"Give us this day our daily bread"
—the universal supplication of all people in all times and places.

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THE QUEENS CLOSET OPENED.

Incomparable Secrets in *Physick, Chirurgery, Preserving, Candying*, and *Cookery*;

As they were presented to the

QUEEN

By the most Experienced persons of our times, many whereof were honored with her own practice, when she pleased to descend to these more private Recreations.

Never before pulished.

With Additions.

Transcribed from the true Copies of her MAJESTIES own Receipt-Books, by *W. M.* one of her late servants.

Vivit post funera virtus.

London, Printed for *Nathaniel Brook* at the *Angel* in *Cornhil*, and *William Place* at *Grays-Inne-gate*, 1656.

Katherine Hutchinson
Katherine Hutchinson
she is a godly woman as I hope

THE QUEENS *Closet opened*,

To those persons of Honour and Quality, that presented many of these abmirable Receipts at the feet of the Queens Majesty, the Publisher resigns them with his prostrate service whilst he breaths, and is

W. M.

Generous Reader,

MY particular Relation for many years to Her Majesties service, might easily, should I write my own History, rid thee of all scruples touching the truth of this Collection,

on, there being few or none of theſe Receipts preſented to her Majeſty; which were not tranſcribed into her Book by my ſelf, the Originall papers being moſt of them preſerved in my own hands, which I kept as ſo many Reliques, and ſhould ſooner have parted with my dearest bloud, then to have ſuffered them to be publick. But ſince my Soveraign Miſtreſs her baniſhment, as alſo this continued change, being diffident of the alteration of theſe times, I could not deny the importunities of a perſon of Honour, to whom I was obliged, who got a tranſcript of one of the true copies from me, but by ill fortune, either lent or loſt it; which I had never known from himſelf, but that to my no ſmall amazement, I found no leſſe then two other copies abroad: the ſad conſideration whereof inforced me to conſult with my friends, who all of them advised me to diſpatch my Originall

copy

copy to the Press to prevent those false ones; for otherwise I should not have thought it lesse then Sacriledge, had not the lock been first pickt, to have opened the Closet of my distressed Soveraigne Mistresse without her Royall assent; but since that unfortunate miscarriage, I thought this publication to stand upon no ordinary termes of honour, as it might continue my Soveraigne Ladies remembrance in the breasts and loves of those persons of honour and quality, that presented most of these rare Receipts to her; And now that my age will not suffer me, as I fell with the Court, to remain much longer in this troublesome world, I thought it my duty, if I could not do her Majesty further service, at least to use my best endevours to prevent all disservices that might be done to her. I make no question, though I have thus faithfully vindicated my self, that there are some per-

sons

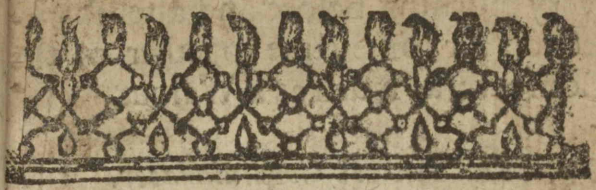
sons still left that will view this Volume with a kinde of indignation, that these copies should be made publick by a Servant, which were only intrusted to so sacred a custody; I acknowledge, if they finde any of thē altered or corrupted by the failing of printing, I am exposed to their just angers, as som of their names are particularly affixed; but I hope my absence in the Countrey may in part plead for me against those familiar Erratae, which are incident to all Editions, more especially since my infirm age could not permit me with my constant endevours to attend the Press, insomuch that I must ingenuously confesse some Receipts are disordered in their placing, others false Printed: which kinde of dealing I must impute to the more unfortunate customes of Printers, whose triviall excuses cannot free me from the highest misfortune that may befall me on this earth, should my Royall

Mi-

Miſtreſſe be diſpleaſed, from the Bar of whoſe reſentments I can make no appeal, but as I hope ſhe may ſmile at the happy recovery of thoſe papers, which perhaps theſe troubles and her travels might utterly have deprived of, had not my diligent care preſerved them for her Majeſties review, as alſo for a more generall good. Reader, I am ſorrowfull that I have detained thee ſo long from thy more beneficial uſe of this Book; thank the times, not me, for otherwiſe theſe pretious leaves had never been in common, I have no more to write, but that I am

Your truly loving friend,

W. M.



THE QUEENS CABINET OPENED:

OR,

The Pearl of Practise; Accurate, Physical, and Chirurgical Receipts.

Doctor Butler's *Preservative against the Plague.*

TAke Wood Sorrel, and pick it from the ſtalk, and pound it very wel in a ſtone Mortar, then take to every pound of beaten Sorrel, a pound of Sugar finely beaten, and two ounces of Mithridate, beat them very wel together, and put them in pots for your uſe, take

every morning before and after the in-
fection for some time together of th
Conserve, as much as a Walnut.

Dr. Butlers *Cordial water.*

Take Pimpernel, Carduus, Angelica
Scordium, Scabious, Dragon, and sti
these severally in a Rose stil, and whe
you have a pint of the water of ever
of these sorts of hearbs, then mingle a
these together very wel, and dissolve i
it half a pound of Venice Treacle, the
stil all these together, and mingle th
stronger water with the smal, six spoo
fuls of this water, made bloud warm,
ven to one sick of the Plague, driveth
venome from the heart: It is excellen
so used, for the Smal pox, or for any pe
stilent Feaver.

Dr: Batlers *Purging Ale.*

Take of Sarsaparilla two ounces,
Polypody of the Oak, and Sena,
each four ounces, Caroway seed, &
seed, of each half an ounce. Liquor
two ounces, Maydenhair and Agrim
ny, of each one little handful; Scurv
half a bushel, beat all these grossely,
put them into a course Canva

and hang it into three gallons of strong Ale; when it is three days old drink it.

Dr. Giffords *Amber Pils for a Consumption.*

Take of Venice Turpentine one ounce washed, and six graines of the powder of white Amber, mix them together, and set them in a clean pot upon embers, and let it not stand too hot; to try whether it be enough, take a drop and let it cool; if after it is cold it be stiffe, and wil not cleave to the finger, it is enough: then take of the powders of Pearl, white Amber, and Coral, of each a quantity, as a quarter of an ounce, of the inner bark of an Oak a quarter of an ounce, of Cinamon and Nutmeggs of each as much, & three ounces of hard white Sugar, make all these into a powder, and seethe them, and put the pils into them; before you take them you must be wel purged, after which you must take three of the aforesaid pils wrapped up in the powder, what else you wil, and in the morning take the yolk of a new laid *Egg* warmed a little, and put into it as much of the powder as wil lye on a shilling,

and sup it off; let this be used some time together, and there wil be great benefit found by it.

To comfort the Heart and Spirits, and to suppresse Melancholly.

Take of the juyces of Borage and Buglosse, of each one pint and a halfe, juyce of Pippins, or Queen Apples one pint, juyce of Balm halfe a pint, clarifie them, then take Chochenel made into powder four drams, infuse it in the said juices being cold in an earthen pan for two dayes, stirring it often, then strain it, and with four pound of powder Sugar, (or two pound if you mean not to keep it long) boyl it to a syrup, then take it off, and when it is almost cold, put to it Diamargaritum Frigidum one dram and a half, Diambra four scruples. Take thereof a spoonful or two for many mornings together, and when you awake in the night, if there be cause; you may also adde to some part of it Saffron to make it more cordial, by putting some powder of Saffron in a linnen clout tyed up, and so milking it out into the syrup, let the substance

thereof remain in the cloth, and take thereof sometimes. *Approved.*

A Cordial Electuary for stuffing of the Stomack, or shortness of breath.

Take a pint of the best Honey, set it on the fire and scum it clean, then put to a bundle of Hysop bruised smal before you tye it up, let it boyl wel, til the Honey tast of the Hysop, then strain out the Honey very hard, and put to it the powder of Angelica root the weight of six pence, powder of Elicampane root the weight of 6 pence, Ginger and Pepper, of each the weight of two pence, Liquorish and Aniseed of each the weight of eight pence, all beaten very smal severally: put all these into the strained Hony, and let them boyl a little space, stirring them wel together all the time, then take them from the fire, and pour all into a clean gally pot, stirring it alwayes til it be through cold, and keep it close covered for your use. When any are troubled with stuffing at the Stomack or shortness of breath, let them take of this Electuary with a bruised Liquorish stick, and they

shal sensibly find much good by it. This was Queen *Elizabeths* Electuary for these infirmities.

Mr. Covets *Medicine for the Palsy.*

Take a pint of the strongest mustard set it in an Oven for two or three times til it be as thick as a hasty pudding, the Oven must not be too hot to burn it: then set it on a chafin dish of coals til it be dry enough to make into powder. Take halfe an ounce of Betony powder, and mix it with the said powder, and sweeten it with Sugarcandy to your tast. Take of this every morning for ten dayes. *Approved.*

A Receipt to help Digestion.

Take two quarts of smal Ale, put to it red mints one handful, as much of red Sage, a little Cinnamon; let it boyl softly til half be wasted; sweeten it with Sugar to your taste, and drink thereof a draught morning & evening.

A singular Cordial.

Take two ounces of dryed red Gillyflowers, and put them into a pottle of Sack, put to it three ounces of fine sugar in powder, and half a scruple of Ambergreese in powder, put all these in a stone bottle, stop it close with a strong cork and shake it oft. After it hath stood ten dayes, pass it through a Jelly bagg, & give two or three spoonfuls of it for a great cordial. This way you may also make Lavender wine for the Palsie and other diseases.

Dr. Bassa *an Italian. An approved Receipt to break the Stone in the Kidneys.*

In the moneth of *May* distil Cowdung, then take two live Hares, & strangle them in their bloud, then take the one of them, and put it into an earthen vessel or pot, and cover it wel with a mortar made of horsedung & hay, and bake it in an oven with houshold bread, and let it stil in an Oven two or three days, baking a new with any thing, until the Hare be baked or dryed to pow-

der, then beat it wel and keep it for your use. The other Hare you must flea, and take out the guts only, then distil all the rest and keep this water, then take at the new and ful of the Moon, or any other time, three mornings together as much of this powder as wil lye on six pence, with two spoonfuls of each water, and it wil break any stone in the Kidneys.

Dr. Basse. *Remedy for a bloudy Urine or to break a Stone in the bladder.*

Take the distilled water of Saxifrage, Coriander, Parsley, and cod of broom when they be green, the berries of white Thorn, stilled when they be ripe, they must be stamped stones and all, and then distilled; the green huls of Walnuts when they be ripe stilled, Rayfins of the sun stilled; every one of these waters must be stilled by it self; then take an equal quantity of each, as a pint of *Aqua Spirita*; put them all together, and stil them in an ordinary stil, or in *B.* after scum the water nine or ten dayes; and take of this water for ten or fifteen dayes, five or six spoonfuls

fuls a time, in the morning fasting, and use to take it after a day or two once in a moneth.

Syrup of Turnips.

First bake the Turneps in a pot with houshold bread, then press out the Liquor between two platters, put a pint of this liquor to half a pint of Hysop water, and as much brown Sugar candy as wil sweeten it, and boyl it to the consistence of a syrup. It is very good for a Cold or Consumption.

Syrop of Citron peels.

Take the outermost fresh peels of Citrons cut in smal pieces, and pour on them two quarts of water, then wring it through a cloth, put to the liqour one pound of powder sugar, boyl it to a syrup, and when it is sodden put four grains of Musk to it, dissolved in damask Rose water. This syrup cooleth not. It defendeth from the Plague.

A Cordinal Syrup to cleanse the bloud, open obstructions, prevent a Consumption, &c.

Take Rosemary flowers, Betony, Clovegilly flowers, Borage, Broom, Cowslip flowers, red Rose leaves, Melilot, Comfrey, Clarey, pimpinel flowers, of each two ounces, red Currants four pounds: infuse all these in six quarts of Claret Wine, put to it fourteen pounds of ripe Elder berries, make the Wine scalding hot, then put in the flowers, currants, and Elder berries, cover the pot and paste it very close, set it in a kettle of warm water to infuse forty eight hours, til the vertue of the ingredients be all drawn out, then press it out hard, and put to every pint of the liquor one pound and three quarters of powder sugar, boyl and scum it til you find the syrup thick enough, when it is cold bottle it, and keep it for your use. Take two spoonfuls in a morning, and so much in the afternoon, fasting two hours after it.

A Medicine for a Dropsie approved by the Lady Hobby, *who was cured her self by it.*

Take Caroways, Smallage, Time, Hyſop, Water creſſes, Penniroyal, Nettle tops, Calamint, Elecampane roots, of each one little handful, Horſe radiſh two pounds, boyl them in ſix quarts of running water, until half be conſumed, then ſtrain it, boyl it a new with a pottle of canary Sack, Liquoriſh twelve ounces, ſweet *Fennel* ſeed one ounce bruiſed, and a quarter of an ounce of Cumin ſeed bruiſed, boyl all theſe above half an hour, then ſtrain it, and keep it for your uſe, nine ſpoonfuls in the morning faſting, and as much at three or four a clock in the afternoon, uſe it for ſome time together; This the Lady *Hobby* proved by her ſelf.

