on your hands with to work it when melted & mix melt it gently over the fire & when it is melted shak in the Lamblack by degrees stirring it with a stick all the while, & take care it not run over which it will be apt to do when it is well mix'd in put it out on a board or in paper & put it out of your reach & when it is cold work it well together with your hands & when you put your Shoes are made very clean with a hard brush spit on your ball & rub it on with a soft

Take your Wood Ashes & put a due quantity into Water & boyl it & make a strong Lee of it put in a good bit of hard soap in the boyling strain it off & put in a piece of Lime when it is cold set by in pots or bottles for use & scour with it. Old at any time with scouring sand & stone or woolen rag or Leather or linen rag or your Hand Borage.

Buckingers Soap

Take a quarter of a stone of Soap that has no blue in it which cut as thin as possible & steep it twelve hours in 3 quarts of new milk which beat it well to a froth — then add ½ an ounce of the Spirit of Lavender & half an ounce of Oyl of Lavender & ½ an ounce of Oyl of Roses put in the when you put it over the fire & not the oils till you take it off

Oct 9. 1699

Sir

I understand by yr Brother that you have now gotten Can Ale. And desire to know how to manage yr self in the taking of the milke. Lett the Rules bee thes

1 Lett the time bee in the morning in bed & by halfe an houre after. And at 4 in the afternoone

2 Lett the quantity at first bee halfe a pint for a dose & so arise to a Pint

3 Lett it bee taken warme fro the Soake, & milked upon Balme or mint & sweetend with Sugar of Roses or Saccharum Rosatum.

4 Lett him fast an houre before & an houre after the taking

5 During this course, lett him take no other medicaments, but onely the Antihectic powder as before.

If it bind him, lett him take a Dose & Honey in the morning. If it purge, give him some Diacodium at night, Zij, in dy Cinnam hordeat Zij. If it curdle in his Stomake & make him nauseate & vomit provoke it by Carduus water & forbeare the taking till I heare fro him.

Forbeare suppers & bee careful in yr dyet. wch is all at present fro

Sr yr faithfull friend

Jo Spr

A receipt of Oyl of Lavender [illegible]
when you put it over the fire & not the oil till you [illegible]

The Cranwell of Kents Powder.

Take an ounce of the blackest crabs ~~claws~~ claws ~~les~~ of crabs eyes 2 drams of corrall and of the purest Amber of each one dram and a half of Contrayerua & of scurvencer roots of each half a dram of the largest seed pearle 4 scruples of the best orienall Bezoar forty graines powder all these seuerally then mix them together and with jelly of Harthorne make it into Balls ad to the powder before you mixe it it with the Jelly a dram & half of the powder of Contrayerue

To make Mes Perkins red Balsam

Take half a pound of the scrapings of wild Buglosse calias Alkenny roots gathered in August and wipt cleane before they be scraped then take a pound of unwashe butter melt it ouer the fier and scumme it cleane and let it boil till it be cleare then poure it on the roots hot from the fire into an earthen pot cover it very close and let it stand 44 houres then melt it gently ouer a soft fire and melt it into a pot for your use this is a most excellent ointment against acks or braises by falls or blowes or straining of sinewes

This with Bees wax enough to stiffen it is an excellent lip salve.

To make the Minnom Salve

Take white lead 4 Ounces, Red lead 4 Ounces, Bees=
=wax 4 Ounces, let your lead be finly Searsed, the
best Sallet Oyle, One pint, of white wine, Half a pint
of vinger, 5 or 6 Spoonfulls, Set it on a fire let
it Boyl lasurely Rip it Sturing all the while with
a Stick, and when it begins to turn Gray, pour it
out in a little cleen water, and make up the Salve
into Roles, as Butter, this is good for any cutt or
Bruse, where the Skin is off, or to Drest any Soar
Mingle your Lead Oyle and wine w.th your wax
cutt very thinn Stir it well together before you
set it on the fire - - - - - - - -

To make a Goossbery foole.

Take a quart of Goose-berys seald them very tender; then powre the water from them, and put them into a cloth, & squeeze out all the pulpe from them, then take that pulpe & put it into pewter dish, & sett it on a Chafing dish of Coles, and put into it 2. spoonfull of ros water, and so much sugar as will sweeten it to your tast, keepe it stirring ouer the fire till the sugar be melted, & it be pretty hott, then take 6. Eqs, put away 3. of the whites, beate the other very well, then strayne them and put them into the pulpe ouer the fire. keeping them stirrd a little while put be sure you let them not boyle, when it is enough, put in a little bitt of butter, as big as a walnutt, & stir it well in together, then put it out in what you please, let it stand till it be cold before you eate it.

Knowls's Salve

Take a pound of white Lead and a pound of Red Lead finely beatne and Searsed a pound of castle Sope cutt very thinn One Quart of Fallow Oyle put all the Oyles into a Skillet and Some of the castle Sope, and So Strow in Some of the Lead and Some of the Sope, Stirring it very well with a Stick untill it be well mingled together, then Set it on a Slow fier Stir it all the while and when you See any of the Bubbles begin to turn Gray, you must be very careful in taking it off the fire and keep it Stiring all the while So make it up in Roles, Oyleing your hands and Oyle the papers you lay them on; The next day Oyle papers and role them up to keep.

The Vertues The vertues

Spread it on Sheeps leather to Strengthen the Back on the Navel for vapers on the nape of the Neck for Rhum in the Eyes, round the contrary Eare of the tooth deke, to dress a Sore, but lay not on, a fresh plaster too Sore, for a greatt lusenesse lay a plaster to the Back.

To preserue goosberys white.

stone the fairest goosberys into watter, then take to a pound of stoned goosberys 3. quarter of a pound of fine suger, put it into a silver bason, & a slittle spring watter with it, when it boiles put in 3. quarters of a pound of vnstoned goosberys, & boile them till thay be broken, strain it out, & set it by, then take the stoand goosberys, & to a pound of goosbery take a pound of sugar, set it on the fire with sum watter, & when the suge is boiled & seumed, put your goosberys in, make them boile till thay be clear, then put in your syrup you put t by, & let them boile a little together, & put them in glasses, preserue but one ron at a time in the bason, thay are ~~to t be~~ done when the stons tu'n black.

To preserve Barberye

Take barberye when they are ripe cutt off the tops and stone them & after they are stoned to a pound of barberye take a pound of sugar then take a pint of water and make it thick with unstoned barberyes then boyle it till it is nay consumd then put half a pound of sugar to half a pint of that liquor then set it on the fire and boyl it then seyn it and take it off the fire and put in the barberyes then put it on the fire againe immediatly and stirring it with some sugar as it boyles coyle them till they looke clear then take them out and put them into a glasse then boyl the liquor till it is a thick syrrup then poure it hott on the barberyes shakeing them you may put all your sugar into the liquor except a little that you keepe to strew on them as they boyle you may by some of them your barberye when they are stonde into bunches

To Dry Goosbery

Take goosbery when they are prepared Dip them in warme water to wash off the sugar then strew some sugar that is dry and very well sifted through a sers and set them in the ove 2 or 3 houres till they are dried the sugar must be double refined

To preserve goosberries greene

Take the larger white goosbery when it is full growne, & with a quill stone them, and scald, & peel them, & put to them their weight in doubel refined suger beaten, set them over the fire in a bras skillet, & make them boile, & when thay have boiled a warm or two, take them of, & couer them till the breath be all gone, then put them in a glass, and keep shakeing them as you put them into the glasses, thay will look full & clear

---

To boyle Sugar to a candy height

Take a pound of sugar, & halfe a pint of water, & boyle it till the last drop from your spoone will hang as fine as the haire of your head.

To Preserue Figgs

Take figgs when they are ripe and with a penknife peele of the very outmost thine skin beginning at the stalke and so do it to the end but be sure you do not break the figg when the skin is cleane off prick the through in two or three places with the knife when you haue so done to very pound of figgs put one pound of sugar and to every pound of sugar a pint of water and make a thin syrupe into wich put your figs boyle them till they are very tender then take them of and let them stand 5 dayes turning of them euery day in the syrupe then put them ouer the fire againe and there will arise a scume wich take of cleane and then boyle them againe as long as you think fit that they may be very well done so let them stand 5 dayes more then turne them dayly then set them on the fire againe and to very pound of figgs put a pint of water and let them boyle a prett while then take them from the fire and the next day lay them on a sieues and set them in the sun or a warme ouen to dry In boyling the figgs vse your discretion so that they breake not

for stewed beefe.

Take some peices of beefe and cut them into good hamsom peices with both fat and feane. Season it with nuttmeg peper and salt and set it a stewing and after it hath stewed a while take 3 or 4 onnies shred small and some time margerum and winter savery with other sweets hearbs as you lyke put them into to the pott take 2 or 3 carratts cut like dice and 2 or 3 turneps cut like dice and a handfull of spinaged & some sarill you may put in some Capors if you please when it hath stewed enough skim of the fat then tak a little breed sliced thin toned it at the fier & [illegible] it into the pot & lett it have 3 or 4 walemes so searuet it up to the table upon sippets — — — — — — — — — — — — — — — —

For to Collar beefe.

Take the naplerand or otherwise the flanke and lett it be cut out pretty long a bout 12 inches broad and 18 inches long and when you have boned it take 2 ounces of salt peter but first carbande it then rub it so lett it lye in the

To make a sack Posset

Take a pint of sack and half a pint of Ale and twenty eggs takeing away half of the whites & then put to it as much sugar as will sweeten it and put this into a bason ouer a gentle fier and keep it stirring all one way till it begins to thicken and haue in readines one quart of milk and a pint of creame boyld with a little cinnamon in it and whilest the sack and other theinges are heto stirring Let one poure in the creame and milk into it as great a heigth as you can hold it then sett it on a chaffindish of coals a little whil not suffering it to boyl then take it of and couer it close and let it stand a little while till you haue accasion to ues it.

To make Fritters

Take a quart of milk put in 8 eggs leaueing out seuen of the whites put in half a pint of ale and a little sack some nutmeg & mace as much flour as will make it a thin batter make it as early in the morning as you can and either shred or slice your apples as you like best fry them dry and lay them on a cloth as you take them out of the pan befor you carry them in

tray 48 houres sheifing it ~~to~~ twice or thrice after you haue done these things & being a bout to collar it gett time margerum & winter savery a good quantity with a little sage & sives put in amongst it then take 2 ounces of peper & half a ounce of cloues & mace mix all these together and as much ~~salt~~ more salt as these things containe to besids what you prit in before then mince all these amongst your spice and season your meate theare with then take 16 yarde of tape & when you begine to collor it up cut the out peices & lay it in the middel to make it euen and put it in the in side & let one hold the end of it & collor it up and bind it as close as you can with your fillete & so lett it stand in the pot & bind it at the ends put into the pot a botel of clarrett couer it with a peice of corse past & ~~let~~ set it in the ouen & let it stand 5 or 6 houres and when it is baked take it out of that & sett it up one end & streining the fillett a littel and sett it by for your use — — —

Sauce for boyld & fryed fish

Take your fish and flower them & fry them & boyle some and serue them both together and for the sauce take some whit wine or Clarit and a little water a clove or tow of Shallatte & anchouey and mince it together very small then take some butter then get some shrimps and oysters & put all these into the butter & draw all together and haue a care it do not run to an oyl so shake it together and when your fish are boyl & the water is dreyned from them put them into the dish stering into the sauce the juice of a lemmon or orang shake it so power it a upon the fish lay your fryed fish a boute the other so garnish the dish with carued lemon or orang so seaue it up to the tabl as hot as you can

To Pickle turnips or carrats

Take your turnips & peare them very thin then take the juice of elderberries & some vinegar then 3 parts boyl the turnips then boyl the pickle and put a little salt into it in the boyling and some faire water so boyl it pretty well and when the pickle and the turnips are cold put them into the pickle so sett them by for your use to garnish your dishes with

To Collor A Brest of veale

Take a brest of veale and bone it take out all the grisels then skine of the out side of four ~~et~~ Calf feete boyld tender chopt them very small season it with cloues mace and nutmeg & sweet herbs sherred small then cut hols in the veal and stuff it ~~m~~ with the feete & sweet herbs and the sweet bred strow the rest a top then role it very hard tye it with tape then boyle it in water with mace & sweet herbs four houers put sum flower in the water when it is a boyling the skin you take ~~[illegible]~~ of role vp on the Coller before you tye it with tape the ~~pickl~~ pickell must be very salt & sharp with vineger — — — — — — — — — —

To Coller an eele.

Take your eele and scowre him with salt then cut of his head & splitt him downe the back and ~~th~~ take him & season him with Cloues mace nuttmeg peper ~~[illegible]~~ with some sweet hearbs & ~~a~~ strew it acording to your

To Make Cheese cakes

Take tow gallons of milk and take som renet and run it into the milk & after it is be dreyed till all the whey be of from it & after you have so don take your strainer and rub the curd through it with butter till it be very fine and then take currants a pound & a half then take 18 yolks of eggs then take sugar and mace & nutmeg and a little cinnamon pounded and mixed amongst your currants then take a little orrang flower water a little sack and so make it up let your cheescakes bee made of cold butter & flower a quarter of a peck & eggs so make them and bake them

To make a cider possett

Take half a pint of cider and put it into the Dish or bason & set it upon coals then beate very well seven yolks and three whits of eggs and put it into the cider sweeting it to your tast and keepeing it stiring all one way after the eggs be in till it be ready to boyl then haue ready a quart of milk boyling on the fire then hold the skiller as high as you can and pure the milk into the cider stiring it once then take it of the coales and cover it very close one half houre and so send it in

discretion so Coller it up and bind it very close with a little tape let your pickle be water and salt with a faggatt of ~~he~~ hearbs as fennell & some whole peper a race of ginger sliced and a bayleaf put in your eele to the liquor & let it boyle leasuerly and skim it well and when tis boyld take up the eele & set the liquor a cooleing and when tis cold put the eele into a pipkin for your use — —

— — — — — — — — — — — —

To Coller Beeff

Take a thin flank of beef and lett it ly 24 hours in water then take it out & dry it in a cloath & take a quarter of a pound of peter salt and a pint of other salt & strow sume on every sid till it be spent for nine or ten days together & then put it in water and lett it ly 2 or 3 hours then take it out and dry it & take 3 lary nutmigs and a quarter of a ounce of cloues and half an ounce of peper a lary handfull of parsley & a small handfull of saje and littell winter sauery & handfull of

To hash Mutton

Take a legg or a shoulder of mutton three quarter roasted take of from the spit and put it into the stewe pan slice it into little thin slices then take a pint of claret and mixe with it take a faggot of swett herbs 2 or 3 anchoues a little Challot mincing it all together ~~a few~~ few with a cloues whol mace & capers then let it stew till it is almost enough then take a little bread with half pint of oysters stewed amongst it then put in a little butter and if it be not thick put to it the yolke of an egg with the juyce of a Lemmon and orange and so serue it up

Mrs Holdwor[illegible]
way

To make wiggs

Take a gallon of flower & half a pound of butter rub it in a quarter of a pound sugar four eggs half a pint eyest one ounce of carraway seeds and wet it with warme milk

pot margerum and a handfull of time chop it very small & roll it very hard then take a quart of Clarit and as much pump water as will fill the pot and when it is beaked lus the teape & let the fat run out & then ty it as heard as you can preset

To Hash a Heare

Take the heare and half rost it then cut it in peaces then take strong broth & whit wine and A little ale & when it is hot put in the heare and when it is all most stued put in a little clarrit and when it is stued tender take out the heare and put it be tween to hot dises then take your Sauce and stren it & stur in a good peace of butter

To make a Hash of mutten

~~Take~~

Take a legg of mutten or a Shoulder and three quarters rosted it then take of the spit & put it into the stew pan slice it into little thin slice then take a pint of claret and mix with it then take a faggot of sweet heard and 2 or 3 anchoueys a little sharlat minceing it all

To mak a A Lettustard

To make your past put to a pecke of flower A pound of butter & take to very quart of creame & eggs leave out 5 of whites take a little milk & some whole mace & cinamon And a little nutmeg boyle it till it bee half boyld away then streine your spice out & put in your milk to the creame mix it very well together beate your eggs a cording to your discretion & after you have done then put in a little orraings flower watter or rose watter so let it be for your use

For Rosted veale

Take the fillets of veale & force it with fine marigoom & winter savory & belfe suete & pepper & salt nutmeg minec all small to gether then take the yolk of a egg or 2 & worke it to gether like a past & put it in to your veal & after it is rosted for the sauce take gravy the juice of a lemmon & butter so searve it up to the table

togethe with a few cloues mace and capper then let it stew till tis all most a enough then take a little bread with haff a pint of oysters stewed amongst it so put in a little butter and if it beq not thicke take the yolke of an egge & thicken it with it and put in the juice of a lemmon and orrange so searue it up hot

---

To make a friccasy of Chicken. or Rabbetts.

Take rabbetts or Chicken Chop them into small peices and then season it with cloues & mace ~~nutme~~ nutmeg a little peper and sum time mariarom and winter sauery minceed small mix these together & strow them amongest your meat and then put it into your fryng pan with a little butter let it fry gently and after it is fryed pretty ~~be~~ browne empty the fatt and take 2 or 3 anchoueys and a Cloue or to of Shaylott mince all small together so throw it into your pan with a little grauey or whit wine and fair water a few oysters so toss it up with a little butter let it boyle and if it be not thicke take the yolkes of

To make puffe pats

Take ~~to~~ a quarte of flower a pound of butter 2 eggs beat your butter till it bee softe make your past first with a bitt of butter 2 eggs & some faire watter cold so make it up stiffe then rowle it out like a large half sheat of paper then take your butter & lay hear & theare a bitt ~~Rid~~ & cast some flower ouer it so fold it up then beat it with your rowling pinn so fold it in the same manner till all the butter be works up so vs it as you please

Sauce for mutton

lard your mutton with lemmon peele & time for ~~sauce~~ your sauce let it be grauy clarret anchouey & the Juice of a lemmon a quarter of a spoonfull of catchop so seaue it pu to the table

To egges with a little whit wine or gravey
To poure it a pon your meat toss your pan for feare
It should curdle so searue it vp with your dish
being garnised with bread sasages or force meate
ball raspeng and carued lemmons or orringes
So searue it vp to the table hott — — —

To make Scotch Collops

Take a legge of veale and take 3 great parts
according to the grayne then cut them into collops
hack them with the backe of a knife very well
then cut some fatt bacon & lard them then with the
small meate make your forcemeate then take the
knuckle and breake it all to peeses then boyle it
In a skillett & make strong broth of it put a
faggatt of sweet hearbs into it and sume whole
peper and boyle it till it bee very strong so
Scume of the fat & put in your forcemeate balls
Scuming of the fatt from your forcemeate and vowle
It out like a puding and put into it some of the
largest Collops vnlearded then take the vdder of the
Veale if it be cow calf take your knife and

To make forcemeat balls

Take to one pound of veale one pound of beefe suett & a little slice of fatt bacon and mince all small together with time marroram and winter savery & 2 or 3 anchouee and 2 or 3 cloues of shallots season it with cloues mace pepper & salt mince these very well together & worke 2 or 3 raw egs into it and roll it up with a little grated bread –

To Make wiggs my mother way

Take 3 pound of flower & a pound of butter And a pound of sugar & 2 ounces of carraway seed and a pint of good ale barm & eggs wet them with milk preitty tenter & lett it lay by the fier and rise a pritty while

make it hollow and put your forcemeat
In to it like unto a pudding then take the olive
of veale & spitte it on a spitte & let the udder be
rosted then fry your collops then take time
marigrom & winter savery throw in a littel
seasoning when thay fryed browne
have your forcemeat balls ready to fling into
your pan after you have taken out the collops
put into your pan your forcemeat & your broth
and anchouay some shallot a little butter & some
oysters & tosse all theese together puting in of your
collops with them then take 2 yolkes of eggs and
breake them in with a little whit wine & poure
It all ouer the collops continally shaking them
for feare thay should curdle put in a glassefull
of water & if you have any kichop put in a
quarter of a spoonefull adding the juyce of a
lemon & orang and so serue it up to the table

To make eggs pyes my mothe way

Take some eggs & boyle them til thay
Are hard enoygh to sheed when they
Are cold take to a pound of eggs apound
And aquarter of beefe suet good weigt
And a pound of curants after they are
washed you must sherd the whites
by them selues & the yolks by them
selues the suet is to be sherd by it
selfe you must season it with
mace & nutmeg & salt & sugar & cinnamon
To your tast ading double the quantity
of cinnamont to any other spices
And a little sack and a little rosewater

To make mince pyes my mothers way (47)

Boyl a neats tounge til it will peal then
Take to apound of tounge apound & half
of beef suit & apound of curants after
Thay are washt put in a few sun
Raisons stoned & sherd & 2 or 3 pippings
sherd very small 2 dates & some
some lemmon peele & orange peele
And sitron of each a little sherd
very small you must put the Juice
of a lemmon or 2 & 3 or 4 spoonefull
of claret & 8 or 9 spoonefull of sack
And a little rose water season it
with a little cinamon & one nutmeg
And double the quantity of mace and
sugar & salt according to your
Tast you must put citron & candid
orange peele on the top of the pyes

To make white Hogs pudding

Take two pound of grated bread and
Tow pound of beefe suet finely
Shered & sifted boyle some liuer
And crumble it whil it is hote &
Sift it take 3 or 4 ounces of it
put a little more marrow then the
weaight of the liuer & a pound and
half of currans after they are
washt season it with cinnamon
And mace & nutmeg & sugar & salt
According to your tast take 7 or 8
eggs & put a way half the whites wet
It with a little cream sack & rose
water make it a little warme & temper
It so that it bee stiff enough to roule
Then put it into the guts first stop the
guts & lay them in rose water a whow
before you use them

mrs Goldsworth

To make Almond hogs pudding.

Take a quart of thick cream & boyle it with whol spice then put in half a pound of Jordan almonds blanched to a pass with rose water boyl these together till it will come from the bottom of the skillet always stirring it lest it should burn then put it out and when tis cold put in 8 eggs and 4 whites three quarters of a pound of marrow and beef suet shered small and the marrow cut about the bignes of a dy and a quarter of a pound of sugar half a pound of currans and a glass of sack and half a pound of naples biskets grated fill your guts when thay clean strips you may have some of them playne

To make a oranges pudding in lenten

Take the peele of tow oranges newly pared and beate them in a mortar very well then put into it half a pound of butter & half a pound of sugar and beat it well till it coms to a pass then put in 11 eggs taking away the whites of nine of them and the other tow with whites and yorkes

(20) together put all into puff past and bake it
half an houre If you please you may put
in some Juyce of a orange — — —

my Vnkel
Clutterbuck

To Make an orang pudding

Take 4 oranges greate off the yellow peele
only of one but take the Juice of all four
And half a pound of sugar & half a pound
of butter and twelue eggs take a way
half the whites then beate your butter
and eggs together & mingle all together
put them in a Dish and couer it with
puff past & bake it half an houre — —

To make orange water

Take three hundred of orange rindes and
three gallons and a half of brandy & whit
wine let them infuse tow or three days
and then still them in a cold still —

To make syrrup of oranges

Wring out the Juyce of oranges put 2 pound of sugar to a pint put it on the fier in a preserving pan stir it till it is ready to boyle then take it off when tis cold bottle it — — — — — — — —

To make orange watter

Take orange peele and steepe it in old Malligo sack 5 or 6 days putting into it a little cinnamon and still it in a cold still put into the bottles some whit sugar candy — — — — — —

To make a goose pye

Take an ounce & half of pepper to a goose and hav giblets half a nutmeg sliced with some cloues on the side and breast of it and put some butter in the pye and clouse it up and bake it three or four houres putting in some clarifed butter if you desier to keepe it cold — — — —

To make a Turky Py

Take 1 ounce of pepper & sonemace and Salt cacording to your discretion split It donne back and take the breast bone out or otherwise you may bone it and leau it whole curbanading it the inside that so the seasoning may take with the butter let it bake 4 houers and put in clarifyed butter & keepe it could

To make Pease soope mytrum Norrons way

Boyle a shin of beefe to a Jelly & boyle your pease soft and strayne them and set them to coole for your use when you haue accasion beate them together with whole pepper and a bundle of sweet herbs when tis hot put in spinnage you may boyle palatts and cox combes

For A venison Pasty

To A lary side of venison take 2 ounes of pepper & much salt or more to your Discretion then to a peck of flower 6 pound of butter and 10 eggs to ly under your venison take 2 pound of beefe suit sheed very small take on nutmeg sliced & put a mong your seasoning carbonade your venison to make it take seasoning lay a little mace on the top of your venison so close your pastey and bake it about 6 six howers so serve it up to the Table with the liquer that comes from the bones

Mrs Morrs

To make the Newest fasion for tarts past

Take tow pound of flower one pound of butter and a quarter of a pound of lofe sugar and 4 eggs you must Rub your flower and butter together

Mrs Dare To dry Neates ~~tongues~~ tongues

(24)

Take your tongues and lay them close together in an earthen pan or some such vessell that may keepe the brin to them But before you put them in you must rub them well with Peter salt or else baysalt and petersalt together & couer them with Peter salt you may turn them as you see occasion and let them ly in the brin close couerd with salt for the space of a fortnight or three weeks according to there bignesse when thay are salt enough take them out and wipe them dry & strew some bran upon them then hang them up in the outside of the chimney a fortnigh then hang them with in the chimny a fortnigh more and afterwardes you may hang them in any Part of the kitchen till you haue occasion to use them thay will keepe very well a yeare or tow

To clarify any thing with the of an egg

Take the white an egg & beat it to an oyl and put it into thing you desier to clarify It in & giue it ~~ma~~ stir or tow and then it will rise to the top and bring the drosse away with it with a great deale of scum

My Cant Forton To make a savoury Pye (25)

Take half a gallon of flower and rub therin half pound of butter put another half pound of into the watter when it boyles and with that water and butter wet your flower then take a loyne of lambe with lambe stons & liuers as much as you theink conueniens season it with pepper and salt & a blade or tow of mace and a little lemmond peele cut into the pye a pound of butter and few balls bake it tow hourres & when you take it out of the ouen take off the Lid and scum off the butter then put a few more in of the same balls fryed to make the Liquour take half a pint of beefe graue 2 pickled walnuts & a few mushrooms half a pint of oysters 2 or 3 spoonefull of whit wine if you please & the yolke of 2 eggs - to make the balls take three quarters of a pound of lambe or veale cut out all the ~~[illegible]~~ skin & sinneues then take a pound of beefe suit shred them all well and then beat them in a mortar season them with nutmeg & mace & a little pepper & swet marioarm time winter savary and a good

handfull of spinnage put in two or three
eggs a little salt and a penny loafe grated

To pickle oysters

Take 2 hundred of the lagest oysters
and let them be opened very carefully
at the bottom of the shell & let the liquor
bee put in one pan by it self & the oysters
in a nother and after the liquor is strained
Let the gills of the oysters be well washed
in it and continue thus washing & strining
it 4 or 5 tymes then put your oysters & the
Liquor into a kettle & put into it half an ounce
of whit pepper bruised and a quarter of ounce
of mace 5 bay leave & 2 onions and boyl them
till thay are fit to eate and then take the
oysters out and lay them on a dry cloth
one by one hauing added half a pint of
whit wine vinegar to the liquor boyl it up
and when its cold put in your oysters into
it & stop it up close in your pot or barrell if
you haue not liquor enough to cover the
oysters put in a pint of water adding to
it handfull of salt some leaue out the
vinegar out of the pickle — —

To make a sack Posset

Boyl three pints of milk a pound of sugar a pint of sack & 14 eggs leave out half the whits beat them very well together then Put them to the sack and set it on the fire In a bason stir it all on way till it is as scalding hot then take the milk boyling hot hold it as high as you can & poure It into eggs and sack stir it once round and cover it close a little while set it where it may not be shaken after the milk is in till you carry it to the tabl— — —

To Make a Jansy

Take a pint of creme and a pint & a half of the juyce of spinnage with the juyce of 2 or 3 tops tansy take 30 egs puting any half the whits & a pound and a quarter of sugar grate in one nutmeg and about a qurter of a pound of grated whit bread stir all this well together in a bason butterd till it begins to harden and then Put it into a frying pan

To make a Clues head Harsh

Take a large calues head & parboyl it
Let one sid be more boyld then the other
Let it be coole then slise that side that
is not so much boyld as other as broad
and as thin as you can with the tound
Let the brains be sauced & boyld then
Let it cool cut it in long slices season
it with a little salt & beat pepper & cloves
and mace roll'd in an yolkes of eggs this
is to be fried with your forstmeat put
your meat a stewing in grauy then take
fresh oysters & a few pickled oysters and
capore anchoyyce horsradish som lemmon
shred all thees well in your stewing
you must add a little whit wine with a
bunch of sweet herbs & half an onion
take out your herbs & onion before you
put in your other ingredients then put
in a lide pepper cloves mace beaten season
it accoring to your tast with salt then put
in your minced pickles fry sume of your
fresh oysters & put them in then take half a
pound of fresh butter or more 3 or 4 yolkes of
eggs half a pint of claris wine shake all

thees together then have your forsmeat
bee ready to seaste with your brains as befor
fry them brown shake them all together a
mouings your meat in your stewdish have
ing the other side of your head carbonaded
and don over with the youlk of an egg or
tow and a little butter over that wich
was broyled befor on the fier have a can
you do not burn it seare up with
sippets the head being in the middle
garnish it with some of your balls and
all sorts of pickles — — — — —

Goodly Roy to Make cheesecke

To a gallon of milk turnd to curd you
must drain them well & beat beat them
well wich a quarter of fresh butter then
take halfpint of cream & heat it scald
ing hot then take it of the fier & let it
bee cold before you put it in to your curds beat
four egg wiche wich then season it wich
mace & nutmeg & sugar to your tast & c.
as many currans as you plea

Mrs Watts To pickle Kiday beans

(30)

Take your beans and let them ly in water and salt a bout a fortnight then take some spring water and make it boyl a gollop then put in the beans and let them boyl a little then take them form the fire and put in a knob of allum into them and couer them very clos and let them stand till thay are cold take them up and if thay are not greene take that liquor and let it boyl agayne and poure it boyling hot a upon the beans and ~~let~~ couer them very close and let it stand till it be cold then take them up have in readiness tree parts vinegar and one port water and boyl it with a little spice in it you may put the vinegar to it hot or cold

To Make a Ragouse of breast of veale

Take a breast of veale and breake the with a claver cut it in 3 peices half rost it or fry it it abut you must first larde it with bacon let it look brown have in redines a little grave & strong both put it in 3 or 4 spoonfull of whit wine or claret 2 anchoues a little ketchup a bunch of sweet heabs a sharlot or tow a little lemon peele mince small a few mushrooms have som forst meat ball to put in when it take of it must stew leasurely 2 hours or when tis enough turn the meat & shake the pan sometimes you take it up put in half a pound of butter shake it till it is thick if it be not thick enough shake in a little flower let the sweet bread be fryed and shred a little with the meat you may add else what you plase

My Ladi Vortons way

To prickle Pullets

Take half a dozen young pullets when thay are in different fatt kill them on by on for they must boned when they are hot when thay are cold season them in the in side of the flesh with a ounce of ~~cloves~~ pepper half an ounce of cloues half an ounce of mace & half an ounce of nutmeg & 4 times as much salt as peppe when its seasond sew up the holes that it may not sooke into the liquor in boyling then have tow bowls of whit wine and a bowl of whit wine vinegar and [redacted] about a much water as a wine & vinegar and half an ounce of whit pepper whole about a quarter of an ounce of cloues & mace whole and a handfull of salt you must leaue out a pint of the whit wine & a pint of the vinegar till it is boyl and cold when your liquour is ready to boyle put up the pullets with their bellyes downwards an houre & a quarter will boyl them when thay are boyld put them in a eathen vessell carefully let your liquour be strayned ouer them & couer them close and thay will keep half a yeare let your liquour be cold and keep them down with a slate

For A Pidgeon Pye

Take to a dozen of pidgeon anounce of pepper and salt according to your owne discretion then take a little tyme & mince it small and throw it in the bottom of your pye then take your pidgons when thay are seasoned and put butter in the belleys of them so lay in your pidgeon and close it up & bake 2 howers & learue it up to the table

For A carpe pye

Take carps & scald them & season them with a little pepper nutmegs lay them in your pye with anchouey & some oysters seasoned a few capres cockles and a few shrimps let them be all put in together so bake it with a little mace & a little Lemon sliced so lay it in & close up bake it an hower and half & when it is bake take a little whit wine and a little gravey and the yolke of an egg & vinegar power it in to the pye with a little butter so learue it up to the tabl as hot as you can

For A marrow pudding

Garnish the brim of the dish with puff paste take a quarte of creame and 10 eggs beate your eggs very well with sugar and after you have done then take a little sliced lemmon mixing them all together then butter the bottom of the dish and take some naple bisket & slice them very thin and lay over the butter then take some stoned Raissons and a little pound citron and a little candied lemmon peele then put in a little marrow as bigg as the yolk of a eggs then put a laier of bisket a gaine then do it with all the materiall's aforementioned and so fill it up with the cream bake it half an howre

For a Lambe Pye

Take your lambe & cut it out into stakes and season it with pepper and other spice and put a few forcemeat balls in & a few goosberry or cherys and a few cabidge let it boyl and after the water is dreained out put them into the pye so take a little gravey and white wine & a little butter and few yolkes of eggs & so beate it and shake it and put it into the pye so searue it up to the table as hot as you can

Filletter way To Pickle cucumber

Take tow hundred of mall cucumbers & lay them in brine three days then take 2 quars of vinegar and one quars of water & ~~[illegible]~~ one ounce of pepper bruised and one ounce of all spice boyl it about half an houre then put it boyling hott on the cucumbers and cover it close when it has stood a fortnight take out the pickle and boyl it againe then poure it on your cucumbers as before addind some dill to it they will keep a twelue ~~[illegible]~~ month

To Pickle Mushroomes

Pick and peele your mushroomes wash them in water & salt and after you have drined them boyl them in water and salt three tymes changing each boyling half an houre the first water some thei salter then the other tow then put them out on a clean cloth the bottoms downwardes let them be cold the pickle vinegar & white wine a small onyon stack with cloues some whole pepper a blade of mace half a nutmeg cut into peices three or 4 little bits of ginger a few bay leaue when tis cold put into it the mushrums and keepe them for your use shake them sometimes if the ~~[illegible]~~ grows black or tow strong take it out and if the mushrums fayls in time give them on boyle as before after ~~[illegible]~~ washt in water and salt putting them in new pickle

To Pickle cucumbers

Take 4 hundred of cucumbers and a gallon of vinegar put your cucumbers into a pott with a nutmeg cut and a few cloves ~~too~~ whit pepper and long pepper with two races of ginger sliced and some dill and fenell then boyl your vinegar and poure it on them scalding hot then couer them up very close for 9 day and ~~then~~ then take your pickle and boyl it againe and when it boyls put in your cucumbers and just boyl them and then they will look grin then take them ~~out~~ up and lay them apart to coole and let your pickle be could before you put them together a glass is best to keepe them in

To pott neats tongues

Take a neats tongue salt it with Peter salt and bay salt mixed together and when tis pretty well salted boyl it till you can strip the skin of then slice it pretty thin and ~~to mace~~ season it with nutmeg and pepper and salt and put the in into the ouen with some butter bake it till it be very tender and assoone as you take it out of the ouen put it into a fine pott closely stope to ~~seaue~~ to the tabl and put a little butter upon it and set it in the ouen till the butter melts and when it is cold seaure it to the tabl

Mrs Potters

To make a Tansy

Take 24 eggs whites and yolkes beate and straine them then take a quarte of a pint of creame and a little more tow spoonfull of naples biskes grated one large spoonfull of fine flower a little sugar and nutmeg as much of juyce of spinage as will make it looke greene put all these ingredients into a skillet ouer a gentle fier and stir it about untill it is incorporated then put it into a flat bottomed dish of the bignesse of your Tansy you designe it to make then put it on a chaffindish with a moderat fier and couer it ouer with a pye plate and when tis ready turn it ouer upon the plate and so serue it up

Mrs Bland

To make ouery good Cake

Dry 4 pound of very fine flower in an ouen and beate it very fine blanch one pound & a quarter of almonds beat them very fine putting in now and then a little rose water to kepe them from oyling rub them in the flower [illegible] in a pound and a quarter of Citern then find 4 pound of currants take a wine quart of creame ready to boyll then take it of the fire and slice in tow pound of butter & half fresh butter it must be stir it till it be melted then take 24 eggs whip them well with more then half a pint of Ale yest three nutmegs 2 races of ginger a quarter of

anounce of mace one stick of cinnamet beate very fine 6 ounces of sugar when all is mingled put in the butter and creame on one side and the the eggs and yest on the other to wett X thous and set it before a good fire a riseing half an houre or more when the oue is hot put it into the hoop well buttered and set it in it will require 2 hours bakeing while up 4 whites of eggs into a snow and feed them with Duble refined sugar fine serced till it grows pretty stif when the cake is a enough ice it thick

To make a Fricasy of Celse browne

Take your Celse and cut them into small pezices about 2 or 3 inches long flower them very well then take half a pound of sweet butter and put it into your pan and melt it untill it be black then put in your celse & fry them untill they be browne then power out the butter cleane from them then take grane of a browne clouer and put it into the celse in the pan as much as will cover them then take six cloues foure anchouis & three shallots and a bunch of sweet herbs mince all these together and put them to your Eeles in the pane & let them stew together

with a little whole pepper wittill half
of the grave be stewd away then take
the yolkes of six newlayd eg beat them
well in a porringer with some clarets
wine and a nutmeg greated or cut
small and the juyce of a lemon and
some salt then put it into your frying
pan to the eelse and be sure to keepe
the pan shaking till it boyls thick
then take it and put it into your dish
with sippets about your dish and some
parsly fryed very greene and crispe
about your dish in heapes and lay
slices of lemon upon the eeles and
brim of the dish to leave it up verybo

An Oatmeal pudding.

