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Katherine Golden Bitting

:panē nr̄m quoti-
dianū da nobis hodie:

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

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THE KATHERINE GOLDEN BITTING
COLLECTION ON GASTRONOMY
Presented by A. W. BITTING

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The COMPLEAT

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OR,

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COMPANION:

Being a COLLECTION of upwards of Five Hundred of the moſt approved RECEIPTS in

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CONFECTIONARY,	JELLIES,
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AND ALSO

BILLS of FARE for every Month in the Year.

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By *E* —— *S* ——

The FOURTH EDITION *corrected and improved.*

LONDON:

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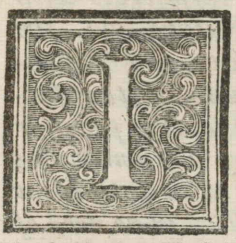
M. DCC. XXX.

PREFACE.



IT being grown as unfashionable for a Book now to appear in publick without a Preface, as for a Lady to appear at a Ball without a Hoop-petticoat, I shall conform to Custom for Fashion-sake, and not thro' any Necessity. The Subject being both common and universal, needs no Arguments to introduce it, and being so necessary for the Gratification of the Appetite, stands in need of no Encomiums to allure Persons to the Practice of it; since there are but few now-a-days who love not good Eating and Drinking. Therefore I entirely quit those two Topicks; but having three or four Pages to be filled up, previous to the Subject it self, I shall employ them on a Subject I think new, and not yet handled by

any of the Pretenders to the Art of Cookery; and that is, The Antiquity of it; which, if it either instruct or divert, I shall be satisfied, if you are so.

COOKERY, Confectionary, *&c. like all other Sciences and Arts, had their Infancy, and did not arrive at a State of Maturity but by slow Degrees, various Experiments, and a long Tract of Time: For in the Infant-Age of the World, when the new Inhabitants contented themselves with the simple Provision of Nature,* viz. *the Vegetable Diet, the Fruits and Productions of the teeming Ground, as they succeeded one another in their several peculiar Seasons, the Art of Cookery was unknown; Apples, Nuts, and Herbs were both Meat and Sauce, and Mankind stood in no need of any additional Sauces, Ragoes,* &c. *but a good Appetite; which a healthful and vigorous Constitution, a clear, wholsome, odoriferous Air, moderate Exercise, and an Exemption from anxious Cares, always supplied them with.*

WE read of no palled Appetites, but such as proceeded from the Decays of Nature, by reason of an advanced old Age; but on the contrary, a craving Stomach, even upon a Death-bed, as in Isaac; *nor no Sicknesses but those that were both the first*

first and the last, which proceeded from the Struggles of Nature, which abhorred the Dissolution of Soul and Body; no Physicians to prescribe for the Sick, nor no Apothecaries to compound Medicines for two thousand Years and upwards. Food and Physick were then one and the same thing.

BUT when Men began to pass from a Vegetable to an Animal Diet, and feed on Flesh, Fowls, and Fish, then Seasonings grew necessary, both to render it more palatable and savoury, and also to preserve that Part which was not immediately spent from Stinking and Corruption: And probably Salt was the first Seasoning discover'd; for of Salt we read, Gen. xiv.

AND this seems to be necessary, especially for those who were advanced in Age, whose Palates, with their Bodies, had lost their Vigour as to Taste, whose digestive Faculty grew weak and impotent, and thence proceeded the Use of Soops and savoury Messes; so that Cookery then began to become a Science, though Luxury had not brought it to the height of an Art. Thus we read, that Jacob *made such palatable Pottage, that* Esau *purchased a Mess of it at the extravagant Price of his Birthright. And* Isaac, *before by his Last Will and Testament he bequeathed his Blessing to his*

Son Esau, *required him to make some savoury Meat, such as his Soul loved,* i. e. *such as was relishable to his blunted Palate.*

SO that Seasonings of some Sort were then in Use; though whether they were Salt; savoury Herbs, or Roots only; or Spices, the Fruits of Trees, such as Pepper, Cloves, Nutmegs; Bark, as Cinnamon; Roots, as Ginger, &c. *I shall not determine.*

AS for the Methods of the Cookery of those Times, Boiling or Stewing seems to have been the principal; Broiling or Roasting the next; besides which, I presume scarce any other were used for two thousand Years and more; for I remember no other in the History of Genesis.

THAT Esau *was the first Cook, I shall not presume to assert; for* Abraham *gave Order to dress a Fatted Calf; but* Esau *is the first Person mentioned that made any Advances beyond plain Dressing, as Boiling, Roasting,* &c. *For tho' we find indeed, that* Rebeccah *his Mother was accomplished with the Skill of making savoury Meat as well as he, yet whether he learned it from her, or she from him, is a Question too knotty for me to determine.*

BUT Cookery did not long remain a ſimple Science, or a bare Piece of Houſewifery or Family Oeconomy, but in proceſs of Time, when Luxury enter'd the World, it grew to an Art, nay a Trade; for in 1 Sam. viij. 13. *when the* Iſraelites *grew Faſhioniſts, and would have a King, that they might be like the reſt of their Neighbours, we read of Cooks, Confectioners,* &c.

THIS Art being of univerſal Uſe, and in conſtant Practice, has been ever ſince upon the Improvement; and we may, I think, with good reaſon believe, is arrived at its greateſt Height and Perfection, if it is not got beyond it, even to its Declenſion; for whatſoever new, upſtart, out-of-the-way Meſſes ſome Humouriſts have invented, ſuch as ſtuffing a roaſted Leg of Mutton with pickled Herring, and the like, are only the Sallies of a capricious Appetite, and debauching rather than improving the Art itſelf.

THE Art of Cookery, &c. *is indeed diverſified according to the Diverſity of Nations or Countries; and to treat of it in that Latitude would fill an unportable Volume, and rather confound than improve thoſe that would accompliſh themſelves with it. I ſhall therefore confine what I have to communicate within the limits of Practicalneſs and Uſefulneſs, and ſo within the Compaſs*

of a Manual, that ſhall neither burthen the Hands to hold, the Eyes in reading, nor the Mind in conceiving.

WHAT you will find in the following Sheets, are Directions generally for Dreſſing after the beſt, moſt natural, and wholſome Manner, ſuch Proviſions as are the Product of our own Country, and in ſuch a Manner as is moſt agreeable to Engliſh *Palates; ſaving that I have ſo far temporized, as, ſince we have to our Diſgrace ſo fondly admired the* French *Tongue,* French *Modes, and alſo* French *Meſſes, to preſent you now and then with ſuch Receipts of* French *Cookery, as I think may not be diſagreeable to* Engliſh *Palates.*

THERE are indeed already in the World various Books that treat on this Subject, and which bear great Names, as Cooks to Kings, Princes, and Noblemen, and from which one might juſtly expect ſomething more than many, if not moſt of theſe I have read, perform, but found my ſelf deceived in my Expectations; for many of them to us are impracticable, others whimſical, others unpalatable, unleſs to depraved Palates, ſome unwholſome, many things copied from old Authors, and recommended without (as I am perſuaded) the Copiers ever having had any Experience of the Palatableneſs,

or

or had any Regard to the Wholſomeneſs of them: Which two Things ought to be the ſtanding Rules, that no Pretenders to Cookery ought to deviate from. And I cannot but believe, that thoſe celebrated Performers, notwithſtanding all their Profeſſions of having ingenuouſly communicated their Art, induſtriouſly concealed their beſt Receipts from the Publick.

BUT what I here preſent the World with, is the Product of my own Experience, and that for the Space of thirty Years and upwards, during which time, I have been conſtantly employed in faſhionable and noble Families, in which the Proviſions ordered according to the following Directions, have had the general Approbation of ſuch as have been at many noble Entertainments.

THESE Receipts are all ſuitable to Engliſh *Conſtitutions and* Engliſh *Palates, wholeſome, toothſome, all practicable and eaſy to be performed. Here are thoſe proper for a frugal, and alſo for a ſumptuous Table, and, if rightly obſerved, will prevent the ſpoiling of many a good Diſh of Meat, the Waſte of many good Materials, the Vexation that frequently attends ſuch Miſmanagements, and the Curſes not unfrequently beſtowed on Cooks with the uſual*

Re-

Reflection, That whereas God ſends good Meat, the Devil ſends Cooks.

AS to thoſe Parts that treat of Confectionary, Pickles, Cordials, Engliſh *Wines,* &c. *what I have ſaid in relation to Cookery is equally applicable to them alſo.*

IT is true, I have not been ſo numerous in Receipts as ſome who have gone before me, but I think I have made amends in giving none but what are approved and practicable, and fit either for a genteel or a noble Table; and although I have omitted odd and fantaſtical Meſſes, yet I have ſet down a conſiderable number of Receipts.

THE Treatiſe is divided into ten Parts: Cookery contains above an hundred Receipts, Pickles fifty, Puddings above fifty, Paſtry above forty, Cakes forty, Creams and Jellies above forty, Preſerving an hundred, Made Wines forty, Cordial Waters and Powders above ſeventy, Medicines and Salves above two hundred: In all near eight hundred.

I HAVE likewiſe preſented you with Schemes engraven on Copper-Plates for the regular Diſpoſition or Placing the Diſhes of Proviſion on the Table according to the beſt Manner,

Manner, both for Summer and Winter, first and second Courses, &c.

AS for the Receipts for Medicines, Salves, Ointments, good in several Diseases, Wounds, Hurts, Bruises, Aches, Pains, &c. which amount to above two hundred, they are generally Family Receipts, that have never been made publick; excellent in their kind, and approved Remedies, which have not been obtained by me without much Difficulty; and of such Efficacy in Distempers, &c. to which they are appropriated, that they have cured when all other Means have failed; and a few of them which I have communicated to a Friend, have procured a very handsome Livelihood.

THEY are very proper for those Generous, Charitable, and Christian Gentlewomen that have a Disposition to be serviceable to their poor Country Neighbours, labouring under any of the afflicted Circumstances mentioned; who by making the Medicines, and generously contributing as occasions offer, may help the Poor in their Afflictions, gain their Good-Will and Wishes, entitle themselves to their Blessings and Prayers, and also have the Pleasure of seeing the Good they do in this World, and have good Reason to hope for a Re-

a Reward (though not by way of Merit) in the World to come.

AS the Whole of this Collection has coſt me much Pains and a thirty Years diligent Application, and I have had Experience of their Uſe and Efficacy, I hope they will be as kindly accepted, as by me they are generouſly offered to the Publick: And if they prove to the Advantage of many, the End will be anſwered that is propoſed by her that is ready to ſerve the Publick in what ſhe may.

A BILL *of* FARE *for every Season of the Year.*

For JANUARY.

First Course.

COllar of Brawn
Bisque of Fish
Soop with Vermicelly
Orange-pudding with Patties
Chine and Turkey
Lamb-Pasty
Roasted Pullets with Eggs
Oyster-Pie
Roasted Lamb in Joints
Grand Sallad, with Pickles.

Second Course.

Wild Fowl of all Sorts
Chine of Salmon broil'd with Smelts
Fruit of all Sorts
Jole of Sturgeon
Collar'd Pig
Dried Tongues, with salt Sallads
Marinated Fish.

For FEBRUARY.

First Course.

SOOP Lorain
Turbot boiled with Oysters and Shrimps
Grand Patty
Hen Turkeys with Eggs
Marrow-Puddings
Stew'd Carps and broil'd Eels
Spring Pye
Chine of Mutton with Pickles
Dish of Scotch Collops
Dish of Salmigondin.

Second Course.

Fat Chickens and tame Pigeons
Asparagus and Lupins
Tansy and Fritters
Dish of Fruit of Sorts
Dish of fried Soles
Dish of Tarts, Custards and Cheesecakes.

For MARCH.

First Course.

DISH of Fish of Sorts
Soop de Santè
Westphalia Ham and Pigeons
Battallio Pye
Pole of Ling
Dish of roasted Tongues and Udders
Pease-Soop
Almond-Puddings of Sorts
Olives of Veal a-la-mode
Dish of Mullets boiled.

Second Course.

Broiled Pike
Dish of Notts, Ruffs, and Quails
Skerret Pye
Dish of Jellies of Sorts
Dish of Fruit of Sorts
Dish of cream'd Tarts.

For APRIL.

First Course.

WEstphalia-Ham and Chickens
Dish of hash'd Carps
Bisque of Pigeons
Lumber Pye
Chine of Veal
Grand Sallad
Beef a-la-mode.
Almond Florentines
Fricassee of Chickens
Dish of Custards.

Second Course.

Green Geese and Ducklings
Buttered Crab, with Smelts fry'd
Dish of Sucking Rabbits
Rock of Snow and Syllibubs
Dish of souced Mullets
Butter'd Apple-Pye
March-Pain.

For MAY.

First Course.

JOLE of Salmon, *&c.* Cray-fish Soop
Dish of Sweet Puddings of Colours
Chicken-Pye
Calves Head hash'd
Chine of Mutton
Grand Sallad
Roasted Fowls a-la-daube
Roasted Tongues and Udders
Ragoo of Veal, *&c.*

Second Course.

Dish of young Turkeys larded and Quails
Dish of Pease
Bisque of Shell-fish
Roasted Lobsters
Green Geese
Dish of Sweetmeats
Orangeado Pye
Dish of Lemon and Chocolate Creams
Dish of collar'd Eels, with Cray-fish.

For JUNE.

First Course.

ROasted Pike and Smelts Westphalia-Ham and young Fowls
Marrow-Puddings
Haunch of Venison roasted
Ragoo of Lamb-stones and Sweetbreads
Fricassee of young Rabbits, *&c.*
Umble Pyes
Dish of Mullets
Roasted Fowls
Dish of Custards.

Second Course.

Dish of young Pheasants
Dish of fried Soles and Eels
Potato-Pye
Jole of Sturgeon
Dish of Tarts and Cheese-cakes
Dish of Fruit of Sorts
Syllibubs.

For

For JULY.

First Course.

COck Salmon with Buttered Lobster
Dish of Scotch-Collops
Chine of Veal
Venison Pasty
Grand Sallad
Roasted Geese and Ducklings
Patty-Royal
Roasted Pig larded
Stew'd Carps
Dish of Chickens boiled with Bacon, *&c.*

Second Course.

Dish of Patridges and Quails
Dish of Lobsters and Prawns
Dish of Ducks and tame Pigeons
Dish of Jellies
Dish of Fruit
Dish of marinated Fish
Dish of Tarts of Sorts

For AUGUST.

First Course.

WEstphalia-Ham and Chickens
Bisque of Fish
Haunch of Venison roasted
Venison Pasty
Roasted Fowls a-la-daube
Umble-Pyes.
White Fricassees of Chickens
Roasted Turkeys larded
Almond Florentines
Beef a-la-mode.

Second Course.

Dish of Pheasants and Partridges
Roasted Lobsters
Broiled Pike
Creamed Tart
Rock of Snow and Syllibubs
Dish of Sweetmeats
Salmigondin.

For SEPTEMBER.

First Course.

BOiled Pullets with Oysters, Bacon, *&c.*
Bisque of Fish
Batallio Pye
Chine of Mutton
Dish of Pickles
Roasted Geese
Lumber Pye
Olives of Veal with Ragoo
Dish of boiled Pigeons with Bacon.

Second Course.

Dish of Ducks and Teal
Dish of fried Soles
Buttered Apple-pye
Jole of Sturgeon
Dish of Fruit
March-pane.

For

For OCTOBER.

First Course.

WEstphalia-Ham and Fowls
Cod's Head with Shrimps and Oysters
Haunch of Doe with Udder a-la-force.
Minced-Pies
Chine and Turkey
Bisque of Pigeons
Roasted Tongues and Udders
Scotch Collops
Lumber-Pye.

Second Course.

Wild Fowl of Sorts
Chine of Salmon broiled
Artichoke Pye
Broiled Eels and Smelts
Salmigondin
Dish of Fruit
Dish of Tarts and Custards.

For NOVEMBER.

First Course.

BOil'd Fowls with Savoys, Bacon, *&c.*
Dish of stew'd Carps and scollop'd Oysters
Chine of Veal and Ragoo
Sallad and Pickles
Venison Pasty
Roasted Geese
Calves Head hash'd
Dish of Gurnets
Grand Patty
Roasted Hen Turkey with Oysters.

Second Course.

Chine of Salmon and Smelts
Wild Fowl of Sorts
Potato-Pye
Sliced Tongues with Pickles
Dish of Jellies
Dish of Fruit
Quince-Pye.

For DECEMBER.

First Course.

WEstphalia-Ham and Fowls
Soop with Teal
Turbot with Shrimps and Oysters
Marrow-Pudding
Chine of Bacon and Turkey
Batallio-Pye
Roasted Tongue and Udder, and Hare
Pullets and Oysters, Sausages, *&c.*
Minced-Pyes
Cod's Head with Shrimps.

Second Course.

Roasted Pheasants and Partridges
Bisque of Shell-fish
Tansy
Dish of roasted Ducks and Teals
Jole of Sturgeon
Pear-Tart creamed
Dish of Sweetmeats
Dish of Fruit of Sorts.

THE
Compleat Houſewife:
OR,
Accompliſh'd Gentlewoman's COMPANION.

COOKERY, &c.

To make a Soop.

TAKE a Leg of Beef, and boil it down with ſome Salt, a bundle of Sweet-herbs, an Onion, a few Cloves, a bit of Nutmeg; boil three gallons of Water to one; then take two or three pounds of lean Beef cut in thin ſlices; then put in your Stew-pan a piece of Butter, as big as an Egg, and flour it, and let the Pan be hot, and ſhake it till the Butter be brown; then lay your Beef in your Pan over a pretty quick Fire, cover it cloſe, give it a turn now and then, and ſtrain in your ſtrong Broth, with an Anchovy or two, a handful of Spinnage and En-

dive boiled green, and drained and ſhred groſs; then have Pallets ready boiled and cut in pieces, and Toaſts fry'd and cut like dice, and Forc'd-meat Balls fry'd: Take out the fry'd Beef, and put all the reſt together with a little Pepper, and let it boil a quarter of an hour, and ſerve it up with a Knuckle of Veal, or a Fowl boiled, in the middle.

Another Gravy Soop.

TAKE a Leg of Beef, and a piece of the Neck, and boil it till you have all the goodneſs out of it; then ſtrain it from the Meat; then take half a pound of freſh Butter, and put it in a Stew-pan and brown it; then put in an Onion ſtuck with Cloves, ſome Endive, Sellary and Spinnage, and your ſtrong Broth, and ſeaſon it to your Palate with Salt, Pepper, and Spices; and let it boil together; and put in Chips of *French* Bread dried by the fire; and ſerve it up with a *French* Roll toaſted in the middle.

To make Craw-fiſh or Lobſter Soop.

TAKE Whitings, Flounders and Grigs, and put them in a gallon of Water, with Pepper, Salt, Cloves, Mace, a bunch of Sweet-herbs, a litlle Onion, and boil them to pieces, and ſtrain them out of the Liquor; then take a large Carp, and cut off the Fiſh of one ſide of it, and put ſome Eel to it, and make Forc'd-meat of it, and lay it on the Carp as before; dredge grated Bread over it, and butter a Diſh well, and put it in an Oven and bake it; then take an hundred of Craw-fiſh, break all the ſhells of the claws and tail, and take out the meat as whole as you can; then break all the ſhells ſmall, and the ſpawn of a Lobſter, and put them to the Soop, (and if you pleaſe ſome Gravy) and give them a boil together;

and

and ſtrain the liquor out into another Sauce-pan, with the tops of *French* Rolls dried and beat, and ſifted, and give it a boil up to thicken; then brown ſome Butter, and put in your tails and claws of your Crawfiſh, and ſome of your Forc'd-meat made into Balls, and put your baked Carp in the middle of the diſh, and pour your Soop on boiling hot, and your Crawfiſh or Lobſter in it; garniſh the diſh with Lemon and ſcalded Greens.

A Faſting-Day Soop.

TAKE Spinnage, Sorrel, Chervil and Lettuce, and chop them a little; then brown ſome Butter, and put in your Herbs, keep them ſtirring that they do not burn; then have boiling Water over the fire, and put to it a very little Pepper, ſome Salt, a whole Onion ſtuck with Cloves, and a *French* Roll cut in ſlices and dried very hard, and ſome Piſtachia kernels blanched and ſhred fine, and let all boil together; then beat up the yolks of eight Eggs with a little White-wine and the juice of a Lemon, and mix it with your Broth, and toaſt a whole *French* Roll, and put in the middle of your diſh, and pour your Soop over it; garniſh your diſh with ten or twelve poached Eggs and ſcalded Spinnage.

Savoury Balls.

TAKE part of a Leg of Lamb or Veal and ſcrape it fine, with the ſame quantity of minc'd Beef-ſuet, a little lean Bacon, ſweet herbs, a Shallot, and Anchovies, beat it in a Mortar till it is as ſmooth as Wax; ſeaſon it with ſavoury Spice, and make it into little Balls.

Another Way.

TAKE the Flesh of Fowl, Beef-suet and Marrow, the same quantity; six or eight Oysters, lean Bacon, sweet herbs and savoury Spices; pound it, and make it into little Balls.

A Caudle for Sweet Pyes.

TAKE Sack and White-wine alike in quantity, a little Verjuice and Sugar, boil it, and brew it with two or three Eggs, as butter'd Ale; when the Pyes are baked, pour it in at the Funnel, and shake it together.

A Lear for savoury Pyes.

TAKE Claret, Gravy, Oyster Liquor, two or three Anchovies, a faggot of sweet Herbs and an Onion; boil it up and thicken it with brown Butter, then pour it into your savoury Pyes when called for.

A Ragoo for made Dishes.

TAKE Claret, Gravy, sweet Herbs, and savoury Spice, toss up in it Lamb-stones, Cock's-Combs, boiled, blanched and sliced, with sliced Sweet-meats, Oysters, Mushrooms, Truffles, and Murrells; thicken these with brown Butter, use it when called for.

To make Plumb-Porridge.

TAKE a Leg and Shin of Beef to ten gallons of Water, boil it very tender, and when the Broth is strong, strain it out, wipe the Pot, and put in the Broth again; slice six Penny-loaves thin, cutting off the top and bottom; put some

ſome of the liquor to it, cover it up, and let it ſtand a quarter of an hour, and then put it in your Pot, let it boil a quarter of an hour, then put in five pounds of Currants, let them boil a little, and put in five pounds of Raiſins, and two pound of Prunes, and let them boil till they ſwell; then put in three quarters of an ounce of Mace, half an ounce of Cloves, two Nutmegs, all of them beat fine, and mix it with a little liquor cold, and put them in a very little while, and take off the Pot, and put in three pounds of Sugar, a little Salt, a quart of Sack, and a quart of Claret, the juice of two or three Lemons; you may thicken with Sagoe inſtead of Bread, if you pleaſe; pour them into earthen Pans, and keep them for uſe.

