Family Receipt Book.

Mrs. Cunningham.

August 12th 1812.

Francis Cunningham

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Artichokes fried.—

Take as small artichokes as you can get, pull off the outside leaves, cut off the tops, quarter them, and sprinkle a good handful of flour with salt and pepper to your taste over them then take one egg, beat it, and mix some water with it, pour it by degrees upon the artichokes, then mix it till it is a thick batter, put in a little vinegar.— have lard ready on the fire hot, put in the artichokes and fry them till they are a fine brown and crisp.— Lay them upon a sieve to drain, then send them to Table.—

An Amlet.— Omlet

Take ten Eggs, beat them well, put in some chopped Parsley, pepper and salt, mix it well together, then put in a large piece of butter in a frying pan, when the butter is melted put in a small onion finely chopped, simer it on the fire a little while, then pour in the eggs, shake the pan round till the eggs harden, then with a knife, loosening it all round, and double the Amlet over to make it of a proper shape, when it is brown on the side next the pan it is enough, then lay your dish over it and turn it over, so send it to Table.—

To preserve Apricots in Jelly.

(Lady Carlow

To 3 doz. of fine Apricots, stoned and pared, put a pound

and a half of fine sugar pounded, strewing it over them as you do them. – Let them stand 10 or 12 hours: boil them up till they are clear and tender, then heat them once or twice more to retain their flavour: make a jelly with codhis and a few white currants; if plenty of apricots, a few of the smallest will give the jelly a higher flavour. – Three quarters of a pound of sugar to a large pint of jelly well boiled, drain your apricots from the syrup, put as many in a pot as you like, fill them up with jelly. –
Boil the jelly till very strong: half pound pot is the best. —

Anchovy Toasts. –

Fry some bits of bread about the length of an Anchovy in good oil or butter, lay the half of an anchovy upon each bit and strew over them some parmesan cheese grated fine, – colour them nicely in an oven or with a salamander. – Squeeze the juice of an orange or lemon over them, and pile them up in the dish, so send them to Table. —

Scotch Marmalade. – Mrs. Williams

Weigh the Oranges, take the same quantity of sugar, break it into pieces, – put it into a large preserving pan, and pour a pint of

water into it, to make it dissolve, then take ½ the oranges, and grate them, then put them by till wanted. – Cut the skins of the grated oranges from the pulp, throw them into soft water, let them boil till a straw will pierce them, beat them well in a mortar. – Then take the oranges whose rinds have not been grated, and cut the rinds into chips. – Take the seeds from the pulp and juice. – Then boil it altogether till it is clear. —
Very good common Marmalade for breakfast may be made by boiling all the white skin of the oranges and pounding it, with the same proportion of sugar &c. —

Potatoe Yeast. – Miss Ottley

Six pounds of boiled potatoes, rub them through a coarse sieve, – then put a quart of boiling water, stirring them the whole time. – Let them stand till as warm as new milk. – add a spoonfull of yeast that is not bitter, with a quarter pound of coarse sugar. – Let it stand 12 hours at a little distance from the fire. – It will then be fit for use, and will keep two months. —

Potatoe Pudding. – Miss Ottley. –

1 lb. Potatoes boiled very dry and mashed very fine

½ a pound of butter and ½ pound of powdered sugar, well beaten together. – six eggs beat up very light, with a spoonfull of Brandy, whites and yolks, ½ a tea-spoonfull of salt. Butter the dish very well, before you put in this mixture, and thick in the Potatoes by degrees to the eggs stirring it well together, then all the sugar and butter. – ½ an hour bakes it. –

Sift fine sugar over it, and serve it up. –

Lemon Pudding. –

½ a lb. of Butter. – ½ a lb. of Sugar. – seven eggs leaving out three whites. – The rind of a Lemon grated, the juice put in just before it goes to the oven. The butter must be mixed as for a cake. –

Millet Pudding

2 oz of Millet. – 2 oz. of Butter to a pint of milk, sugar and nutmeg to your taste, bake it with a paste round the dish. – care should be taken that it is not baked too much. –

White Sauce for Fish. –

Take a quarter of a pint of gravy well boiled with a bit of onion, a little lemon-peel, & horse-radish, five cloves, a blade of mace, and a spoonfull of catsup, boil it till it is reduced to five spoonfulls, then strain it off, and put to it four spoonfulls of cream and thicken it with flour & butter, boil a little of the herb tarragon in it. Before it is sent to Table one spoonfull of elder vinegar to be added. –

Carrot Soup – Lady Pelham's –

A quarter of a pound of butter, twelve Carrots, two turnips, two parsnips, four heads of celery and four onions. – Stew these together about two hours and shake it often that it may not burn. – add as much boiling water as your Tureen requires. – Strain it and put to it a piece of lean bacon, it should be of the consistency of pease soup. –

Gingerbread. –

Two pounds of fine flour – 1 lb. of Treacle, – 1 lb of Butter – ½ a lb of Sugar – 1 oz. of Ginger. – The butter to be melted in the Treacle over the fire. – Mix altogether and make it into a paste. – let it remain till cold, send it in little cakes to a very slow oven. –

— Malt Wine. —

Take 30 lbs of Sugar to 10 Gallons of water (wine measure) boil it half an hour, scum it well, when milk warm put to every Gallon 1 quart of new Ale, out of the Vat, let it work well in the Tub a day or two, then put it in the barrel with 1 lb of Sugar Candy 4 lb of Raisins 1 Pint of Brandy & 2 oz: of Isinglass, when it has done working stop it up, & let it stand 1 Year before it is bottled.

— Cowslip Wine — Mrs Morgan's Recipt.

Ingredients – viz: 1 Gallon of Water 3½ lb. lump Sugar (with this qty of Sugar the Wine will keep years. if it is intended for use during the first year, 2¾ lb. will suffice)

the white of an egg beaten, 3/4 lb. of blossoms, the juice of half a lemon, the peel of a lemon.

Process. Put the Sugar to the water & when the latter is dissolved by heating both, let the white of eggs be added & well stirred in - Boil the whole an hour taking the scum off as it appears - pour the liquor into a Tub, & while warm add the blossoms, Lemon juice & peel stirring them well in previously to working, & afterwards, while yet warm, work the whole with a crust of bread dipped in yeast - stir it occasionally for three days, then tun it - When it to work, add half a pint of the best brandy to every three Gallons of liquor & stop it securely - It may be bottled after 3 weeks or a Month. —

Baked Bread Pudding

Half a pound of bread cut thin pour a pint of boiling milk upon it cover it till cold add 5 eggs the whites of 3 a little nutmeg & salt half a pound of veal cut fine & half a pound of raisins stoned & a spoonful of wine & brandy stir it all well together & rub a Stewpan with butter & put it in one hour bakes it in a quick oven

you may put currants instead of raisins when you like it

Batter Pudding

Take 5 eggs beat them well with a little salt put in 3 — spoonfuls of flower & a pint of milk beat them very well together, butter your basin, & flower it, then put it in & tye it up tight boil it an hour, at the first putting it in turn it now & then - about six times or else the eggs will be at the bottom, & the flower at the top. - - - -

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Baked Custards

a pint of cream boiled with a bit of cinnamon & nutmeg when cold beat six yelks of eggs which mix with it add a little orange flower water & sugar to your taste stir the custard till it goes into the oven so fill your cups & bake them if you have no orange flower water blanch & pound a few bitter almonds & put in (baked in a quick oven —

Bread Sauce

a quarter of a pound of stale bread slice it thin put it in a stew pan with a small onion six peper corns let it be just covered with water & boil it till the bread will beat smooth then take out the onion & peper & add a quarter of a pint of cream half a quarter of a pound of butter & salt to your taste then set it on the fire again & boil it well & serve it up

N B you may put gravy instead of cream if you like it

Blanch-manger

Dissolve one ounce & a half of Isinglass in one pint of water the day before it is used then put to it a quarter of a pint of white wine the yelks of six eggs the juice of three lemons & the rind of one grated sweet it to your taste with loaf sugar set it over a gentle fire & keep it stirring all one way till it boils then let it cool & strain it through a sieve then put it into forms

French Bread

Take half a peck of fine flour put to it six eggs & (six yelks) & four whites a little salt a pint of good beer or yeast & as much milk a little warm as will

make it a thin light paste stir it about with your hand but dont knead it then have ready six wooden dish-es (quart ones) & fill them with the dough let them stand a quarter of an hour before the fire to rise & then turn them out into the oven when baked rasp them The oven must be a quick one

Common Cakes

2 Pounds of Flour - half a pound of Butter Do Sugar & Do Currants 2 Eggs with a little grated nutmeg & Ginger 2 Table spoonfuls of Yeast

Common Seed Cakes

2 Pounds of Flour 1 pound of sugar half a pound of butter 2 oz of caraway seeds 2 spoonfuls of good yeast mix all these together with warm milk (except the sugar which must be put in after it has stood sometime by the fire to rise) work the sugar in just before the cakes are put into the oven

Shrewsbury Cakes

12 oz of Flour 6 of Butter 6 of Sugar 1 Egg with a little grated Lemon & orange peel or rose water well mixed together

Muffins

Beat up the whites of 2 Eggs 2 spoonfuls of yeast & 1 quart of water with flour enough to make a stiff paste let it lie on a table one hour make it into flat cakes & bake them on an iron a quarter of an hour they must be turn'd 2 or 3 times

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Orange Jelly

1 ounce & a half of isinglass boil'd in half a pint of water till half the water is consum'd 1/2 a pound of loaf sugar boil'd in three pints of spring water till half the water is gone also The juice of 2 Lemons 2 China oranges & 1 seville shaed some of the peels of the lemon & china orange into it mix all your ingredients together & run it thro a jelly bag while warm

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Lemon Pudding

Take the rind of two lemons half a pint of cream half a pound of Loaf sugar 2 naples biscuits half a pound of fresh butter & put in by degrees 4 or 5 eggs only half the whites half an hour bakes it

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Rice Pudding

4 oz of rice a pint & a half of milk boil it till thick stir in 6 oz of butter a little nutmeg when cold beat 3 eggs 1 spoonful of brandy sweeten it. put some paste at the bottom. bake it half an hour

Sago Pudding

1 pint of milk 6 eggs 2 whites 3 naples biscuits 2 oz & a half of sago boil the sago till tender sweeten it 3 quarters of an hour will bake it

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Plumb Pudding

Take half a pound of flour a little salt half a nutmeg & a little grated Ginger & 5 eggs beat these well together then add half a pint of milk a large spoonful of brandy a pound & a quarter of beef suett chopped very fine & some bread grated a pound of raisins stoned & cut a little mix these well together with a spoon then put it in a cloth & tye it very tight & boil it in a large pot of water which must be boiling when you put it in let it boil 5 hours you must be sure it boils all the while. melt butter for sauce & pour over it
you may add green citron or orange peel sliced thin

Lemon Pudding

Take the caps of 2 large lemons boil them in 2 or 3 waters till the bitterness is gone & they are quite tender, then pound them very fine in a mortar add 2 penny naples biscuits grated all to the outside half a pound of fine sugar sifted first add to the pounded lemon a piece of ~~sugar~~ butter the size of a large egg, also six eggs only the whites of 2 & a pint of thick cream mix these well together & pour it on the grated biscuit & sugar then mix all well & bake it in a dish with a very thin paste at the bottom. put it into the oven immediately.

Little Puddings

Take half a pound of stale crum of bread sliced thin, steep it in about a pint of new milk warm then add six eggs -- yelks & whites two ounces of butter melted in a tea cup of cream a little nutmeg, orange or lemon peel grated a little sugar, a spoonful of brandy & a little orange flower water, mix these & bake it either in a dish, or cups - buttered to turn out you may add a few currants when you like, half an hour bakes them or an hour boils them

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a Rice Pudding

Take 3 ounces of flour of rice put it into a quart of milk & boil it till it is pretty thick stirring it all the while then pour it into a pan & stir in half a pound of fresh butter or instead you may put in veal suett chopped fine & a quarter of a pound of sugar, cover it till cold then - add some nutmeg grated a little orange peel grated the yelks of 3 eggs & a little white wine & orange flower water stir it well together lay a thin paste at the bottom of your dish pour it in & bake it 1/2 ½ an hour - you may add currants & sweetmeats as you like.

Baked Custards

a pint of cream boiled with a bit of cinnamon when cold beat six yelks of eggs, which mix with it, add a little orange flower water blanch & pound a few bitter almonds & put in this custard may be boiled by stirring it upon a very slow fire & stirring it till it begins to thicken then take it off & let it stand till cold — when baked they must have a pretty quick oven & when they boil up they are enough

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a Tansey Pudding

Take 5 eggs half the whites, a quarter of a pint of the juice of spinach & half as much juice of tansey a quarter of a pint of cream about 2 ounces of crum of bread grated a little nutmeg & a small glass of white wine as much sugar as you like mix these together & put it in a skillet over a slow fire keep it stirring one way till tis pretty thick then butter your dish & bake it Squeeze orange upon it & grate on some fine sugar

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Light Puddings

Two ounces of fine flour two ounces of fine sugar two ounces of fresh butter & half a pint of cream melt the butter in the cream & let it stand till allmost cold then mix the other ingredients with the cream & add the yelks of 4 eggs only 2 whites & a little orange flower water bake them in cups or small tin pans with a thin paste at the bottom

Half an hour bakes them

Rice Pudding

a quarter of a pound of rice, a quarter of a pound of butter, a quarter of a pound of sugar 3 pints of milk half a nutmeg butter your dish & put in your rice break your butter & make it stay at the bottom of your dish with the rice bake it two hours in a gentle oven

Pancakes

Take 8 eggs, yelks & whites beat them well, then put to them a quart of cream & two handfuls of flour (or as you think proper for the thickness) one nutmeg grated & a little salt then take half a pound of butter & melt & pour it to the batter — Stir it all well together & fry them without butter or any-thing in the pan add a little brandy & orange flower water

Lemon Cheese-cakes

Take the rinds of 2 large lemons boil them till they are tender, then wipe them dry & scoop out all the white inside close to the rind, then pound them in a marble mortar, add a quarter of a pound of sweet almonds blanched a quarter of a pound of butter as much sugar then beat up the yelks of 4 eggs, with a little orange flower water & put to it, beat them very well altogether & fill your tins sift a little sugar over them before they go into the oven NB. It is best to pound the almonds by themselves with the orange flower water & then put them to the peels

Bread Sauce

a quarter of a pound of stale bread slice it thin put it in a stew pan, with a small onion six pepper corns let it be just covered with water & boil it till the bread will beat smooth then take out the onion & pepper & add a quarter of a pint of cream — half a quarter of a pound of butter & salt to your taste — then set it on the fire again & boil it well & serve it up

White Celery Sauce

Take of white celery cut in lengths & washed clean according to the quantity you want, & first stew it in water then strain it off & put to it white gravy made of veal seasoned with mace, cloves, whole pepper & salt & put to it a small glass of white wine+ 3 or 4 spoonfuls of milk or cream then thicken it up with flower butter & a very little nutmeg

+ not sweet wine

Sauce for boiled Fowls

Parboil & mince the livers, cut small some fresh or pickled mushrooms or both boil & chop a handful of parsley two spoonfuls of katchup & as much gravy as will make enough sauce (thicken it

Lemon Cream

a pint of water the juice of 4 lemons sugar to your taste let the lemons be moist & predominate take the yelks of 8 eggs beat them in a stew pan put in a little shine of lemon chipt set it all over the fire keep it stirring one way slowly not to froth it till it just boils take it off strain it through a seive fill it out hot into your glasses or cups very good

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Cream Vallate

Take a pint of cream boil it & sweeten it to your taste have a napkin over a dish put in some coriander seeds with 2 chickens gizzards dried & bruised; rub them with a spoon cream & all together 2 or 3 times thro the napkin put it in the dish you serve it up in & set it over a pan of hot water with a dish over it when it is set take it off serve it up cold

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Cream (very good)

Take the yelks of 7 eggs put the whites in a dish by themselves - beat the yelks well, then pour in a pint & a half of milk (by degrees) to your eggs mix them well together sweeten it with loaf sugar to your taste put in the rind of half a large lemon, set it on a stove fire keep it stirring till it boils & is of a good thickness, then take it off & let it stand - now with a wisk beat the whites of the eggs till they are a stiff froth, then have ready grated the rind of one lemon strew it in the eggs with half a quarter of a pound of loaf sugar finely powdered, beat them well together, then set your cream upon the fire to warm & put in a small quantity of orange flower water, when warm put it in the dish it goes to Table in & with a spoon drop the whites of eggs on as it may lie high & careless, brown it all over the top & send it to Table