Of Oats decorticated take two pound
And of new milk enough ye same to drown
Of raisons of ye Sun Stoned ounces eight
Of currance cleanly pickt an equal wright
Of suet finely shred a pound at least
And six eggs newly taken from ye nest
Season this mixture well with salt & spice
T'will make a pudding better far than rice
And of it you may freely food like farmers
For this receipt was Honest Dr Harmers.

probatum est.

To make a Cake

Take 5 p^d of flower, 6 p^d of Currans, a quarter of a p^d of fine Sugar, Cinnamon, Cloves & mace & nutmeg of each half a quarter of an ounce beat, first mix ye Currance sugar & spice w^t ye flower, then take a pint & half of yeast 20 yolks & 8 whites beat your eggs & yest together half an hour, then take a quart of Cream or milk make it ready to boyl, then take a p^d & half of Butter & slice into it when it is melted, temper your Cake putting in all together, than slice in as much Orange & Lemmon peel & Citron as you please, put it into your hoop, & set it into a quick Oven, & let it stand an hour & a quarter without touching ye Oven.

To Ice it take a p^d of fine Sugar & sift it, take ye whites of two Eggs put therein a spoonfull of Rosewater, beat ye eggs well & skim off ye froth, & put it to your Sugar, then beat it an hour or more it must be as thick as you can well stir it, before your Cake is cold lay it on with a feather, & strow a few Carroway comfits & stick some Sugar Almonds & some slices of Candied sweetmeats on ye Iceing, if you would have ye Iceing stick fast on, lay a little Gum-dragon in water & beat it in with ye iceing, set your Cake in a warm room till it is dry.

To make Aqua-mirabilis.

Take Galengale, Cubebs, Cardamum seeds, Mellilot-flowers, Cloves, Mace, nutmegs, Ginger, Cinnamon of each 2 drams, bruisd small, Celandine, Spearmint, Balm, of each two handfuls, half an handfull of Hartstongue Shred small, Strong Angelica Water a quart, ye best Sack & ye Strongest Whitewine of each a Gallon, put altogether, let it Stand 24 houres, then put it into a Limbeck & put in 3 quarts of fair water, then past up ye Limbeck & distill it quick: then take a pound & half of Loaf Sugar & boyl it in a pint of the smallest of ye water, Skim it & mix it altogether.

To Make Elder-Wine.

Take 5 Gallons of water, & to that quantity 20 pound of Maliga Raisins, cut very small, boyl it an hour then pour it hot on the Raisins, let it Stand cover'd 10 days, stirring it every day; then take 5 pints of ye Juyce of Elder-berries, and dissolve in it a pound of fine Sugar; then let it be cold put it into ye other stirring it very well, then tun it up in a vessel stopt close, let it Stand in a warm place, & in six weeks time it will be ready to bottle.

To Make a Milk-water

Take 5 handfulls of Cardurus, 3 of Dragons, 3 of mint, 3 of wormwood, 3 of rue, 3 of balm, shred them & put them in a Gallon or 6 quarts of new milk, steep them all night, the next morning still it with a soft fire.

To make red Cherry=Wine

To fill a vessel of 10 Gallons, take 200 p of Cherries when your Cherries are ston'd & stamp'd & press'd to every Gallon of Juyce put a pound of Good white sugar. tun it up as you doe syder, & let it stand 3 months before you draw it off, then bottle it off & put in every bottle a good lump of sugar. Let your cherries be full ripe, & after they are bruis'd & stamp'd, let 'em stand 4 houres in a tub before you press 'em; After you have press'd your cherries wet that which remains of them with fair water, if you please you may add a quantity of fresh Cherries & let it stand 24 houres & so press 'em again adding sugar to 'em, it makes a fine small wine which you may bottle off in a month or six weeks.

To make Sage=Wine.

Take 12 pd of Maliga Raisins 12 wine quarts of water, & about a Gallon or more of Sage shred, boyl the water & when it is cold put them in a vessel together let it stand 8 dayes close cover'd, stirring it once every day breaking ye fruit with your hands; then strain it out & put it into a little Barrel, & let it stand 4 or 5 weeks till it be clear, then Bottle it up.

You may boyle more water & put upon ye Ingredients, a little more than to wett them and at 4 dayes end squeeze it out.

Cold Snayl Water.

Take about 100 or 120 great Snayles that have shells, you must not gather them by ye water in Jedge, but in a garden or dry place, wash them clean & crack the shells, & pick ye shells away, then take a pint of great Earthworms, cut short or slit that the Earth may come out of them, wash them clean, & put them & ye snailes into a Gallon of new red cowes milk, or boyl only the snailes & still the worms, let them boyl about half an hour, then put to it Coltsfoot, Jerusalem Sage, Cowslip, hartstongue & Alehoof, of each a little handfull, an handfull & half of Spearmint, so distill it wt a pretty hot fire, put about 2 ounces of white-sugar-candy into ye bottles & let it drop upon it: the still will yield about 2 quarts of water, it is best to mingle ye water altogether, you must open ye still & stirr ye things several times. Drink 4 spoonfuls at a time morning & Evening.

To Order Cyder.

When your Apples have layn some time after they are gatherd, stamp & grind them, & wn you have press'd out ye juyce, put it into an open tub for 3 or 4 days coverd with a cloth, then draw it off & put it into a vessell stopping it very well for a fortnight or 3 weeks or a month, if it does not work, but if it does you must draw it off sooner, & have ready to fine it 2 ounces of Eisinglass or 3 if it be very foul, being steep'd in a pipkin set all night in ye Embers, put it to your syder that you drawd from ye Lee, stop your vessel close so let it stand 24 houres, & then by a peg see if it be fine, & when you perceive

 & when you draw it off, make half a pint of mustard with Sack, put it
it to be so drawn off into another Vessel & in a day
or two draw it off again, & so stop it close and bottle
it in a month or six weeks: instead of Isinglass you may
when you draw it off put, in a quart of wheat, a bottle of Brandy or the
Spirit drawn from To make Plague Water, apples & a pint of Sugar can be
dissolved in water over the fire & when cold put in, this quantity to half an hogs
head, Take Rue, Agrimony, Wormwood, Celandine,
Sage, balm, mugwort, tormentile, Dragons, Scordit.
pimpernell, feathertew, burnet, sorrel, Century,
fumitory, Marigold flowers, tansy-flowers, cowslip flowers,
Carduus Benedictus, Angelica of each half a pound;
Rosemary a pound, ye roots of Masterwort, Piony,
Burdock of each half a pound; Scorzonera root or
Leaf or both 4 ounces, Serpentaria Virginiana.
2 ounces, goats rue 4 handfuls, a little of ye root of
Elecampane; shred all these together, then mix wt
them Coriander, Annyseeds, Cardamums & Caraways,
of each an ounce bruised, soak all these in 6 quarts
of ye best Brandy 3 days stirring it well twice a day,
then still it in a Limbeck, & put unto ye stilling of
it a Gallon of fair water; put in when you give it
(according as ye Distemper viz: in violent diseases a
little treacle or Methridate, when it is stilled put in
half an ounce of Saffron bound up in a ragg; in ye mixing,
& a pd of Sugar, keep a bottle of the strongest by it self
& mix ye rest, it will procure a sweat if it be given
warm.

To Make Cowslip Wine.

To every Gallon of water take 2 lb of sugar & boyl it an hour & skim it, then set it a cooling, & put a little yeast to it, & let it stand till it has a white head, then put it into a vessel, & wth it to every Gallon of Liquor a Gallon of Cowslips pickt clean from all ye green, to every Gallon 2 or 3 Lemons, ye jayce & ye outside of ye Peel, then stop it up & let it stand 3 weeks & then bottle it, & when you draw it off put in some Ale out of a Barrel, wch will be Excellent Cowslip Ale.

To make Cowslip primrose or Gillyflower Wine

To Every Gallon of water take 2 lb of ye best powder Sugar boyl it an hour & skim it, & so set it a cooling to every Gallon of Liquor an ounce & half of Syrup of Citron or Lemon, & to 10 Gallons 2 spoonfulls of Ale yeast beaten with the Syrup & put together a working 2 dayes, & in ye working put in ye flowers being stamp'd to 10 Gallons you must put in half a bushel of Cowslip or primrose flowers, or a peck of Gilliflowers, put in 2 Lemons rinds & all cut a pattle of Whitewine put all these in ye working together & when it hath stood a month or 6 weeks bottle it up putting in a lump of Sugar into Every bottle.

To Make Elder berry water

Take your berries when they are full ripe, pick ym clean & break them with your hands to two bushels of berries take 2 quarts of water & half a pint of ye newest burm you can get & put it into ye berries & stirr it well together, let it stand nine days stirring it every day and then draw it off in a Limbeck & put some sugar into the bottles.

To Make Mead

Take 10 gallons of water & put in as much honey as will make it strong enough to bear an egg, hang it over ye fire & boyl it an hour & skim it wt an handfull of sweet-marjoram in it, then take a quarter of an ounce of Cinnamon & a quarter of an ounce of Ginger, & a good large nutmeg, & put it into a tubb & pour the liquor hot upon it & cover it up close & when it is almost cold put a good spoonfull of Ale-yeast to it, so let it stand 2 or 3 dayes, then tun it up, & take the spice at ye bottom of ye tub & tye it in a bag & hang it in ye vessel, in a month or 6 weeks time it will be fine & ready to bottle.

To Make wine of Currans

Take to a Gallon of water 4 pd of sugar boyl it together & skim it very well, then put to it a Gallon of fruit being first well pickt & bruised, when it is cold put a little Ale yeast to it, cover it very close, let it stand 24 houres then strain it & Barrel it.

To make an Egg Pye

Take 30 or 40 eggs, boyl them hard & blanch them, & mince them fine, then take a ¼ of an ounce of Cinnamon, a nutmeg grated, & as much salt as nutmeg, a pd of currants & as much beef suet as egg shred fine, bake it an hour & put in a whitewine Caudle when you serve it.

To make A Calves foot Pye

Take A Large Cow-heel, pick out ye meat very clean, shred it small with as much beef suet, season it wth cloves & mace and a little salt, ½ a Candied orange peel, A Quarter of a pound of sugar, ½ a pd of Raisins, ½ a pd of currans, make your Puff past wth 2 pd of flower, 1 pd of butter, lay a sheet of past in ye bottom of your dish, wth some pudding crust, when it comes out of ye oven put in a Caudle viz: A ¼ of a pint of Whitew: A ¼ of sack, sweeten it wth sugar, heat it & stir in ¼ of butter

To make an Eele Pye.

Take 6 Eeles skin them & Cut them in Pieces as long as your Finger, then take a ¼ of Pepper, as much cloves & mace & 3 times as much Salt, ½ a p^d of Butter, you may put in a ¼ of Currants, wth a spoonfull of sweet Herbs shred fine

To Make october

To an Hogshead of beer take 10 bushels of malt, take 2 large tubs, meash 6 bushels in one tub, & when it has stood an hour & ½, let it run, & meash it ye second time, let that run & put it upon ye 4 bushels in ye other tub, let it stand 2 hours, then boyl it all with 4 p^d of hops an hour & ½: Meash again ye 3^d time with Cold Water, upon ye 6 bushels let that run, & again upon ye 4 bushels this will make good Ale

To Pott Beef.

Take a reering of Beef, peeling off all the Skin & sinnews then slit it 3 pieces, putting ye fat piece in ye middle, then beat it with an Iron Pestle, then salt it wth 3 ounces of Salt peter & two little handfuls of common salt, mixing y^m well together, let it lye 4 dayes turning it twice a day, then beat it again & lard it with a pound of ye fat of Bacon, then season it with a quarter of an ounce of mace, ½ a ¼ of cloves, & ½ an ounce of white peper, mixing ye spice with a little salt, then put it into a pot, putting on ye top of it ½ a p^d of Butter, & past it close laying 2 or 3 sticks cross ye pot, then bake it with brown bread, then take ye meat out of ye pot, skimming off ye butter from ye Gravy, put it into what pots you please, pressing it down with your hands put ye butter upon ye meat, let it stand till the next day and cover your Pots with melted butter.

To Pickle Onions

Take your small white onions, peel them & boyl them in water & salt, strain & dry them in a cloth, then let the Vinegar & Spice cold tye them down in a Pot close with a wet bladder & leather, thus covers all other Pickles —

To Pott an Hare

Bone ye Hare, take out all ye strings & sinews, take nigh a pound of ye fat of Bacon, & mince both ye hare & bacon pretty small, then take nutmeg & pepper, cloves & mace & salt, wherewith season it pretty high, than put it into a pot & thrust it down with your Hands as close as you can, put some butter upon it to bake it with, tie it up close with brown Paper, & bake it with your bread; when it comes out of ye oven, put a flat trencher or any board that will goe into ye pot, & press it down & pour out all ye Liquor & Gravy (repeating it 2 or 3 times, & before it be quite cold melt butter in a Sawcepan as much as will cover it.

To Pott Neats tongues

Salt your tongues with common salt, when they have layn 4 or 5 dayes that ye blood, that ye blood be soaked out of them, put away ye brine & salt them with Salt-Peter, rub it well on each side your tongues, & throw common salt thick over it, turning them every 2 or 3 dayes to 6 tongues take ½ a ℔ of Salt-Peter, use ½ of it first, & the rest a week after, let them lye 3 weeks in this preparation, then boyl them till they be fitt to peel, then season them whilst hot, with a Quarter of an ounce of Pepper an ounce of Cloves, ½ an ounce of mace beaten fine together, let them lye all night, ye next day bake them with your brown bread, put in 9 or 10 ℔ of butter into your Pott, when baked pour out your butter, put away ye Gravy, put ye butter in again, with an Addition to Cover them,

To make Catchup.

Take a quantity of the largest mushrooms you can get & cut them in pieces into an earthen pan & strow a good handfull of Salt on them & so more mushrooms & more salt & let them stand till the next day or longer. Then pour off the liquor, ~~boyl altogether~~ boyl about a quarter of an hour & strain the liquor out, let it stand & settle till the next day, then pour off the clear & boyl it up with all sorts of

To Pott Venison

Take ye Venison & bone it & skin it very well, then beat it very well with a rolling pin, then put it into a clean cloth & put it into a press; if it is bloudy you must shift ye cloth once or twice, then take it & season it with Salt & nutmeg & pepper, as much Nutmeg as pepper then put it into a pot & thrust it very hard, put ye fat into ye midst of ye venison in rows, & strew some whole pepper upon it, then fill ye pot as full as you can with butter rolled in a little salt: bake it with bread, with some brown past upon ye top, when it comes out of ye oven, pour out ye Butter out of ye pott, as clean as you can & set a weight upon your venison till it is cold; then take your Venison out of ye pot & pour out all ye Gravy, that is in ye bottom of ye pott, & scrape ye Venison very clean, put your venison in again & melt ye Afores butter, & add some more to it, & pour it upon ye Venison,.

To salt an English Hamm.

Take a leg of ye kindest pork, & cutt it in ye shape of a Westphalia-Ham, take your Ham & wash it in water, let it lye a while for ye water to run away of it, then take bay Salt & other salt with it & salt it very, if you have any brine put it into it, as soon as it is salted, & so keep it cover'd with brine about a fortnight or 3 weeks, according as your Ham is in thickness. then Hang it up in ye chimny & at first Kindle some wet straw under it for an Hour.

To force a Leg of Mutton

Cut out the Meat & take ye weight of it in Beef suet, shred it as small as you can, then season it with a little pepper & salt a little cloves & mace & nutmeg, & a little Lemon peel, a handfull of grated bread; then put in 4 eggs leave out two of the whites, then work it up like a past, & put it into ye skin again & sow on ye skin of a Breast of mutton, or any other skin upon it.

How to Collar Eele

Take a large Eele, slit it down ye back & make it clean, then take 4 sprigs of Thyme, as much of sweet Marjoram and parsley & mince them fine. a nutmeg grated as much beaten pepper & twice as much salt as both of them, then mix altogether & lay it over your Eele, so rowl it up fast & tye it close as you can, wth a cloth & tape & boyl it in one part Vinegar & 3 parts water, & 6 sprigs of ye aforesd herbs, 2 blades of mace & a quarter of a spoonfull of whole pepper. & 2 spoonfulls of salt, when it is boyled very tender take it out & when it is cold put in one part in 4 of vinegar, put it in again & keep it.

To Hash a Calves Head.

When ye Calves head is half boyld, cut one side in small peices & put it in a stewpan, with 2 ladlefulls of strong broth ½ a pint of white wine, 20 forcd meat balls 3 shallots 2 Anchovies a pint of Oysters, a little pepper, salt, mace & nutmeg & a bunch of sweet herbs, a little lemon peel shred small, let it stew together a quarter of an hour, then shake in a little flower; then take ye brains & beat them with ye yolks of 2 eggs. & season it with cloves mace, pepper & salt & a little grated bread, then fry it in little fritters brown, cut ye tongue in slices & dip it in ye batter made with ye yolks of Eggs & flower, & fry it brown, fry half a ℔ of Bacon cut in thin slices, ye take ye side of the Head that is whole, & slash it with a knife. & season it with a little salt, pepper, mace & nutmeg, wash it over with ye yolk of an egg, fry it brown & lay it in ye middle of your dish, & serve it on sippets & lay round the tongue & fritters & bacon & balls, & garnish ye dish wth Lemon oysters & Barberries.

+ & pepper & mace, & let it stand to settle, pour it off from the lee & bottle it & cork it close for use. A Spoonfull or two of it does well in any savory sauce

To make Gingerbread

Into a gallon ~~of ye finest~~ of ye finest flower put 3 ounces & ½ of beaten ginger, mix it well with your hands in the flower together with half a spoonfull of white pepper finely beaten & one grated nutmeg, 20 cloves, 2 large blades of mace also finely beaten, mix also with ye flower 2 ounces of Coriander seeds & 2 ounces of Caroway seeds (both these seeds whole) a quarter of an ounce of Cardamum seeds husked & grossly beaten; mix all these together in a pretty deep pan. make an hole in the middle of the flower with your hand, then stir in 6 pound & ½ of the best Treacle; keep it stirring round till ye Treacle is all mixt well amongst the flower, then work it well with your Hands kneeding & pulling it in peices several times, till it becomes a fine past as stiff as can be made, but so as not to let any part of it remain white. make it into cakes of what size you please & bake it accordingly. you may to this add sweetmeats at pleasure, but they are apt to make the Gingerbread cleave & rise in ye bakeing, which may be closed again by laying any smooth heavy thing upon it, when taken hot out of the Oven.

To make ye grounds of fish Sauce

Take ½ a pint of whitewine vinegar 12 Anchoves, 4 blades of mace, 6 cloves, a small race of ginger, cut into 2 pieces, a small nutmeg cut into 4 pieces, 18 corns of white pepper, boyl all these together till ye Anchoves are dissolved, then put in a pint of claret boyl altogether till it wasts to a pint in the whole. then strain it but not thro too fine a sive, & bottle it up for use.

To make Sauce for fish.

Take 2 Anchoves & 2 shallots, 2 sprigs of Thyme & a little Horseradish scraped, a little nutmeg grated, ye inside of a Lemon cut small, & ½ a pint of Gravy or claret & a pint of Oysters or Shrimps, let all these boyl for 2 minutes then boyl up a pound of Butter in it more or less according as your fish is & so of ye rest of ye things

To dress a Dish of Trouts.

Put them into as much Water as will cover them, with some salt, Horse-radish, Thyme and sweet Marjoram, so soon as ye Trouts boyl, take ym out & lay them upon a plate for half a Qur. of an hour, then put 'em in again let them boyl till you find they are enough; for your sauce, Take ½ a Qur of a pint of wine, with one or 2 Anchoves, some Horse-Radish, Thyme Marjoram, a shallot, Orange-peel, a very litle Cloves, mace & nutmeg, let it stew for some time, yn pour off your Liquour from your herbs & boyl up your butter in that Liquour, then shred some Capers with a litle Orange peel nutmeg & shallot very fine & season it with vinegar to your Palate, Garnish it with Lemon & Orange.

To Stew a Carp.

Take a Carp & scale it, being well cleansed & Dryed in a Clean cloth, then slit it & fry it in Clarified butter, being finely fryed, put it in a Deep Dish, with 2 or 3 spoonfulls of Claret Wine, Grated nutmeg, a bade or 2 of mace, salt, 3 or 4 slices of an Orange, some sweet butter, set it on a chaffingdish of coals, cover it close & stew it up quick, turn it, & being very well stewd, dish it on sippets, run it over with ye sauce it was stewd in, ye spice beaten, ye Butter, & ye slices of a fresh Orange, Garnish ye Dish with dry Manchet grated & sifted.

This way you may stew any Good fish as soles, Lobsters, prawns, oysters & Cockles.

To make An Orange Pudding.

Make your Past cold with 2 eggs & ½ a p^d of Butter, to 3 pints of flower, rowl it pretty thin & lay a sheet of Past in ye bottom of a deep Dish; Take the yolks of 15 eggs, beat y^m very well, a nutmeg grated, & ½ a Quarter of a pint of Sack, A pound of Butter melted to oyl, half a p^d of Sugar, when the butter is almost cold, stirr altogether into ye Dish, then slice a Candied Orange-peel thin & lay on the top & the bottom, then lay a sheet of thin Past over it, less than an hour will bake it.

To make a Rice Pudding.

Take half a pound of Rice, wash it & boyl it till it is tender, then put in some marrow & half a p^d of butter beat nine eggs with some sugar leaving out half ye whites you may put in a little Rose water & mince a little beef suet very small, & bake it putting in ye bottom of your Dish, preserv'd Damsins, cherries & Rasps.

A Rice Pudding

Take ½ a p^d of Rice boyl it tender in a Quart of milk melt in it ½ a p^d of butter, grate in a penny loaf, ¼ a nutmeg a q^r of a pint of Sack, sweeten it & and bake it altogether, butter a dish & bake it an hour.

To make an Oatmeal Pudding

Take ¼ a pint of Oatmeal, just break it put into a Quart of milk & boyl it till ye spoon will stand in it & keep stirring it all the while, then stirr in half a p^d of Butter, put in 8 eggs leaving out 3 whites, grate in a roll, sweeten it to your tast, butter a Dish & lay sweetmeats in ye bottom of what sort you please, then pour in your pudding, & stick ye marrow of 2 bones & some blanch'd Almonds, bake it an hour

To make a Marrow Pudding

Take the marrow of 2 or 3 bones, pickt out in as big pieces as you can, the take a penny loaf & cut it in very thin slices & lay in ye Dish a layn of white bread & a layn of marrow, with mace Citron, Lemon peel, Currants sun Raisin & Dates, then cover it with bread & marrow as before tell your Dish is full. then take a Quart of Cream with 8 eggs half ye whites & beat them well with 2 spoonfulls of Rosewater with sugar enough to sweeten it & a little salt, then pour in your dish put some past round it & bake it.

To make Norfolk Dumplings

Take 4 or 6 eggs beat them well & a little flower some beef suet shred very fine & some currants temper them with Cream pretty stiff, put them in with a spoon & boil them in skim milk.

To make a Doz: of New College Puddings

Take a stale penny loaf & grate it, then wash half a pd of Currants, & pick them very clean, half a pound of fresh Beef suet, minced very small, put altogether with a spoonfull or 2 of Cream & as much cloves & Mace as you think fit, with a litle sack, & 4 eggs, work it up into a past & rowl em up like a sausage, but something larger, butter your stewpan or Dish that you bake ym in, & set them over a gentle charcoal fire, & let em bake gently till they are brown every where, put them in a clean Dish, & let your sauce be sack butter & sugar.

To make Black Puddings

Take your blood when it is warm & put in some salt, let your oatmeal steep in milk all night, put ye blood to it ye next day, shred some herbs fine & put in, as ~~Rosemary~~ Leeks, savory, Pennyroyal, thyme, fennel & parsley, & what other you please, then beat 4 or 5 eggs season it with cloves, mace & Pepper, put good store of hogs lard in & mince it not too small. & Suet hogs suet small

A Cake without eggs.

To a peck & pound of Currants, A Quart of Ale yest some spice & salt according to your Discretion, ½ a pd of sugar, & a pd & ½ of Butter, you must not wet it till you are just a going to put it into your Oven.

Seed Cakes

Take 4 ℔ of flower, a pint of light yeast & make it into dough with warm milk as you doe manchet, yn let it rise by ye fire a quarter of an hour, then with your hand work in a pound of Butter, then knead in a pd & ½ of Caroway Comfits: butter your Pattypans & fill em half full & put em in a Quick Oven, Half an hour will bake em

To make Syrrup of Violets

Take 3 ounces of fine sugar to one ouna. of violets, beat altogether in a stone Mortar (as for Conserve of Roses) & when finely beaten, put it over the fire in a skillet & let it melt; Then strain & bottle it, But let it not boyl at all.

To Pickle Mushrooms.

Gather them in the morning, about ye bigness of a button; cut off the stalks, & wash them clean in water; Then put them in as much milk & water as will cover them, so let them simmer over ye fire till the scum rises up. Then strain them throa sieve, & put them in water, so wipe them & dry them with flannel, & put them in to water & salt then let them stand 3 or 4 hours. Take a quart of vinegar, & half a pint of white wine, a litle salt, boyl them & make a pickle; Let it stand till it is cold then put your Mushrooms in, put to 'em, cloves mace, ~~Pepper~~ & Jamaica Peper, all whole, stop it close that the air doe not come to them.

To Pickle Cucumbers.

Make the brine of water & salt, boyl it & put ye Cucumbers in whilst it is hot, & so let 'em continue stifled up 12 hours, but wash 'em before you put 'em in Then take them out & drein them in a Cullender & let them be dryed well in a cloth. Take vinegar, salt, long Peper, Cloves & Mace, Horse-radish & Dill; Let all these boyl together a pretty while, then put in your Cucumbers & let them boyl up once Quick, so put them in the Pot they are to be kept in, & stifle them till they be cold & then cover them with Leather.

To Pickle Walnuts

Take green Walnuts before ye shell be hard, and put them into a great quantity of Water & let them simmer till they are ready to boyl. Then shift them into 9 hot waters, & keep them boyling softly till they be tender & their bitterness gone. Then take them out and wipe them and put them into a pot. To doe the Pickle Take Whitewine vinegar & water of each a like Quantity put in nutmeg, cloves, mace, Ginger, Peper, rine of Lemon heads of Garlick, a good Quantity of salt, with a Bundle of Herbs, a litle sweet Bryar, an Hand full of Bay leaves, Boyl these till the Pickle tast well of the Ingredients.

Sauce for Boyl'd Chicken

Take some of the Liquour they are boyled in, a litle whitewine a Litle vinegar, stred an Anchove a slice or two of Lemon Peel & all, an hard eggs A spriy of Thyme, marjoram & Parsley very small, put into the Liquor & Boyl it up with Butter, so serve it up Garnish'd with Lemon & Barberries.

To make Plum-porridge

Take a shin of Beef, & boyl it in a pot with three Gallons of Water, & when it has boyled 2 hours, put into a p^d of Currants, A p^d of sun Raisins A pound of prunes, 2 large nutmegs quartered, then let it boyl an hour, then put in as much fruit as before & let it boyl half an hour, & then thicken it with grated Bread & let it boyl half an hour longer, but you must keep stirring it else it will burn to the pot, then take a pint of Muscadine, & p^d & half of sugar, A Quarter of an ounce of

Mace & half a quarter of an ounce of Cinamon, mix these & put it in, & as soon as it boyls take it off.

To make Lemon Water

Take ye rinds of 12 Lemons pared very thin & steep them 24 hours in 2 quarts of Brandy, then take 2 quarts of water, boyl it & when it is cold dissolve in it 3 quarters of a pd of fine sugar mix it together & let it run thro' a jelly bag wth a sprig of Rosemary in it, & afterwards thro' grey Paper into your bottles, if you please you may grind 2 grains of musk & put in ye bottles.

To bake Herrings.

Take 30 Herrings, cut off the heads & tayles scale and wash them clean, take out ye Roes, and season them wth a good handfull of Salt, an ounce of Jamaica pepper whole, half a nutmeg, a few cloves, & a little Cinnamon, & 3 or 4 bits of lemon peele, put them & it into a pot with 3 pints of wine-vinegar, tyed close and bake it with household bread, & it will keep all the year.

To make White custards.

Take a pint of cream, set it on the fire with a blade of mace & let it boyle till you think it tastes of the mace, then take it off, & season it to your taste, then beat the whites of 3 or 4 eggs to froth, till they are all thick, then put it into your cream & set it on the fire, & let it boyle softly, keeping it constantly stirring, & when it is thick, take it off the fire & put in to it

a spoonfull of Orange flower water, or rose water, as you please. then put it into your custardishes, & when they are throughly cold, they are ready to be eate.

To roast an hare wth the skin on.

Cleanse it very well in the inside, then take a little sweet Marjoram, & a little narrow tyme, a Nutmegg sliced, & a little Onion, work it into a peice of Butter, & sew it up very close in the Hares Belly, as it lyes at the fire bast it with water & salt till it is almost ready, then take it from the fire, & take off the skin, & bast it wth butter, & ~~fro~~ froth it up for the table. for the sauce take a little claret, an Anchovy, 2 or 3 cloves, a little mace, & the gravy that is in the pan, stew it together & thicken it with a little flower.

A Fricassee of Rabits.

Take 'em, & cut 'em in pieces, & parboyle 'em in a little more water than will cover them, then put them into a stewing Pan wth the same liquour they were boyld in, if not strong: & stew them putting in a little bunch of Thyme, & a slice of butter. then mince a little parseley, & put in, work a little butter & flower together to thicken it, then put in an anchovy together with an Onion stickt with Cloves, & some white Pepper; you may put in a little more butter in the stewing, also a spoonfull or two of white-wine, or pickle of Wallnuts, & some salt.

To make French Bread.

Take half a pecke of flower, & a quart of new milk, wth a pint of ale, barm, & salt according to your own discretion. let your milke be as warm as if it came from the cow, beat your eggs & barm together, then mix your eggs, butter, & barm together, then work up as limber as hasty pudding. let it lay an hour, then make it up into roules let it lay half an hour till it rise very well, then put it into the oven and bake it halfe an hour & when it is cold raspt it.

Sauce for Mutton.

Lard your mutton wth Lemon=pool & lyme, for your sauce let it be gravy, claret, Anchovy, & y^e Juyce of a Lemon, Catchop a quartor of a spoonfull, for serve it up.

To make a marrow pudding.

Take a ponny loaf or two, and cut it in the manner of dice, put to it half a pound of beef suet minced small, half a pound of raisins of the sun stoned, & sugar the marrow of two or three bones, season it with cloves, mace, nutmeg, salt, and Rose=water, then beat three or four eggs with a pint of Cream, and put it into the bread & other ingredients, & stir it softly together, that you break not the bread, nor the marrow, then put your pudding into a dish with the brim garnished with puff=past, and slices, or the top naple=biscake, & bake it, & when it is enough, stick it with Cittorn, and blanched almonds, scrape on sugar & serve it up.

To make a green frigasee of chicken.

Take four chicken, and cut them in pieces, then take a good handfull of parsely scalded green, & minced small, & put it into y^e yolks of 8 eggs, put to it some minced lyme, & grated nutmeg your pan being hot with clarified butter dip in your chicken, & put them into your frying pan, & when they are fryed gently on both sides put to them a little White=wine beaten up wth your yolks of eggs, & parsely scalded green, & minced small, wth grated nutmeg, anchovys, & oister liquor, & keep it shaking in the pan till it boyle, & put it into your dish on sipps garnish it wth Lemon & send it up.