A Soop or Pottage.

TAKE ſeveral knuckles of Mutton, a knuckle of Veal, a Shin of Beef, and put to theſe twelve quarts of Water, cover the Pot cloſe, and ſet it on the fire; let it not boil too faſt; ſcum it well, and let it ſtand on the fire twenty-four hours; then ſtrain it through a Colander, and when 'tis cold take off the Fat, and ſet it on the fire again, and ſeaſon it with Salt, a few Cloves, Pepper, a blade of Mace, a Nutmeg quartered, a bunch of Sweet-herbs, and a pint of Gravy; let all theſe boil up for half an hour, and then ſtrain it, put Spinnage, Sorrel, green Peas, Aſparagus, or Artichoke-bottom, according to the time of year; then thicken it up with the yolks of three or four Eggs; have in readineſs ſome Sheep's Tongues, Cox-combs, and Sweetbreads ſliced thin and fried, and put them in, and ſome Muſhrooms, and *French* bread dried and cut in little bits, ſome Forc'd-meat Balls, and ſome very thin ſlices of Bacon; make all theſe very hot, and garniſh the diſh with Coleworts and Spinnage ſcalded green.

To make Peas-Pottage.

TAKE a quart of white Peas, a piece of Neck-beef, and four quarts of fair Water, and boil them till they are all to pieces, then ſtrain them through a Colander; then take an handful or two of Spinnage, a top or two of young Colewarts, and a very ſmall Leek; ſhred the Herbs a little, and put them into a Frying-pan, or Stew-pan, with three quarters of a pound of freſh Butter, but the Butter muſt be very hot before you put in your Herbs; let them fry a little while, then put in your liquor, and two or three Anchovies, ſome Salt and Pepper to your taſte, a ſprig of Mint rubb'd in ſmall, and let all boil together till you think it is thick enough; then have in readineſs ſome Forc'd-meat, and make three or fourſcore Balls, about the bigneſs of large Peas, fry them brown, and put them in the diſh you ſerve it in, and fry ſome thin ſlices of Bacon, put ſome in the diſh and ſome on the brim of the diſh, with ſcalded Spinnage; fry ſome Toaſts after the Balls brown and hard, and break them into the Diſh; then pour your Pottage over all, and ſerve to the Table.

To make ſtrong Broth to keep for Uſe.

TAKE part of a Leg of Beef, and the Scrag-end of a Neck of Mutton, and break the Bones in pieces, and put to it as much Water as will cover it, and a little Salt; and when it boils, ſcum it clean, and put into it a whole Onion ſtuck with Cloves, a bunch of Sweet-herbs, ſome Pepper, a Nutmeg quartered; let theſe boil till the Meat is boiled in pieces, and the ſtrength boiled out of it; then put to it two or three Anchovies, and when they are diſſolved, ſtrain it out; and keep it for any ſort of Haſh or Fricaſy.

To make Forc'd Meat.

TAKE part of a Leg of Mutton, Veal or Beef, and pick off the Skins and Fat, and to every pound of Meat put two pounds of Beef-suet; shred them together very fine, then season it with Pepper, Salt, Cloves, Mace, Nutmeg, and Sage; then put all into a stone Mortar, and to every two pounds of Meat put half a pint of Oysters and six Eggs well beaten; then mix them all together, and beat it very well; then keep it in an earthen Pot for your use; put a little Flour on the top, and when you roll them up flour your Hands.

A Lamb Pye.

CUT a hind quarter of Lamb into thin slices, season it with sweet Spices, and lay it in the Pye, mix'd with half a pound of Raisins of the Sun stoned, half a pound of Currants, 2 or 3 *Spanish* Potatoes boil'd, blanch'd, and sliced; or an Artichoke bottom or two, with Prunella's, Damsons, Gooseberries, Grapes, Citron and Lemon Chips: Lay on Butter, and close the Pye; when 'tis baked make a Caudle for it.

A Chicken Pye.

TAKE six small Chickens; roll up a piece of Butter in sweet Spice, and put it into them; then season them, and lay them in the Pye, with the Marrow of two Bones, with Fruit and Preserves, as the Lamb Pye, with a Caudle.

A Lumber Pye.

TAKE a pound and a half of a Fillet of Veal, and mince it with the same quantity of Beef-

Suet; season it with sweet Spice, five Pippins, an handful of Spinnage, and an hard Lettuce, Thyme and Parsley: Mix it with a penny grated white Loaf, the yolks of Eggs, Sack and Orange-flower Water, a pound and an half of Currants and Preserves, as the Lamb Pye, with a Caudle. An Humble Pye is made the same way.

A Lamb Pye.

CUT a hind quarter of Lamb into thin slices; season it with savoury Spice, and lay them in the Pye with an hard Lettuce, and Artichoke bottoms, the tops of an hundred of Asparagus: Lay on Butter, and close the Pye. When it is bak'd, pour into it a Lear.

A Mutton Pye.

SEASON your Mutton-stakes with savoury Spice; fill the Pye, lay on the Butter, and close the Pye: When it is baked, toss up a handful of chopp'd Capers, Cucumbers and Oysters, in Gravy, an Anchovy, and drawn Butter.

A Pigeon Pye.

TRUSS and season your Pigeons with savoury Spice, lard them with Bacon, and stuff them with Forc'd-meat, and lay them in the Pye with the Ingredients for savoury Pyes, with Butter, and close the Pye. A Lear. A Chicken or Capon Pye is made the same way.

A Battalia Pye.

TAKE four small Chickens, four squab Pigeons, four sucking Rabbets; cut them in pieces, season them with savoury Spice, and lay 'em in

in the Pye, with four Sweet-breads sliced, and as many Sheep's-tongues, two shiver'd Palates, two pair of Lamb-stones, twenty or thirty Coxcombs, with savoury Balls and Oysters. Lay on Butter, and close the Pye. A Lear.

A Neats-Tongue Pye.

HALF boil the Tongues, blanch and slice them; season them with savoury Spice, with Balls, sliced Lemon and Butter, and close the Pye. When it is bak'd, pour into it a Ragoo.

To pickle Oysters.

TAKE a quart of Oysters, and wash them in their own Liquor very well, till all the grittiness is out; put them in a Sauce-pan or Stew-pan, and strain the Liquor over them, set them on the fire, and scum them; then put in three or four blades of Mace, a spoonful of whole Pepper-corns; when you think they are boiled enough, throw in a glass of White-wine; Let them have a thorough scald; then take them up, and when they are cold, put them in a Pot, and pour the Liquor over them, and keep them for use. Take them out with a Spoon.

To collar Eels.

TAKE your Eel and cut it open; take out the Bones, and cut off the Head and Tail, and lay the Eel flat on a Dresser, and shred Sage as fine as possible, and mix it with black Pepper beat, Nutmeg grated, and Salt, and lay it all over the Eel, and roll it up hard in little Cloths, and tye it up tight at each end; then set over some Water with Pepper and Salt, five or six Cloves,

three or four blades of Mace, a Bay-leaf or two; boil it and the Bones and Head and Tail well together; then take out the Head and Tail, and put it away, and put in your Eels, and let them boil till they are tender; then take them out of the Liquor, and boil the Liquor longer; then take it off, and when 'tis cold, put it to your Eels, but do not take off the little Cloths till you use them.

To pot Lobsters.

TAKE a dozen of large Lobsters; take out all the Meat of their Tails and Claws after they are boil'd; then season them with beaten Pepper, Salt, Cloves, Mace, and Nutmeg, all finely beaten and mix'd together; then take a Pot, put therein a layer of fresh Butter, upon which put a layer of Lobster, and then strew over some Seasoning, and repeat the same till your Pot is full, and your Lobster all in; bake it about an hour and half, then set it by two or three days, and it will be fit to eat. It will keep a Month or more, if you pour from it the Liquor when it comes out of the Oven, and fill it up with clarified Butter. Eat it with Vinegar.

Hung Beef.

MAKE a strong Brine with Bay-salt, and Petre-salt, and Pump-water, and steep therein a Rib of Beef for nine days; then hang it up in a Chimney where Wood or Saw-dust is burnt; when 'tis a little dry, wash the out-side with Blood two or three times, to make it look black, and when 'tis dried enough, boil it for use.

To roast a Cod's Head.

TAKE the Head, wash and scour it very clean, then scotch it with a Knife, and strew a little

little Salt on it, and lay it on a Stew-pan before the fire, with ſomething behind it; throw away the Water that runs from it the firſt half hour; then ſtrew on it ſome Nutmeg, Cloves and Mace, and Salt, and baſte it often with Butter, turning it till it is enough. If it be a large Head it will take four or five hours roaſting; then take all the Gravy of the Fiſh, as much White-wine, and more Meat-Gravy, ſome Horſe-raddiſh, one or two Eſchalots, a little ſliced Ginger, ſome whole Pepper, Cloves, Mace, and Nutmeg, a Bay-leaf or two; beat this Liquor up with Butter and the Liver of the Fiſh boiled, and broke, and ſtrained into it, and the yolks of two or three Eggs, ſome Oyſters and Shrimps, and Balls made of Fiſh, and fried Fiſh round it. Garniſh with Lemon and Horſe-raddiſh.

To pickle Ox-Palates.

TAKE your Palates and waſh them well with Salt in the Water, and put them in a Pipkin with Water and ſome Salt, and when they are ready to boil, ſcum them very well, and put into them whole Pepper, Cloves and Mace, as much as will give them a quick taſte: When they are boiled tender (which will require four or five hours) peel them and cut them into ſmall pieces, and let them cool; then make the Pickle of White-wine Vinegar, and as much White-wine; boil the Pickle, and put in the Spice as was boiled in the Palates, and a little freſh Spice; put in ſix or ſeven Bay-leaves, and let both Pickle and Palates be cold before you put them together; then keep them for uſe.

To make a Ragoo of Pigs-Ears.

TAKE a quantity of Pigs-Ears, and boil them in one half Wine and the other Water; cut them in ſmall pieces, then brown a little Butter, and

and put them in, and a pretty deal of Gravy, two Anchovies, an Eſchalot or two, a little Muſtard, and ſome ſlices of Lemon, ſome Salt, and Nutmeg; Stew all theſe together, and ſhake it up thick. Garniſh the Diſh with Barberies.

To make Collar'd Beef.

TAKE a Flank of Beef, ſalt it with white Salt, and let it lie forty-eights hours; then waſh it, and hang it in the Wind to dry twenty-four hours; then take Pepper, Salt, Cloves, Mace, and Nutmegs, and Saltpetre, all beaten fine, and mix them together, and rub it all over the inſide, and roll it up hard, and tye it faſt with Tape; put it in a pan with a few Bay-leaves, and four pounds of Butter, and cover the Pot with Rye-paſte, and bake it with Houſhold-bread.

To ſtew Oyſters in French *Rolls.*

TAKE a quart of large Oyſters; waſh them in their own Liquor, and ſtrain it, and put them in it with a little Salt, ſome Pepper, Mace, and ſliced Nutmeg; let the Oyſters ſtew a little with all theſe things, and thicken them up with a great deal of Butter; then take ſix *French* Rolls, cut a piece off the top, and take out the Crumb, and take your Oyſters boiling hot, and fill the Rolls full, and ſet them near the fire on a Chafing-diſh of Coals, and let them be hot through, and as the Liquor ſoaks in, fill them up with more, if you have 'em, or ſome hot Gravy: So ſerve them up inſtead of a Pudding.

A Veal Pye.

RAISE an high Pye, then cut a Fillet of Veal into three or four Fillets, ſeaſon it with ſavoury

savoury Spice, a little minc'd Sage and sweet Herbs; lay it in the Pye, with slices of Bacon at the bottom, and betwixt each piece lay on Butter, and close the Pye.

A Turkey Pye.

BONE the Turkey, season it with savoury Spice, and lay it in the Pye with two Capons, or two Wild-Ducks cut in pieces to fill up the Corners; lay on Butter, and close the Pye.

A Florendine of a Kidney of Veal.

SHread the Kidney, Fat and all, with a little Spinnage, Parsley and Lettuce, three Pippins and Orange-peel; season it with sweet Spice and Sugar, and a good handful of Currants, two or three grated Biskets, Sack and Orange-flower-Water, two or three Eggs; mix it into a body, and put it into a Dish, being covered with Puff-paste, lay on a cut Lid, and garnish the brim.

A Marrow-Pudding.

BOIL a quart of Cream or Milk, with a stick of Cinnamon, a quarter'd Nutmeg and large Mace; then mix it with 8 Eggs well beat, a little Salt, Sugar, Sack, and Orange-flower Water; strain it, then put to it three grated Biskets, an handful of Currants, as many Raisins of the Sun, the Marrow of two bones, all in four large pieces, then gather to a body over the fire; then put it into a Dish, having the brim thereof garnished with Puff-paste, and raised in the Oven; then lay on the four pieces of Marrow, Knots, and Pastes, sliced Citron and Lemon-peel.

A Calves-Foot Pudding.

TAKE Calves-feet, shred them very fine, and mix them with a Penny-loaf grated and scalded with a pint of Cream; put to it half a pound of shred Beef-suet, eight Eggs, and a handful of plump'd Currants; season it with sweet Spice and Sugar, a little Sack and Orange-flower Water, the Marrow of two Bones; then put it in a Veal Caul, being wash'd over with the batter of Eggs, then wet a Cloth and put it therein, tie it close up; when the Pot boils, put it in; boil it about two hours; then turn it in a dish, and stick on it sliced Almonds and Citron; let the Sauce be Sack and Orange-flower Water, with Lemon-juice, Sugar and drawn Butter.

To stuff a Shoulder or Leg of Mutton with Oysters.

TAKE a little grated Bread, some Beef-suet, yolks of hard Eggs, three Anchovies, a bit of an Onion, Salt and Pepper, Thyme and Winter-savory, twelve Oysters, some Nutmeg grated; mix all these together, and shred them very fine, and work them up with raw Eggs like a paste, and stuff your Mutton under the Skin in the thickest place, or where you please, and roast it; and for Sauce take some of the Oyster-liquor, some Claret, two or three Anchovies, a little Nutmeg, a bit of an Onion, the rest of the Oysters: Stew all these together, then take out the Onion, and put it under the Mutton.

To roast a Pike.

TAKE a large Pike, gut it, and clean it, and lard it with Eel and Bacon, as you lard a Fowl;

Fowl; then take Thyme and Savory, Salt, Mace, and Nutmeg, some Crumbs of Bread, Beef-suet and Parsley; shred all very fine, and mix it up with raw Eggs; make it in a long Pudding, and put it in the Belly of your Pike, skewer up the Belly, and dissolve Anchovies in Butter, and baste it with it; put two Splints on each side the Pike, and tye it to the Spit; melt Butter thick for the Sauce, or if you please, Oyster-sauce, and bruise the Pudding in it. Garnish with Lemon.

A Ragoo of Sweet-breads.

TAKE your Sweet-breads and skin them, and put some Butter in the Frying-pan, and brown it with Flour, and put the Sweet-breads in; stir them a little and turn them; then put in some strong Broth and Mushrooms, some Pepper and Salt, Cloves and Mace; let them stew half an hour; then put in some Forc'd-meat Balls, some Artichoke-bottoms cut small and thin; make it thick, and serve it up with sliced Lemon.

A Ragoo of Oysters.

PUT into your Stew-pan a quarter of a pound of Butter, let it boil; then take a quart of Oysters, strain them from their Liquor, and put them to the Butter; let them stew with a bit of Eschalot shred very fine, and some grated Nutmeg, and a little Salt; then beat the yolks of three or four Eggs with the Oyster-liquor and half a pound of Butter, and shake all very well together till 'tis thick, and serve it up with Sippets, and garnish with sliced Lemon.

To mumble Rabbets and Chickens.

PUT into the Bellies of your Rabbets, or Chickens, some Parsley, an Onion, and the Liver;

Liver; set it over the Fire in the Stew-pan with as much Water as will cover them, with a little Salt; when they are half boiled take them out, and shred the Parsley, Liver, and Onion, and tear the Flesh from the Bones of the Rabbet in small flakes, and put it into the Stew-pan again with a very little of the Liquor it was boiled in, and a pint of White-wine, and some Gravy, and half a pound or more of Butter, and some grated Nutmeg; when 'tis enough, shake in a little Flour, and thicken it up with Butter. Serve it on Sippets.

To stew Mushrooms.

TAKE some strong Broth, and season it with a bunch of Sweet-herbs, some Spice and Anchovies, and set it over the fire till 'tis hot; then put in your Mushrooms, and just let them boil up; then take some yolks of Eggs, with a little minced Thyme and Parsley, and some grated Nutmeg, and stir it over the fire till 'tis thick. Serve it up with sliced Lemon.

To collar a Calf's Head.

TAKE a Calf's Head with the Skin and Hair upon it; then scald it, to fetch off the Hair; then parboil it, but not too much; then get it clean from the Bones while it is hot; you must slit it on the fore-part, season it with Pepper, Salt, Cloves, Mace, Nutmeg, and Sweet-herbs, shred small, and all mix'd together with the yolks of three or four Eggs, and spread it over the Head, and roll it up hard. Boil it gently for three hours, in just as much Water as will cover it; when 'tis tender 'tis boiled enough. If you do the Tongue, first boil it and peel it, and slice it in thin slices, and likewise the Palate, and put them

and

and the Eyes in the inside of the Head before you roll it up. When the Head is taken out, season the Pickle with Salt, Pepper and Spice, and give it a boil, adding to it a pint of White-wine and as much Vinegar. When 'tis cold, put in the Collar; and when you use it, cut it in slices.

To collar Cow-Heels.

TAKE five or six Cow-Heels or Feet, and bone them while they are hot, and lay them one upon another, strewing some Salt between; then roll them up in a coarse Cloth, and squeeze in both ends, and tye them up very hard; boil it an hour and half; then take it out, and when it's cold put it into common Souce-drink for Brawn. Cut off a little at each end, it looks better. Serve it in slices, or in the Collar, as you please.

A Tansy.

BOIL a quart of Cream or Milk with a stick of Cinnamon, quarter'd Nutmeg, and large Mace; when half cold, mix it with twenty yolks of Eggs, and ten whites; strain it, then put to it four grated Biskets, half a pound of Butter, a pint of Spinnage-Juice, and a little Tansy, Sack, and Orange-flower Water, Sugar, and a little Salt; then gather it to a body over the fire, and pour it into your Dish, being well butter'd: When it is baked, turn it on a Pye-plate; squeeze on it an Orange, grate on Sugar, and garnish it with slic'd Orange and a little Tansy. Made in a Dish; cut as you please.

Scotch Collops.

CUT your Collops off a Fillet of Veal; cut them thin, hack them and fry them in fresh Buttter; then take them out and brown your Pan

with Butter and Flour, as you do for a Soop. Do not make it too thick; put in your Collops and some Bacon cut thin, and fryed, and some Forc'd-meat Balls fryed, some Mushrooms, Oysters, Artichoke-bottoms diced, Lemon and Sweet-breads, or Lamb-stones; some strong Broth, Gravy, and thick Butter; toss up all together. Garnish the Dish with sliced Lemon.

To stew a Rump of Beef.

SEASON your Rump of Beef with two Nutmegs, some Pepper and Salt, and lay the fat side downward in your Stew-pan; put to it a quarter of a pint of Vinegar, a pint of Claret, three pints of Water, three whole Onions stuck with a few Cloves, and a bunch of Sweet-herbs; cover it close, and let it stew over a gentle Fire four or five hours; scum off the Fat from the Liquor. Lay your Meat on Sippets, and pour your Liquor over it. Garnish your Dish with scalded Greens.

To roast an Eel.

TAKE a large Eel, and scour him well with Salt; then skin him almost to the Tail; then gut, and wash, and dry him; then take a quarter of a pound of Suet, shred as fine as possible, put to it Sweet-herbs, and Eschalot likewise, shred very fine, and mix it together with some Salt, Pepper, and grated Nutmeg; scotch your Eel on both sides the breadth of a Finger's distance, and wash it with yolks of Eggs, and strew some Seasoning over it, and stuff the Belly with it; then draw the skin over it; put a long Skewer through it, and tye it to a Spit, and baste it with Butter, and make the Sauce Anchovy and Butter melted.

To

To make a Pale Fricasy.

TAKE Lamb, Chicken, or Rabbets, cut in pieces, wash it well from the Blood, then put it in a broad Pan or Stew-pan; put in as much fair Water as will cover it; put in Salt, a bunch of Sweet-herbs, some Pepper, an Onion, two Anchovies, and stew it till 'tis enough; then mix in a Poringer six yolks of Eggs, a glass of White-wine, a Nutmeg grated, a little chopp'd Parsley, a piece of fresh Butter, and three or four spoonfuls of Cream; beat all these together, and put it into your Stew-pan, and shake it together till 'tis thick. Dish it on Sippets, and garnish with sliced Lemon.

To pickle Oysters.

OPEN your Oysters, and get the Grit from them, and stew them in their own Liquor in an earthen Pipkin till they are tender; then take up the Oysters, and cover them, that they may not be discoloured; then increase the Liquor with as much more Water, and let it boil till one third is consumed; then put your Oysters into your Pot or Barrel, laying between the rows some whole Pepper and Spice, and a few Bay-leaves; and when the Pickle is cold, put it to your Oysters, and keep them very close covered.

To hash a Calf's Head.

BOIL your Calf's Head almost enough, and when 'tis cold, cut the Meat in thin slices clean from the Bone, and put it into a Stew-pan, with some strong Broth, a glass of White-wine, some Oysters and their liquor, a bunch of Sweet-herbs, two or three Eschalots, a Nutmeg quar-

tered, and let these stew on a slow fire till they are enough; then put in two or three Anchovies, the yolks of four Eggs well beaten, and a piece of Butter, and thicken it up; then have ready fry'd some thin slips of Bacon, some Forc'd-meat balls, some large Oysters dipp'd in Batter; the Brains first boiled and then fried, some Sweet-breads cut in slices, some Lamb-stones cut in rounds; then put your Hash in your Dish and the other things, some round and some on it. Garnish the Dish with sliced Lemon.

To make Scotch-Collops.