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French Cream

a bit of salt a spoonful of flower the yelks of six eggs mix these well together have ready a quart of boiling milk pour it in by degrees keeping it stirring all the time let it boil 5 minutes till it is of a proper thickness sweeten it to your taste then take it off the fire & let it stand 5 minutes take the whites of six eggs - put them on the top of a stew pan & with a large knife - beat them to a froth then put it to a custard by degrees keeping it stirring - put it in a dish set it in the oven about half an hour till it rises as much as you like spaindle sugar over it brown it with a salamander

Sullibubs

Beat the white of one new laid egg to a froth in a deep earthen pan, then put in half a pint of mountain wine the juice of two lemons, & 4 ounces of fine sugar mix these well together till the sugar is melted then put in a pint of good cream, but not too thick, stir it all together & put in a bit of rind of lemon, let it stand 2 hours before you beat it up, then take out the rind & with a wisk, whip it lightly to a froth as the froth rises take it off & put it in your glasses. take care to skim all the froth off before you begin to whip it again or it will be thick & heavy

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To make fine Rolls

Take four pound of fine flour put it on a board or table shake into it half a table spoonful of salt & two spoonfuls of fine sugar, make a hole in the middle of the flour & break into it two eggs one white take a pint of new milk & half a pint of water, with a quarter of a pound of butter, set them on the fire till the butter is melted have ready a quarter of a pint of good beer yeast which is enough if very thick but if not take half a pint, take part of the warm milk & mix with your yeast then strain it thro a sieve into the hole of the flower take care it is not too hot it should be no hotter than milk pour the low mix it with your hand adding more of the warm milk till you have made it into a light paste for it should not be to stiff, then work it well with both your hands till it is quite smooth & light then put it into an earthen dish, cover it with a cloth & set it near the fire to raise. when it is well risen take it out of the pan & work it well together, then pull it in pieces & make it up into little rolls put them on tins & set them near the fire till you see them rise a little but not too much ten minutes is enough then with a spoon make 4 holes in each roll & put them into a quick oven half an hour then wasp them & put them into the oven again for a little while, & they will eat very crisp & fine

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Minced Pies very good

The rind of 18 lemons pared very thin boiled tender & beat very fine add to this the juice of 3 lb of currants 3 lb of suet 2 lb of stoned raisins 2 lb of sugar spice & sweetmeats as you like likewise Brandy & Wine

Minced Pies Mrs Cunningham's

Beef ~~the inside of the loin~~ ~~Friend~~		
Suett	2	do & a half
Currants	4	do
Raisins	1	do & a half
Sugar	2	do
Apples	2	
Cinnamon Nutmeg & cinnamon all together	1	ounce

orange cut small - - - - - - 2 ounces
rind of Lemons - - - - - - - 10
Juice of do - - - - - - - - - 10
Wine - - - - - - - - - - - 1 pint
Brandy - - - - - - - - - - ½ a pint

Miss Guilds Cake

1 lb of Dough ¼ of butter ¼ lb of sugar. 4 eggs melt the butter and pour it over the other ingredients beat them up with the hand. put either seeds or currants in as you please –

A Spunge Cake.

Take 14 Eggs. with 7 of whites taken from them, & beat them (in a pot made quite hot.) untill they are light. have ready a pound of Lf. Sugar dissolved in a quarter of a pt. of boiling water. add it to the Eggs & beat them together till of a froth & then add 1lb of Flour. made hot before the fire, beating the whole about 5 minutes longer. –

Lemon Cakes.

One lb of Flour ¾ of Butter. ¾ of Sugar, & 2 Eggs, flavor them with essence of Lemon. roll them out, cut them into small cakes, & bake them on buttered tins. –

To make Hard Biscuits.

Rub into 2lb of Flour ½ ℔ of Butter, add 2 table spoon-fuls of Yeast, mix all together in warm milk & water. till it is a thin paste. set it down to the fire to rise. – Leave out some of the flour to do them up with, cut them out into what size you please & again set them down to the fire a little time before they go into the Oven. Bake them slowly.

Rock Cakes.

1lb Flour ¾ Butter ½ Lf Sugar ½ Currants, some nutmeg mace, and Lemon Peel, the Butter must be well mixed with the Flour, the other ingredients put in quite dry, last of all add one white and 3 yolks of Eggs, well beaten, candied peel is a great improvement bake them on Tins in a quick oven. – – – M.C.

Rice Cakes.

Take the weight of two Eggs, in Sugar, the weight of one Egg in Rice, Flour, and Butter, beat the eggs well, mix the Rice & Flour together, & add them to the egg. then put in the Butter, which should be dissolved. then the Sugar, beat it up well altogether, let it remain in the pan till the last minute that it may rise, make the Tins quite hot, put it in & set it in a quick oven immediately – 10 minutes will be sufficient to bake them. – – – – M.C.

Although there are few persons who are unacquainted with the first symptoms of the measles, it may be satisfactory to some parents to be informed upon the subject.

The Writer will just therefore state, that with young children a running from the eyes and nose, accompanied by great heaviness, generally ushers in the complaint. The cough is most violent, when the eruption is about to appear. Children of a more advanced age, have generally head-ache, less running of the eyes and nose, but perhaps more pain in the eye-lids; & at all ages, frequently a troublesome soreness about the inside of the lips.

It is a safe precaution under any of the above symptoms, to give such a dose as shall act pretty briskly upon the bowels, for which purpose, the Basilic powder is particularly well adapted; about four grains may be given to a child of a year old, and for every year afterwards, an additional grain, to the age of sixteen when (unless the patient is a weakly subject) 20 grains the dose of an adult may be administered. The principal cause however of anxiety particularly at this season of the year, is the respite the tendency which it induces to inflammation on the chest; hence the importance of Parents watching the first symptom, and being provided with the first remedy, in case of an attack, which when it may not have arrived at a pitch to baffle human skill, yet soon requires that the person who is under its influence should be reduced to the lowest state of debility, the principal object therefore, of the Writer, is to recommend the heads of families, who have the measles in the house,

to be provided with blisters, and should their patients complain of soreness in their chests, when they cough, no time should be lost in applying the same directly over the part, where the pain is felt. This is a most safe simple, and generally an effectual preventive to further suffering in this respect, provided the disorder is not allowed to gain an ascendency, before recourse is had to the blister; it also by occasioning a determination to the skin, causes the measles to be thrown out when all other remedies fail. And so far under such circumstances, is the above remedy from being so painful, as it is generally supposed, that when there is a tendency to internal inflammation, the pricking pain of the blister externally is frequently rather a pleasant sensation. The Writer has applied one to the Chest of a child, which almost immediately had a good effect; but on the soreness occasioned by the blister beginning to heal, the cough returned and the child complained of extreme pain in her throat, and repeatedly called out, "put a blister on my neck!" The Writer did so, over the windpipe, and from that time she recovered. It may be necessary, to apply drawing ointment for a day, and one drachm of Paregoric, with one of Ipecacuanha wine, in a cup of water, may be sipped through the day. The patient should be kept warm, though not to an extreme, and it is very advisable, wherever it can be effected, that a careful and judicious person should sit up at least the first night of the eruptions coming out; though indeed for this at this season, for several nights a fire should be kept up, and water kept hot, so that should the legs become cold, a bottle prepared to contain boiling water, should be filled, and rolled up in flannel applied to the feet. It is also necessary, that something should be kept warm, of which the sick persons may drink plentifully, and there is no beverage more refreshing than tea, which should be weak according to the age of the child. Raspberry vinegar in warm water, makes a good change, and is particularly proper under cough and fever. Toast soft in tea, or roasted Apples may be given as food; though the fancy of sick persons, should not be over anxious to make them eat, whilst the complaint lasts. About the third day or night, from the appearance of the spots, they begin to turn pale, rather previous to which, a dose of the Basilic powder should be again administered, and repeated the next night, and a third time, missing one night between, when most probably, the disorder will be entirely removed. At the beginning of the eruptive fever, should there be great restlessness, a few grains of Dr James' powder will be found very serviceable, the directions accompanying the powders. The eyes often suffer much in the measles; it will be found beneficial to bathe them frequently with hot water, and a soft sponge, for several minutes at a time. At the very

commencement of the cough, the patient will feel comfort from drawing in the steam of hot water, from a tubular. It may be discovered whether inflammation is beginning in very young children, by the appearance of pain in their countenance when they cough +

Finis

Consumption ——— Dr. Stewarts System

Sand Rock Hotel Nov: 16th 99

You ask my opinion of his case & an explanation of Dr. Stewarts system; now you must be aware that this last cannot very easily be given; it would require rather the limits of an octavo than those of a letter; however as I feel truly anxious that it should be more generally known you will bear with me if I attempt to do it some little justice. I shall avoid technicalities as much as I can but will not promise you may not find occasion sometimes to apply to your medical friend. I shall first say something on the system, & then on the case.— It pretends to be an improved mode of treating pulmonary consumption, built not merely upon conjecture or extensive series of trials, but on theory calculated to satisfy the most correct reasoner with all medical & with most thinking men; then the great aim is to establish the principles; this done the rest is easily understood, quickly credited & safely reduced to practice. You will readily understand that the prevailing opinions of the nature of consumption are erroneous. There are various species of the disease; but it may be fairly stated of the whole of them, that the prevailing opinion is this, that the disease is excited by inflamation, perpetuated by inflamation, & finally proves fatal

by inflamation. It is contended that this inflamation is allowed to be of a peculiar kind, it excites suppuration & ulceration (hence the symptoms) & continues them till they kill; The common practice corresponds very accurately with the theoretical opinion; the commencing disease is met by lowering remedies; the continuing disease is combatted by them & the fatal termination is accompanied by vain regrets that all our most active efforts thus to reduce the disease have been ineffectual. To this theory & practice Dr. Stewart equally objects; it is not more generally allowed than it is practically forgotten that the inflammation is of a peculiar character; no common (acute) inflamation ever runs on for weeks & months & years; none of a character to which this belongs (scrofulous) is benefitted by lowering remedies; we are sadly too familiar with the latter species in these countries, we have it in surgical cases under daily ocular inspection, & thus taught, we know that when thus presented the best opportunities of cure are effected by country air & plenty of exercise aided by nourishing diet & strengthening medicine; why then not treat the same disease occurring in the lungs on the same principles? It may here be more difficult of cure; but this surely is only an additional argument for attempting it on the most enlightened principles — why treat it so much as if it were a case of genuine pleurisy? It may here be said however that the complaint is often commenced by true inflamation: that pain, a symptom of inflamation continues, & that the pulse is frequent, confirming the same truth: that inflamation frequently ushers in the disease may readily be granted, but unless we are prepared to admit that

inflamation may continue for a twelvemonth, a circumstance never suspected in other instances, on the external part of the body; we need not be alarmed at the consequences it will produce in consumption. The pain in nine tenths of the cases of consumption is inconsiderable, unfixed, ephemeral, & not to be increased by those means which are hurtful in common inflamation; The pulse is not the pulse of fever but of debility & of irritability, it quickens as the patient sinks; it is quickened as you lower him & lowered as you strengthen him - this then would be our reasoning did the disease depend upon this peculiar inflamation - many will tell you that it does so; we have however plenty of opportunity of discovering that it consists not in a state of inflamation merely - this inflamation reduces ulceration. For the sake of illustration I may say that the disease corresponds to the state of a phlegmon (boil) on the surface after it has burst & become an open sore; round this sore you have a large inflamed base; but in curing it would you think it necessary to attend principally to the inflamation or the sore itself; would you say you must remove the inflamation would you not rather direct your principal attention to the sore itself, stimulate it if necessary & husband & encourage the surrounding vessels to the sanative effort; it is not likely that the most judicious mode of curing a sterrumous ulcer on the surface will be the most successful in treating it in the lungs is not the information in the latter as well as in the former secondary, adventitious? Ought we not to regard it as a smack (pseudo) inflamation & the ulcer as the object of primary importance. In this it may be objected that in the great majority of consumptive cases, the ulcer is of a peculiar character, to which the analogy

from others cannot be admitted, that here they proceed from tubercles & tubercles are incurable; a very prevailing opinion, therefore the ulcer, the disease, is incurable also; now waving at present all reasoning about the nature, the curableness or otherwise of tubercles (note - if you feel anxious on this subject you will find it discussed in the 20th journal of foreign medicine Vol: 1. p: 270. I may also add that here too, previous to seeing Dr. Stewart I contended that tubercles were not incurable) I must be satisfied with stating that it has become a matter of direct experiment but Dr. Stewart has undertaken, shall I say some hundreds of cases, which by the most sapient heads in the three kingdoms, have been declared incurable, gone beyond redemption, has brought them into perfect health & strength & long life. The nature of the disease then being understood, & its cure deemed possible, how are we to proceed to render it as probable as may be? Dr. Stewart's system may be comprehended under three heads, air & exercise, diet & medicine, & a proper attention to the functions of the skin - according to the different state of the patient they become of various applicability, but the aim aught ever to be to bring them all to bear without delay; although the more recent the disease, the better the chance of cure; yet there is no stage in Dr. Stewarts estimation to be regarded hopeless; the physician, the patient, the friends should all make an effort, which, more generally than is believed possible, is attended with success. I imagine a patient in the last stage greatly emaciated with the almost regular attendant hectic fever, profuse perspirations &c &c. the first effort perhaps would be directed to the skin, the functions of which are almost

invariably diseased - The patient every day is now hot, now cold now perspiring - One great object would be to put a stop to all this - By vinegar & water rubbed in over the surface, every like excess of heat would be removed, & prevented from recurring, & the patient would be kept cool & free from feverish irritability, this would be followed by smart friction: afterwards it would be repeated, not less than twice a day & more frequently necessary - good nights might be looked for as the result of this effort - If confined to bed, the patient should be as soon as possible excited to leave it - having had a good night he would be now able for extra exertion & this again would have a tendency to induce sleep, as soon as it was possible, well clad, he should be encouraged to leave his room; to get into the open air, to enjoy exercise if the weather permitted it in an open carriage - This he should do to the limit of his powers - & a persevering trial will seldom or never be found to produce even a temporary aggravation he should do all he could in the way of walking; riding in a carriage or on horseback, the more the better on this side fatigue - thus labouring his appetite will be increased & may without danger be gratified; let his food be nutritious & nourishing - it will be applied to the most beneficial purposes - thus much as the mode of application - now to be more particular the use of the vinegar & water 1/3 of the former 2/3 of the latter rubbed well into the surface & friction afterwards is suggested principally for the promotion of three important ends & is attended with as many good consequences; as before hinted a cool freshness is insured in opposition to every thing like excess of heat; this is not only most comfortable to the feelings of the patient, & therefore sanative, but it puts a check to the profuse perspirations

which in so many cases so quickly reduces his already enfeebled powers - a second object gained in promoting the healthy functions of the skin w^h: in pulmonary cases are peculiarly apt to be morbid - It is becoming a somewhat popular sentiment that they are connected as cause & effect, which at all events shew the importance of this point - a third end proposed is bracing the skin, to bear the vicissitudes to which in this climate we are exposed - we cannot improve the climate to suit our debilitated frame, but we can raise it to suit the climate, and this among the various means employed is a very powerful one - The operation should occupy twenty or thirty minutes, morning & evening. If done in a comfortable room, there is no ground to apprehend cold from exposure & especially if the patient can do it himself with little assistance; the exercise upon this plan is good, but he must not over exert with regard to exercise; perhaps the best authenticated cases on record are ascribed to the use of this remedy, ample justice should be done to it, & if it be a type case of consumption, no one will grudge giving up a large portion of his time to overcoming it - any exercise, as in a swing or boat is better than none, & within certain limits, the more it shakes, promotes the stagnant circulation the better; but variety, every kind as opportunity offers, is best - when the patient can take active exercise, his diet becomes closely connected with the cure - It is wise to consider it as a contest between the disease & doctor, between life & death - the disease has a strong tendency to debilitate, to kill; a counter effort must be made to strengthen, to save - The success is not to be measured by the trifling