A reciept for Mushroomes.

Gather your mushroomes, & pool them, then put them in salt & water about an hour, then take them out, & drain them, then boyle them in their own water, wth a bay=leaf, a quarter of an hour, then take them off, & put em in a Colendar: cover them up close till they be cold: then make your pickle with

white=wine=vinegar, put in mace, cloves, pepper, & nutmeg, & a bay leaf, boyle all this a quartor of an hour, with a little salt, and after they have stood a while in a pot, then put a little sallad oyl on them, & that will keep them from mothering 4 years.

My Lady. To pickle mushroomes.

Take mushroomes & peel off the outward rind & put them into fair water, wash them very clean, & boyle them in very little water, wth an handfull of salt, & an Onion. then take them out and let them cool, & make a pickle for them with white=wine=vinegar, & white=wine together, put in it a little cloves, & mace, with lemon pool, boyle them in the pickle & put a little of the water to them, then let them stand & coole, & then put then up in pots.

To make a fine hash or Cut=lips of lamb or mutton.

Take a leg of lamb or mutton, cut it in thin slices, & hack it wth ye back of a knife, & season them with a litt le salt, & nutmeg, & sweet herbs shreed small. then fry them in sweet butter, & for your sauce take some white=wine, & an anchovy, & some mushroomes, & some of their liquour, & shake it up wth a peice of sweet butter, & the yolke of an egg, & a whole Onion or two, in the sauce.

To make an Orange Pudding.

Take 16 eggs, beat them well with three of the whites, take a pound of sugar finely searched, & dryed, a pound of butter well melted, half a nutmeg, half a pint of sack, four ounces of Orange 2 ounces candid and two ounces wett, mince the wett very small, ye dry you may slice beat the eggs well, then your sugar hot from the fire, then the nut=megg, & sack, then the orange, your butter must be hott, it must not be mixt till you be just putting of it into the oven, cover it over & un=der with puffpast, let the oven be pretty hot, & half an hour will bake it.

To make a Carrett pudding,

Take half a pound of grated bread & half a pint of scalded cream powre it on your bread a pound of Carrets well boyl'd & pounded fine mix these together with 8 yolks of eggs & half whites beaten with them, a whole nuttmegg & a little mace & synamon beaten, half a pint of Jack & rose water 2 or 3 ounces of preserved Orange either well or dry mix all these well together with half a pound of butter thick Stiring of it in, cover it over & under & bake it with a quick oven and 3/4 of an hour will bake it.

To make the Snow Cream.

Take a Pint of the thickest and sweetest Cream, sweeten it to your tast with sugar and Musk, then take the white of an Egg, and beat it very well to a froth and put it unto the Cream, then take some burchen twiggs scraped white, and put your Cream into a silver dish, and beat it with ye twiggs, and when you see any froth look like snow, take it of with a Skimmer, then beat them again, then take it as before and lay it with ye others and soe doe till you have filled your dish in which you intend to serve it, You must cut a crust of Manchet and dip it in ye milk that is left, and stick a branch of Rose Mary in it, and put it in the midole of the snow and peck the snow all over with some Jellyes.

To make a Cream, with a french Barly.

Take 3 Quarters of a pound of Barly, wash it and lett it stand all nyght with water, in ye Morning Sett two Skilletts of Water to the fire in one of them put your Barly, in ye other put hott Water, when your Barly is boyled in one till it looks red put it into the other Skillet, and soe doe till the Barly will not change the Water; then strain out the Water clean and take a Quart of Cream, and putt into it a Nutmegg quartered, a little large mace and some Sugar; then set it over the fire, and when it is ready to boyl, putt in the Barly, and let it Boyle a quarter of an hour, then put into it ye Yolkes of 2 or 3 eggs well beaten with a little cold Water, and then serve it in cold.

Take 2 pound of Flower, half a pound of Candid Orange peele, two ounces of white sugar, two ounces & half of Powder of Ginger the Yolks of four eggs, six spoonfulls of Cream, and as much Treacle as will make it into a stiff paste, knead it well, and make it into little cakes & bake it in a coole oven.

To make a Sillabub

Fill your Sillabub-pot half full with Sider, & good store of Sugar stirr it well together & put in as much thick Cream, by two or 3 spoonfuls at a time as hard as you can, as though you milkt it in, then stir it together very softly once about, & let it stand two hours before you eat it for the standing makes the Curd.

To make Gooseberry-Cream

Coddle them Groon & boyle them up with sugar, being preserv'd put them into the cream strained or whole, scrape sugar on them and so serve them cold in boyld or raw creame, thus you may doe strawberryes, rasps, or red Currants, put in raw cream whole or serve them wth wine & sugar without cream.

To preserve oranges & Limons that they shall have a rock candy on them in the syrrup.

Take ye fairest & cut them in halves, or if you will doe them whole, then cut a little hole in the bottom, so that you may take out all the meat, lay ym in water nine days, shifting them twice every day, then boyl ym in several waters till a straw will run through them, then take to every pound of Limon or Orange a pound of fine sugar, and a quart of water, make your syrrup and let your oranges boyl a while in it, then let ym stand 5 or six days in that syrrup, then to every pound put a pound more of sugar into your syrrup, & boyl your Orange till they be very clear

then take your Oranges out and boyl your syrrup almost to a candy & put to them.

To preserve oranges in Jelly.

Take the thickest-rind Oranges chipp'd very thin lay them in water 3 or 4 days, shifting ym twice every day then boyl ym in several waters till you may run a straw thorough ym then let them lay in a pan of water all night, yn dry ym gently in a cloath, yn take to every pound of Oranges a pound & half of sugar & a pint of water, make thereof a syrrup yn put in your Oranges & boyl them a little, then set ym by till ye next day, & boyl them again a little, & so doe for 4 or 5 days together, then boyl them till they are very clear, then drain ym in a sieve, then take to every pound of Orange a quarter of a pint of water (wherein still'd pippins have been boyl'd) into your syrrup, & to every quarter of a pint of that water add a quarter of a pound of fresh sugar boyl it till it will Jelly. then put your Oranges into a Plate or pot and put the Jelly over ym. you may if you please take all ye meat out of some of your Oranges at one end, & fill it wth preserved pippin, & if you put a little juice of Orange or Limon into your syrrup when it is almost boyl'd it will be very fine tasted.

To make sugar-cakes wth Currants

Take a pound of fine flower dryed, a pound of fine sugar a pound of butter, 3 quarters of a pound of Currants seven eggs mingle these together & put them in a little round paper sewd up round & set them upon tin and bake them not in too hott an oven.

Take 3 quarters of a pound of fine flower well dryed over a chafing dish of coales, half a pound of loaf sugar beaton & searcit. the yolks and half the whites of 3 eggs, 2 spoonfulls of thick cream and one spoonfull of rose=water, a few caroway & coriander seeds then mix all together & roll ym out in what form you please, but first you must add half a quartern of butter & beat your eggs well, the plates must be butterd & lay ym in what shape you please.

To make wiggs.

Take 2 quarts of flower, rub in it half a quartern of butter and put into it an halfpenny worth of caroway seeds, an half=penny: worth of ginger a little sugar & a little salt, put into it almost a pint of barm & eggs & temper it wth new milk as stiff as white bread & let it stand by the fire half an hour to rise, then work it together again and make it up in wiggs & bake it in some tin thing. cut ym over yr top.

How to pickle Kidney beans or purslane stalks.

Take yr greenest & youngest of both sorts and take vinegar & a little salt wth a spoonfull of white=Pepper & large mace to a quart of either take a quart of Vinegar and make it boyl a round or two, then take ym up and when they are cold then put ym to yr Glasse and cover ym close.

To make sausages.

Take a pound of yr lean of the inside of yr Hog and as much of yr fat yt is hard of yr Hog: Mince it very fine yn take an handfull of sage & 6 sprigs of thime & 6 of sweet Marjoram and mince all very fine ny take a quarter of an ounce of pepper as much cloves and mace beaten small and 4 times as much salt and break in 4 eggs and work all these together as you doe past and yn take it & rowl it like a sausage. Fry ym for your use.

Take ye tender part of beef 6 pound, and beat it well, take a dozen of Pidgeons, and break ye biggest bones of them, for ye beef take half an ounce of pepper, and four times as much salt so ye same to ye like quantity of Venison. but for ye pidgeons take half an ounce of pepper, and 8 times as much salt, and put ym into several potts with a pound of butter on ye top of either of ym, wth a thin sheet of past on ye top of ym. and bake ye venison, or beef in pieces as big as your two fists fourhours, but your pigeons but 2 hours. yn take out all ye gravy from ym. then clean ye pot & fill it till it be all covered wth clarified butter.

How to make Scotch=Scollops

Take a legg of veal and cut it into thin slices and hack it wth ye back of a great knife, yn lard some of it wth bacon, so fry it over a quick fire but not enough, then put in half a pint of gravy or claret & half a pint of strong broth. wth two sprigs of tyme, 2 of sweet Marjoram, & 2 or 3 Shalloths 2 or three Anchovies. 6 slices of thin bacon, so let all these stew together half a quarter of an hour. yn beat 4 or 5 Yolks of eggs wth 4 spoonfulls of vinegar, & grate in half a nutmeg so wn you dish it up stir in four eggs wth a quarter of a pound of sweet butter; you may put in half a pint of oysters, and Mushroomes. Garnish it with Sippets & limon and barberrys.

To pickle Cucumbers

Take your girkins fresh and green, and wipe ym clean, & put ym into an earthen pott. yn take whitewine vinegar wth an handfull of dill, and an handfull of salt, and an handfull of whole

pepper, 2 or 3 races of Ginger cut in prices, and a spoonfull of cloves, and mace, so put all this in as much liquor as will cover a gallon of Cucumbers.

To make Flummery

Take a quart of oat meal ground small and let it soak in water till ye next morning, then pour off ye water and put fresh water to it, let it stand till ye next day. then strain it and boyl it till it be pretty thick, take it up and pour it into a dish when it is cold cut it in square peices and serve it in a bason with wine or milk and sugar.

To make pancakes to be fried without Butter or Lard.

Take a pint of milk and a pint of cream, nine eggs, leave out half ye whites, and take out ye treads, beat ym well with a spoon-full or two of sack, a little sugar, and a very little Sallad oyl, and nutmeg grated; beat these wth ye creame and milk, then take very fine flower well dryed, and strew it in lightly by degrees, beating it all ye while, till it is about ye thickness of common pancakes, or not quite so thick, then melt half a pound of good fresh butter and pour it into the batter, and stirr it all one way, and yn fry ym in a little pan; let it run very thin, ye quantity will make two dozen; it must be kept stirring till it is all fryed, for if you let it stand still ye butter will settle to ye bottom, and make it heavy.

To pot veale.

Take a legg and a loin of Veale, cut it in little peices, and beat it with a rowling pin, fat and all except ye kidney; season it wth cloves, mace, pepper, and salt; lay it in your pott a laying of fat and a laying of lean put a peice of butter on topp of your pott to keep it moist so bake it wth household bread, wn it is drawn take it out of the pott, wipe it dry & put it into ye pott again. melt butter & pour over it.

To make sauce for chicken or greengeese.

Take sorrel, pound it, strain it, and make it scalding hot, put in a little vinegar, a little sugar, a peice of butter, and have some grapes ready codled, and put it together in ye dish to your chicken, or geese.

A sack-Posset.

To 3 pints of new milk from ye cow take 13 eggs half a pint of sack. let your milk boyl up, yn take it off ye fire, & let it be as cold as milk from ye cow, beat your eggs very well, and put your sack to ym, as much sugar as will sweeten it, one Nutmeg, stirr it all together, and put it into your milk, then set it all over ye fire again, stirr it constantly till you see it begin to boyl, then take it off, pour it into a bason suddenly, put sugar upon it if you please, & lay a plate over it quickly: this is to be done half an hour before it is to be eaten.

To make Cheesecakes.

Take two gallons of milk ren it and drain it yn break ye curd through a sieve and put to it twelve eggs and 2 of ye whites and half a pound of butter rubbed in, one nutmeg grated sweeten it to your taste, and half a pint of sack, for ye past take 3 small handfulls of flower, one egg, half a pound of butter if you put Currants put in 3 quarters of a pound.

Seed Cakes

Take 4 pound of flower, a pint light yeast, and make it into dough with warm milk, as you doe manchet; then let it rise by ye fire a quarter of an hour, then with your hand work in

a pound of butter, ye knead in a pound & half of caroway comfits, butter your patty pans, and fill them almost half full, and put y^m in a quick oven, half an hour will bake them, remember to cut y^m a crosse, wash them over with melted butter, and sift a little sugar over y^m, or wash y^m wth ye white of an egg, this must be done before you put y^m in ye oven.

A pound and half of butter w^n it is molted, temper your cake putting in all together, then slice mace, much orange and Limon peele, and Citron as you please, or none at all as you think fitt, put it into your hoop, and set it into a quick oven, when ye rashing is over stop ye oven, and let it stand an hour and a quarter without touching ye oven, for if you open it you spoyl all. To ice it take a pound of fine sugar and sift it take ye whites of two eggs, put therein a spoonfull of rose water, beat ye eggs well and skimm of ye froth and put it to your sugar, than beat it an hour or more, it must be as thick as you can well stirr it, before your cake is cold lay it on with a feather, & strew a few carroway comfits, & stick some sugar almonds, and some slices of candied sweet-meats on ye Icing. if you would have ye icing stick fast on, lay a little gumdragon in water, and beat it in with ye icing. Set your cake in a warm room till it is dry.

A Breme broyled with a pudding in the Belly, made of grated bread, suet or Cream, Eggs herbs, Spice & Salt, Clean the gridiron well & make it hot & grease it with a bit of fat meat lay it over gentle Coals.

To Stew Apples.

Take a Score of Golden Pippins & pare 'em very thin, & fling 'em into Cold water, then take A Quart of Spring water, & three quarters of a pound of Loaf Sugar, skum it till it boyls, then put your Apples in, let 'em stew gently till they are ready then take 'em out & put 'em into a Dish, strain your Liquour upon 'em and Garnish them as you please, put in a litle Lemon peel when you stew 'em.

To make the Duke of Buckinghams Pudding

Take half a pound of Beef suet, & shred it very small, take 2 eggs, 2 spoonfulls of sugar, a quarter of a p^d of Sun Raisins stoned & cut very small 2 spoonfulls of flower, and a litle nutmeg mixt together, it must boyl 4 hours.

To make an Orange Pudding.

Take the Rine of 3 oranges, pared very thin, boyl it in water & change your water & pound it in a marble mortar fine then take half a pound of white bread grated very fine take half a pound of sugar and half a pound of Butter, 6 eggs a litle nutmeg, let it Boyl 2 hours.

A Brown bread Pudding.

Half a p^d of brown-bread grated, half a p^d of Currants, half a p^d of suet, 4 Eggs a little sack & boyl it an hour. Mrs Harlin.

To make Ginger bread. Mrs Kingsman.

A p^d & ½ of Treacle an ounce of Ginger an ounce of Caraway seeds an ounce of Coriander seeds, a quartern & half of butter, as much sugar, bruise the seeds mix all these well up into a paste with a rolling pin & roll 'em thin & cut 'em into shape

To make a Marrow Pudding

Take a Penny Loaf & 3 Naples Biskets, shice'em as thin and as small as is Possible, than butter a deep Dish very well & strew it pretty thick over with Currants, Marrow & Citron cut thin, a litle mace beat small & some fine sugar, then lay a Laying of your bread & Bisket, then a Laying of your Marrow, Citron, sugar & mace & Currants, till your Dish is full, & Leave Currants and Marrow at the Top, Than take half milk & half Cream, as much as you think as will fill your Dish, & to every Quart 8 Eggs, half the whites, beat your Eggs & milk well together, pour it into your Dish, & let it stand a good while to soak. bake it half & hour.

Sauce for an Hare mrs Speed

An Handfull of Thyme with a litle Winter savory 2 Anchovies a small onion a pippin a Doz of Oysters just scalded shred all small & roll it up in half a pound of Butter, sow it in the Belly & when the Hare is ready melt near a p^d of butter for sauce & mix this with it an Handfull of grated bread some pepper & nutmeg.

To Pickle Colly flower

Take the whitest & closest Colly flower & cut them ye lenght of your finger from ye stalk, then boyl 'em in a cloth with half milk & water, dont boyl 'em tender, then take 'em out carefully, & set 'em to be cold, then take the best white wine vinegar, cloves mace & nutmeg cut into Quarters a litle whole white Peper & a Bay Leaf, so let these boyl well in the vinegar & let 'em lye to be cold, then put in your Colly flowers & in 8 days they will be fit to eat. thus you may pickle white cabage stalks or turnips as Big as mushroom

To Make Pancakes

A Quarter of a pound of Grated white bread a Quarter of a ℔ of Carrot Grated, as much butter melled, 4 Eggs, 2 whites a litle nutmeg, salt & sugar, milk & flower as much as will make it thin & yet hold together.

To Pickle Cabage

Take the best hard white Cabage & Cut it as small as you can in slivers, & lay it in Water & Salt 2 days changing the Water & salt every day, then take vinegar & whole Peper & mace & boyl it very well, let it stand till it is quite cold, drein the Cabage very well from the Water, & put it into a Pot & pour the Pickle on.

To Pickle Artichoaks.

Take of the smallest Artichoaks, & put them into Water & salt to make them clean, Then take & boyl 'em very well in water with 2 or 3 Hand fulls of salt, & when you find 'em tender, take them up into a Cullender & let the Water drein very well from them, then Pick ye outward leaves off & put to them Good Vinegar, mustard, Horse-radish, onion Peper, mace & Ginger, according to the quantity of Pickle; you may put fresh vinegar to them at any time, when you find the Pickle Grow weak.

To make Punch

Take 8 quarts of Brandy, 8 quarts of Water, 2 quarts of new milk, 4 doz: of Lemons, 3 nutmegs, 4 ℔ & half of Double refin'd sugar, pare a doz: of the Lemons very thin, & infuse the Rine in some of the Brandy, mix all together, put it into an Hipocrates sleeve, & let it run thro the bag about ten times

To make Vicars Mead

The Proportion is 4 pound of Virgin Honey at least to each Gallon of Water, mix it well with Water, and boyl it about an Hour, skim it well & put to it an ounce of Cloves to the quantity of eight Gallons & an ounce of nutmegs & half an ounce of white Ginger, boyl the Ginger in the liquor in a separate bag & the other spices in a bag by ymselves, all the spices must be bruised adde half an Handfull of Sweet brier, rosemary & thyme, throw away the herbs but put the bags of spices into the vessel, after the Liquor is perfectly cool, it must be fermented with good new barm; after it has fermented about a day or two you may tun it up & keep it half a year, & bottle it off in a very sedate fine season.

Mrs Heathers A Green ointment to be made in May

Take of Maiden Hysop, young Parsley, young marigolds, young Plantan, red sage, Burdock leaves, Mallows, of each ½ a p^d, to this quantity 3 p^d of unwashd butter out of the churn, chop the herbs small & fry 'em in the butter till they be brown but not crisp, keep stirring it always, put in the butter by degrees, it must be done in a frying Pan, till the ointment looks of yellowish colour.

Take 4 gallons of brandy or Spirits, put into it clary, mint, & Baulm of each 2 handfulls, wormwood, sage, & tansey of each one handfull, Gentian roots slict one ounce, Currants, raisins of the Sun, & lent figs, of each one pound, Cloves, mace, nutmegs, & Cinamon, of each half an ounce, Coriander seeds, Caraway seeds, annis seeds, sweet fennel seeds, Cardamum seeds of each one ounce all bruised. black cherries 4 pounds, six Lemons slised, infused 24 hours & Stilled in an Alembick.

let the raisins be stoned, the figs slised, & ye currants bruised.

French Billets.

Take the bones out of a breast of Veal, then scotch it deep in the brisket & where it is thick, then season it wth cloves, mace, nutmegs, Salt & pepper, rub it into all the cuts, then put a pretty deal of thyme, marjoram, and Parseley shred very small, then lay pieces of fat Bacon cut thin all over the Veal, & in the crest. flat it down very much wth your hands, roll it up very hard & sow it in a cloth to boyle & bind it very thick with tape let it boyle 3 hours. For sauce, take the fat of the caul cut in bits, & all the bones broken in pieces, & any other bones, or a bit of fresh beef, put it in

a

skillet, & boile it strong, when the sawce is well boyled, cut the sweet bread in bits, the bigness of a small nut or less, & put it stewing with the wst, when ye sweet-bread is boyled enough, put in gravy, shred Sampshire, Capers &c. when the collar is enough take it up & cut it in pieces, broyle some slices of Bacon on a sheet of white paper, garnish the dish with sliced Lemon and pickles of all sorts. ——

To make a Calves or neats foot Pudding

Take 2 Calves or one neats foot, shred very fine ½ a pound of suit, a peny loaf grated 8 eggs leave out 4 whites, beat them very well with a litle sack, salt & nutmeg & sugar, ½ a pound of Currants, mix them up with as much milk as will make it the thickness of a bread pudding it will take an hour & half baking, melted butter & sack for ye sauce.

To make a Lemon Pudding.

Take the Parings of 2 Lemons & lay them in water all night, then beat them in a Mortar very small & put to 'em a quarter of a pound of fine sugar, then boyl half a pint of milk & slice a peny loaf into it & let it lye some time to soak, beat 5 eggs leaving out 2 whites & mix altogether put it in the Dish being butter'd 3 quarters of an hour will boyle it

To make a Marrow Pudding

Take a Quart of Cream & boyl it with a blade of mace, then beat the yolks of 12 Eggs with a litle of ye Cream, & when it is cool mix 'em lay slices of white breed in the bottom of ye Dish, upon the bread lay good pieces of marrow sun raisins & slices of candied orange, lemon & citron, then pour in ye Cream & bake it in a slow oven.

A Rice Pudding.

Take ½ ounces of Rice beat to Powder, & put it into a quart of milk set it on the fire, & keep it stirring till 'tis as thick as a Hasty Puddin, then stir in a qr of a p of butter & set it to cool, beat ½ eggs with a litle Rose water nutmeg & sugar when it is so cold as not to curdle ye Eggs mix it well & bake it.

To make Barley Cream

Take 2 ounces of Pearl barley, wash it boyle it & shift it 2 or 3 times, till it is tender, then drain the Water from it, then put to it a quart of Cream with a blade of mace & a sliced nutmeg, let it boyl a quarter of an hour, stirring it sometimes beat 3 yolks of Eggs with a litle Orange flower water, & sweeten it to your likeing, stir in the Eggs but take care it dont curdle, pour it into a Basin & stir it till it is cold, then put it into your Glasses.

To make a Carraway Cake

Take a pound & half of butter melt it with a quarter of a pint of Cream, 4 Eggs well beaten 6 spoonfulls of yeast, 2 quarts of flower, mingle all these well together and let them rise an hour before the fire, then work in a pound of Caraway comfits, butter y^r hoop & set it in the Oven.

To make Whigs

Take 3 pound & half of flower, & half a p^d of Sugar A pint of milk, & a pound of butter, melt your butter in the milk & put it to a pint of Good Ale yeast, work in to it 2 ounces of Caraway seeds, set it before the fire to rise half an hour, make them up & butter y^r Paper & bake em, if you please you may work in 6 ounces of Caraway comfits, and then a 2^r of a p^d of sugar will doe.

To make Orange Wine

Take 12 gallons of Water, & put into it 24 p^d of white sugar and the whites of 4 Eggs well beaten, mix em well together, & set em on the fire & let it boyl 3 quarters of an hour skim it till nothing rises, when it is cold, put into it 6 ounces of Syrrup of Citron, with 6 spoonfulls of Good Yeast well beaten together, the parings of 50 Oranges & all the juyce, let these work allogether 48 hours, then put in 2 quarts of Good Rhenish or whitewine, then tun it up into ye vessel in 2 or 3 days stop it close, & at a months end draw it off into bottles, mind you only take ye outer kine which is yellow.

An Excellent Powder

Take Amber, Annisecd, Elicampane, Centry & Steel of each the same weight in fine Powder, & you may add double the weight of Sugar, take thrice a day as much as will Lye on a Shilling.

A Lemon Pudding

Take ye peel of a large Lemon & boyl it in water till the bitterness is gone, then beat it in a Stone mortar very small, blanch ½ a pd of Almonds & beat them with a little Rose water or Orange flower water, then take 12 eggs leave out half the whites, ½ a pd of fine Sugar and ½ a pd of fresh butter melted, a little grated nutmeg, stir it well together & put it in a dish with Puffpast thin over & under it, when it is time to put it into ye oven, for it should not stand long after it is mixt half an hour will bake it.

To make Biskets mrs Gra:

Take half a gallon of flowor & 6 ounces of butter, a quarter of a pound of Sugar & a quarter of an ounce of Carraway Seeds 3 eggs a quarter of a pint of barm, melt the butter in milk

To boyl Fresh salmon to lye in Gravy or eat hot

Cut up your salmon on the back & take out the Chine then cut the sides in as big pieces as you please, wipe ye blood off with a clean cloth, but not wash it. Then put it into a clean kettle, put as much cold water to it as will cover it & put to it a pint of Claret & a pint of vinegar & a good handfull of salt, 6 bayleaves a bundle of sweet herbs, a few whole cloves & mace with a race of Ginger, let it boyl gently till it is enough, a litle boyling will serve, then take it off the fire & let it stand in the kettle till his cold, then take it out & pout it into an Earthen pan & pour ye Gravy on it & keep it for your use

a Plumb Pudding to boile

half a pound of grated white bread ½ a pound of beef suett & ½ a pound of burrants 2 spoonfulls of flower 6 eggs some nutmegg & salt boile it an houre & ½ at least & put butter Sack & sugar for sauce

In makeing Past for a raised Pye put in a litle ale into your Water when it boyles it will keep it from crackling & falling. boyle your Water & let it stand till it is cold, melt the butter & let it be almost cold then put in butter & water as is sufficient for your flower & to a quart of flower 4 yolks of Eggs beat.

To make Whigs

Take 3 p^d^ of flower, rub in to it half a p^d^ of Sugar & some Spice, make a hole in the midle & strain in a pint of yeast take also a pint of good milk & a p^d^ & ½ of of butter, put it into the milk & warm it on the Fire, but not too hot, let it rise a litle while & then make 'em up.

To make An Apple Pudding.

Take some Apples as codlins or Pippins & slice 'em thin as ever you can, but you must slice your white bread very thin & lay at the bottom of the Dish, round the Sides of the Dish you may put some Puff past, upon the Bread strow some Currants & sugar & Spice then lay a laying of Apples & sugar upon them, then lay some more Bread & Currans sugar Spice & apples till your Dish is as full as you like it then beat Eggs with half their whites mix it with Milk or Cream in which you may put a little Salt, let the spice be Cinamon & Nutmeg, bake it about an hour.

To make an Apple Pudding

Take Pippins, pare them & boyl them in fair water till they are tender enough, to be pulpd thro a hair sieve, to a pint of the pulp add half a pound of butter, set it over a chaffindish of coales in a pewter dish stiring it till the butter is melted, then take it off the fire & take 9 Eggs half the Whites, beat them well with some rose water or Orange flower water, some sugar & nutmeg, mix all well together, put it into a well buttered dish or into paste, about 3 quarters of an hour will bake it in a gentle oven.

To make Black berry Wine

To three gallons of water put two gallons of ~~water~~ berries, boyle it & put it hot to your Berries cover them & let them stand all night strain them out the next day & to every gallon of Liquor put two pounds of Sugar, stir it in every day for a week then stop it close, & let it stand 3 weeks, then bottle it off with a bit of hard Sugar in every bottle.

To make Egg Pyes.

Take 20 Egges & boyle them hard & when cold, shred the whites by themselves very small, then rub the yolks between your Thumb & finger to a powder, & if some of them will not be small shred them with the Whites as small as you can, to these Eggs put in a qu. of an ounce of beat Cinamon, a little mace & cloves & salt but mix them together before you put in any thing else, then put in 3 pd of suet shred small & 3 pound of Currants, as much sugar as you think fit the peel of 2 lemons shred very small six stone pipins or John apples, a qu. of a pint of sack & what sweet meats you please.

To make a Plum Cake

Take four pounds of flower & the same weight of Currans & four pound of Butter, with two pound of Sugar; beat up the butter till it is as white as Cream; then take thirty two Eggs divide the yolks from the Whites & beat them both very well; then beat the yolks up with the butter, & when the whites are beat to a froth mix it with your Paste: & after that mingle the flower by Spoonfulls & next throw in your Currants with half a pound of Sweet Almonds Sliced very thin & a little nutmeg, Cinamon, Cloves & Mace all beat very fine & sifted, put in half a pint of Sack made warm; beat all these very well together & so put them in your Hoop.

all the ingredients should be put in warm.

To Stew Venison.

Take a chine of Venison & the Head, Stew it nine hours put in a quarter of a pound of French Barley at first put in onions & spinage & herbs

To make Fritters

Take a pint of milk, 4 or 6 Laurel ~~leaves~~ a little double refined Sugar the quantity of a large walnut of butter, boyl & stir in flower till it is as thick as Past then put it into a mortar & put in 4 or 6 Eggs, 3 yolks & pound it a great while, then spread it on the bottom of a pewter Dish & cut it out with a key & fry em with a good deal of Lard, till they are brown.

To make cakes that will keep 3 months

Take 3 ℔ of Currants half a Gallon of flower, a ℔ & ¼ of butter, a little above a quarter of a ℔ of Sugar, half a pint of Cream, ¼ of mace & a ¼ of cloves. ½ a pint of good Ale barm. you may put in 2 or 3 eggs or let it alone. mix it well together & roll it in about 24 Cakes, cut 'em across & bake 'em half an hour.

To make Spinage puffs

Take an handfull of Spinage, just scald it, 2 or 3 Eggs grated bread, candied peels a little salt & Sugar, cut some small sippets to lay it upon, when you have chopp'd it altogether a little flower, lay it in heaps upon the sippets, & fry em in a Stew pan with a great deal of Lard till they are brown.

To make Lady Essex Cake

Take a Wooden Bowle & heat it very hot, then take 3 ℔s of fresh Butter & work it with your hand in the bowle, till it be almost as thin as Cream; then work in by degrees two pounds of fine Sifted Sugar: then take 20 Eggs leave out ½ whites, beat them well & put them in by degrees 3 pounds of fine flower dryed very dry before a fire, & mix with it an ounce & ½ of Caraway Seeds, a nutmeg grated & Mace finely powder'd a little more than the Quantity of a nutmeg, a very little Salt. then put in your flower by degrees as you did your Sugar, & mix it altogether very well, set it by the fire to rise & cover it with a warm Tin Cover, when your Oven is ready put it into your Hoop. it will require two hours to bake. Put in Citron & Orange Peel as much as you please, cut in very thin long slices & Ice it over with some Ambergreece. This cake must not be cut sooner than 3 or 4 days after it is made. It will keep good a Month.

— for 5 ℔ of each ¾ of Sugar 9 Eggs but 4 whites whip'd together & put in last —

To make Frontiniac Wine

6 Gallons of Water, 10 pd of Sugar, 6 pd of Raisins of the Sun, boyle them together an hour, then take the flowers of Elder when they are just ready to fly off, rub them slightly, a bout a quart, put them in when the liquor is nigh cold, a day after put in 6 Spoonfulls of Syrrup of Lemons, 4 of Ale yeast, but I believe the Syrrup ought not to be put in till after it is work'd, after two days put it in a vessel which must be full, in a month or less if clear bottle it, if you put the yeast & Syrrup ~~be put~~ in together they must be well beat together

To make Damson Wine.

Take a peck of ripe Damsons & bruise them as you doe Cherrys, boyle four gallons of Water untill a quart is consumed, & pour it boyling hot on the bruised damsins, cover all close & so let it Stand untill the next day, when if you find the Damsons very juicy & apt to part with their Liquor, Straine the whole thro a hair bagg, but if you find them pulpy & unwilling to part with their juyce, add more water to them & stay a day longer before you Straine them; you may make the wine stronger or smaller by putting to the Damsins a greater or lesser quantity of water: after it is Straine to every gallon of liquor put about two pounds of Sugar Stirring it untill the Sugar be well dissolved, & then let it stand untill the next morning, then tun it up into a convenient vessel, in which let it remain without Stopping the bung till it has done working, which it may do in a week or ten days time, after which Stop it up close, & as soon as it is fine (which will be in six weeks or something sooner or later) bottle it off.

To make Cheese cakes

Boyle a pint of Cream & grate as much Naples Bisket or white bread as when stirred in will make it as thick as hasty pudding, take it off the fire & stir in half a pd of butter, set it by to cool, & get your Curd which must be ren'd very tender & drained very well from the whey, rub'd thro a hair range, put in Sugar to your tast & Currants to your liking 8 Eggs half the whites, season it with fine powdered Mace & a little Salt, put it in good Crust & bake 'em half an hour.

To make Maliga Wine

To six gallons of Water, 24 pd of Maliga raisins, you must pick them clean & rub them a little, with a cloth & chop them, put them into a wooden vessel, & your water having boyled near an hour, pour it in boyling hot upon your Raisins, let it stand 9 or 10 days, close covered, stirring it once every day, then strain it out & squeeze it hard as you can, then put it in the barrel, & when it hath done working, stop it up very close let it stand 3 months & then draw it off from the lees & put the Wine in the same Barrel again, let it stand till its fine & then Bottle it.

To fine Wine or bear there is nothing better than Isinglass steep'd in Rhenish Wine or any sharp wine till it comes to a Jelly & put into the bung of the Barrel & well stir'd & rowled about to mix it.

To Pickle French beans Mrs Bingham

Gather the beans dry & lay them salt & water 9 or 10 days, changing them once or twice, then wash them from the brine, & put them in fresh water & a glass of vinegar & cover them close, & let them stand upon a slow fire for 2 or 3 hours, but let them not boyl, if you can help it then make your pickle high, & put them in hot or cold as there is occasion.

To make Puff past.

Take to a quart of flower a pound of butter, if salt butter you must wash it well & work it, temper half the flower with water 2 Eggs & a little butter rub'd in not too stiff, rowl it even seven times & shake in the rest of the flower over the rest of the butter, & thumb it in making as little as possible.

A Good way to Pickle any thing as cucumbers, purslein &c.

mix water & Salt till it will bear an Egg boyle it & pour it hot on your Pickles, cover it & let it stand till the next day: boyl Whitewine=vinegar & spice twice & pour it hot on the Pickles after they have been drained from the brine in a cloth, cover it close, & the third time to green 'em put 'em in a skillet over a quick fire, & let 'em just boyl up, & when you see them begin to look green take them off & smother them over in the Skillet & in a quarter of an hour you may put them up into Pots or glasses. This third smothering may be done as you want them.