Adrian Gilberts *moſt ſoveraign Cordial water.*

Take Spearmint, Broomint, Mother Tyme, the bloſſome tops of garden Tyme, red Pennyroyal, Scabious, Celandine, Wood Sorrel, Wood betony,

An-

Angelica leaves and ſtalkes, ſet Wal leaves, Peony leaves, Egrimony, Tormentil, ſweet Marjoram, red ſage, Rue, Roſſolis, Angelica roots, Elecampany roots, ſet Wal roots, green Penyroyal, Comfrey bloſſoms and leaves, Juniper berries, of each a pound, Balm, Carduus Benedictus, Dragon, Feaverfew, Wormwood, of each two pounds, ſteepe all theſe in the Lees of ſtrong pure venient claret Wine for nine dayes, every day twice turning them to mingle the wel in the Lees, then diſtil them in a Limbeck with a red clear head with two pounds of ſhaved Harts horn, and Ivory twelve ounces; draw as long of it as you may in ſeveral pottle glaſſes: the firſt is accounted the beſt and uncompounded, and the perfecteſt againſt the Plague, ſpotted Feavers, ſmal Pocks, ordinary Feavers, divers times experienced by my ſelf, either to prevent, or in the time of theſe ſicknesſes. If you wil compound it becauſe the water hath an il taſt, then take the firſt gallon of the water, and mix it with a pottle of the beſt Malaga ſack, and put into them three pounds of Rayſins *ſolis* ſtoned, Figs one pound and a half, the flowers of clove Gilly-flowers,

ers, Cowslips and Marygolds, blew Violets, of each two pound, red Rosebuds one pound, Ambergeeese, Bezoar stone, clarified Sugar, Aniseeds, Liquorish, and what else you please.

These are *Adrian Giberts* Receipts, having had experience of them most constantly sure: The uncompounded water is the more excellent: and if in time of Infection one take two spoonfuls of it in good beer or white Wine, he may safely walk from danger by the leave of God. If any of the former diseases attach any person, then he must take four ounces of the first water, and mix therewith either the syrups of Violets, clove Gillyflowers, or Angelica, as the disease is; one spoonful of the syrup is sufficient for four ounces of the water, so take it in three times.

For a swoln face.

Take Oyl of Elder and Plantain water, of each one ounce, beat them wel together until they be exactly incorporated, and therewith a noint the tumefied place twice or thrice in a day, until the swelling be chased away.

Cock

Cock water for a Consumption.

Take a running Cock, pul him alive, then kil him, cut him abroad by the back, take out the entrails & wipe him clean, then quarter him and break his bones, then put him into a Rose water stil, with a pottle of *Sack*, Currants, and Raisins solis stoned, & Figgs sliced of each one pound, Dates stoned & cut smal half a pound, Rosemary flowers, Wilde Time, *Spearmint*, of each one handful, Organs or Wilde Marjorram, Bugloss, Pimpinel, of each two handfuls, and a bottle of new Milk from a Red Cow. Distil these with a soft fire, put into the Receiver a quarter of a pound of brown sugarcandy beaten smal, four grains of Ambergreese, forty grains of prepared Peal, & half a book of leaf Gold cut very smal; you must mingle the strong water with the final, and let the Patient take two spoonfuls of it in the morning, and as much at going to bed.

A pretious Cordial for a sick body.

Take three spoonfuls of Mint water

and

and as much of Muſcadine and Wormwood water, two or three ſpoonſuls of fine Sugar, and two or three drops of Cinnamon ſpirit, beat theſe wel together with two or three ſpoonſuls of Clove gilly flowers ſpirit, and give the Patient now and then one ſpoonful thereof; eſpecially when he or ſhe goeth to bed.

Wormwood Cakes good for a cold Stomack, and to help Digeſtion.

Take pure ſearced *S*ugar two ounces, and wet it with the ſpirit of Wormwood, then take a little Gum tragiganth, & ſteep it all night in Roſe water, then take ſome of this and the wet ſugar, and beat them together in an Alablaſter Mortar, til it come to a paſte like dow, if you pleaſe put a little muſk to it, then make it up in little cakes of the breadth of a groat or three pence, lay them upon plates, & dry them gently in an Oven, and keep them in a dry place for your uſe, and upon occaſion hold one of them in your mouth to melt, and ſwallow the diſſolved juyce thereof for the infirmities aforeſaid.

To

To make water of Life.

Take Balm leaves and ſtalks, Burnet leaves and flowers, Roſemary, red ſage, Taragon, Tormentil leaves, Roſſolis, red Roſes, Carnation, Hyſop, Thyme, red ſtrings that grow upon Savory, red Fennel leaves and roots, red Mints, of each one handful, bruiſe theſe hearbs and put them in a great earthen pot, & pour on them as much white VVine as wil cover them, ſtop them cloſe, and let them ſteep for eight or nine days, then put to it Cinnamon, Ginger, Angelica ſeeds, Cloves and Nutmegs of each one ounce, a little *Saffron*, *Sugar* one pound, Rayſins *ſolis* ſtoned one pound, Dates ſtoned and ſliced half a pound, the loyns and legs of an old Coney, fleſhy running Capon, the red fleſh of the ſinews of a leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a *Loaf* of whitebread cut in ſops, and two or three ounces of Mithridate or Treacle, & as much Baſtard or Muſcadine as wil cover them all. Diſtil al with a moderate fire, and keep the firſt, and ſecond waters by themſelves,

ſelves, and when there comes no more by diſtilling, put more VVine into the Pot upon the ſame ſtuffe, and diſtil it again, and you ſhal have another good water. This water muſt be kept in a double glaſs cloſe ſtopt very carefully: it is good againſt many infirmities, as the Dropſie, Palſey, Ague, *S*weating, *S*pleen, VVorms, Yellow & black Jaundies; it ſtrengthneth the ſpirits, Brain, Heart, *L*iver, and ſtomack. Take two or three ſpoonfuls when need is by it ſelf. or with Ale, Beer, or VVine mingled with ſugar

Dr. ATKINSONS *excellent perfume againſt the Plague.*

Take Angelica roots and dry them a very little in an Oven, or by the fire and then bruiſe them very ſoft, and lay them in VVine Vinegar to ſteep being cloſe covered three or four days, & then heat a brick hot, and lay the ſame theron every morning; this is excellent to ayr the houſe or any *c*lothes, or to breath over in the morning faſting.

To make Saffron water.

Take seven quarts of white Wine, and infuse in it all night one ounce of Saffron dryed, and in the morning distil it in a Limbeck, or glass body with a head, and put some white Sugarcandy finely beaten into the Receiver for it to drop on.

Mr: Stepkins water for the Eyes.

Take four ounces of white Rose water, and two drams of Tutia in powder, shake them wel together in a glass vial, and drop of it a little into the eyes evening and morning, it is very good for any hot Rheum.

A pretious water to revive the Spirits.

Take four gallons of strong Ale, five ounces of Aniseeds, Liquorish scraped half a pound, sweet Mints, Angelica, Betony, Cowslip flowers, Sage & Rosemary flowers, sweet Marjoram, of each three handfuls, Pelitory of the Wal one handful. After it is for two or three days,

dayes, distil it in a Limbeck, and in the water infuse one handful of the flowers aforesaid, Cinnamon and Fennel seed of each half an ounce, Juniper berries bruised one dram, red Rosebuds, roasted Apples & Dates sliced & stoned, of each half a pound, distil it again, and sweeten it with some Sugarcandy, and take of Ambergreese, Pearl, red Coral. Hearts horn powdred, and leaf Gold, of each half a dram, put them into a fine linnen bag, and hang it by a thread in a glasse.

The Bishop of Worcesters *admirably curing powder.*

Take black tips of Crabs claws when the sun enters into *Cancer*, which is every year on the eleventh day of *June*, pick and wash them clean, & beat them into fine powder, which finely searce, then take Musk and civet, of each three grains, Ambergeeese twelve grains, rub them in the botom of the Morter, and then beat them and the powder of the claws together; then with a pound of this powder mix one ounce of the magistery of Pearl. Then take ten skins of

Ad-

Adders or Snakes, or Slow worms, cut them in pieces, and put them into a Pipkin to a pint and a half of spring water, cover it close, and set it on a gentle fire to simper only, not to boyl, for ten or twelve hours, in which time it will be turned into a Jely, & therewith make the said powder into bals. If such skins are not to be gotten, then take six ounces of shaved Harts horn, and boyl it to a Jelly, and therewith make the said powder into bals; the horn must be of a red Deer kild in *August* when the moon is in *Leo*, for that is best. The Dose is seven or eight grains in beer or wine.

To make Spirit of Castoreum.

Take Calamints four ounces, Orange peels two ounces, Nep half a handful, Walnut blossoms half an ounce, Rosemary flowers and tops of *Sage*, of each one handful, Castoreum one ounce, white wine one quart; distil them in a *Limbeck*. This water is good for swounding fits, weak stomacks, and rising of the Mother.

A water for the Stone.

Take a quart of clean pickt Strawberries, put them in a glass, pour on them a quart of Aqua vitæ, let them stand and steep, and take two or three spoonfuls of it morning and evening with fine Sugar, or white Sugarcandy. It will keep all the year. *Approved.*

To make *Dr.* Stephens *water.*

Take a gallon of Claret Wine or Sack, Cinnamon, Ginger, Grains of Paradise, Gallingall, Nutmegs, Aniseed and Fennel seed, of each three drams, Sage, Mint, red Roses, Pellitory of the Wal, Wild Marjoram, Rosemary, Wild Time, Cammomil, Lavender, of each one handful: bruise the said spices smal, cut and bruise the hearbs, and put all into the Wine in a *Limbeck*, and after it hath stood twenty four hours, distil it gently, & keep it the first water by it selfe, and so the second.

For a Tetter.

Take water of red Tar and wash i therewith. This is an approved remedy

A special water for a Consumption.

Take a peck of garden shel snails, wash them in smal beer, put them into a great Iron drippin pan, and set them on the hot fire of charcoals, and keep them constantly stirring till they make no noise at all, then with a knife and cloth pick them out, and wipe them clean, then bruise them in a stone Mortar, shels and all, then take a quart of Earth worms, rip them up with a knife and scower them with Salt, and wash them clean and beat them in the Mortar; Then take a large clean brass pot to distil them in put into it two handfuls of Angelica, on them lay two handfuls of Celandine, a quart of Rosemary flowers, of Betony and Agrimony, of each two handfuls, Bears foot, red Dock leaves, the bark of Barberies and Wood Sorrel, of each one handful, Rice half a handful, Funugreek and Turnerick, of

each

each one ounce, *S*affron dried & beaten into powder the weight of 6 pence, Harts horn and cloves beaten, of each three ounces, when all these are in the pot, put the *S*nails and Worms upon them, & then pour on them three gallons of strong Ale; then set on the Limbeck & paste it close with Rye dough, that no ayr come out or get in, and so let it stand one and twenty hours, and distil it with a moderate fire, & receive the several quarts in several glasses close stopt. The Patient must take every morning fasting, and not sleep after it, two spoonfuls of the strongest water, and four spoonfuls of the weakest at one time, fasting two hours after it.

Syrup of Pearmains good against Melancholy.

Take one pound of the juyce of Pearmains, boyl it with a soft fire til half be consumed, then put it in a glasse, and there let it stand til it be setled, and put to it as much of the juyce of the leaves and roots of Borage, *S*ugar half a pound, syrup of Citrons three ounces, let them boyl together to the consistence of a syrup.

Tincture

Tincture of Ambergreese.

Put into half a pint of pure spirit of Wine in a strong glasse, Ambergreese one ounce, Musk two drams, stop the glass close with a cork & bladder, and set it in hot horse-dung twelve dayes; then pour off the *S*pirit gently, and put as much new *S*pirit on, & do as before, and pour it off clean: after all this the Ambergreese wil serve for ordinary uses. One drop of this tincture wil perfume any thing; besides it is a great Cordial.