CUT thin slices out of a Leg of Veal, as many as you think will serve for a Dish, and hack them, and lard some with Bacon, and fry them in Butter; then take them out of the Pan, and keep them warm, and clean the Pan, and put into it half a pint of Oysters, with their Liquor, and some strong Broth, one or two Eschalots, a glass of White-wine, two or three Anchovies minced, some grated Nutmeg; let these have a boil up, and thicken it with four or five Eggs and a piece of Butter, and then put in your Collops, and shake them together till 'tis thick; put dried Sippets on the bottom of the Dish, and put your Collops in, and so many as you please of the things in your Hash.

A Fricasy of Chickens.

AFTER you have drawn and wash'd your Chickens, half boil them; then take them up and cut them in pieces, and put them into a Frying-pan, and fry them in Butter; then take them out of the Pan and clean it, and put in some strong Broth, some White-wine, some grated Nutmeg, a little Pepper and Salt, a bunch of Sweet-

herbs, and an Eſchalot or two; let theſe, with two or three Anchovies, ſtew on a ſlow fire and boil up; then beat it up with Butter and Eggs till 'tis thick, and put your Chickens in, and toſs them well together; lay Sippets in the Diſh, and ſerve it up with ſliced Lemon and fried Parſley.

A Fricaſy of Rabbets.

CUT and waſh your Rabbets very well, and put them in a Frying-pan, with a pound of Butter; an Onion ſtuck with Cloves, a bunch of Sweet-herbs, and ſome Salt; let it ſtew till 'tis enough; then beat up the yolks of ſix Eggs, with a Glaſs of White-wine, a little Parſley ſhred, a Nutmeg grated, and mix it by degrees, with the Liquor in your Pan, and ſhake it till 'tis thick, and ſerve it up on Sippets. Garniſh the Diſh with ſliced Lemon.

A Fricaſy of Double Tripe.

CUT your Tripe in ſlices, two Inches long, and put it into a Stew-pan; put to it a quarter of a pound of Capers, as much Samphire ſhred, half a pint of ſtrong Broth, as much White-wine, a bunch of Sweet-herbs, a Lemon ſhred ſmall; ſtew all theſe together till 'tis tender; then take it off the fire, and thicken up the Liquor with the yolks of three or four Eggs, a little Parſley boiled green and chopp'd, ſome grated Nutmeg and Salt; ſhake it well together. Serve it on Sippets. Garniſh with Lemon.

A Fricaſy of Ox-Palates.

MAKE the Gravy thus: Take two pounds of Beef, cut it in little bits, and put it in a Sauce-pan, with a quart of Water, ſome Salt,

ſome whole Pepper, an Onion, an Eſchalot or two, two or three Anchovies, a bit of Horſe-radiſh; let all theſe ſtew till 'tis a ſtrong Gravy; then ſtrain it out, and ſet it by; then have ten or twelve Ox Palates, boil them till they are tender, and peel them, and cut them in ſquare pieces; then flay and draw two or three Chickens, and cut them between every Joint, and ſeaſon them with a little Nutmeg, Salt and ſhred Thyme, and put them in a Pan, and fry them with Butter; when they are half fry'd, then put in half your Gravy, and all your Palates, and let them ſtew together, and put the reſt of your Gravy into a Sauce-pan, and when it boils, thicken it up with the yolks of three or four Eggs, beaten with a glaſs of White-wine, and a piece of Butter, and three or four ſpoonfuls of thick Cream; then pour all into your Pan, ſhake it well together, and diſh it up. Garniſh with pickled Grapes.

A Fricaſy of great Plaice or Flounders.

RUN your Knife all along upon the Bone on the back-ſide of your Plaice, then raiſe the Fleſh on both ſides from the Head to the Tail, and take out the Bone clear; then cut your Plaice in ſix Collops, dry it very well from the Water, ſprinkle it with Salt, and flour it well, and fry it in a very hot Pan of Beef-dripping, ſo that it may be criſp; take it out of the Pan and keep it warm before the fire; then make clean the Pan, and put into it Oyſters and their Liquor, ſome White-wine, the Meat out of the ſhell of a Crab or two. Mince half the Oyſters, ſome grated Nutmeg, three Anchovies. Let all theſe ſtew up together; then put in half a pound of Butter, and put in your Plaice, and toſs them well together, and diſh them on Sippets, and pour the Sauce over them. Garniſh the Diſh with yolks of hard Eggs minced, and

ſliced

ſliced Lemon. After this manner do Salmon or any firm fiſh.

A Plumb-Cake.

TAKE ſix pounds of Currants, five pounds of Flour, an ounce of Cloves and Mace, a little Cinnamon, half an ounce of Nutmegs, half a pound of pounded and blanched Almonds, half a pound of Sugar, three quarters of a pound of ſliced Citron, Lemon and Orange-peel, half a pint of Sack, a little Honey-water, and a quart of Ale-yeſt, a quart of Cream, a pound and half of Butter melted and poured into the middle thereof; then ſtrew a little Flour thereon, and let it lie to riſe; then work it well together and lay it before the fire to riſe, then work it up till it is very ſmooth; then put it in an Hoop with a Paper floured at the bottom.

A Craw-fiſh Soop.

CLeanſe your Craw-fiſh, and boil them in Water, Salt and Spice, pull off their Feet and Tails, and fry them; break the reſt of them in a ſtone Mortar, ſeaſon them with ſavoury Spice and an Onion, hard Eggs, grated Bread and Sweet-herbs boiled in ſtrong Broth; ſtrain it, then put to it ſcalded chopp'dParſley and *French* Rolls, then put them therein with a few dryed Muſhrooms; garniſh the Diſh with ſliced Lemon and the Feet and Tails of the Craw-fiſh. A Lobſter Soop is done the ſame way.

To boil Mullet, or any ſort of Fiſh.

SCALE your Fiſh, and waſh them, ſaving their Liver, or Tripes, Rowſes, or Spawn; boil them in Water that is ſeaſoned with Salt,

White-wine Vinegar, White-wine, a bunch of Sweet-herbs, a sliced Lemon, one or two Onions, some Horse-radish; and when it boils up, put in your Fish, and for Sauce, a pint of Oysters with their Liquor, a Lobster bruised or minced, or Shrimps, some White-wine, two or three Anchovies, some large Mace, a quartered Nutmeg, a whole Onion. Let these have a boil up, and thicken it with Butter and the Yolks of two or three Eggs. Serve it on Sippets, and garnish with Lemon.

To butter Crabs or Lobsters.

YOUR Crabs or Lobsters being boiled and cold, take all the Meat out of the Shells and Body, break the Claws, and take out all their Meat, mince it small, and put it all together, and add to it two or three spoonfuls of Claret, a very little Vinegar, a Nutmeg grated; then let it boil up till 'tis thorough hot; then put in some Butter melted, with some Anchovies and Gravy, and thicken'd up with the yolks of an Egg or two; and when 'tis very hot, put it in the large Shell, and stick it with Toasts.

To stew a Carp.

TAKE a living Carp, and cut him in the Neck and Tail, and save the Blood; then open him in the Belly; take heed you do not break the Gall, and put a little Vinegar into the Belly to wash out all the Blood; stir all the Blood with your Hand; then put your Carp into a Stew-pan; if you have two Carps, you may cut off one of their Heads an inch below the Gills, and slit the Body in two, and put it into your Stew-pan after you have rubbed them with Salt; but before you put them in, your Liquor must boil; a quart of Claret, or as much as will cover them, the Blood

you

you saved, an Onion stuck with Cloves, a bunch of Sweet-herbs, some Gravy, three Anchovies. When this Liquor boils up, put in your Fish, and cover it close, and let it stew up for about a quarter of an hour; then turn it, and let it stew a little longer; then put your Carp in a Dish, and beat up the Sauce with Butter melted in Oyster-Liquor, and pour your Sauce over it. Your Milt, Spawn, and Rivets, must be laid on the top. Garnish the Dish with fried Smelts, Oysters or Spitchcock Eel, Lemon and fried Parsley.

Another Way to stew Carp.

TAKE two Carps, scale and rub them well with Salt; then cut them in the Nape of the Neck and round the Tail, to make them bleed. Cut up the Belly, take out the Liver and Guts, and if you please to cut each Carp in three pieces, they will eat the firmer; then put them in a Stew-pan, with their Blood, a quart of Claret, a bunch of Sweet-herbs, an Onion, one or two Eschalots, a Nutmeg, a few Cloves, Mace, whole Pepper; cover them close, and let them stew till they be half enough; then turn them, and put in half a pound of fresh Butter, four Anchovies, the Liver and Guts, taking out the Gall, and let them stew till they are enough; then beat the yolks of five or six Eggs, with a little Verjuice, and by degrees mix it with the Liquor the Carp was stewed in. Just give it a scald to thicken it; then put your Carp in a Dish, and pour this over it. Garnish the Dish with sliced Lemon.

To collar Salmon.

TAKE a side of Salmon, and cut off about a handful off the Tail; wash your large piece very well, and dry it with a Cloth; then wash

waſh it over with the yolks of Eggs; then make ſome Forc'd-meat with that you cut off the Tail; but take off the Skin, and put to it a handful of par-boil'd Oyſters, a Tail or two of Lobſter, the yolks of three or four Eggs boiled hard, ſix Anchovies, a good handful of Sweet-herbs chopp'd ſmall, a little Salt, Cloves, Mace, Nutmeg, Pepper, and grated Bread. Work all theſe together into a body with the yolks of Eggs, and lay it all over the fleſhy part, and a little more Pepper and Salt over the Salmon; ſo roll it up into a Collar, and bind it with broad Tape; then boil it in Water, and Salt, and Vinegar, but let the Liquor boil firſt; then put in your Collars, and a bunch of Sweet-herbs, ſliced Ginger, and Nutmeg; let it boil, but not too faſt; it will ask near two hours boiling, and when 'tis enough take it up; put it in your Souſing-pan, and when the Pickle is cold, put it to your Salmon, and let it ſtand in it till uſed; or otherwiſe you may pot it after it is boiled, and fill it up with clarified Butter, as you pot Fowls; that way will keep longeſt and beſt.

To collar Veniſon.

TAKE a Side of Veniſon, and bone it, and take away all the Sinews, and cut it into ſquare Collars, of what bigneſs you pleaſe: It will make two or three Collars; lard it with fat clear Bacon, cut your Lards as big as the top of your Finger, and as long as your little Finger; then ſeaſon your Veniſon with Pepper, Salt, Cloves, Mace, and Nutmeg: Roll up your Collars, and tye them cloſe with coarſe Tape; then put them into deep Pots; put Seaſoning at the bottom of the Pot, and ſome freſh Butter, and three or four Bay-leaves; then put in your Veniſon, and ſome Seaſoning and Butter on the top, and over that ſome Beef-ſuet, finely ſhred, and beaten; then

then cover up your Pot with coarse Paste; they will ask four or five hours baking; then take them out of the Oven, and let it stand a little; then take out your Venison, and let it drain well from the Gravy. Take off all the Fat from the Gravy, and add more Butter to that Fat, and set it over a gentle Fire to clarify; then take it off, and let it stand a little, and scum it well; then make your Pots clean, or have Pots fit for each Collar: put a little Seasoning at the bottom, and some of your clarified Butter; then put in your Venison, and fill up your Pots with clarified Butter; and be sure your Butter be an inch above the Meat; and when 'tis thorough cold, tye it down with double Paper, and lay a Tile on the top; they will keep six or eight Months: You may, if you please, when you use a Pot, put the Pot in boiling Water a minute, and it will come whole out: Let it stand till 'tis cold, and stick it round with Bay-leaves, and one sprig on the top.

To pot Neats-Tongues.

TAKE Neats-Tongues, and rub them very well with Salt and Water (Bay Salt is best;) then take Pump-water, with a good deal of Salt-petre, and some white Salt, and some Cloves and Mace, and boil it well, and scum it, and when 'tis cold put your Tongues in, and let them lye in it six days; then wash them out of that liquor, and put them in a Pot, and bake them with Bread till they are very tender; and when they are taken out of the Oven, pull off their skins, and put them in the Pot you intend to keep them in, and cover them over with clarified Butter: They will keep four or five Months.

To collar a Breast of Veal.

TAKE a Breast of Veal, and bone it, and wash it, and dry it in a clean Cloth; then shred Thyme, Winter-savory, and Parsley, very small, and mix it with Salt, Pepper, Cloves, Mace, and Nutmeg; then strew it on the inside of your Meat, and roll it up hard, beginning at the Neck end; tye it up with Tape, and put it in a Pot fit to boil it in, standing upright: You must boil it in Water and Salt, and a bunch of Sweet-herbs; when 'tis boiled enough, take it off the Fire, and put it in an earthen Pot, and when the Liquor is cold pour it over it, or else boil Salt and Water strong enough to bear an Egg; and when that is cold, pour it on your Veal: When you serve it to the Table, cut it in round slices. Garnish with Laurel or Fennil.

To collar a Pig.

CUT off the Head of your Pig; then cut the Body asunder; bone it, and cut two Collars off each side; then lay it in Water to take out the Blood; then take Sage and Parsley, and shred them very small, and mix them with Pepper, Salt, and Nutmeg, and strew some on every side, or Collar, and roll it up, and tye it with coarse Tape; so boil them in fair Water and Salt, till they are very tender: Put two or three Blades of Mace in the Kettle, and when they are enough, take them up, and lay them in something to cool; strain out some of the Liquor, and add to it some Vinegar and Salt, a little White-wine, and three or four Bay-leaves; give it a boil up, and when 'tis cold put it to the Collars, and keep them for use.

To pot Beef.

TAKE a good Buttock of Beef, and cut out the Bone, and lay it flat, and flash it in several places; then salt it well, and let it lie in the Salt three days; then take it out, and let it lie in running Water with a handful of Salt three days longer; then take it out, dry it with a Cloth, and season it with Pepper, Salt, Nutmeg, Cloves, Mace, and two ounces of Salt-petre finely beaten; then shred two or three pounds of Beef-suet, and one pound in Lumps, and three pounds of Butter, put some in the bottom of the Pot you bake it in; then put in your Beef and the rest of the Butter and Suet on the top; cover your Pot over with coarse Paste; and set it in all Night with Household-bread; in the Morning draw it, and pour off all the Fat into a Pot, and drain out all the Gravy; pull the Meat all to pieces, Fat and Lean, and work it into your Pots that you keep it in while it is hot, or it will not close so well; then cover it with the clear Fat you poured off; paper it when 'tis cold, it will keep good a month or six weeks.

To make artificial Venison.

BONE a Rump of Beef, or a large Shoulder of Mutton; then beat it with a Rolling-pin; season it with Pepper and Nutmeg; then lay it twenty-four hours in Sheep's Blood; then dry it with a Cloth, and season it again with Pepper, Salt, and Spice: Put your Meat in the form of a Pasty, and bake it as a Venison-Pasty, and make a Gravy with the Bones, to put in when 'tis drawn out of the Oven.

Scotch-Collops.

TAKE the skin from a Fillet of Veal, and cut it in thin Collops, hack and scotch them with the back of a Knife, lard half of them with Bacon, and fry them with a little brown Butter; then take them out and put them into another tossing Pan; then set the Pan they were fry'd in over the fire again, and wash it out with a little strong Broth, rubbing it with your Ladle, then pour it to the Collops, do this to every pan-ful till all are fried; then stew and toss them up with a pint of Oysters, two Anchovies, two shiver'd Palates, Cock's-combs, Lamb-stones, and Sweet-breads, blanch'd and slic'd, savoury Balls, Onions, a faggot of Sweet-herbs; thicken it with brown Butter, and garnish it with Lemons.

Chickens forc'd with Oysters.

LARD and truss them; make a Forcing with Oysters, Sweet-breads, Parsley, Truffles, Mushrooms and Onions; chop these together and season it; mix it with a piece of Butter and the yolk of an Egg; then tie them at both ends and roast them; then make for them a Ragoo, and garnish them with sliced Lemon.

A Calf's Head hash'd.

YOUR Calf's-Head being slit and cleansed, half boiled and cold, cut one Side into thin Pieces and fry it in Butter; then having a Tossing-pan on the Stow with a Ragoo for made-dishes, toss it up, and stew it together, aud scotch the other side cross and cross, flour, baste, and boil it. The Hash being thickened with brown Butter, put it in the Dish; lay over and about it fried Balls,

and

and the Tongue sliced, and larded with Bacon, Lemon-peel, and Beet-root; then fry the Batter of Eggs, sliced Sweet-breads, carv'd Sippets and Oysters; lay in the Head, and place these on and about the Head; and garnish it with sliced Orange and Lemon.

A Ragoo of a Breast of Veal.

BONE a Breast of Veal, cut a handsome square piece, then cut the other part into small pieces, brown it in Butter, then stew and toss it up in your Ragoo for made-dishes; thicken it with brown Butter; put then the Ragoo in the Dish, lay on the square piece dic'd, with Lemon, Sweet-breads, Sippets, and Bacon fry'd in the Batter of Eggs, and garnish it with sliced Orange.

To recover Venison when it stinks.

TAKE as much cold Water in a Tub as will cover it a handful over, and put in good store of Salt, and let it lie three or four hours; then take your Venison out, and let it lie in as much hot Water and Salt, and let it lie as long as before; then have your Crust in readiness, and take it out, and dry it very well, and season it with Pepper and Salt pretty high, and put it in your Pasty. Do not use the Bones of your Venison for Gravy, but get fresh Beef or other Bones.

How to force a Fowl.

TAKE a good Fowl, kill, pull and draw it; then slit the skin down the Back, and take off the Flesh from the Bones, and mince it very small, and mix it with one pound of Beef-suet shred, and a pint of large Oysters chopp'd, two Anchovies,

chovies, an Eſchalot, a little grated Bread, ſome Sweet-herbs; ſhred all theſe very well, and mix them, and make it up with yolks of Eggs; ſo put all theſe Ingredients on the Bones again, and draw the Skin over again; ſew up the Back, and put the Fowl in a Bladder; ſo boil it an hour and a quarter; then ſtew ſome more Oyſters in Gravy, and bruiſe in a little of your Forc'd-meat, and beat it up with freſh Butter; put the Fowl in the middle; pour on the Sauce, and garniſh with ſliced Lemon.

To marinade a Leg of Lamb.

TAKE a Leg of Lamb, cut it in pieces the bigneſs of a Half-crown; hack them with the back of a Knife; then take an Eſchalot, three or four Anchovies, ſome Cloves, Mace, Nutmeg, all beaten; put your Meat in a Diſh, and ſtrew the Seaſoning over it, and put it in a Stew-pan, with as much White-wine as will cover it, and let it lie two hours; then put it all together in a Frying-pan, and let it be half enough; then take it out and drain it through a Colendar, ſaving the Liquor, and put to your Liquor a little Pepper and Salt, and half a pint of Gravy; dip your Meat in yolks of Eggs, and fry it brown in Butter; thicken up your Sauce with yolks of Eggs and Butter, and pour it in the diſh with your Meat: Lay Sweet-breads and Forc'd-meat Balls over your Meat; dip them in Eggs, and fry them. Garniſh with Lemon.

To force a Leg of Veal, Mutton, or Lamb.

TAKE out all the Meat, and leave the Skin whole; then take the Lean of it and make it into Forc'd-meat thus: To two pounds of your lean

lean Meat, three pounds of Beef-suet; take away all skins from the Meat and Suet; then shred both very fine, and beat it with a Rolling-pin, till you know not the Meat from the Suet; then mix with it four spoonfuls of grated Bread, half an ounce of Cloves and Mace beaten, as much Pepper, some Salt, a few sweet Herbs shred small; mix all these together with six raw Eggs, and put it into the skin again, and sew it up. If you rost it, serve it with Anchovy-sauce; if you boil it, lay Colliflower or *French*-beans under it. Garnish with Pickles, or stew Oysters and put under it, with Forc'd-meat Balls, or Sausages fried in Butter.

To ragoo a Breast of Veal.

LARD your Breast of Veal with Bacon; then half boil it in with Water and Salt, whole Pepper, and a bunch of sweet-herbs; then take it out, and dust it with some grated Bread, sweet-herbs shred small, and grated Nutmeg and Salt, all mixed together; then broil it on both sides, and make a Sauce of Anchovies and Gravy thickned up with Butter. Garnish with Pickles.

To fry Oysters.

BEAT Eggs, with a little Salt, grated Nutmeg, and thicken it like thick Batter, with grated white Bread and fine Flour; then dip the Oysters in it, and fry them brown with Beef-dripping.

Beef A-la-mode.

TAKE a good Buttock of Beef, interlarded with great Lard, roll'd up in savoury Spice, and sweet-herbs; put it in a great Sauce-pan, and cover it close, and set it in the Oven all night. This is fit to eat cold.

A Goose, Turkey, or Leg of Mutton, A-la-daube.

LARD it with Bacon, and half roast it, then take it off the Spit, and put it in as small a Pot as will boil it, put to it a quart of White-wine, strong Broth, a pint of Vinegar, whole Spice, Bay-leaves, Sweet-marjoram, Winter-savory, and green Onions. When it is ready, lay it in the dish, make Sauce with some of the Liquor, Mushrooms, dic'd Lemon, two or three Anchovies; thicken it with brown Butter, and garnish it with sliced Lemon.

A Leg of Mutton A-la-royal.

LARD your Mutton and slices of Veal with Bacon roll'd in Spice and Sweet-herbs, then, bringing them to a brown with melted Lard, boil the Leg of Mutton in strong Broth, with all sort of Sweet-herbs, and an Onion stuck with Cloves; when it is ready lay it on the Dish, lay round the Collops; then pour on it a Ragoo, and garnish with Lemon and Orange.

A Brown Fricasy of Chickens or Rabbets.

CUT them in pieces, and fry them in Butter, then having ready hot a pint of Gravy, a little Claret, and White-wine, and strong Broth, two Anchovies, two shiver'd Palates, a faggot of Sweet-herbs, savoury Balls and Spice, thicken it with brown Butter, and squeeze on it a Lemon.

A White Fricasy of the same.

CUT them in pieces, and wash them from the Blood, and fry them on a soft fire, then put them in a Tossing-pan, with a little strong Broth; season them, and toss them up with Mushrooms and Oysters; when almost enough, put to them a pint of Cream, and thicken it with a bit of Butter roll'd up in Flour.

A Fricasy of Lamb.

CUT an hind quarter of Lamb into thin slices, season it with savoury Spices, Sweet-herbs, and a Shallot; then fry them, and toss them up in strong Broth, White-wine, Oysters, Balls and Palates, a little brown Butter to thicken it, or a bit of Butter roll'd up in Flour.

Sauce for a Woodcock.