To Salt an Ham.

Let it hang up 3 or 4 days before you Salt it then mix about an ounce or more of Salt=peter pounded fine & mixed with a quarter of a pound of Sugar till it is melted in, then cover it with common Salt, & let it lye about 3 weeks, but take care to turn it every day in the pickle, or wash it with the brine with a Spoon, this brine will do very well for tongues Collar'd beef & Aung beef, a rib for the latter & a thin piece of the flank for the former, after they have been salted with Salt peter & common Salt, & will keep a great while by only boyling & skimming it, when it wants, that is when it has a skim over it. only salt it 24 hours with Salt Peter before it is put in the brine, & let it lye 4 or 5 days & season it with ginger, Cloves, mace, peper & Salt Peter

To make Puff Past.

Take to a quart of flower a pd of butter, if salt you must wash it well & work it temper half the flower with water 2 Eggs & a little butter rubbd in not too stiff rowl it even seven times & shake on the rest of the flower over the rest of ye butter & thumb it in making as little as possible.

To make Almond Cheesecakes

Ren a Gallon of milk tender & drain ye curd well from the whey & rub it thro a range with a wooden ladle with 3 quarters of a pd of butter, blanch a quarter of a pound of Almonds & pound them in a mortar with orange flower water to keep them from oyling, a small nutmeg grated the yolk of 9 Eggs, Salt Sugar & currants to your likeing, or without currants.

For a Strain

Take a handful of Rose mary & boyl it in strong beer till 'tis half boyled away, & bathe ye place affected with wood, & wrap a strain of wool or flannel about it.

To make Vinegar

To every gallon of Water take 2 p^d of Maliga Raisins, rub the raisins in a course cloath, & shred 'em Small, & put the water & Raisins into a barrel which must be full, & let it Stand in the Sun 10 days, in the hottest part of the Summer viz. June or July, then Strain the Raisins from the water, & set 'em Stand in the Sun two or three days till they are dry, then put the raisins again into the barrel to the water (which you are to put into the barrel again as soon as you have strain'd the raisins from it) then let it Stand a fortnight longer & Strain them out again & set them in the Sun as before till they are dry. then put the raisins in again as before, to the water into the barrel & let it Stand in the Sun a month longer, then strain out your raisins again & tun up your liquor & Stop it close & let it Stand till it is clear in your cellar.

Savory Balls

Take part of a Leg of Lamb or veal & mince it Small with the same quantity of Beef Suet, a little lean Bacon, sweet herbs a Shallot & Anchobe, beat it in a mortar till it is as smooth as wax season it with Salt & Savory Spice & make it into little Balls.

A Lear for Savory Pyes

Take Claret, Gravy, oyster liquor 2 or 3 Anchoves a faggot of sweet herbs & an onion, boyl it up & thicken it with brown butter & pour it into the pyes.

A Lear for fish pyes

Take Claret, White wine & vinegar, oyster liquor, Anchoves & drawn butter, when the pye is baked, pour it in at the Tunnel.

A Lear for Pasty's

Season the bones of that meat you make your Pasty of cover them with water & take them in a pot, Strain the liquor out into the Pasty.

To Pickle Walnuts Mrs Norris.

Gather 2 or 300 of Nuts before the shells have any hardness in them, put them into cold water & set them over the fire, take care they do not boyl, but as soon as you can peel off the outside, take them of the fire & peel them, putting them into an earthen pan of cold water & when they are all peel'd, strain them out & put them into a strong brine, you must put fresh brine to them every other day for eight day: then strain them thro' a sieve & put them into a jar, put boiling vinegar upon them & to the quantity abovementioned a pint of Mustard Seed bruised an ounce of whole peper an ounce of Ginger & a head of Garlick before have vinegar enough to cover them very well; tye them ups close & a week after boyl the pickle, adding more vinegar as you see occasion; let them stand a week longer, then boyl up the pickle again you must keep them very close from the Air.

To make Flummery Mrs Ward.

Take a Calves foot & make it very clean & take of every speck that looks black boyl it in water till it will jelly & when it is cold take off the top & leave bottom, put it into a skillet with some Cream a Laurel Leaf, mace Sugar, Lemon peel & a little orange flower water & glass of Sack or mountain Wine: keep stirring it till it just boyls & then take it off the fire & keep stirring it till it is cold & before it is quite cold have China dishes ready with water in them & as you see it begin to jelly throw away your water out of the cups & without wipeing them fill them with the Flummery.

To make Currant Wine

Gather your fruit full ripe, weigh it & bruise it & strain it into an open vessel, to every 3 pound of fruit add one quart of Water & one pound of Sugar, let it stand till the next morning then strain it & put it into your barrel, in a fortnight or 3 weeks time it will be fine, then bottle it, you may boyl your water & Sugar & then infuse your fruit.

A Ragoe for made dishes

Take Claret, Gravy, Sweet herbs & Savory Spice, toss up in it Cocks combs, Pig Lags boyl'd & blanch'd & slicd, with sliced Sweetbreads, oysters, mushrooms, truffles & marrels, thicken them with brown butter.

A Regalia of Cucumbers

Take twelve Cucumbers & slice them as for eating, put them in a Course cloth & dry them very well, flower & fry'e them brown, then put to them Claret, Gravy, Spice & a bit of butter rowl'd up in flower.

Paste Royall for Patty pans

A pd of Flower, work it up with ½ a pd of butter, 2 ounces of fine Sugar & 4 Eggs.

A Lumber Pye

Take a pound & ½ of a fillet of veal, mince it with the same quantity of Beef Suet season it with Spice, & pippins shred, an handfull of Spinage, an hard Lettuce, Thyme & Parsley, mix it with a Penny loaf grated, the yolk of 3 or 4 Eggs, Sack & Orange flower Water, a pd & ½ of Currants with preserves or Candies, as a Lamb-pye & a Candle if you please. An Umble pie some

Portugal Cakes

Take a pd of fine Sugar, a pd of fresh butter, & Eggs & a little beaten mace, beat it up together in your hand in a flat pan till it is very light & looks curdling, then put thereto a pd of flower, half a pd of Currants clean pick't & dry'd beat them together, & fill your patty pans & bake them in a slack oven. you make seed cakes the same way only put Caroway Seed in stead of Currants

A Battalia Pye

Take 4 small chickens, 4 squob pidgeons, 4 sucking Rabbits cut them in pieces, & season them with savory spice lay them in the pye with 4 sweetbreads sliced, as many sheeps tongues, two shiver'd palates, two pair of Lamb stones, 20 or 30 Cocks combs Artichoke bottoms & the yolks of Eggs boyl'd, savory balls oysters & butter. close the Pye & when baked, put in Lear-

A Beef Pasty

Is cut out & seasoned over night with pepper salt, a little red Wine & Lochinele, then make it up as a venison Pasty.

Pease Soop.

Boyl a quart of good white Pease tender & thick & strain & wash it thro with a pint of milk then put thereto a quart of strong broth, put in balls, a litle spearmint, parsley, spinnage & sellery, season it with Pepper & salt, cut a turnip in dice, fry it & put it in, & a dryed french Role.

To Boyl Pullets & Oysters

Boyl them in water & salt, with a good piece of Bacon for sauce draw up some butter with a litle White wine & strong broth a qoo of oysters, put the fowls in a dish, lay rashers of bacon round them & sausages, garnish it with sliced Lemon.

To Roll a Breast of mutton

Bone the mutton, make a savory forc'd meat for it, wash it over with the batter of Eggs, then spread the forc'd meat on it, roll it in a collar & bind it with Packthred & roast it, put under it a Regalia of cucumbers.

A Brown frigacy of Chicken & Rabbits.

Cut them in pieces, season & fry them in brown butter, then having a pint of gravy a little claret or White wine & strong broth an Anchove two shiver'd Pullets, a faggot of sweet herbs, savory Balls, thicken it with brown butter & squeese on it a Lemon

A White Fricassee

Cut them in pieces; wash them from the blood & fry them on a soft fire with butter & put them in stew-pan with a little strong broth & White wine season it, & toss them up with mushroons, oyster & Anchovies when almost done put to them a pint of Cream, thicken it with a bit of butter rowl'd up in flower.

To Salt Hams & Tongues

Take 3 or 4 gallons of Water, put to it 4 p^d of Bay salt 4 p^d of White salt, one p^d of Peter salt, a quarter of a p^d of Salt Peter ounces of Prunella Salt & a p^d of Brown Sugar. Let it boyl a quarter of an hour, scum it well, when it is cold, sever it from the bottom let the Ham lye in this pickle 4 or 5 weeks, a clod of Dutch beef as long, tongues a fortnight, collars beef 8 or 10 days

Orange butter

Take the yolkes of 4 hard Eggs, put to it a p^d of butter a little fine Sugar, with a Spoonfull of Orange flower water, work it thro a Sieve. Almonds & Pistacha butter is thus made but let them be blanch'd & pounded

To bottle Goosberries.

When they are full grown, before they turn, put them into a wide mouth'd botle & Cork them close & set them in a slack Oven, till they are tender, & some crack't then take them out & pitch the Corkes. Thus you may keep Damsons, pears Plums, Currants, only do these when rise

Dyet Bread

Mrs Boswells way - A p^d of flour or 7 Eggs but 6 yolks 1 p^d ½ of fine sugar beat & sifted 1 ounce of Caraway seeds & spoonfulls of Rose water - beat the Eggs & sugar [illegible] & put in the seeds [illegible] a quarter of an hour

Take 8 or 10 Eggs whip them a quarter of an hour, a p^d of fine Sugar well beaten, whip the Eggs & Sugar 3 quarters of an hour, then take a p^d of fine flower well dried an ounce of Caroway Seeds, butter a pan & put it in the oven presently.

Orange Cakes

Orange peel boyl'd in 2 or 3 waters till all the bitterness is gone & it is tender then pound it in a Stone Mortar, sweet en it with fine Sugar, make them up in small cakes & dry them in the sun.

To make vinegar.

A p^d of Course Sugar to a Gallon of Water, boyl the Sugar in half the water, Scum it well & set a cooling, then put to it the rest of the water, make a toast & spread it with barm & let it work in an open vessel 9 or 10 days then put it a barrel or Stone jug & set it in the sun or in the chimney corner & in 6 weeks or two months it will be good vinegar. Scum it as often as any scum arises before & after it is in the jug

Small bear with an hand full of Salt in it, is good pickle for Shurtycon

To Pickle Cucumbers French beans or the like.

Wash em & put em into a good strong cold brine that has a litle salt peter in it, let em stand 24 hours, then drain em from the brine & dry em well. Boyl your vinegar & pour it hot on them in a good glazd pot & stifle them up close. when you would green them, pour off the Vinegar & boyl it with Ginger, peper or any spice you like, when it has boyl'd a little while put in the cucumbers & make ~~em~~ boyl up very fast a litle while, & Past or stifle em down very close & they will be very green -

To Stew Carp. Mrs Billingsley

Put im into a Stew pan with a litle water & a pint of Cyder & as much Cream, shred some herbs or rather a bunch, an onion Anchovies, Lemon peel a litle salt & spice, let em stew an hour or two put out what you will want for the sauce & thicken it up with butter the Cyder makes the Carp firm, serve it up with white bread cut like dice the spawn, Lemon & Horse radish. some make sauce for fish with Horse radish scrapd, & onion boyl'd in white wine or Cyder, a litle nutmeg mace & peper & thicken'd up with butter & some Anchove -

To Pickle Walnuts Mrs Lisyeatt

Take them when full as big as they will be, before they are shell'd then put them into a pot of water, set them over a gentle fire & when they begin to be a litle soft, then take them out & scrape them as they are clean'd, put them into a strong brine of salt & water, change them every day with fresh brine for fourteen days, then drain them dry, & make a mustard with half an ounce of mace, a nutmeg, cloves & an ounce & half of mustard seed pound it altogether, & make it very stiff with vinegar then make a hole in every nut with a scouer, & put some of the mustard into every nut, with a small bit of Garlick.

This receipt is sufficient for 150 Walnuts -

To pickle Walnuts white — Ditto

Pare of all the green & throw em into brine, drein em in an earthen or pewter Colander, boye em up very quick in milk & water, dry em in a cloth & put em into pickle after it has been boyled with Spice, & cold —

To order Water Lyder

After you have press'd your lyder from the pulp, put to it a quantity of Water, so much as to just cover it & let it Stand 24 hours then press it out & put what quantity you please of fresh pounded apples, let it Stand 24 hours more, then press it out & boyl it with Ginger & pepper & scum it as long as any will rise put it in your vessel full & do not Stop it as long as it hisses the same rule for lyder — then put in a quart or pint of wheat according as your barrel is & Stop it close it will keep a great while —

To make scotch cakes

1 pd of flower, ½ a pd of butter, rub in a litle of it, & melt the rest in milk one Egg, a Spoonful of two of barm that is not bitter, sugar to your tast let it lye & rise a litle before you temper it & afterwards rise by the fire about half an hour; — roll it out thin & cut em in to what form you please, & bake em in a pretty quick oven, about half an hour

To Pickle any thing

Wipe them very clean & put em into good vinegar, with a very litle Salt, & what Spice you please, let it Stand 9 days, then pour off the vinegar & boyl it & pour it hot on the pickles & Stiffle it, this do twice & some time after or when you would green them put it all over the fire together let it just boyl & they will be very green.

To make Mead.

Take 6 gallons of Water, put into it one gallon of Honey, boyl it & skum it well, then put in 2 ounces of Ginger, 1 ounce of Nutmegs, a little Cinamon all grosly beaten, cover it close & let it stand till it is almost cold, then work it with barm on a toast of bread, & when it hath worked enough tun it into a sweet vessell & as soon as fine bottle it, which may be in a fortnights time. Bro: Phil.

To Stew pease.

Take a quarter of butter, make it brown over the fire, then shred 2 lettices & put to it, keep it stirring till the lettice is very green, which will be in about half an hour. you must stir it all the time. then put in a quart of peas & pour enough hot water on them to cover them put in a whole onion & some peper, keep it stewing covered up close, till the pease are tender enough, then take them off the fire, & put in a piece of butter with flower worked in it & stir it till the butter is melted, than give it one heat over the fire — you may do it with brown butter or not as you like it.

Rich Cheese cakes. D. of Queensbury's

Take a gallon of new milk turn it with rennet then hang it up to drein without breaking the curd, when it is well drained rub it thro a hair sieve with the back of a wooden ladle, then work into the curd or rub it thro the sieve three quarters of a ℔ of butter, a pint of thick cream, the yolks of 9 Eggs, a quarter of a ℔ of Jordan Almonds, blanch'd & beaten very fine with orange flower water grate a nutmeg a litle salt & sweeten it to your tast, work it well together half an hour & put in 2 or 3 spoonfuls of Sack, bake 'em half an hour in a pretty quick oven, sift on a litle fine sugar before they are put in the oven.

Paste for Tarts

Take half a ℔ of flower & ¼ of butter, 2 spoonfuls of sifted sugar, 2 yolks of Eggs one white, well whipp'd apart, rub the butter well into the flower & sugar, put in the Eggs & make it up into a paste with a litle cold water, this will do for any fruit but apples

A Rice Puddin

Take a pint & ½ of milk & 4 ounces of pounded Rice, boyl it in the milk till it is as thick as hasty puddin or thicker, then put in a quarter of a ℔ of butter & stir it well till it is melted, put in two large spoonfuls of sugar, grate a quarter of a nutmeg & a litle salt, put to it 2 yolks of Eggs one white well beaten - put fine past in a china dish.

French bread

Take 2 quarts of fine flower, a large Spoonful of very Steady yest, one egg, a litle Salt, 2 ounces of butter melted in milk, it is to be wet limp enough to be beat with the hand, beat it a quarter of an hour, then let it lye by the fire an hour before it is made up & an hour after, it must be land on a peel that is sifted very thick with raspings.

Cream cheese Lady Bolinbrook

Take a quart gallon of New milk warm, put to it a quart of Cream cold, then put to it as much rennet as will turn it, when it is come take a skimming dish, & put it into a Vate made of Wheat Straw, let it stand 3 hours before you turn it, then turn it twice a day till it is ripe.

Mushroom powder

Take a peck of Mushrooms wash'em & rub'em clean with flannel, pick out all the worm eaten ones, but dont peel the skins of, put to them about 12 or 14 blades of mace, about 40 cloves, 5 or 6 bay leaves, twice as much beaten peper as will lie on half a Crown, a good large handful of Salt & doz. onions, a piece of butter as big as an Egg, half a pint of Vinegar, Stew them pretty fast, keep them stirring till they have spent their liquor, then dry them on a broad pan in the oven, afterward put them on Sieves till they are dry enough to pound into powder.

This quantity will make half a pd.

To Collar a Calves-head

Take the head of a large fat Calf cut with two joynts of the neck to it, with all the hair & the Skin on, Split it as for boyling, take out the brains & clean it well; then take off the hair as you do Calves-feet very clean, wash it well & tye it up in a cloth & boyl it tender, then take out every bone & season it with mace & Salt, & rowl it up like brawn, as fast as possible in a cloth, & tye it up at both ends close as you do collard beef, when cold make a strong lee pickle of bran & water boyld together, let it stand to be cold then clear it from the brans, season it with Salt & vinegar & put in the Calves head for use - you may cut the tongue in slices & roll up with it & the palate

Pancake pudding

Take 6. Eggs, a p^d of flower - nutmeg Salt mix them altogether very well, with one p^d of Suet, minced very fine, take as many Currants, as you shall think fit, plump them & put them altogether with some cream & a little Sack, mix it all up not too thin, you may frye them in clarified Suet, drop them into the frying-pan from the point of a large Spoon, fry 'em brown & serve 'em up hot.

To make solid Soop

Take a Leg of veal or any young meat because Old will not Jelly, Cut off the fat, & make Strong Broth after the Common way, thes Broth poor into a silver flat Bason & let it Simmer over an even charcoal fire, not too hott, till more than half boyl'd away, Stirring it often to keep it from burning, then remove it from the fire, & set it over boyling water which is an evener heat - & not so apt to burn the Broth to the vessel, over this let it evaporate, Stirring it often till it becomes when Cold a Substance as hard as Glue - this dry before the fire & it will keep as long as you please, provided you hinder any moisture from coming to it, when you would use the Broth, you have no more to do than to dissolve a little of it in boyling water putting more or less according to the Strength you would have the Soop of it will be as good as can be made -

A Bread Pudding to bake Mrs Head

A penny White loaf Soak'd in warm milk half a p^d of butter broke in, 6 Eggs ½ a p^d of Currants, 2 Spoonfuls of Sugar, Salt a little nutmeg & Cinamon a Spoonful of Brandy & rose water ——— a little flower - bake it well, without Crust.

Mince Pyes of Apples Mrs Speed

To a p^d of Pearmains Shred very Small take ¾ of a p^d of Kidney Beef Suet, Shred & Sifted, ½ a p^d of Currans, a little more than half a p^d of Sugar & ¼ of an ounce of Cloves & mace together Cinamon, & nutmeg grated 2 ounces of Candied orange, some Lemon peel Shred 12 Spoonfuls of Sack. Probatum est -

To make little Cakes - Mrs Cooper

Take a p^d ½ of fine flower, ¾ of a p^d of butter broken very Small ¾ of Currants, wash'd & well dryed, ¼ a p^d of Sugar, 4 Eggs well beaten & a little Salt, Strain the Eggs into these ingredients, & make them into little round cakes, & bake 'em upon tin Sheets.

To Stew Apples

Pare 20 Golden pipins having first scoop'd out their Coars with a Quill put to 'em a pint of Water wherein pippins have been boyld & strain'd a p^d of double refin'd Sugar with a bit of Lemon peel & the juyce of a Lemon let 'em stew till they are tender take care they do not break then strain the liquor on them in a China or silver dish - put some bits of lemon peel in the holes at top & you serve 'em cold the liquor will be in a fine jelly -

To make Sweet water Mr Lipyeatt

Take 2 Gallons of Damask roses you may keep 'em long by strowing salt between 'em when you pick 'em & 2 handfuls of Musk Marjoram 2 handfuls of Lavender flowers 2 handfuls of Orange peels & Lemon 1 & 2 ounce of Nutmegs & cloves 1 ounce of Cinamon steep this in a strong brine of Salt & water & draw it off in a Cold Still -

Sauce for Boyld Fowls or Turkey

Take a little of the Liquor you boyl 'em in the Liver just boyld up & bray'd with a Spoon - the juyce of two Lemons, an Egg boyld not too hard & take the yolk & samm it with a spoon, the yolk of an hard Egg cut small a little butter & Salt. Artichoke bottoms cut small & put it all over the Turkey or Fowl.

Spunge Biskets

Take 12 Eggs and 6 whites, beat them well seperately then put them together, 20 ounces of fine Sugar beaten & sifted & mix it with the Eggs very well 10 ounces of fine flower, mix it altogether, butter the moulds & fill 'em half full, bake 'em in a quick oven -

To dress Artichoaks in the Turkish manner - Le Brun

Roast the small ones on a Gridiron with a little oyl or butter, peper & salt between the leaves which makes a delicate dish, & they eat not so flashy as when they are boyld in water - or cut them into Quarters when they are young & fry them in butter in a frying pan - but I add they should be boyld first.

Their Sherbet is made of Rose water, juyce of Lemon & Sugar, with a little perfume of Musk & ambergrease -

Their Pilau is rice boyld with a fowl & made Broth of or any other meat & a piece of butter - they also put lards into it, which they call Jag bout, to which they add some Saffron to colour it - they mix it with some Honey or Pekmez which a sort of Mead to sweeten it - & strow peper on the top of it - the Pilau comes last, if they have any other dish - roast or boyld meat is always cut in peces before they eat

To make Orange Wine

Mrs Thomas

Take 100 of Oranges ten gallons of Water thirty pounds of Sugar put the water & Sugar together cold with the whites of 6 Eggs well beat boyl it ¾ of an hour scum it well that no skum boyls in – strain it off & cool it; pare the Oranges as thin as you can, then peel of the white rind, cut the oranges in pieces & squeeze the pulp thro a thin cloath – then put in the juice of the boyl'd water when cold – put in a Toast spread with new Ale-yeast to work let it stand two days, stop the orange peel in a pot of the Sugar & water – & when it begins to work, strain it off – & if the water is not too bitter, you may put the peel into the vessel – when it has done working stop it down close you may put in a Gallon of Brandy if you please – when it is fine bottle it which will be in 2 months time –

To make a second Run or Perkin

Boyl three gallons of Water with 3 pd of Sugar scum it as ditto, when cold put it to the pulp you strain'd from the wine let it stand 2 days, then put in the Toast & when it works press the pulp from the Liquor – & if keep back any of the peel you must bitter it with that & put in ½ a pint of Brandy & tun it – you may bottle it in about a week – it will not keep –

To make a pudding Mrs Cooper

Half a pint of milk 3 Eggs but 2 whites boyl some grated bread in the milk to a consistency & when cool put in the Eggs, a glass of Sack, Citron & Sugar bake half an hour

Goosberry Vinegar

To every gallon of cold water put 6 pounds of ripe Goosberries, bruise them in a mortar with a wooden pestle then pour the water on them in a clean vessel, let em stand in a warm place near a kitchen fire or in the sun if hot, till the liquor ferment & the fruit all rise to the top which it will do in a fortnight – strain it & put it into a cask, add to every gallon of liquor a pd of sugar which will make it ferment a second time & when it has done working stop it close: in half a year it will be fit for use if it is kept in a warm place N.B. Crystal Goosberries for pickle

To make Pilau after the Turkish manner - Tavernier

Take either mutton alone, or together with it Pullets or pigeons which are to be boyl'd in a pot till they are half done - then pour out the meat & broth into a Bason, & the pot being wash'd put in on the fire again with butter in it & melt it & have your meat in small pieces, the pullets into Quarters & the pigeons into halves - & so cast 'em into the butter & fricass it till it looks brown - The rice being well wash'd put into the pot over the meat as much as you think fit & the Broth which had been pour'd into the basin Ladle-full after Ladle full over the Rice till such time as it stands two fingers breadth above it. then cover the pot immediately & a clear fire under it only now & then take out a little to see if the rice is tender - or if there wants more broth put it in there should be whole pepper & onion & salt to season it - as soon as you find it tender & thick cover the pot with a cloth 3 or 4 times doubled & set the pot lid on it - & sometime they make another melting of butter till it is very red to be cast into the holes that are made in the rice with the hand of the Ladle after which they cover it again with a sudden & so let it stand soaking again & so serve it up - It is put into large dishes with the meat handsomly disposed upon it - & some part will be white & that is dispos'd in its natural colour, some part yellow occasion'd by a little mixture of saffron & a third part of Carnation colour made by the tincture of the juice of Pomegranate - 3 pd of butter to six pound of Rice - but this is too fat for such as are not accustom'd to it, who would rather have the rice simply boyl'd with water & salt & instead of flesh cover it with an Aumelette of Eggs made with good herbs, as clary &c: or with poach'd Eggs neatly disposed about it

A particular way of roasting in the Levant

The greater sort of meat as Sheep & Lambs are roasted whole in ovens made in the floor wherein they hang 'em by the heads - at the bottom of the oven there is an ordinary basin plac'd having in it some rice & fair water which receives the drippings - these Lambs being roasted are always served with Rice under them - This is their Supper at 5 a clock - in the morn the better quality eat only herbs, Sallad, fruits & Conserves - The meanest with meats made of melons, milk, Cucumbers

Little mullets wrap'd in Straw & tyed up & then set on fire is the way of dressing 'em at Rosetto - & they taste very rich

To make Bologna Sausages.

Chop Hogs flesh indifferent small & having well season'd it, with Commonsalt peper, cloves & a litle Salt-Petre - they fill the large guts of Bullocks, sheep or hogs, & when they have lain about 2 days in brine, they boyl 'em, taking care that they are rather under than over boyl'd. - - then they hang 'em up in the Chimney till they are dry; they keep 'em a year or 2.

An Excellent wholsome dish of meat contriv'd by an officer in my Brigade.

Take a Breast or half a neck of mutton or the like quantity of any flesh-meat chop it small & put into a Pot with 10 quarts of Water, let it boyl almost to pieces, thicken it with 2 pds of oatmeal, put in about 4 pounds of Shred turnips & two quarts of green Peas, onions, peper & Salt - These very well boyl'd will feed ten men without bread or drink - Parsnips, Carrots or Potatoes will do very well where turnips cannot be had, & green Beans bruis'd a litle will do instead of Peas -

N. B. oyl of mustard & oyl of Turtick, All spice pounded & garlick for pickles gives the rich flavor of Mango & is the East India way. R. P.

To make Veal Cotter. Mrs. Beal:

Cut out very thin & large Slices of a Legg of veal & season 'em with mace nutmeg, Lemon peel, Sweetmarjoram & a very litle Salt cut thin slices of Shrip'd bacon & roll up in 'em & tye 'em light with thread that they are like Sausages fry 'em brown in butter & put in your Stewpan some broth made of the bones, with whole peper, Shallot & lemon peel - let it Stew 3/4 of an hour - thicken it up with butter & serve it with Sippets Lemon, Barberries, Mushrooms &c:

To make Maccaroons Dit.

A pound of Sugar sifted, put in a Stone mortar, with 4 Eggs, beat it 3/4 of an hour, a pound of the finest flower, strowing in a litle at a time, when the flower is all put in, put in a spoonful of rose water. drop it on paper strow'd with flower & sugar, bake them in a slack oven about a quarter of an hour, & take them off the paper whilst warm.

To preserve Stranberries

Take the largest scarlet Stranberries full red, but not ripe add their weight in double refin'd sugar - then take some other Stranberries mash them & to every pound of Stranberries allow a quarter of a pint of the juice expressed from the mash'd fruit with a quarter of a pound more of sugar dip all the sugar in water & pour the juice upon it; meet it over the fire &. When take it off & stir it till it is almost cold - then put in your Stranberries & boyl 'em over a quick fire take 'em off & skim 'em often, when your Stranberries look clear they are enough - then put them into Glasses - if you think the syrup too thin, you may boyl it after the fruit is taken out, stir it till it is cold before you put in the Stranberries.

N.B. This Preserve retains the flavor of the fruit to the highest degree, but it is rather too sweet to be eaten without Cream.

To make Rice Apples

Take 4 ounces of whole Rice, wash it & boyl it in water & strain it, put to it half a pint of cream & ½ a pint of milk a litle Cinamon & half a nutmeg grated, boyl altogether thick then stir in 3 ounces of butter the yolks of 5 Eggs — scoop & pare 6 apples & fill them with rice & run it over them then throw some crumbs of Bread & Sugar over them & bake them till brown — serve them up with sugar, wine & sugar

Pennyroyal Puddings

A pound of grated bread, half a pound of suet, half a pound of currants, a litle lemon peel chopt very small, a litle salt, nutmeg & ginger. a quarter of a pound of Sugar, season it with chopt pennyroyal to your tast. mix all these together & moisten it with White wine & 4 Eggs, boyl it a litle more than half an hour, you may divide it into litle puddings if you please, & then a quarter will boyl 'em.

Blanc Manger

Put to 2 calves feet & a handful of Hartshorn 3 Quarts of water & let it boyl slowly a long time till it jelly's — then let it stand till cold after being strain'd through a Napkin four times double — take off the fat & settling at the bottom clean away — then pound ¼ of a pd of blanched Almonds very fine with a litle Orange flower. — then melt the jelly over the fire & scum off all the fat again — then mix your Almonds in it & a pint of cream that has been boyl'd & quite cold: — when all is mix'd & sweetened to your taste with double refin'd Sugar strain it again into clyps & let it stand till cold. To make it red or yellow squeese it thro' a fine cloth with a litle Cochineal or Saffron

To make Walnut Catchup

one hundred large Walnuts beat in a mortar, squeeze them through a flannel, put to the juyce 2 small handfuls of Sealt-boyl it till the Scum rises, - take the first Scum off whilst on the fire; - let it boyl till a second Scum arises then take it off the fire every time you Scum it, till it is very clear letting it Stand a little off the fire, which sorts it less than boyling it all the time: - then take nutmegs mace & black pepper of each an ounce of cloves ½ of an ounce beat them all extremely fine - then take the Catchup off the fire & put in all the Spice & as much White wine vinegar as will make it a little sharp which will be near a quart, - cover it close & boyl it 7 minutes when cold bottle it. - It will not be fit for use in less than 6 months, when you use it always shake the bottle before you pour it out.

your nuts must be as for pickling.

To keep drink from Sowering or dying -

A handful or two of oatmeal or ground Malt put into your vessel & Stir it well together & let it Settle & it will be fresh; for else put into the vessel the root of orris, organis & Barberries

A pultice of onions

To make a Ragou

Fry sliced onions in butter - put a chocolate cup of wine into the Stew pan - the juyce of an orange, mace cloves & nutmeg & a few Curtants & salt - Take a goose or chicken, rabbits or Lamb or what meat you like, & cut it in small steakes & with a little water put in the Stew-pan & cover it & let it Stew till tender - a very good mondish dish.

To make the Barbary Cabobs.

Take a Leg or Loyn of mutt.n which has hung some days - cut pieces of the lean seperate as much as possible from the sinews of the size of a crown piece & beat them well with a pestle that they may be tender, season them with a little Salt & pepper & cut pieces of fat of the same size, then stick a piece of lean & a piece of fat & a slice of onion on a Lark spit & repeat the same till you have filled 3 or 4 spits - put on a large spit & roasted - & serv'd up with some plain Gravy - if you think this too strong of the onion leave it out, only put some in the gravy or shalot

To Make Barbary Pillau

of the bones & sinews which remain of the mutton that was provided for the Cabobs & some coarse Beef make a strong Broth seasoned only with Salt & whole pepper - then take Rice & put 3 times as much Broth as Rice together viz a qu.r of a Pint of Rice to a pint of broth - it must stand over a very slow fire till all the broth be absorbed in the rice - then serve it up with a fat boyled fowl in the middle of the Rice

A Ragou of the inside of a Sirloyn of Beef N. Montagu

Take slices of Beef cut from the inside of a Sirloyn soak'em in Elder vinegar with some onions some hours then lard 'em & roast'em & serve 'em in with Elder vinegar

N B. what is counted better than larding for any thing is to wrap fat bacon in a white paper & set it on fire & drip it with it.

To make a Fricand'veau

Take 3 onions 5 cloves & 20 corns of peper, a little time pursly & lemon peel, fresh skin of mutton or bits of meat to help flavor boyl all in water till the virtue of the onions are quite exhausted then strain it. Cut a piece of veal oblong or square out of the fleshy part of a leg about 3 inches thick, lard it & put it into the said liquor, cover it close in a sauce pan or stew pan let it simmer gently over a fire for about 3 hours. The liquor the veal is stew'd in must be enough to keep it cover'd allowing for its diminyshing in the stewing. Then take rich gravy season'd seasoned with mace lemon peel & Nutmeg & Anchove strained off put a piece of Butter in a stewpan when it turns of a yellowish colour shake in some flower stir it with a spoon putting in some of the made gravy to the consistency of a thick batter then put in the veal, the larded side downwards let it stand a little but not to burn, then taking it out keeping it warm, whilst you put in as much of the remainder of your Gravy into the stewpan as will make your Sauce of a proper thickness the veal may have stew'd Sorrel under it instead of Sauce.

To make Ipocras.

Take a Quart of Red wine, an ounce of Cinamon & ½ an ounce of Ginger & ¼ of an ounce of Guynes, & half a pound of Sugar, & bruise all this not too Small; then put them in a bag of Woollen cloth with the wine & let it hang over a vessel till the wine is run through; afterwards break the Spice Smaller & put new wine thereto & make more with the Same, but it will not be so good as the first.

Quare whether Guynes be not the Same as the Druggists call Grains of Paradise

To make Flummery

Take a quart of oatmeal or what quantity you please, put it in an earthen pan with a good deal more water than will sour it, stir it well & it lye a night & a day, then pour off as much of the water as will run clear and put as much more water in & stir it again & the day after change the water in the Same manner & let it Stand till it is a little Sour if it stands in a warm place it will be the Sooner So; then pour of Some of the water & Strain the rest through a sieve & what is left in it must be Squeezed hard, & if all that is good Should not come out, it may be put back to steep again. To know whether 'tis of a right thickness it must be Stirr'd with a Ladle, then take Some up on the back of it, if it looks pretty white it will do, if not, it may Stand till the water is clear & Some of it may be pour'd off. It must be Stirr'd all the while it is on the fire, if it Should be too thick a little water may be put in when it begins to boyl, but not after; it must be Stir'd hard with a Ladle till it is quite Smooth.