Dr. Price, *and Mr:* Fenton *the Chirurgeon their excellent Medecine for the Plague after Infection.*

Take assoon as you find your self sick as much Diascordium as the weight of a shilling, with ten grains of the powder called *Speciei de gemmis*, wel mingled together, and straight after this let the party drink a good draught of hot Posset ale made with carduus Benedictus, *S*orrel, *S*cabiosa, & *S*cordium, within eight hours after the first taking of it

the

the party must take the Diascordium and Posset again as aforesaid, & in like sort the third time within eight hours after, but not above three times, nor the third time if the party mend, after the first or second taking. Doctor *Price* doth commend much thereof to be taken for the kind of cure for the plague after one is infected; and Mr. *Frenton* the excellent chirurgeon who hath much experience in the cure of the Plague, doth highly commend it as a thing in his own experience proved very good. The use of a root called *Sedour* is to be chewed in the mouth, stil when one is in the company of such persons as are thought to be infected with the contagition: this root is to be bought at the Apothecaries.

A drink for the Plague or pestilent Feaver proved by the Countess of Arundel *in the year* 1603.

Take a pint of Malmsey and burn it, and put thereto a spoonful of grains, being bruised, and take four spoonfuls of the same in a porringer, and put therein a spoonful of Jean Treacle, and

A Syrup lasting many years good for Swounding and faintness of heart, it comforteth the weak brain and sinews, it may be used as much as half a Nut once at your pleasure.

Take Borage, Buglos, white Endive one little handful of Rosemary flowers, Time, Hysop, Winter Savory, of each one little handful, break these between your hands, and seeth them in three quarts of water to three pints, then strain it, and put to it a pint of good Malmsey, one ounce of whole cloves, powder of Cinamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar half a pound or more, let them seethe upon a soft fire, wel stirred for burning to until it come to the thicknesse of Honey, then take it up & let it cool and put it in pots or glasses at your pleasure prescribed by Dr: *Twine.*

An approved Medicine for a Woman in Labour to make come and prove safe Deliverance.

Take powder of Cinnamon 1 dram, powder of Amber half a dram finely bea-

beaten, mingle it with eight ſpoonfuls of Claret wine, and ſo let her drink it.

To know how much Bazer ſtone muſt be taken when one is Heart ſick.

Take Bazer ſtone the weight of three Barly cornes or five at a time, once in 6 or ten hours, & give it in a ſpoon with Carduus, Bean water, Borage or Bugloſs, Ale or beer.

Doctor Stevens *excellent water wherewith he cured many diſeaſes following.*

Take one gallon of Gaſcoign Wine, Ginger, Gallingal, Camomil, Nutmegs, Grains of Paradiſe, Cloves, Anniſeeds, Caroway ſeeds, of each one dram, then take Sage, Mint, red Roſes, Time, Pelitory, Roſemary, Pennyroyal, Montanum, Camomil, Babin, Harts tongue, Lavender, Avance, of each a handful, bray the ſpices ſmal, and let ſtand ſo twelve hours, ſtirring it divers times, then ſtil it in a Limbeck, and keep the firſt by it ſelf for it is beſt, then wil

there

there come a second water vvhich is good, but not so good as the first, for it is fainter. The virtues of this water is to comfort the vital Spirits greatly, and preserve the youth of man or woman, & helps the inward diseases that come of cold, helpeth the shaking of the Pallie, and cureth contractions of sinews, it strengthneth the Marrow in the bones, it helpeth the con ception of Women that are barren, it killeth Worms in the body, and cureth the cold Gowt, and Tooth ach, and it helpeth the Stone in the bladder, and the pain in the reins of the back, and wil make one seem young a long time; one spoonful of this Aqua vitæ shal do more good to a man that is sick, then four spoonfuls of any other, and this Aqua vitæ shal be better if it stand in the sun al summer long.

For the Falling Sickness.

Take half a peck of Peony roots, cleanse, rub, wash and stamp them, and as you stamp them put in *S*herry sack, let them be beaten very smal, and then put to them a pottle of Sherry *S*ack,

stir

stir all wel together, and let it stand close covered twenty four hours, then pour of the clearest into bottles,& take thereof a little draught, every change of the Moon, for three mornings 1 morning after another.

A Pultesse to break a Bile, or Imposthume.

Take Sorrel one handful, twelve figs, quartered, half a pint of Sorrel juyce, boyl and break these together til it be very tender, and put to it some Wheat flower, and when it is wel boyled, put to it a good piece of butter, and lay it vvarm to the place twice a day til it it be drawn enough.

A Remedy for Worms in Children.

Take one spoonful of juyce of Limons, powdred Saffron half a scruple, and a little Sugar, and give this same quantity to the patient three mornings together.

For Worms. Dr. Wetherborn.

Take Rhubarb one dram, Wormwood

wood half a dram, Corralline one scru-ple, Currants one good handful, beat them al to a Conserve, & mix it with syrup of Violets to an Electuary, and give the child the quantity of a Walnut thereof every morning fasting.

An Oyntment to heal any bruise or wound.

Take Sage, Selfheal, Smallage, Sothernwood, Plantain, Tyme, Ribvvort, Rue, Parsley, Marygold leaves, Mercury, Wormwood, betony, Scabious, Valerian, Cumfrey, Lions tongue, Buckhorn of each one handful, wash them clean, and put them into a sieve to drain all night, and vvhen they are dry chop them very smal, and put to them two pounds of unwashed butter vvel beaten, then boyl it til half be consumed, then strain into the pot you me an to keep it in. It is also good for swollen breasts. *May* is the best time to make it in.

For a bruise in a Womans breast that is hard swollen.

Take Wood lice and dry them between papers before the fire, and make them into fine powder, whereof take as much as wil lye on a three pence, in a spoonful of Gowt Ale: do this first and last for three weeks together, and after you may take twice a week, til you find the breast wel. But you must be sure to keep a white Cotton fryed in Goose grease to it constantly, though you leave taking the said powder, until you find the breast cured. This hath cured breasts that should have been cut off.

A Medicine for a Child that cannot hold his or her Water.

Take the Navil string of a child which is ready to fal from him, dry it & beat it to powder, and give it to the Patient child Male or Female, in two spoonfuls of smal beer to drink fasting in the morning.

A. R. C.

Shred two handfuls of Rosemary, flowers and boyl them in a quarter of a pint of Aqua vitæ a little together. At night when you go to bed, and in the morning you must have two little pieces of white Cotton, and take some of this liquor, & set it on the embers in a dish, and put in one of the pieces of cotton, and when it is hot wring out the Liquor, and lay it to the grief. Do thus three times evening & morning; keeping the last piece of Cotton to the grief al night and so al day.

An Electuary for the Liver.

Take Chichory roots, wash and rub them very dry in a cloth, then slit them and take out their pith, and cut them in smal pieces, of these roots thus ordered take eight ounces; and beat them smal in a Mortar, and put to them two ounces of Currants wel vvashed and dry rubbed in a cloth, and beat them wel together, put one ounce of the best grated Rhubarb, and half a

pound

pound of double refined ſugar, beate to powder, and beat al wel together in the Mortar to the conſiſtence of a wel formed Electuary, & keep in a galley pot for your uſe cloſe covered. Take as much thereof as a Walnut in the morning faſting, and as much at four a clock in the afternoon.

A Purging Ale for the Liver.

Take Scurvy graſs ſix handfuls, Brooklime, Water-Creſſes, of each three handfuls, Agrimony, Speedwel, Liverwort of each two handfuls, Fennel and Parſley roots of each three ounces, horſe-radiſh two ounces, Monks Rhubarb one pound, al wel picked, waſhed, & bruiſed, then put to them Sena five ounces. Polypody of the Oak four ounces, Nutmegs bruiſed two ounces, Fennel ſeed bruiſed one ounce, Liquoriſh ſlit and bruiſed two ounces, Saſſafras cut ſmal three ounces: put al theſe in a bagg or boulter, and hang it in five or ſix gallons of ſecond Ale, and after five dayes infuſion drink thereof half a pint every morning faſting, and walk upon it.

A Medicine for the Stone.

Take the Pulpe of Cassia Fistula newly drawn one ounce & a half, Rhubarb in powder one dram & a half, Venice Turpentine seven drams Liquorish half a dramm, Species of Diatragacanthum frigidum one scruple, mix them wel together with a sufficient quantity of Marsh Mallows, and take thereof in the morning fasting the quantity of a Walnut, and drink after it a good draught of posset drink; use it three mornings at every new Moon.

For the whites and heats in the back.

Take three or four Nutmegs, and put them into the middle of a brown loaf, set it in an Oven, and when it is baked take out the Nutmegs, and every morning for 9 days one after another, beat the white of a new laid Egg to vvater, then put to it of Plantain and red Rose vvater of each four spoonfuls, & grate into it some of the said Nutmegs, and sweeten it vvith a little sugar, & drink it off.

Syrup

Syrup of Ale for the same disease.

Take a gallon of new Alewort of the first running, and hang it over the clear fire in an iron pot, and scum it til no more wil rise, and when it is boyled to a pint take it off, and put it into an earthen pot with a cover, and take a little thereof on a pen-knifes point every morning and evening.

An excellent artificial Balsom.

Take Conduit water and Oyl Olive of each one quart, Turpentine four ounces, liquid Storax six ounces, put them in a bason, and let them stand together al night, the next day melt half a pound of bees wax on the fire, and put to it Rosemary, bays, and sweet Marjoram of each one handful shred smal, and also Dragons bloud, and Mummey of each 1 ounce made smal, and let them boyl in the Wax a while: then put into the bason Oyl of Saint Johnswort and Rosewater of each two ounces, and boyl it together a little more, then put in some natural balsam

ſam and red Sanders pulveriſed, and let it boyl a little, then ſtrain it into a baſon, & when it is cold make a hole in it with a knife to let out the water, & ſo diſſolve it on the fire, and put it up for your uſe.

The virtues & operations of this balſam,

1. It is good to cure any wound, inward: if inward ſquirt it in, or apply it with a tent: if outward, anoint the place.

2. It healeth any burning or ſcalding, bruiſe or cut being therewith anointed, and a linnen cloth or lint dipped therein laid to the place warm.

3. It takes away any pain or grief, that comes of cold and moiſture in the bones or ſinews, anointing the place griev ed with this Oyl heated, and a warm cloth laid on it.

4: It cureth the headach, only anointing the Temples and Noſtrils therewith.

5. It is good for the Wind Cholick or ſtitch in the ſides, applyed thereunto warm with hot clothes four mornings together: every morning a quarter of an ounce.

And many other cures it doth, &c.

To

To make the green Oyntment.

Take Rue and Sage, of each one pound, Bay leaves & Worm-wood, of each half a pound, Melilot, the Hearb and flowers of Camomil, Spike, Rosemary, red rose leaves, Saint Johns wort, and Dil, of each 1 handful, chop them first very smal, then stamp them, & put thereto the like weight of Sheeps suet chopt very smal, and stamp them al in a stone Mortar to one substance, that al be green and no Suet appear. Then put it into a large earthen pan, & pour on it five pints of pure and sweet Oyl Olive, and work them together with your hands to one substance, then cover the pan with past close that no ayr enter, and let it stand seven dayes, then open it and put it in a fresh pan; and set it, on a soft fire alwayes stirring it til the hearbs begin to grow parched, then strain it into a fresh pan, to which put the Oyls of Roses, Cammomil, white Lillies, Spike and Violets, of each one ounce, stir them wel together, and keep it in a glass close stopt for you use.

An Electuary for the passion of the Heart.

Take Damask Roses half blown, cut off their whites and stamp them very fine, and straine out the Juyce very strong, moisten it in the stamping with a little Damask Rose water, then put thereto fine powder Sugar, and boyl it gently to a thin syrup: then take the powders of Amber, Pearl & Rubies, of each half a dram, Ambergreese one scruple, and mingle them with the said Syrup til it be somewhat thick, and take a little thereof on a knifes point morning and evening.

A drink for a hot Feaver.

Take Spring water and red Rose water, of each one pint & a half, the juyce of three Limons, and white Sugarcandy one ounce, and mix them together, and give the patient thereof 6 or eight spoonsuls at a time often in a day and night until the unnatural heat be extinguished.

For the Cholick.

Take equal portions of Honey and Wine, put them on a fire, and put thereto ground Wheat-meal, and a pretty quantity of bruised Cummin seeds, and as much Sorril, boyl al together for a pretty vvhile, then put them into a linnen bagg, and apply it to the belly as a plaister. Or take a pretty bundle of Tyme, and boyl it with a little slice of Ginger in a pint of Malmsey, til the third part be wasted, and drink thereof as vvarm as you can.

For stopping of the Urine.

Take the shels of quick Snails, wash them and dry them clean, and beat them into fine powder, whereof take a pretty quantity in vvhite Wine or thin broth.

For the Stone in the Kidneys.

Take a pottle of nevv Ale, and as much Rhenish Wine, and put into it two whole Limons sliced with the peels

and al, and put to them one Nutmegg beaten, and two handfuls of Scurvy-grasse beaten and strained into the Ale, and half a penniworth of grains of Paradise bruised; put altogether in a little stand with a cover, and after three days drink of it with a taste. It is also good against the wind Cholick proceeding from the stone.

To make hair grow thick.