TAKE a very little Claret, some good Gravy, a blade of Mace, some whole Pepper and Eschalot; let these stew a little, then thicken it up with Butter; roast the Guts in the Woodcock, and let them run on Sippets or a Toast of white Bread, and lay it under your Woodcock, and pour the Sauce in the Dish.

To fry Cucumbers for Mutton Sauce.

YOU must brown some Butter in a Pan, and cut the Cucumbers in thin slices; drain them from the Water, then fling them into the Pan, and when they are fried brown, put in a little Pepper and Salt, a bit of an Onion, and Gravy, and let them stew together, and squeeze in

some Juice of Lemon; shake them well, and put them under your Mutton.

To hash roasted Mutton.

TAKE your Mutton half roasted, and cut it in pieces as big as a Half-crown; then put into your Sauce-pan half a pint of Claret, as much strong Broth or Gravy, (or Water, if you have not the other,) one Anchovy, an Eschalot, a little whole Pepper, some Nutmeg sliced, Salt to your taste; some Oyster-liquor, a pint of Oysters: Let these stew a little; then put in the Meat, and a few Capers and Samphire shred; when 'tis hot thro', thicken it up with a piece of fresh Butter rolled in Flour. Dry Sippets and lay in your dish, and pour your Meat on them. Garnish with Lemon.

To make a savoury Dish of Veal.

CUT large Collops out of a Leg of Veal; spread them abroad on a Dresser; hack them with the back of a Knife, and dip them in the yolks of Eggs, and season them with Cloves, Mace, Nutmeg, Salt, Pepper; then make Forc'd-meat with some of your Veal, and Beef-suet, and Oysters chopt, Sweet-herbs shred fine, and the aforesaid Spice, and strew all these over your Collops; roll and tye them up, and put them on Skewers, and tye them to a Spit, and roast them; and to the rest of your Forc'd-meat add the yolk of an Egg or two, and make it up in Balls, and fry them, and put them in the Dish with your Meat when roasted, and make the Sauce with strong Broth, an Anchovy, and an Eschalot, and a little White-wine, and Spice; let it stew, and thicken it up with Butter.

To dress a Neck of Mutton.

TAKE the best End of a Neck of Mutton, and cut it into Stakes, and beat them with a Rolling-pin; then strew some Salt on them, and lay them in a Frying-pan, and hold the Pan over a soft Fire, that may not burn them; turn them as they heat, and there will be Gravy enough to fry them in till they are half enough; then put to them Broth made thus: Take the Scrag-End of the Mutton, break it in pieces, and put it in a Pipkin with three pints of Water, an Onion, some Salt, and when it first boils, scum it very well, and cover it, and let it boil an Hour; then put to it half a pint of White-wine, a spoonful of Vinegar, a Nutmeg quarter'd, a little Pepper, a bunch of Sweet-herbs; so cover it again, and let it boil till it comes to a pint; then strain it through a Hair-Cieve, and put this Liquor in the Frying-pan, and let it fry together till it is enough; then put in a good piece of Butter, shake it together, and serve it up. Garnish with Pickles.

To collar Beef.

LAY your Flank of Beef in Ham-Brine eight or ten days; then dry it in a Cloth, and take out all the Leather and the Skin; scotch it cross and cross, and season it with savoury Spice, two or three Anchovies, an handful or two of Thyme, Sweet-marjoram, Winter-savory, and Onions; strew it on the Meat, and roll it in a hard Collar in a Cloth; sew it close, and tye it at both ends, and put it in a Collar-Cloth, with a pint of Claret, and Cochineel, and two quarts of Pump-Water, and bake it all night; then take it out hot, and tye it close at both ends, then set it upon one end, and put a Weight upon it, and

let it ſtand till 'tis cold; then take it out of the Cloth, and keep it dry.

To collar Pig.

SLIT the Pig down the Back, take out all the bones, waſh the Blood in three or four Waters, wipe it dry and ſeaſon it with ſavoury Spice, Thyme, Parſley, and Salt, and roll it in a hard Collar; tye it cloſe in a dry Cloth, and boil it with the bones in three pints of Water, a handful of Salt, a quart of Vinegar, a faggot of Sweet-herbs, whole Spice, a penny-worth of Iſing-glaſs; when it is boil'd tender, take it off; and when cold, take it out of the Cloth, and keep it in this Pickle.

To pot a Swan.

BONE and ſkin your Swan, and beat the Fleſh in a Mortar, taking out the Strings as you beat it; then take ſome clear fat Bacon, and beat with the Swan, and when 'tis of a light fleſh Colour, there is Bacon enough in it; and when 'tis beaten till 'tis like Dough, 'tis enough; then ſeaſon it with Pepper, Salt, Cloves, Mace, and Nutmeg, all beaten fine; mix it well with your Fleſh, and give it a beat or two all together; then put it in an Earthen Pot, with a little Claret and fair Water, and at the top two pounds of freſh Butter ſpread over it; cover it with coarſe Paſte, and bake it with Bread; then turn it out into a Diſh, and ſqueeze it gently, to get out the Moiſture; then put it in a Pot fit for it; and when 'tis cold, cover it over with clarified Butter; the next day paper it up. In this manner you may do Gooſe, Duck, or Beef, or Hare's-fleſh.

To dress a Hare.

FLEA your Hare, and lard it with Bacon; take the Liver, give it one boil; then bruise it small, and mix with it some Marrow, or a quarter of a pound of Beef-suet shred very fine, two Anchovies chopp'd small, some Sweet-herbs shred very small, some grated Bread, a Nutmeg grated, some Salt, a little bit of Eschalot cut fine; mix these together with the yolks of two or three Eggs; then work it up in a good piece of Butter; flour it, and when your Hare is spitted, lay this Pudding in the Belly, and sew it up, and lay it to the fire; put a Dish under to receive what comes from the Hare; baste it well with Butter, and when 'tis enough, put in the Dish with it a Sauce made with strong Broth, the Gravy of your Hare, the Fat being taken off, some Claret; boil these up, and thicken it with Butter. When the Hare is cut up, mix some of the Pudding with your Sauce. Garnish the Dish with sliced Lemon.

Some, instead of a Pudding in the Belly, roast a piece of Bacon and some Thyme; and for Sauce, have melted Butter and Thyme mix'd with what comes from the Hare.

To make Westphalia *Bacon.*

MAKE a Pickle as followeth: Take a gallon of Pump-water, a quarter of a peck of Bay-salt, as much White-salt, a pound of Petre-salt, and a quarter of a pound of Salt-petre, a pound of coarse Sugar, and an ounce of Socho tyed up in a Rag; boil all these together very well, and let it stand till 'tis cold; then put in the Pork, and let it lye in this Pickle a fortnight; then take it out and dry it over Saw-dust. This

Pickle will do Tongues, but you must first let the Tongues lye six or eight hours in Pump-water to take out the sliminess; and when they have lain in the Pickle, dry them as your Pork.

To salt and dry a Ham of Bacon.

TAKE *English* Bay-salt, and put it in a Vessel of Water suitable to the quantity of Hams you do; make your Pickle strong enough to bear an Egg with your Bay-salt; then boil and scum it very well; then let the Pickle be thoroughly cold, and put into it so much Red-saunders as will make it of the colour of Claret; then let your Pickle stand three days before you put your Hams into it. The Hams must lie in the Pickle three Weeks; then carefully dry them where Wood is burnt.

To dry Tongues.

TAKE to every two ounces of Salt-petre a pint of Petre-salt, and rub it well, after it is finely beaten, over your Tongue, and then beat a pint of Bay-salt, and rub that on over it, and every three days turn it; and when it has lain nine or ten days, hang it in Wood-smoke to dry. Do a Hog's-Head this way. For a Ham of Pork or Mutton have a quart of Bay-salt, half a pound of Petre-salt, a quarter of a pound of Salt-petre, a quarter of a pound of brown Sugar, all beaten very fine, mix'd together, and rubbed well over it; let it lie a fortnight; turn it often, and then hang it up a day to drain, and dry it in Wood Smoke.

To salt Hams or Tongues.

TAKE three or four Gallons of Water, put to it four pounds of Bay-salt, four pounds of White-salt, a pound of Petre-salt, a quarter of

a pound of Salt-petre, two ounces of Prunella-salt, a pound of brown Sugar; let it boil a quarter of an hour; scum it well, and when it is cold sever it from the bottom into the Vessel you keep it in.

Let Hams lie in this Pickle four or five Weeks.

A Clod of Dutch-Beef as long.

Tongues a Fortnight.

Collar'd Beef eight or ten Days.

Dry them in a Stove, or with Wood in a Chimney.

To make Dutch-Beef.

TAKE the lean part of a Buttock of Beef raw; rub it well with brown Sugar all over, and let it lie in a Pan or Tray two or three Hours, turning it three or four times; then salt it well with common Salt and Salt-petre, and let it lie a fortnight, turning it every Day; then roll it very strait in a coarse Cloth, and put it in a Cheese-press a day and a night, and hang it to dry in the Chimney. When you boil it, you must put it in a Cloth: When 'tis cold, it will cut out in Shivers as Dutch-Beef.

To dry Mutton to cut out in Shivers as Dutch-Beef.

TAKE a middling Leg of Mutton, then take half a pound of brown Sugar, and rub it hard all over your Mutton, and let it lie twenty-four hours; then take an ounce and half of Salt-petre, and mix it with a pound of common Salt, and rub that all over the Mutton every other Day, till 'tis all on, and let it lie nine Days longer; keep the Place free from Brine, then hang it up to dry three Days, then smoak it in a Chimney where Wood is burnt, the fire must not be too hot, a fortnight will dry it: Boil it like other Hams,

and

and when 'tis cold, cut it out in Shivers like Dutch-Beef.

To dry a Leg of Mutton like Pork.

TAKE a large Leg of Mutton, and beat it down flattish with a Cleaver, to make it like *Westphalia* Ham; then take six Penny-worth of Salt-petre, and beat it fine, and rub it all over your Mutton, and let it lie all Night; then make a Pickle with Bay-salt and Pump-water, strong enough to bear an Egg, and put your Mutton into it, and let it lie ten days; then take it out, and hang it in a Chimney where Wood is burnt, till 'tis thorough dry, which will be about three Weeks. Boil it with Hay, till 'tis very tender; do it in cool Weather, or it will not keep well.

To salt Bacon.

CUT your Flitches of Bacon very smooth, make no holes in it: To about threescore pounds of Bacon, ten pounds of Salt; dry your Salt very well, and make it hot, then rub it hard over the Outside, or skinny part, but on the Inside lay it all over, without rubbing, only lightly on, about half an Inch thick. Let it lie on a flat Board, that the Brine may run from it, nine days; then mix with a quart of hot Salt, four penny-worth of Salt-petre, and strew it all over your Bacon; then heat the rest of your Salt, and put over it, and let it lie nine Days longer; then hang it up a Day, and put it in a Chimney where Wood is burnt, and there let it hang three Weeks or more, as you see occasion.

To pot Salmon.

SCALE and chine your Salmon down the back, and dry it well, and cut it as near the shape of

of your Pot as you can; two Nutmegs, near an ounce of Cloves and Mace, half an ounce of white Pepper, about an ounce of Salt; take out all the Bones, and cut off the Joll below the Fins; cut off the Tail; season the scaly side first, and lay that at the bottom of the Pot; then rub the Seasoning on the other side; cover it with a dish, and let it stand all night; it must be but double, and the scaly side top and bottom; put Butter on the bottom and top; cover the Pot with some stiff coarse Paste; three Hours if 'tis a large Fish, if not, two Hours will bake it. When it comes out of the Oven; let it stand half an hour; then uncover it, and raise it up at one end that the Gravy may run out; then put a Trencher and a Weight on it, to press out the Gravy; melt the Butter that came from it, but let no Gravy be in it; let the Butter boil up, and add more Butter to it, if there be occasion. Scum it, and fill the Pot with the clear Butter; when 'tis cold, paper it up.

To stew Pigeons.

SEason your Pigeons with Pepper, Salt, Cloves and Mace, and some Sweet-herbs; wrap this Seasoning up in a bit of Butter, and put it in their Bellies; then tie up the Neck and Vent, and half roast them; then put them in a Stew-pan, with a quart of good Gravy, a little White-wine, some pickled Mushrooms, a few Pepper-corns, three or four blades of Mace, a bit of Lemon-peel, a bunch of Sweet-herbs, a bit of Onion, some Oyster-pickle: Let them stew till they are enough; then thicken it up with Butter and yolks of Eggs. Garnish with Lemon. Do Ducks the same way. You may put Forc'd-meat in their Bellies, or shred Thyme wrapp'd up in Butter. Put Forc'd-meat Balls in both.

To fricasy a Pig.

HALF roast your Pig; then take it up, and take off the Coat, and pull the Meat in flakes from the Bones, and put it in a Stew-pan, with some strong Broth, some White-wine, a little Vinegar, an Onion stuck with Cloves, some Mace, a bunch of Sweet-herbs, and some Salt, and Lemon-peel; when 'tis almost done, take out the Onion, Herbs, and Lemon-peel, and put in some Mushrooms, and thicken it with Cream and Eggs. The Head must be roasted whole, and set in the middle, and the Fricasy round it. Garnish with Lemon.

To stew Cod.

CUT your Cod in thin slices, and lay them one by one in the bottom of a Dish; put in a pint of White-wine, half a pound of Butter, some Oysters and their Liquor, two or three blades of Mace, a few Crumbs of Bread, some Pepper and Salt, and let it stew till 'tis enough. Garnish the Dish with Lemon.

To make Skuets.

TAKE fine, long, and slender Skewers; then cut Veal Sweet-breads into pieces like Dice, and some fine Bacon into thin square bits; so season them with Forc'd-meat, and then spit them on the Skewers, a bit of Sweet-bread, and a bit of Bacon, till all is on; roast them, and lay them round a Fricasy of Sheep's-Tongues.

To pot Hare.

TAKE three pounds of the pure Flesh of Hare, and a pound and half of the clear

Fat

Fat of Pork or Bacon, and beat them in a Mortar, till you cannot distinguish each from the other; then season it with Pepper, Salt, a large Nutmeg, a large handful of Sweet-herbs, as Sweet-marjorum, Thyme, and a double quantity of Parsley, shred all very fine, and mix it with the Seasoning, and beat it all together, till all is very well mingled; then put it into a Pot, and lay it lower in the middle than the sides, and paste it up; two hours will bake it: When it comes out of the Oven, have clarify'd Butter ready; fill the Pot an inch above the Meat while it is hot; when 'tis cold, paper it up, so keep it; which you may do three or four Months before 'tis cut: The Fat of Pork is much better than the Fat of Bacon.

To make a Bisk of Pigeons.

TAKE twelve Pigeons, fill the Bellies with Forc'd-meat, and half roast them, or half boil them in strong Broth; then have slices of *French* Bread toasted hard, and stew'd in strong Broth, and have in readiness some Lamb-stones and Sweet-breads, and Palates, they being first boil'd tender; then stew them with your Pigeons in your strong Broth; add Balls of Forc'd-meat first stew'd or fry'd; lay your Pigeons in a Dish; lay on them thin slices of grill'd Bacon, and your other Ingredients, and pour in your strong Broth, and garnish with Lemon. You may leave out the Sweet-breads, and Palates, and Lamb-stones, and put in scalded Herbs, as for Soop, and Turnips half boiled, and cut like Dice, and fry'd brown, and so serve it like a Soop, and but six Pigeons.

To do Pigeons in Jelly.

TAKE a Knuckle of Veal, and a good piece of Ising-glass, and make a strong Jelly; season

ſon it with Mace, white Pepper, Salt, Bay-leaves, Lemon-peel: Then truſs your Pigeons as for boiling, and boil them in the Jelly; when they are cold, put them in the diſh you ſerve them in; then add the juice of a Lemon to your Jelly, and clarify it with the whites of Eggs, and run it through a Jelly-bag into a Pan, and keep it till 'tis cold: With a Spoon lay it in Heaps, on and between your Pigeons. Garniſh with ſliced Lemon and Bay-leaves.

To make a Poloe.

TAKE a pint of Rice, boil it in as much Water as will cover it; when your Rice is half boiled, put in your Fowl, with a ſmall Onion, a blade or two of Mace, ſome whole Pepper, and ſome Salt; when 'tis enough, put the Fowl in the Diſh, and pour the Rice over it.

To ſtew Cucumbers.

PARE twelve Cucumbers, and ſlice them as for eating, and put them to drain, and then lay them in a coarſe Cloth till they are dry; flour them, and fry them brown in Butter; then put to them ſome Gravy, a little Claret, ſome Pepper, Cloves and Mace, and let them ſtew a little; then roll a bit of Butter in flour, and toſs them up; put them under Mutton or Lamb roaſted.

To pot Gooſe and Turkey.

TAKE a fat Gooſe, and a fat Turkey; cut them down the Rump, and take out all the Bones; lay them flat, open and ſeaſon them very well with white Pepper, Nutmeg and Salt, allowing three Nutmegs, with the like proportion of Pepper, and as much Salt as both the Spices; when

you

you have season'd them all over, let your Turkey be within the Goose, and keep them in Season two Nights and a Day; then roll them up as collar'd Beef, very tight, and as short as you can, and bind it very fast with strong Tape. Bake it in a long Pot, with good store of Butter, 'till 'tis very tender, as you may feel by the End; let it lie in the hot Liquor an hour, then take it out, and let it stand till next day; then unbind it, and place it in your Pot, and melt Butter, and pour over it. Keep it for use, and slice it out thin.

To make a Fricasy of Eggs.

BOIL your Eggs hard, and take out a good many of the yolks whole, then cut the rest in quarters, yolks and whites together. Set on some Gravy, with a little shred Thyme and Parsley in it, give it a boil or two; then put in your Eggs, with a little grated Nutmeg; shake it up with a bit of Butter, till it be as thick as another Fricasy; then fry Artichoke Bottoms in thin slices, and serve it up. Garnish with Eggs shred small.

Another Fricasy of Eggs.

BOIL six Eggs hard; slice them in round slices; then stew some Morells in White-wine, with au Eschalot, two Anchovies, a little Thyme, and a few Oysters or Cockles, and Salt to your Taste; when they have stew'd well together, put in your Eggs, and a bit of Butter; toss them together 'till 'tis thick, and then serve it up.

To make Forc'd-meat.

TAKE a piece of a Leg of Veal, the lean part, and some lean Bacon; mince them very fine, and add a double quantity of Suet;

put

put it all in a Marble Mortar; beat it well, sprinke it with a little Water in the beating; season it with Pepper, Salt, and a little Cloves and Mace, to your Taste; shred Spinnage very fine, if you would have it look green, or else without; make it up as you use it, with an Egg or two, and roll it in long or round Balls.

To keep Smelts in Jelly.

TAKE Smelts alive, if you can get them; chuse out the firmest without Spawn; set them a boiling in a gallon of Water, a pint of Wine Vinegar, two handfuls of Salt, and a bunch of Sweet-herbs, and Lemon-peel; let them boil three or four Walms, and take them up before they break. The Jelly make thus: Take a quart of the Liquor, and a quart of Vinegar, and a quart of White-wine, one ounce of Ising-glass, some Cloves, Mace, sliced Ginger, whole Pepper, Salt; boil these over a gentle fire, till a third part be consumed, and the Ising-glass be melted; then set it by till almost cold: Lay your Smelts in a China Plate, one by one; then pour it on your Smelts; set it in a cool Place; it will jelly by next Day.

To stew a Turkey.

TAKE a fine young Turkey, kill'd, pull'd, and drawn; fill the skin on the Breast with Forc'd-meat, and lard it on the sides with Bacon: Put into the Belly half an Eschalot, and two Anchovies, and a little Thyme shred small; brown it in a Pan, with a little Butter; when 'tis very brown, put it in a Stew-pan, with strong Gravy, some White-wine, or Claret, two or three Anchovies, some Mace, Sweet-herbs, a little Pepper, and let it stew till 'tis thoroughly enough; then thicken the Liquor with Butter and Eggs; fry some *French* Loaves

dipp'd

dipp'd in Cream, after the Top and the Crum is taken out; then fill them with ſtew'd Oyſters, or Shrimps, or Cockles, and with them garniſh the Diſh, or with ſliced Lemon. A Hen, Gooſe, or Duck, does well this way.

To bake a Rump of Beef.

BONE a Rump of Beef, beat it very well with a Rolling-pin; cut off the Sinew, and lard it with large pieces of Bacon; roll your Lards in Seaſoning, which is Pepper, Salt, and Cloves. Lard athwart the Meat, that it may cut handſomely; then ſeaſon it all over the Meat with Pepper and Salt pretty thick; then tie it with Packthread croſs and croſs, and put the top under the bottom, and tie it up tight, and put it in an earthen Pot; break all the Bones, and put in the Sides and over, to keep it faſt that it cannot ſtir; then put in half a pound of Butter, and ſome Bay-leaves, and whole Pepper, an Eſchalot or two, and ſome Sweet-herbs; cover the top of the Pot with coarſe Paſte; put it in the Oven, and let it ſtand eight hours. Serve it up with its own Liquor, and ſome dried Sippets.

To make Veal Cutlets.

CUT your Veal Steaks thin; hack them, and ſeaſon them with Pepper and Salt, and Sweet-herbs; waſh them over with Egg, and ſtrew over them ſome Forc'd-meat; put two Steaks together, and lard them with Bacon; waſh them over with melted Butter, and wrap them in white Papers butter'd. Roaſt them on a Lark-ſpit, or bake them; when they are enough, unpaper them, and ſerve them with good Gravy and ſliced Lemon.

To dress a Calf's Head.

SCALD the Hair off, and take out the Bones; then have in readiness Palates boiled tender, yolks of hard Eggs, Oysters scalded, and Forc'd-meat; stuff all this into your Head, and sew it up close in a Cloth; boil it three hours; make a strong Gravy for Sauce, and garnish with fried Bacon.

To make a Pulpatoon of Pigeons.

TAKE Mushrooms, Palates, Oysters, Sweet-breads, and fry them in Butter; then put all these into a strong Gravy; give them a heat over the fire, and thicken up with an Egg and a bit of Butter; then half roast six or eight Pigeons, and lay them in a Crust of Forc'd-meat as follows: scrape a pound of Veal, and two pounds of Marrow, and beat it together in a stone Mortar, after 'tis shred very fine; then season it with Salt, Pepper, Spice, and put in hard Eggs, Anchovies and Oysters; beat all together, and make the lid and sides of your Pye of it; first lay a thin Crust into your Pattipan; then put on your Forc'd-meat; then lay an exceeding thin Crust over them; then put in your Pigeons and other Ingredients, with a little Butter on the top. Bake it two hours.

To pot Mushrooms.