To make Cheesecakes

¼ of a pd of Almonds blanch'd & pounded with a sprinkling of orange flower water. ¼ of a pd of fine Sugar sifted 4 yolks two whites of Eggs, ¼ of a pd of melted butter.

To stew Carp

Boyl the Carp till they are half done in water then take ½ a pint of White wine, as much strong rough Cyder as much strong gravy, 3 bay leaves Cloves mace & whole pepper, shalot & horse radish stew'em till ready-serve them up with Sippets of toasted bread.

To pickle Walnuts Mrs Colverly

Tie your walnuts up in Lime-leaves - put vinegar & salt to them & let them stand 30 days - then boyl the vinegar & let it stand to be cold & put it to them & stand 30 days longer, then throw that vinegar away, if it will not make Catchup boyl fresh vinegar with Garlick & mustard & what spice you like

To pickle Artichoak bottoms

Boyl'em as tender as you can rub off the leaves put em into a brine let em stand 2 or 3 days & then a second brine with fresh brine - make a pickle with vinegar & water & spice boyl'd & when cold put 'em in.

To pickle Walnuts green mr Milles

Put them into a jar with two handfulls of Salt cover them with cold vinegar & let them stand by the fire 10 or 12 days then take them out & rub them one by one with a clean cloth, & wrap each by it self very close in vine-leaves, & put them in a jar again. boyl vinegar with pepper Jamaica dito Cloves mace & ginger & pour the liquor boyling hot on the nuts & stop them very close-
they are soon fit for use & will keep 2 years.

An Apple Pudding

Pare 8 Apples boyl them tender & rub the pulp through a sieve, beat 4 eggs leave out 3 whites, a little more than a quarter of a pound of butter melted, the juyce of 2 lemons & the rind of one grated in sugar to your taste, beat these very well together, lay a thin crust at the bottom of the dish you bake it in.

To make vinegar

Take a Barrel well bound with iron hoops, paint it & set it on a stand in the Sun whence it is not to be moved. Then put to every gallon of water a p of Coarse Sugar, boyl it & scum it very well, then put it into coolers & when it is cold enough, put it together & work it with yeast & put it into the Barrel & cover the Bunghole with a tyle to keep out the dust. N.B February is the time to make it & it will be ready in 3 or 4 months. it an Inverdishild vinegar

To make Apple jelly

Pare your apples - cut 'em in quarters & take out the Coare - boyl 'em in a good quantity of water when they are thoroughly boyled strain 'em through a thick cloth without squeezing, put a p^d of sugar to a quart of liquor it is boyl'd after like other jellies

Potatoe Cheesecakes

Boyl potatoes tender then peel & beat em fine & to 2 p^d put half a p^d of melted butter, 4 Eggs, almost half a p^d of fine pondered sugar, a ¼ of Currants, nutmeg, rosewater & sack of each a little.

To make Welsh Beef

Take a large fat round of Beef three ounces of Salt petre pound it very small, rub it very well into your beef & let it stand 5 or 6 hours then season it high with peper pounded, then let it stand ten or twelve days in pickle, turning it once or twice in that time - then wash the salt & spice clean from it & put it into a crock or dish to bake, with some beef suet at top & good deal at the bottom - cover it with thick paste - it will take 6 or 8 hours baking - as soon as it comes out of the oven pour the gravy from it & let it stand till quite cold & then use it.

If well done it will keep 3 months

To make Westphalia Hams

Rub every Ham well over with 4 ounces of Salt petre. The next day put of Bay salt common salt & Coarse sugar each ½ a p^d into a quart of Stale strong beer, adding a like quantity of these ingredient for every ham, hot made at that time. Boyl these & pour them boyling hot over the Ham, let it lie a fortnight in this pickle rubbing it well & turning it twice a day

Smoak the Hams for three days & nights over a fire of saw dust. this to be omitted, if you dislike smoaked Bacon

Mrs Christmas's green pease Soup

Take better than a quarter of a pound of butter & put it into a Stewpan, then put into it a pint of Green pease, slice 4 or 5 onions, half a doz. of Cucumbers sliced - 2 good lettuces with a little mint & parsley shred cover all these close & stew them till they are quite tender, a little peper & salt not amiss.

Boyl 3 pints of pease in as much water as you intend for Soup till they are fit to be mashed then strain the liquor off & mix it up with the other ingredients - with as much pepper & salt as you like.

to preserve damsons for tarts

12 pound of damsons to 7 lb of sugar put into a well glazed & seasoned pan, tyed down with paper dampd with water to be set in the oven when the bread is drawn & so repeated 3 times once a week after the last time put a white paper next em & wet the top of the paper with Brandy.

Mrs Miller

To make Maceroni Soup

you are to boyl an handful of it in a quart of Mutton broth which will take up 2 hours before it be throughly soft & then tossing up the macaroni with a little of the broth in a saucepan with a bit of butter - serve it, you will find it savoury & tastefull.

Fish sauce that will serve either for sea or fresh water fish

melted Butter well thickened with flower & mixt with Anchovie, Lady Litchfield
Horse radish, Lemon juice small Quantity of each so that none
of them predominate if you love the taste of walnut pickle a
little of that may be added.

To salt Hams, Tongues, &c. Mrs Calverley

To 4 Ham a pd of salt, & half a pd of course sugar &
a spoonfull of cochinele finely powdered

4 oz of salt peter
1 ℔ of suger
1 ½ pinte of salt

mixed alltogetr with a little water ~~[illegible]~~ lay half on ye ham & in two or days after the other half & after put the brine on the ham which must lay 14 days in it

A Kentish Pudding

Fine Bran 4 oz. Meal 8 - Currants 12, Sugar 4 Beef Suet 12. 5 Eggs, milk a pint - nutmeg grated, Salt, tye it a cloth & boyl it 5 hours

Fish Sauce - White Sauce for Carp &c:

Take 4 large Anchovies, eight Spoonfuls of white-wine two spoonfuls of vinegar, two onions whole a nutmeg quarter'd some mace & whole pepper & 2 or 3 cloves boyl it near half away, then strain it off, thicken it with three quarters of a pd of butter mixd with flower & 2 spoonfuls of thick cream, it should not be too thick.

To Prevent Infection

Take rue sage mint rosemary wormwood angelica & Lavender of each a Handfull infuse them in a gallon of the best vinegar in a stone bottle well pasted down set it on warm ashes eight days, then strain & bottle it adding to every Quart a Quarter of an ounce of Camphire Rub the nose mouth loins & temples & carry about a sponge dip'd in it make it in may

The commission at Moscow, having in the year 1771 invented a fumigation powder, which from several lesser experiments have proved efficacious in preventing the infection of the Plague, in order more fully to ascertain its virtue in that respect, it was determined towards the end of the year, that ten malefactors under sentence of death should without any other precautions than the fumigations, be confined three weeks in a Lazarette, be laid upon the beds, and dressed in the Clothes, which had been used by persons sick, dying, and even dead of the Plague, in the Hospital, The experiment was according tryed, and none of the malefactors were then infected or have been since ill,

For a lax.

Take the Peel of walnuts dry em & powder em then take some Port wine heat it & burn it take as much of the walnut powder as will lay on a sixpence with some nutmeg take it morn & even

For a cancer

The midle part of the Walnut dryed & powdered as much as will lay on a shilling take twice a day for some time.

of fumigation of the first strength. N.B. A pood is 40 pounds Russian which are equal to 35 pounds and an half of English averdupoise.

Powder of the second strength

Take southernwood cut into small peices five pounds leaves of Juniper cut in small peices four pounds Juniper berries pounded three pounds common salt Petre pounded four pounds sulphur pounded two pounds & an half smyrna tar or myrrh one pound & an half, mix the above together which will produce half a pood of the powder of Fumigation of the second strength

Odoriferous powder ~~of fumigation~~

Take the root called Kalmus cut into small peices three pounds frankincense pounded grossly one pound storax pounded and rose flowers half a pound, Yellow Amber pounded one pound, Smyrna tar or myrrh one pound, common salt Petre pounded one pound & and an half Sulphur a quarter of a pound, mix all the above together, which will produce nine pounds, and three quarters of the odoriferous powder.

Remarks on the Powder of fumigation

If guaiacum cannot be had, take cones of pines or firs may be used in its stead likewise the common tar or pines and firs may be used in stead of the smyrna tar or myrrh and mugwort may supply the place of southernwood. turn over

An American receipt for the Rheumatism

Take two garlick cloves, Gum ammoniac one drachm blend them by bruising together, make them into two or three bolusses with fair water, swallow them one at a night & one in the morning. drink while taking this receipe Sassafras tea make very strong, it is generally found to banish the Rheumatism and even contraction of the joints in a few times taking

For Sores or humours

To drink plentifully of wort, which prepare by pouring a quart of boiling water; upon 3 or 4 spoonfulls of fine powder of malt, to which add a spoonfull or 2 of wine, & some brown sugar; of this liquor you may drink from one to three quarts a day

Receipt for making the Powder of Fumigation to prevent the infection from the Plague, invented by the Commissioners at Moscow in the Year 1771

Powder of the first strength

Take leaves of Juniper Juniper Berries pounded ears of wheat, Guaiacum wood pounded of each six pounds, common salt Petre pounded eight pounds sulphur pounded six pounds Myrna Tar or myrrh two pounds, mix all the above ingredients together, which will produce a pood of the powder of

Ten grains of Rubarb. some Crabs eyes mixed with Peppermint Water

For a strain or strenthening plaister

℔ of Burgundy pitch, seven oz of yellow wax four oz of fine powdered frankincense melt the pitch & wax in an earthen pipkin then put in the frankincense and let it boil a little and have ready a pail of cold water to throw it in in summer, & in Winter in warm water oil your hands & take & make it into rolls for use

Mrs Box For an inward weakness attended with a lax

Take the middle peel of walnuts boil it in Red wine & burn it

For an unskillfull Bleeding Dr Cook

Boil 4 ounces of white lilly root in two pints of fresh cows milk, till they become tender then boil three ounces of line or flax seed in as much of the milk straind from the afore said boild root as will render it a cataphasm then let it be well beat together with the bruised lilly roots, apply this emollient poultis hot to the part wounded night & morning.

A new laid egg beat with a little nutmeg & fine sugar add to it a little warm water stirring it well, about two table spoonfulls of Rum or Brandy, to be taken every day between breakfast & dinner, eating a biskit or a bit of toasted bread.

For a cancer.

Boil Turky figs, the newest to be got, in new milk, which they thicken by boiling, when boild enough split & apply as warm as can be borne to the cancer whether broke or not which also must be washd with some of the milk warm several times a day. the figgs must be fresh every morn & even & once or twice a day besides, binding them gently on for some time, drink a quarter of a pint of the milk they are boild in morning & even, the quantity of figs to be boild each time, should be proportiond to the size of the place they are to cover. the use of this method must be steadily observed for perhaps three or four months.

For the

℞ Rad Hellebor abbi
recenter pulv ℥vi
Rad zingiber opt ℥s ss
axung porcin ℥iij
oc origeni qut ℥xx
oc oliver q.s.
m.f Eluquent molle

J.C

For A B
Aug 17 1763

A Good Purge

an ounce of Hirapicra, half an ounce of Jalop. a pint of the best Amisseed, it must not be stop'd at first, only with paper tyed over, take two spoonfulls at a time, twice a week.

For the scurvey mag:

In equal quantity of cream of tartar, and common flower of Brimstone made in to an electuary with Treacle, take three times a week the quantity of a small Walnut, an hour before rising in the morning, if you find benefit after some time, take it twice a week, and afterward only once a week. it has removed a very dangerous Erysipelas, and has greatly relieved in the gravel, it may be taken at all seasons and requires no confinement

For the Rheumatism

garlic 2 clove gum ammoniac one drachm bruised together make in 2 or 3 boluss with fair water, one at night & one in the morning drink a glass of Tea strong.

To make Plant to look like Lace

Take some starch with water very thick, Boil Gumlath in water & put it off a pewter. the starch must be put adding to it a little fine sugar or sugar candy

Wash your plant in water warm

To take out Spots of oyl or grease out of white or red silk

Rub the Spots well with Aqua-fortis, afterwards rub them well with the glair of new laid eggs, hang it in the Sun to dry, & afterwards wash it with fair water well & press it well.

To take out Spots of Pitch Tar &c:

First rub them well with hogs lard or oyl, let it lie 24 hours or more then rub it well with your hands Soap it & wash it well with water - Spirit of Wine is also good in this case -

A Powder to take out Spots

Take bone-ashes of Sheeps legs calcind white, reduce them to a fine Powder, lay this warm on Spots or Stains, till it begins to change colour, then take off that & lay on fresh & continue so doing till the Spot is gone -

Another for the Same

Take White or wheaten-bread just drawn out of the Oven, lay one piece under & another over the Spot of a silk, & it will draw out the oyl or grease.

To take Spots of Ink out of Silk

Take Strong White-wine Vinegar & ~~hot ashes~~, rub them well upon the spots & afterwards wash em with Soap & water - juyce of Lemon for Iron-moulds too for linnen

To make Gilliflowers grow double of any seed

Put the seed of a single gilliflower into a bean that the Sprout or Spire is taken from, so that the bean may not grow. Stop the hole close with soft wax, & set the bean into a convenient fat mould & the gilliflower seed as the bean rots, springing up will produce double flower large & beautifull.

To make Pinks & Gilliflowers blue & purple.

Slit a Succory root & place the root of your flower, then set it in a convenient bed & cover it with light mould & the seed drawing a virtual nourishment from that root, when the pink &c: grows up it will produce a blue flower

A Transparent blue equal to Ultramarine

The Cyanus or blue cornbottle flower, a good quantity of the middle leaves being procurd, press out what juyce you can from them & add to it a little allum & you will have a lasting transparent blue of as bright a shining colour as can be desird, scarce inferior in beauty to ultramarine & is durable

A fine blue - Mr Boyle

Take the blue leaves of Rue, & beat them a litle in a stone mortar with a wooden Pestle, then put them in water, juice & all for fourteen days or more, washing them every day till they are rotten & at last beat them & the water together, till they become a pulp & let them dry in the sun

To preserve herbs after gathering my son from Dr. Hebenstreit - Leipsick

Gum Arabick & Tethuochia an equal quantity & Camphire enough to make it perceiv'd by the nose, fasten 'em on a sheet of white paper & clap it into a sheet of Brown & put in bag

Dr Shaw - A Composition of great firmness for a Terrace &c: Arches & Cisterns

Take 2 parts of Wood Ashes, 3 of Lime & 1 of fine sand, which after being well sifted & mixd together they beat for 3 days & 3 nights incessantly with wooden Mallets sprinkling them alternately & at proper times with a litle oyl & water, till they become of a due consistence.

Ditto To joyn Pipes of Aqueducts, by beating Tow & Lime together with oyl only without any mixture of water - both these compositions quickly assume the hardness of Stone & suffer no water to pervade them.

Instead of Glue, you may use a preparation of Cheese, wch is first to be pounded with a litle water in a mortar till the wheyie matter is washd out, when this is done pound it again with a small quantity of fine Lime & apply it afterwards as quick as possible to such Boards as are to be joyn'd together, which after the Cement becomes dry, will not be separated, tho' even by water it self

Let your herbs be half dry, & then putting 'em in a brown paper put 'em in a press & when dry glew 'em on a half sheet of Paper with Isinglass or the white Salisbury glew made of parchment + the best way is to have 'em in cupboards or book cases, with boards this is better than in books. They put in about a Spoonfull of Aqua fortis to fourteen of the liquid glue, this keeps off Vermin - & is an invention of Mrs Lisle

The manner of drawing plants; is by pricking the plants on one side, so that the juice may come out & then pressing the plant on the paper, it leaves its print & is drawn exactly. +

To take of Medals Seals Cameo's, &c:

An ounce of Isinglass steep'd in a quarter of a pint of Brandy for one night, boyl it till the Isinglass is dissolv'd, put above half a quarter of an ounce of Vermilion, mix it, & strain it through the finest Camerick lay it on with a tea-spoon till every part of the medal is cover'd - when cool it comes off.

A Cement for Shell-work & to make leaves stick

Take ½ a pd of Bees-Wax, 2 oz of Rosin, 1 oz of Burgundy pitch; melt it in a pipkin. To make it green when it is melted stir ½ oz of powder of verdigreece in to it. Heat softens & you may work into any shape you please to make leaves, & clap a leaf of any plant on it, & you may take the vrins. N B. a greater or less quantity of the verdigreece makes it deeper or paler, & you may shade it as you please.

A plaster to take off superfluous Hairs-

Bees wax & rosin melted together & spread on leather & put it on the part to be clear'd take it off & all will come off clean.

A pultice of onions put the feet when given over in a fever has recover'd.

Powder of Potatoes in past for a cement

To fat Cakes for killing.

Powder of Rice & Sugar & chalk powdered made into Balls

To clean Plate

Dry whiten & make it warm and rub the plate

To clean Mohogany or other wood.

Powder of Alkeny & boild linseed oil, rub it with a woolen

To clean Brass or Iron.

Powder of Tutty & spirit of wine, rub it after it is clean

To make Whiting

Whiting, a little starch, & small beer boild.

To take of Plants.

Take a flat cushion of about six inches square covered with leather, and another of a round kind bound up so as to form a handle to it lay on the flat one some some printing ink and level it with the round one, lay a leaf between them and press it gently that the ink may be equally devided on each side then put it between two white papers, and press it with the palm of your hand and the impression will remain The printing ink is made of three parts drying linseed oil one part turpentine-oil and brought to a proper consistency, with Lamp Black

A Cement for Shells

Take two ounces of Gum Arabick dissolve it in water, take a quarter of a pound of the finest plaister of Paris, put it in by degrees to the Gum water stirring it incessantly for two hours to keep it from setting, putting from time to time so much water as will keep it to about the consistency that a Spoon will stand an end in it. it will keep about 3 weeks

when they would put 3 or 4 Shells together in any work, cement 'em on a piece of paper & then cement the paper on the Vase you are making

For the Gout, or Rheumatism. mr Stuby

The crumbs of gum Guiacum
Half an ounce of solutative
Half an ounce of spirit of Lavender
Half an ounce of tincture of saffron
one pint and half of Rum

Infuse the Guiacum, and put all into a Quart Bottle let it stand in the sun side three or four days shake it sometimes, take a tenth a tea spoonful in a glass of white wine.

For the Jaundice.

A Lemmon stuck with cloves, cut a [illegible] slop off it & put a pennyworth of Turmeric into it & roste it, put it into a pint of white wine, drink half a pint a day fasting morn it will cure the disease.

Thes 17th 1759 For a Cough mrs Shipton 212 Dr.

Honey & Liquorish sliced of each 4 ounces, flowers of Benjamin & opium, each a dram. Salt of Tartar 1 ounce, Camphire 2 scruples oyl of Anniseeds half a dram. Infuse these ingredients in a quart of double rectified Spirits of wine by the fire for 10 or 12 days, shaking the bottle twice a day. the dose for a grown person is an hundred drops to be taken going to bed in a glass of wine & water

N.B. It is of great service to children in the Hoopin-Cough before the bottle shaken the Cork must be loosed, as it must be whilst it stands before the fire, the bottle must be quite full it will keep seven years.

A Medicine for the Leprosy left by mrs Montagu for Thomas Hatlin.

Four ounces of the inner Bark of Elm, boyled in four quarts of Water to two. the Bark first standing in the water 3 or 4 hours before it is boyl'd. of this liquor strained he must take 8 spoonfulls night & morning, & five & twenty grains of Crude Antimony just before or after it, it may be sweetend with very coarse Sugar.

He may boyl an handful of Fuemitory & a handful of Bran in a quart of Water & dab the worst parts of it. I believe it would help the Scurfs to separate. This he must do after he has drank the liquor & taken the powder a week or ten days.

For the Jaundice

The White of an egg, two glasses of spring water beat very well together, & drank down at once.

℞ Unguent Opthalmic. Edinburgh. ℥ss

Mr Rich. Porocke. A fine mollifying oyntment or Plaster

Half a pint of Sweet oye, half a pound of Rosin two ounces of Bees-wax, one ounce of black pitch melt altogether & then stir in an ounce of liquid Storax after it is off the fire.

Good in the Smalpox upon their sinking from the Hist. of a young Lady

About thirty Snails to be crush'd & spread on flax & applyed to the soles of the feet & give at the same time some wine mixt with Treacle The Snails to be chang'd every twelve hours care to be taken that the person who takes them off leave her mouth & nose closely cover'd with a Handkerchief dipt in sharp vinegar & take some Treacle - the Smell will be so offensive.

This prevents the malignity from getting into the head - where it might form an abcess.

For a cold, Hoarseness or Cholick

A Spoonful of Sallad oyle 2 Spoonfulls of Water a tea Spoonful of Spirit of Hartshorn. Mrs Jomy Bingham

For sore eyes

℞ Unguent. opthalmic. Edinburgh ℥ss P. Collet

For a lax

An ounce of mutton suet scrap'd fine melted in milk, taken at going to bed, as long as occasion

For an ulcerous Leg, even when it tends to a mortification

Take one ounce of Litherage of gold, a quarter of a pint of Fallet oyl, one penniworth of oyle of Roses, half a quarter of a pint of White wine vinegar, put altogether in a basone stir it till it is well mixt & thick.- dress with white brown paper rubb'd & pull'd till very soft.-
The art is to mix the medicine by stirring it a great while till it is well incorporated.

The Court Plaister for Cuts & wounds.

Take half an ounce of gum Benjamin, dissolve it over a gentle fire in two ounces of French Brandy then add one dram & a half of Isinglas & dissolve in it.

Apoplectick fit

give a handfull of Salt & a pint of water.
has recover'd some out of an Apoplectick fit.

For any Bilious disorders. Dr. Shaw

A dram & ½ of Venice or Castile soap, Rhubarb finely powder'd 1 dram, salt of Wormwood ½ a dram mix'd up with syrup of Saffron, make into 12 pills take 2 or 3 an hour before each meal with a draught of any purgeing water.

Dog & Dick water. St Georges fields best
if it purges too much 2 pills or only twice a day when most convenient. Epsom salt in water may do as well as the purging water.

A small punch to drink when any one is feverish

As much salt of wormwood as will lay on half a crown juice of two lemmons, first mixt, a wine glass of Rum a quart of water.

For a burn. Ann White.

Take knot grass, elder buds if to be had if not the inner peel of elder, bramble leaves the inner peel of a Cabbage stem, sengreen plantain leaves pounded very well & boil em in Lard stirring take the fire out with brandy or oil or rennet bag dress it with fine linnen rags & not take em off but wet em with the medicine with a feather twoor three times a day the airtem

For a sore throat from cold

Syrup of mulberries just warm taken in to the mouth & spit out good; but if from acrimony of blood purging is necessary, after drops of spirit of vitriol mixt with the syrup is good

For corns

Wet the corn with spittle for five minutes, morn & even at bed 3 times a day, the whole corn comes out.

To make Wormwood Draught for a Fevor

A quarter of an ounce of salt of wormwood, 5 large spoonfuls of Sevill orange juice then add 12 spoonfulls of mint water and the same quantity of spring water 2 tea spoonfulls of salvolatily, and a little fine Sugar. take 4 large spoonfulls every 6 hours, and if the fevor bad, you may add to this half a quarter of an ounce of salt of nitre.

A receipt for Deafness

Take one Spoonful of the juyce of onions two Spoonfuls of Honey, mix'em well, drop a litle into the ear, turn the head & let it dran out, put in wool in a bit of muslin. Dr Milles

For an ulcerated Throat

If attended with any bright redness, white pustles or any black appearance within the mouth, they are not to be treated like comon sore throats, by coolers & evacuations, but by bleeding once & then giving sweating powders of Lapis contrayerva compositus, by keeping the patient warm & giving white wine whey &c.

Genseng

May be taken in the manner Chambers in his dictionary sets down, in decoction, or about 10 grains of it in powder in any vehicle as wine & water, or any Syrup or any Conserve, is a dose to be repeated twice a day or oftener as the case requires, if it binds too much a litle Lenitive Electuary or other gentle purge may be proper.

To Cure a Dropsy - Bathe all the swell'd parts often with sweet Sallad oyl & lay over it flannel. Mr Walker

Tea made of Mistle to & drank in a morning is very good for weak nerves & distempers caused by cramps

A clove of Garlick soak'd in oyl of bitter Almonds will cure deafness put in the ear at night & stack silk with oyl in the morn

To pickle Onions

peel'em & fling'em in cold Salt & water. boyl Salt & water a Strong brine & throw'em when it boyls - just about half a dozen bubbles - take'em out & put in cold Salt water - let'em lie till next morning dry'em in a cloth & put 'em into Boyled vinegar when cold.

White Hawthorn berries chew'd or pow'dered taken in Whitewine good for the Gravel. - Dr Cole

Syrup of poppies & marshmallows in Cowslip water. Dito - or high taper powdered.

A Tea Spoonful of Volatile Gum guiacum in a wine glass of water going to bed & gentle perspiration on it is good for a Rheumatism - Dr Pocoke Rp of Story

For the scurvy Dr Collet

℞ Calc. antimonii illot
Æthiop Antimonial ā ʒi
Palo Contrayerv. comp
Gum Guaiac
myrrh ā ʒss
Camphor gr XV
Syrtort Aurant q. s.
mf Pilulæ 10 ex sui qual Drachm
capiat 4. 5 vel plures (pro ratione effectus)
hora XI matut & hora decubitus: nov. 3 1757

To cure an ague

The thinnest outer rine of a lemon, dryed & powdered taken in 3 or 4 spoonfuls of water when the fitt is just coming on - & walk about. is a specifick. Dr S.

To cure a Cold or Cough

a syrup Mrs Calverly

Take one ounce of Syrup of Balsamic one ounce of Diacodium, one ounce of Aqua Mirabilis mix it in a viol & take a spoonfull when you go to bed shaking the viol when you take it - 3 or 4 nights you will find benefit - & so take a little manna with a like syrup of Balsamic in about a fortnight.

To pickle Walnuts

Diff

Boyl water & salt that will bear an Egg let it stand till cold & put in your nuts, every other day boyl fresh & shift them & after 3 times changing, dry 'em in a cloth - boyl vinegar & salt & put in Mace & a few peper corns & garlick & horse radish - & put 'em in when cold.

To pickle Cucumbers

Wipe the Cucumbers put 'em into cold vinegar & salt put 'em in a pot over the fire & let 'em heat gradually till they just simmer - take 'em off & shifte 'em - it should be distilled vinegar - in about a week pour the vinegar off - boyl it up & pour it hot on them & shifte 'em - a like mace peper & salt for spice.

To cure deafness

Whitewine vinegar distill'd 3 drops into the deaf ear on going to bed. Whilst it is used the head should be wrapped warm at night & due precautions used against catching cold in the day.

There is usually some effect found from nine days use unless it may proceed from a long deafness by hardened wax & for that pomatum put in the ears; if from any nervous effects it rarely fails of success. — There is no danger from a much longer use of it.

To cure a cold on the Lungs Archbp Whetcomb

Take an ounce & ½ of Frankincense, put it on a chafingdish of Coals - sit over it & take in the smoak, covered with a Blanket, warm the bed with a like in the pan & go to bed & you will sweat. - Good even for ulcerated Lungs.

For the Toothach

Put a Quart of warm Nitre on an ounce of Mint. wash your mouth with it warm'd.

Golden Rod for the Gravel.

Take 3 or 4 Sprigs of it, pound it in a marble mortar & strain out the juice, mix it with as much Whitewine & drink it 3 mornings fasting.

To make the Syrup pound it like manner & to every pint of juice put a ℔ & ½ of Loaf sugar & take a Spoonful of it in a glass of Whitewine three mornings fasting.

Lime water

Take 1 ℔ of Lime out of the Kiln, Chalk lime is best - put 2 quarts of cold water to it - let it stand 24 hours, stirring it 3 or 4 times - then filter the water through a filtering paper or Sieve. A Quarter of a pint morning & evening in ½ a pint of warm milk or milk porridge

Recipe Arquebusade Water

Sage Handfulls - 20
Wormwood - — 20
Mugwort - - - 20
Comfrey - - - - 20
Angelica - - - 20
Pimpernel - - - 10
Buglos - - - - 10
Sanicle - - - 10
Ground Ivy - - - 10
Large dazies - - 10
Small ditt - - - 10
St Johns wort - - - 10
Vervain - - - 10
Betony - - - - 10
Agrimony - - - 10
Fumitory - - - 10
Plantain long - - 10
Ditto round - - - 10
Dog Grass - - - 10
Herb sor cuts - - - 10
Scrophularia - - 10
Elder - - - - 10
Smallage - - - 10
Fennel - - - - 10
Aristolochia one pound

Distill all these in fifteen Gallons of Whitwine.

For a Cough

Bake Elder berries pour off the juyce, boyl it to a Syrup with honey - take 2 spoonfulls going to bed.

To ripen a blind boil

Milk, mallow, crumb of Bread & mastick heated into a poultice & applyed once in 12 hours, till it comes to a white head.

Powder of leaves to dry up a wound

Ashes ditto to clean the teeth & also of Harts horn & Coral mixed an equal quantity.

In the Plague

Take much Theriaca at first - not after 24 hours Good also to bleed within the 24 hours from the right arm - eat a Panade of bread & pounded Almonds - apply to the Carbuncle the leaf of Rumisa red or white is the dock, roasted gently over the fire with fresh butter & put it on a linnen cloth to the sores - in want of this or a Cataplasm of Rumisa & Malva or Malva alone pounded & made up with the fat of male pork & Mastick the under part of the leaf to the flesh.

For the Gout to give ease

An hot Bath to the foot of red wine & Rosemary.

Distilled water of Bean does good for the Gravel

Water of Pellitory of the Wall good Diet.

For an Ague

30 grains of Cochineal in a glass of Claret ten mornings

For the Gout or Rheumatism — The Duke of Portland

℞. Aristolochia rotunda or Birthwort } root
Gentian — — — — — }
Germander }
Ground pine } tops & leaves
Centaury }

Take of all these well dry'd powder'd & sifted as fine as you can equal weight, mix them well together & take one drachm of this mixed powder every morning fasting in a cup of wine & water, broth, tea or any other vehicle you like best; keep fasting an hour & half after it, continue this for three months without intermission then diminish the dose to ¾ of a dram for three months longer; then to ½ a drachm for six months more taking it regularly every morn if possible After the first year it will be sufficient to take ½ a drachm every other day. As this medicine operates insensibly, it will take perhaps two years before you receive any great benefit, so you must not be discouraged tho you do not perceive any great amendment, it works slow but sure, if doth not confine the patient to any particular diet, so one lives soberly & abstains from those meats & liquors &c: that have been always accounted pernicious in the gout, as Champaigne, drams, high sauces &c:

N.B. In the Rheumatism that is only accidental & not habitual a few of the drachm doses may do: but if an habitual or of long duration, then you must take it as for the Gout the remedy requires patience, as it operates but slow in most distempers

For a Burn Mrs Tull

An handfull of common Mallows a handful of singreen a large onion, sliced boyld in New milk thick it with oatmeal a bit of Lard boyld in it & make a pultes put Linseed oyl over it & apply it to the burn – it will take out the fire & cure the wound by dressing it twice a day & will heal it soon without a scar.

A pultice of onions laid to the feet when given over in a fever recoverd

Vinegar good to lay the itch of gnats, bugs or flies – & paper dipt in vinegar to lay on the itchitching

A receipt for a sore or cancerous Breast.

Take Rue, sinallage, Feathersfew, wormwood & sage of each one handfull; – chop them very small & boyle them in strong ale-grounds a quarter of an hour; thicken it with wheaten meal – as it comes from the mill; then put into it some Boars grease or Barrows – make it into a Poultis & dress it twice a day; – the same will break it, if it is to be broke & cure it.

For the Scurvy

He recomends Scurvygrass, Cresses, Brookline, Sorrel Endive, Lettuce, Purslain & other of a cooling nature. — but the greatest service may be expected from subacid fruits, as Lemons, oranges & pomegranates eaten frequently, on account of their cooling & subastringent quality

Dr Pocoke

Dandelion leaves stew'd in a pan without any water, take of the liquor morning & evening & at 4, a spoonful good for a dropsy.

For Coughing at night. Infallible:

2 spoonfuls of Honey one of vinegar boyl'd up to a syrup & taken going to bed as hot as you can.

Deafness to cure:

For deafness, consider if the drum is too tite or too relaxed, if too tite as often in feavourish dispositions, then oyly & unctious remedies, — if relaxed, drop from the finger 8 drops of distilled white wine vinegar warm into the Ears. keep the head warm. if hear better when go into the Cold, 'tis a sign of a relaxation.

To strengthen a weak or rickelty child.

Millipedes bruised & strain'd thro a muslin in Tent wine & give the child a tea spoonfull 2 or 3 times a day

For an obstinate Gax

The Back bone of an Hog calcin'd 2 spoonfuls of or bacon in a pint of milk thickend with flower, if the stomach cannot bear all milk let there be water in it.

The Itch Dr. Mead

Caused by little worms burrowing under the Cuticle & laying their eggs in different places spread the disease - no need of Cathartics or sweeteners of the blood are of any service here. First let the patient go into a warm bath & then let the parts affected be anointed every day either with the ointment of Sulphur or the ointment of precipitate Mercury, which is less offensive: instead of which a liniment may be made of orange flowers or red roses, the Mercurial red Corrosive & Hogs Lard pounded together. which is of a very pleasant smell & of equal efficacy

Diff. The Albugo or white Speck in the Eye

Take of common glass any quantity, pound it in a mortar into a very fine powder. then add an equal quantity of white Sugar candy & levigate the mixture on a marble with great labour till it becomes quite impalpable. a little of this powder put in to the eye with a quill every day, gradually absterges & wears off the Spot by its incrding quality.

The force of Odours - he recommends spirits & volatile Salts - Castor, Musk & Civet as very refreshing to the Spirits, - but if any overpower or are disagreeable not to be used - if these perfumes do not agree - Castor & Asa fœtida may - but moderation constantly to be observed in all these things Diff.

Of Worms

Quicksilver in every form is destructive of em, therefore a purge of Rhubarb with a small proportion of dulcified mercury sublimate, which is to be repeated at due intervals, & in the intermediate days to give Ethiops Mineral morn & evening.

But the flat worm requires a peculiar treatment Take filings of Tin & red Coral of each an equal quantity pound them together into a very fine powder, of which one dram made into a bolus with Conserve of the tops of Sea-wormwood, is to be taken twice a day often repeated lest they return

For a Dropsy

A spoonful of whole mustard seed & drink on it half a pint of a decoction of green broom tops. continue it night & morning for a year

This distemper has been cur'd by abstaining totally from drink. & to assuage the thirst by washing the mouth & throat with the juice of sour apples or Lemons & now & then swallowing a very small quantity of it.