Take three spoonsuls of Honey, and a good handful of Vine sprigs that twist like Wire, and beat them wel, and strain their juyce into the Honey, and anoint the bald places therewith.

For the Rhume or Cough in the Stomack.

Take a pint of Malmsey or Muscadine and boyl it in five ounces of Sugarcandy til it come to a syrup, and in the latter end of the boyling put to it five spoonfuls of Horehound distilled water, & so suck it from a Liquorish stick bruised at the end. Use this onely to bed-ward

For the Sciatica.

Take a pound of yellow Wax six spoonfuls of the juyce of Marjoram and red Sage, two spoonfuls of the juyce of Onions of Aniseeds, Cloves, Frankincense, Mace and Nutmegs, of each one pennyworth, and as much Turpentine: boyl these together to the consistence of a salve, and so apply it.

For the Piles.

Roast quick Snails in their shels, pick out their meat with a pin, and beat them in a Mortar with some powder of Pepper to a salve; then take the dryed roots of Pilewort in powder, and strew it thin on the plaister, and apply it as hot you can suffer it.

To procure Sleep.

Chop Cammomile and crumbs of brown bread smal, and boyl them with white Whine Vinegar; stir it vvel and spread it on a cloth, and bind it to the soles of the feet as hot as you can suf-

ser it. You may adde to it dryed red Rose leaves, or red Rose cakes with some red Rose water, and let it heat til it be thick, and binde some of it to the Temples, and some to the soles of the feet.

A good Purge.

Take Diacatholicon and Syrup of Roses Laxative of each one ounce, mix them wel together in a penny pot of white Wine, and drink it warm early in the morning. This purgeth Choler, flegm, and al manner of watry humors.

For a Fellon in a joynt.

Dry Bay Salt and beat it into powder, and mix it with the yolk of an Egge, and apply it to the grieved place in the beginning before the Fellon be broken: but if it be first broken, then take the juyce of Groundsel, the yolk of an Egge, a little Honey and Rye-flower, mix them wel together, and so apply it.

To heal a fresh wound with speed.

Take the leaves of Columdine Nettles, Plantain, Ribwort, wild Tarras, worm-wood, red Roses, Betony, Violets, of each one handful, vvash them clean, and beat them vvel vvith the vvhite of an Egge, and straine out the juyce through a cloth, to which juyce put the quantity of two Walnuts of Honey, and halfe an ounce of Frankincense, stir them wel together, and put it in a box, and use it plaister-wise. Or take Rosin, Wax, fresh Butter, Burrows grease wel tryed, of each a little quantity, oyl them wel, and put it into a bason of cold water, and vvork it with your hands into little rowls, spread it on a cloath, and apply it. If the wound be deep, tent it with lint.

For the pricking of a Needle or Thorn.

Take boulted Wheat flower, and temper it with red Wine, boyl them together to the thicknesse of a Salve, and lay it on so hot as you can suffer it. This vvil open the hole, draw

out the filth and ease the pain

For to kill a Corn.

Take of the bigth of a walnut of Ale yeast that is hard, add sticks to the tub side put to it a litle dryed salt finely powdered work them well together, and put it in a close box make a plaister of some of it and binde it to the Corn.

For Bruses Swellings, broken Bones.

Take Brooke lime, Chickweed Mallows, Smallage, Groundsel, of each one handful, stamp them with a little Sheeps tallow, Swines grease and Copin, put thereto wine dregs and a little wheat Bran; stir them wel together over the fire till they be hot, so apply it to the place grieved.

Eor Puring or Scalding.

Take Goose dung and the middle Bark of an Elder tree, fry them in *May* butter, strain them, and therewith anoint the burnt or scalded place.

To

To help Deafness.

Take peice of Rye dough the bigness of an Egge, and of that fashion, bake it dry in an Oven, cut off the end, and with a Knife cut out the paste and make it hollow, then put into it a little Aqua Composita, and stir it, and so hot as you can indure it, apply it to the deaf ear til it be cold, you must keep your head very warm. If both ears be grieved, make two of them, and use those three times.

For the Cholick.

Take half a sheet of white paper, annoint it all over with Oyl Olive, and strew thereon grosse Pepper, and so lay it to the belly from the Navil downward.

For the yellow Jaundies.

Take Pimpinel, Groundsel, Sheebroom with the tops, of each one handful, boyl them in a quart of Ale til half be consumed, then divide it into three draughts, and take it morning and evening.

For the Bloody Flux.

Take Bean flower, mingle it with Malmsey, and make a paste thereof, and bake it in an Oven like a Cake but not too hard, and lay it upon the Navel of the Belly as hot as can be suffered, and vvet it over with Malmsey and keep it warme. It wil help in three dayes.

A drink to drive the plague from the heart

Take a great Onyon, cut off the top of it, and take out so much of the Core as the bigth of a Walnut, which hole fil up with Treacle, put on the top again, and vvrap the Onyon in a piece of brown or gray paper, roast it throughly, and peel it, and trim it finely, & put it in a clean Linnen cloth, and straine it hard into 3 Porringers, and drink the juyce so strained out: for it hath been found most excellent by ostenproof not only for the expulsion of the Plague, but also for the eradieating of al poyson and venome.

The onely Receipt against the plague:

Take three pints of Muſcadine and boyl therein a handful of Sage, and a handful of Rew until a pint be waſted. Then ſtrain it and ſet it on the fire again. Then put thereto a pennyworth of Long Pepper halfe an ounce of Nutmeg, all beaten together. Then let it boyl a little and put thereto three penny worth of Treacle and a quarter of the beſt Anglica water you can get: keep this as your life above all worldly Treaſure. Take of it always warm both morning and evening a ſpoonfull or two if you be already infected, and ſweat thereupon if not a ſpoonful in the morning, and half a ſpoonful at evening in all the Plague time under God truſt to this, for there was neither Man, woman, nor Childe this deceived.

This is not onely for the Common Plague which is called the Sicknes, but for the Small Pocks, Meaſls and Surfeits, and divers other diſeaſes.

A good Almond Milk for the bloody Flux.

Take Mutton and boyl it in fair water, and scum it very clean, then put to it a handful of Borage leaves, as much Prunes, some Cinnamon and whole Mace, the upper crust of a Manchet; boyl al these wel til their strength be gone into the broth, then strain it through a Cullender, then take Jordan Almonds and parch them as you do Pease, & let them boyl two or three walms, then strain them through a cloth, and sea son it wel with Sugar and a little Salt, and let the patient drink thereof at al times of the day. It is very Medicinal.

To take Fish by Angling.

Take Assa fætida, Camphire, Aqua vitæ and Oyl Olive, bray them together til they come to a soft Oyntment, then box it, and anoint your baits therewith.

For an Ach, or Swelling.

Take Oatmeal, Sheeps suet, and black

black Soap, of each four ounces, boyl them in water til they be thick, make a plaister of it, and apply it to the grieved place hot.

For a Childs Navel that comes out with much crying.

Take Wax as it comes from the Beehive, let it not be altered, but only strained from the Honey, then melt some of it in a Sawcer, and dip some black Sheeps wool in it, and bind it to the Navel.

For Womans sore Paps or Brests.

Take Bean-flowers two handfuls, Wheaten bran, and powder of Fenugreek, of each one handful, one pound of white Wine Vinegar, three spoonfuls of Honey, three yolks of Egges, boyl all til they be very thick, and lay it vvarm to the Breast. This vvil both break and heal it. Chrush out the matter vvhen you change the plaister. Or take Oyl of Roses, Bean-flower, and the yolk of an Egge with a little Vinegar, set it on the fire til it be luke-

warm

warm and no more, then with a feather anoint the sore places.

For an Ague in Womens Breasts.

Take the leaves of Hemlock, fry them in sweet Butter, & as hot as may be suffered apply it to the breasts, and lay a warm white cotton on it, and in short time it wil drive the Ague out of them.

To draw Rhume from the Eyes back into the Neck.

Take twenty Catharides, cut off their heads and wings, and beat their bodies into smal powder, which put in a little Linnen bagg, and steep it all night in Aqua vitæ or Vinegar, and lay it to the Nape of the Neck, and it wil draw some blisters, which clip off, and apply to them an Ivie or Cabbage leaf, and it wil draw the Rhume from the Eyes. Or roast an Egg hard, cut it in half and take out the yolk, & fil either side with beaten Cummin seed, and apply it hot to the nape of the Neck.

For a Canker in the Mouth.

Take a pinte of ſtrong Vinegar, Roach Allum the bigth of a Walnut, as much Engliſh Honey as wil ſweeten it and boyl it in a skillet, put it up in a cloſe ſtopt glaſs, warm a little of it in a Sawcer, and therewith waſh the mouth often, and lay ſome lint wet in the ſame warm liquor upon the places.

To make a ſweet breath.

Take the dryed flowers and tops of Roſemary, Sugarcandy, Cloves, Mace and Cinnamon, of each a like quantity dryed and beaten into fine powder, then take a new laid Egge, and put of the powder into the Egge, and ſup it off faſting in a morning, do ſo ſeven days one after another, and it wil ſweeten the breath.

For an old ſore Legg.

Take the whiteſt hard ſoap you can get, ſcrape a quantity thereof into a Sawcer, put to it ſome Deer ſuet, and boyl

boyl them on the fire, then spread it on a clean Linnen cloth, and lay it to the sore morning and evening, and in a short time it wil heal.

For a Stitch in the side.

Take a peice of white levened bread, and toast it on both sides, then spread one side thereof with the best Treacle you can get, and cover it with a fine Linnen cloth, and so lay to the grieved place.

A most excellent Salve for a Wound.

Take a good quantity of the tops of Mayden or unset Hysop, shred them smal, and beat them very smal in a Mortar; then take Oyl Olive and clarified Honey of each one spoonful, put therto half a handful of Wheat flower, compound them together cold, and make it up into a fine Salve, vvhich use to the purpo se aforesaid.

A Pulteß to ripen any Boyl or Imposthume.

Take a Lilly root and roast it in the

Ena

Embers in a brown paper, then take figs and pound them smal, and Fenugreek, and Linseed of each a like quantity: when the Lilly root is roasted, pound it very wel, then boyl all therein new milk from the Cow, til it be so thick that a spoon may stand upright in it, and stir it alwayes in the boyling and put to it some Barrows grease and apply it to the place grieved.

To increase womans Milk.

Take Fennel seeds bruised and boyl them wel in Barly water, whereof let wet Nurses and Suckling women drink very often, in winter warm, in Summer cold, and let them beware of drinking much strong Beer, Ale or wine for they are hot, and great dryers up of Milk; and so are al Spices, and too much Salt or salt meat.

To keep iron from rusting.

Take Lead filed very smal and put so much Oyl Olive upon it as will cover it in a pot, then make your iron very clean first and anoynt the iron with the said

ſaid Oyl, after it hath ſtood nine dayes, and it will never ruſt.

To make golden colour without Gold

Take the juyce of Saffron flowers when they are freſh on the ground, but if you cannot get them, then take Saffron dryed and powdered, and put to it yellow and gliſtering Auripigment, that is ſcalie, and with the gall of a Hare, or Pike fiſh, which is better, mixe them together, then put them in a glaſs Vial cloſe ſtopped, which ſet in a warm dunghill for certain dayes, then take it out and keep it for your uſe,

To make golden Letters without Cold.

Take Auripigment one ounce, fine Cryſtal one ounce, beat them to powder ſeverally, then mixe them, and then temper them with the whites of Eggs, and ſo write with it.

To make Silver Letters without Silver.

Take Tin one ounce, Quick-ſilver two ounces, melt them together, then beat

beat them wel with Gum water, and so write with it.

To make the Face fair.

Take fresh bean blossoms, and distil them in a Limbeck, and with the water wash your Face.

A Wound Drink.

Take Southernwood, Wormwood, Bugle, Mugwort, White bottle, Sanicle, Plantane, Dandelion, Cinquefoil, Ribwort, Wood Betony, Clary roots, Avens called Herb Bennet, Hawthorn buds, Agrimony, Oak leaves and buds, Bramble buds, wild Angelica, Mints, Scabious, Strawberry leaves, Violet leaves, Comfry, of each twenty handfuls, gather them in *May*, & dry them in a room without much fire, turn them often that they may not become musty, and when they are dry put them up in Canvas baggs severally. Then take of these several hearbs so dryed, of each three handfuls, and put them into two quarts of running water, and one quart of vvhite Wine, boyl them to three pints, strain the liquor from the hearbs

and

and put thereto one pint of Honey, which boyl again, taking away the froth, then strain it, and keep it in glass bottles close stopped, and take therof in the morning fasting, and at night last, two or three spoonsuls at one time. This water wil not continue good above three or four weeks at the most. It cureth old soars, green wounds, Imposthumes, Fistulas, and stancheth bleeding. Tent no wound, but search and clense it in a tent, and cover the place with a clean cloth. During the cure, the Patient must keep a spare Diet, and abstain from Wine and strong drink.