TAKE of the best Mushrooms, and rub them with a woollen Cloth; those that will not rub, peel and take out the Gills, and throw them into Water as you do them; when they are all done, wipe them dry, and put them in a Sauce-pan, with a handful of Salt and a piece of Butter, and stew them till they are enough, shaking them often

often for fear of burning; then drain them from their Liquor, and when they are cold, wipe them dry, and lay them in a Pot, one by one, as close as you can, till your Pot be full; then clarify Butter; let it stand till it is almost cold, and pour it into your Mushrooms. When cold, cover them close in your Pot. When you use them, wipe them clean from the Butter, and stew them in Gravy thicken'd, as when fresh.

To bake Herrings.

TAKE thirty Herrings, scale them, cut off their Heads, and pull out their Roes, and wash them very clean, and lay them to drain four or five hours, and roll them in a dry Cloth; season them with Pepper and Salt, and lay them in a long Venison Pot at full length; when you have laid one row, shred a large Onion very small, and mix with it a little Cloves, Mace and Ginger cut small, and strew it all over the Herrings; and then another Row of Herrings and Seasoning, and so do till all is in the Pot; let it stand season'd an hour before 'tis put in the Oven; then put in a quart of Claret, and tie it over with Paper, and bake it with Houshold-bread.

To make a Soop.

TAKE twelve pounds of Beef, a Scrag of Mutton, and Knuckle of Veal; it must be Neck-beef, and the Sticking-piece; put your Beef in a Sauce-pan, and half fry it with a bit of Butter; then put all in a pot, with nine quarts of Water, a good handful of Salt, a piece of Bacon: boil and scum it; then season it; three Onions stuck with Cloves, whole Pepper, Jamaica-Pepper, and a bunch of Sweet-herbs; let it boil five or six hours, close

covered; then strain it out, and put it in your dish, with stewed Herbs and toasted Bread.

To make Mushroom Liquor and Powder.

TAKE a peck of Mushrooms, wash and rub them clean with a piece of Flannel, cutting out all the Gills, but not peeling off the Skins; put to them sixteen Blades of Mace, four Cloves, six Bay-leaves, twice as much beaten Pepper as will lie on a Half-crown, a handful of Salt, a dozen Onions, a piece of Butter as big as an Egg, and half a pint of Vinegar; stew them up as fast as you can, keeping them stirring till the Liquor is out of your Mushrooms; drain them through a Colander; save the Liquor and Spice, and when cold, bottle it for use; Dry the Mushrooms first on a broad Pan in the Oven; afterwards put them on Sieves, till they are dry enough to pound to Powder. This quantity usually makes about half a pound.

To make Green Peas Soop.

TAKE half a bushel of the youngest Peas, divide the great from the small; boil the smallest in two quarts of Water, and the biggest in one quart; when they are well boiled, bruise the biggest, and when the thin is drained from it, boil the thick in as much cold Water as will cover it; then rub away the Skins, and take a little Spinage, Mint, Sorrel, Lettuce and Parsley, and a good quantity of Marigolds; wash, shred and boil these in half a pound of Butter, and drain the small Peas; save the Water, and mingle all together, and a spoonful of Pepper whole; then melt a quarter of a pound of Butter, and shake a little Flour into it, and let it boil; put the Liquor to the

the Butter, and mingle all well together, and let them boil up; so serve it with dry'd Bread.

To make Asparagus Soop.

TAKE twelve pounds of lean Beef, cut in slices; then put a quarter of a pound of Butter in a Stew-pan over the Fire, and put your Beef in; let it boil up quick till it begins to brown; then put in a pint of brown Ale, and a gallon of Water, and cover it close, and let it stew gently for an hour and half; put in what Spice you like in the stewing, and strain out the Liquor, and scum off all the Fat; then put in some Vermicelly, and some Sallery wash'd and cut small, half a hundred of Asparagus cut small, and Palates boiled tender and cut; put all these in, and let them boil gently till tender. Just as 'tis going up, fry a handful of Spinnage in Butter, and throw in a *French* Roll.

To make Scotch Collops.

CUT thin slices off a Fillet of Veal, and hack them; then take the yolks of four Eggs; beat a little melted Butter, a little Salt, and some Nutmeg, or Lemon-peel grated in it; then dip in each Collop, and lay them in a pewter Dish, and flour them, and let them lie till you want them. Put a bit of Butter in the Frying-pan, and your Collops, and fry them quick, shaking them all the while to keep the Butter from oiling; then pour it into a Stew-pan covered close, and keep it warm; then put to them some good Gravy, some Mushrooms, or what else you like, a bit of Butter, and toss it up thick, and squeeze an Orange over it.

A brown Fricasy.

TAKE Lamb or Rabbet cut in small pieces; grate on it a little Nutmeg, or Lemon-peel; fry it quick and brown with Butter, then have some strong Broth, in which put your Morels and Mushrooms, a few Cockscombs boil'd tender, and Artichoke-bottoms; a little Walnut-liquor, and a Bay-leaf; then roll a bit of Butter in Flour, shake it well, and serve it up. You may squeeze an Orange or Lemon over it.

To make Hams of Pork like Westphalia.

TO two large Hams, or three small ones, take three pounds of common Salt, and two pounds and half of brown coarse Sugar; mix both together, and rub it well into the Hams, and let them lie seven days, turning them every day, and rub the Salt in them, when you turn them; then take four ounces of Salt-petre beat small, and mix with two handfuls of common Salt, and rub that well in your Hams, and let them lie a fortnight longer: Then hang them up high in a Chimney to smoke.

To make a Pickle for Tongues.

MAKE your Pickle with Bay-salt, some Salt-petre, and coarse Sugar, and Spring-water; make it strong, boil and scum it, and when 'tis cold, put in your Tongues; turn them often; let them lie three Weeks, then dry them.

Very fine Sausages.

TAKE a Leg of Pork, or Veal; pick it clean from skin or fat, and to every pound of lean Meat put two pounds of Beef-suet, pick'd from the

the skins; shred the Meat and Suet severally very fine; then mix them well together, and add a large handful of green Sage shred very small; season it with grated Nutmeg, Salt and Pepper; mix it well, and press it down hard in an earthen Pot, and keep it for use. When you use them, roll them up with as much Egg as will make them roll smooth, but use no Flour: in rolling them up, make them the length of your Finger, and as thick as two Fingers: fry them in clarified Suet, which must be boiling hot before you put them in. Keep them rolling about in the Pan; when they are fried through, they are enough.

To stew Pigeons with Asparagus.

DRAW your Pigeons, and wrap up a little shred Parsley, with a very few Blades of Thyme, some Salt and Pepper in a piece of Butter; put some in the Belly, and some in the Neck, and tie up the Vent and the Neck, and half roast them; then have some strong Broth and Gravy, put them together in a Stew-pan; stew the Pigeons till they are full enough; then have tops of Asparagus boil'd tender, and put them in, and let them have a walm or two in the Gravy, and dish it up.

A Pickle for either Tongues or Hams.

TAKE what quantity of Water you please, and with Bay-salt and common Salt make it strong enough to bear an Egg; then to every gallon of this Pickle add half a pound of Petre-salt, a pound of coarse Sugar, and two or three ounces of Salt-petre beat fine; boil it and scum it, and when 'tis thorough cold, put in your Hams or Tongues; turn them often; the Hams may lie in

the Pickle about a Month, the Tongues three Weeks; then hang them up to dry.

To stew Pigeons.

STUFF your Pigeons with Sweet-herbs chopp'd small, some Bacon minced small, grated Bread, Spice, Butter, and yolk of Egg; sew them up top and bottom, and stew them in strong Broth, with half a pint of Whitewine to six Pigeons, and as much Broth as will cover them well, with Nutmeg, whole Pepper, Mace, Salt, a little bundle of Sweet-herbs, and a bit of Lemon-peel, and an Onion; when they are almost done, put in some Artichoke-bottoms ready boiled, and fried in brown Butter, or Asparagus tops ready boiled; thicken up the Liquor with the Stuffing out of the Pigeons, and a bit of Butter rolled in Flour: Take out the Lemon-peel, bunch of Herbs and Onion. Garnish the dish with sliced Lemon, and very thin bits of Bacon toasted before the fire.

To pickle Hams or Ribs of Beef.

TAKE six gallons of your bloody Beef-brine, or from Pork, and put to it two pounds of brown Sugar, and a pound of Salt-petre, boil 'em together, and scum it well, and when 'tis cold, put it into the thing you design to pickle in, and put in your Hams; large ones must lie in the Pickle three Weeks, small ones but a Fortnight, sometimes turning them; the Pickle must be strong enough to bear an Egg. This way is only for great Families, that kill or use a great deal of Beef.

To make green Peas Soop.

MAKE strong Broth of a Leg of Beef, a Knuckle or Scrag-end of Veal, and Scrag of

of Mutton, clear it off; then chop ſome Cabbage-Lettuce, Spinnage, and a little Sorrel, and put half a pound of Butter in a flat Sauce-pan, dredge in ſome Flour, put it over the fire until 'tis brown; then put in your Herbs, and toſs them up a little over the fire; then put in a pint and half of green Peas half boiled before, and then put in your ſtrong Broth, and let it juſt ſimmer over the fire half an hour; then cut ſome *French* Bread very thin; dry it well before the fire, and put that in, and let it ſtew half an hour longer; ſeaſon your Broth with Pepper, Salt, and a few Cloves and Mace. Garniſh the diſh with Spinnage, ſcalded Green, and ſome very thin bits of Bacon toaſted before the fire.

Strong Broth.

TAKE twelve quarts of Water, two Knuckles of Veal, a Leg, or two Shins of Beef, two pair of Calf's Feet, a Chicken, a Rabbet, two Onions, Cloves, Mace, Pepper, Salt, a bunch of Sweet-herbs; cover it cloſe, and let it boil till ſix quarts are conſum'd: Strain it out, and keep it for uſe.

To make Craw-fiſh Soop.

TAKE a gallon of Water, and ſet it a boiling; put in it a bunch of Sweet-herbs, three or four Blades of Mace, an Onion ſtuck with Cloves, Pepper, and Salt; then have about two hundred of Craw-fiſh, ſave out about twenty; then pick the reſt from their Shells; ſave the Tails whole, the Bodies and Shells beat in a Mortar, with a pint of Peas green or dry, that have been boiled tender; put your boiling Water to it, and ſtrain it boiling hot through a Cloth, till you have got all the Goodneſs out, and ſome good Gravy; then ſlice *French* Bread very thin, and ſet it to dry

very hard: Set your Soop over a Stew in a dish, and the *French* Bread in it; cover it, and let it stew till 'tis served up; then brown a piece of Butter in a broad Sauce-pan, and put into it your Tails, a ladleful of Broth, and an Onion; Cover that, and set it over a Stew, and when you are ready to use it, take out the Onion, and put all together in the Dish you serve it in, with a whole *French* Roll toasted and put in the middle of the Dish, and the twenty Craw-fish you saved out, fried, and laid round the dish to garnish it.

If you have a Carp, scale and flea it, and take the Fish from the Bones, and mince the Fish small, with a very little bit of Eschalot, an Anchovy, some Parsley and Thyme, some Spice, Salt, a little grated Bread, and the yolks of two Eggs; make it up, and sew it in the skin of the Carp; then boil it, but not long, and put it in the middle of your Soop instead of your *French* Roll.

To stew a Neck of Veal.

CUT your Neck of Veal in Steaks; beat them flat, and season them with Salt, grated Nutmeg, Thyme, and Lemon-peel, shred very fine; and when you put it into your Pan, put to it some thick Cream, according to the quantity you do, and let it stew softly till enough; then put into your Pan two or three Anchovies, a little Gravy, or strong Broth, a bit of Butter, and some Flour dusted in, and toss it up till 'tis thick, then dish it. Garnish with Lemon.

To stew Carp.

SCALE and gut your Carp, and wash the Blood out of their Bellies with Vinegar; then flour them well, and fry them in Butter till they are thorough hot; then put them into your Stew-

pan,

pan, with a pint of Claret, two Anchovies, an Onion ſtuck with three or four Cloves, two or three blades of Mace, a bunch of Sweet-herbs, and a pound of freſh Butter; put them over a ſoft fire, three quarters of an Hour will do them; then take your Fiſh up, and put them in the Diſh you ſerve them in; and if your Sauce is not thick enough, boil it a little longer; then ſtrain it over your Carp. This is a very good way to ſtew Eels, only cut them in pieces, and not fry them. Garniſh with Horſe-radiſh and Lemon.

To pot Eels.

CASE your Eels and gut them, waſh them, and dry them, ſlit them down the back, and take out the bones; cut them in pieces to fit your Pot; then rub every piece on both ſides with Pepper, Salt, and grated Nutmeg; then lay them cloſe in the Pot till 'tis full; cover the Pot with coarſe Paſte, and bake them. A Pot that holds eight pound weight muſt have two hours baking; when they come out of the Oven open the Pot, and pour out all the Liquor, then cover them with clarified Butter.

To pickle Mackarel.

SLIT your Mackarel in halves, take out the Roes, gut and clean them, and ſtrew Salt over them, and lay one on another, the Back of one to the Inſide of the other, ſo let them lie two or three Hours; then wipe every piece clean from the Salt, and ſtrew them over with Pepper beaten, and grated Nutmeg, ſo let them lie two or three Hours longer; then fry them well, take them out of the Pan and lay them on coarſe Cloths to drain, when cold put them in a Pan, and cover them over

over with a Pickle of Vinegar boiled with Spice, when 'tis cold.

To hash a Calf's Head.

BOIL the Head almost enough, then cut it in half, the fairest half scotch and strew it over with grated Bread, and a little shred Parsley; set it before the fire to broil, and baste it with Butter.

CUT the other half and the Tongue in thin slices as big as a Crown-piece: Have some strong Gravy ready, and put it in a Stew-pan with your Hash, an Anchovy washed, boned, the Head and Tail off; a bit of Onion, two or three Cloves, and two blades of Mace, just bruised and put into a Rag; then strew in a little Flour, and set it to stew: When 'tis enough, have in readiness the yolks of four Eggs well beaten, with two or three spoonfuls of White-wine, and some grated Nutmeg, and stir it in your Hash till 'tis thick enough; then lay your broiled Head in the middle, and your Hash round. Garnish with Lemon and little slices of Bacon; always have Forc'd-meat Balls. You may add Sweet-breads and Lamb-stones, *&c.*

To jug a Hare.

CUT a Hare in pieces, but do not wash it; season it with half an Onion shred very fine, a sprig of Thyme, and a little Parsley all shred, and beaten Pepper and Salt, as much as will lie on a Shilling, half a Nutmeg, and a little Lemon-peel; strew all these over your Hare, and slice half a pound of fat Bacon into thin slices; then put your Hare into a Jug, a Layer of Hare, and the slices of Bacon on it; so do till all is in the Jug; stop the Jug close that not any steam can go out; then put it in a pot of cold Water, lay a Tile on the top, and let it boil three Hours; take the

the Jug out of the Kettle, and put half a pound of Butter in it, and shake it together till the Butter is melted; then pour it in your Dish. Garnish with Lemon.

To jug Pigeons.

PULL, crop, and draw your Pigeons, but not wash them; save the Livers, and put them in scalding Water, and set them on the fire for a minute or two; then take them out, and bruise them small with the back of a Spoon; mix with them a little Pepper, Salt and grated Nutmeg, Lemon-peel shred very fine, and chopp'd Parsley, two yolks of Eggs very hard and bruised, as you did the Liver, and Suet shaved exceeding fine, and some grated Bread; work these together with raw Eggs, and roll it in Butter, and put a bit into the Crop and Belly of your Pigeon, and sew up the Neck and Vent; then dip your Pigeons in Water, and season them with Pepper and Salt as for a Pye; then put them in your Jug, with a piece of Sallery; stop them up close, and set them in a kettle of cold Water, with a Tile on the top, and let it boil three hours; then take them out of the Jug, and put them in your Dish; take out the Sallery, and put in a piece of Butter rolled in Flour; shake it till 'tis thick, and pour it on your Pigeons. Garnish with Lemon.

To make Pockets.

CUT three slices out of a Leg of Veal, the length of a Finger, the breadth of three Fingers, the thickness of a Thumb, with a sharp Penknife; give it a slit through the middle, leaving the bottom and each side whole, the thickness of a Straw; then lard the top with small fine Lards of Bacon; then make a Forc'd-meat of Marrow,

row, Sweet-breads, and Lamb-ſtones juſt boiled, and make it up after 'tis ſeaſoned and beaten together, with the yolks of two Eggs, and put it into your Pockets as if you were filling a Pincuſhion; then ſew up the top with fine Thread, flour them, and put melted Butter on them, and bake them; roaſt three Sweet-breads to put between, and ſerve them with Gravy-ſauce.

To make Runnet.

TAKE a Calf's Bag, ſkewer it up, and let it lie a Night in cold Water, then turn out the Curd into freſh Water, waſh and pick it very clean, and ſcour the Bag inſide and outſide; then put a handful of Salt to the Curd, and put it into a Bag, and ſkewer it up, and let it lie in a clean Pot a Year; then put half a pint of Sack into the Bag, and as much into the Pot, and prick the Bag; then bruiſe one Nutmeg, four Cloves, a little Mace, and tie them up in a bit of thin Cloth, and put it into the Pot, and now and then ſqueeze the Spice Cloth: In a few Days you may uſe it; put a ſpoonful, or at moſt a ſpoonful and half to twenty quarts of Milk.

To make a Summer Cream-Cheeſe.

TAKE three pints of Milk juſt from the Cow and five pints of good ſweet Cream, which you muſt boil free from ſmoke; then put it to your Milk; cool it till 'tis but blood warm, and then put in a ſpoonful of Runnet; when 'tis well come, take a large Strainer, lay it in a great Cheeſe-fat; then put the Curd in gently upon the Strainer, and when all the Curd is in, lay on the Cheeſe-board, and a weight of two pound. Let it ſo drain three hours, till the Whey be well drained from it; then lay a Cheeſe-cloth in your leſſer

Cheeſe-

Cheese-fat, and put in the Curd, laying the Cloth smooth over it as before, and the Board on the top of that, and a four-pound weight on it; turn it every two hours into dry Cloths before Night, and be careful not to break it next Morning; salt it, and keep it in the Fat till the next Day; then put it into a wet Cloth, which you must shift every Day till 'tis ripe.

To make a New-market *Cheese to cut at two Years old.*

ANY Morning in *September*, take twenty quarts of new Milk warm from the Cow, and colour it with Marigolds: when this is done, and the Milk not cold, get ready a quart of Cream, and a quart of fair Water, which must be kept stirring over the fire till 'tis scalding hot, then stir it well into the Milk and Runnet, as you do other Cheese; when 'tis come, lay Cheese-cloths over it, and settle it with your Hands; the more Hands the better; as the Whey rises, take it away, and when 'tis clean gone, put the Curd into your Fat, breaking it as little as you can; then put it in the Press, and press it gently an hour; take it out again, and cut it in thin slices, and lay them singly on a Cloth, and wipe them dry; then put it in a Tub, and break it with your Hands as small as you can, and mix with it a good handful of Salt, and a quart of cold Cream; put it in the Fat, and lay a pound weight on it till next day; then press and order it as others.

To make a Runnet-Bag.

LET the Calf suck as much as he will, just before he is killed; then take the Bag out of the Calf, and let it lie twelve hours, covered over in stinging Nettles till 'tis very red; then take out

your Curd, and wash your Bag clean, and salt it within-side and without, and let it lie sprinkled with Salt twenty-four Hours, and wash your Curd in warm new Milk, and pick it, and put away all that is yellow and hollow, and keep what is white and close, and wash it well, and sprinkle it with Salt, and when the Bag has lain twenty-four hours, put it into the Bag again, and put to it three spoonfuls of the Stroakings of a Cow, beat up with the yolk of an Egg or two, twelve Cloves, and two blades of Mace, and put a Skewer thro' it, and hang it in a Pot; then make the Runnet-water thus:

Take half a pint of fair Water, a little Salt, and six tops of the reddish of black Thorn, and as many Sprigs of Burnet, and two of Sweet-marjoram; boil these in the Water, and strain it out, and when 'tis cold, put one half in the Bag, and let the Bag lie in the other half, and take it out as you use it, and when you want, make more Runnet, which you may do six or seven times; three spoonfuls of this Runnet will make a large *Cheshire* or *Chedder* Cheese, and half as much to a common Cheese.

To make a Chedder-*Cheese.*

TAKE the new Milk of twelve Cows in the Morning, and the evening Cream of twelve Cows, and put to it three spoonfuls of Runnet; and when 'tis come, break it, and whey it; and when 'tis well wheyed, break it again, and work into the Curd three pounds of fresh Butter, and put it in your Press, and turn it in the Press very often for an hour or more, and change the Cloths, and wash them every time you change them; you may put wet Cloths at first to them, but towards the last put two or three fine dry Cloths to them; let it lie thirty or forty hours in the

the Press, according to the thickness of the Cheese: Then take it out, wash it in Whey, and lay it in a dry Cloth till 'tis dry; then lay it on your Shelf, and turn it often.

To make Butter.

AS soon as you have milked, strain your Milk into a Pot, and stir it often for half an hour; then put it in your Pans or Trays; when 'tis creamed, skim it exceeding clean from the Milk, and put your Cream into an earthen Pot, and if you do not churn immediately for Butter, shift your Cream once in twelve hours into another clean scalded Pot, and if you find any Milk at the bottom of the Pot, put it away; and when you have churned, wash your Butter in three or four Waters, and then salt it as you will have it, and beat it well, but not wash it after 'tis salted; let it stand in a Wedge, if it be to pot, till the next morning, and beat it again, and make your Layers the thickness of three Fingers, and then strew a little Salt on it, and so do till your Pot is full.

The Queen's Cheese.

TAKE six quarts of the best Stroakings, and let them stand till they are cold; then set two quarts of Cream on the fire till 'tis ready to boil; then take it off, and boil a quart of fair Water, and take the yolks of two Eggs, and one spoonful of Sugar, and two spoonfuls of Runnet; mingle all these together, and stir it till 'tis but blood warm: when the Cheese is come, use it as other Cheese; set it at night, and the third day lay the leaves of Nettles under and over it: it must be turned and wiped, and the Nettles shifted every day, and in three weeks it will be fit to eat.

This Cheese is made between *Michaelmas* and *Allhallontide.*

To make a thick Cream-Cheese.

TAKE the Morning's Milk from the Cow, and the Cream of the Night's Milk and Runnet, pretty cool together, and when 'tis come, make it pretty much in the Cheese-fat, and in a little Salt, and make the Cheese thick in a deep Mold, or a Melon Mold if you have one: keep it a Year and half, or two Years before you cut it: It must be well salted on the outside.