effects on the symptoms, but by the average improvement on the strength & flesh - If you can bring this to the natural standard, if you can carry it beyond it, in the same proportion the constitution rids itself of its unpleasant inmate & it will be found a fact that as you gain this end, so the symptoms, so far from being aggravated, yield sometimes as in cases treated on other principles, they may be more urgent for a time, & then if really inflammatory, they are not to be disregarded, but mark well between the real & mock inflammation, & this subsided, you will diminish the tendency to return by approximating the constitution to the point of health - The power we have of in attaining this end is much greater than is generally supposed - consider the effects of a system of air & exercise on the race horse, & to give them the name of their choice on the gentlemen of the fancy; if we make a similar effort it will be attended with a similar result. The general apprehension is that we shall stimulate & increase the local mischief. Experience will shew that this apprehension is groundless - what stimulates in health may be very harmless in disease. There is a point in far gone consumption in wh. you might almost be defied to stimulate - look at the effects & only nourish - The pulse is always found to come down - The pulse must descend from the pulse of debility to that of strength - from 120 to 70 or 80 - before it again mounts to the pulse of fever, animal food & wine are generally denied consumptive patients, because they do harm in feverish disorders. But here, there being no real fever, they do no harm - They

are called stimulants, but here they do not stimulate but strengthen, animal food may be given as to a person in good health, wine, not pure, but largely diluted with water may be given to the extent of a glass or two per day; all the good things more generally allowed which nourish & do not heat - arrowroot - Iceland moss, slops of all kinds, plenty of milk, eggs, fruit &c. are excellent, with regard to medicine nothing must be given which would counteract the grand object you have in view; you must not sicken debilitate, lower - Tinct digitalis, squills &c. hemlock, are excluded, except when you have a real inflammatory paroxysm which seldom occurs, & never lasts long - Opium is often required to check urgent symptoms. & these principles adopted, medicine is prescribed much as in other cases. Dr. Stewart frequently gives bark & acids - Tonic medicines as ancilliaries to those more unexceptionable tonics be given in diet - In looking over these hurried pages, to detect what harm they may do in rash hands, the great point seems to be to detect between true & false inflammation. I am sorry I have not had time to write in shorter space, & am distressed that so many arguments & hints connected with the system, have been necessarily omitted - as a consequence many points have been left open to attack; much is promised, but only to strenuous persevering exertion. Dr. Stewart allows malt liquor - The mode of rubbing first with a rough

towel & afterwards a flesh brush - another of the points necessarily omitted is the connection betwixt the consumption & spitting of blood. This may be entirely a distinct disease occurring when there is no tendency to consumption, it may occur merely as a symptom of the disease already formed & perhaps we most frequently witness it in this relation, or it may be a precursor of it, one of the first & most alarming symptoms of decline; whenever it occurs, we are sadly too apt in Dr. Stewart's opinion to consider it as a disease of Plethora, we reason that it proceeds from too great a fullness of the vessels & set ourselves to diminish their load. This is all very well in Idiopathic Hemorrhage. But in general, when a precursor & attendant on consumption, Dr. S. is persuaded these ideas are incorrect. He regards it as the rupture of a debilitated vessel - the effects of the gradual erosion of a languid ulcerating surface - He reduces all the cases unattended with fever & high pulse to the principles laid down above; & has found no detriment to accrue from his treating them as if no spitting of blood were present - He insists it is perfectly safe; always practices & recommends it.

The practice of Dr. Stewart in pulmonary consumption & every other modification of that dreadful train of disease brought on by cold & connected with the throat, wind pipe & chest, is founded upon every principle of common sense & reason. After the extraordinary benefit I have myself derived from his advice I cannot omit attempting to detail his maxims wch

I collected from his conversations during a residence of four days under his roof. In the year 1796 while studying at the College of Edinburg, Dr. Stewart first embraced opinions which were the foundation of his differing so materially from the usual line of practice, in consequence of attending a course of lectures delivered by an eminent physician in Edinburg, he conceived that in detailing the nature & treatment of abscess on the lungs the lectures entirely declined a different conclusion from that wch he was labouring to establish & pursuing the idea which forcibly presented itself to his mind, that no difference ought to exist between the treatment of an external & internal abscess, Dr. Stewart founded a system wch experience has matured & practice fully justified. If the complaint begins with acute inflamation, Dr. Stewart pursues the depleting plan for a short time with vigour, but in the second stage of the disorder when exhaustion & nervous irritability come on with fluttering pulse, often varying, & night perspirations, he immediately attributes these symptoms to weakness & begins to support the constitution & enable it to throw off the disease by its own rallying powers - To this end he has found that vinegar & water rubbed in night & morning over the surface of the body (the method of doing this I shall describe) materially & mainly contribute, & in no instance has it been productive of fresh cold, or any other unpleasant consequence, while on the contrary it abstracts internal heat, it promotes a healthy circulation to the surface, & opens

the pores of the skin, & lastly forms the grand object of which Dr. S never loses sight, that of hardening the patient & defending the constitution from fresh attacks of cold, other benefits might be brought forward such as the power of vinegar when absorbed & taken into the system in diminishing fever; & of the material aid it is of in regulating the bowels, acid perhaps by means of unusual friction — On the old established practice Dr. S. contends that the effect is pursued & not the cause, & that irritation of pulse & circulation wch are in fact the effects of weakness, are treated as if they proceeded from inflammation, until the patient is reduced to a skeleton, & all the powers of the constitution are destroyed, thus cooperating with & increasing the disorder, of which the destructive tendency & the ravaging powers are but too well known; but admitting that this practice succeeds, & that the life is preserved, it is still but a system of palliation, for the extreme precaution necessary against taking cold, makes the patient a complete hot house plant, & imposes a state of constant bondage. The climate cannot be brought to suit the constitution, therefore the constitution must be hardened to bear the climate, which can only be done by persevering in a prudent but determined manner in producing a state of coolness & firmness capable of defying the dangerous variations in the weather, & of restoring the frame to its original healthy tone & vigour; Dr. Stewart is inimical in the highest degree to the sedative & anodyne medicines so constantly employed thinking them so highly detrimental to the constitution in general, to the digestive powers & nervous system in particular, whilst their effect upon the cough is at best successful but for a moment.

It is Dr. S's urgent wish that the patient should be for many hours daily in the open air, cautiously however, avoiding fatigue either on horseback or foot or in an open carriage, which last he relies most upon, as least he relies most upon as least likely to tire the patient. The diet should consist of plain meat, broth, fish, pudding or any course of simple but nutritious food according as the patient feels inclined. soda water, ginger beer, spruce beer, mild, malt liquor or even wine & water if the patient is accustomed to it or feels the want of it, but as a general rule Dr. Stewart is no friend to wine, or to the habit of drinking it undiluted, particularly for women, who are not supposed to be used to it. Dr. Stewart is anxious to explain that his system partakes, not in the remotest degree of the nature of the Brownonian or cramming system, he is altogether hostile to it, or to any undue means of giving strength by false stimulus. He only prescribes that moderate quantity of refreshing food, which nature & reason points out as wholesome, & those early & regular hours which are most efficacious to digestion. The method of washing only remains, nothing can be more extraordinary than its effects in my own case in producing sleep, & in lowering the pulse after anodynes had been long used, & had begun almost to loose their effect! Rub in equal parts of vinegar & water, as if using an embrocation, all over the surface of the arms throat, neck, chest, back stomach & bowels; tepid for the first three or four first times, & then quite cold; first dry with a towel then with a flannel or flesh brush for ten minutes to each part.

particularly in the morning, at night by friction will suffice — This may in a few days extend to the lower limbs, preparatory to their being plunged into a pail of salt & water, & well dry rubbed which may be done at the end of a fortnight. The quantity of vinegar may be reduced gradually after a week or ten days, first to two thirds, then to one third, so that by the end of five weeks the use of it may be discontinued entirely in a morning, but may be persevered in at night for three months for the whole process is meant as an introduction to the cold shower or plunge bath or what is best of all the open sea — The plunge bath should be taken at 70 degrees of warmth three times & then quite cold, constantly to be followed by rubbing & on the intermediate day the common washing & rubbing should be never omitted — Bathing may be used five times in a week, when begun as above with caution, & if the patient goes to the sea side after having been used to the plunge bath, there is no occasion to take a preparatory warm sea bath. All bathing to be used with the head bare. Such is the outline of the plan I have pursued with the best effect, a sufficient time has not elapsed to permit of the immersion or plunge Bath, but it is to be adopted regularly shortly, & the washing only has been so efficacious that I anticipate entire restoration to health & former strength. No cold has been caught, all cough has ceased, the night perspirations wholly subdued, & sleep & appetite are returned; a large proportion of every day has been spent in the air, notwithstanding the prevalence of most unusual weather with constant east wind. It is necessary to add that this

change has been effected in the course of less than one Month & the system was begun after an illness of five weeks produced by a severe inflammation of the membrane of the wind pipe, & a close confinement to two rooms regulated by a thermometer — Letter from a Lady dated 26th Jany. 1821 —

As Dr. Stewart but very rarely visits London, it is as well to observe that he is consulted with success by letter addressed to him — Erskine Manse - Glasgow.

Ingredients, to make Cowslip Wine with the proportions of each

: Mr. Morgan, of Rekhan most Capital receipt

A Gallon of water lb 3/2 of Lump sugar the white of an egg beaten lb 3/4 of Blossoms The Juice of 1/2 a lemon The peel of a lemon

With this Quantity of sugar the wine will keep Years if it is intended for use during the first year lb 2 3/4 will suffice

Process

Put the sugar to the water when the the latter is dissolved by heating, both, let the Whites of eggs be added & well stirred in Boil the whole an hour taking the scum off as it appears, pour the Liquor into a Tub & while warm add the blossoms, Lemon Juice & peel stirring them well in, previously to working, & afterwards, while yet warm, work the whole with a crust of bread dipped in Yeast, Stir it occasionally for three Days then turn it when it ceases working add half a pint of the best Brandy to every three Gallons of Liquor & stop it securely, it may be bottled after three weeks or a month.

Malt Wine

Take 30 lb of sugar to 10 gallons of water, Wine measure, boil it half an hour, scum it well, when milk warm put to every Gallon one Quart of new ale out of the Vat, let it work well in the Tub a day or two, then put it in the Barrel with 1 lb of sugar candy 1/2 lb of Raisins 1 Quart of Brandy & 2 oz of Isinglass when it has done working, stop it up & let it stand one year before it is Bottled.

Malt Wine

To one gallon of water 3 lb of good moist sugar, & one quart of strong ale wort Boil it half an hour & when cool work it with a little fresh yeast Turn it the next day & to ten Gallons add three pounds of raisins of the sun 1 oz of Isinglass, & 1 pound of sugar candy When it has done working put in one pint of Brandy, Close it up & let it remain in the cask twelve months. Afterwards bottle it.

Receipt for a Jelly

Take 2 Calfs feet, two quarts of new milk, One Quart of spring water, two ounces of Brown sugar Candy, & one ounce of Hartshorn shavings put them into a deep pot & Bake them six hours in a very hot oven, when they come from the oven strain the liquid through a

thin cloth & let it stand till quite cold, then strain off all the fat clean. Add Warm half a pint of the Jelly Against the fire in a stone mug, Morning & Evening, & let it be taken the first thing in the morning & last at Bedtime

To preserve Cucumbers Green

Take some small cucumbers & some large ones that will cut in quarters to look like citron the greenest & freest from seeds you can get put them in strong salt & water in a wide-mouth pot covered with a cabbage leaf to keep them down lay a paper over them let them stand in a warm place till they turn yellow the seeds & soft part must be cut off the large ones before they are put into the salt & water set them over the fire with a little salt in the water put a cabbage leaf over them to green them cover the pan very close take care they dont boil if not a clear green changing the water will make them so, then they must be put in a pot while the pan is cleaned & the water made hot then take them out of the first water & cover them in the second as before when they are a good green take them off the fire & let them stand till cold then put them into cold water for 2 or 3 days changing the water twice a day to take off the saltness wipe them dry - make a syrup & boil in it a good deal of ginger scraping the outside before you put it in, when cold put in the cucumbers & boil the syrup once in three days for three weeks or as long as you see occasion for keeping them half a pint of water to a pound of double refined sugar makes the syrup

To Stew Pears or Quinces

a pound of lumps sugar a pint of spring water boil & skim it clean put in two pounds of fruit pared & cut in halves the cores taken out put in 2 penny-worth of cochineal beat fine & tied in a piece of muslin let them stew half an hour or more then add the juice of three lemons or four oranges let them keep stewing till they are of a good color turning them once in the time & basting them continually with the syrup they take a great while doing

N. B To quince add half a pound more sugar & more water

To die a Linen Gown yellow. The drugs to be had from a Shewing

Take 2 shillings worth of saffron 1/4 of a pound of Soap scrape very thin & boil them together till the goodness is out of the saffron — Then strain it thro a sieve. The quantity of water must be sufficient to dip a Gown & coat in lastly — boil the Gown & coat in a pot with the liquor

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To die Brown

Half a pound of Ground Logwood do of Ground Fustic tie it in a bag & boil it in 6 or 8 quarts of water about 10 minutes take it out & boil your Gown in the water

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To Wash a Gown worked in Silks

Make a clean lather of wool seed put in a tablespoonful of spirits of wine soon as washed immerge them in cold spring water it must be hung out immediately in the air for the fire will make the color fly even after rinsed if not quite dry it must not be folded together while damp but when rinced must be made as dry as possible some put a little starch but I did not I have had 1 breadth spoiled by not having it rung out dry enough

To preserve Apricots.

Take your Apricots not quite ripe, pare them, split them so as to get the stones out, then weigh them & put the same quantity of sugar as of fruit, lay them in a pan & sprinkle the sugar over them, let them remain a day & night, then put them in a preserving pan, let them boil gently over a slow fire for 1/4 of an hour, keep skimming them all the time & turn them with 2 spoons, then put into the pan & let them stand 2 or 3 days, then boil them up again a few minutes - Crack the stones, & steep the kernels in brandy, blanch them, & do them with ~~them with~~ the Apricots. — — — — Mary Carr.

Raspberry Vinegar.

Take 1st Raspberries, pour upon them 1/2 pt of the sharpest & best Vinegar, let them stand 48 hours, pour off the liquor without pressing them too closely, add to every pt of the liquor so procured 1 3/4 ℔ Sugar, put the whole into an earthen Jug, & set it in a pot of water to boil, let it boil thus for 5 or ~~#~~ minutes when cold bottle it for use - a spoonful of this in a little water may be drank occasionally in a fever, the syrup alone is good for a cough, it is likewise a nice sauce for a plain pudding, one pound of Sugar is sufficient, & it is better if boiled 20 minutes or half an hour. Mary Carr.

Miss Thurtle tea Cakes

one pound of flour 3/4 of butter 3/4 of Sugar & 2 eggs flavour them with espence of lemon role them out thin then cut them into small cakes and Bake them on buttered tins

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To make Orange Marmelade.

Take 18 Seville Oranges, grate 14 & pare the other 4 very thin, cut the peel into long shreds, divide all the oranges & take out the whole of the inside, put the rinds in cold water, & boil them till quite soft, changing the water to take the bitterness out, whilst these are boiling scrape out the pulp & juice, & put the pips & thin skins into a little cold water, strain the water which add to the juice & pulp, put to them their weight in sugar, & let it stand to melt, when the rinds are quite soft cut them fine put them with the shreds, pulp, sugar, &c into a stew pan, let them boil gently half an hour, or till quite transparent put them into pots, & when cold put Brandy paper over, & tie them down.

A few Lemons preserved thus with the Oranges, add to the fineness of the flavor, as well as the appearance - nothing is wasted but the pips & thin skins by doing them according to the above receipt - Mary Carr

Blacking – Chimnies

Rub your chimneys thoroughly clean with a brush & water. – then mix up some black lead with the whites of two Eggs – beat them well together till quite thin & smooth – It must be rubb'd on the chimneys with a hard brush & dried & done over & over again till it looks quite glossy & well

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Blacking – very good

a quarter of a pound of Ivory black a quarter of a pound of coarse Sugar – Twopenny worth of linseed oil – 3 pints of soft water

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Blacking – for Flannels

one pint of spirits of wine, three sticks of black sealing wax, half an ounce of black resin – pound the wax & resin together in a mortar to dust – then mix it with the wine in a quart bottle & cork it close & shake it well

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Bleeding – at the Nose

a decoction of Ground Ivy – taken till it has effect

Blacking for Shoes &c George Mitchells

Mix together a quarter of a pound of Treacle & a quarter of a pound of Ivory black. mix also together & a table spoonful of sweet oil 1 Do Do – oil of vitriol then add 1 pint of vinegar & a piece of copperas as big as a nut powdered – shake it before using it

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Bleeding – at the Nose

a bit of writing paper put under the tongue & another to the roof of the mouth (tryed)

Dry lint forced up the nose, or lint dipt in styptic or rolled in flour.