For Worms in Children.

Take three pound of Prunes, Sena one ounce and a half, sweet Fennel seed one ounce and a half, Rhubarb half an ounce, ty al these in a bag with a stone to it, and put them into great quantity of water, then put the Prunes on the top, and le it stew six or seven hours, til the liquor be even with the Prunes, so drink of the liquor two or three spoonsuls, and eat of the Prunes in the morning fasting, and at four a clock in the afternoon.

A

A Green Salve.

Take one pound of *Butter*, Bees wax five ounces, Rosin one pound & a half, Frankincense four ounces, Oyl of *Bays* two ounces, Deer Suet one ounce and a half, Verdigrees one ounce and a half, boyl the butter a little, then boyl the Wax in it, and stir it now & then, take it off the fire, put in the Oyl of Bays, set it on the fire again, then put in the Deer suet, and let it boyl one walm, for if it have more it wil turn black, and when it is off the fire, put in the Verdigreese powdered, then strain it into pots, and keep it for your use.

A Receipt for the Kings Evil, Fistula, sore Brests, Leggs, or other Sores.

Take *Samail*, Agrimony, Avens, wild Bugle, red *Dandelion*, Wood Betony, Ribvvort, wilde Clary roots and leaves, Mugwort, Plantain, Wormwood and Bugle beaten and bruised, of each two handfuls, boyl them in six quarts of white Wine until their vertue be extracted very softly, then with

your

your hand squeeze all the juyce out of them into the Wine, then straine the liquor out, and set it on the fire, and clarifie it with so much Honey as wil make it dainty pleasant, and not sharp; then let it boyl a little more, and when it is cold, put it in bottles close stopped, and it wil last a year, vvhereof give the Patient six spoonfuls at a time in the morning fasting, & at 4 a clock in the afternoon.

To ease Womens Childbed throws that are taken with cold a week or two after their Delivery.

Take one or two spoonfuls of Oyl of svveet Almonds nevvly drawn, either in posset drink, or in a Caudle warm morning and evening. It wil help.

For Womens swounding fits after delivery of Childe.

Take the powder of vvhite amber as much as vvil lye on a three pence, and give it in Mace Ale vvarm.

An approved Medicine to speed a Womans Delivery in difficult Travel, and to send out the after-burden safely.

Take Cinnamon two drams and a half, one dram and a half of white Amber, Myrrhe two scruples, Castoreum one scruple, Borax half a scruple, Saffron five grains, powder and mix them, whereof give one dram at a time in white Wine and Sugar, and sweat after it. This hath been often tryed with much good success.

An approved Medicine for the Megrum.

Take one spoonful and a half of the white of an Egge beaten very clear, white Wine Vinegar one spoonful, of Pepper and Frankincense, of each two drams powdered, and one spoonful of Hony, mix them with so much Wheat flower as wil make into a past, whereof make two plaisters, and lay them to the Temples of the Head, & change it duly every morning and evening.

For to ease Head pain.

Take red Rose leaves dryed, mix them with Wheat flowers, Vinegar, Oyl of Roses and some Houslleek, boyl them til they be thick, spread it on a Linnen cloth, and lay it to the Forehead and Temples, and it wil ease the pain.

To cure a Shock Dogg that hath the Mangie.

Take four ounces of Tar, mix it with some fresh Grease, so as it may run then put to it some Brimstone powde- half a spoonful of gunpowder, powdered, and two spoonfuls of Honey, mix them wel, and therewith anoint the Dog, in the summer time tie him in the hot sun that the Oyntment may soak into him, in the winter time lay him on thick fresh Hay, and there keep him that the heat of his body may heat and melt it. Thrice dressing wil cure him.

To preserve a Woman with Childe from miscarrying, and abortion.

Take a Fillet of Beef half roasted hot from the fire, then take half a pinte of Muscadine, Sugar, Cinnamon, Ginger, Cloves, Mace, Graines of Paradise and Nutmegs, of each half a dram, & make thereof a Sawce, then divide the Beef in to two pieces, and wet them in the Sawce, and binde the one piece to the bottom of the womans belly, and the other to the reines of the back, as hot as may be suffered, and keep them on twenty four hours at the least, and longer if need be thereof.

For any pain in the Stomach.

Cut a piece of new Scarlet in the shape of a heart, put it in a pewter dish, and wet it with strongest Cinnamon, or Wormwood water, then set it on a Casing dish of coals, and cover it close, and when it is dry wet it again, which do so often, until the sent of the Hot water be strong in it, and lay it very hot to the Stomach,

and renew it once or twice in week.

For the wind in the Veins.

Take powder of Liquorish, Caraway seed and Sugarcandy beaten smal, of each an equal quantity to your taste, to which put Rhubarb in powder, a third part or more, with as much Cream of Tartar pulverized; put it in a box, and keep it in your pocket, and eat as much of it as wil lye on a six pence, twice or thrice in a day for a week together. This wil gently purge you, cool the blood, and expel the winde out of the Veins. This hath holpen those that have not been able to go.

An excellent Searcloth for a Bruise, Straine, or Wound.

Take one pinte of Oyl Olive, red lead eight ounces, Virgins Wax four ounces, Oyntment of Popnleon four ounces, the Oyls of Roses and Cammomil, of each one ounce, set the Oyl on the fire, then melt the Wax in it, then put in the Populeon and Oyls, and when

when al are molten put in the red lead, ſtir them wel together, and let it boyl til it be black, then dip in your clothes, and apply them to the places il-affected.

Mr: Lumleys *Pippen drink for a Conſumption.*

Take the thick paring of ſix Pippins boyl them in three pintes of Spring water to a quart, then ſweeten it with Sugarcandy, whereof drink the quantity of a Wine glaſſe when you goe to bed. In a Feaver it is very good with a little ſyrup of Limons.

An approved Medicine for the Spleen.

Drink for three mornings together pure Whey as it comes naturally from the Curd: the firſt morning two pints, the ſecond morning three pints, the third morning four pints. The beſt exerciſe after it is gentle riding.

A rare Balſom.

Take Venice Turpentine one pound,

wash it four times with fair water, and as many times in Damask Rose water, till it be white as snow, then take an earthen pot of a Gallon, make a hole in the bottome of it, which stop with a cork and a rag, and tie a string about the cork, into which pot put five pintes of pure Oyl Olive, and three pintes of Spring water, boyl this halfe a quarter of an hour, then melt eight ounces of yellow Waxe in a Skillet, which put to the Turpentine in the pot, take it off the fire and stir them together with a spoon, till they be well mingled, then pluck the kork out of the earthen pot, and let out all the Water in a platter, and the Oyl and the Turpentine into the Waxe in a large bason, and set them over the fire stirring them well, then poure all out into a large earthen pan, and when it is through cold, melt it againe one the fire, so that it will slip out, then poure out the water in the bottome, and melt it again on the fire, stirring all well together, and so put it up into gally pots for your use, and you have a most excellent Balsam made by decoction, whose effects follow.

The vertues of it.

1. *It* is good for any inward vvound squirted warm into it, and outwardly to it on fine lint, and anointing the place. *It* also preserveth the wound from inflamation and putrefaction.

2. It heales any bruise or cut being first anointed therevvith, and then a peice of lint dipped in it, & layed to the place.

3. It cures al burnings and scaldings.

4. It helps the Headach, anointing the Nosthrils and Temples therevvith.

5. It expelleth the Wind Cholick or stitch in the side, being anointed and applyed four mornings vvith vvarme clothes, and every morning bathing it before the fire a quarter of an hour.

6. It helps a *Surfet*, taking one ounce thereof in vvarm Sack.

7. It preserves from the Plague, onely by anointing the Lip and Nosthtils therevvith, before the party goeth abroad in the morning.

8. It is good against Cancers and VVorms applyed as before for a cut.

9. It helps digestion and keepeth

as often dry it, after this make a Gely as followeth.

Take a Viper alive in *May* or *June*, cut off his head and tayl, above the Navil pul off his skin, and vvith a clean cloth rub it dry, and so you may hang them up and take two of those skins and slice them smal with a little *Harts-horn*; and make a Gely of them, you need not make much, then vvhen your powder is dry wet it three or four times vvith this gely, and as often dry it, and at last put no more *Gelly* then vvil moisten the povvder, then make it up in *bals* as big and as little as you please, and dry them in a stove; and so keep them al the year.

Take of this Powder twelve or fourteen grains either dry, or in a spoonful of smal beer in vvhich there is a little syrup of *Clove-gillyflowers*.

Certain Plaisters, and their uses.

1. *Emplast: Deminum* two pound; It is good for al kind of bruises, or boyls, or old soars *&c.*

2. *Emplast: Mellilot* tvvo pound; it is good for al sorts of green Wounds or bruis-

bruises or swellings, or to breed flesh being wanting.

3. *Diapalma* two pound, it is a very fine drying Plaister, and a good defensive to defend wounds from Inflammation, *&c.*

4. *Oxicroceum* four ounces. it is an extraordinary good warming Plaister for broken bones or any cold cause, *&c.*

Certain Oyntments, and their use.

1. *Unguentum Dialthea* one halfe pound, it is good to asswage pain, dissolve swellings or hardness.

2 *Unguentum Populion* it is a great cooling Oyntment for fire, or any great inflammation, or any burning.

3. *Unguentum Album* six ounces, a fine cooling skining Oyntment to mix with others, *&c.*

4. *Unguentum Nervinum* four ounces it is good for al cold causes of the Sinews or Joynts.

5. *Unguentum tutiæ* two ounces, good for watring sore eyes.

6. *Unguentum Basilicon* seven ounces, good

good to fil hollow Ulcers with flesh, and apply plaister on the top of it.

7. *Balsam* two ounces good for al sorts of green wounds being put in warm.

A Receipt of the Oyl of Johnswort.

Take a quart of the best white Wine, infuse therein pickt flowers of Saint Johnswort, then stow those flowers very dry, and put in more into the same Wine, infuse them again, so long that the VVine be very strong and red coloured with the Saint Johnswort, then straine out the VVine clear from the flowers, put thereto a pinte of the best Sallet Oyl, a quarter of an ounce of Cinamon bruised, a quarter of Cloves bruised, one race of very good Ginger sliced, one good handful of the yellow flowers of Saint Johnswort pickt very clean, boyl al these on a very soft fire, til the VVine be al evaporated, when it is almost boyled put in one good spoon ful of pure Oyl of Turpentine, let that boyl in it a little; so keep it for your use, the elder the better.

A Receipt for an extraordinary wasting of the Back, and for the Stone, and Shrangury used by Justice Hutton.

Take Plantain and Ribwort, distil them in an ordinary Rose stil, when you have occasion to use it, take Pippins and roast them, and take away the skin and coare, and put them into the water, making thereof a lambswool as thick as you please, sweeten it with some Loaf. sugar, the sweeter the better, take thereof halfe a pinte when you goe to bed, and this doe nine or ten nights together, especially when you feel an heat in the back.

FINIS.

For the Teeth.

If you wil keep your Teeth from rotting or aking, wash the mouth continually every morning with juyce of Lemons, and afterward rub your teeth vvith a Sage leafe, and vvash your teeth after meat with fair water.

To cure the Tooth-ach.

1 Take Mastick and chew it in your mouth til its soft as Wax, then stop your teeth with it, if hollow there remaining til its consumed, and it wil certainly cure you.

2 The tooth of a dead man carried about a man presently suppresses the pains of the Teeth.

FINIS.

A Queens Delight:

OR,

The ART

OF

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AS ALSO,

A right knowledge of making *Perfumes* and *Diſtilling* the moſt *Excellent Waters.*

Never before Publiſhed.

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A Queens Delight:

OF

Conſerves and Preſerves, Candying, and Diſtilling Waters.

To preſerve white Pear-plums, or green.

TAke the Plums, and cut the ſtalke off, and wipe them, then take the juſt weight of them in Sugar, then put them in a skillet of water and let them ſtand in and ſcald, being cloſe covered till they be tender, they muſt not ſeethe, when they be ſoft lay them in a diſh, and cover them with a cloth, and ſtew ſome of

the Sugar in the Glaſſe bottome, and put in the Plums ſtrewing the Sugar over til all be in, then let them ſtand all night, the next day put them in a pan, and let them boyl apace, keeping them clean ſcummed, and when your plums look clear, your ſyrup will gelly, and they are enough. If your plums be ripe, peel off the skins before you put them in the glaſſe; they will be the better and clearer a great deal to dry, if you will take the plums white; if green, do them with the Rynes on.

To preſerve Grapes.