To make a Slip-coat Cheese.

TAKE new Milk and Runnet, quite cold, and when 'tis come, break it as little as you can in putting it into the Cheese-fat, and let it stand and whey itself for some time; then cover it, and set about two pound weight on it, and when it will hold together, turn it out of that Cheese-fat, and keep it turning upon clean Cheese-fats for two or three days, till it has done wetting, and then lay it on sharp-pointed Dock-leaves till 'tis ripe: Shift the Leaves often.

A Cream Cheese.

TAKE six quarts of new Milk warm from the Cow, and put to it three quarts of good Cream; then Runnet it, and when it comes, put a Cloth in the Cheese-mold, and with your Flitting-dish take it out in thin slices, and lay it on your Mold by degrees till 'tis all in: then let it stand with a Cheese-board upon it till 'tis enough to turn, which will be all night; then salt it on both sides a little, and let it stand with a two pound weight on it all night; then take it out, and put it into a

dry

dry Cloth; and so do till 'tis dry; ripen it with laying it on Nettles; shift the Nettles every day.

All Sorts of PICKLES.

To pickle Mushrooms.

GATHER your Mushrooms in the Morning, as soon as possible after they are out of the Ground: for one of them that are round and unopen'd, is worth five that are open. If you do gather any that are open, let them be such as are reddish in the Gills, for those that have white Gills are not good. Having gathered them, peel them into Water: When they are all done, take them out, and put them into a Sauce-pan; then put to them a good quantity of Salt, whole Pepper, Cloves, Mace, and Nutmeg quartered; let them boil in their own Liquor a quarter of an hour with a quick fire; then take them off the fire, and pass them through a Colander, and let them stand till they are cold; then put all the Spice, that was used in the boiling them, to one half White-wine, and the other half White-wine Vinegar, some Salt, and a few Bay-leaves; then give them a boil or two: There must be Liquor enough to cover them; and when they are cold put a spoonful or two of Oil on the top to keep them: You must change the Liquor once a Month.

To make Melon Mangoes.

TAKE small Melons, not quite ripe, cut a slip down the side, and take out the Inside very

clean: beat Mustard-seeds, and shred Garlick, and mix with the Seeds, and put in your Mangoes; put the pieces you cut out into their places again, and tie them up, and put them into your Pot, and boil some Vinegar, (as much as you think will cover them) with whole Pepper, and some Salt, and *Jamaica* Pepper, and pour in scalding hot over your Mangoes, and cover them close to keep in the steam; and so do every day for nine times together, and when they are cold cover them with Leather.

To pickle Walnuts.

TAKE Walnuts about *Midsummer*, when a Pin will pass through them, and put them in a deep Pot, and cover them over with ordinary Vinegar; change them into fresh Vinegar once in fourteen days, till six weeks be past; then take two gallons of the best Vinegar, and put into it Coriander-seeds, Carraway-seeds, Dill-seeds, of each an ounce grosly bruised, Ginger sliced three ounces, whole mace one ounce, Nutmeg bruised two ounces, Pepper bruised two ounces, give all a boil or two over the fire, and have your Nuts ready in a Pot, and pour the Liquor boiling hot over them; so do for nine times.

To pickle Cucumbers in Slices.

SLICE your Cucumbers pretty thick, and to a dozen of Cucumbers slice in two or three good Onions, and strew on them a large handful of Salt, and let them lie in their Liquor twenty-four hours; then drain them, and put them between two coarse Cloths; then boil the best White-wine Vinegar, with some Cloves, Mace, and *Jamaica* Pepper in it, and pour it scalding hot over them, as much as will cover them all over;

over; when they are cold, cover them up with Leather, and keep them for use.

To pickle Sprats for Anchovies.

TAKE an Anchovy-barrel, or a deep glazed Pot; put a few Bay-leaves at the bottom; then a Layer of Bay-salt, and some Petre-salt mixt together; then a Layer of Sprats crowded close; then Bay-leaves, and the same Salt and Sprats, and so till your Barrel or Pot be full; then put in the head of your Barrel close, and once a week turn the other end upwards; in three months they'll be fit to eat as Anchovies raw, but they will not dissolve.

To pickle Sparrows or Squab-Pigeons.

TAKE your Sparrows, Pigeons, or Larks, and draw them, and cut off their Legs; then make a Pickle of Water, a quarter of a pint of White-wine, a bunch of Sweet-herbs, Salt, Pepper, Cloves, and Mace; when it boils, put in your Sparrows, and when they are enough, take them up, and when they are cold, put them in the Pot you keep them in; then make a strong Pickle of Rhenish-wine, and White-wine Vinegar, put in an Onion, a Sprig of Thyme and Savory, some Lemon-peel, some Cloves, Mace and whole Pepper; season it pretty high with Salt; boil all these together very well; then set it by till 'tis cold, and put it to your Sparrows; once in a Month new boil the Pickle, and when the Bones are dissolved they are fit to eat; put them in China-saucers, and mix with your Pickles.

To pickle Nasturtium-Buds.

GAther your little Knobs quickly after your Blossoms are off; put them in cold Water

and Salt for three days, shifting them once a day; then make a Pickle (but do not boil it at all) of some White-wine, some White-wine Vinegar, Eschalot, Horse-radish, Pepper, Salt, Cloves, and Mace whole, and Nutmeg quartered; then put in your Seeds and stop them close; they are to be eaten as Capers.

To keep Quinces in Pickle.

CUT five or six Quinces all to pieces, and put them in an earthen Pot or Pan, with a gallon of Water, and two pounds of Honey; mix all these together well, and then put them in a Kettle to boil leisurely half an hour, and then strain your Liquor into that earthen Pot, and when 'tis cold, wipe your Quinces clean, and put them into it: They must be covered very close, and they will keep all the year.

To pickle Asparagus.

GAther your Asparagus, and lay them in an earthen Pot; make a Brine of Water and Salt strong enough to bear an Egg, and pour it hot on them, keep it close covered; when you use them hot, lay them in cold Water for two hours, then boil and butter them for the Table; and if you use them as a Pickle, boil them and lay them in Vinegar.

To pickle Ashen-keys.

TAKE Ashen-keys, as young as you can get them, and put them in a Pot with Salt and Water; then take green Whey, when 'tis hot and pour over them; let them stand till they are cold before you cover them, so let them stand; when you use them, boil them in fair Water; when they

they are tender take them out, and put them in Salt and Water.

To pickle Samphire.

PICK your Samphire from dead or withered Branches; lay it in a Bell-metal or Brass Pot; then put in a pint of Water and a pint of Vinegar; so do till your Pickle is an inch above your Samphire; have a lid fit for the Pot, and paste it close down, that no steam may go out; keep it boiling an hour, take it off, and cover it with old Sacks, or any old Cloths, under, over, and all about the Pot: when 'tis cold, put it up in Tubs or Pots; the best by itself; the great Stalks lay upmost in boiling; it will keep the cooler and better. The Vinegar you use must be the best.

To mango Cucumbers.

CUT out a little Slip out of the Side of the Cucumber, and take out the Seeds, but as little of the Meat as you can; then put in the inside Mustard-seed bruised, a clove of Garlick, some slices of Ginger, and some bits of Horse-radish; tie the piece in again, and make a Pickle of Vinegar, Salt, whole Pepper, Cloves, Mace, and boil it, and pour it on the Mangoes; and so do for nine days together, when cold, cover them with Leather.

Another Way to pickle Walnuts.

TAKE Walnuts about *Midsummer*, when a Pin will pass through them; and put them in a deep pot, and cover them over with ordinary Vinegar; change them into fresh Vinegar once in fourteen days, so do four times; then take six quarts of the best Vinegar, and put into it an

ounce of Dill-seeds grossly bruised, Ginger sliced three ounces, Mace whole one ounce, Nutmegs quartered two ounces, whole Pepper two ounces; give all a boil or two over the fire; then put your Nuts into a Crock, and pour your Pickle boiling hot over them; cover them up close till 'tis cold to keep in the steam; then have Gallipots ready, and place your Nuts in them till your Pots are full; put in the middle of each Pot a large clove of Garlick stuck full of Cloves; and strew over the tops of the Pots Mustard-seed finely beaten, a spoonful, or more or less, according to the bigness of your Pot; then put the Spice on, and lay Vine-leaves, and pour on the Liquor, and lay a Slate on the top to keep them under the Liquor. Be careful not to touch them with your Fingers, lest they turn black; but take them out with a wooden Spoon; put a handful of Salt in with the Spice. When you first boil the Pickle, you must likewise remember to keep them under the Pickle they are first steeped in, or they will lose their Colour. Tye down the Pots with Leather. A spoonful of this Liquor will relish Sauce for Fish, Fowl, or Fricasy.

To pickle Oysters.

WASH your Oysters in their own Liquor, squeezing them between your Fingers, that there be no Gravel in them; strain the Liquor, and wash the Oysters in it again; put as much Water as the Liquor, and set it on the fire, and as it boils scum it clean; then put a pretty deal of whole Pepper, boil it a little, then put in some blades of Mace, and your Oysters, stirring them apace, and when they are firm in the middle-part, take them off, pour them quick into an earthen Pot, and cover them very close; put in a few Bay-leaves; be sure your Oysters are all under the Li-

quor; the next day put them up for use, cover them very close: when you dish them to eat, put a little White-wine or Vinegar on the Plate with them.

To pickle Pods of Radishes.

GAther the youngest Pods, and put them in Water and Salt twenty-four hours; then make a Pickle for them of Vinegar, Cloves, Mace, whole Pepper: boil this, and drain the Pods from the Salt and Water, and pour the Liquor on them boiling hot: put to them a clove of Garlick a little bruised.

To pickle Cucumbers.

WIPE your Cucumbers very clean with a cloth, then get so many quarts of Vinegar as you have hundreds of Cucumbers, and take Dill and Fennil, and cut it small, and put it to the Vinegar, and set it over the fire in a copper Kettle, and let it boil, and then put in your Cucumbers till they are warm through, but not boil while they are in; when they are warm through, pour all out into a deep earthen Pot, and cover it up very close till the next day; then do the same again; but the third day season the Liquor before you set it over the fire; put in Salt till 'tis blackish, some sliced Ginger, whole Pepper, and whole Mace; then set it over the fire again; and when it boils, put in your Cucumbers: When they are hot through, pour them into the Pot, covering it close; when they are cold put them in Glasses, and strain the Liquor over them; pick out the Spice, and put to them; cover them with Leather.

To pickle French *Beans.*

TAKE young slender *French* Beans; take off Top and Tail; then make a Brine with cold Water

Water and Salt ſtrong enough to bear an Egg: put in your Beans into that Brine, and let them lie fourteen Days; then take them out, and waſh them in fair Water, and ſet them over the fire in cold Water, without Salt, and let them boil till they are ſo tender as to eat; and when they are cold, drain them from their Water, and make a Pickle for them: to a Peck of *French* Beans, you muſt have a gallon of White-wine Vinegar, boil it with ſome Cloves, Mace, whole Pepper, and ſliced Ginger, and when 'tis cold, put it and your Beans in a Glaſs; ſo keep them for uſe.

To pickle Broom Buds.

PUT your Broom-buds into little Linnen-bags, tie them up, and make a Pickle of Bay-ſalt and Water boiled, and ſtrong enough to bear an Egg; put your Bags in a Pot, and when your Pickle is cold, put it to them; keep them cloſe, and let them lie till they turn black: then ſhift them two or three times, till they change green; then take them out, and boil them, as you have occaſion for them: when they are boiled, put thtm out of the Bag; in Vinegar they will keep a Month after they are boiled.

To pickle Purſlain Stalks.

WASH your Stalks, and cut them in pieces ſix Inches long; boil them in Water and Salt a dozen Walms; take them up, drain them, and when they cool, make a Pickle of ſtale Beer, White-wine Vinegar, and Salt; put them in, and cover them cloſe.

To pickle Red Cabbage.

TAKE your cloſe-leaved red Cabbage, and cut it in quarters, and when your Liquor boils put

put in your Cabbage, and give it a dozen Walms; then make the Pickle of White-wine Vinegar and Claret: You may put to it Beet-root, boil them first, and Turnips half boiled; 'tis very good for the garnishing Dishes, or to garnish a Salade.

To pickle Barberries.

TAKE of White-wine Vinegar, and fair Water, an equal quantity, and to every pint of this Liquor, put a pound of six-penny Sugar; set it over the Fire, and bruise some of the Barberries and put in it, and a little Salt; let it boil near half an hour; then take it off the Fire, and strain it, and when 'tis perfectly cold, pour it into a Glass over your Barberries; boil a piece of Flannel in the Liquor and put over them, and cover the Glass with Leather.

Another way to pickle Barberries.

TAKE Water, and colour it red with some of the worst of your Barberries, and put Salt to it, and make it strong enough to bear an Egg; then set it over the Fire, and let it boil half an hour; scum it, and when 'tis cold, strain it over your Barberries; lay something on them to keep them in the Liquor, and cover the Pot or Glass with Leather.

To pickle Oysters.

TAKE a hundred and half of large Oysters, wash them in their own Liquor, and then scald them in their own Liquor; then take them out, and lay them on a clean Cloth to cool; then strain their Liquor, and boil, and scum it clean, and put to it one pint of White-wine, half a pint of White-wine Vinegar, one Nutmeg beat grosly,

one Onion slit, an ounce of white Pepper, half whole, the other half just bruised, six or eight blades of Mace, a quarter of an ounce of Cloves, five or six Bay-leaves; boil up this Pickle till 'tis of a good taste; then cool it in broad Dishes, and put your Oysters in a deep Pot or Barrel, and when the Pickle is cold put it to them, in five or six days they wlll be ready to eat, and will keep three Weeks or a Month, if you take them out with a Spoon, and not touch them with your Fingers.

The Lemon Salade.

TAKE Lemons, and cut them in halfs, and when you have taken out the Meat, lay the Rinds in Water twelve hours; then take them out, and cut the Rinds thus ©: then boil them in Water till they are tender; then take them out and dry them; then take a pound of Loaf Sugar and put to it a quarter of a pint of White-wine, and twice as much White-wine Vinegar, and boil it a little; then take it off, and when 'tis cold, put it in the Pot to your Peels: they will be ready to eat in five or six days, and is a pretty Salade.

Another way to pickle Pigeons.

TAKE your Pigeons and bone them, beginning at the Rump; then take Cloves, Mace, Nutmeg, Pepper, Salt, Thyme, Lemon-peel; beat the Spice, shred the Herbs and Lemon-peel very small, and season the inside of your Pigeons, and then sew them up, and place the Legs and Wings in order: then season the outside and make a Pickle for them. To a dozen of Pigeons two quarts of Water, one quart of White-wine, a few Blades of Mace, some Salt, some whole Pepper, and when it boils, put in your Pigeons, and let them boil till they are tender; then take them out

and

and strain out the Liquor, and put your Pigeons in a Pot, and when the Liquor is cold, pour it on them. When you serve them to the Table, dry them out of the Pickle, and garnish the Dish with Fennel or Flowers. Eat them with Vinegar and Oil.

To pickle Purslain Stalks.

TAKE the largest and greenest Purslain Stalks, gather them dry, and strip off all the Leaves. Lay the Stalks close in an earthen Pot: you may lay Kidney-beans among them, for you may do them the same way: then lay a Stick or two across to keep them under the Pickle, which must be made thus: Take Whey, and set it on the Fire, with as much Salt as will make it almost as salt as Brine; scum off all the Curd, and let it boil a quarter of an hour longer, with *Jamaica* Pepper in it. Next day, when 'tis cold, pour the clear through a clean Cloth upon the Pickles, and tie it down close, and set it in a cool Cellar. In Winter, take a few out as you use them: wash them till the Water runs clean: then put your Beans or Stalks into cold Water, and set them over the Fire, very close covered, and let them scald two hours; and tho' they be black as Ink, or stink before you put them in, they will be very green and good when done; then boil Vinegar, Salt, Pepper, *Jamaica* Pepper, Ginger, for half a quarter of an hour; and when your Stalks are well drain'd from the Water through a Colander, then put your pickle to them, and when these are used, green more, but do not do many at a time.

To make English Katchup.

TAKE a wide-mouth'd Bottle, put therein a pint of the best White-wine Vinegar; then put in ten or twelve Cloves of Eschalot, peeled

and

and just bruised; then take a quarter of a pint of the best Langoon White-wine; boil it a little, and put to it twelve or fourteen Anchovies wash'd and shred, and dissolve them in the Wine, and when cold put them in the Bottle; then take a quarter of a pint more of White-wine, and put in it Mace, Ginger sliced, a few Cloves, a spoonful of whole Pepper just bruised: let them boil all a little; when near cold, slice in almost a whole Nutmeg, and some Lemon-peel, and likewise put in two or three spoonfuls of Horse-radish; then stop it close, and for a Week shake it once or twice a day; then use it; 'tis good to put into Fish Sauce, or any savory Dish of Meat; you may add to it the clear Liquor that comes from Mushrooms.

To pickle Cucumbers in Slices.

TAKE your Cucumbers at the full Bigness, but not yellow, and slice them half an inch thick; slice an Onion or two with them, and strew a pretty deal of Salt on them; let them stand to drain all night; then pour the Liquor clear from them: dry them in a coarse Cloth, and boil as much Vinegar as will cover them, with whole Pepper, Mace, and a quarter'd Nutmeg; pour it scalding hot on your Cucumbers, keeping them very close stopt; in two or three days heat your Liquor again, and pour over them; so do two or three times more, then tye them up with Leather.

To pickle small Onions.

TAKE young white unset Onions, as big as the tip of your Finger; lay them in Water and Salt two Days; shift them once, then drain them in a Cloth; boil the best Vinegar with Spice, according to your taste, and when 'tis cold, keep them in it covered with a wet Bladder.

Another

Another way to pickle Wallnuts.

TAKE your Nuts fit to preſerve, prick them full of holes, and cut the ſlit in the creaſe half through. Put them as you do them into Brine; let them lie three Weeks, changing the Brine every four days: take them out with a Cloth, and wipe them dry; put them in a Pot, with a good deal of bruiſed Muſtard-ſeed; then have your Pickle ready; which muſt be Wine-vinegar, as much as will cover them; put in Cloves, Mace, Ginger, Pepper, Salt, three or four Cloves of Garlick ſtuck with Cloves, and pour your Liquor boiling hot upon them, and keep them cloſe tied for a fortnight; boil the Pickle again, ſo do three times; put Oil on the top.

To diſtil Vinegar for Muſhrooms.

TO a gallon of Vinegar put an ounce and half of Ginger ſliced, one ounce of Nutmegs bruiſed, half an ounce of Mace, half an ounce of white Pepper, as much *Jamaica* Pepper, both bruiſed, a few Cloves; diſtil this: Take care it does not burn in the Still.

To pickle Muſhrooms.

TAKE only the Buttons, waſh them in Milk and Water with a Flannel; put Milk on the Fire, and when it boils, put in your Muſhrooms, and boil them four or five boils, and have in readineſs a Brine made with Milk and Salt, and take them out of the boiling Brine, and put them into the Milk Brine, and cover them up all night; then have a Brine with Water and Salt, boil it, and let it ſtand to be cold, and put in your Buttons, and waſh them in it. When you firſt boil

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your Mushrooms, you must put with them an Onion and Spice: Then have in readiness a Pickle, made with half White-wine, and half White-wine Vinegar; boil it in Ginger, Mace, Nutmegs, and whole white Pepper; when 'tis quite cold, put your Mushrooms into the Bottle, and some Bay-leaves on the sides, and strew between some of your boiled Spice; then put in the Liquor, and a little Oil on the top; cork and rozin the top; set them cool and dry, and the bottom upwards.

A Leg of Mutton Ala-Daube.

LARD your Meat with Bacon through, but slant-way; half roast it; take it off the Spit, and put it in a small Pot as will boil it; two quarts of strong Broth, a pint of White-wine, some Vinegar, whole Spice, Bay-leaves, green Onions, Savory, Sweet-marjoram; when 'tis stew'd enough, make Sauce of some of the Liquor, Mushrooms, Lemon cut like Dice, two or three Anchovies: thicken it with browned Butter. Garnish with Lemon.

To marinate Smelts.

TAKE your Smelts, gut them neatly, wash and dry them, and fry them in Oil; lay them to drain and cool, and have in readiness a Pickle made with Vinegar, Salt, Pepper, Cloves, Mace, Onion, Horse-radish: let it boil together half an hour, when 'tis cold put in your Smelts.

To make the Mushroom Powder.

TAKE a peck of Mushrooms, wash and rub them clean with a flannel rag, cutting out all the Worms; but do not peel off the Skins: put to them sixteen blades of Mace, forty Cloves,

ſix Bay-leaves, twice as much beaten Pepper as will lie on a half Crown; a good handful of Salt, a dozen Onions, a piece of Butter as big as an Egg, and half a pint of Vinegar; ſtew theſe as faſt as you can; keep the liquor for uſe, and dry the Muſhrooms firſt on a broad Pan in the Oven; afterward put them on Sieves, till they are dry enough to pound all together into Powder. This quantity uſually makes half a pound.

To pickle Lemons.

TAKE twelve Lemons, ſcrape them with a piece of broken glaſs; then cut them croſs into four parts, downright, but not quite through, but that they will hang together; then put in as much Salt as they will hold, and rub them well, and ſtrew them over with Salt; let them lye in an earthen Diſh, and turn them every day for three days; then ſlice an ounce of Ginger very thin, and ſalted for three days; twelve cloves of Garlick parboiled, and ſalted three days; a ſmall handful of Muſtard-ſeed bruiſed, and ſearced through a hair Sieve; ſome red Indian Pepper, one to every Lemon. Take your Lemons out of the Salt, and ſqueeze them gently, and put them into a Jar, with the Spice, and cover them with the beſt White-wine Vinegar. Stop them up very cloſe, and in a Month's time they will be fit to eat.

To pickle Muſhrooms.

RUB your Muſhrooms with a piece of Flannel in a little Water, and as you clean, put them into your pot you deſign to do them in; then ſet them into a pot of hot Water, as if you were going to infuſe them; let them be covered cloſe, and boil them till they be ſettled about half from

what they were at first: Take them out into a Sieve to let the liquor run off, and immediately spread them on a clean coarse Cloth, and smother them up close; when cold, put them in the best White-wine Vinegar and Salt, and let them lye nine or ten days in it; then make your Pickle with fresh White-wine Vinegar, white Pepper whole, and a little Salt.