For the Diabetes

Take four pints of milk boyl it a little & turn it with three drachms of Alum. four ounces of this taken 3 times a day

For the Stone

Oyl of sweet almonds, syrup of Marsh mallows emulsions made with Almonds. to which may be added the use of the warm bath. But among powerful diuretics Turpentine & Soap are best. Bodily exercise especially riding every day

The Iliac passion.

Blood must be plentifully drawn with great expedition, not once only, but twice & generally thrice & then the belly is to be moved - but this is very difficult to be done because acrid Catharticks cause too great an irritation & are thrown up by Vomit. Therefore it is to be attempted by stimulating glysters & gentle Catharticks. Anodynes too are necessary but mixt with the purging medicines. A scruple of the Cathartic extract with one grain of the Thebaic extract & some hours after two spoonfuls of the infusion of sena with addition of a fourth part of the tincture of Sena, to be taken either every hour or every two hours untill the patient has had a sufficient number of stools. If this course prove ineffectual it will be right to order Quicksilver to be swallowed down to be given in large quantities to a pound weight at least & generally requires to be repeated - Nor ought the Physitian to use any long delay in trying this experiment for fear of an actual mortification of the inflamed parts whereby the coats of the intestine would be destroyed & the Quicksilver run into the cavity of the Abdomen. Fomentations are of some service viz: warm flannel soak'd in Spirit of wine; or what Sydenham prescribes a Live Puppy held constantly on the bare belly; - but an immersion upto the breast in the warm bath is far more beneficial - & if the pain is not dispersed, it will be proper to apply Cupping glasses, with slight scarifications, about the Navel

The Same Method for the dry Belly ach

Some Observations & Medicines taken from Dr Mead

On a Petechial which is I suppose a Spotted Feiver

Bezoardic powder, or rather the compound powder of Contrayerva with nitre & the cordial confection as in Milian fevers - & towards the latter end of the distemper & the patients weak low state requires warmer cordials, Virginia Snake root Contrayerva root, the root of wild valerian, Saffron & the like.

Erysipela's

First draw blood pretty plentifully, purge once & again with gentle Cathartics as an infusion of Sena with manna dangerous to apply hot fomentations & much more to repel it with cooling ointments or liniments - but if the skin in any part be gangrened that part is to be fomented with a decoction of bitter herbs mixt with camphorated spirit of wine; & afterwards a cataplasm of oatmeal boyled in strong beer.

℞. Manna & Glaubers Salt a gentle purge

A Gargle made of Barley water & syrup of Mulberries or some such other. Syrup for the pectoral decoction when the spittle tough & the mouth choaked with slimy phlegm

For Malignant fevers. Camphire, Spiritus Mindereri & much celebrated Medicines & powerful Sudorifics.

℞. Camphire must not be exhibited alone, but joyned with cooling medicines, for it is very hot. Give it thus way.

Take Camphire one drachm; grind it with a little rectified spirit of Wine, then mix it thoroly with an ounce of double refined sugar & afterward pour on it artificial one pint of hot vinegar

For a Rheumatism Lady Savile

1. ℞ Quidacum & Honey the quantity of a Nutmeg, taken at going to bed, it will make to sweat, so to be sure not get out of bed.

Mustard seed a spoonful, tyed up in a rag & put into a pint of Sack whey, also the remedy to drink at going to bed. Dit.

A spoonful of Honey in a glass of Spring water drink at going to rest is good for an Asthma Dit.

Feb. 1752. Some receipts from Dr Pocoke

N.B. Clove Tea that is Spice cloves, good for colicks occasioned by coldness of Stomach & peppermint Water.

Ipecacoanha a vomit taken from 10 to 28 grains but so small a quantity purges, it is called a divine remedy in all Diarhœas, it is purging & binding but not so binding as Rhubarb. 40 grains of Ipecacoanha to a pint of Brandy

N.B. Jalap a good cheap purge for the comon people from half a dram to one dram; for children as many grains as years old.

N.B. In fluxes first a Vomit of Ipecacoanha, then a purge of Rhubarb, but not too soon & if bound after Rhubarb, should take another kind of purge

For a great cold: Sweat with Vinegar Whey, a little Venice Treacle in it not amiss

Dr Ratcliffs receipt for a Rheumatism

Take half an ounce of Horseradish sliced & ½ an ounce of mustard seed bruised, put these together into a quart of white mountain wine & let it stand 24 hours, take 4 spoonfuls at a time three times a day, in the morning & fast an hour after & at 4 in the afternoon & at night going to bed shakeing the bottle every time: when the wine is out put in another quart & let it stand 3 days before you begin it. this into quarts is enough to take at a time, which must be at the spring of the year & repeat the same at the fall of the leaf, unless you are ill, take it then at any time.

Dr Meads cure for a Rheumatism or swell'd Legs.

To a quarter of a pd of whole mustard seed put a quart of strong mountain wine, let it stand 24 hours & then drink a good wine glass of the clear without shakeing; as you drink one glass fill it up out of another bottle till in this manner you have drank two bottles which will last about 10 days; it is best to drink it abed & lye ½ an hour after it drink it in a morning fasting.

For a Rheumatism Hellyar

of Hill Thyme rue, Bay leaves & horseradish of each a good handful boyled in 2 quarts of spring water till it comes to a quart, strain it out & put ½ a pd of treacle to it & drink ½ a pint morning & night

For the scurvey

Four pd of butterdock roots to six quarts of water, an ounce of sena, boil it till the roots are tender, then put in a pound of treacle & let it just simmer strain it & work it with a barm toast — half a pint in the morning warm

For a dog or other beast bit by a mad dog Dr Pottes receipt

5 grains of white Hellebore given in butter or any thing that he will swallow it works by vomit 25 grains to a bigger 30 or 40 to a Cow or Horse

To cure an Ague Fit -

give a vomit just as the ague is coming & if it does not do the first time repeat it - & give as much powder of rosin as will lye upon a shilling every 4 hours between the fits in any liquor

A Water for Convulsion fits. Lady Savile

Take a pint of Spring water, three sprigs of Centaury three sprigs of St Johns wort 2 or 3 branches of yarrow some pieces of Gold boyl these on a gentle fire till the third part of the liquor be wasted then strain out the herbs & add to it half a dram of Prepared coral half a dram of Amber both finely powdered one leaf of gold one ounce of brown Sugar candy half a dram of either Rhubarb or London treacle keep all hot for one hour over the fire then bottle it, & when you will give it, shake the bottle that the powders may mix give 2 spoonfulls to a child just born the first thing it takes; & whenever the fits take the child or at any time when troubled with wind.

N B. Dr Colloff thinks the gold needless & the leaf gold dangerous, because we cannot be sure it is not from brass - & he thinks Rhubarb better than London treacle which is hot.

To make Artificial Asses milk

Take two ounces of harts horn shavings 2 ounces of candied eringo roots 2 ounces of pearl barly 12 garden snails bruised a little put em in a pint & half of water boyl it to a pint take 2 spoonfulls of the mixture in four of cows milk take warm as often as you please

For a Bruise — Mr Collet.

Take very much common Linseed oyl & oatmeal an equal quantity make a plaister when mixt together ~~make~~ & apply it to the bruised place —

For a pultice — bruise Linseed pound & boyl it in water till it is thick & lay it on warm — on the part that gathers & a pultice of white bread & milk all round Ditto

For a Strain Dr Cokel

Take an equal quantity of salad oyl & water one third of vinegar & a little spirit of Harthorn enough to mix it — & bathe the affected part twice a day with it warm & you may apply a plaister of Burgamy Pitch & Barbadoes-tar to soften it. spread on leather

For a Flux — Mr Montagu

An ounce of the best Rhubarb infused in a pint of the best old & true good Brandy — the older it is, it grows the more astringent; the Brandy should never be poured of the Rhubarb till it is taken. 2 or 3 spoonfuls may be given to a child, 5 or 6 to a grown person according to their strength to be repeated 2 or 3 nights going to bed.

Lime water

Take a pound of Lyme out of the kiln chalk lime is best put 5 Quarts of cold water to it let it stand 24 hours stirring it 3 or 4 times; then filter the water thro a filtering paper or sieve. A Quarter of a pint morning & evening in ½ a pint of warm milk or Milk pottage

oyster shell Lyme in powder of Mr Wotten a chymist near Hanover Square at 8d a pd

Jan. 14. 1750

For fits & chiefly Convulsions

Dr Bingham

Dry an egg-shell beat it to ponder & sift it very fine — take the quantity of Wood-soot finely sifted as will fill an egg shell & ½ of an ounce of Assa fœtida, bruise it & put all into a pint of Brandy. — Shake the bottle every day for ten days & it will fit forever as soon as it is clear. you may give a spoonful to a man or woman & 10 drops to a little child, in a little ale at the full & change of the moon or oftener as you see occasion to be taken morning & afternoon

For a Strain

Miss Lisle

Cut some leather of old gloves will do, to pieces boyl it in old verjuyce till it comes to a jelly & spread it on leather & apply it to the place affected & let it lye on as long as long as it will stick & let it drop off of it self — & it will certainly strengthen & cure it soon.

For the Gravel

Dr Collet

℞ Sal. Epsom ℥j
Aq. Alexiter. simpl. ℥iv
Spir. Lavend c. ℥iij
M. fumat ½ statim & reliq. post 5 horam

℞ Spir. Nitri dulc. ℥j
Sumat gutt xxx in Cyatho aquæ fontan 6ta vel 8ta quaque hora, purgatione finita

To Cure the Piles

Cream of Tartar & flour of Brimstone an equal quantity, made into a Bolus with honey; - take a tea Spoonfull twice a day.

For a Rheum or Inflamation in the eyes.

Lapis Calaminaris finely powdered & oyl of Sweet Almonds fresh drawn; mix 'em well together - put a small quantity on the eye lids at night after you are in bed, dont open your eyes after the ointment is on - shake the bottle before you use it; the longer it is kept the better.

Corbin.

To cure the bite of a mad dog when the person is raving & has cured every person that has ever taken it. Mrs Lyle

Take of Native Cinnabar & fictitious Cinaber in fine powder of each twenty four grains, of the strongest musk sixteen grains rub them together till the musk is very fine; give all in one dose in a small tea cup of Arach or Brandy, as soon as possible, repeat the dose in an hour & half: - take great care the Native Cinabar is right, for they very apt to sell both fictitious.

A Fomentation

3 quarts of water & 2 handfulls of Marsh mallows or other mallows - a little Rosemary - a quarter of a ℔ of hard Soap - boyl it to 3 pints

Sweet oyl & brandy a Spoonfull of each incorporated in a viol is good to take off the redness & pits after the Small pox.

A quarter of an ounce of sena, a tea spoonfull of Coriander seeds bruised 8 reasons stoned, a little more than a quarter of pint of water, simmer a little while, & put half an ounce of salts.

For the bite of a mad dog Dr Cold

℞ Cinnabar nativ.
Cinnabar Antimonii ā ℥ss
Moschi opt. gr: XII
Conserv. Cynosbati q s.

M f Bolus vesperi sumend. & repetatur omni vesperi ad 3 vices

J. G.

To drink 2 gallons of water ~~of water~~ made as sowre with juyce of Lemon as can ~~be~~ possibly be drank everyday — Eat no flesh — nor any milk — but all sorts of fruit — & no exercise too much — but keep still & divert himself as much as can be to divert melancholy thoughts & apprehensive ones as much as possible.

The root of White Hellebore scrap'd & 10 grains given in milk or rolld up in butter to be given for the bite of a mad dog — Cold

To prevent a Gutta Serena

A Quart bottle filld with Mellipedes — & then filld up with White wine — a wine glass given 3 or 4 times a day Dit

Col. Bill Bingham

To cure a Strain beat up the white of an Egg with 2 Spoonfulls of old verjuyce or white wine vinegar very well & apply it.

For the Cholick Miss Leslie

An ounce of Scena to a pint of Annised water let it infuse in a bottle 24 hours — Shake it & strain it off & keep it close stopt in a bottle — a Spoonfull for one or two or 3 nights taken when you have the Cholick perfectly carries it off & cures it

For the bite of a Mad dog taken out of the News paper Oct 25 1746

Take the leaves of rue, pick'd from the Stalks & bruised 6 ounces garlick bruised, venice treacle & Mithridate & the Scraping of pewter of each 4 ounces:- boyl all these over a slow fire in two quarts of Strong Ale, till one Pint be consumed.- then keep it in a bottle close Stop'd & give of it 9 Spoonfuls to a man or woman warm 7 mornings together fasting 6 to a dog

This the author believes with Gods Blessing will not fail if it be given within 9 days after the biting of the Dog Apply some of the ingredients from which the liquor was strained to the bitten place.

N.B. This receipt was taken out of Calthrop Church in Lincolnshire the whole town being bitten with a Mad dog & all that took this medicine did well & the rest died Mad & it has since been found effectual in every instance not only to human kind, but to Dogs, Cattle & other animals

Sticking plaster for a burn.- The Sticking plaster sifted given Eliza Bingham.

Take a pint of oyl, half a ℔ of red lead & of Rosin the quantity of a large Egg beaten very fine- boyl the oyl & lead together till they begin to turn blackish - & then put in the Rosin Stirring it all the time, being thus mixt let it boyle a little while being kept Stirr'd - & then dip in rags of what bigness or length you please. I think it better to keep it in a case & spread it as wanted a Plaister about 3 fingers breadth & so long as to reach about the small of the back & lay on a. all the while a she is known to be with child

Rue & wormwood boyl'd in milk & put coarse Sugar to it -

For the Cramp — Lady Wallingford.

Take a quantity of Mistlete, pick of the leaves & berries & dry them in paper bags by a wood fire, when dryed, pound it very fine: then mix that ponder with Syrup of Peony to make it an Electuary. Take the quantity of a nutmeg in the morning fasting, & the same at going to bed.

The quantity may be either increased or diminished according to the constitution of the patient. This medicine being laxative the same caution of not taking cold is to be used as in other Physic.

The chewing the leaves has cured a nervous consumption.

The wood is good to make a decoction.

Let the ponder be kept in a glass bottle, stopt close, & kept dry.

Snayl water, for a Cough, inflammation in the Lungs, Pain in the Side or as a restorative after a Fever.

Take five Pints of Snayls with the Shells on, bruise them put to them Balm, mint, Hysop & Ground-ivy of each one handful & three quarts of New milk, put it into a Still, & draw off two quarts very gently. Sweeten it with Sugar Candy, drink a coffee cup of it morning & night.

To make Wound Water — Miss Molly Hinton.

Take two quarts of Spring water boyl it, then put in two ounces of Roch-allum, half an ounce of white Coperas beat to a fine ponder, put it into the water & give it a boyl or two, then take it of the fire & let it stand till cold, put it into glass bottles & it will keep good seven years.

Bruise half an ounce of Camphire in a little sweet oyl & put it in lumps into the Bottles.

This Water a little put in a cup & warmd - you may wash any sore with, by dipping a cloth & laying it upon the part affected it will heal & strengthen any weak part, or take away pains. It will keep a sore from yangreen or abate a Wen. & good

for Corns

To make Cold cream to thicken hair

Take a quarter of a pint of oyl of Sweet almonds half an ounce of Sperma Ceti, a peny worth of origins wax put them in a pipkin over a slow fire, let it simmer stirring till the Sperma Ceti & wax is melted then put it in a bason, let it Stand 2 or 3 minutes, take a Spoon & beat it up with Rose water till it turns white.

For the Green-Sickness

2 ounces of Steel fresh
Half an ounce of Cassia Signa
2 drams of Creami of Tartar
4 ounces of double refin'd Sugar
3 Nutmeg, pound all these together & Sift it - take as much as will lye on a Shilling in the morning fasting & in the afternoon in peny royal-water. eat neither milk or cheese

A medicine good for the eyes

Take 15 grains of Crabs claws, 15 grains of powder of Millipedes thrice a day, & drink a decoction of Rue after it.

Take half a pint of Millepedes steep them in a quart of White wine let it stand two days if the weather is not hot. Shake the bottle & strain it as you use it & drink a large wine glass twice a day

For Salt for your common food take of salt 2 oz of powder of Eyebright 2 drams, nurmegs dram Cinamon ½ a dram mix it into a powder. Mr Jer. Milles

A receipt used in France in the plague 1721 & what may be supposd good for the distemper in the norn'd Cattle in 1745.

Take of Rue, sage, mint, Rosemary, wormwood & lavender a handful each infuse them together in a gallon of the best White wine vinegar, put the whole into a stone pot closely covered & pasted over the cover; set the pot thus closed up upon warm wood ashes for eight days, after which draw off or strain through fine flannel the liquid, & put it into bottles well corkd. & into every quart bottle put a quarter of an ounce of Camphire; with this preparation wash your mouth & rub your Coyns & temples every day, snuff a little up your nostrils when you go into the air & carry about you a bit of Spunge dipd in the same in order to smell to upon all occasions, especially when you are near any place or any person that is infected

This servd 4 Malefactors who had robbd & murdered people durin the plague & livd to be hangd for it.

To cure an Ague — Mrs Hall

Take as much Saffron as will weigh against a Sixpence & 19 Grains of Cochineele dry'em well against the fire so that they will pon'der, so which you must reduce it very fine & divide it in three parts & take one in a Spoonful of White wine & drink a glass ~~after~~ an hour before you expect the fit & go to bed & sweat which it will incline you to — & if it does not cure at once taking, which it seldom fails to do — take the 2d draught & the 3d an hour before the next or third fit

To cure the piles.

A bit of Scarlet cloth well dried — then burnt to ashes on a clean hearth, & the Ashes rubb'd very fine & mix'd with pomatum & anoint the greeved part.

Another

Take a slice of the rushiest bacon & broil it against the fire & put it on a cloth — & sit down on it as hot as you can bear it.

To cure a Consumption — Mrs Herbert

An ounce of Japan Earth boyl'd into a Symp with double refin'd Sugar, take a tea Spoonful five or six times a day.

A safe cure for the scurvy

Two ounces of Burdock root dry'd boil'd in three pints of water till reduced to a quart, strain it & take a pint a day, these roots are mild diuretics diaphoretics (medicines which cause sweat) & sweeteners, are very safe in their operation but it must be continued for some time before it can have any visible effect, these roots have, in their sensible qualities, a great resemblance to the China root & Sarsaparilla but of much superior virtue in scorbutic, gouty, & rheumatic complaints.

A Diet drink mrs Herbert Novr 26. 1742

Guiacum one ounce, Sassafras, Sarsaparilla, Sharp pointed dock root, Daisie roots of each ½ an ounce, Archangel flowers & Millepedes of each two large spoonfulls Ground ivy & herb Robert each a handful; bruise & shred all these & put them to steep one night in 3 pints of New Ale Malteor - make it your constant drink for 2 months spring & fall.

Dr Beorhaves receipt for the Tooth-ach:

Put to two drams of rectifyed spirits of wine, one dram of Camphire prepar'd opium five grains & ten drops of oyl of box, shake it well together & keep it close stop't. If the tooth is hollow, wet a litle lint with it & put it into the tooth if not, put the lint so wet into the ear - if you do not find relief in a quarter of an hour renew it again - it has never yet wanted to be repeated a 3 time.

A Receipt against the plague

Take of Rue, Sage, Rosemary, Wormwood & Lavender a handful of each infuse them together in a Gallon of White-wine-vinegar put the wholl into a Stone-pot, closely covered up, & pasted over the cover - set the pot thus clos'd up upon warm wood ashes for eight days: after which draw off (or strain through fine flannel) the liquid & put it into bottles well corkt & into every Quart bottle put a quarter of an ounce of Camphire. With this preparation wash your mouth & rub your loins & your temples every day, snuff a litle up your nostrils when you go into the air & carry about you a bit of Spunge dipt in the same, in order to smell upon all occasions - especially when you are near any place or person that is infected. They write that 4 malefactors, who had robb'd the infected houses, own'd when they came to the

-At the first breaking out of the Smalpox in this Town several persons were advis'd to prepare their Bodies for any sudden attack thereof by drinking for some days in the morning Tar-water which they were assur'd would cleanse their blood & make the pock more favourable. Experience has shewn, that all those who have made use of the aforesd Tar-water, have not only hitherto escap'd the infection, tho they have been in houses & rooms where infected persons were, but also one certain person, having drank a quantity thereof, has been since twice inoculated without any effect, which proves Tar-water not only to be a preservative, but an Antidote against the infection, & consequently far preferable to the Inoculation.

Mastich - Johnson upon Gerard

- Relented in Wine & given to be drunk is good for the Bloody flux spitting of blood, pissing of blood & other fluxes of the blood, & against the falling sickness.

Chewed in the mouth is good for the stomach, stayeth vomiting increaseth appetite, comforteth the brain, staieth the falling down of the Rheumes & maketh a sweet breath.

The same infus'd in Rose water is excellent to wash the mouth to fasten loose teeth & comfort the jaws.-

-The same spread on a piece of leather or velvet & laid plaister wise on the temples, stayeth the Rheum from falling into the jaws & easeth the pains thereof.

It is used also in waters which serve to cleanse & make fair the face.

The Decoction filleth up hollow ulcers with flesh if bath'd therewith

It knitteth broken bones, staieth eating ulcers & provoketh urine

& gallows, that they had preserv'd themselves from contagion, by using the above mentioned medicine only, & that they went the whole time from house to house, without any fear of the distemper

For Spotted or Pestilential fevers Ditto.

This being a very high inflammatory nature, 'tis proper to take away large quantities of blood, giving the Purge described in the Goat every other day taking after it the same night the following draught.

Black cherry-water, mint-Water of each one ounce & a half. Plague-Water half an ounce, Diacodium ten drams made into a draught. on the days you do not purge, take the following: Conserve of Wood sorrel, of Pips & Barberries of each one ounce; Cream of Tartar & Tartar vitriolated of each two drams; Syrup of Rasberries enough to make it into a fine Electuary. Take the quantity of a nutmeg at 4 or 5 in the afternoon & at Bed time, drinking after it a Tea-spoonful of Mynsicht's Elixir of Vitriol in a large glass of Water, keeping the Patient very cool, giving large draughts of cooling & diluting liquors.

To cure the bite of a mad dog. Mr Ben. Heather

Take as much powder of oyster shells as will temper the yolk of an egg & fry it in butter & eat it fasting every morning for 9 mornings — & if any wound apply a piece of it fresh for 9 mornings.

An Antidote against the infection of the Smalpox.

Take about 2 quarts of Tar, which is a sufficient quantity for six persons, put in the Evening upon it about 5 pints of water & after having stirrd it well let it settle. next morning pour off the clear water & take fasting near a pint, which is to be continued five days successively every morning. the same quantity of Water taken from it must be immediately supplied again. after 5 days using the same, half a pint every other day is sufficient for two weeks; then a Quarter of a pint is enough to be taken every other day during the time of Infection. - The Tar is not to be renewd till after 2 months. This is also a most excellent Remedy for consumptive people. Charles Town in South Carolina.

Dr Dovers Purge for the Gout &c:

Take Tamarinds half an ounce, leaves of Senna two drams Rhubarb one dram boyl them in water to three ounces: Strain them off, & dissolve in them of Manna & the purging Syrup of Roses each one ounce, Syrup of Buckthorn & Elixir Proprietatis each two drams. - - - drink posset drink or thin Gruel between motions --- taking this once or twice a week will lessen the gouty matter, & break the force of the fits.

For the Gout in the Stomach Dit.

Take two drams of Venice Treacle dissolv'd in a glass of good Wine after drinking it & going to bed immediately upon it, the Patient will find himself much easier in two hours. —

For the jaundice Dit.

Take eight grains: of Turbith mineral at four or five in the afternoon—drinking gruell or Posset drink between motions — after 4 or 5 days repeat the Turbith as above — In the intermediate days take half a large Spoonfull of Mynsichts Elixir of Vitriol in half a pint of Spring water three times a day —this cures any original jaundice I ever met with.

For the Kings Evil—Dit.

Take Mercurius Dulcis one dram Antimony revivd half a dram you may give of this medicine, 3, 4 or 5 grains, according the Age & Strength of the patient. Take this twice a week.

In the intermediate days use the Diet-drink following.

Take of the leaves of Senna half a p.d the root of monks Rheubarb seven ounces, the roots of the Ship-pointed Dock the roots of Polypody of the Oak of each four ounces the roots of Mizerion 3 ounces & ½ Rue leav'd Whitlow grass, three handfulls, rinds of Oranges dried six ounces, crude Antimony grossly powder'd one pound slice & bruise these; then put them in a bag & boyl them in four gallons & half of middling drink to three gallons. Take half a pint every morning increasing or lessening the Dose according to its operation.

By this very Method Dr Dover saies he has cur'd great numbers

Col.l Strangways Drops

Take Balsam of Peru one ounce of the best Storax two ounces, of Benjamin impregnated with sweet Almonds three ounces, half an ounce of Aloes, half an ounce of Corcobian, half an ounce of Myrrh, half an ounce of Frankincense, half an ounce of Angelica roots half an ounce of St Johns-wort. – beat all these drugs together & put them into half a pint of the best Spirit of Wine – put it into a bottle stop'd very close & let it stand all the dog days in the Sun, then strain it thro' a fine cloth, put it into small bottles for use & stop it very close.

The Virtues

There is not out with Iron, or any scald, if not mortal, but it will heal in eight times dressing it once a day put on a little cotton & spread it over the wound with a feather; after it is dress'd with this there will come out no water from it – It cures cholics, Strains, Bloody-flux or Looseness taken 30 or 40 drops in 3 or 4 spoonfuls of Broth or a glass of Claret. It is good for the gout, ulcers, cankers & all swellings, contagions & fistula, applying to the part with a feather; – It is good in spotted fevors, by taking ℥ss of 16 drops in a little broth – it cures biting of venemous Creatures, particularly mad dogs, putting it to the place & taking 18 drops; – It is good for sore eyes, by dropping it into the Eye, it must not be warm'd but kept very close – If a wound has been dress'd with any thing else, or foul wash it with hot wine or Brandy, before you use it. There is no occasion of tents or plaisters, where this is used, only a Bay-Leaf to keep it from sticking.

To cure the Itch

a penny worth of flower of Brimstone tied up in 3 balls in muslin of thin cloth & soak'd 24 hours in sallad oyl in which time they will become Balls & anointing 3 times with those Balls will cure it – you may give some flower of Brimstone in milk to drink.

To cure the bite of a viper.

First apply your mouth to the part & suck it lustily – then stamp the flesh of a live viper or any other creature newly killd & apply it warm thereon – which proves an effectual cure.

To clean the teeth

Dragons blood, Myrrh, Bole-armoniac a penny worth of each a bit of roch-allum – mix altogether.

Pluck Water

Take a Calves Pluck hot out of the Calf with all the Blood about it. & Cut it in Slices & divide it into halves & put it into two Stills & to each Still put in one handful of Balm one handful of mint, one handful of unset Hysop, one handful of Oak-long — then put in each Still a gallon of New milk boyling hot & when you have got out of each Still about three quarts 'tis enough. — you may drink it with Sugar, as you do Milk-water both morning & night or at any time when you are a dry or have a fit of Coughing or at meals if you like it, add one handful of Red Sage.

Cold Snayl Water

Take a gallon of New milk from a red Cow, 80 or 100 great house Snayls the Shells broke & pick'd off clean & wash'd in two waters & put into a Skillet & boyl'd half an hour at least, then put it into a Still, put to it Hartstonque Colts foot Cowslips Sage of Jerusalem, Spearmint, of each one handful & half a pint of Earth worms Slit & well wash'd put it into a Still with a quick fire, look into it sometimes that it may not gather any Cream to every quart, put 2 ounces of fine Sugar. Take of this three times a day —

To make an Artificial Spa-Water

Take a quarter of an ounce of Salt of Steel, pour on it a quarter of a pint of boyling Water when settled rack it off into a Viol & give a tea spoonful of it at a time in fair water

A Medecine for the Plague thus recomended in Barbary by Shaw

Seedy Mahomet Zeroke who recomends it in this manner — "The lives "of us all are in the hands of God & when it is written we must die. "however it has pleased God to save many persons from the Plague "by taking every morning while the infection rageth, one Pill or two of the following Composition —

viz. of Myrrh 2 parts, Saffron 1 part, Aloes 2 parts, Syr. of Myrtle-berries. Q. S.

Conserve of Roses or rather Syrup

Take red Roses a large quantity, the nails cut, put them to boyl in fair water, boyl them 3 or 4 hours at which time the Roses will loose their colour & you will think your labour lost & the thing spoil'd. but proceed for tho' the Roses have lost their colour the water hath got the Tincture. then add to one ℔ of Roses four ℔ of fine ponder Sugar, boyl it gently after the Sugar is in continually stirring it with a wooden Spatula untill it be cold, whereof one ℔ is worth 6 of the Crude or raw Conserve, for the vertues or goodness in that as also for the beautiful colour, which you may heighten with Syrup of Lemon or oyl Spirit of vittriol — if Syrup strain it & take from one ounce to two —

Dr Meads receipt for the bite of a mad dog as from the Magazine —

Having wash'd the blood from the Wound of Ash-coloured alias Star off the Earth ground Livernort reduced to ponder 10 Drams of black peper beaten to ponder 4 Drams, mix & divide them into 6 parts & take one every morning in half a pint of warm milk with the use of the Cold-Bath, Cold Spring or River, is likewise recommended to be usd every morning that they take the ponder, for a fortnight

To give ease in the Cholic

Half a pint or more of Spring Water drank as hot as you can drink it at a draught. — & drink it 3 mornings so fasting once a month — & is not Tea as Good?

Sperma Ceti molled with oyl of Almonds is excellent good to anoint the face & scabs after the small-pox to keep it from pitts or Scars — & made up in the form of an Electuary with conserves according to Art an exceeding great healer in any inward bruises or distemper of the bowels or an ulcer in the Kidneys & bloody urine &c:

To Cure St Vitis's Dance

Mistletoe ponder'd & as much as will lie on a 6 pence drank twice a day in a glass of Whitewine — Mr Higgins a famous Apothecary in London prepares it. Miss Litton

To ease the pains of the Gravel

Take house Snails prick 'em full of holes & let the water drop from 'em when they are put in a paper bag — & put 'em into an oven with a Batch & let 'em remain in the same bag till you want 'em then ponder as much as is necessary for a dose, & drink it in Mountain Wine

Ditto Septr 1737

Dr Meads receipt for the bite of a Mad dog. & 40 of pepper

Having wash'd the blood from the wound reduce to powder 10 drams Sixty grains of grey-ground-liverwort & twenty grains of Pepper in powder in a bolus, or any thing they like, take it at eight & eleven in the morning & five in the afternoon & at Bed-time. (aka star of the Earth)

The person should bleed — & be plunged into a cold water (Bath) every morning over head & ears, that they take the powder

For fits

Take 3 ounces of black cherry water Rue water 1 ounce, compound Peony Water & Sytup of Peonies, of each half an ounce, make a julep to take a Spoonfull now & then

For the bite of a Mad-dog

Burn Crawfish alive on a Copper plate, with a fire made of the cuttings of White Briony & give the powder in a large quantity viz. a good Spoonful or two every day for 40 days together, either alone or mixed with powder of Gentian root & frankincense, in either water or Wine. Dr Mead. He recomends a species of Horehound Leucorium & baths — warm baths as well as the sea for melancholy

Settfoile or Tormentill. & its vertues

Tormentill is not only of like virtue with Cinquefoile, but also of greater efficacy, it is much used against pestilent diseases: for it strongly resisteth putrefaction & procureth Sweat — The Leaves & roots boiled in wine, or the juyce thereof drank, provokes sweat, & by that means drive out all venom from the heart, expell poison, & preserve the body from infection in time of pestilence & from all other infectious diseases. The roots dried, made into powder & drunke in Wine do the same — The same powder taken as aforesaid, or in water where in hot steel hath been often quenched, cureth the lask & bloody flix, yea altho the Patient have adjoyning to his Scouring a grievous fever — It stoppeth the spitting of blood, pissing of blood & all other fluxes of blood both in man or woman — The decoction of the leaves or roots or the juyce thereof drunk, is good for all wounds both outward & inward, it also openeth & healeth the stoppage of the Liver & Lungs & cureth the jaundice — The root beaten in to powder & tempered with the white of an Egg & eaten stayeth the desire to Vomit & is good against choler & melancholy. John Gerarde —

For the biteing of a Mad-dog.

Agrimony, Primrose, Dragons & Single Peony root, & the leaves of Box of each one handfull, & as much of the Scar of the Earth alias, Spanish Catch fly, & the black tips of Crabs claws powdered & of venice Treacle of each one ounce, beat them together & boyl them in a Gallon of milk till half be boyld away, put it into bottles unstreind: give 3 or 4 spoonfulls at a time 3 mornings together, before the new & full of the moon; bleeding is necessary first.

Oyntment of Roses

A Gallon of White roses & a p^d of Lard beat together, let it stand 9 days & beat it every day, then melt it & strain it out for use: if you please, just before you set it over the fire you may put into it a quarter of a Pint of Damask rose Water, & beat it together, it gives it a fine Smell.

Dr Cheyne

2 or 3 Spoonfulls of Honey boild & skimd in a pint of Water, with a slice or two of Roll toasted in it a very good Supper

Sweeten & thin the juices the rest will follow of Course

For a Cough

Take an handfull of white Mos that grows on old Pales or trees & boyl it in a pint of milk & strain it out & sweeten it with Sugar candy or course Sugar & drink half a pint at going to bed - 3 or 4 nights -

Elder flower water is good to wash the part that has been affected with St Anthonies fire, to cool it & prevent a return at any time.

The juyce of the blind nettle that bears a red flower mixed with Cream to anoint a festering wound or Swelled & inflamd part.

To cure the bite of a Viper or Adder

Poind ashen leaves & squeeze the juice out of them, take a spoonful or two of the juice, & put the pounded leaves to the wound Warm Sallad oyl applyd Remedy for the Wind Cholick. to the wound is good for the bite of a viper. Take half a pint of Brandy & a pint of Milk make it into a Glyster, as usual, only take care that the milk or Brandy be not so hot as to curdle it: administer it to the person in pain & it will give present ease.

To give ease in a fit of the Stone.