Take the Grapes when they be almoſt through-ripe, and cut the ſtalks off, and ſtone them in the ſide, and as faſt as you can ſtone them ſtrew Sugar on them; you muſt take to every pound of Grapes three quarters of a pound of Sugar, then take ſome of the ſowre Grapes, and wring the juyce of them, and put to every pound of Grapes two ſpoonfuls of juyce, then ſet them on the fire, and ſtill lift up the pan and ſhake it round, for fear of burning to, then ſet them on again, and when the Sugar is melted,

ted boyl them as faſt as you can poſſibly, and when they look very clear, and the ſyrup ſomewhat thick, they are enough.

To preſerve Quinces white.

Take a paire and core them, and to every pound of your equall weights in Sugar and Quince, take a wine pinte of water; put them together, and boyl them as faſt as you can uncovered; and this way you may alſo preſerve Pippins white as you do Quinces.

To preſerve Reſpaſſe.

Take a pound of Reſpaſs, a pound of fine Sugar, a quarter of a pinte of the juice of Reſpaſs, ſtrew the Sugar under and above the Reſpaſs, ſprinkle the juyce all on them, ſet them on a clear fire, let them boyl as ſoft as is poſſible, till the ſyrup will gelly, then take them off, let them ſtand till they be cold, then put them in a glaſs. After this manner is the beſt way.

To preſerve Pippins.

Take fair Pippins and boyl them in fair water till they be ſomewhat tender, then take them out and peel off the skins and put them into a fair earthen pot, and cover them till they be cold, then make the ſyrup with fair water and Sugar, ſeethe it and ſcum it very clean, then being almoſt cold, put in your Pippins, ſo boyl them ſoftly together, put in as much rine of Oranges as you think will taſte them, if you have no Orange take whole Cinamon and Cloves, ſo boyl them high enough to keep them all the year.

To preſerve Fruits green.

Take Pippins, Apricocks, Pear-plums, or Peaches when they be green, ſcald them in hot water, and peel them or ſcrape them, put them into another water not ſo hot as the firſt, then boyl them very tender, take the weight of them in Sugar, put to it as much water as will make a ſyrup to cover them; then boyl them ſomething leiſurely, and

and take them up, then boyl the ſyrup til it be ſomewhat thick, that it will batten on a diſh ſide, and when they are cold put them together, &c.

To preſerve Oranges and Limmons the beſt way.

Take and boyl them as for paſte, then take as much Sugar as they weigh, and put to it as much water as will cover them by making a ſyrup, then boyl them very leiſurely till they be clear, then take them up and boyl the ſyrup till it batten on the diſh ſide, and when they are cold put them up, &c.

An approved Conſerve for a Cough or Conſumption of the Lungs.

Take a pound of Elicampane roots, draw out the pith, and boyl them in two waters till they be ſoft, when it's cold put to it the like quantity of the pap of roaſted Pippins, and three times their weight of brown Sugar-candy beaten to powder, ſtamp theſe in a Morter to a Conſerve, whereof take every morning faſting as much as a Walnut for a week or fortnight together, and afterwards but three times a week. *Approved.*

To make a Conserve of any of these Fruits.

When you have boyled your paste as followeth, ready to fashion on the Pye plate, put it up into Gally pots, and never dry it, and this is all the difference between Conserves. And so you may make Conserves of any Fruits, this for all hard Fruits, as Quinces, Pippins, Oranges and Limons, *&c.*

To dry any Fruits after they are preserved, or Candy them.

Take Pippins, Pears or Plums, and wash them out in warme water, from the syrup they are preserved in, strew them over with searsed Sugar, as you would do flowre upon fish to fry them; set them in a broad earthen pan, that they may lie one by one, then set them in a warm Oven or Stove to dry. If you will candy them withall, you must strew on Sugar three or four times in the drying.

To preſerve Artichokes yong, green Walnuts and Limons, and the Elecampane roots, or any bitter thing.

Take any of theſe and boyl them tender, and ſhift them in their boyling ſix or ſeven times to take away their bitterneſſe, out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boyl a walm or two, and ſo let them ſtand ſoaking in the Sugar til the next morning, then take them up and boyl the Sugar a little higher by it ſelf, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black; being boyled tender, ſtick two or three Cloves in each of them.

Set your Elecampane roots, being clean ſcraped, and ſhifted in their boylings a dozen times, then dry them in a fair cloth, and ſo boyl them as is a-

above written, take half ſo much more then it doth weigh, becauſe it is biter, &c.

To preſerve Quinces white or red.

Take the Quinces, and coar them, and pare them, thoſe that you will have white, put them into a pale of water two or three houres, then take as much Sugar as they weigh, put to it as much water as will make a ſyrup to cover them, then boyl your ſyrup a little while, then put your Quinces in, and boyl them as faſt as you can, till they be tender and clear, then take them up and boyl the ſyrup a little higher by it ſelf, and being cold put them up. And if you will have them red, put them raw into Sugar and boyl them leiſurely cloſe covered till they be red, and put them not into cold water.

To preſerve Grapes.

Take the Cluſters and ſtone them as you do Barberries, then take a little more Sugar then they weigh, put to it as much Apple water as will make a

ſyrup

ſyrup to cover them, then boyl them as you do Cherries, as faſt as you can, till the ſyrup be thick, and being cold, pot it. Thus may you preſerve Barberries or Engliſh Currants, or any kind of Berries.

To preſerve Pippins, Apricocks, Pear-plums, and Peaches when they are ripe.

Take Pippins and pare them, bore a hole through them, and put them into a pale of water, then take as much Sugar as they do weigh, and put it to as much water as will make a ſyrup to cover them, and boyl them as faſt as you can, ſo that you keep them from breaking, untill they be tender, that you may prick a ruſh through them; let them be a ſoaking till they be almoſt cold, then put them up.

Your Apricocks and Peaches muſt be ſtoned, and not pared, but the Pear-plums muſt not be ſtoned nor pared. Then take a little more Sugar then they weigh, then take as much Apple-water and Sugar as will make a ſyrup for them, then boyl them as you do your Pippins, and pot them as you do the Pippins likewiſe, &c.

To

To preſerve Pippins, Apricocks, Pear-plums, or Peaches green.

Take you pippins green and quoddle them in fair water, but let the water boyl firſt before you put them in, and you muſt ſhift them in two hot waters before they will be tender, then pull off the skin from them, and ſo caſe them in ſo much clarified Sugar as will cover them, and ſo boyle them as faſt as you can, keeping them from breaking, then take them up and boyl the ſyrup until it be as thick as for Quiddony, then pot them, and powre the ſyrup into them before they be cold, *&c.*

Take your Apricocks and Pear-plums, and boyl them tender, then take as much Sugar as they do weigh, and take as much water as will make the ſyrup, take your green Peaches before they be ſtoned, and thruſt a pin through them, and then make a ſtrong water of aſhes, and caſt them into the hot ſtanding lye to take off the fur from them, then waſh them in three or four waters warm, ſo then put them into ſo much clarified Sugar as will candy them; ſo boyl them and put them up, *&c.*

To dry Pippins or Pears without Sugar.

Take Pippins or Pears and prick them full of holes with a bodkin, and lay them in ſweet wort three or four dayes, then lay them on a Sives bottome till they be dry, in an Oven, but a drying heat. This you may do to any tender plum.

To make ſyrup of Clove Gillyflowers.

Take a quart of water, half a buſhel of Flowers; cut off the whites, and with a Sive ſift away the ſeeds, bruiſe them a little; let your water be boyled and a little cold again, then put in your Flowers, and let them ſtand cloſe covered twenty four hours; you may put in but half the flowers at a time, the ſtrength will come out the better; to that liquor put in three pound of Sugar, let it lye in all night, next day boyl it in a gally pot, ſet it in a pot of water, and there let it boyl till all the Sugar be melted, and the ſyrup be prety thick, then take it out and let it ſtand in that till it be through cold, then glaſſe it.

To make Syrup of Hyſop for Colds.

Take a handfull of Hyſop, of Figs, Rayſins, Dates, of each an ounce, of Collipint halfan handfull, French Barley one ounce, boyl therein three pintes of fair water to a quart, ſtrain it and clarifie it with two whites of Egges, then put in two pound of fine Sugar, and boyl it to a ſyrup.

To make Orange Water.

Take a pottle of the beſt Malligo Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them ſteep twenty four hours; ſtill them in a Glaſſe Still, and let the water run into the receiver upon fine Sugar-candy; you may ſtill it in an ordinary ſtill.

To dry Cherries.

Take a pound of Sugar, diſſolve it in thin fair water, when it is boyled a little while, put in your Cherries after they are ſtoned, four pound to one pound of

of Sugar, let them lie in the Sugar three dayes, then take them out of the ſyrup and lay them on Sives one by one, and ſet them before the Sun upon ſtools, turn them every day, elſe they will mould, when they look of a dark red colour, and are dry, then put them up. And ſo you may do any manner of fruit. In the Sun is the beſt drying of them; put into the ſyrup ſome juyce of Raſps.

To make juyce of Liquorice.

Take Engliſh Liquorice and ſtamp it very clean, bruiſe it with a hammer, and cut it in ſmall pieces; to a pound of Liquorice thus bruiſed, put a quart of Hyſop water, let them ſoak together in an earthen pot a day and a night, then pull the Liquorice into ſmall pieces, and lay it in ſoak again two dayes more; then ſtrain out the Liquorice, and boyl the liquor a good while. Stir it often, then put in half a pound of Sugar-candy, or loaf Sugar finely beaten, four grains of Muſke, as much Ambergreeſe, bruiſe them ſmall with a little Sugar, then boyl them together till it be good and thick, ſtill have a care

you

burn it not; then put it out in glasse plates, and make it into round rowls, and set it in a drying place till it be stiff, that you may work it into rowls to be cut as big as Barley corns, and so lay them on a place again: If it be needful strew on the place a little Sugar to prevent thickning, so dry them still if there be need, and if they should be too dry, the heat of the fire will soften them again.

A perfume for Clothes, Gloves.

Take of Linet two grains, of Musk three, of Ambergreese four, and the Oyl of Bems a pretty quantity; grinde them all upon a Marble stone fit for that purpose; then with a brush or spunge rake them over, and it will sweeten them very well; your Gloves or Jerkins must first be washed in old red Rose water, and when they are almost dry stretch them forth smooth and lay on the perfume.

To make Almond Bisket.

Take the whites of four new laid Eggs

Eggs and two yelks, and beat it well for an hour together, then have in readineſſe a quarter of a pound of the beſt Almonds blanched in cold water, and beat them very ſmall with Boſewart for fear of oyling, then have a pound of the beſt loaf Sugar finely beaten; beat that in the Eggs a while, then put in your Almonds, and five or ſix ſpoonfuls of the fineſt Flowre, and ſo bake them together upon paper or plates, you may have a little fine Sugar in a piece of Tiſſany to duſt them over as they be in the Oven, ſo bake them as you do Bisket.

To make Conſerve of Roſes boyled.

Take a quart of red Roſe water, a quart of fair water, boyl in the water a pound of red Roſe leaves, the whites cut off, the leaves muſt be boyled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boyl a little between every pound, ſo put it up in your pots.

To make Conserves of Roses unboyled.

Take a pound of red Rose leaves, the whites cut off, stamp them very fine, take a pound of Sugar, and beat in with the Roses, and put it in a pot and cover it with leather, and set it in a cool place.

To dry Apricocks.

First stone them, then weigh them, take the weight of them in double refined Sugar, make the syrup with so much water as will wet them, and boyl it up so high, that a drop being dropped on a plate it will slip clean off, when it is cold; then put in your Apricocks being pared, whilst your syrup is hot, but it must not be taken off the fire before you put them in, then turn them in the syrup often, then let them stand three quarters of an hour; then take them out of the syrup, and tie them up in Tiffanies, one in a Tiffany or more, as they be in bignesse, and whilest you are tying them up, set the syrup on the fire to heat, but not to boyl, then put

you

your Apricocks into the ſyrup, and ſet them on a quick fire, and let them boyl as faſt as you can, skim them clean, and when they look clear, take them from the fire and let them lie in the ſyrup till the next day, then ſet them on the fire to heat, but not to boyl; then ſet them by till the next day, and lay them upon a clean Sieve to draine, and when they are well drained, take them out of the Tiffanies, and ſo dry them in a ſtove, or better in the Sun with glaſſes over them, to keep them from the duſt.

To make Quinces for Pies.

Wipe the Quinces and put them into a little veſſell of ſmall beer when it hath done working, ſtop them cloſe that no aire can get in, and this will keep them fair all the year, and good.

The beſt way to break ſweet Powder.

Take of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Civet a quarter of an ounce, Cloves a quarter

of a pound, Musk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter of a pound, Ambergreese a quarter of an ounce. To every pound of Roses put a pound of Powder; the bag must be of Taffaty, or else the Powder will run through.