To pickle Walnuts.

IN *July* gather the largest Walnuts, and let them lie nine days in Salt and Water, shifting them every third day; let the Salt and Water be strong enough to bear an Egg; then put two pots of Water on the Fire; when the Water is hot, put in you Walnuts; shift them out of one Pot into the other; for the more clean Water they have the better; when some of them begin to rise in the Water, they are enough; then pour them into a Colander, and with a woollen Cloth wipe them clean, and put them in the Jar you keep them in; then boil as much Vinegar as will cover them, with beaten Pepper, Cloves, Mace, and Nutmeg, just bruised, and put some cloves of Garlick into the Pot to them, and whole Spice, and *Jamaica* Pepper; and when they are cold, put into every half hundred of Nuts, three spoonfuls of Mustard-seed. Tye a Bladder over them and Leather.

Another way to pickle Mushrooms.

SCRAPE the Buttons carefully with a Penknife, and throw them into cold Water as you scrape them; and put them into fresh Water, and set them close covered over a quick clear Fire; blow under it to make it boil as fast as possible half a quarter of an hour; strain them off, and turn the hollow end down upon a wooden Board as quick

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as you can, whilst they remain hot, and then sprinkle them over with a little Salt; when they are cold, put them into Bottles or Glasses, with a little Mace, and sliced Ginger, and cover them with cold White-wine Vinegar. Tye Bladders or Leather over them.

To make Gooseberry-Vinegar.

TAKE Gooseberries full ripe, bruise them in a Mortar; then measure them, and to every quart of Gooseberries, put three quarts of Water, first boiled, and let stand till cold; let it stand twenty-four hours; then strain it through a Canvass, then a Flannel; and to every gallon of this liquor, put one pound of feeding brown Sugar; stir it well, and barrel it up; at three quarters of a year old 'tis fit for use; but if it stands longer, 'tis the better: This Vinegar is likewise good for Pickles.

Another sort of Mushroom-Powder.

TAKE the large Mushrooms, wash them clean from grit; cut off the Stalks, but do not peel or gill them; so put them into a Kettle over the fire, but no Water; put a good quantity of Spice of all Sorts, two Onions stuck with Cloves, a handful of Salt, some beaten Pepper, and a quarter of a pound of Butter; let all these stew till the Liquor is dry'd up in them; then take them out, and lay them on Sieves to dry, till they will beat to Powder; press the Powder hard down in a Pot, and keep it for use, what quantity you please at a time in Sauce.

To pickle Mushrooms.

TAKE your Mushrooms fresh gathered, peel or rub them, and put them in Milk, and

Water and Salt; when they are all peeled, take them out of that, and put them into fresh Milk, Water, and Salt to boil, and an Onion stuck with Cloves; and when they have boiled a little, take them off, and take them out of that, and smother them between two Flannels; then take as much good Alegar as you think will cover them, and boil it with Ginger, Mace, Nutmeg, and whole Pepper; when 'tis cold, let it be put on your Mushrooms, and cover them close.

To pickle Muscles or Cockles.

TAKE your fresh Muscles, or Cockles; wash them very clean, and put them in a Pot over the fire, till they open; then take them out of their Shells, and pick them clean, and lay them to cool; then put their Liquor to some Vinegar, whole Pepper, Ginger sliced thin, and Mace, and set it over the Fire; when 'tis scalding hot, put in your Muscles, and let them stew a little; then pour out the Pickle from them, and when both are cold, put them in an earthen Jug, and cork it up close: In two or three Days they will be fit to eat.

To do the fine hanged Beef.

THE piece that is fit to do, is the Navel-piece, and let it hang in your Cellar as long as you dare for stinking, and till it begins to be a little sappy; take it down, and wash it in Sugar and Water; wash it with a clean Rag very well, one piece after another: for you may cut that piece in three; then take six Penny-worth of Salt-petre, and two pounds of Bay-salt; dry it, and pound it small, and mix with it two or three spoonfuls of brown Sugar, and rub your Beef in every Place very

very well with it; then take of common Salt, and strew all over it as much as you think will make it salt enough; let it lie close, till the Salt be dissolv'd, which will be six or seven days; then turn it every other day, the undermost uppermost, and so for a fortnight; then hang it where it may have a little warmth of the fire; not too hot to roast it. It may hang in the Kitchen a Fortnight; when you use it, boil it in Hay and Pump-water, very tender; it will keep boiled two or three months, rubbing it with a greasy Cloth, or putting it two or three minutes into boiling Water to take off the Mouldiness.

To distil Verjuice for Pickles.

TAKE three quarts of the sharpest Verjuice, and put it in a cold Still, and distil it off very softly; the sooner 'tis distill'd in the Spring, the better for use.

To pickle Mushrooms.

TAKE your Mushrooms as soon as they come in; cut the Stalks off, and throw your Mushrooms into Water and Salt as you do them; then rub them with a piece of Flannel, and as you do them, throw them into another Vessel of Salt and Water, and when all is done, put some Salt and Water on the fire, and when 'tis scalding hot, put in your Mushrooms, and let them stay in as long as you think will boil an Egg; throw them into cold Water as soon as they come off the fire; but first put them in a Sieve, and let them drain from the hot Water, and be sure to take them out of the hot Water immediately, or they will wrinkle and look yellow. Let them stand in the cold Water till next Morning, then take them out, and put them into fresh Water and

Salt, and change them every day for three or four days together; then wipe them very dry, and put them into distilled Vinegar: The Spice must be distilled in the Vinegar.

Sauce for Fish or Flesh.

TAKE a quart of Verjuice, and put it into a Jug; then take *Jamaica* Pepper whole, some sliced Ginger, some Mace, a few Cloves, some Lemon-peel, Horse-radish-root sliced, some Sweet-herbs, six Eschalots peeled, and eight Anchovies, two or three spoonfuls of shred Capers; put all these into a Linnen-bag, and put the Bag into your Verjuice; stop the Jug close, and keep it for use; a spoonful cold or mixed in Sauce for Fish or Flesh.

All Sorts of PUDDINGS.

To make an Orange Pudding.

TAKE two large Sevil Oranges, and grate off the Rind, as far as they are yellow; then put your Oranges in fair Water, and let them boil till they are tender; shift the Water three or four times to take out the Bitterness; when they are tender cut them open, and take away the Seeds and Strings, and beat the other part in a Mortar, with half a pound of Sugar, till 'tis a Paste; then put in the yolks of six Eggs, three or four spoonfuls of thick Cream, half a Naples-Bisket grated; mix these together, and melt a pound

a pound of very good fresh Butter, and stir it well in; when 'tis cold, put a bit of fine Puff-paste about the brim and bottom of your Dish, and put it in and bake it about three quarters of an hour.

Another sort of Orange Pudding.

TAKE the outside Rind of three Sevil-Oranges, boil them in several Waters till they are tender; then pound them in a Mortar with three quarters of a pound of Sugar; then blanch and beat half a pound of Almonds very fine, with Rose-water to keep them from oiling; then beat sixteen Eggs, but six Whites, and a pound of fresh Butter; beat all these together very well till 'tis light and hollow; then put it in a Dish, with a sheet of Puff-paste at the bottom, and bake it with Tarts; scrape Sugar on it, and serve it up hot.

To make a Carrot Pudding.

TAKE raw Carrots, and scrape them clean, grate them with a grater without a back. To half a pound of Carrot, take a pound of grated Bread, a Nutmeg, a little Cinnamon, a very little Salt, half a pound of Sugar, and half a pint of Sack, eight Eggs, a pound of Butter melted, and as much Cream as will mix it well together; stir it and beat it well up, and put it in a Dish to bake; put Puff-paste at the bottom of your Dish.

To make an Almond Pudding.

TAKE a pound of the best *Jordan* Almonds blanched in cold Water, and beat very fine with a little Rose-water; then take a quart of Cream, boiled with whole Spice, and taken out again, and when 'tis cold, mix it with the Almonds, and put to it three spoonfuls of grated

Bread, and one spoonful of Flour, nine Eggs, but three whites, half a pound of Sugar, a Nutmeg grated; mix and beat these well together, put some Puff-paste at the bottom of a Dish; put your Stuff in, and here and there stick a piece of Marrow in it. It must bake an hour, and when 'tis drawn, scrape Sugar on it, and serve it up.

To make a Marrow Pudding.

TAKE out the Marrow of three or four Bones, and slice it in thin pieces; and take a penny Loaf, cut off the Crust, and slice it in as thin slices as you can, and stone half a pound of Raisins of the Sun; then lay a sheet of thin Paste in the bottom of a dish; so lay a row of Marrow, of Bread, and of Raisins, till the dish is full; then have in readiness a quart of Cream boiled, and beat five Eggs, and mix with it; put to it a Nutmeg grated, and half a pound of Sugar. When 'tis just going into the Oven, pour in your Cream and Eggs; bake it half an hour, scrape Sugar on it when 'tis drawn, and serve it up.

A Bread and Butter Pudding for Fasting Days.

TAKE a two-penny Loaf, and a pound of fresh Butter; spread it in very thin slices, as to eat; cut them off as you spread them, and stone half a pound of Raisins, and wash a pound of Currants; then put Puff-paste at the bottom of a dish, and lay a Row of your Bread and Butter, and strew a handful of Currants, and a few Raisins, and some little bits of Butter, and do so till your dish is full; then boil three pints of Cream, and thicken it when cold with the yolks of ten Eggs, a grated Nutmeg, a little Salt, near half a pound of Sugar, some Orange-flower-water, and pour this in just as the Pudding is going into the Oven.

Ano-

Another baked Bread Pudding.

TAKE a penny Loaf, cut it in thin slices, then boil a quart of Cream or new Milk, and put in your Bread, and break it very fine; put five Eggs to it, a Nutmeg grated, a quarter of a pound of Sugar, and half a pound of Butter; stir all these well together; butter a dish, and bake it an hour.

A Lemon Pudding.

TAKE two clear Lemons, grate off the outside rinds; then grate two Naples-biskets, and mix with your grated Peel, and add to it three quarters of a pound of fine Sugar, twelve yolks, and six whites of Eggs, well beat, and three quarters of a pound of Butter melted, and half a pint of thick Cream; mix these well together; put a sheet of Paste at the bottom of the dish; and just as the Oven is ready, put your Stuff in the Dish; sift a little double-refined Sugar over it before you put it in the Oven; an hour will bake it.

To make a Calf's Foot Pudding.

TAKE two Calf's feet, finely shred; then take of Bisket grated, and stale Mackaroons broken small, the quantity of a penny Loaf; then add a pound of Beef-suet, very finely shred, half a pound of Currants, a quarter of a pound of Sugar; some Cloves, Mace, and Nutmeg, beat fine, a very little Salt, some Sack and Orange-flower-water, some Citron and candied Orange-peel; work all these well together, with yolks of Eggs; if you boil it, put it in the Caul of a breast of Veal, and tie it over with a Cloth; it must boil four hours. For Sauce, melt Butter, with a little Sack and

Sugar;

Sugar; if you bake it, put some Paste in the bottom of the Dish, but none on the brim; then melt half a pound of Butter, and mix with your Stuff, and put it in your Dish, and stick lumps of Marrow in it; bake it three or four hours; scrape Sugar over it, and serve it hot.

A Rice Pudding.

SET a pint of thick Cream over the fire, and put into it three spoonfuls of the flour of Rice; stir it, and when 'tis pretty thick, pour it into a Pan, and put into it a pound of fresh Butter; stir it till 'tis almost cold; then add to it a grated Nutmeg, a little Salt, some Sugar, a little Sack, the yolks of six Eggs; stir it well together; put some Puff-paste in the bottom of the dish, pour it in; an hour or less will bake it.

To make an Oat-meal Pudding.

TAKE three pints of thick Cream, and three quarters of a pound of Beef-suet shred very fine; when the Cream boils, put into it the Suet, and a pound of Butter, and half a pound of Sugar, a Nutmeg grated, a little Salt; then thicken all with a pint of fine Oat-meal; stir it together; pour it in a Pan, and cover it up close till 'tis almost cold; then put in the yolks of six Eggs; mix it all well together, and put a very thin Paste at the bottom of the Dish, and stick lumps of Marrow in it; bake it two hours.

To make a French-*Barley Pudding.*

TAKE a quart of Cream, and put to it six Eggs well beaten, but three of the Whites, then season it with Sugar, Nutmeg, a little Salt, Orange-flower-water, and a pound of melted Butter;

ter; then put to it six handfuls of *French*-barley that has been boiled tender in Milk: Butter a dish and put it in, and bake it. It must stand as long as a Venison-Pasty, and it will be good.

A colouring Liquor for Puddings.

BEAT an ounce of Cochineel very fine, put it in a pint of Water in a Skillet, and a quarter of an ounce of Roach-allum; boil it till the Goodness is out; strain it into a Viol, with two ounces of fine Sugar. It will keep six Months.

A good boiled Pudding.

TAKE a pound and a quarter of Beef-suet, after 'tis skinned, shred very fine; then stone three quarters of a pound of Raisins, and mix with it, and a grated Nutmeg, a quarter of a pound of Sugar, a little Salt, a little Sack, four Eggs, four spoonfuls of Cream, and about half a pound of fine Flour; mix these well together, pretty stiff: tie it in a Cloth, and let it boil four hours. Melt Butter thick for Sauce.

To make a Quaking Pudding.

TAKE a pint of Cream, and boil it with Nutmeg, and Cinnamon, and Mace; take out the Spice when 'tis boiled; then take the yolks of eight Eggs, and four of the Whites; beat them very well with some Sack, and mix your Eggs with your Cream, with a little Salt and Sugar, and a stale half-penny white Loaf, and one spoonful of Flour, and a quarter of a pound of Almonds blanch'd and beat fine, with some Rose-water; beat all these well together, and wet a thick Cloth, and flour it, and put it in when the Pot boils. It must boil an hour at least. Melt Butter, Sack and Su-

gar for the Sauce; stick blanched Almonds and candied Orange-peel on the top.

To make a Cow-heel Pudding.

TAKE a large Cow-heel, and cut off all the Meat, but the black Toes; put them away, but mince the rest very small, and shred it over again, with three quarters of a pound of Beef-suet; put to it a penny Loaf grated, Cloves, Mace, Nutmeg, Sugar, and a little Salt, some Sack, and Rose-water; mix these well together with six raw Eggs well beaten; butter a Cloth, and put it in, and boil it two hours. For Sauce, melt Butter, Sack, and Sugar.

To make a Curd Pudding.

TAKE the Curd of a gallon of Milk, and whey it well, and rub it through a Sieve: then take six Eggs, a little thick Cream, three spoonfuls of Orange-flower-water, one Nutmeg grated, grated Bread, and Flour, of each three spoonfuls; a pound of Currants, and stoned Raisins; mix all these together; butter a thick Cloth, and tie it up in it; boil it an hour. For Sauce, melt Butter and Orange-flower-water, and Sugar.

To make a Pith Pudding.

TAKE a quantity of the Pith of an Ox, and let it lie all night in water to soak out the Blood; the next morning strip it out of the Skins, and beat it with the back of a Spoon in Orange-flower-water till 'tis as fine as Pap; then take three blades of Mace, a Nutmeg quartered, a stick of Cinnamon; then take half a pound of the best *Jordan* Almonds, blanched in cold Water; then beat them with a little of the Cream, and as they dry,

dry, put in more Cream, and when they are all beaten, strain the Cream from them to the Pith; then take the yolks of ten Eggs, the whites of but two; beat them very well, and put them to the Ingredients; then take a spoonful of grated Bread, or Naples-bisket; mingle all these together, with half a pound of fine Sugar, and the Marrow of four large Bones, and a little Salt; fill them in small Ox or Hog's Guts, or bake it with Puff-crust.

A Rice Pudding.

TAKE two large handfuls of Rice, well beaten and searced; then take two quarts of Milk or Cream, set it over the fire with the Rice; put in Cinnamon and Mace; let it boil a quarter of an hour: It must be as thick as Hasty-Pudding; then stir in half a pound of Butter while 'tis over the fire; then take it off to cool, and put in Sugar, and a little Salt; when 'tis almost cold, put in ten or twelve Eggs, take out four of the whites: Butter the dish. An hour will bake it; searce Sugar over it.

Pudding for little Dishes.

TAKE a pint of Cream, and boil it, and slice a half-penny Loaf, and pour your Cream over it hot, and cover it close till 'tis cold; then put in half a Nutmeg grated, a quarter of a pound of Sugar, the yolks of four Eggs, the whites of but two; butter your dish, and put it in, and let it boil an hour; melt Butter, Sack and Sugar for Sauce.

To make a Hasty-Pudding.

BREAK an Egg into fine Flour, and with your hand work up as much as you can into

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as stiff a Paste as is possible; then mince it as small as Herbs to the Pot, as small as if it were to be sifted; then set a quart of Milk a boiling, and put in your Paste, so cut as before-mentioned; put in a little Salt, some beaten Cinnamon and Sugar, a piece of Butter as big as a Walnut, and keep it stirring all one way, till 'tis as thick as you would have it; and then stir in such another piece of Butter; and when 'tis in the dish, stick it all over with little bits of Butter.

To make Stewed Pudding.

GRATE a two-penny Loaf, and mix it with half a pound of Beef-suet finely shred, and three quarters of a pound of Currants, and a quarter of a pound of Sugar, a little Cloves, Mace, and Nutmeg; then beat five or six Eggs, with three or four spoonfuls of Rose-water, and beat all together, and make them up in little round Balls, the bigness of an Egg, and some round, and some long in the Fashion of an Egg; then put a pound of Butter in a Pewter Dish, and when 'tis melted, and thorough hot, put in your Puddings, and let them stew till they are brown; turn them, and when they are enough, serve them up, with Sack and Butter and Sugar for Sauce.

To make a Cabbage Pudding.

TAKE two pounds of the lean Part of a Leg of Veal; take of Beef-suet the like quantity; chop them together, then beat them together in a stone Mortar, adding to it half a little Cabbage scalded, and beat that with your Meat; then season it with Mace and Nutmeg, a little Pepper and Salt, some green Gooseberries, Grapes, or Barberries, in the time of Year. In the

the Winter put in a little Verjuice; then mix all well together, with the yolks of four or five Eggs, well beaten; then wrap it up in green Cabbage leaves; tye a Cloth over it, boil it an hour: Melt Butter for Sauce.

To make Almond Hogs Puddings.

TAKE two pounds of Beef-suet or Marrow shred very small, and a pound and half of Almonds blanched, and beaten very small with Rose-water; one pound of grated Bread, a pound and quarter of fine Sugar, a little Salt, one ounce of Mace, Nutmeg, and Cinnamon, twelve yolks of Eggs, four whites, a pint of Sack, a pint and half of thick Cream, some Rose or Orange-flower Water; boil the Cream, and tye a little Saffron in a Rag, and dip it in the Cream to colour it. First beat your Eggs very well, then stir in your Almonds, then the Spice, and Salt, and Suet, and then mix all your Ingredients together; fill your Guts but half full, put some bits of Citron in the Guts as you fill them. Tye them up, and boil them about a quarter of an hour.

To make Hogs Puddings with Currants.

TAKE three pounds of grated Bread to four pounds of Beef-suet finely shred, two pounds of Currants; Cloves, Mace, and Cinnamon, of each half an ounce beaten fine, a little Salt, a pound and half of Sugar, a pint of Sack, a quart of Cream, a little Rose-water, twenty Eggs well beaten, but half the whites; mix all these well together, and fill the Guts half full: Boil them a little, and prick them as they boil, to keep them from breaking the Guts. Take them up on clean Cloths.

Ano-

Another sort of Hogs Puddings.

TO half a pound of grated Bread, put half a pound of Hog's Liver boiled, cold and grated; a pound and half of Suet finely shred, a handful of Salt, a handful of Sweet-herbs chopp'd small, some Spice. Mix all these together, with six Eggs, well beaten, and a little thick Cream; fill your Guts, and boil them; when cold, cut them in round slices an inch thick; fry them in Butter, and garnish your Dish of Fowls, Hash, or Fricasy.

To make Rice Pancakes.

TAKE a quart of Cream, and three spoonfuls of the Flour of Rice; boil it till 'tis as thick as Pap, and as it boils, stir in half a pound of Butter, a Nutmeg grated; then pour it out into an earthern Pan, and when 'tis cold, put in three or four spoonfuls of Flour, a little Salt, some Sugar, nine Eggs well beaten; mix all well together, and fry them in a little Pan, with a small piece of Butter. Serve them up, four or five in a Dish.

To make black Hogs Puddings.

BOIL all the Hogs-harslet in about four or five gallons of Water till 'tis very tender; then take out all the Meat, and in that Liquor steep near a peck of Groats; put in the Groats as it boils, and let them boil a quarter of an hour; then take the Pot off the Fire, and cover it up very close, and let it stand five or six hours; chop two or three handfuls of Thyme, a little Savory, some Parsley, and Penny-royal, some Cloves and Mace beaten, a handful of Salt; then mix all these with half the Groats, and two quarts of Blood; put in most part of the Leaf of the Hog; cut it in square bits,

bits like Dice, and some in long bits; fill your Guts, and put in the Fat as you like it; fill the Guts three quarters full, put your Puddings into a Kettle of boiling water; let them boil an hour, and prick them with a Pin to keep them from breaking. Lay them on clean Straw when you take them up.

The other half of the Groats you may make into white Puddings for the Family: Chop all the Meat very small, and shred two handfuls of Sage very fine, an ounce of Cloves and Mace finely beaten, and some Salt; work all together very well, with a little Flour, and put it into the large Guts: Boil them about an hour, and keep them and the black near the Fire till used.

To make a Chesnut Pudding.

TAKE a dozen and half of Chesnuts, put them in a Skillet of Water, and set them on the Fire till they will blanch; then blanch them, and when cold, put them in cold Water; then stamp them in a Mortar, with Orange-flower-water and Sack, till they are very small; mix them in two quarts of Cream, and eighteen yolks of Eggs, the whites of three or four; beat the Eggs with Sack, Rose-water and Sugar; put it in a dish with Puff-paste; stick in some Lumps of Marrow or fresh Butter, and bake it.

To make a Brown-bread Pudding.

TAKE half a pound of brown Bread, and double the weight of it in Beef-suet: a quarter of a pint of Cream, the Blood of a Fowl, a whole Nutmeg, some Cinnamon, a spoonful of Sugar, six yolks of Eggs, three whites; mix it all well together, and boil it in a wooden Dish two hours. Serve it with Sack and Sugar, and Butter melted.

To make a baked Sack Pudding.