Bile – an Electuary for it

Two ounces of currants picked & washed clean to a quarter of an ounce of rhubarb & a quarter of an ounce of saffron – Beat all together to an Electuary Take a piece about the size of a nutmeg at night

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Buns – to make them

one gallon of flour – one pound & a half of butter – one pound of moist sugar a quarter of a pound of treacle some caraway seed yeast to make them rise

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Biscuits – to make them

Two pounds of Flour six ounces of sugar some caraway seeds leav them to rise with 5 spoonfuls of yeast and

— half a pint of milk made warm Then take a pint and a half more of milk put 3 ounces of butter & 3 ounces of lard to the milk — set it on the fire to melt then let it stand till allmost cold — then wet them be sure to beat them well when you wet them roll them very thin & bake them in a slack oven —

Bruises & for Wounds

Rectified spirits of wine one pint camphor half an ounce dissolve the camphor in the spirits of wine & then add one pint of bullocks gall & it is immediately fit for use — shake it before you use it

Bitters

1 ounce of quassia 1 ounce of cascarilla 6 drachms of cardimums each parcel to be divided into four and afterward one of each to be infused in a pint of boiling water and a wine glass full to be taken twice a day fasting & about two hours before dinner

Bembridge Puddings

a pint of cream two spoonfuls of flour 5 eggs a little sugar — Bake them one hour in little pans

Rasberry Vinegar

Let the rasberrys be gathered on a dry day when they are quite ripe, put them into a new stone jar & cover them over with the best French white wine vinegar in which they must remain (well secured from the air) for ten days after which bruise them gently & put them into a hair sieve to drain When all the juice has been extracted it must be measured

Orange Marmalade

First weigh the oranges & to each pound allow a pound of sugar & grate off the rind of 1 third of your oranges peel the remainder, & boil the peel in different waters till perfectly tender — take out the pulp and juice very nicely free from seeds &c & put the juice to the sugar & with the addition of water sufficient to make the syrup — cut the peel into small chips & add them to the pulp & put them all into the syrup, let it boil nearly enough & then add the grating which gives a pleasant flavor to the marmalade

To make Vinegar

a pound of the coarsest brown sugar to a gallon of water dissolve the sugar in half the water, let it boil half an hour then put it with the rest of the water into a barrel & add to it a large piece of bread toasted allmost black Take some

good yeast & spread the toast very thick with it on both sides keep the barrel in the Sun till it is [redacted] enough to use

Pickle for Brawn —

Take 4 gallons of water boil it 3 hours with a quarter of a peck of bran, season it well with some salt & some Bay salt when cold strain it off & put it to the brawn Let the Brawn allways be kept covered

To make Yeast

Four spoonfuls of Flour to two quarts of ale fill it over a gentle fire, it must be well stirred all the time to prevent its clotting or burning when it is a little cooled — sweeten with moist sugar & when well dissolved pour it upon 6 spoonfuls of new yeast in a stone jar large enough to allow for fermentation mix it well & set it in a moderately warm place for 2 or 3 days

six spoonfuls of this will do as well as yeast for making once

Tooth Powder

2 ounces of bole armoniac 1/2 an ounce of Myrrh 1/2 an ounce of burnt hartshorn 1/2 an ounce of castile soap 1/2 ounce of cuttle Fish

To make Orjeat

Blanch & pound one pound of sweet almonds & one ounce of bitter or apricock kernels, while pounding put in a little water now & then just to keep them from oiling, when done put them into an earthen pan & pour on them one quart of fresh spring water by degrees stirring it all the while to mix it well - then take a large clear rind lemon & rub some sugar upon it just to take off the yellow rind which will give it an agreeable flavour, use this sugar & add a spoonful of orange flower water — then strain it thro a flannell bag or three times thro a fine sieve pouring it gently which will make it of a right thickness

Plumb Cake

Take two pounds of butter beat it well two pounds of sugar sifted beat it by degrees into the butter 20 eggs leave out 5 whites wisk the whites & yelks seperate then together & by degrees beat it with the butter & sugar 2 pounds of flower well dried strew it in a handful at a time keep beating it all the time when it looks as you think beat enough stir in one pound & a half of currants some sweetmeat shred thin & sweet almonds if you like, with sweet spice - it will take a quick oven, tho not a large cake

Queen Cakes

Beat half a pound of fresh butter to a cream then add the yelks of 3 eggs & the whites also - six ounces of fine flour dried & sifted, half a pound of fine sugar sifted, two ounces of orange peel sliced - the butter must be beat up in orange flower water - make either a large cake or a small one in tins

Tea Cakes

Take three quarters of a pound of fine flour well dried mix in a quarter of a pound of butter & of sugar sifted, & a quarter of an ounce of carraway seeds, make a hole in the middle of these ingredients & pour in rather less than a quarter of a pint of boiling new milk, mix it together & roll it out very thin, cut them round with a tin cutter prick them full of holes & bake them on tins in a cool oven

A Cake

one quart of flower three quarters of a pound of currants half a pound of butter a quarter & a half of sugar half a pint of milk some eggs 3 & some spice half a glass of brandy with a little white wine half a quarter of a pint of yeast let it rise

A Cake

one pound of flower - one ounce of canaways some spice a quarter of a pound of sugar half a pint of milk three ounces of melted butter the third part of a pint of yeast let it rise

A Rice Cake

Take ten eggs only half the whites pound rice & powder sugar of each half a pound the peel of one lemon grated let the eggs be well wipt the rice & sugar sifted & mixed with the eggs by degrees then add the lemon peel & let all the ingredients be well wipt together for half an hour then put them in a tin & bake them half an hour in a hot oven

Plum Buns

one pound of flour the whites of two eggs beat to a froth one spoonful of yeast half an ounce of butter melted in a little new milk, the yelks whites of eggs & butter to be beat all together put one ounce of sugar 2 of currants into the flour work it up into a paste set it before the fire to rise wash them over with a little new milk just before they are put in the oven

Ginger Cakes

a pound & a half of loaf sugar half a pint of spring water boil & scum it well then add one ounce of ginger finely powdered two drams of cardamums husked & finely powdered let them boil ten minutes stirring it all the time then take it off the fire & stir it a little time then pour it on a flat china dish rubbd with butter – let it stand a little time & then cut it in bits

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Cardiff Cakes

2 pound of flour 1 lb of butter 1/2 a pound of sugar well rubbed together & rolled out any thickness you please cut them with the top of the dredger & bake them on tins they are like scotch short bread

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A Poetical Pudding

1 pint of milk, 3 spoonfuls of flower, 3 eggs, boil half an hour

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For browning Soup or Gravy

Take in any kind of pot well tinn'd some brown sugar & burn it over the fire

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To make Gravy

Take a piece of beef cut it into small pieces first put a piece of butter in a stew pan over the fire let it burn then flour the beef & put it in with some sliced onions, cover it & let it stew turning it now & then till it is quite brown but take care it does not burn then cover it with boiling water & as it boils skim it if it wants & put some salt pepper cloves & a shallot or two let it stew till it is brown & strong, then strain off & keep it for use

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To stew Mushrooms

Take your mushrooms & clean them in water with a piece of flannell put them in a stew pan stew them in their

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To stew Cucumbers

Cut them in good thick slices & stew them in very strong gravy let them stew till they are tender & look brown then cut a little onion small & put to them & season them to your taste thicken them with a little butter & flower let them stew a little after you have put all the ingredients in & then serve them up either as a side dish or under a piece of roast mutton

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To Pott moor Fowl

Take your moor Fowl when they are pulled dry them with a cloth & season them with pepper & salt & mace you may put in a clove or 2 cover them with clarified butter & set them into

a slow oven to bake & when cold fine your butter & cover them with it

To Pott Partridge

Pick & draw them wipe them inside with a cloth but not wash them then season them with pepper & salt & nutmeg inside & out put them in your pan as many as you can get in for the tighter they are the better, then cover them over with butter tie a brown paper over them put them in the oven it must not be too hot they may stand in an hour & a half then take them out & pour all the butter from them let them stand in the same pot lay a water on them & let them stand till they are cold, then put the butter that you poured from them into a saucepan with as much more as you think will cover them Let it be well clarified over the fire when it is quite clear and free from any skum pour it over the partridges let them be covered
N B when cold tie paper over them

To make mock Turtle

Take a calves head with the skin on scald the hair off cut it in half clean it & boil it about 3 parts have ready 2 or 3 quarts of good broth or veal gravey fry some eschalotts & onion in butter, judge the proper quantity of flour to thicken it & put it to the gravey keep stirring it & skim off the fat, then put in the head with a pint & a pint & a half of madeira wine let it simmer till it is tender then chop chives parsley basil & cayenne pepper & put to the gravey about ten minutes

before you serve it up, add salt to your taste & squeeze in the juice of lemon till it is of a proper acid, put in some yolks of eggs boiled hard & forcemeat balls
To make the forcemeat viz - chop lean veal & bacon sweet herbs an egg or two & crumbs of bread pound it well together with pepper & salt

To make Leather impervious to wet

Mr Bright

Drying oil 1 pint	melt it over a slow fire & rub the boots
Yellow wax 2 oz	& shoes until perfectly saturated
Spirit of Turpentine { 2 oz	For the soles dissolve half a pound
Burgundy pitch 4 oz	of rosin in half a pint of spirits of
	Turpentine . . . . .

To make Lavender Water

Mr Bright

one quart of best rectified spirits of Wine. one ounce of oil of Lavender 2 drachms of essence of ambergreese. 2 of Bergamotte mix the ambergreese & lavender & bergamotte with a small part of the spirits of wine before you add the whole quantity shake the whole together often for ten days or a fortnight before you divide it into small quantities — The longer it is kept the better it will be

To make a Pilo

Have ready two quarts of veal gravy, then take two pounds of whole rice picked & washed two large Fowls, & one pound of bacon washed & skinned, first take about 3 ounces of fresh butter put it in a pot with a little black pepper mace & cloves 2 large onions, let the butter be hot before you put in the spice & onions fry them a few minutes stirring them all the while then take the pot off the fire & put two or three handfuls of rice at the bottom the bacon in the middle, & the two fowls on each side their breasts downwards cover them with the remainder of the rice season your gravy with salt & pour it into the pot over the rice cover it close & set it over the fire so high that it may only keep simmering for half an hour, then look into the pot & put down the rice close & hang it on again as before for an hour longer, in which time the rice will be tender & dry – if you like onions, whole in the pilo to table, boil some small ones in water & put them in the pot a little before you take it up - - -

To make Meat sweet that is tainted

Put it into a pot covered with water let it boil & then take off the skum put into the pot a clean burning coal, set the meat in about two or three minutes take it out & wipe it dry - then you may roast or bake it

To Fricasey, Chickens, Rabbits, or Lamb.

Skin the chickens & cut them in pieces, put butter in a stew pan with an onion stuck with cloves, boil the butter till it is very hot then throw the chicken into it & stir them till quite brown white, then cover them with water & season it with salt pepper a bunch of sweet herbs onion & a piece of Ham cut in bits, let it stew till the liquor is wasted to as much as will make the sauce - then mix in a pan the yolks of 2 eggs (to each chicken) beat very well a little white wine & nutmeg some chopped parseley a piece of fresh butter the size of a nutmeg, put some of the liquor of the fricasey in it and beat it altogether then put it in a stew pan & shake it over the fire till it is thick enough then take it off the fire & add the juice of half or a whole lemon in proportion to the quantity of fricasey & dish it up - - - - - - - - - - - - - - - - -

N. B. all white fricaseys or made dishes that have eggs or cream in them must not be allowed to boil after the eggs &c are in, & when lemon juice or mushroom pickle are put in, do it just before you dish it up to prevent it from curdling & let the sauce of all made dishes be about the thickness of cream -

Salted Butter that is tainted

Boil it take off the skum: put into the butter a piece of well toasted bread, let it lay in about three minutes take out the bread – the butter will be sweet but the bread tainted

To make Rasberry Vinegar

Let the Rasberries be gathered on a dry day when they are quite ripe & dry put them into a new stone jar & cover them over with the best French white wine vinegar in which they must remain (well secured from the air) for ten days after which they must be gently bruised & put into a hair sieve to drain, When all the juice has been extracted it must be measured & for every pint of that juice a pound & a quarter of double refined sugar must be allowd The sugar should be put into a preserving pan, with sufficient water to dissolve it & then boild to a thick syrup to the skimming great attention must be paid & when quite clear the rasberry juice, to be added & placed on a brisk fire to be boiled & skimmed till reduced to a fine syrup — after which pour it into a jug to cool (at the bottom of which some cloves to the number of 4 or 5/to a pint) should be added when quite cold bottle it with the cloves in it . . . . . .

Mrs Cunningham omitted the cloves

Cough given by Mr Crowfoot
10 grains of Compound powder of Ipecacuanha
2 grains of Antimonial powder
30 grains of Nitre
3 times a day.

Measles. In the beginning 2 grains of Calomel & of Salap then 2 grains of James's powder every night. 3 grains of Saltpetre dissolved in water 3 times a day for fever —

Inulia Infusion

1/2 oz of inulia
1 oz of sarsaparilla in powder
6 drachms of cardamums bruised
Each parcel to be divided into four, & afterwards one of the parcels to be infused in a pint of boiling water & a wine glass full to be taken twice a day fasting, & about two hours before dinner . . . . . .

Epsom Salts Cooling

Take of epsom salts, ~~[illegible]~~ Syrup of nettmeg, Syrups of roses each one ounce. Infusion of roses (with spirit of vitriol in the proportion of 80 drops to a pint) 3/4 of a pint mix them so that the Salts may be dissolved . . . . . .

Churchams Tincture of Bark

Peruvian Bark in powder two ounces
Yellow rind of orange peel one ounce & 1/2
Virginia Snake root . . . three drachms
Saffron . . . . . four scruples
French brandy . . . . . one pint & one quarter of a pint
Let it stand 4 days in a close vessell

Lemon Pickle

One dozen large lemons: quarter them but not quite through pull them open & fill them with bay salt tye them tight spread them on a pewter dish & put them in a cool oven or dry them gradually by the fire till all the juice be dried into the peels - Then put them into a glazed pitcher with 1/2 an ounce of mace 1/4 of an ounce of cloves beat fine 1/4 of an ounce of nutmegs cut in thin slices 2 ounces of peeled garlick & a 1/4 of a pint of mustard seed a little bruised & tied in a muslin bag pour on these ingredients one quart of boiling white wine vinegar & close the pitcher well up let it stand by the fire five or six days - shake it well every day - then tie it up & let it stand three months by which time it will lose its bitter taste When you bottle it pour the pickle & lemon in a strain sieve press them well to get out the liquor & let it stand another day then pour it off the fine & bottle it & let the remainder stand 3 or 4 days longer & it will fine itself - - - - - - - - - - - -

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Itch Ointment

1/4 of oz of ~~Sal~~ Sal Ammoniac or Muriate of Ammonia
4 oz of crude Flour of Sulphur
4 oz of Pork Lard

Rubbed into an ointment

This quantity is generally sufficient for an adult person. The rubbed over the whole body hands & Ears whilst it lasts - And after 2 days you to be washed off & the clothes changed.

This is for a ~~Family~~ bad case of Itch

W. Blair

Dissolve one ounce of Crude Sal Ammoniac in a quart of soft Water, & add two wine glasses of Vinegar; for a lotion, to be applied often, in cases of sprain or bruise, or external inflammation, where the skin is not broken. — W. Blair, July 23, 1828.

Mr Scales

For Gall Stones & bilious Cholic.