To make excellent perfumes.

Take a quarter of a pound of Damask Rose-buds cut clean from the whites, stamp them very small, put to them a good spoonfull of Damask Rose water, so let them stand close stopped all night, then take one ounce and a quarter of Benjamin finely beaten, and also searsed (if you will) twenty grains of Civit, and ten grains of Musk; mingle these with the Roses beating them well together, then make it up in little Cakes between Rose leaves, and dry them between sheets of Paper.

To make a very good Pomatum.

Take the fat of a young Dog one pound, it must be kild well that the blood

blood ſetle not into the fat, then let the outer skin be taken off before it be opened, left any of the hair come to the fat, then take all the fat from the inſide, and aſſoon as you take it off fling it into Conduit water; and if you ſee the ſecond skin be clear, peel it and water it with the other; be ſure it cools not out of the water: you muſt not let any of the fleſh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs caule, and put it to the other in the water, and when you ſee it is cold, drain it from the water in a Napkin, and break it in little pieces with your fingers, and take out all the little veins, then take eight ounces of Oyl of Tartar, and put in that firſt, ſtirring it well together, then put it into a Gallon of Conduit water, and let it ſtand till night; ſhift this with ſo much Oyl and Water, morning and evening ſeven dayes together, and be ſure you ſhift it conſtantly; and the day before you mean to melt it, wring it hard by a little at a time, and be ſure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you ſhift it; then

put

put in three pintes of Rose-water; let it stand close covered twelve hours, then wring out that and put in a pinte of fresh Rose-water into a high Gally pot with the feces: then tie it close up and set it in a pot of water, and let it boyl two hours, then take it out and strain it into an earthen pan, let it stand till it is cold; then cut a hole in it, and let out the water, then scrape away the bottome, and dry it with a cloth, and dry the pan; melt it in a Chafing-dish of coals, or in the Gally pots; beat it so long, till it look very white and shining; then with your hand fling it in fine Cakes upon white paper, and let it lie till it be cold, then put it into Gally pots. This will be very good for two or three years.

To make Raysin Wine.

Take two pound of Raysins of the Sun shred, a pound of good powdered Sugar, the juyce of two Lemons, one pill; put these in a earthen pot with a top, then take two gallons of water, let it boyl half an hour, then take it hot from the fire and put it into the pot, and cover

cover it close for three or four dayes, stirring it twice a day, being strained put it into bottles, and stop it very close; in a fortnight or three weeks it may be drunk; you may put in Cloves, Gilly-flowers, or Cowslips, as the time of the year is when you make it; and when you have drawn this from the Raysins, and bottled it up, heat two quarts of water more, put it to the Ingredients, and let it stand as aforesaid. This will be good, but smaller than the other, the water must be boyled as the other.

To make Rasberry Wine.

Take a Gallon of good Rhenish Wine, put into it as much Rasberries very ripe, as will make it strong, put it in an earthen pot, and let it stand two days: then powr your Wine from your Rasberries, and put into every bottle two ounces of Sugar. Stop it up and keep it by you.

The best way to preserve Cherries.

Take the best Cherries you can get, and cut the stalks something short, then

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for every pound of these Cherries take two pound of other Cherries, and put them off their stalks and stones, put to them ten spoonsuls of fair water, and then set them on the fire to boyl very fast till you see that the colour of the Syrup be like pale Claret Wine, then take it off the fire, and drain them from the Cherries into a pan to preserve in. Take to every pound of Cherries a quarter of Sugar, of which take halfe and dissolve it with the Cherry water drained from the Cherries, and keep them boyling very fast till they will gelly in a spoon, and as you see the Syrup thin, take off the Sugar that you kept finely beaten, and put it to the Cherries in the boyling; the faster they boyl, the better they will be preserved, and let them stand in a pan till they be almost cold.

A Tincture of Ambergreese.

Take Ambergreese one ounce, Musk two drams, spirit of Wine half a pinte, or as much as will cover the Ingredients two or three fingers breadth, put all into a Glasse, stop it close with a Cork and Bladder, set it in Horse dung ten or

twelve

twelve dayes, then pour off gently the ſpirit of Wine, and keep it in a glaſſe cloſe ſtopt, then put more ſpirit of Wine on the Ambergreeſe, and do as before, then pour it off, after all this the Ambergreeſe will ſerve for ordinary uſes. A drop of this will perfume any thing, and in Cordials it is very good.

To make Uſquebath the beſt way.

Take two quarts of the beſt Aqua vitæ, four ounces of ſcraped Liquorice, and half a pound of ſliced Rayſins of the Sun, Anniſeeds four ounces, Dates and Figs of each half a pound, ſliced Nutmeg, Cinamon, Ginger, of each half an ounce, put theſe to the Aqua vitæ, ſtop it very cloſe, and ſet it in a cold place ten days, ſtirring it twice a day with a ſtick, then ſtrain or ſweeten it with Sugar-candy; after it is ſtrained let it ſtand till it be clear, then put into the glaſſe Musk and Ambergreeſe; two grains is ſufficient for this quantity.

To preſerve Cherries with a quarter of their weight in Sugar.

Take four pound of Cherries, one

pound of Sugar, beat your Sugar and ſtrew a little in the bottome of your skillet, then pull off the ſtalks and ſtones of your Cherries, and cut them croſſe the bottome with a knife; let the juyce of the Cherries run upon the Sugar; for there muſt be no other liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar. Boyl them very quick; when they are half boyled, put in the remainder of your Sugar; when they are almoſt enough, put in the reſt of the Sugar; you muſt let them boyl till they part in ſunder like Marmalade, ſtirring them continually, ſo put them up hot into your warm Marmalade glaſſes.

To make Gelly of Pippins.

Take Pippins and pare them and quarter them, and put as much water to them as will cover them, and let them boyl till all the vertue of the Pippins are out, then ſtrain them, and take to a pinte of that liqour a pound of Sugar, and cut long threads of Orange peels, and boyl in it, then take a Limon and pare and ſlice it very thin, and boyl it in your li-

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liquor a little thin; take them out, and lay them in the bottom of your glasse, and when it is boyled to a gelly, pour it on the Limons in the glasse. You must boyl the Oranges in two or three waters before you boyl it in the gelly.

To make Apricock Cakes.

Take the fairest Apricocks you can get, and parboyl them very tender, then take off the pulp and their weight of Sugar, and boyl the Sugar and Apricocks together very fast, stir them ever lest they burn to, and when you can see the bottome of the skillet it is enough; then put them into Cards sowed round, and dust them with fine Sugar, and when they are cold stone them, then turn them and fill them up with some more of the same stuffe; but you must let them stand for three or four dayes before you turn them off the first place; and when you finde they begin to candy, take them out of the Cards, dust them with Sugar again; so do even when you turn them.

To preſerve Barberries in the beſt way.

Firſt ſtone them and weigh them, half a pound of Sugar to half a pound of them, then pare them and ſlice them into that liquor, take the weight of it in Sugar; then take as many Rasberries as will colour it, and ſtrain them into the liquór, then put in the Sugar, boyl it as faſt as you can, then skim it till it be very clear; then put in your Barberies and that Sugar you weighed, and ſo let them boyl till the skin be fully riſen up, then take them off and skin them very clean, and put them up.

To make Lozinges of red Roſes.

Boyl your Sugar to Sugar again, then put in your red Roſes being finely beaten and made moiſt with the juyce of a Limon, let it not boyl after the Roſes are in, but pour it upon a Pye-plate, and cut it into what form you pleaſe.

To make Chips of Quinces.

First scald them very well, then slice them into a dish, and pour a Candy syrup to them scalding hot, and let them stand all night, then lay them on plates and searse sugar on them, and turn them every day, and scrape more Sugar on them till they be dry. If you would have them look clear, beat them in syrup, but not to boyl.

To make Sugar of Wormwood, Mint, Aniseed, or any other of that kinde.

Take double refined Sugar, and do but wet it in fair water, or Rose water, and boyl it to a Candy when it is almost boyled take it off, and stir it till it be cold; then drop in three or four drops of the Oils of whatsoever you will make, and stir it well; then drop it on a board being before sifted with Sugar.

To make Syrup of Limons or Citrons.

Pare off all the rindes, then slice your Limons very thin, and lay a lare of

Sugar finely beaten, and a lare of Limons in a silver Bason till you have fitted it, or as much as you mean to make, and so let it stand all night; the next day pour off the liquor that runs from it into a glasse through a Tiffany strainer. Be sure you put Sugar enough to them at the first, and it will keep a year good, if it be set up well.

To make Jumbals of Apricocks or Quinces.

Take Apricocks or Quinces, and coddle them tender; then take their pulp and dry it in a dish over a Chafing dish of coals, and set it in a stove for a day or two; then beat it in a stone Mortar, putting in as much Sugar as will make a stiffe paste; then colour it with Saunders, Cochinele or blew Starch, and make it up in what colour you please, rowl them with battle-dores into long pieces, and tye them up in knots, and so dry them.

To make Cherry water.

Take nine pound of Cherries, pull out the stones and stalks, break them with

with your hand, and put them into nine pintes of Claret Wine, take nine ounces of Cinamon, and three Nutmegs, bruiſe them, and put them into this, then take of Roſemary and Balm of each half a handful, of ſweet Marjoram a quarter of an handfull: put all theſe with the aforenamed into an earthen pot well leaded, ſo let them ſtand to infuſe twenty four hours, ſtirring it once in four or five hours; ſo diſtill it in a Limbeck keeping the ſtrongeſt water by it ſelf, put ſome Sugar finely beaten into your glaſſes. If your firſt water be too ſtrong, put ſome of the ſecond to it as you uſe it. If you pleaſe you may tye ſome Musk, and Ambergreeſe in a rag, and hang it by a Thread in your Glaſſe.

To make Orange Cakes.

Take Oranges and pare them as thin as you can, then take out the meats clean, and put them in water; let them lie about an hour; ſhift the water and boyl them very tender in three or four waters, then put them up and dry them on a cloth: mince them as ſmall as you can, then put them into a diſh, and ſqueeze all the juyce of the meat into them, and

let them ſtand till the next day, take to every pound of theſe a pound and a quarter of double refined Sugar. Boyl it with a ſpoonſull of water at the bottome to keep it from burning till it be Sugar again; then put in your Oranges, and let them ſtand and dry on the fire, but not boyl; then put them on glaſſe plates, and put them in a Stove, the next day make them into Cakes, and ſo dry them as faſt as you can.

To preſerve Oranges the French way.

Take twelve of the faireſt Oranges and beſt coloured, and if you can get them with ſmooth skins they are the better, and lay them in Conduit water ſix dayes and nights, ſhifting them into freſh water morning & evening; then boyl them very tender, and with a kniſe pare them very thin, rub them with ſalt, when you have ſo done, core them with a coring iron, taking out the meat and ſeeds; then rub them with a dry cloth till they be clean, and to every pound of Oranges a pound and half of Sugar, and to a pound of Sugar a pinte of water; then mingle your Sugar and water well together in a large skillet or pan; beat the whites of three

Egges

Egges, and put that into it, then ſet it on the fire, and let it boyl till it riſes, and ſtrain it through a Napkin; then ſet it on the fire again, and let it boyl till the ſyrup be thick, then put in your Oranges and make them ſeethe as faſt as you can, now and then putting in a piece of fine loaf Sugar the bigneſſe of a Walnut, when they have boyled near an hour, put into them a pinte of Apple water: then boyl them apace, and half a pinte of white wine, this ſhould be put in before the Apple water, when your Oranges are very clear, and your ſyrup ſo thick that it will jelly (which you may know by ſetting them to cool in a ſpoon) when they are ready to be taken off from the fire; then put in the juyce of eight Limons warm into them, then put them into an earthen pan, and ſo let them ſtand till they be cold, then put every Orange in a ſeveral glaſſe or pot; if you do but ſix Oranges at a time it is the better.

To preſerve green Plums.