A Quarter of an ounce, of what is called the jelly of a Lead mine alias spar which is plenty in Derbyshire, it is like a white mineral or Alum pound it very fine & sift it, & divide it into two papers & give one, in a spoonfull of Syrup of Marsh mallows, & drink a glass of white wine after it, the one paper over night, & the other next morning; it always gives ease, & dissolves the Stone in the bladder & brings it away. for a child divide it into three papers—

Cold Water ½ a pint at a draught seperated is good in a fever, which will throw the person into a sweat, & when that is effected let a toast be baked very hard & put into water & drink a draught to keep the party in a Gentle sweat

Juice of Lavender Cotton good for Worms, either in the Stomach or Maw, one spoonfull of it in a morning.

Knot-grass shred & boyld in fresh Lard or flee good for a Burn

To make Stoughton drops.

Take a doxen of Sevil Oranges pare them very thin & then break them in Small pieces & put them in 3 pints of Good Brandy & let it infuse 3 weeks, then strain it through a cloth, then put into that Liquor an ounce of Gentian, half an ounce of Snakeroot, 6 peny worth of Cochinele & 6 peniworth of Saffron, let it all infuse 24 hours, then strain it & put it in a bottle & stop it well

To cure a fever

Take an ounce of Salt of Wormwood & put to it the juyce a Lemon, & let it stand all night, then put to it as much Brandy & water, a like quantity of each, as when divided into eight parts will be enough to give the person at a time every three hours, between the fit & let him drink a glass of punch after it —

This is good for a fever, when there is no intermission, it will make it intermit & so make room for the Bark – It will cure an ague too

If it should make the person sick, as it sometimes does, then divide this quantity into sixteen parts & give it at so many times, an hour & half between every dose. Doctress Boys. probatum est.

For a crick in the neck

Oyl of Roses & Lavender Water, for a crick in the neck, or a Contraction of the nerves.

To cure the yellow jaundice

Cut open a Tench alive, & clap it to the Stomach, & three applied so one after another, will effect the cure.

To Cure the tooth-ach & fasten the Teeth

Myrrhe & Sal

For deafness

Fasting Spittle after it has stood in a bason & settled, from the teeth, drop in ear

Mallows cut & boyld in Water gruel, will immediately give ease a fit of the Strangury

For the Kings-Evil

Half a pound of Guiacum, a quarter of a ℔ of Sassifras 3 ounces of Antimony, sow'd up in a bag, 3 quarts of Water set it on the Embers all night, or in a jug 4 or 6 hours in Balneo Mariæ; drink half a pint in the morning fasting & the same in the afternoon, a less quantity will do for a child. use it Spring & fall for years together.

Conserve of Hyps

Gather 'em when they are full ripe & let 'em lye 2 or 3 days then take out their insides & throw 'em into an earthen pot & let 'em lye till they are a little mellow, not rotten; then pound them in a Stone mortar & when they are well pounded put in 3 quarters of a pound of fine Sugar to a ℔ of Hyps, pound both well together & put in a pot for use.

The root of Sweet-briar or wild briar pounded very good for the bite of a mad dog, to be given the patient in Wine or water.

A Spoon full or two or three or more of Common Linseed oyl for a Cold or being set at the Stomach or to make one Spit in a Pleurisie &c: probatum est

For the Strangury

Common Mallows cut & boyl'd in water gruel & for the Stone the roots Boyl'd in Posset drink it warm, strain it out & drink a good draught gives ease imediately

For the Cholick

A pint of double Anniseed water a dram of Hierapicra a dram of Cochineal bruised & steep'd & drink a spoonfull or 2 or 3 when in pain — Camomile & the warm seeds as fennil Caroway aniseeds & Coriander & Juniper berries bruised & boyl'd in posset drink & drink a draught warm.

A Glyster of Human urine good for the Cholick of the Contraoyster Mial —

To make Palsey Water

Take of Lavender flowers pick'd clean & stript & fill with them a Glass of a Gallon, pour upon them good Spirit of Wine to the filling of the Glass, then set it to steep in a warm place close stop'd six weeks. for want of Spirit of Wine take good Aqua vitæ; then take of Sage flowers, Rosemary flowers, Betony flowers, of each one handfull; of Borage flowers, buglass flowers, Lilley of the valley flowers, Cowslip flowers, of each two handfulls, digest them in good Spirit of Wine being all gather'd in their season; take Mother wort, Balm, Spiknard Bayleaves & leaves & flowers of Oranges of each an ounce cut & chop these herbs & put into the Spirit aforesaid. Take of Citron Pelle or for want of that Lemon pele, yellow Saunders of each half an ounce, lignum aloes one dram, put these into the Spirit; Cubebes also the Stones taken out & shred one ounce. Then distil all in an Alembick, save it in several glasses, untill the virtue be out: put into this water of fine prepar'd Pearl two drams, of prepared Smaragd Stone one Scruple of good Ambergreese, of Musk of Saffron, of each half a Scruple, of dry red roses, of yellow Saunders & red Saunders of each an ounce put them in a fine Sarcenet bag & hang them in the water close stopt.

This Water is of great use & virtue in all Swoonings weakness of the heart, decaying of Spirits, & is of great virtue in all Apoplexies, Palsies, Epilepsies; also in all pains of the joynts coming of cold, in all bruises, outward bath'd & by Cloathes kept in: it strengthneth the memory & all weakness of the Stomach takes it inwardly, take a quarter of a Spoonfull, & fast a quarter of an hour after it.

Oyl of St Johns-wort

Take a pint of Sallet oyl & put in a wide mouth'd glass put in as many flowers of St John-wort as you well can & set a window in the Sun, till it turns red, Strain it out & keep it for use. It is good for a burn to take out the fire & clean any wound when you use it melt it & do the wound over with a feather, & dip rags in it & cover it. Old verjuyce will take out fire or an onion never cut or touch the bladders. Oatmeal & water good to take out fire.

For the Bloody-flux

Take the marrow bone of a roasted Leg of Mutton & burn it in a clear fire till it is very white, then powder it very fine & sift it, & put as much as will lye on a Shilling into a glass of Wine & drink once or twice a day.

A very good receipt for the Kings Evil.

Sasaparilla 2 ounces, Sassafras half an ounce, Guiacum half a pound, white, red & yellow saunders each an ounce, shavings of Harts horn & Ivory each an ounce, Juniper berries an ounce, Liquorice 2 ounces, Crude Antimony half a pound. Take 13 or 14 Quarts of Spring water, a pound of the lightest Lime stones & quench them in the water; next morning pour the water off & put it to the things, boyl it 3 or 4 hours & drink it for a month.

The salve.

A pint of Sallet oyl 2 ounces of Bees wax. 2 ounces of Rosin or 6 4 pennyworth of venice Turpentine, put altogether into an earthen Pipkin, slice the wax, & bruise the Rosin, put it over a gentle fire & keep stirring it till it is all melted & just boyls up, take it off & let it stand in the Pipkin & so use it out of the Pipkin, wash your wound with allum posset that is milk turn'd with a bit of allum, & strain'd from the Curd. good for all sorts of Wounds

For a burn

Take the Green leaves of Thorn-apple cut 'em small & boyl 'em in Lard, strain it of & apply it to the wound.

Another for a Burn.

Take the yellow Moss of an Ash & the inner peel of Elder & boyl it in mutton kidney suet, strain it out & dress it at first with this, when it begins to heal, have some with only the yellow Moss of the Ash, for the peel of the Elder will draw too much-

Take the best Rhubarb in Powder 2 ounces & a half; Salt of Wormwood a dram; Orange Peel half an ounce; grated nutmeg two Scruples; Cochineal half a Dram. Infuse 48 hours by a warm fire side, in a quart of true Arrack. Strain it off & put it in a well corkd bottle for use.

Of this 2 or 3 Spoonfulls may be taken two or three times a week or at Pleasure, with great Safety & benefit, without interruption of business, or Studies, & continued even to mature old Age, if found necessary.

Dr Cheyne — Upon the Head of Cordials, mentioned in one of the foregoing articles, I cannot forbear setting down one, whose virtues & efficacy I have long tried, & have never found it fail when any thing would succeed: & I recommend it to be kept by them to all those who are liable to Low Spirits, Faintings, oppressions, Sickness at the Stomach, head-achs, & Vapours; & also to those who wanting to exert themselves in any business of Consequence need a flow of Spirits for some short time, for that purpose, or indeed upon any sudden accident arising of its own accord out of the habit it self. I think it a kind of Universal Remedy but never to be used, but upon such occasions, because use may weaken it, if not extinguish its vertue; 'Tis thus

Take of Simple Chamomile-Flower Water six ounces; Compound Gentian & Wormwood waters, each an ounce & a half; Compound Spirit of Lavender, Sal volatile, Tincture of Castor & Gum Ammoniack dissolved in some simple water, each two Drams; Tincture of Snakeweed, & Tincture of the Species Diambra each a dram; The chimical Oyls of Lavender, Juniper & Nutmeg, each ten drops, mixed with ~~the~~ a bit of the yolk of an Egg, to make the whole uniform; Assafetida & Camphire in a rag, each half a dram: but these may be left out by those to whom they are disagreable.

Two, three or four Spoonfulls of this is a present helps in such cases: It will keep Six months Good.

The cough Syrrup.

Scabius, Betony, maiden hair, Fennel roots, parsely roots, of each 2 hand ful, smallage, pennyroyal, Colts foot, maiden hyssop, Eliecampane of each one handful. ¼ of ℔ of sun raisins sliced, lent figs 7. a penny worth of Liquorice & Anniseed, bruise ye seeds, & slice ye roots. put all these into a pipkin wth as much water as will Cover 'em. stew them over ye fire 24 hours, then strain 'em, & to every quart of water put a pound of Sugar, & Boyle it to a thick Syrrup. Some add a handful of hoarhound.

A Spoonfull of Linseed oyl is very good to be taken inward for any fall or bruise, or a Spoonfull of Sallad oyl in Sack.

For a pain in the Stomach or Cholick.

Five drams of the powder of Hiera Picris, three drams of Cochined a pint of Mountain wine & a pint of Brandy, mingle the Liquids & powders well together, shake them twice a day for a week, then decant it off & take a tea cupfull when in pain. If you find it too hot Leave out the Brandy & put wine in the stead. you may take 2 Large tea Spoonfulls, over night & 3 in the morning.

For a Cough & Consumption it has done great Cures

Take a Gallon of Turnips, slice them & lay them in Rows, strow some of these powders between the rows, namely, powder of Cummin, Anniseed, Carroway, Coriander Seeds, Elecampane Roots betony dried of each half an ounce, all in fine powder & 2 peny worth of Safron in Powder: When you have laid all these in an Earthen Pot put in half a pint of Hyssop-water cover it & set it in an Hot Oven wth bread when it is baked strain forth as much of the Liquor as you can, & put to it half a pint of Whitewine, and 2 ounces of the Powder of Liquorice & half an ounce of Manus christi or half a pd of Brown Sugar (the sugar is thought to be as good as the other but you must use but one of them) & boyl all up to a very thin Syrrup, then strain it & keep it for your use, take 3 spoonfulls at a time morning & Evening & oftener if you please. This Syrrup has done much good even in the Case of Spitting blood.

To prevent the Infection of the Plague

Take of the herb Spear-wort, stamp it & put it half a Walnut shell & bind it to that part of the Leg, just above the Knee, on the outside of the Leg, where there is a hollowness between the sinews & in 12 hours it will raise a Blister, which keep open with Dry Leaves as long as you can & when it will dry, then in the same manner make one in the other Leg & so do all the time of the infection.

For a Rupture

An handfull of Sanicle, 1 root of Solomons Seal of Comfrey 3 roots, put these together into an earthen pot, with half a pint of Water, bake them in the oven well, then strein out the Liquor & boyl it with sugar to a Syrrup, give the Child two spoonfulls of this when it goes to sleep.

For a Sore Throat or Quinsey

Take a large quantity Wormwood & Lard pounded together & make a Cataplasm & apply it to the Throat

Pomatum

A ℔ of Lard, 3 ounces of Mutton suet, 7 ounces of Pome-
-waters, Florentine Orice 2 drams, in Balneo Mariæ till the Apples are soft, strain it without pressing, warm it again with a like Rosewater, 12 drops of Rhodium to every pound.

A Medicine for the Stone & wind Collick

Take of Annisseeds, Coriander seeds, Liquorish, Burdock roots of each one Ounce, pound these together, then put them into two Quarts of Whitewine, boyle it till it comes to one quart, then strain it, take a quarter of a pint morning and evening, well warmed. prob.m est

For a Feavour

Take two pennyworth of Dragon water two pennyworth of English Saffron, dye it & rub it into the water, let the party drink it as hot as he can, then bring him into a sweat, if this doth not cure, give the same quantity the second time, to a child half so much. probatum est.

For the Rickets

An handfull of Tamerisk, a Handfull of Hartstongue, a handfull of Liverwort, a handfull of Coltsfoot, an handfull of Egrimony, a handfull of Sanicle, half a handfull of marigold flowers, half an handfull of Lungwort, half an handfull of Polypody of the oak, 2 ounces of Harthorne, 2 ounces of Liquorice, one ounce of Maiden hair, half an ounce of sweet fennel seed, half a pound of raisins stoned, half a ℔ of figs sliced, boyl all these in 12 pints of sweet wort, let them boyle an hour let them steep an hour before you boyle them, then strain & coole it, & work it like other bear, & when it hath done working, put it in stone bottles, & let the child drink 3 times a day, in the morning fasting at 4 a clock in ye Afternoon & when it goes to bed.

A Live Snake put round the neck to cure a swelling or Wen- & is good for the kings-evil

take it always warm, half a spoonfull morning & evening as a protection against infection. but if infected take 2 spoonfulls, & sweat after it 12 hours not sleeping till you are laid in a fresh bed with fresh cloths on you — burn the cloths for fear of infection, or at least bury — them in the ground 2 or 3 days.

In all the plague time under God trust to this, for there was never man, woman, or child that this deceived

Neither is it good only against the plague, but also against the small pox, measles, & all infectious diseases.

This I found annexed to the receipt; But on my — own knowledge can say, that it is a most excellent — thing against the plague, tho' infected with it, if it be taken in any time. Note that this last paragraph is the Lady Stuarts testimony under her hand in her receipt book. —

Mrs Stanley

To make lip salve

Take butter without either washing or salt, and beugle roots (at the time of year when they are red) sufficient to colour the butter you would make. the beugle roots just washed but not rubbed to be boyled in the butter, then straine them out, & put Bees wax enough to stiffen it.

This without the wax is a good ointment for achey or bruises by falls or blows, & straining of sinews.

For a consumption left by an eminent Physitian to a friend as a Legacy. —

Gather 9 branches of green furze, & burn them to ashes then take 6 handfulls of green nettles, & put them into the Oven in a paper bag after the drawing of a back, & dry them till you can rub them to powder, then take a gallon of good ale & 2 pounds of virgins honey, the Ashes & the powder of nettles, & mix all well in an earthen pan, & let it stand close covered three days; then Strain it out & Bottle it up, & let the patient take half a pint of it morning & evening milk-warm.

They who communicated this receipt knew several cured by it to the admiration of all that knew them. it hath cured them that spit blood, & have been so weak that they could not turn in their bed without help.

From ye Lady Stuarts receipt book.

Dr Burgesses plague water.

Boyle. A handfull of sage & a handfull of Rue in three pints of Malmsey till a pint be wasted, straine it & set it over the fire again, add to it a pennyworth of long pepper. half an ounce of ginger, a quarter of an ounce of nutmegs all beaten together, let it boyle a little, then put to it 4 pennyworth of mithridate, 4 penyworth of London treacle, & a quarter of a pint of the strongest Angelica water. Keep this above all worldly treasure.

For a bruise. Mr Farbroker

An equal quantity of Hungary water & of Spirit of Lavender, & as much plain Brandy as them both is an excellent remedy to bath the part bruised.

For a Rheumatism — A Gentleman of quality to the Lady Sadler

9 drops of of Turpentine dropt on a knob of Sugar taken going to bed. & a draught of Elder Flower posset drink after. this for a man. 7 drops for a woman to be taken 7 nights, & nine nights for a man.

For the Jaundice — My Mother Pococke

Garden worms well cleaned, dry'd, & powder'd .. 2 penny worth of Saffron, 18 cloves, all powder'd & sifted, & mixed together, the powder of worms to be double the quantity of the other ingridients, divided into three parts & taken in a morning fasting in a glass of white wine. this for a grown person. for a child divide it into six parts, & taken six mornings in a glass of white wine.

For Worms — By Dr Francis willis prescib'd to a child of Mr Taylors of 3 years old with success.

Powder of corraline & Pearl of each 2 drams Burnt harthorn 1 dram, Whitest Sugar 3 drams, divided into 12 papers — 2 of which to be taken in a day morning & night.

The following purge twice a week

Calomel 6. gr. Resin of Jol. 4. gr. Nutmeg 2. grains. in the pap of an apple.

For the Pleurisy — Dr Nicholas.

Take as much green Broom as a quart of mild ale will cover, boyle it till 'tis thick, which it will hardly be till three parts in four are boyled away, let the patient take one good Spoonfull with a penyworth of mithridate, & sweat after it being well covered, and in his sweating take one spoonfull more, this seldom failes to give ease.

The green oyle. — Mr Phil. Sone, from the Lady morley.

Lavender Cotten, feathertue, Rue, Camomoil, Suthernwood, Roman wormwood, Smallage, parsley, marygold leaves, Rosemary topps, Hysop tops, single mallows, Sorrel, of each two good handfulls, Lavender tops five handfulls, Red rose leaves ~~at~~ one peck, Sallad oyle two gallons, aqua vita or Brandy three pints, Shred the herbs very small, & let them stand in steep ten days, stirring them once a day then boyle them with a soft fire, till all the juice be out of the herbs, then straine it into an earthen pan, & clear off the uppermost for your use. the bottom is good for all sorts of cattel. It is good for bruises, straines, & old aches to be apply'd outwardly, also for the Spleen, or any hard swelling, or numness in the joynts, & to take inwardly a Spoonfull at a time with Sugar for inward bruises, or for women in child-bed.

must be shaken very well before you pour out.
If the patient should go to stool above two or three times a day, & should have a loosness, let him take every other dose ten drops of liquid Laudanum till it is stopt.
Note this proportion is for a grown person: for a child of ten years old, half the quantity ~~may~~ will suffice &c
About 8 days after the bottle is out, you must repeat the same dose & method as before, & to a third time.
If it be a quartane ague, you may give it but once in four hours. The same ingredients may be made into pills and given ~~[illegible]~~ at the times before directed. If a vomit be taken before, the better ~~[illegible]~~ ~~potable~~.

Bitter drops. Ditto.

Centaury, camomile flowers, Agrimony leaves, seeds of carduus Benedictus of each two pugils, marigold flowers one pugil, gentian roots shred thin three drams put in an earthen pot in half a pint of brandy ~~in an~~ close stopt 24 hours by a gentle fire.
squeeze, strain, & filter the liquor till fine, & take 30 or 40 drops three times a day in ale or white wine for a month.

Surfeit water Mr Payne

Take [illegible] Fill an Earthen Pot with corn poppies, & put in as much of the best French brandy as you can get in, stop it well & put it in ye Sun for a week, then strain the poppies & squeeze them well, and to a gallon of the liquor put a pound of refined sugar, half an ounce of cinnamon & 2 drams of cloves powder'd, then put it in a bottle not quite full, & let it stand in the Sun 3 weeks, then straine it off for use. distill the Popies &c. & put it to the rest.

For an intermitting feaver Ditto

Take ten drams of cortex Peruvianus finely powderd four drams of coral, & as much crabs eyes all prepared & two ounces of Syrup of cloves, mix it all well in a mortar, add to it a quart of white wine, put it in a bottle & give the patient four spoonfulls every three hours, beginning as soon as the hot fit is over, & drinking after every dose three spoonfully of white wine. he may eat or drink an hour before or after the remedy. If the fit returns the patient must omit taking till it be over, & afterwards continue till the bottle be out. the

bottle

To make oyl of Adderstongue

Mrs Newlin of Tisted.

Take a pint of the best Jallet oyl, a large pottle of Adderstongue, pick off the white stalks, & bruise it in a wooden Bowl, put it to the Oyl with a dram of saffron tied up in a little thin rag & a large nutmeg sliced, boyl it over a very soft fire, till the Herb has lost its green & looks yellowish, put in just as it is boyl'd enough ½ an ounce of Bees wax. and let it boyl a little after, strain it out & keep it for your use: It is good for green wounds, bruises or spots. leave out the wax & it is very good Balsom to take inwardly, for any bruises or poison about a spoonfull in a glass of sack.
The oyl is Good for a burn, a little melilot melted with it.

For an Ague.

Mr J. Brideoake

The bark of a Bay tree dryed in an Oven pounded and finely powder'd, as much as will lye on half a crown in a glass of white ~~wh~~ wine, with Venice treacle the quantity of a nutmeg. ~~the patient to be kept in a swdat~~ to be taken two hours before the fit. the patient to be kept in a swdat if it faile the first time (wch it seldom does) to be taken every — third day till the ninth.

An excellent Salve, for burnes, ulcers, sores and wounds, & sore breasts, & stopping of bleeding.

Take Burgamy pitch, white Rosin, yellow bees wax of each half a pound, boors grease; or for want of that Barrows flick one pound.

Boile these half an hour stirring all the while, a little befor ~~you take it off~~ it is done take it off the fire, & put in half an ounce of verdigreese fine powerd stirring it well in, then set it a little over the fire, and put it in earthen pots for use.

If you take it not off the fire when you put in the verdigrees it will boyle over. Mr Dan. Goff.

An Excellent Remedy for an Ague Mrs Eccs

a pennyworth of Burgamy pitch, a pennyworth of Bees wax, & a penyworth of Horse turpentine, melt it altogether in a crock, let it boyl & scum it, spread it on a Lambskin & put it to the wrists two hours before the fit. if it does not doe the first time renew ye Plaister.

For the Dropsey — Mr Hull of Portsmouth

A pint of millipedes put in a bag bruised & hung in 7 or 8 gallons of Ale wn it has done working, with a handfull of sage & the same quantity of rue, when fine to be drank as common drink. & wormwood

it stirrd, then straine it & wring the herbs well, when cold putt it into a glass bottle, let the patient drink 3 spoonfulls at a time, 3 hours before Dinner, & 3 hours before supper.

For a Cough.

Take a Gallon of Turneps, slice them & lay'em in rowes: betwixt the rowes strew of all these powders, (viz) Cummin, Annise, Carraway, Coriander seeds, Elicampane roots, Betony dried, of each half an ounce, all in fine powder. also 2 pnny=worth of Saffron in powder, when you have layd all these in an earthen pot in rowes wth the powder between every one of the slices, put into them half a pint of Hyssop water, cover all & set them in an hot oven with bread, when it is bakd, straine forth as much of the liquor as you can, & put to it half a pint of white wine and two ounces of the powder of Liquorish, & half an ounce of Manus Christi, or instead of the Manus Christi half a pound of brown sugar (which is throughly as good if not better than ye manus Christi) boyle all up to a very thin Syrrup, then straine it & keep it for your use. Take 3 spoonfulls at a time morning and Evening, or Oftner, if you please.

A R for preventing or Mitigating the small Pox.

Take a handfull of Rue, boyle it gently in 4 quarts of mild Ale, till one quart be wasted; then put in half a pound of Treacle, & let it boyle in it near half a quarter of an hour, with four pnny worth of Saffron tied in a fine rag and hung by a thread, take the Saffron out, & now & then put it in again, till you think the virtue ., Cover it till it cooles, & when cold bottle it up stopping it close, put the rue & saffron in the last bottle you intend for use, & give 3 spoonfulls in a morning fasting, use this in times of danger & infection.

be wasted, & be of a deep yellow colour, then straine it out, and to a quart of the liquor take two pound of double refined sugar, & so boyl it to a syrrup, & keep it. It is good for a Consuption, feaver, Cough, & to open the breast taking 2 spoonfulls of it going to bed.

A receipt for the Scurvy.

Take a pint of Scurvy=grass water, a quarter of an ounce of Mithridate, a quarter of an ounce of Diascordium, 3 penny=worth of Saffron powdered, a quarter of a pound of comnon Treacle, mix all these well together in the bottle, wth ye pint of Scurvy=grass=water, shake it well together & take 3. spoonfulls every morning till it be done.

For the Itch. Mr Kingsman

Of Singreen, woodbineleaves, Red=sage=leaves, Bramble leaves, & the sliced root of Elicampane, one handfull each, boyl these together in fresh butter till the vertue of the ingredients is well nigh drawn out, then take it off & strain the liquor pouring in the flower of brimstone, about halfe an ounce, with two spoonfulls of brandy stirring it till it is cold.

Capt: Myngs's Diet drink for curing a Fistula.

Take Sanicle, Wood Bettony, Daizy roots & leaves, bramble leaves, Dandilion wth the red ribs in it, ffrench Bugle, white=bottle, or Ox=eye, Agrimony, Mother Wort, & Charvill, of each an handfull, of Mugwort, ribwort, & Wormwood, of each a few crops, boyle these in a Quart of white wine over a gentle fire for the space of a quarter of an hour then put in two or three spoonfulls of the best English honey, let all these simmer a little while together, keeping

Misce cum flore tritici q. s. ad impleastrum faciendum instorne serico, et applica ambobus temporibus ad curandum dolorem dentium. J. Clutterbuck

Gascon's powder.

Take powder of Pearl, of red Coral, of Crabs eyes, of harts horn, & white Amber, of each one ounce, beat them into fine powder, & searce them, then take so much of the black tops of the Crabs-claws, as of all the rest of the powders, for that is the chief worker, beat them & searce them finely, as you doe the rest. then weigh them severally, & take as much of the tops as you doe of all the rest of the five powders, & mingle them well together and make them up in balls with jelly of Hartshorne, wherinto put or infuse a small quantity of safron to give them colour. then let them lye till they be dry, & fully hard, & keep them for your use, the Crabbs are to be gotten in may, or September, the dose is ten or twelve grains, in dragon's water, Cardunus water, or some other Cordiall water.

To make the Sip drink for an Impostume in the Stomach

Take a good handfull of Catnip, & 3 penny worth of Saffron, and two penny worth of liquorish, boyle all these in three quarts of ale, till it come to three pints then take a pint & an half of Aqua-vitae & a quarter of a pound of treacle & let thes simmer a little then strain it off. Take a quarter of a pint the first in the morning the last at night.

Doctour Furners Syrrup for a Consumption.

Take three handfulls of Colt's foot, Burnet, Burrage, Strawberry leaves, & Violet leaves, of each 2 handfulls. unsett Hyssop, & Maiden hair, of each one good handfull, Comfrey roots picht, scrapt, and washt well, one good handfull, Boyle all these well together in two full quarts of running water, till one halfe

To make the Yellow Salve. my Sister Bingham.

Take 2 ounces of rosin two ounces of bees=wax, one ounce of venice turpentine, & half a pint of oyle, put these in to a pot & set it over the fire, & stir it till it is all melted then take it off & set it by till you want it.

For a burn.

Take half a pound of Mutton suet from the kidneys. & shrid it very small. & put into it a good handfull of the yellow mosse of an ash & almost a quarter as much of the inner pool of an elder set it over the fire, & let it simer together half anhour, then strain it out & when you meet wth a burn to got out the fire use spring water & oyl beat together & w^n ye fire is out take some of this & melt it & dip a fine rag in it & apply it to the burn & it will certainly cure it.

An oyntmont to abait swellings & dry wounds.

Take halfe a pint of the best salad oyl, take 3 handfulls of fox gloves leaves, that grow in the woods. some call them poppies, & two had=fulls of heyhoos; boyl them together till it be green; then strain it out, & put it away for 2 days then take it & boyl it again, with these herbs fresh gathered, then strain it out, & wring the herbs hard; then set it over the fire, & put in as much may buttor, & boyle it till it comes to an oyntmont.

The way to make this may=Buttor,

is to take it out of the Charn not wash't, nor salted, put it into a pott, & set it in the sun all the month of May, & it will look very white, coverd with a glasson cover.

℞ quantitatem Urticarum Frontium contunde in Mortario, deinde exprime liquorem per pannum linteum.

then take four p^ds of Hogs Lard well tryed up, make it some thing more warm then blood; then put in the herbs & rooles above mentioned, & boyle them over a gentle fire, stirring them all the while, till the herbs swim on the top of the liquor, then strain it through a linnen cloath, till every drop be pressed out & keep it for the following uses, viz for inflammations, blasts, & bruises, burns, & scalds, St Anthonys fire, scald heads & sore eyes. Mrs Dor: Wither

An excellent Boyle Plaister:

A Yolke of a new=laid egg, & as much honey in quantity, & a little saffron mix it well together with as much wheat=flower as will make it stiff enough to spread on leather.

Yellow Salve. Mrs Wither

Take one pound of hogs Lard 2 ounces of Venice Turpentine, 4 ounces of bees=wax melted in a skillet, & keep in a Gally=pot for use. An excellent drawer.

The Yellow Salve. Coz: Pocock.

Take half a pound of butter before it is salted & half a p^d of rosin, beat the rosin to powder, & half a p^d of bees wax put all these together in a skillet stirring it over the fire, till it boyles and skim it very well then put into it two spoonfulls of honey & as much wheat flower & an half penny worth of Saffron bruise it very small, put all these to the other ingredients & set it over the fire again, & let it boyle softly half an hour then strain it through a fine cloath into a pan till it is cold, then take it out & keep it for your use.

This is good to heale any sore old or green it is very good for any scald or burn.

Doctour Fabricius ab Aquapondente's famous balsom for a green Wound.

Take two ounces of Carduus Benedictus, of the roots of Valerian one ounce, of St John's=wort one ounce, cut em all small, & infuse 'em two days in as much white=wine as will cover 'em. then put in three ounces of green wheate cut small, & 3 ounces of the best Salad=oyl: boyle all these together till the wine be consumed, then strain it out into a clean skillet, & add to it eight ounces of Venice=turpentine, & two ounces of frankincense in powder sifted fine: boyle all together a little while: & keep it in a glass tied close for your use. Wash the wound first wth warm Claret, melt the Balsom & dip lint into it & cover the wound wth it.

The black Salve. or sticking Plaister

Take 1 qt: of Salad=oyle, one pd of Red=lead powder'd & sifted fine boyle it together in a skillet till it turns black & stirr it all the while with a wooden slice. then then put in with the quantity of a large egge beaten very fine oyle a board & pour it gently on it & wth your hands oyl'd work it up into Rolls. or dip rags in it or pepp it in a cake.

The Green Unguent.

Take a good handfull of Valerian half an handfull of Rice, as much Erue Cyarrow four good handfulls of mouse ear. as much night=shade, these are best to be had in upland dry grounds, one handfull of the red=dock=roots the yellowest these are to be washt very clean, pick't, & dried wth a linen cloath, chop the herbs & roots very small;

To Preserve Wallnuts whole

Take a pound of french wallnuts when they are of a reasonable bignesse before they are shelled and set water on the fire and when it boyls pare the greene from the wallnuts as quick as you can and throw the wallnuts into the water & then let them boyl shifting them often till they are tender then take a pound of loaf sugar and a pint & half of water and set it over the fire in a skillet and when it boyls skim it then take them out of the water and stick at each end a clove and so set them boyl till they are preserved enough

To make Aqua mirabilis

Take mint balme sallendine of the juyce of eyght a pint and one quart of brandy gallingall cubebs cardomums mace cloves cinnamon nutmegs ginger of each two drams rosemary flowers coriaps orange pelle of each a little bruise all these together in peices and infuse them all together in the liquor aboue named in the morning put them into a still with 3 quart of brandy or some white wine or sack as you fancy ther will come of these three quarts wich will be strong when it is mixed sweeten it with double refind sugar the still must be passed close round a bout

To make Jelly of Pippins

Take the largest pippins that are free from spots and pare & quarter them and slice them thin into fare water till you have put in so many that the water will but just cover them and boyl them as fast as you can when the appls looks clear and are all pappe so run it and take to a pint of liquor a pound of of dowble refine sugar and boyl it fast and spum it till it begins to jelly have ready some orange peele being boyld tender in water pared and cut in very thin little slices and let them boyl in it when it is almost enough squeze the juyce of an oranges and a little lemmon and strayne it through a flanel bagg and make your Jelly as sharpe as you please if it be to keepe you must add a little more sugar in consideration of the juyce the orange let it once boyl up then put it up in your glasses

but bottel it not till six weeke after.

To make water cherry wine

To the quantity of six dozen of cherrys boyle a gallon of water till it comes to three quarts, and then poure it boyling hott upon the stones, and skins, wich came from the other wine, and let it stand all night, and then presse it off the next morning, boyling the sugar according to the former proportion, a pound to a gallon, in another gallon of water, and when tis cleane scumed strayne it, and add it to the iuyce, and if you find the liquor too small, add the iuyce of halfe a dozen or a dozen poundes more of fresh cherrys, and so tun it up and let it work according as the other does.

To make Rasbery wine.

Take to euery wine pottell of water a pound of white sugar, & boyle it well, & skim it well, then cool it & when it is fit for barm then take a good quantity & put it to work & bruise a good quantity of rasps & put them a work with your barm, & let it work two or 3. days, & when it hath wrought well, strain it, & tun it in a good runlet, & let it stand 6. or 7. weeks, & bottell it with a knob of sugar, the more rasps you put, the better collour it will bee

To make cherry wine

Take cherrys and pick of the stems, and then put them into a pan, or kiuer, and after you haue bruised them with your hands very well, let them ly together in a tub, three or 4. hours, then pres or squeeze them through a hayre bag, and to euery gallon of this iuyce add a pound of suger, then couer it close, and let it stand all night, and the next morning tun it vp in a vessell fitted to the quantiy, and do not stop it close, but couer it with paper vntill a fortnight tymes or till it haue done working, and then stop it close

a runlet when you tun it or a lemom cut in peeses

To make Cowslip wine - - - - - -

Take to every wine pottell of water a pound of white sugar, boyle the water & sugar together, & skim it, & boyle it well, then coole it, & when it is cold enough to put barm, take two great browne tosts & bake them well & spred them on both sides with barme then take some more barm, & beate a spunful of syrrup of Cittern, or orrings to euery pottell of the liquor, & let all this worke well for 2. or 3. days, then take out the tosts, & skim of the barm, & strain it, & tun it vp into a good seasoned runlet, & then take a peck of pickt cowslips, to 7. or 8. gallons, & hang them in a fine bag with a peice of led in the bottome of the bag, & so hang it in the runlet, & after a day or two stop it vp close and let it stand 6. or 7. weeke & then bottell it vp ~~[illegible]~~ and put a knob of suger in euery bottell, & so let it stand 3. weeks at lest, & it will keep a yeare, but it drinks most plesant the first half yeare, if you will haue it strong put a quart or 2. of white wine into your

wine is very pleasant, strong, & comfortable. mrs mills.