1 1/2 ounce prepared Aloes -
1/2 an ounce Mastich powder.
as much syrup of wormwood as will make a mass for pills. - 3 grains in each pill. One, two or three pills to be taken whilst at dinner, or at Supper for 3 months, & occasionally afterwards to keep off the complaint. —

For debility — of Mrs Fowler
Tonic powders — from Dr. Burke —

Take of powdered Columba 2 drachms
Indian Rhubarb powdered.
Carbonate of Soda of each 2 scruples.
Powdered ginger half a drachm, let them be well mixed, & divided into equal parts, one to be taken in the morning fasting, & repeated an hour & half before dinner, in a wine glass of water. —

Tonic mixture Dr. Sanders —
(from Mrs Fowler)

Camphor 20 grains —
Columba 2 drachms.
Seville orange peel ½ drachm.
Boiling water 1 pint.
Infuse till cold & strain it to w.h add one ounce of the compound tincture of Cardamoms & take a wine glass twice a day adding to it 15 drops of

ammoniated tincture of steel.
"The camphor must be dissolved in about half a tea spoon-ful of spirit of wine, then rub in it two or three grains of powdered gum arabic, & put in the water &c —

Hoarseness
One drachm of fresh scraped root of horse radish infused with ½ oz of water in a cloth vessel for 2 hours & made into a Syrup with double its weight of Sugar. A tea spoonful of this will often prove suddenly efficacious

Hooping cough
A plaster of Pure Galbanum applied to the Chest cures the Complaint

Dinner Pills for Bilious Complaints — Mrs Beddoes.

The following Recipe was given by a Foreign Physician and has been approved by some of the most eminent in England as the most effectual for Bilious Complaints of all kinds, even when they amount to Gall Stones —

Of Aloes 1 oz 1/2
— Mastic 1/2 oz =

Powder these ingredients separately — mix them well with a sufficient quantity of Syrup of Wormwood to make a Paste, and put three grains into a Pill. Great care must be taken to prepare the Aloes properly in a strong tincture of Liquorice. Take one or two of these Pills every day before your dinner is ended, but take particular care never to take them on an empty stomach; they are designed to digest with the food, continue the use of them three months, or longer; though the original Recipe says three months. The Lady who gave it me in 1790 and who had been entirely cured of a Complaint arising from Bile, which she had had 8 years, and for which she was given over by the Faculty, took them a whole year and I took them myself during the space of three years and have never since in the space of Ten Years had the least return of Gall Stone by which I had suffered the greatest agonies previously to my trying this remedy which I consider as invaluable — 1804 —

The above is copied from Lady Heathcote's Memorandum Book —

For a bowel complaint Mrs Cunningham Harrow. —

First of all a dose of Rhubarb & Ipecacuanha from 15 to 20 or 25 Grains of Rhubarb & 5 of Ipecacuanha, & after that a scruple of Chalk mixture with 5 drops of laudanum if the purging continues. — Mr Pearson recommended, that if there be sickness with the complaint, a drachm of Epsom Salts every hour till the pain was removed; the salts to be taken in gruel made with highly burnt Grits; after this 8 or 10 drops of laudanum might be given. —

To make ink bad — —

~~Two ounces of blue Galls - 1 ounce copperas 1 ounce of Gum arabic — to 1 pint & half of cold water shaking the bottle every day for a fortnight or 3 weeks —~~

Ink as by this Specimen from the Quaker by Tribes.

3 Oz Galls
1 " Logwood.
1 " Sulphate of Iron
1 " Gum Arabic.

} Infused in a Quart of cold Water for a Week. Add 4 Grs of Corrosive Sublimate

Mr Blair's Ink

3 oz. Powdered Galls
2 do. Sulphate of Iron [Green Copperas]
2 do. White Sugar

Infuse them in a quart of cold water, shaking the bottle Daily, & leaving the bottle open to the air — July 24, 1818.

Pills, by Mrs Blair, called Village Pills.

Take a Drachm of Extract of Colocynth
Two Scruples of Scammony
& One Scruple of Calomel. Mix, & divide into 24 pills. — Four or five are a full dose.

Sweet Pot — and Bag. —

Lavender. — Sweet Roses. — Orange Flowers. — Geranium Leaves. — and Flowers. — All thoroughly dried in the sun, or fire, — before they are put into the bag, with an oz. of bruised cloves. —

The same serves for the Pot pourri, only the cloves for that are pounded, and a layer of pounded bay salt, added to every layer of leaves and when sufficiently moistened to be daily stirred. Do not fill your Jar too full. —

Almond Paste to use without Water. —

Madam Beauty's.

Blanche and pound 6 oz. of bitter Almonds, use vinegar in the pounding to prevent its turning to oil, then add 2 oz. of Honey and 2. yolks of eggs boiled hard, — Pound and mix them together if the paste is too thick add a little vinegar. —

Lip Salve. —

In 2 oz of Sweet oil, boil a little Alkanet-root till the oil becomes of a deep red then strain it, and put it in rather more than an oz. of white bees-wax, when the wax is melted take it off the fire and drop in two or three drops of balsam of Peru, stirring it as you drop it in pour it into small Cups or boxes. — It should be made in a silver or earthen vessel. —

Marking Ink for Linen. —

Lunar Caustic 100 Grains. — Gum Arabic 2 Drachms. Sap Green. — 1 Scruple. —

The above ingredients dissolve in an oz. — of rain water. —

The linen must be just well wetted with the following liquid, and perfectly dried before marked. —

Sal Soda. — 1 oz. — Rain Water 2 oz. —

If the linen marked be not in common use the part marked should be washed in warm water before put away. —

Pomada Divina. —

Take a pound and ½ of Beef Marrow, clean it well from strings and bones, put it into an earthen vessel filled with spring water, shift it night and morning for ten days, then steep in a pint of rose water for twenty four hours, drain it after that quite dry through a linen cloth. — Take an oz. of Storax, an oz. of Benjamin, an oz. of Cypress Powder the odiferous. — an oz. of Eris of Florence. — ½ an oz of Cinnamon, two drachms of cloves, two drachms of nutmegs, all finely powdered and well mixed with the marrow, — then put all the ingredients into a clean earthen pickling jar that will hold three pints, covered close down with a bladder to prevent the steam from evaporating put a piece of cloth or leather over the bladder, put it in a pot, let it boil 3 hours, keeping it filled up exactly as you would jug a hare. — Strain it through a linen cloth, put it into very small pots not covered till quite cold. — Covered with writing paper, afterwards with leather. — only take it out with Silver. — Be sure it boils 3 hours. —

To improve the growth of Potatoes.—

Plant your Potatoes in April, — let the seed be from early Potatoes. — Take the best looking Potatoes and cut off the top where there will generally be 5 or 6 eyes, leaving 1 eye cut to more to every cut — Let the rest of the Potatoes be laid by for use in the house. The cut part will dry and the potatoes will keep. — Plant them in drills, even suppose you only plough your ground, — Plant early and make very narrow ridges that the wet may run off. — if you do not plough drill them with your spade. —

Cleaning Plate

Half an ounce of quick silver 6 ounces of prepared hartshorn powdered extremely well together a little, put amongst the whiting

Fish Sauce (Quin's)

Take half a pint of walnut pickle. Do of Ketchup 4 or 5 cloves of Garlick 10 anchovies well bruised 1 oz horse-radish scraped, a little cayenne pepper & a little soy Let them stand a week — shaking them well then strain off the liquor for use

Polish for Tables

1 quart of cold drawn Linseed oil
2 penny-worth of alcanate root
~~& a~~ ~~rose~~ ~~pint~~
pound the root in a mortar then put all together & do very gently over the fire half an hour strain it & put in a bottle for use Let the Table be well cleaned from wax. & while rubbed with the oil let it at first be rubbed on the tables at night & off in a morning till they are bright once a week afterwards will do

To recover blue morocco shoes

Beat up the whites of an egg to a froth & pound some indigo mix it well & rub it over the shoes at night — rub them with a soft flannel in the morning

For cleaning Plate

Take fish bones 2 ounces
Quick silver — — 1 ounce
Burnt oyster shells 2 ounces
Hartshorn prepared 4 do
Whiting — — — — 4 do

Lady Yarmouths Soap

1 Pound of soft soap 10 oz of Spermaceti half an oz of Camphire pound these together & mix them very well with the soap then put them in a glazed pot & set it in a kettle of water let it boil till it is dissolved then beat the soap with a wooden spoon till cold, it should look like smooth cream

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Almond Paste to use with water

Blanch a pound of bitter almonds throw them into cold water then pound them in a mortar adding a little milk to make a paste & to prevent their turning to oil then take a piece of new crum of bread the size of your fist & soak it in milk then put it to the almond paste & pound them together adding milk a little & a little to thin the paste then put one pint & a half of milk to it & set it over the fire in a saucepan to boil keeping it stirring all the time till it is enough which will be in an hour

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Almond Paste Mrs Marchetts receipt

Take a pound of soft soap 2 ounces of Spermaceti one oz of Camphire pounded fine put them together in an earthern jar covered with leather put the jar into cold water to boil for 3 or 4 hours after it is boiled pour it into a bason & beat it till it comes white - - - - - - - - - - - - - -

A Paste for chapped Hands

which will always keep them soft by mixing it the warter you wash your hands in

Take a quarter of a pound of Hogs lard the yelks of 2 eggs & as much fine oatmeal as will make it into a paste

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Wash

a quarter of a pound of bitter almonds pounded very fine boiled in a pint & a half of water till one third is wasted boil in it one drachm of Spermaceti powdered fine then put in some camphire dissolved in oil of sweet almonds - - -

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For Fumigation. See page 101.

1 ~~½~~ oz Black oxyd of Manganese 2 oz common salt mix them with a little water in a tea cup & pour on a good many ~~few~~ drops of Vitriolic acid:

Wilberforce —

or

8. Drs in a quantity of Vitriolic Acid [Oil of Vitriol]
8. Drs of powdered Nitre
Mixed in a Tea cup & Stirred about with a peice of Slate, ~~or a small stick~~

The fumes will rise for 8 hours & when heated with rice ~~upon Slate more~~

Pure Acid of Vitriol

otherwise called Vitriolic Acid or Sulphuric Acid makes a pleasant cooling drink, by putting 15 or 20 Drops of it to a Half pint of water. —

Chilblain Salve — Lady Gosford.

A pint of sweet oil, half a pound of red lead, to be boiled over a slow fire; stirring it constantly with a stick till it becomes black and thick, then take it off the fire, & add a quarter of a pound of rosin powdered fine, two penny worth of red wax, and as much Bees wax. — Set it again on the fire, but do not let it boil over, and the fire must not be allowed to blaze, — continue to stir it, till done enough, which you will know by stirring, and by dropping some on a plate to which it will stick. — Dip in some rags or new cloth, and make the remainder into balls, by putting it into a pail of cold water, and rolling it with your hands, which must be first rubbed with butter. —

Excellent for scalds, or wounds of any kind. —

Soda Water. W.G.

Dissolve 30 grains of Tartaric Acid in a wine glass-full of soft water, and 35 grains of the Carbonate of Soda in a tumbler half-filled with water; let the solution of Acid then be poured into the tumbler, which contains the Soda, & a strong effervescence will immediately follow: — then drink it quickly, & you have good Soda water, fit for bilious persons or inflammatory complaints: —

N.B. If a glass of white wine be required at the same time, let it be added to the acid solution before the mixture of Soda is put to it.

20 | 14 a / 8 | 23 / 9

30 / 4 / 120 / 6 — 2 1/2 / 3 / 6 — 5c. 6. acid / 7. alk

ascarides. Dr Heberden F.C.

℞ Hydrarg. Submuriat.
Jalapii ā gr. v
Syrupi qs. M. f. pil ij sumendae 4ᵒ quoque mane

℞ Infusi Gentianae comp ℥ iss. in ℔ 1½ oz
Tinct Zingib. ʒi ——— idem
Rhei contriti gr. v.
M. f. Haustus sumendus bona ante prandium quotidie —

Piles

Burnt Cork made into an ointment with lard outwardly applied
Burnt Cork an equal quantity of Magnesia milk of Sulphur
mixed in an electuary & taken, one small tea spoonful 2ᵒ a day.

Eye lid ointment instead of Citrine ointment

℞ Hydrarg Nitrice in Subtilissimus Pulv. Put gr viii ung
Spermaceti.

The day after purging in cases of ordinary fever.
1 Oz. Sulph of Magnes
½ pint of infusion of Roses

Liquor Amᵃ Acetatis 2ʒ.
Tartarized Antimonial wine 1 drm.
2 drops of tincture of opium.
2 drams of syrup
4 oz of water
2 Table spoons full every 3 or 4 hours.

Sprains.
Spirits of Vol ammonia ⅓ & Vinegar ⅔. mixed & applied frequently Mr. Rupphenthal

or plenty of Leeches & the
Cold lotion ⅙ Vinegar ⅙ Spirits of wine ⅙ Water

Gargle
Take prepared Nitre 2 Drachms.
Clarified Honey — ½ an ounce.
Distilled Water — 6 ounces — Mix them together, then add
Tincture Myrrh 4 Drachms.
The Gargle to be used warm every two hours.

Blackdrop. (Armstrong on Fever)

½ lb Opium Sliced
3 Pints good Vinegar
1½ Oz. Nutmeg
½ oz Saffron.
} Boil them to a proper thickness then add a quarter of a pound of Sugar, & 2 Spoonfuls of yeast

Set the whole in a warm place near the fire for 6 or 8 weeks then place it in the open air, until it become a Syrup lastly decant filter & bottle it up, adding a little Sugar to each bottle
This will yield 2 pints of strained liquor one drop of which is equal to 3 of tincture of opium.

Rules

to be observed in the Apartments of those Who are confined by infectious fevers

1 It is of the utmost importance to the sick & their attendants that there be a constant admission of fresh air into the room, & especially about the patients bed, the door or a window should therefore be kept open both day & night care being taken to prevent the wind from blowing directly on the patient.

2 An attention to cleanliness is indispensable the linen of the patient should be often changed & the dirty clothes, &c. immediately put into fresh cold water, & afterwards well washed. The floor of the room must be cleansed every day with a mop & all discharges from the patient immediately removed & the utensils washed.

3 Nurses & attendants ought to endeavour to avoid the patients breath & the vapour from the discharges or when that can not be done they should hold their breath for a short time. they should place themselves, if possible on that side of the bed from which the currant of air comes, & carries off the infectious vapours.

4 Visitors must not go near to the sick, nor remain with them longer than is absolutely necessary they should not swallow their spittle but clear the mouth & nostrils when they they leave the room.

5 No dependance must be placed on vinegar camphor or other supposed preventives which without attention to cleanliness & admission of fresh air are not only useless but by their strong smell render it impossible to perceive when the room is filled with bad air or noxious vapours.

N. B. If these rules be strictly observed, an infectious fever will seldom if ever be communicated but if neglected, especially where the patient is confined to a small room, scarcely one person in fifty, who may be exposed to it can resist the contagion: even infants at the breast do not escape it though providentially less liable to be affected than adults.

Since infection originates in close, crowded, & dirty rooms, those who make a practice, 1. of admitting the fresh air, at some convenient time every day; 2. of frequently cleansing & fumigating their apartment, bedding, furniture, &c.; & 3 of washing the walls with quick lime, mixed with water, in the rooms, so as to be used as fresh as possible, may be assured, that they will preserve their families from malignant fevers, as well as from other diseases.

~~A [illegible] prescribed by physicians~~

It may not be improper to describe the process of fumigation, which is extremely simple, & easily performed. Take an equal quantity of powdered Nitre & strong Vitriolic Acid or oil of Vitriol, about six drachms of each are sufficient, pour them in

a teacup, stirring them now & then with a tobacco-pipe or piece of glass; the teacup must be removed occasionally to different parts of the room & the fumes will continue to arise for several hour. The oil of Vitriol should be in quantity, or measure, not weight."

Blacking for Harness

1/4 Spanish Indigo
1/4 oz Isinglass 3 oz. Soft soap 4 oz Glue 2 oz Logwood 6 heps Boil the logwood in a pint of water, for 15 minutes, and strain, grind the Indigo very finely with the soft soap, then add it to the strained liquor with the Isinglass & Glue & boil it down to a proper consistance, stirring it continually to prevent it from burning.

For the Rheumatism

One ounce of Powder of gum guiacum, 1/2 an ounce of powder of salt of Nitre, Put them into half a pint of rum & let it stand by the fire for a few days, now & then shaking it, Begin with taking a tea spoonful in warm water at night.

Tonic Powders, Dr. Burke

Take of Powdered Columba 2 drachms. Indian Rhubarb powdered Carbonate of soda of each 2 scruples Powdered ginge half a drachm let them be well mixed & devided into 12 equal parts

one to be taken in the morning fasting & repeated an hour & half before dinner in a wine glass of water.