The greateſt wheaten Plum is the beſt, which will be ripe in the midſt of

July, gather them about that time, or later, as they grow in bigneſſe, but you muſt not ſuffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the ſpace of 12 hours, and when you gather them wipe them with a clean linnen cloth, and cut off a little of the ſtalks of every one; then ſet two skillets of water on the fire, and when one is ſcalding hot put in your plums, and take them from the fire, and cover them, and let them reſt for the ſpace of a quarter of an hour; then take them up, and when your other skillet of water doth boyl put them into it; let them but ſtay in it a very little while, and ſo let the other skillet of water wherein they were firſt boyled be ſet to the fire again, and make it to boyl, and put in your plums as before, and then you ſhall ſee them rivet over, and yet your plums very whole; then while they be hot you muſt with your knife ſcrape away the rivetting; then take to every pound of Plums a pound and two ounces of Sugar finely beaten, then ſet a pan with a little fair water on the fire, and when it boyls put in your plums, and let them ſeethe half

a quarter of an hour till you ſee the colour wax green, then ſet them off the fire a quarter of an hour, and take a handfull of Sugar that is weighed, and ſtrow it in the bottom of the pan wherein you will preſerve, and ſo put in your plums one by one, drawing the liquor from them, and caſt the reſt of your Sugar on them; then ſet the pan on a moderate fire, letting them boyl continually but very ſoftly, and in three quarters of an hour they will be ready, as you may perceive by the greenneſſe of your plums and thickneſſe of your ſyrup, which if they be boyled enough will gelly when it is cold; then take up your plums and put them into a gally pot, but boyl your ſyrup a little longer, then ſtrain it into ſome veſſel, and being bloud-warm, pour it upon your plums, but ſtop not the pot before they be cold. Note alſo, you muſt preſerve them in ſuch a pan as they may lie one by another and turn of themſelves, and when they have been five or ſix days in the ſyrup, that the ſyrup grow thin, you may boyl it again with little Sugar, but put it not to your plums till they be cold. They muſt have three ſcaldings and one boyling.

To

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An admirable water for sore eyes.

Take Lapis Tutiæ, Aloes Hepatica, fine hard Sugar, of each three drams, beat them very small, and put them into a glasse of three pintes, to which put red Rose water and white Wine, of each one pinte; set the glasse in the Sun in the month of *July* for the whole month, shaking it twice in a day for all that while; then use it as followeth; put one drop thereof into the Eye in the evening when the party is in bed, and one drop in the morning an hour before the patient riseth: Continue the use of it till the eyes be well. The older the water, the better it is. Most approved.

A Snail water for weak Children and old people.

Take a pottle of Snailes, and wash them well in two or three waters, and then in small Beer, bruise them shels and all, then put them into a gallon of red Cows Milk, red Rose leaves dried, the whites cut off, Rosemary, sweet Mar-

Marjoram, of each one handfull, and so distill them in a cold still, and let it drop upon powder of white Sugarcandy in the receiver; drink of it first and last, and at four a clock in the afternoon, a Wine glasse full at a time.

Clary water for the back, stomach, &c.

Take three gallons of midling Bear, put it in a great brasse pot of four gallons, and put to it ten handfuls of Clarey gathered in a dry day, Rayfins of the Sun stoned three pounds, Anniseeds and Liquorice of each four ounces, the whites and shels of twenty four Egges, or half so many if there be not so much need in the Back, the shels small, and mix them with the whites; put to the bottoms of three white loaves; put into the receiver one Pound of white Sugarcandy, or so much fine loaf Sugar beaten small, and distill it through a Limbeck, keep it close, and be seldom without it, for it reviveth very much the Stomach and Heart, strengtheneth the Back, procureth Appetite and digestion, driveth away melancholy, sadness and heavinefs of the Heart, &c.

Dr. Montfords *Cordiall water.*

Take Angelica leaves twelve handſuls, ſix leaves of Carduus Benedictus, Balm and Sage, of each five handſuls, the ſeeds of Angelica and ſweet Fennil, of each five ounces bruiſed, ſcraped and bruiſed Liquorice twelve ounces, Aromaticum Roſatum, Diamoſcus dulcis, of each ſix drams: the hearbs being cut ſmall, the Seeds and Liquorice bruiſed, infuſe them into two Gallons of Canary Sack for twenty four houres, then diſtill it with a gentle fire, and draw off only five pintes of the Spirits, which mix with one pound of the beſt Sugar diſſolved into a Syrup in half a pinte of pure red Roſe-water.

Aqua Mirabilis Sir Kenelm Digbies *way.*

Take Cubebs, Galingale, Cardamus, Melilot flowers, Cloves, Mace, Ginger, Cinamon, of each one dram bruiſed ſmall, Juyce of Celandine one pinte, juyce of Spearmint half a pinte, juyce of Balm half a pinte, Sugar one pound, flower of Cowſlips, Roſemary,

Borage

Borage, Bugloſſe, Marigolds, of each two drams, the beſt Sack three pintes, ſtrong Angelica water one pinte, red Roſe water half a pinte, bruiſe the Spices and Flowers, and ſteep them in the Sack and juyces one night, the next morning diſtill it in an ordinary or glaſſe Still, and firſt lay Harts tongue leaves in the bottom of the Still.

The virtues of the precedent water.

This water preſerveth the Lungs without grievances, and helpeth them; being wounded, it ſuffereth not the bloud to putrefie, but multiplieth the ſame; this water ſuffereth not the Heart to burn, nor melancholy, nor the Spleen, to be lifted up above Nature, it expelleth the Rhume, preſerveth the Stomach, conſerveth Youth, and procureth a good colour, it preſerveth Memory, it deſtroyeth the Palſey; if this be given to one a dying, a ſpoonfull of it reviveth him; in the Summer uſe one ſpoonfull a week faſting, in the Winter two ſpoonfuls.

A water for fainting of the Heart.

Take Bugloſſe and red Roſe water,

of each one pinte, Milk half a pinte, Anniſeeds and Cinamon groſſely bruiſed of each half an ounce, Maiden hair two handſuls, Harts tongue one handfull, both ſhred, mix all together, and diſtill it in an ordinary Still, drink of it morning and evening with a little Sugar.

A Surfeit water.

Take half a buſhell of red Corn Poppy, put it into a large diſh, cover it with brown Paper, and lay another diſh upon it, ſet it in an Oven after brown bread is baked divers times till they be dry, which put into a pottle of good Aqua vitæ, to which put Rayſins ſolis ſtoned half a pound, ſix Figs ſliced, three Nutmegs ſliced, two flakes of Mace bruiſed, two races of Ginger ſliced, one ſtick of Cinamon bruiſed, Liquorice ſliced one ounce, Anniſeed, Fennill ſeed, and Cardamums bruiſed, of each one dram; put all theſe into a broad glaſs body, and lay firſt ſome Poppy in the bottom; then ſome of the other Ingredients, then Poppy again, and ſo till the glaſſe be full, then

then put in the Aqua vitæ, and let it infuse till it be strong of the spices, and very red with the Poppy, close covered, of the which take two or three spoonfuls upon a Surfeit, and when all the liquor is spent, put more Aqua vitæ to it, and it will have the same effect the second time, but no more after.

Dr. Butlers *Cordiall water against Melancholy*, &c. *Most approved.*

Take the flowers of cowslips, Marigolds, Pinks, Clove gillyflowers, single stock Gillyflowers of each four handfuls, the flowers of Rosemary, and Damask Roses of each three handfuls, Borage and Buglos flowers, and Balm leaves, of each two handfuls; put them in a quart of Canary Wine into a great bottle or jugge close stopped with a cork, sometimes stirring the flowers and wine together, adding to them Anniseeds bruised one dram, two Nutmegs sliced, English Saffron two pennyworth; after some time infusion, distill them in a cold Still with a hot fire, hanging at the Nose of the Still

Ambergreese and Musk, of each one grain: then to the distilled water put white Sugar-candy finely beaten six ounces, and put the glasse, wherein they are, into hot water for one hour. Take of this water at one time three spoonfuls thrice a week, or when you are ill. It cureth all Melancholy fumes, and infinitely comforts the Spirits.

The admirable and most famous Snail water.

Take a peck of garden shell Snails, wash them well in small Beer, and put them in a hot Oven till they have done making a noise, then take them out, and wipe them well from the green froth that is upon them, and bruise them shels and all in a stone Mortar, then take a quart of Earth worms, scowre them with Salt, slit them and wash them well with water from their filth, and in a stone Mortar beat them to pieces, then lay in the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary flowers, Bears foot, Agrimony, red Dock roots,

Bark

Bark of Barberries, Betony, wood Sorrel, of each two handfuls, Rue one handfull; then lay the Snails and Worms on the top of the hearbs and flowers, then pour on three Gallons of the ſtrongeſt Ale, and let it ſtand all night, in the morning put in three ounces of Cloves beaten, ſix penny worth of beaten Saffron, and on the top of them ſix ounces of ſhaved Harts horne, then ſet on the Limbeck and cloſe it with paſte, and ſo receive the water by pintes, which wil be nine in all, the firſt is the ſtrongeſt, whereof take in the morning two ſpoonfuls, in four ſpoonfuls of ſmall Beer, and the like in the afternoon; you muſt keep a good diet, and uſe moderate exerciſe to warm the bloud.

This water is good againſt all obſtructions whatſoever. It cureth a Conſumption and Dropſie, the ſtopping of the Stomach and Liver. It may be diſtilled with Milk for weak people, and children, with Harts tongue and Elicampane.

A singular Mint water.

Take a still full of Mints, put Balm and Pennyroyall of each one good handfull, steep them in Sack or Lees of Sack, twenty four houres, stop it close, and stir it now and then: Distill it in an ordinary Still with a very quick fire, and keep the Still with wet cloaths, put into the Receiver as much Sugar as will sweeten it, and so double distill it.

Distillings.

A most excellent Aqua Cœlestis taught by Mr. Philips *Apothecary.*

TAke of Cinamon one dram, Ginger half a dram, the three sorts of Saunders, of each of them three quarters of an ounce, Mace and Cubebs of each of them one dram, Cardamon the bigger and

and lesser, of each three drams, Setwell roots half an ounce, Anniseed, Fennilseed, Basilseed, of each two drams, Angelica roots, Gillyflowers, Thyme, Calamint, Liquorice, Calamus Masterwort, Pennyroyalll, Mint, Mother of Thyme, Marjoram, of each two drams, red Rose seed, the flowers of Sage and Betony, of each a dram and a half, Cloves, Galingall, Nutmegs, of each two drams, the flowers of Stechados, Rosemary, Borage, and Buglosse flowers, of each a dram and half, Citron rindes three drams, bruise them all, and put in these Cordiall powders, Diamber Aromaticum, Diamuscum, Diachoden, the spices made with pearl, of each three drams; infuse all these in twelve pints of Aqua vitæ, in a glasse close stopped, for fifteen dayes, often shaking it, then let it be put in a Limbeck close stopped, and let it be distilled gently; when you have done, hang it in a cloth, two drams of Musk, half a dram of Ambergreese, and ten or twelve grains of gold, and so receive it to your use.

Hypocras taught by Dr. Twine *for winde in the ſtomach.*

Take Pepper, Grains, Ginger, of each half an ounce, Cinamon, Cloves, Nutmegs, Mace, of each one ounce groſſely beaten, Roſemary, Agrimony, both ſhred, of each a few crops, red Roſe leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay theſe to ſteep in a gallon of good Rheniſh or White wine, in a cloſe veſſell, ſtirring it two or three times a day the ſpace of three or four dayes together, then ſtrain it through an Hypocras ſtrainer, and drink a draught of it before meat halſe an hour, and ſometimes after to help digeſtion.

Marigold flowers diſtilled, good for the pain of the Head.

Take Marigold flowers and diſtill them, then take a fine cloth and wet it in the aforeſaid diſtilled water, and ſo lay it to the forehead of the Patient, and being ſo applyed, let him ſleep if he can: this with Gods help will ceaſe the pain.

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A Water good for Sun-burning.

Take water drawne off the Vine dropping, the flowers of white Thorn, Bean flowers, Water Lillyflowers, Garden Lillyflowers, Elder flowers, and Tanſie flowers, Althea flowers, the whites of Egges, French Barley.

The Lady Giffords *Cordiall water.*

Take four quarts of Aqua vitæ, Borage and Poppy water, of each a pinte, two pound of Sugar-candy, one pound of Figges ſliced, one pound of Rayſins of the Sun ſtoned, two handſuls of red Roſes, clipped and dryed, one handſull of red Minte, half a handfull of Roſemary, as much of Hyſope, a few Cloves, put all theſe in a great double glaſſe cloſe ſtopped, and ſet it in the Sun three Months, and ſo uſe it.

A water for one Pensive and very sick, to comfort the heart very excellent.

Take a good spoonfull of Manus Christi beaten very small into powder, then take a quarter of a pound of very fine Sugar, and beat it small, and six spoonfuls of Cinamon water, and put to it, and ten spoonfuls of red Rose water, mingle all these together, and put them in a dish, and set them over a soft fire five or six walmes, and so let it be put into a glasse, and let the party drink thereof a spoonfull or two as he shall see cause.

To perfume Water.

Take Malmesey or any kind of sweet water, then take Lavender, Spike, sweet Marjoram, Balme, Orange peeles, Thyme, Basill, Cloves, Bay leaves, Woodbine flowers, red and white Roses, and still them all together.

FINIS.

The Table.

A

Back

B

Burſten

C

Deafneſſe

D

E

F

G

H

Jaundies

I

K

L

M

N

O

Oil

P

Poma-

R

S

Syrup

T

Venome

U

W

Y

FINIS.

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change

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