To make Currant Paste. Mrs Trenchard 1760

Take a clean stone gallon jug with Currants pulled from the stalks set in Balneo Mariæ till it boil an hour or two - then take it out of the water & let it stand till it is almost cold - then pour the juice of the Currants through a Lawn sieve into a stone pan - put it over a slow fire, keep the juice continually stirring it with a spoon otherwise it will burn & be spoiled in 3 or 4 hours it will begin to thicken when it is about the thickness of Cream - take it off the fire & put it on China plates to the thickness of a crown piece - put it in an oven after baking or in the sun to dry the Paste - in about a week it will be dry enough to carry in the pocket - it must be kept in paper in a dry place.

The chief thing to be observed in this receipt is that it be kept continually stirring whilst it is on a clear slow fire, it being very apt to burn - which will prevent its being ever so dry as it ought to be - also make it unpleasant to the taste

To make Imperial

Take an ounce of Cream of Tartar to five quarts of water when it begins to boil put in the rind of a large lemon & half let it all boil together for 8 or 10 minutes then strain it through a lawn sieve sweeten it to your taste with fine sugar & when cold bottle it - it keeps good 3 days - it will do well to mix with brandy for Punch instead of Sherbet.

it through aboulter cloth into a deep narrow tub &
couer it close with clothes, it will be=gina to worke
and ferment within 3. or 4. hours, & a thick foul scum
will rise to the top of it, skim it of as fast as it
riseth to any good head, & presently couer it a
gaine, do this till no more great quanty of scum
will rise, which will be 4. or 5. times or more,
and by this meanes the liquer will become clear,
all the gross muddy part rising up in the scum
to the top, when you find that the height of the
working is past, & it be=gins to grow less, run it into
a barrel, letting it run againe through aboulter to
keep out all the gross substance, if you should let
it stay till it hath quite don working, it will
too much dead the wine, stop it close for 1 mounth
or 5. weeks, then draw it of into bottles, into each
bottle put a great lump of fine suger, then stop
them very close, & set them in a cold celler,
you may drink it after 3. or 4. mounths this

To Make Quince Wine Mrs Lipyeatt

To two Quarts of Cold Water put 12 pd of Quince, after having taken out the Core's & kernels & pounded 'em well, let it stand 24 hours strain it out & to every Gallon of Liquor put in 2 pd of Sugar; put it into a Barrel & it will work, & afterwards stop it down.

To make Cherry Wine

Take your Cherries when they are full ripe & pick them from the Stalks, then break them well with your hands & run them thro a range & press them as you do Cyder, then take a quarter of the Stones & break them well & put 3 or 4 Gallons of the juyce to them & let them stand. Then to every gallon of juyce, Wine measure put half a pd of Sugar (you must dissolve the Sugar in a little of the juyce before you put it in) then give it as you do drink, & let it stand till it is work'd to a good head, then skim it off, you must not let it sink, then dissolve half a pd of Sugar more to each gallon then put it into your vessel (which must be full) it will work a pretty while, & when it hath done throw in 3 or 4 pound of whole Cherries.

When you tun up your wine, strain of that that is to the kernels & allow as much Sugar to that as to the other — Mrs Willes.

oranges be small, put in more, & put in the peele of 30, pare them very thin, & let it stand till tis quite cold, & then add 6. ounces of syrupe of Citron, or lemons, beate with 6. spoonfuls of very good alle-barm, couer it close, and let it stand 3. days & 3. nights, then straine it and tun it, & put it into a barill, & along with it two quarts of the best venish, or white wine, bung the barill, but not too close, for 3. or 4. dayes, than stop it very close, & let it stand a fortnight or 3. weeks than bottle it, & let it stand two mounthes, then rack it of into other bottles the older you keepe it the better it is — —

To Make wine of cherries. ~~alon~~

Take one hundred pound waight, or what quantity you plase of ripe, faire, sound, dry, & well gathered cherries, bruise & mashe them with your hands to press out all these iuices, then strain

Mr Lamber

To make Methegline

Take 10 gallons of river water one gallon of virgin honey let them on after stiring them well together till they be incorporated and when it boyls & the scum riseth cast it away and put in eight whites of eggs beaten which will cause a greater scume to rise which being also all cast away put in a little cloves & mace and cinnamon and ginger if you please and haueing boyled it in all about an houre take it of from the fire to cool and worke it up with good yest

Mr

To make Gooseberry wine

Take to every 4 pound of fruite a pound of sugar & a quart of fair water bruise the fruite in a morter and lease it 24 houres in the water then let the cleare run through a haire sieue & wash ad the sugar then run it up into the vessel and let it stand a fortnight or three weeks and then draw it into botls well corked & bound down at 2 or three mounth end it will be ready to drink dureing the 24 houers it must be seuerall times stired

your liquor have well worked, tun it up & then put into it the juice of 4. lemmons, & the pill of one, then stop the barrell well, & let it stand 3. weeks or a moneth before you bottle it, & 3. weeks after you may drink it, it will keepe a year, if you put in 2. or 3. ounces of syrrup of citron it will be better. — — — —

~~Lady~~ To make orange wine 6 Gallons

Take 7. or 8 gallons of good spring water, & 12. pound of the best powder suger, then take 4. whites of egges, shells & all, beate them well together, when the water is cold to clarife it then put it into a ~~skillet~~ to boyle, let it boyle 3. quarters of an hour, scume it very cleane till no more will arise, then put the liquor in a cooler, when it is prety coole, put in the juice of about 60. good sweill oranges if the

mrs Smith To make Meshiglin white and
cleare as water

Take as much water as will fill your vessell and make it boyl one houre then take it of and let it stand till the next day then put into it as much honney as will make it strong enough to beare an egg mix it well together and put in the whites of a dozen eggs beaten to 6 gallons of liquor set it on the fier and when it boyles scum it cleane and let it boyle one houre then set it by till the next morning then run it into a fine vessell stop it close and let stand six weeks draw it out into bottls putting in each bottle a little orang peele or lemon peele then pard let them be well corked and set in a cole place If you please you may put in a little mace and cinnomet and ginger two or three clouse in the vessell by ma bro off.
muslin rag

orange & Lemond, & when your Pippins are boyled, thay are cleare at the coare, take them vp, & if your liquor will not jelly, lett itt boyle longer, then put your apple together, & close them, & so put them into the Glasses, & put the syrrup to them, & lay the orange vpon the Pippins, the syrrup must bee strayned ~~thro~~ through a tiffany. — — — — — — — — —

To make Cowslip wine.

Take seuen gallons of water, & boyle it one houre, then put into it fourteene pound of sugar of about sixpence apound, & lett it boyle till the seum be taken off cleane, then sett itt a cooling, & when tis cold enough, put as much ale=yest into it as will wake it, have in reddines ~~fr~~ fiue peck of Cowslip blosums, ~~the~~ which you must put in to your barrell with out brusing, & when

Mrs Morris way to make apricock Wine

Take 8 three pound of sugar three quarts of water and let it boyle together take off the scum when it ariseth then put in 6 pound of apricock stoned and pared let them boyl till they be tender then take them up and when the liquor is cold bottle it up

Mr Coles way to make Rasberry Wine

Take two gallon of Raspes and put them into one gallon of pale claret or white wine and let them in a vessel eight or ten dayes and then drain off the wine and bottle it up you may take those Raspes afterward and putting a little bruised them put them in a canvasse bagg and hang them in a barrell of Ale with they will make good Rasberry ale this is the best way to make Rasberry wine

To presenue Whole Pippins.

Take halfe a pound of Pippins, put to them halfe a pound of double refined suger, & halfe a pint of Pipping liquor, & take out the kernels of the Pippins that make the liquor, & a pint & halfe of faire water, then pare the Pippins very thin & pick out every blemish. then cut them in the middle after the manner of an orange, and take out the kernells, lett the liquor boyle, then put the Pippins into the liquor, and the suger, save a pretty peice of the suger and beat itt to powder, & as the Pippins boyle strew some of itt in, & lett them boyle as fast as you can, & skim them clean then have in readinesse some rine of orangs boyled tender, all the white must bee taken out of the pill, & when your apples are clean skimed, put in your orange peele, & when you thinke thay are almost ready, put in some Juice of

48)

To make Maliga Raisin Wine – May 23. 1757 Mr Cooper

To Every Gallon of Water 6 pd of fruit, boyl the water & chop the raisins, not put together till the water is cold, Stir it well together twice a day for 14 days, Cover it very close, & when you put it into your vessel let it strain thro' a sieve, but not press it – you may add more fruit & make a small wine – & afterwards put cold water & the stalks & pulp into a vessel & in time it will make good Vinegar – when your best wine has done working & settled which will be in about 6 weeks draw it off into a clean dry vessel & stop it close it must be full & in 4 months you may bottle it. The time to make it is in November when there is new-fruit –

In your cittorne, & lett itt boyle space, & when itt looks cleare, & is almost enough, put In the Juice of Lemonds, & suger as you doe to orenges - - - - - - - - - - - - - -

To preserve Pare-plums whole.

Take the plums & pare them, & to a pound of plums put a pound of suger, put to the suger as much water as will wett itt, sett itt over the fier, & lett itt boyle to a pretty thick syrrup, then put in the plums, & make them boyle as fast as may bee, stroving in a little of the suger in the boyling, to keepe them from breaking, so lett them continue boyling ~~lett~~ till the syrrup drop very thick, then thay are enough - - - - - - - - - - - - - -

Syrup of Lemons

A Quart of juyce of Lemons, 3 p^d of double refin'd Sugar, broke in lumps, put it into a New earthen pot. Stir it every day till the sugar is melted, before you Stir it, Scum it well every day, it will be near twelve days a melting, then bottle it.

To preserve plums

To a p^d of Plums a p^d of Sugar, slice the plums on the Sides, put 'em into the Sugar with 2 or 3 Spoonfuls of Currant juyce to make the Sugar melt over a Smal fire when the Sugar is melted set them by for 2 days turning them twice a day, that they may take the colour of the Syrup. then boyl them up, keep back a litle Sugar to Strow over them it will harden them, when the skin begins to bladder they are enough.

To make Mackaroons

To a p^d of Almonds a p^d of Loaf Sugar Sifted, beat them with one Spoonful of Orange flower water, then take the whites of 6 Eggs, mix 'em very well together & drop 'em upon paper

To preserve Strawberries. Mrs Miller

To the largest Scarlet Strawberries full red, but not too ripe, add their weight in double refin'd Sugar then take some other Strawberries, wash them, & to every pound of Strawberries add a quarter of a pint of juyce ~~ex~~press'd from the wash'd Strawberries & a quarter of a p^d more of Sugar.— dissolve the Sugar in water & pour the juyce upon it, melt it over the fire & then take it off & Stir it till it is almost cold then put in your Strawberries & boyl 'em over a quick fire take 'em off & Skim 'em often, when the Strawberries look clear they are enough, then put them in glasses. If you think the Syrup too thin you may boyl it after the fruit is taken out but Stir it is cold before you put it into the Strawberries. N.B. This Sweetmeat will keep all the year but it is rather too luscious to be eaten without cream the flavour of the fruit looses very litle in the preserving.

To preserue damsons in Jelley

Take your Damsons & cut them in the side, & take their veight in sugar, & take of the Juice of them as much as will wett the suger, & boyle them a little, then take them of, & put them a way till the next morning, then boyle them till thay be tender, then take them up then boyle the syruck till itt will Jelley —

To preserue Citrons.

Take your Citrons, & pare them very thin then rub them with salt, & lay them in water all night, the next morning take them out, & cutt them in halfs, then seeth them in 2 or 3 waters, then weigh to a pound of citrone a pound a pound & a half of suger, & to every pound of suger an ale-pint of water, then clarify your suger, & when itt is scumed cleane put

Cowslip Wine

6 gallons of Water, 12 p^d of Sugar, boyl it together with the pele of two Lemons half an hour then pour it on the Cowslips, which can't be less than 5 gallons, when it is almost cold take a Spoonful of the yest, 6 ounces of Syrup of Lemons or Citrons, beat it together & set it to work 3 days, then add to it a quart of Whitewine, tun it flowers & all pitch & stop it close, let it stand a month, & if fine bottle it — L. y. m.

Lemon Cream

Take the juyce of a Lemon & Sugar beat them well together a q^t of Cream, beat it altogether very well. Ditto.

Spunge Biskets

Take 12 yolks & 6 whites of Eggs, beat them severally very well then put 'em together 20 ounces of fine Sugar, beaten & sifted & mix it with the eggs very well, 10 ounces of flower, mix it altogether, butter the moulds & fill 'em half full, bake 'em in a quick oven.

Savoy biskets

Take 6 Eggs but one yolk, a little rose water, half a lemon peel & a p^d of fine Sugar, a p^d of fine flower, the Sugar must be sifted, stir it altogether & make it up either long or round cakes

Laurel Cream

A Quart of Cream, 6 Laurel leaves, boyl them together & thicken it with the yolks of 4 Eggs, but two whites, sweeten it to your tast.

Eringo Cream

Take 2 ounces of Eringo cut small, take a pint of Cream & boyl it have ready 2 Eggs, set it over the fire, it will soon be enough.

Hartshorn Flummery

Take harts horn & boyl it to a ~~thick~~ stiff ~~Sellyfrum~~, run it thro' a jelly bag, let it stand to be cold, then melt it & put in Cream & Sack & Sugar to your tast, give it one boyl up & pour it into a broad dish.

Saffron Water

3 pints of Sack a qu^r of an ounce of Saffron, lay the Saffron in the Sack, 24 hours, then still it with a limbeck & draw it upon Sugar Candy.

To make Syrup of Oranges.

To a pint of juyce of Oranges, put a p^d of double refin'd Sugar beat to pounds put into a New earthen pot well glaz'd, set it over the fire in a kettle of boyling water & stir it till it is melted, then take off the scum with white paper, when there arises no more scum, let it cool & bottle it.

To Preserue Pare-Plumes White.

take the pare plumes before thay be fulle ripe, & pare them very thin, as you pare them, slice them into fripin water, it being cold, then take their weight in fine sugard before thay bee parde, & strow your suger in the pan ~~things~~ you preserue them in, then ~~the~~ take the plums out of the water, & put them in to the suger with as much water as will hang on them, strowe your suger on them, & sett them on a quicke fier, & lett them boyle as fast as you ~~look~~ can, till thay look cleare, & the syrrup Jelly, then take them out, & put them in glasses, the same way you may preserue white Damsons, but you must take them ~~befor~~ before thay are ripe — — — — — — —

To Preserve Peaches or Apricocks &c: in Brandy

Take to every 50 Peaches or Apricocks three pound & half half double refin'd Sugar, & make it into a thin Syrup: then take your Peaches or Apricocks & prick them full of Holes with a large needle, & put them into the Syrup, which must be Scalding hot, then keep them all under the Syrup by turning them with a bunch of clean white feathers, for a Spoon would crack the skins & so spoil them. Be sure you keep them all under the Syrup, not the least bit be without it: so let 'em scald for near an hour, but not boyl; then take them off the fire, & put them one by one into a great flat earthen pan, with great care & pour your Syrup over them, so let them stand all night. the next day put them one by one into your preserving Pan & the Syrup with 'em, & set them over the fire & let them have one gentle boyl, about a quarter of an hour; then take them off the fire, & with great care one by one, put them into your glaz'd earthen jars that have been scalded & well dry'd before the fire & then rinced with Brandy, then put to them a Spoonfull of the best French Brandy & a spoonfull of the Syrup till the pots be quite fill'd up, & the fruit well cover'd the Syrup must be likewarm. If you have large Glass jars to put them in, it is better. when they are cold cover them close with a paper & a bladder at the top to keep out all the air. The Peaches must not be ripe, but only at their full growth, & beginning to be ripe, but very firm, & not in the least bruised. N.B. the Apricocks the same.

To preserue merele Cherris

Take the ~~[illegible]~~ faire est cherris before thay are black ripe & stone them at the bottom and leave a little of the stalke on them to a pound of cherris take a pint of goosberie liquor in fesd & a pound of suger first boyle the suger to a candy key then put in the liquor & cherris & make them boyle pretty fast takeing them of 2 or 3 times in the boyleing that thay come to be of a good culler when it Jellies itt tis a nough - - - - - - - - - -

To dry any of these.

Take them after thay are preserued, and drained them from the syrup, & put them vpon glasses in a ~~sta~~ stoue to dry them, when thay are half dry, take a little warme water and a ~~co~~ cloth, & wipe them from the clamines and dry them, & ~~box~~ them for your vse.

For the Chclick

A Dram of Saffron & i an ounce of Elecampane root pondered & boyled in a quart of Water a quarter of an hour, strain it & drink 4 Spoonfulls morning, Afternoon & Evening.

To make marmelett of orengs.

Take good sivil orengs with the thickest peele you can gett, & pare them very thin, & rub them with salt, then cutt them, & take out all the meate, butt none of the skins that grove a bout itt, & sett itt by in a cleane thing, then lay your peels in water all night the next morning boyle them in 2. to 3. waters and when thay are tender, take them up & beate them single in a stone morter, then take the weight of your peeles, & the reast of your meate in suger, wettes boyle itt to suger a game, first put in your peels & when itt boyls up, put in your meat so lett them boyle together, to marmlett, then take itt up and keepe itt as other swette meats — —

To make sack Whey

Boyle a Pint of milk & pour it boyling hot on a quarter of a Pint of sack & Water into a Tankard, let it staine close cover'd with the Card on it by the fire an hour or two; & when you drink it, pour it from the Card, which keeps it fresh.

To Preserve Plums

Take them before they are ripe & cut them down on one side with a Penknife, then take their weight in fine sugar, with as much water as will wet it, when it boyls drop in the White of an Egg & give it one or two shis, then Scum it well, & when the Syrup is blood warm put in your Plums for 6 days warming them every day, then boyl them up some time & take them out & put them in a Galley pot then boyl the Syrup to a small jelly & pour it to the Plums.

Pickle for Brawn

2 Gallons of Small bear & 3 gallons of Water & 1 gallon of Bran & half a Gallon of Salt boyle it an hour together & Strain it off & let it Stand till the next day & then put in the Collar of Brawn & this pickle will keep it 3 months if occasion be, only if you see a cream over it boyle it & Scum it.

ta skillett of warme water over the fire, & when you have cutt a little round hole in the bottome of every orenge, putt them into one of the skillett, & lett them boyle till the water looks yallow, & itt taste bitter, then put them in the other skillett, & so shift them till they are ~~to~~ tender, then take them vp and lay them on seleane thing, with the holes downward, when thay are cold, gett out as many of the seeds as you can, then take to a pound of orenges, a pound & a half of loafe suger, & to every pound of suger an ale pint of water, then clarify your suger with the whites of egs, & when itt is scumed cleane put them in, & boyle them till thay look cleare, then squeese in some Iuice of lemon, & strove in some hard suger, then after thay have boyled a little take them vp

An Excellent Powder for ye teeth.

Take ½ an ounce of Rosemary leaves, dry'em to powder, 2 drams of bread burnt to powder, a dram of red Coral, half a dram of Alablaster, mingle them altogether & rub your teeth therewith, the wash your teeth afterwards with Rosemary water, & you shall soon see a wonderfull Effect.

To make a Portugal Cake

Take 2 ℔ of flower, a ℔ of Currants, a ℔ of Sugar, & a ℔ of butter, beat the butter wt your hands till it comes to a Cream before ye fire, then take 8 eggs 4 whites beat them well in ye butter with your hands, season it with a little Cinamon & nutmeg, ½ an hour will bake it.

A Water Comparable to Gold

To a Gallon of Whitewine take 4 ounces of Gentian & 24 ounces of Centery, let it stand 8 dayes steeping, then still it, & take 2 spoonfulls of it morning & Evening.

To Make Lemon Cream

Take 2 Lemons & wring out ye juyce of them, take 6 or 7 th eggs leaving out half ye yolkes, mix ye Lemon & Eggs, in ½ a pint of water, a little of the Lemon peel shred very fine some sugar & a little Rosewater, strain it & set it on a gentle fire, keep stirring it till it is as thick as a Cream.

To preserue pares White

Take your pares & parboyle them very tender, then weigh them, & to a pound & a half of sugar put a pound & a half of pare, and a pint of water then make a syrrup, & peele your pares, & put them into the syrrup, & when thay are like warme wett them in the syrrup so fast as the pares bee hidden ~~with~~ with itt. boyling them till thay bee very tender, & when your syrrup hath stood the space of three dayes, if itt bee thinne then boyle itt anine, & powre itt upon ~~the~~ your pares — — — — — — — —

To preserue Orenges

Take eyther Bermodas, or the fairest sweet orenges, & pare them very thin, then rub them in salt, & lay them in water all night, the next morning shift them. then have

A most Excellent purging Ale.

Take 4 Gallons of Ale wort, ye strongest you can brew, & boyle it till it comes to 3 Gallons, tunn it up with Good store of barm, that it may work well; & against you are ready to tun it, make a Canvase bag with an Hazle stick thrust through it, & so fasten ye Bagg to it, that it may not come pt in 3 inches of ye Barrels bottom, nor float on ye top wt ye barm; put these following Ingredients into ye bag; 6 ounces of Scena Alexandria, 2 ounces of Bayberries Hulld, 2 ounces of Saxifraswood, 6 ounces of Ashen keys bruisd, 2 ounces of Sarsanella, 6 ounces of Pollypody of ye oak, 2 ounces of Annyseeds, 2 drams of Rhubarb; let all these things be suddenly bruisd to powder except ye Scena Alexandria, wch must be put in whole, & when ye Ale hath done working, stop it up close, leaving good store of barm on ye top, & after 3 or 4 days drink ½ a pint in ye morning, & in ye Evening 3 parts of a pint, an hour before dinner take some warm broth & it will work ye better, but in ye Evening take it an hour before you go to bed, keep your self warm, & ye more you Exercise ye more it will work. This is to be taken every spring & fall, from ye 1st of April to ye end thereof, & from ye midst of Sept: to ye middle of Oct:. This Ale usd as above will cleanse ye body of all Corrupt humours, water & wind, will purge & cleanse ye Stomach, Liver, Lungs, & other parts of ye Body, wtout any offence, avoiding therewith much wind & water, if any be in the body, reserving to ye party his natural complexion of body & blood, makeing ye Countenance cheerfull & ye body lightsome & of much alacrity, & will purge no longer than superflaous humours abound, its good for ye Dropsy, Palsy, Megrim or headach, the foulness of ye Lungs, ye pain of ye back & stomach, & Divers other diseases, not here mentioned, it may be taken by an aged body or a child.

afair glasse plate, & put them in astove, or some other cleane place wher thay may have some air of the fier, & every ~~to~~ day turn them upon cleane glasses till thay bee drye.

To drye any kind of Greene fruite

Take your fruite greene then weigh them, & to a pound of fruite take 3 quarters of a pound of suger, & a pint & halfe of water, & make syrrup with itt, & scum itt very cleane, then put in your plums, or any other fruite, & lett them heate in itt, but not boyle, for the space of an howre, & so you must heate them twice every day till all the surrup be consumed, then take them out, and ~~them~~ dry them in a glasse or astove - - - -

To make whit marmalade of quince

Vse your quinces as befor in the first receip of the red marmalade on the other side and put to a pound of quince 14 ounce of sugar and half a pint of liquor boyl it as fast as you can uncouerd and when the liquor is almost consumed put in the sugar and so keep it boyling as fast as can be breakeing it a little and when it comes cleane from the skillet it is enough you must not make above a pound of whit at a tyme the lesse the better

A Good Receipt

Take half a p^d of figs & slice them, a quarter of a p^d of raisins stond, two ounces of Liquorish, scrap^d & slic^d; & a few Annyseeds, boyl all these in two quarts of Spring water till a pint be consum^d then strain it thro a sive & drink a quarter of a pint in ye morning fasting and as much when you goe to bed.

How to preserue and dry Apricocks

Take your apricocks before thay bee too ripe a day after thay bee gathered & stone them, & pare them very thin, & to 3. quarters of a pound of suger take a pound of apricocks, set them by in the suger couered 2 howers till the suger is moyst, & itt will melt with out water, then put them on a gentle fier, that thay boyle not in the space of half an hower, then lett them boyle very softly half an hower more turning them often that thay breake not, when you thinke thay are enough, put them in a deepe glasse, & the syrrup into a siluer dish, & lett the syrrup simer a little, then poure itt on the apricocks, & so lett them stand uncouered till the next day, then couer them, & when thay haue laine a weeke in the syrrup take them out, & lay them on

To make marmalade of Quinces

Take your quinces & pare them and take out the cores put the cores & the rindes into aquart of faire water which must boyle till half be consum then take to a pound of ~~quice~~ quince three quarters of a pound of sugar and a pint of that liquor let the quince & the liquor boyl together very fast for a small space then put the sugar to it & set it on a soft fire close couerd and let it but simmer and so let it stand two houres when you see tis soft and come to the colar you would have it boyle it with a spoone and let it ouer a hot fire of coles and let boyl very fast and keepe stirring of it when you see that it will come cleare from the skillet it is ready which will bee in a very little tyme of boyling if you please you may save some of the kernells and when tis almost ready you may put them into your marmalade

often till the syrup will Jelly, & the rasberies looke clear, then take them off, & put them in glasses, & when thay have been stoud 7. dayes, couer them & keepe them for your vse. — — — — — — —

To preserue Rasberies in sumpe

Take the Rasberies new gathered, & to a pound of Rasberies you must put a pound of suger, & ten or twelue spoonfulls of the liquor of Rasberies, put half your suger in the bottome of the pan, then put in your Rasberies, & strowe on top of them the suger with the iuice, then sett them on a soft fier till the suger be melted, then take them off, & shake them round in the pan, when thay bee through hot, boyle them as fast as you can, & thay will bee presently enough

To Preserue Quince whit

Take your quince being the fayrest and throughly ripe and wipe the outsides of them then coare them and haue ready a pan of fayre water seething hot and if you preceaue the water to change the colour of them haue other fayre water to change them in the water too being something hot then let them boyle reasonably fast uncouered till you may thrust a weake straw through them then take them up and pare them whiles they are hot till the holes & couer them with sugar finely beaten & so let them stand till they are throughly cold then for your syrrup take to a pound & half of sugar a pint of water and a little more & clarify it with the white of an egg & strayne it seeing it on againe in another vessell & let it boyl & scum it very clean then put in your quince pared and dryed before & let it boyl very fast scumming it often & turning them & thus you must keepe them boyling till the syrrup be ale thick as Jelly or that you perceaue them to change their colour & when you thinke your quincese are enough take them off the fire & put them into glasses every one by it self & pour the syrrup on them but couer them not till they cold then let them stand where the heate of the fire will come to them for the space of a weake then set them up for your use

To preserve Rasberries in Jelly

Take your rasberries when thay are gathered and pick out all the fairest by them selves, then put the other in a silver, or erthen dish, & bruise them & when thay are bruis'd hang them 24h. that the cleare Juice only may run from them, then measure your Juice & take to a pint of Juice a pound of suger, then weighe ~~fare~~ your faire rasberies, & take their weight in suger, then take a bell mettell skillett cleane scowred, & put in allmost all your suger but leave a little to strove in the boyling, then put in your rasberies, & your Juice upon ~~it~~ them, then sett them on a molderate fier, till your suger bee all melted, then serum them & lett them boyle as fast as you can, not breaking them, then strove in the rest of the suger, & lett them boyle shakeing them

To Preserue quinces red

Take fine apple quinces & pare them and parboyle them and take to a pound of quinces a pound of sugar and a pint of water and make a syrrup skumming it very cleane then put in your quinces and let them boyle together couering them very close till they looke red when they are red enough uncouer them and let them boyle till they are very tender and syrrup thick enough to Jelly then take them up and put euery one into a glase by it self and your syrrup on them and let them stand neere a fire for the space of a weeke then ~~couer~~ couer them up

clear juice only may run from them, then take your currants, & stone them, & strow a littel suger on an erthen plate to lay them on, & when thay are stoned, take their weight in suger, then take your juice ~~and~~ & weigh it, & to a pint of juice put a pound of suger, then put itt into a skillet, & sett itt on a soft fier, till the suger be all melted, then lett itt loyle vp, & scum itt cleane, then take itt off the fier, & lett itt cool a little, then put in your bunches, & cast in your suger that belongs to them, in the boyling you may ~~a~~ cast in 2. or 3. spoonefulls of water to make the scum rise, & when you have taken of the scum, keepe them fast boyling, & shake them often, till thay looke cleare & the syrrup jelley — — — — — — —

To make pouncee oranges

Take the oranges and pare them very thin and let them ly 24 hours in water and not cheange the water take them out and dry them very well then take to an ounce of this orang peeles two ounce of sugar then boyle the peels very tender then take them out and dry them and when they are cold then pound it in a marble morter with the sugar then spred it thin upon glases and dry it in a pritty cold ouen and when it is dry you must cut it out into little cakes

skillett of water, & likewise into the third skillett of water, till thay doe peele, & when thay are ready, peele them as quicke as you can, then put them backe againe into one of the skilletts, & lett them scimper till thay looke greene, then put them in the syrrup, & lett them boyle in itt till itt ~~co~~ come to a Jelley, then lett them stand all night in the dishe. If the syrrupe be thyn boyle them againe the next day, & lett them stand till thay be cold, then put them into a glasse or pott

To preserue Red Currants in bunches in Jelley.

Take the currants before thay be dead ripe, and pick out the fairest bunches to stone, then take some currants, & pick them of from the bunches, & bruise them in a silver, or earthen dish, then hang them 2 ~~ft~~ in a bag that the

To make drops
or Dill Bread

Take eight eggs and beat the whites to a ~~for~~ froth with a little rose water take a pound of flower well dryed and a pound of sugar well pounded & sifted beate the flower and yolkes of eggs together with some of the sugar adding the sugar by spoonfull whiles you are beating so mues be beat an houre and a quarter put the whites of the eggs in before you ~~sugar~~ is all in you may put in carraway seeds if you please

To make conserue of Rasberries

Bruise youre Raspe and put to a pound of them a pound of sugar and mingle them together and set it ouer the fier and coyl it up quick untill it is thick enough then glase it be sure you seam it well

peele them, only slit them before you put them into the surrup, & when thay have boyled alittle while in the surrup, then you may gettout the stones, then strewe some of your sugar on them to clear them, then boyle them moderatly, till thay look clear and your syrrup thick, then put them up and keepe them as you doe other theings.

To preserue any kind of Greene fruite

The fruite which you will preserue greene must be gathered on the shady side of the tree, & the greenest you can gett, then take two skilletts of water, & sett them on the fire, & when your water is scalding hott, put in your fruite into one of the skilletts, & when that water groiveth bitter, take out your fruite, put ill in the other

Mrs Morris

To make Portugall Cakes

Take a pound of sugar & a pound of butter and 4 spoonfull of rose water to beat the butter with till it looks white then put them very well together take 4 yolks and 2 whits of eggs & beat them well together then take a nutmeg and a little mace a pound & tenscheing more of flower and a pound of currants stir all thes together then flower the papper lay them one not to thin then set them with rose water and sugar & let not your ouen to hot

To make naples bisket

Take a pound of flower dry it in the ouen & searce it and take a pound of sugar dry it in oyour ouen and searce it take ten eggs take away half the whites take ten spoonfull of sack then take half a pound of almonds blanck and beat them very small then beat all thes together in a stone morter thre houres then put them in long pans and searce a little sugar one the top of them when you set them into your ouen and let them stand an houer

take them of, & sett them by in the dish till the next morning, then place your karnells in the middle of your apricocks, & put them in a pott, & lett them stand in a warme place the space of a weeke, then keepe them for your vse. - - - - - -

To preserue Greene apricocks

Take your apricocks when thay are almost att the full groth, but before thay begin to change colour, then weigh them, & take their full weight in suger, & to a pound of suger take halfe a pinte of water, & make a sirrup but keepe out some of the suger to strowe on them when you put them in, but first you must greene them in water, keeping them close couered a-pon a soft fier, till thay be tender, & very greene, you must not

Mrs Charlock

To Make Quince Marmalet red

Take your quinces and coare them and pare them then wey them and take to a pound of quince a pound of sugar & a pint of water then cut your quince in peices and put them allogether into a close skillet or pot of bellmetalle and let them soey upon a soft fier keeping of them close covered and when it is half enoughe put in a few of the coare and kernells tyed in a lane Rag to make it Jelly and when you preceive it to grow thicke and red enough take of the cover keeping it sizering till it is come to a marmalet then put it into glasses - if you please as it cools put in a litle Rose water & a few grains of musk mingled.

To Make Amber Marmalet of quinces

Pare your quinces & cut them in quarters and put them into faire water take half a pint of pippen Juce as much of Juce of quince put 3 pound of sugar doule refine and three pound of quince boyl all these together keeping them uncovered

To preserue apricocks

Take your apricocks before thay are dead ripe, & weigh them, & take to a pound of apricocks, a pound of suger before thay are stoned or pared. then pare, & stone them, & have redy a pewter dish cleane scowred, & wiped dry, then take some of your suger, & stravit att the bottome of the dish, then put in your apricocks, & take the stones of them, & crack them, & peell the kernels, & put them in the dish, then put in the rest of your suger vpon them, & so lett them stand, till the suger is almost melted to a syrrope, then sett them on a chafing dish of coals, & lett them boyle, scuming, & turning of them very often, & in the boyling of them you may cast in 2 or 3 spoonfulls of water, & when thay looke cleare, & your surrop thicke, then

To Preserue quinces Whit

Take your quinces and put them into cold water and scald them ouer a gentle fire till they are soft you must couer them as close as you can and when they are codled then peare them very fine and thin then cut them in halfs and pick out the cores and to very pound of quince take a pound of duble refined sugar and half a quarter of a pint of water you must boyl your water and sugar together and scum it well then put in your quince and boyl it uncouerd till it looks clear then it is in to your glases

To make quince pass

Take the quince scald them very tender then pare them and cut them in peices and to a pound of quince put three quarter of a pound of sugar then put the quince into a pan and brase it very small with a spoone set it ouer the fire and let it stand till it be almost ready to boyle then put in the sugar and when tis well melted put it out upon a plate into litle cakes and so stoue it till it is dry

To presirue any kind of black plums

Take your plums & wipe them very cleane then weigh them, & take to euery pound of plums a pound of suger finly beaten, & then slitt your plums, & put some of your suger in a skillett, & lay your plums one by one with the slitt side downwards, then put in 5. or 6. spoonfull of water, & couer them with some of the suger, but keepe some of the suger till the other bee melted, then sett them on fier, & lett them melt very softly, & when they are throughly melted, take them vpp, & turne the slitt side vppermost, & put in the rest of your suger, & so sett them by all night, & in the morning sett them on the fier, & ~~let~~ boyle them, till the syrrupe will hang on a spoone — —