Digestion Mr. Walker

Extract of Camomile 1 drm
Powdered, Rhubarb 2 Scr.
Ipecacuanh — — — 1 Scr.
Oil of Caraway — — — 6 drops
made into 24 pills 2 at dinner
3 at dinner time

1 1/2 oz of Aloes prepared with Tinc of Liquorice 1/2 oz of Mastic made into a paste with Tinc of wormwood 3 grains to a pill one 2 pills to be taken in the midst of dinner

Camphorated Julaps

A Quart of boiling water poured upon half an ounce of powdered Camphor. three or four lumps of sugar & one table spoonfuls of Brandy, let it stand on the bricks all night closely covered over with a cloth & plate strain it carefully in the morning through some fine lin.

It should be well stirred before it is covered over

Take one lb of Coal, wash it, boil it in three pints of skimmed Milk, let it boil once then skim it & let it simmer till reduced to about a quart, strain it & take a quarter of a pint twice a day

Eye water

20 drops of Goulards extract in a quarter of a pint of distilled water, to which add a teaspoonful of Brandy, wash the eyes with this solution regularly night & morning & oftener if the inflamation is troublesome.

For Asthma or cold accompanied by a spasmodic Cough
30 grains of Rhubarb - 30 grains of Ipecacuana. 30 do Squill powder, 10 gr. Ginger to be made into 22 Pills 2 to be taken in the morning & one when ever the fit comes on better to begin with one.

Mrs Edwards

Tonic Mixture

Doctor Saunders prescription

Camphor 20 grains, Columba 2 drachms, Seville orange peel 1 1/2 drachm, Boiling water one pint Infuse till cold & strain it, to which add one ounce of the Compound tincture of Cardamoms & take a wine glass full twice a day adding to it 15 drops of ammonated Tincture of steel. The Camphor must be dissolved in about half a tea spoonful of spirits of wine, then rub in it two or three grains of Powdered Gum Arabic & put in the water &c. 1/4 lb white poppies stripped & put away the seeds because the seed is pernicious, put to three pints of water to boiled to half a pint 1/2 lb coarse sugar boiled to three quarters of a pint

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Dinner Pills for Billious Complaints

The following receipt was given by a foreign Physician & has been approved by some of the most Eminent in england as the most effectual for Billious complaints of all

Kinds, Even when they amount to gall stones,
of aloes 1 1/2 oz Mastice 1/2 oz

Powder these ingredients seperately, mix them well them with a sufficient quantity of Syrupt of Wormwood to make a paste, & put three grains into a pill great care must be taken to press the aloes properly in a strong tincture of Liquorice, Take one or two of these Pills every day before your dinner is ended but take particular care never to take them upon an empty stomach they are designed to digest with the food continue the use of them three Months or longer though the original receipt says three months, The lady who gave it me in 1790 & who had been entirely cured of complaint arising from Bilious which she had 8 years, & for which she was given over by the faculty took them a whole year, & I took them Myself during the space of three years & have never since in the space of ten years had the least return of Gall stones by which I had Suffered the greatest agonies previously to my trying this remedy which I consider as invaluable 1804

The above is copied from lady Elisbeths Memorandum Books

One ounce of Gentian Root & three quarters of an ounce of orange peel infused in one pint of water for half an hour, strain. Take two table spoonfull two hours before & after dinner.

Pa 101

Fumigation

Put an ounce of mixed Manganese salt into a bason add of water a large teaspoonful drop a teaspoonful of sulphuric acid Successive times.

Spruce Mixture for the Spasms.

℥2 pt Dantzic Spruce, ℥4 pt Rum, ℥2 ʒ Saltpetre, bruise the Saltpetre, and put it to the Spruce, them add the Rum, shake it well, and keep it close corked.— Take a wineglass night and morning, or whenever affected with the Spasms.— — M. C.—

A cure for the tooth Ache by Dr Handel, Mentz

½ drachm of opium.—
6 grains of extract of deadly nightshade
6 grains of camphor
1 drachm of oil of henbane
8 drops cajeput oil
8 drops of tincture of Cantharides
form them into a mass, a little to be introduced into the decayed tooth in the form of a pill or an lint. —— Tried & approved by Mrs Glover ——

A Cure for the Tooth ache — Dr Blair —

A little Muriatic acid on the point of a needle applyd to the cavity in a decayed tooth, will without pain, destroy the nerve, & of course ease the pain.

Take care to keep it from the tongue & do not repeat it often lest it destroy the tooth.

Decoction of Bark.

Take of Peruvian Bark one ounce, water one pt and a qr, boil them until reduced to one pint then strain it for use, & add 2oz of compound Tincture or Huxham's Tincture of Bark & fine Sugar one ounce — — —

For Scrofulous Sores.

Mix one ounce of Nitric Acid in a quart of spring water - apply Linen made wet with this to the part affected - & keep it constantly moist - If too strong for the part - dilute it with more water. -

For the Measles.

To a Child of 10. or 12 years, give at the commencement of the symtoms 4 grains of James's Powder going to Bed. – Should this make the patient sick, reduce the quantity of the dose the next night to 3 grains. These 2 doses are in general sufficient to bring the eruption out – when the eruption begins to sink – put a small blister on the back – Or if the patient be a very young Child, it may be better applied to the Chest. – The dose of James's powder should be given according to the age of the Patient. —

Chilblain Lotion. –

Take of [Crude Sal Ammoniac] or / Mr. Robinson / Muriate Ammonia one ounce, Cold water eight ounces, to be put into an earthen glazed pipkin, set on the fire, and boiled gently till half the water is wasted, then to be taken off the fire, and as much cold water to be added as to make the solution amount to twelve ounces, then bottle it for use. –

A small quantity to be put into a saucer, and the part affected to be rubbed with a piece of new flannel night and morning. —

Receipt for the Tooth-ache.

Dissolve one drachm of Camphor, & 5 grains of prepared Opium, in 2 drachms of rectified spirits of Wine, mixed well for use & kept close stopped.

Directions — For a decayed tooth, put 4 or 5 drops of Cotton into it, — For a sound one, drop 6 or 7 drops on Cotton & put it into the Ear of the affected side — If the pain is not allay'd in quarter of an hour repeat it — wet your finger with the mixture & rub the teeth well — Mary Carr —

For the Ague.

Grate a teaspoonful of Flag Root, (Calamus Aromaticus) into a wine-glassfull of Peppermint-Water, take this quantity night and morn.g so long as the least symtom continues, the same quantity may likewise be taken whenever the chill is coming on —

Mary Carr

Eye Water.

Take 2 table spoonfuls of large Salt — 1 table spoonful of white Vitriol, (powdered) put them into a quart of clear spring Water, shake them up well, 3 or 4 times a day, for 3 or four days, let it settle and pour it off clear, when wanted for use, — it is better for it, to remain on the ingredients, — and should be kept corked up — If the inflamation is very violent, a little more water may be put to it, at first using — Wet the eye 3 times in the day with it — — — — — — — — M. Carr

Yellow Salve for a Sore Breast Mrs Gurney

4 Ounces Horse Turpentine
4 Linseed Oil
1 Do Burgundy Pitch
2 Do Bees Wax
2 Do Rendered Mutton Suet
2 Do White Rosen
3/4 Do Spike Oil

To be melted together over a slow fire in an Earthen Vessel, with care as the ingredients are very inflammable — The salve should be spread on a piece of Kid Leather, a hole being left for the end of the breast, as the Child should continue to suck — It may be used whether the Breast is gathering, or is already gathered. —

For Consumption.

Take 1lb of Coal — wash it — put it into 3 pts of new milk — let it boil once — skim it, then let it simmer till reduced to half the quantity — Take a quarter of a pint twice in the day —

For the Tooth ache

Dissolve one drachm of camphire 25 grains of prepared opium in 2 drachms of rectified spirits of wine mixed well Strain & kept close stopped - - - - - - - - - - - - - - - - -

Directions

For a decayed tooth put 4 or 5 drops upon cotton into it For a sound tooth drop 6 or 7 drops on cotton & put into the ear of the affected side if the pain is not allayed in a quarter of an hour repeat it wet your finger with the mixture & rub the tooth well with it - - - - - - -

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Mindererious Spirit for Colds - taken going to rest 3 large spoonfuls

Smelling salts or volatile sal-ammoniac half an ounce powdered to which add as much distilled vinegar as becomes that is neither acid nor saline put the salts into a bason then pour the vinegar stir it about till the fermentation ceases & then use it as you like

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For the Rheumatism

Gum Guaiacum 20 drops to be taken at night going to Bed in half a pint of negus - - - - - - - - - - - - - -

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Saline Draught

Juice of Lemons Salt of wormwood 3 drachms
Small cinnamon Water - - - 6 ozs
Syrup of orange bark - - - - - 1 oz

Specain mixture

powers of amber & Hungary water of each 2 oz Spirit of wine 4 oz nitre 1 drachm Spirits of Lavender 1 drachm Tincture of saffron 12 drops

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For a Specain

Take the gall of a Bullock & strain it thro a sieve. Then add to it an equal quantity of spirits of wine & camphire & put them into a bottle & then let them be well shaken then bathe the part affected twice a day - - - - - - - -

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For the Scurvey

Take of powder of bark 10z & a half: 10z of cream of tartar divide it into 20 papers take one every Evening & Morning for three weeks if very bad take one in the middle of the day also take 3 ounces of green Elm bark & boil it in 3 quarts of water till it comes to 3 pints & drink half a pint night & morning for the same complaint

Tincture of Rhubarb

Turkey rhubarb sliced one ounce Senna half an ounce
Cardamums seeds bruised a quarter of an ounce
Saffron pulled one drachm
Cochineal bruised do
Raisins 4 ounces let these ingredients infuse about a month shaking it often before you intend to pour it off the gentle heat of setting it before the fire will be of service to it some put mountain Wine instead of brandy a half & half but the brandy is of more efficacy in extracting the virtues than weaker liquor Brandy or Wine one quart

Dr Pattersons bilious Pills for Mr B

Aloes Socotrien - - - - - 3ij
Tart. Emetic - - - - gr vij
Sapo Venet - - - - 33 th ft pilul No xxx

For Diabetes bad blood or Mortified Legs

Sassafrellas root 6 ounces
Peruvian Bark powdered
Guiacum wood rasped
Liquorice root
Sacifrage wood, red & white sunder of each one ounce
Mezereon root 3 drachms mix all these & put them into ten pints of cold water to soak six hours then boil it in an open vessell till it is reduced to five pints of which drink half a pint three times every day
Quick Silver
PS an oz of Mercury was taken every night till the patient was cured

For the Scurvy

20z of cream of tartar 10z of sulphur one oz of aethiops mineral pound them fine & mix them in half a pound of treacle take half a spoonful an hour after breakfast & the same quantity going to rest if it should purge too much take it only once in 24 hours every evening

For a Cold

Conserve of roses 2 ounces balsam of sulphur two drachms oil of aniseed thirty drops & if very bad in the night you may add half an ounce of syrup of diacodium mix & take a tea-spoonful frequently - - - - - - - - - - - - - -

For a Cold.

a large tea-cup of Linseed two pennyworth of stick liquorice & a 1/4 of a pound of raisins put this into 2 quarts of soft water & let it simmer over the water till reduced to one
Then add to it a quarter of a pound of honey or brown sugar-candy a tablespoonful of old rum & a tablespoonful of good vinegar or lemon juice drink a pint going to Bed & take a little when the cough is troublesome - - - - - - - -

For a Cold

Colts foot
Hoar hound
Lungs of oak
Hyssop

Of each a hand bundle, boiled in two quarts of water till the liquor is reduced to one sweetened with Honey Sugar candy or liquorice with this let the patient take tea-cup filled fasting in the morning & an hour before dinner & the same at night - - - - -

For the Ear ache

Boil rue or rosemary or garlick & let the steam go into the ear through a funnell - - - - - - - - - -

For the Eyelids

Mr Withers & Mr Ware

Unguentum Hydrargyri Nitrati applied liquid but not hot with a small pointing brush all the length of the inside edge of the eyelid - - - - - - - - - - - - -

For Inflammation of the Eye

a drop of "Tinctura Thebaica" put gently so as to spread over the ball of the eye under the eyelid

For a Cold and Hoarseness *

Take of Sarsaparella powder one oz
Syrup sufficient to make an Electuary
Dose a tea-spoonful twice a day

* prescribed by Dr Bayley for Mr Williams of Chiswick

For a Blood-shot Eye

apply boiled hyssop as a Poultice.
It will be found effectual

For Asthma or cold accompanied by Spasmodic cough Mrs Edwards — 30 Grains of Rhubarb: 30 do of ipecacuana — 30 do Squill powder 10 do ginger — to be made into 22 pills — 2 to be taken in the morning and one whenever the fit comes on — — — — —

Austins Chalybeate pills much recomended for Young Women

Beaume de vie Excellent

Saffron, fine Aloes in powder — Myrrh in powder — Saffron cut Small — Spanish Liquorice of each 2 Drachms ——— Salt of Tartar 1 dram — Boil the ingredients in 1 pint of water to half a pint — then add ¼ of a pint of Brandy — take 1a wine Glass at a time

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Inflammation in the Eyes

or white poppy head simmered gently in half a pint of water till reduced to a quarter of a pint. The eyes to be washed very frequently with a bit of soft linen rag dipped in it — when the inflammation has subsided mix one teaspoonful of Laudanum one teaspoonful of vinegar & two tablespoonful of spring water & wash the eyes 5 or 6 times a day or oftener

From Mr Wood Surgeon

for the Eyes Mr Charlesworth

White vitriol 6 Grains: Rosewater half a pint to bathe the Eyes four or five times in 24 hours — — ———

Eye water. Dr Blockham — Miss Haydons

50 Grains of white Vitriol — — 10 Scruples of Salt petre to a pint of water — the water is poured on boiling then let it stand 24 hours & then filter it through blotting paper & bathe the eyes 3 or 4 times in a day

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For a Hoarseness Dr Bayley

Take Sarsaparella powder 1 oz Syrup sufficient for an electuary — a spoonful twice a Day

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For a Decline

3 Tablespoonfuls of pearl Barley 2 do of Hemp seed bruised fine one oz of dried Eringo root scraped half an ounce of Harkhorn shavings put it into 2 quarts of water & boil it till it comes to one quart — Strain it & put to it two ounces of white sugar candy keep it in a cool place or it will turn sour — Take 10 spoonfuls of it milk warm with ten spoonfuls of milk from the Cow Every Morning fasting & again at 5 in the Evening — — — — — — — — — —

Elixir for the Phthick

Annisseeds Coriander Seeds alacampane liquorice Guiacum-wood & Sennia of each an ounce & a half a pound of raisins of the Sun stoned put them all into 3 pints of annisseed-water & let them infuse for a fortnight or 3 weeks then strain it off for use – Take 3 large tablespoonfuls at a time or more

after the first liquor is strained off you may put half the quantity of annisseed water to the ingredients & let it stand longer than the first & it will be very good

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This is very excellent & useful

Decline

cured Mr Wilkinson

4 ounces of the best Peruvian bark.
4 do of spirits of Hartshorn
30 grains of Snake root infused in a quart of Brandy three days shaking it frequently – Take a tablespoonful in a glass of white Wine going to bed or at noon

This has cured many persons of decline

A Gentle opening Medicine

Take of Senna leaves pick'd clean from the stalks, Liquorice root sliced, Coriander seed bruised, of each 30 Grains – Put them into a Tea Pot & pour on a full third of a pint of boiling water let it stand 2 or 3 hours – drink the liquor a little warm'd. —

For a complaint in the Bowels

Mrs Elliott Excellent

Powdered Rhubarb one Drachm
Magnesia Alba – 1/2 an ounce
Paregoric Elixir two ounces
Peppermint water one Pint – Take of this mixture two Table spoonfuls every two hours until the pain is perfectly removed.

For Epileptic Fits.

Recommended by Miss Otley

Ten grains of the powder of Zink, mixed with a smale quantity of bread crumbs – and divided into twenty four pills – One to be taken forenoon and afternoon, or oftener

For a pain in the side or a strain

A piece of Castile Soap, (the size of a Walnut) to be scraped very fine - a table spoonful of Hartshorn & two table-spoonfuls of Brandy to be added to it and well shaken together, till the soap is dissolved - the side or part strained, should be rubbed with it for some minutes twice a day -

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Mr Walker recommended for scorbutic complaints 10 grains of Ethiops mineral every night and morning for a child of 2 years old.

Mr Woodyer recommended 10 grains of Milk of Sulphur going to bed at night, for the same complaint. -

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Lime Water

One pound of quick lime, one Gallon of spring water mixed together and put in an earthen vessel for 24 hours. then pour off the liquor and keep it in bottles closely corked. -

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A Teaspoonful of Spts of Turpentine, is recommended officiously in the Pains of worms. — W. Taylor Yarm.

For Worms

Camomile & Senna, dried, pounded, & mixed together - as much as will lay on a shilling for a dose to be taken 9 mornings.

Another

Jalap root powdered 5 Grains - Senna leaves powdered 8 Grains, Loaf Sugar 10 Grains repeated twice at 3 days distance - 10 Grains of Ethiops mineral and 10 of Tin powder every morning between the Senna &c. —

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for weakness

A pint of rose Water. 2 oz of plaintain. 1 oz Gum Tragcanth - or Taragath - let it lay in the water all night - 1/4 lb fine Sugar, 1/4 oz Nutmeg grated - set it on a slow fire till the Gum is dissolved - it should not boil. Take a Table spoonful in the morning and two going to Bed. — —

To harden the Nipples

Take two pennyworth of Borax. boil it well in a Tea cup full of spring Water, until it is reduced one half. when cold put it in a bottle and stop it close. use it every night a month before lying in. —

Saline Draught.

20 Grains Salt of Wormwood - 1 Table spoonful Lemon juice - 2 of Water - drink it in a state of effervescence .. Weigh the Wormwood in paper or your scales will be spoilt.

For the Tooth Ache

1 drachm of Camphor, dissolved in 2 drachms of rectified Spirits of Wine, add to this 5 Grains of Opium - a ten drops of oil of box - apply a few drops on lint to the tooth, and if that is not sufficient to the ear of the affected side.

Spermaceti Draughts

1 oz of Spermaceti finely beaten, dissolved with the yolk of an Egg, to about a pint of water and sweetened with what you like best. -

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Diet Drink

2 Receipts / or

2 oz / 4 oz Sassafras - 4 oz / 10 oz Gum Guiacum / 1 oz / 10 or Mezereon

1 oz / 2 oz Liquorice. 1 oz Sassaparella. 3 Pints of water reduced to one half

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Tincture of Senna & compound spirits of Lavender in equal quantities — For the Colick.

For consumption prepare Iceland Moss as follows. 123

Take 6 ounces of Iceland moss, pick it from all extraneous matter and wash it. Simmer it for 2 or 3 hours in 3 quarts of water. Strain and press it. Boil the liquor with 6 ounces of sugar till it is reduced to a pint. It ought to be a jelly. A teaspoonful may be taken very often.

For a Cough

4 Table spoonfuls of Penny Royal Water, 1 Table spoonful of sweet oil, 1 Tea spoonful of Spirits of Hartshorn — Take a Table spoonful when the cough is troublesome

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For a cough

2 lbs of Carrots boiled in 2 pints of Water, till half the water is consumed — the pint of Carrot liquor should be drunk in 24 hours

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For a Cough

Sir Wm Hayden

4 Desert spoonfuls of Honey. 2 D° of sweet oil 1 D° of vinegar. 10 drops Antimonial wine. 5 drops of Laudanum. —

For a severe Cough, without Inflammation.

Take 5 or 6 drops of Laudanum & the same quantity of Tincture of Digitalis, three or four times daily; if the pulse be too quick, increase the Digitalis

J.B.B.

For a Liver complaint

6 lbs of carrots boiled in 2 quarts of water till they are soft enough to squeeze through a cloth (about 3 or 4 hours). Half a pint of this liquor to be taken 3 times a day. At 11 O'clock, after dinner and going to bed. Also at meals if the Stomach will bear it. Relief has been found in 48 hours.

For Bile

1 Grain of Calomel, 3 grains of Rhubarb made up into 1 pill. 2 of these pills for 1 dose.

Lip Salve

In 2 oz of sweet oil boil a little alcanet root till the oil becomes of a deep red, then strain it and put in rather more than 1 oz of white bees wax – when the wax is melted take it off the fire and drop in 2 or 3 drops of balsam of Peru stirring it as you drop it – pour it into small Cups or boxes – it should be made in an earthen or silver vessel. —

For washing the Hands

1/4 lb of Hogs Lard, the yolks of 2 Eggs – as much fine oatmeal as will make it into a paste.

For Asthma

Take of Gum Ammoniac, Venice Soap, Turkey Rhubarb, Castor, fresh green Squills of each 2 Scruples, beat all into a paste, of which make pills of a middling size, take 5 of them every night going to bed – If the squills are too dry, a little oxymel squills may be added.

India Pink tea for worms, to be taken with calomel 1 ounce of India Pink to a quart of water. 3 table spoonfuls to be drunk 3 times in the day.

Dr Cooper Dorchester

Muriates Barytes from 6 to 10 drops, for Scrofula. Malt tea to be drunk plentifully at the same time.

Tincture of Woods for purifying the blood. 2 ounces of Sassafras with the bark on. 1 ounce of Red Sanders, 1 do yellow Sanders. 1/2 ounce Rhodium wood. 3 ounces Guaicum wood with bark on. Shave all these as thin as possible, pour upon them a quart of Spirits of Wine. Let it stand 10 days stirring it every day, then strain it take 1 or 2 tea spoonfuls every day. —

Antimony Wine.

1/2 ounce of glass of Antimony to a bottle of Madeira wine. Shake it every day for a month and then strain it. 8 or 10 drops to be taken every 6 hours for a cough or fever. a teaspoonful for an emetic.

An excellent Styptic.

The leaves of the common purple periwinkle bruised, and the juice applied to the wound. Lint rolled in flour is also a good styptic.

Alterative - Laxative

2 ounces of Epsom Salts, 1/2 ounce of Rhubarb 1/2 ounce of Ginger, mix altogether in a mortar. As a gentle alterative laxative 1 drachm may be taken every night and morning, as a stronger purge 2 or 3 drachms may be taken. In case of sickness at the stomach, loss of appetite and cholic, an emetic taken in the afternoon and 2 drachms of the above taken at night and in the morning will generally effect a cure. —

For weakness in the stomach, loss of appetite &c

1/2 ounce of Gentian root 1/4 ounce of dried Orange peel, and half 1/4 ounce of grated ginger. Infuse the above ingredients in a pint of boiling water. When cold strain it off and take a wine glass full 3 times a day.

Sir Henry Halford.

For the Piles

Beat well the yolk of an Egg with 2 drachms of Oil of sweet almonds, mix with it 1 oz of simple alexiteriel water in which has been dissolved two Drachms of best Manna. Then add two Drachms of Tincture of Senna, 25 Grains of Milk of Sulphur & 20 drops of Paragoric Elixir. — The above to be made into 1 draught & taken at Bed time — Not more than 3 draughts should be made at once, as they will not keep. —

Another

1/2 ℥. of Balsam of Sulphur, dissolved with the yolk of an Egg, & mixed with 4 ℥ of Milk & given as an injection twice a day. — — —

A Salve for Wounds

1/2 pint best sallad oil, 4 ounces of yellow Wax sliced thin let them boil on a very gentle fire, & afterwards add two spoonfuls of Honey, stir them well together, and put them on the fire till they just simmer, but not boil – Then add to it 6 oz of Diachylum with the Gums – sliced thin that it may melt without putting it on the fire & keep stirring it till quite cold – Spread it pretty thick.

Almond Paste

1/2 lb of Bitter Almonds 2 oz Spermaceti beat fine 1/4 lb of honey, 3 spoonfuls of Brandy, 2 or 3 spoonfuls of Oil – blanch the almonds, pound them very fine & mix them up with the other ingredients – –

For a Sore Throat

To a pint of sage Tea, put two spoonfuls (or more if you like it) of Honey – 1 of Brandy, 1/2 of Vinegar Gargle your throat with it, as warm as you can bear it, & as often as you can. –

Pomatum

1/2 lb of Lard – 1/4 lb Mutton Suet – 1 Apple – 1/2 a Lemon – the apple must be cut in small pieces & strained thro' a sieve with the other ingredients.

Daffy's Elixir

Three ounces of Senna – Jallap, Coriander Seed, & cream of Tartar of each 1 1/2 oz. Put them in a stone bottle, and pour on them 3 quarts of Brandy – Let it stand a fortnight, shaking it frequently, & then strain it off for use. –

For the Stone or Gravel (strongly recommended by Mr T. H.)

Gather Blackberries as soon as they are turned red, & before they are quite ripe, pick them into an earthen pot tye them down close & put them into a kettle of water, which must stand on the fire, till they are reduced to a pulp, then strain them & to every pint of juice put a pound of powdered Sugar, boil it to a jelly to keep it for use – Let the patient take the quantity of a large nutmeg every night going to bed, or whenever in pain. –

Aromatic Pills for Wind. — Mr. Rowe

Aromatic pill 2. drachms. —
Rufus's pill Balsam 2 do.
Soap pill - - - - 1 do.
Elixir of aloes, a sufficient quantity to make up 60 Pills. —

Sprain Mixture. —

Powers of Amber and Hungary Water of each 2 oz. — Spirits of Wine 2 oz. — Nitre 1 drachm. — Spirits of Lavender 1 Drachm. — Tincture of Saffron 12 Drops. —

Another —

Take the gall of a Bullock and strain it through a sieve, — then add to it an equal quantity of Spirits of wine and camphire, — put all into a bottle and let them be well shaken, — bathe the part affected twice a day. —

For Chill. blains —

Take
Spirits of Camphor.
do. — Turpentine, each 3 oz and ½.
Compound Tincture of Lavender 1 oz. —
Mix for a Liniment, to be applied frequently to the part affected. —

Mr. Pearson. — For Acidity on the Stomach and Indigestion. —

Take of. — Calcined Magnesia - 20 Grains.
Columba Powder - - - - 15 Grains.
Aromatic Powder. - - - - 5 Grains. —
Mix for a Dose. — To be taken twice a day

Artificial Asses Milk. — Mrs. Guest. —

Take 2 oz. of pearl barley, 2 spoonfulls of hartshorn shavings, 1 oz. of Eringo root, 1 oz. of China root, 1 oz. of pounded Ginger, — 10 snails bruised with the shells. — Boil them in 3. quarts of water to 3 pints, then boil 1 pint of new milk, mix with the rest, then add 2 oz. of balsam of Tolu. — Take half a pint night and morning. —

Antiphthisic decoction. —

Take an equal dainies dried 1 handfull. Candied Eringo root ½ an oz. — Pearl Barley 3 Drachms. — 10 house or shell snails. — a pint and a ½ of spring water. — boil it till it comes to a pint, strain it off. — Drink a ½ of a pint of this, — and an equal quantity of warm cows milk, the first thing in the morning, and last at night. — In case of sweats add in each dose 15 drops of the Antiphthisic Tincture, 20 drops some times is not too much. —

For a weakness. Mrs Rivers.—

Take a pint of rose water — a pint of plantain, an oz. of gum Tragacanth let it lay in the water all night, then take a quarter of a pound of Treble refined sugar, a quarter of an oz. of arabic gratted, set it on a slow fire till the gum is dissolved, it should not boil. Take a large spoonfull in the morning and at going to bed.—

A Polypus.—

One oz. of the Honey of Roses.—
3 drams of Friars Balsam, — rub them together in a Mortar, adding by degrees Half a pint of Barley water.— add 20 drops of the spirit of salts.—
Shake up the vessel at the time of using the injection.—

For Fits.— Miss Ogley.—

Ten grains of the powder of Lark, mixed with a small quantity of bread crumbs, — and divided into twenty-four pills.—
One to be taken forenoon and afternoon.

For a Dropsy.—

1 oz. of Alicampane root dried and sliced.— 1 oz. of Stick Liquorice peeled.— 1 oz of Senna leaves.— 1 oz. of aniseed.— 1 oz. of Guaiacum Raspings.— ½ an oz. of root of Jallop sliced.— ½ a lb of Malaga Raisins stoned.— Put these ingredients into a Jar or stone bottle, and after they are picked clean, and cut into small pieces, with 2 quarts of Hollands Gin, let it stand near a fire, shaking the bottle 3 or 4 times a day for a fortnight, then strain it through a Piece of Muslin, and bottle it for use. This quantity will yield 1 quart of Medicine. The patient must begin by taking a tea spoonfull every morning, increasing the dose as the strength of the patient can bear it to 3 table spoonfuls, taking it every other day, or every two days according to the operation of the last dose.— The patient must chiefly live on roast and boiled meat during the time of taking the medicine, — must eat no Fish but shell-fish nor any vegetables but turnips and artichokes, must drink old Port, Madeira, or Gin and water.— At supper either Gin & Water, or Brandy & water made very weak.— Air & exercise must also be attended to, & a perfect cure not expected under ten or twelve months.—

Croup – From the Morning Chronicle. May 31st 1812.–

~~Ward Essence~~. – The following very simple receipe has succeeded in many very desperate cases of that disorder – viz Ward Essence:
2 oz. of the best highly rectified Spirits of Wine and 2 oz. of Camphor: let them be thoroughly well mixed and incorporated; then add 2 oz. of the best volatile spirit of Sal Ammoniac.

If both the spirits used be not good, the proper quantity of Camphor will not be taken up by them.–

The throat to be bathed with the essence, and a piece of flannel to be dipped into it, and tied round.–

For the Stone.– Mrs Morel

3 drms of Natron, put into a quart bottle, filled with cold soft water, let it stand twelve hours, that it may be sufficiently dissolved,– for the Heart-burn a wine glass should be drank whenever the complaint is troublesome,– for the gravel and stone it must be taken in a larger quantity.– It is better to begin with a couple of glasses a day, and so go on increasing.–

A Strengthening Jelly.– Lady Gosford.–

Two oz. of Isinglass, – ½ an oz. – of Gum Arabic, Steep them all night in a pint of Lent wine, or red port.– Then put them all into a sauce pan, with 2 oz. of brown sugar candy, grate half a nutmeg.– Simmer all together till quite dissolved, then strain it through a sieve.–

Take a piece the size of a nutmeg three times a day.–

Snail Broth.–

Take a pint of snails from the shells, wash them very clean, and put them into a pint of water; let them boil half an hour, add as much salt as you like, also bread if the patient has no objection.– If the stomach can bear it milk may be used instead of water.– To be taken at eleven in the morning, and again for supper.–

Snail Jelly.–

Take a quart of house-snails, wash and bruise them, drain off the juice,– add to it two calves-feet, and of eringo, isinglass, and hartshorn shavings, each an oz.– Boil these ingredients in two quarts

of water till it is decreased to one. Strain and clear it with an egg, add the juice of an orange or lemon, and sweeten with sugar candy. To be boiled over a slow fire, and eaten at any time the Patient likes.

A nervous Saline draught. Dr. Lampin

Prepared Ammonia 1 drachm. Lemon juice 2 oz. Camphor Mixture 5 oz. Compound Spirits of Vitriolic Ether 3 drachms. Syrup of Orange Peel 5 drachms

A cooling Medicine. Dr Baillie.

Take ½ of an oz. of dried damask rose leaves, let them infuse in a pint of boiling water (better in a close vessel by the fire). Then pour it off and add 100 drops of Elixir of Vitriol. Dissolve in it 1½ oz of Epsom salts.
Take 3 spoonfulls which will act as a gentle cooler to the body.
Some put syrup of mulberrys to it; but it occasions fermentation.

The Sting of a Wasp

Is cured effectually and almost instantaneously by oil of Tartar.

Consumption prepare Iceland moss as follows

Take 6 ounces of Iceland moss, pick it from all extraneous matter & wash it. simmer it for two or three hours in 3 quarts of water. strain & press it Boil the liquor with 6 ounces of sugar till it is reduced to a pint. It ought to be a jelly. a Tea spoonful may be taken very often.

Miss Fullers. Family Powder. very useful Laxitive

one ounce of powder of senna, one ounce of Jalep, one ounce of cream of tartar, half an ounce of rhubarb half an ounce of powdered ginger 80 or 90 grains is a dose for a grown person, 18 or 20 grains for a child

For the Hooping Cough

1 scruple of salt of tartar dissolved in a quarter of a pint of simple distilled water with 10 grains of cochineal finely powdered. sweeten it with white powder sugar to make it palatable a child a third of 4 or 5 years old takes a desert spoonful 3 or 4 times a day & so in proportion to the age

Saline Draughts (for a slow fever

20 grains of salt of wormwood 1 tablespoonful of Lemon juice+, drink it in a state of effervescence
weigh the wormwood in paper or gum scales will be spoil

+ or 20 grains of pure acid of tartar

Pills for Wind

Stomachic pill - - - - - - 2 Drachms
Ruffus's pill Balsam - - 2 Do
Soap - - pill - - - - - - 1 Do
Elixir of aloes, a sufficient quantity to make up 60 pills

Dimness of sight

Vinous tincture of Laudanum — a little to be put to the eyes twice a Day with a small brush or feather best done at night — tried very excellent

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Rheumatism

Take Garlic 2 cloves & gum ammoniac one drachm blend them by bruising make them into 2 or 3 boluses, with fair water & swallow one at ~~night~~ & one in the morning Drink while taking this receipt Sassafras tea made very strong so as to have the tea-pot filled with its chips This is allmost found to effect a cure even in the worst of cases, & no one can possibly object to the materials

Medicine for a child that is griped or windy - very excellent - - - - - Mrs Wathen

Magnesia - - - - -	½ a drachm	a small teaspoonful
Rhenbarb - - - -	10 grains	to be given a child
Nutmeg water - - -	2 drachms	till one month old
Syrup of poppies -	Do Do	& an increased
Mint Water - - - -	2 oz	quantity afterwards
Tincture of Soot - - -	10 Drops	

Saline Draught

1/4 of an ounce of aerated Kali in a pint of water 1/2 an ounce of pure acid of tartar in another pint equal quantities of these two solutions a little brandy or peppermint water is an improvement

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Known to cure a frantic Fever when given in

Take common red herings split them open & dip them in hot vinegar bind them to the soles of the feet as one dries put on another. Mr Rollinson

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For a Sore Throat

oil of amber	an equal quantity of each on a lump
oil of annigmum	of sugar - - - - - - - - - - - - - -
Spirits of Wine	

Gout cordial

2 oz Raisins 2 ½ Figs
8 do Rhubarb
8 do Senna
8 do Snake root
8 do cardimum
4 do aloes
4 drachms of Saffron
coriander Seed 2d
annisseed Seed 2d

This to be infused in 4 Gallons of Fine Old Brandy for ten Days well shook every Day

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Lord Lonsdown

For the Gout and

10 ozs of the best Turkey Rhubarb sliced thin
4 pound of raisins of the Sun sliced & stoned
4 ozs of Senna
2 ozs of lesser cardimums
1 oz of coriander Seed
2 ozs of Fennell Seed
4 ozs of Juniper berries
4 ozs of Guaicum chipt
2 ozs of Stick Liquorice
1 oz of Saffron

Bruise the seed & infuse the whole in 2 gallons of the best French Brandy & 2 bottles of mountain Wine for ten days in a large stone bottle before the fire then strain it off — afterwards put one gallon more Brandy & two bottles of mountain upon the same ingredients & let it stand in a warm place 5 weeks shaking the Bottle at times then strain it off & mix it all together

Diet drink for bad Blood

Dr Pitcairn

Sarsaparella 6 ounces
Bark of the root of Sassafrage
Shavings of Guaicum wood
Liquorice Root bruised of each one ounce
Gregerson root 3 drachms
Boiling water ten pints to infuse 6 hours till it comes to 5 pints

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For Scorbutic of the worst kind

Mr D W.

Muriat of Bruytes 10 drops

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antisphthisic Decoction

Take ox eyed daisies dried one handful
candied Eringo Root ½ an oz
Pearl Barley 3 drachms 16 house or shell snails a pint & a half of spring water boil it till it comes to a pint strain it off drink a quarter of a pint of this & an equal quantity of warm cows milk the first thing in the morning & the last at night — In case of sweats add in each dose 15 drops of the antisphthisic Tincture 20 drops some times is not too much

Mr Cleland

Ginger Beer.

Take half a pound of Ginger beat it fine in a mortar pour on it a Gallon of boiling water cover the Jar very close and let it stand twelve hours put it in the cask with 9 lbs of Loaf Sugar pounded 9 Gallons of luke-warm water and a little yeast let it stand eight days in the cask bottle it and in three days it will be fit for use. Stone bottles are best – cork it very tight. —

Spruce Beer to make 6 Gallons

Stone Bottles

6 Gallons
3 Table Spoonfuls of Essence of Spruce
1 lb of Treacle
about 2 Table Spoonfuls of Yeast to be put to it Milk warm, to be stopt down when done working about ten days to be bottled in about a week after.

Ginger Wine

Mr Page Miss Fullers. L. King

7 Pounds Sugar to 6 Gallons of Water 2 ounces of bruised ginger the whites of 3 Eggs – to be boiled an hour – skimming it. When cold put the juice of 6 Lemons with the Peels pounded & 1 Spoonful of yeast to be Bottled in a fortnight and fit to drink in another fortnight. —

Ripe Goosberry Wine. –

To each pound of Goosberries picked and bruised put one quart of water, let it stand three days, stirring it twice every day. – To every gallon of liquor when strained putt 3 lbs of Lump sugar on moist, boil and skim it, or putting it into the barrel when cool, add a gallon of Brandy to every twenty gallons of wine, and a little Isinglass to fine it. –, stop it close when done fermenting. – Bottle it in about six months. –

Green Goosberry Wine. –

To every lb of Goosberries just before they are ripe, picked and bruised, add 1 quart of water, and let it stand 3 days, stirring it twice a day, – and to every gallon of juice when strained put 3 lbs of Loaf Sugar, and to every 20 quarts of the liquor add a bottle of brandy and a little isinglass. – Then stop it close for six months at least – plug it to see if the sweetness be gone off, – bottle it or not as you like in six weeks. – And if it be not lively cut 2 or 3 raisins, and put them into each bottle. –

Orange Wine. –

Mrs Mead. –

Previous to making the wine put half the fruit as thin as possible, and soak the peels in the

water the wine is to be made with, eight and forty hours. — add as much of this water to the juice of one dozen of oranges and one lemon, as will make a gallon wine measure. — add 3 lbs of fine lisbon sugar to each gallon, when the sugar is melted - cask the wine keep the bung out till it has ceased to work, which will be in a fortnight, - keep it filled up, then add to 10 gallons 1 quart of the best brandy. — Stop it close it will be ready for use in one year. —

Ginger Wine. —

To nine gallons of water, 24 lbs of loaf or moist sugar, 7 oz. of the best ginger bruised. — the rinds of nine large lemons pared very thin, boil them together half an hour, and let it stand till milk-warm, then put it into the cask with the juice of the lemons, 3 pounds of sun-raisins chopped, six table spoonfulls, of yeast, stir it at the bung-hole for ten days, then put into the cask 1 oz. of isinglass, and 1 quart of Brandy, stop it close, — and in 2 months it will be fit to bottle. —

Some people put 27 lbs sugar. —

Wine of Foreign Currants. —

To every 7 pounds of foreign currants, put one

gallon of water, stir it well every day during a fortnight, let them run dry then add a gallon or two more of water, stirring it for a day or two: let them be drained again or squeezed with the hand untill all the wine is got from them, but do not press them as that will spoil the flavour of the wine; then tunnel it, and when it has done hissing, stop it close down, but put no brandy or any other article, & the wine will be excellent. It may be kept in tunnel 2 years. But never rack it off from the dregs as they are the greatest means of keeping it good. The currants after this will make excellent vinegar by putting a few gallons of water to them, stirring them two or three weeks, and letting it run as you do the wine. — Raisin wine is made in the same way. —

Currant Wine

To make 18 Gallons of Wine 6 gallons of juice 12 gallons of water 3 pounds of sugar to every gallon red currants will require half a pound more, melt the sugar in water & put it altogether in the cask let it ferment 3 weeks then stop it down - adding a quart of brandy & a little isinglass - It is equally good with moist or loaf sugar - the color will be very different when you rack it to drink if not fine put a little isinglass into half a pint of brandy & put them into the cask which will soon make it fine it is frequently drawn out of the cask for drinking & only bottled when the cask is wanted

To make Meade

To a Gallon of water put 3 pints of Honey & let it boil half an hour, as the skum rises take it off beat the whites of 2 or three eggs with a little water & put it in as it boils which will make it scum the better when it is as cold as wort put a toast with some yeast spread upon it to work it let it stand 3 or 4 days & then put it into the vessell as it works keep filling it up every day till it has done then bung it up very close & let it stand a year in the vessell

very good

Cowslip Wine

To 9 gallons of Water put 28 lbs of lump sugar the whites of 6 eggs well beat all together let them boil well, skimming it all the time when quite cold have ready a large toast well baked dip it in fine fresh yeast & put it into the liquor stirring the cowslips gradually as it works till the quantity is consumed which should be 5 pecks to a firkin when it works strong put it in the vessell, slice in eight lemons & four oranges leaving out the bitter rind stir it as it works in the vessell once a day when it has done working bung it lightly down at first & after 2 or 3 weeks stop it close & bottle it about October if fine but not before The flowers of the cowslip are only to be used

Currant Wine Miss Fullers

an equal quantity of juice & water three pounds of lump sugar to one gallon - a bottle of brandy to ten gallons

Mock Madeira Wine.

Take 30lbs of Moist Sugar, 10 Gall. water, boil it ½ hour, strain it clean, when cold put to every gall.n 1qt. of ale out of the Vat, let it stand & work well in the tub a day or two, then put it into the cask, with 1lb Sugar Candy, 4lb Raisins 1pt Brandy & a little Isinglass - when it has done working, stop it up close, & let it stand a year.

very good.

Ginger Beer.

2 ozs of Ginger Root well bruised in a mortar
2 ozs Cream of Tartar
2 lbs Lump Sugar
16 Pints of boiling water poured on the above ingredients in a large earthen bowl and covered up till quite cool then put in two table spoonsfull of good yeast and let it work all night, then strain it

through a sieve, and pour it into small stone bottles, and to each bottle add two drops of the essence of Lemon, shake it well, cork it down, and tie over the corks a string. In a day or two it will be fit to drink. This quantity fills 32 Bottles

Mrs Clemsons good

a Rice Cake

3 Oz of ground Rice, 3 Oz of Flour, five eggs 6 Oz of Sugar finely pounded, half the rind of a large Lemon, beat it half an hour, butter your shape & bake it in a moderate oven. —

Camphor Julip

2 Scruples of Camphor rubbed to a pulp with a tea Spoon fuls of Rectified Spirits of Wine, this put into a Stone bottle & a pint of Boiling Water added. The bottle should be stopped close & the liquor when cold strained off.

Various recipes for Chilblains

Gin & soft — Gin & soft soap boiled together — Boiling water poured on meadow Hay the Feet to be soaked in it every night — The juice of roasted Onions — The feet sewed up in flannell & kept constantly wet with brandy — Diachylum Plaister & the feet bound up very tight — Oild silk socks never taken off — Flour of mustard well rubbed in — Camphorated spirits of wine alone — or with one third oil of almonds — Spirits of turpentine

The berries of the deadly night shade pounded Steeds's Opodeldoc — Essence of mustard Goulard & brandy — The Feet plunged into cold water every night going to bed — Compound tincture of Lavender one ounce — fine linen to be soaked in the above & applied over the chilblains & frequently removed

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an excellent recipe for Chilblains

Powder of Ceruse 3 Drachms
White Cerote — 2 Do
Hogs Lard — — — 1 ounce
oil of Lavender — 6 Drops

melt them over a slow fire & stir to an ointment

For Burns & Scalds

Mix Lime water & sweet oil – pour off the lime water that does not mix with the oil – the rest will form with the oil a liniment wch is to be constantly applied with rags & will ~~do also~~ both take out the fire & serve for healing.

Spirit of ~~turp~~ turpentine is a very strong & effectual remedy for extreme cases. –

Ether is a good remedy

Brown Salve

Take Eleven oz of Olive Oil 4 oz Linseed do 9 oz Red Lead, set them over the Fire in an Earthen pan untill it is turn'd brown – then take of the Fire & put in one oz Rosin 1 oz Pitch & 1 oz Bees wax by degrees, when all is melted pour it into Cold water and make it into Rolls – – – – – – –

For the Thrush.

White Sugar 2 drms – Powder of Borax 1 drm – powder of Cream of Tartar 1 drm – rub them together & apply them in a fine powder to the tongue. – –

For a Cancer or White swelling.

Half a pint of honey, Half a pint of Old Red port wine, or Tent, boiled together till half consumed, then mix in while yet hot, the yolk of an egg, by degrees, in a little of it first, then stir it all well together. Spread this and apply to the part affected, changing the plaister as often as it becomes slack. If there is any wound, White Elder flower ointment or lint the size of the sore must be applied, and the honey plaister over to cover the swelling. The part must be kept warm and free from pressure as much as possible.

This plaister has been known to disperse a hard tumor as large as a hen's egg in a few months.

Recommended by Mr Mark Drury.

To make Cold Cream,

One drachm of White wax, one drachm of Spermaceti, two ounces of Oil of Almonds, two ounces of Rose water.

To be melted in a Pipkin over a slow fire. Then well beaten till perfectly smooth, and when nearly cool poured into pots and a little more Rose water added to each pot.

For the Ague.

Fowler's Ague Drops very much recommended by Mr. William Williams. A grown person to take 12 drops at each dose. 3 doses to be taken between the fits, for 3 days together, which will generally effect a cure. The two following days a tea spoonful of Bark powder should be taken before breakfast, at noon, and at night with a little grated ginger.

An emetic to be taken before any medicines given for an ague. [Fowler's Solution of Arsenic is also an efficacious medicine in Leprosy complaints, & may be given in doses of ten or twelve drops, thrice a day. W.B.]

The bleeding from a leech, or any other wound may be stop'd immediately by applying a very small piece of new sponge (or perfectly dry) to the wound, and keeping it pressed tight, till you have put a piece of sticking plaister over the sponge.

When a leech is to be applied, the leech should be made perfectly dry in a cloth, and it will bite directly for want of moisture. To keep a leech confined to the corner of the eye or eye lid, a small tube of paper to confine it is very useful.

The effects of the Blue or Common Foxglove.

in

That kind of Dropsy which is termed Anasarca where the whole substance is stuff'd with pituitous humours, where the Legs and Thighs are swelled and blotched, attended with difficulty of breathing is truly astonishing, it will succeed with people past the meridian of life.

Four ounces of the fresh leaves boiled in a quart of water until it comes to a pint, strain the liquor and add while warm three ounces of rectified Spirits of Wine. One large spoonful (or half an ounce) twice a day will generally succeed in a few days, but in robust People one large spoonful every two hours, till four spoonsful have been taken or till sickness occurs, will evacuate the Dropsical swellings with great certainty, but is liable to operate more violently.

From Mr. Cunningham.
Chipperfield.

Tic Dolourouse. from Lady Gosford.

Half an ounce extract of Cicuta. Quarter of an ounce extract of Opium. Well mixed together and spread upon Apothecary's sticking Plaister – about the size of half a Crown to be put upon the nerve that is affected and to remain there till it drops off, if necessary another to be applied.

Cola – Mrs Hoare
Equal quantities of paregoric & Lemon juice mixed

Cold One table spoonful of Miadererus
a little Sal Volatile ~~Lycopodium~~
a Spot of poppies if a Cough – Mr Burt Cox –

Coufoot for Cough
2 ℞. Antimonial powder
10 ℞. Tragacanth
30 ℞. Nitre.
To be taken 3. times a day

Pound. ℔ contains 12 ℥

Ounce ℥ - - - - - - - 8 drms.

Drachm ʒ - - - - - - - - 3 scrup.

Scruple ℈ - - - - - - - - 28 grains

Gallon marked Cong. - 8 pints

Pint - - - - - - - - o - - 16 fluid ounces

Fluid ounce - f℥ - - - 8 fluid drms

Fluid drms - f ʒ - - 60 minims ♏

Proportion of Medicine.

Adult - - - - - 1 eq - - ℥i

From 21 to 14 - - - $\frac{2}{3}$ - - - ℥ij

14 - 7 - - - $\frac{1}{2}$ - - - - ℥ss

7 - 4 - - - $\frac{1}{3}$ - - - - ℥i

4 - - - - - $\frac{1}{4}$ - - - - Gr xv

3 - - - - - - $\frac{1}{8}$ - - - Gr x

2 - - - - - - $\frac{1}{8}$ - - Gr viii

1 - - - - - - $\frac{1}{12}$ - - - Gr v.