TAKE a pint of Cream, and turn it to a Curd with Sack; then bruise the Curd very small with a Spoon; then grate in two Naples-biskets, or the inside of a stale penny-loaf, and mix it well with the Curd, and half a Nutmeg grated; some fine Sugar, and the yolks of four Eggs, the whites of two, beaten with two spoonfuls of Sack; then melt half a pound of fresh Butter, and stir all together till the Oven is hot. Butter a dish, and put it in, and sift some Sugar over it, just as 'tis going into the Oven; half an hour will bake it.

To make a Marjoram Pudding.

TAKE the Curd of a quart of Milk finely broken, a good handful or more of Sweet-Marjoram chopp'd as small as Dust, and mingle with the Curd five Eggs, but three whites, beaten with Rose-water, some Nutmeg and Sugar, and half a pint of Cream; beat all these well together, and put in three quarters of a pound of melted Butter; put a thin sheet of Paste at the bottom of your dish; then pour in your Pudding, and with a Spur, cut out little slips of Paste the breadth of your little Finger, and lay them over cross and cross in large Diamonds; put some small bits of Butter on the top, and bake it. *This is old-fashioned, and not good.*

To make Pan-cakes.

TAKE a pint of Cream, and eight Eggs, whites and all, a whole Nutmeg grated, and a little Salt; then melt a pound of rare dish Butter, and a little Sack; before you fry them, stir it in: it must be made as thick with three spoonfuls

ſpoonfuls of Flour, as ordinary Batter, and fry'd with Butter in the Pan, the firſt Pancake but no more: Strew Sugar, garniſh with Orange, turn it on the backſide of a Plate.

To make a Tanſy to bake.

TAKE twenty Eggs, but eight whites, beat the Eggs very well, and ſtrain them into a quart of thick Cream, one Nutmeg, and three Naples-biſkets grated, as much Juice of Spinnage, with a ſprig or two of Tanſy, as will make it as green as Graſs, ſweeten it to your Taſte; then butter your diſh very well, and ſet it into an Oven, no hotter than for Cuſtards; watch it, and as ſoon as 'tis done, take it out of the Oven, and turn it on a Pye-plate; ſcrape Sugar, and ſqueeze Orange upon it. Garniſh the Diſh with Orange and Lemon, and ſerve it up.

To make a Gooſeberry Tanſy.

PUT ſome freſh Butter in a Frying-pan, and when 'tis melted put into it a quart of Gooſeberries, and fry them till they are tender, and break them all to maſh; then beat ſeven Eggs, but four Whites, a pound of Sugar, three ſpoonfuls of Sack, as much Cream, a Penny-loaf grated, and three ſpoonfuls of Flour; mix all theſe together, then put the Gooſeberries out of the Pan to them, and ſtir all well together, and put them into a Sauce-pan to thicken; then put Butter into the Frying-pan, and fry them brown: Strew Sugar on the top.

To make Curd Fritters.

TAKE a handful of Curds, and a handful of Flour, and ten Eggs well beaten and ſtrain'd,

ſome Sugar, and ſome Cloves, Mace, and Nutmeg, a little Saffron; ſtir all well together, and fry them in very hot Beef-dripping; drop them in the Pan by ſpoonfuls; ſtir them about till they are of a fine Yellow-brown; drain them from the Suet, and ſcrape Sugar on them, when you ſerve them up.

To make fry'd Toaſts.

CHIP a Manchet very well, and cut it round ways into Toaſts; and then take Cream and eight Eggs, ſeaſon'd with Sack, and Sugar, and Nutmeg; and let theſe Toaſts ſteep in it about an hour; then fry them in ſweet Butter, ſerve them up with plain melted Butter, or with Butter, Sack, and Sugar, as you pleaſe.

To make Apple Fritters.

TAKE the yolks of eight Eggs, the whites of four, beat them well together, and ſtrain them into a Pan; then take a quart of Cream, warm it as hot as you can endure your Finger in it; then put to it a quarter of a pint of Sack, three quarters of a pint of Ale, and make a Poſſet of it; when your Poſſet is cool, put to it your Eggs, beating them well together; then put in Nutmeg, Ginger, Salt and Flour to your liking: Your Batter ſhould be pretty thick; then put in Pippins ſliced or ſcraped; fry them in good ſtore of hot Lard with a quick Fire.

To make an Apple Tanſy.

TAKE three Pippins, ſlice them round in thin ſlices, and fry them with Butter; then beat four Eggs, with ſix ſpoonfuls of Cream, a little Roſe-water, Nutmeg, and Sugar, and ſtir them

tage-

together, and pour it over the Apples: Let it fry a little, and turn it with a Pye-plate. Garniſh with Lemon and Sugar ſtrewed over it.

To make a Lemon Tart.

TAKE three clear Lemons, and grate off the outſide Rinds; take the yolks of twelve Eggs, and ſix Whites; beat them very well, ſqueeze in the Juice of a Lemon; then put in three quarters of a pound of fine powdered Sugar, and three quarters of a pound of freſh Butter melted; ſtir all well together, put a ſheet of Paſte at the bottom, and ſift Sugar on the top; put it in a briſk Oven, three quarters of an hour will bake it: So ſerve it to the Table.

A Rye-bread Pudding.

TAKE half a pound of ſowre Rye-bread grated, half a pound of Beef-ſuet finely ſhred, half a pound of Currants clean waſhed, half a pound of Sugar, a whole Nutmeg grated; mix all well together, with five or ſix Eggs: Butter a Diſh, boil it an hour and a quarter, and ſerve it up with melted Butter.

A baked Pudding.

BLanch half a pound of Almonds, and beat them fine with ſweet Water, Ambergreaſe diſſolved in Orange-flower-water, or in ſome Cream; then warm a pint of thick Cream, and melt in it half a pound of Butter; then mix it with your beaten Almonds, a little Salt, a grated Nutmeg, and Sugar, and the yolks of ſix Eggs; beat it up together, and put it in a diſh with Puff-paſte, the Oven not too hot; ſcrape Sugar on it juſt before it goes into the Oven.

To make a Custard Pudding.

TAKE a pint of Cream, and mix with it six Eggs well beat, two spoonfuls of Flour, half a Nutmeg grated, a little Salt, and Sugar to your Taste; butter a Cloth, put it in when the Pot boils; boil it just half an hour, melt Butter for Sauce.

To make an Almond Tourt.

BLanch and beat half a pound of *Jordan* Almonds very fine; use Orange-flower-water in the beating your Almonds; pare the yellow Rind of a Lemon pretty thick; boil it in Water till 'tis very tender: beat it with half a pound of Sugar, and mix it with the Almonds, and eight Eggs, but four Whites, half a pound of Butter melted, and almost cold, and a little thick Cream; mix all together, and bake it in a dish with Paste at bottom. This may be made the day before 'tis used.

To make little Hasty-puddings, to boil in Custard Dishes.

TAKE a large pint of Milk, put to it four spoonfuls of Flour; mix it well together, and set it over the Fire, and boil it into a smooth Hasty-pudding; sweeten it to your Taste, grate Nutmeg it it, and when 'tis almost cold, beat five Eggs very well, and stir into it; then butter your Custard-cups, put in your Stuff, and tie them over with a Cloth, put them in the Pot when the Water boils, and let them boil something more than half an hour; pour on them melted Butter.

To make a Sweet-meat Pudding.

PUT a thin Puff-paste at the bottom of your dish; then have of candied Orange and Lemon-peel, and Citron, of each an ounce; slice them thin, and put them in the bottom on your Paste; then beat eight yolks of Eggs, and two whites, near half a pound of Sugar, and half a pound of Butter melted; mix and beat all well together, and when the Oven is ready, pour it on your Sweet-meats in the dish. An hour or less will bake it.

To make Carrot or Parsnip Puffs.

SCRAPE and boil your Carrots or Parsnips tender; then scrape or mash them very fine, add to a pint of Pulp the Crumb of a Penny-loaf grated, or some stale Bisket if you have it, some Eggs, but four whites, a Nutmeg grated, some Orange-flower-water, Sugar to your Taste, a little Sack, and mix it up with thick Cream: They must be fry'd in rendered Suet, the Liquor very hot when you put them in; put in a good spoonful in a Place.

To make New-College *Puddings.*

GRATE a penny stale Loaf, and put to it a like quantity of Beef-suet finely shred, and a Nutmeg grated, a little Salt, some Currants, and then beat some Eggs in a little Sack, and some Sugar, and mix all together, and knead it as stiff as for Manchet, and make it up in the form and size of a Turkey-Egg, but a little flatter; then take a pound of Butter, and put it in a Dish, and set the Dish over a clear fire in a Chafing-dish, and rub your Butter about the dish till 'tis melt-

ed; put your Puddings in and cover the Dish, but often turn your Puddings, until they are all brown alike, and when they are enough, scrape Sugar over them, and serve them up hot for a side Dish.

You must let the Paste lie a quarter of an hour before you make up your Puddings.

To make an Oat-meal Pudding.

TAKE a pint of great Oat-meal, beat it very small, then sift it fine; take a quart of Cream, boil it and your Oat-meal together, stirring it all the while until 'tis pretty thick; then put it in a dish, and cover it close, and let it stand a little; then put into it a pound and half of fresh Butter, and let it stand two hours before you stir it; put to it twelve Eggs, a Nutmeg grated, a little Salt, sweeten it to your Taste; a little Sack, or Orange-flower-water; stir all very well together, put Paste at the bottom of your dish, and put in your Pudding-stuff, the Oven not too hot; an hour will bake it.

To make fine Fritters.

TAKE half a pint of thick sweet Cream, put to it four Eggs well beaten, a little Brandy, some Nutmeg and Ginger; make this into a thick Batter with Flour; your Apples must be Golden-pippins pared and cut in thin slices, dip them in the Batter, and fry them in Lard. It will take up two pounds of Lard to fry this quantity.

To make a Marrow Pudding.

TAKE a quart of Cream, and three Naples-biskets grated, a Nutmeg grated, the yolks of ten Eggs, the whites of five well beaten, and

Sugar

Sugar to your Taste; mix all well together, and put a little bit of Butter in the bottom of your Sauce-pan; then put in your Stuff, and set it over the fire, and stir it till 'tis pretty thick; then pour it into your Pan, with a quarter of a pound of Currants that have been plumpt in hot Water; stir it together, and let it stand all Night. The next Day put some fine Paste rolled very thin at the bottom of your Dish, and when the Oven is ready, pour in your Stuff, and on the top lay large pieces of Marrow. Half an hour will bake it.

To make a fine Bread Pudding.

TAKE three pints of Milk and boil it; when 'tis boiled, sweeten it with half a pound of Sugar, a small Nutmeg grated, and put in half a pound of Butter; when 'tis melted, pour it in a Pan, over eleven ounces of grated Bread; cover it up. The next day put to it ten Eggs well beaten, stir all together, and when the Oven is hot, put it in your Dish; three quarters of an hour will bake it. Boil a bit of Lemon-peel in the Milk, take it out before you put your other things in.

To make a Spread-Eagle Pudding.

CUT off the Crust of three Half-penny Rolls, then slice them into your Pan; then set three pints of Milk over the fire, make it scalding hot, but not boil; so pour it over your Bread, and cover it close, and let it stand an hour; then put in a good spoonful of Sugar, a very little Salt, a Nutmeg grated, a pound of Suet after 'tis shred, half a pound of Currants washed and picked, four spoonfuls of cold Milk, ten Eggs, but five of the whites; and when all is in, stir it, but not till all is in; then mix it well, butter a dish; less than an hour will bake it.

To

To make a very fine Plain Pudding.

TAKE a quart of Milk, and put in six Laurel-leaves into it; when it has boiled a little, take out your Leaves, and with fine Flour make that Milk into a Hasty-pudding, pretty thick; then stir in half a pound of Butter more, then a quarter of a pound of Sugar, a small Nutmeg grated, twelve yolks, six whites of Eggs well beaten; mix and stir all well together, butter a dish, and put in your Stuff; a little more than half an hour will bake it.

A fine Rice Pudding.

TAKE of the Flour of Rice six ounces, put it in a quart of Milk, and let it boil till 'tis pretty thick, stirring it all the while; then pour it in a Pan, and stir in it half a pound of fresh Butter, and a quarter of a pound of Sugar, or sweeten it to your Taste; when 'tis cold, grate in a Nutmeg, and beat six Eggs with a spoonful or two of Sack, and beat and stir all well together; put a little fine Paste at the bottom of your dish, and bake it.

To make a Ratafia Pudding.

TAKE a quart of Cream, boil it with four or five Laurel-leaves; then take them out and break in half a pound of Naples-bisket, half a pound of Butter, some Sack, Nutmeg, and Salt, take it off the fire, cover it up; when 'tis almost cold, put in two ounces of Almonds blanched, and beaten fine, and the yolks of five Eggs; mix all well together, and bake it in a moderate Oven half an hour. Scrape Sugar on it as it goes into the Oven.

All

All Sorts of PASTRY.

To make a Tureiner.

TAKE a China Pot or Bowl, and fill it as follows: At the bottom lay some fresh Butter; then put in three or four Beef-steaks larded with Bacon; then cut some Veal steaks from the Leg; hack them, and wash them over with the yolk of an Egg, and afterwards lay it all over with Forc'd-meat, and roll it up, and lay it in with young Chickens, Pigeons and Rabbets, some in quarters, some in halves; Sweet-breads, Lamb-stones, Cocks-combs, Palates after they are boiled, peeled, and cut in slices; Tongues, either Hog's or Calf's, sliced, and some larded with Bacon; whole yolks of hard Eggs, Pistachia Nuts peeled, forced Balls, some round, some like an Olive, Lemon sliced, some with the Rind on, Barberries and Oysters; season all these with Pepper, Salt, Nutmeg, and Sweet-herbs, mix'd together after they are cut very small, and strew it on every thing as you put it in your Pot: Then put in a quart of Gravy, and some Butter on the top, and cover it close with a Lid of Puff-paste, pretty thick. Eight hours will bake it.

A Batalia Pye, or Bride Pye.

TAKE young Chickens as big as Black-birds, Quails, young Partridges, and Larks and squab Pigeons; truss them, and put them in your Pye;

Pye; then have Ox-palates boiled, blanched, and cut in pieces, Lamb-stones, Sweet-breads, cut in halves or quarters, Cockscombs blanched, a quart of Oysters dipped in Eggs, and dredged over with grated Bread, Marrow. Having so done, Sheep's Tongues boiled, peeled, and cut in slices; season all with Salt, Pepper, Cloves, Mace, and Nutmegs beaten and mix'd together; put Butter at the bottom of the Pye, and place the rest in with the yolks of hard Eggs, Knots of Eggs, Cocksstones and Treads, Forc'd-meat Balls; cover all with Butter, and cover up the Pye; put in five or six spoonfuls of Water when it goes into the Oven, and when 'tis drawn, pour it out, and put in Gravy.

To make an Oyster Pye.

MAKE good Puff-paste, and lay a thin sheet in the bottom of your Pattipan; then take two quarts of large Oysters, wash them well in their own Liquor, and take them out of it, and dry them, and season them with Salt and Spice, and a little Pepper, all beaten fine; lay some Butter in the bottom of your Pattipan, then lay in your Oysters, and the yolks of twelve hard Eggs whole, two or three Sweet-breads cut in slices, or Lamb-stones, or in want of these a dozen of Larks, two Marrow-bones, the Marrow taken out in Lumps, dipped in the yolks of Eggs, and seasoned as you did your Oysters, and some grated Bread dusted on it, and a few Forc'd-meat Balls: When all these are in, put some Butter on the top, and cover it over with a Sheet of Puff-paste, and bake it: When 'tis drawn out of the Oven, take the Liquor of the Oysters, and boil it and scum it, and beat it up thick with Butter, and the yolks of two or three Eggs, and pour it hot into your Pye, and shake it well together, and serve it hot.

To

To make Egg Pyes.

TAKE the yolks of two dozen of Eggs boil'd hard, and chopp'd with double the quantity of Beef-suet, and half a pound of Pippins pared, cored, and sliced; then add to it one pound of Currants washed and dried, half a pound of Sugar, a little Salt, some Spice beaten fine, the juice of a Lemon, and half a pint of Sack, candied Orange and Citron cut in pieces, of each three ounces, some Lumps of Marrow on the top, fill them full; the Oven must not be too hot; three quarters of an hour will bake them; put the Marrow only on them that are to be eaten hot.

To make a Lumber Pye.

TAKE a pound and half of Veal, parboil it, and when 'tis cold chop it very small, with two pound of Beef-suet, and some candied Orange-peel; some Sweet-herbs, as Thyme, Sweet-marjoram, and an handful of Spinnage; mince the Herbs small before you put them to the other: So chop all together, and a Pippin or two; then add a handful or two of grated Bread, a pound and half of Currants, washed and dried; some Cloves, Mace, Nutmeg, a little Salt, Sugar, and Sack, and put to all these as many yolks of raw Eggs, and whites of two as will make it a moist Forc'd-meat; work it with your hands into a Body, and make it into Balls as big as a Turkey's Egg; then having your Coffin made, put in your Balls. Take the Marrow out of three or four Bones as whole as you can; Let your Marrow lie a little in Water to take out the Blood and Splinters; then dry it, and dip it in yolk of Eggs; season it with a little Salt, Nutmeg grated, and grated Bread; lay it on and between your Forc'd-meat Balls, and over that

sliced Citron, candied Orange and Lemon, Eringoe-roots preserved, Barberries; then lay on sliced Lemon, and thin slices of Butter over all; then lid your Pye, and bake it, and when 'tis drawn, have in readiness a Caudle made of White-wine and Sugar, and thickened with Butter and Eggs, and pour it hot into your Pye.

To make little Pasties to fry.

TAKE the Kidney of a Loin of Veal or Lamb, Fat and all; shred it very small; season it with a little Salt, Cloves, Mace, Nutmegs, all beaten small, some Sugar, and the yolks of two or three hard Eggs, minced very fine; mix all these together with a little Sack or Cream; put them in Puff-paste, and fry them; serve them hot.

To make Custards.

TAKE two quarts of thick sweet Cream; boil it with some bits of Cinnamon, and a quartered Nutmeg; keep it stirring all the while, and when it has boiled a little time, pour it into a Pan to cool, and stir it till 'tis cool, to keep it from scuming; then beat the yolks of sixteen Eggs, the whites of but six, and mix your Eggs with the Cream when 'tis cool, and sweeten it with fine Sugar to your Taste, put in a very little Salt and some Rose or Orange-flower-water; then strain all through a hair Sieve, and fill your Cups or Crust. It must be a pretty quick Oven; when they boil up they are enough.

To make Cheese-cakes.

TAKE a pint of Cream, and warm it, and put to it five quarts of Milk warm from the Cow; then put Runnet to it, and when 'tis come,

come, put the Curd in a Linnen Bag or Cloth, and let it drain well from the Whey, but do not squeeze it much; then put it in a Mortar, and break the Curd as fine as Butter; then put to your Curd half a pound of Almonds blanched, and beaten exceeding fine, (or half a pound of dry Mackeroons beat very fine) if you have Almonds grate in a Naples-bilket, but if you use Mackaroons, you need not; then add to it the yolks of nine Eggs beaten, a whole Nutmeg grated, two perfumed Plumbs dissolved in Rose or Orange-flower-water, half a pound of fine Sugar, mix all well together; then melt a pound and quarter of Butter, and stir it well in it, and half a pound of Currants plump'd; so let it stand to cool till you use it.

Then make your Puff-paste thus: Take a pound of fine Flour, and wet it with cold Water, roll it out, and put into it by degrees a pound of fresh Butter; use it just as 'tis made.

Another Way to make Cheese-cakes.

TAKE a gallon of new Milk, set it as for a Cheese, and gently whey it; then break it in a Mortar, put to it the yolks of six Eggs, four of the whites, sweeten it to your Taste; put in a grated Nutmeg, some Rose-water and Sack; mix these together, and set over the fire a quart of Cream, and make it into a Hasty-pudding, and mix that with it very well, and fill your Pattipans just as they are going into the Oven. Your Oven must be ready that you may not stay for that; when they rise well up, they are enough. Make your Paste thus:

Take about a pound of Flour, and strew into it three spoonfuls of Loaf-sugar beaten and sifted, and rub into it a pound of Butter, one Egg, and a spoonful of Rose-water, the rest cold fair Water; make

make it into a Paſte, roll it very thin, and put it into your Pans, and fill them almoſt full.

Paſte for Paſties.

RUB ſix pounds of Butter into fourteen pounds of Flour; put to it eight Eggs, whip the whites to Snow, and make it in a pretty ſtiff Paſte, with cold Water.

To make Cheeſe-cakes without Runnet.

TAKE a quart of thick Cream, and ſet it over a clear fire with ſome quartered Nutmeg in it; juſt as it boils up, put in twelve Eggs well beaten, and a quarter of a pound of freſh Butter; ſtir it a little while on the fire, till it begins to curdle; then take it off, and gather the Curd as for Cheeſe; put it in a clean Cloth, tie it together, and hang it up that the Whey may run from it; when 'tis pretty dry, put it in a ſtone Mortar, with a pound of Butter, a quarter of a pint of thick Cream, ſome Sack and Orange-flower-water, and half a pound of fine Sugar; then beat and grind all theſe very well together for an hour or more, till 'tis very fine, then paſs it through a hair Sieve, and fill your Pattipans but half full. You may put Currants in half the quantity, if you pleaſe: A little more than a quarter of an hour will bake them. Take the Nutmeg out of the Cream when 'tis boiled.

To make Orange or Lemon Tarts.

TAKE ſix large Lemons, and rub them very well with Salt, and put them in Water for two days, with a handful of Salt in it; then change them into freſh Water without Salt every other day for a fortnight; then boil them for two or three

three hours till they are tender, then cut them in half quarters, and then cut them thus as thin as you can; then take Pippins pared, cored and quartered, and a pint of fair Water, let them boil till the Pippins break; put the Liquor to your Orange or Lemon, and half the Pippins well broken, and a pound of Sugar, boil these together a quarter of an hour; then put it in a Gallipot, and squeeze an Orange in it, if it be Lemon, or a Lemon if 'tis Orange, two spoonfuls is enough for a Tart: Your Pattipans must be small and shallow; put fine Puff-paste, and very thin; a little while will bake it. Just as your Tarts are going into the Oven, with a Feather or Brush do them over with melted Butter, and then sift double-refined Sugar on them, and this is a pretty Icing on them.

To make Puff-paste for Tarts.

RUB a quarter of a pound of Butter into a pound of fine Flour; then whip the whites of two Eggs to Snow, and with cold Water, and one yolk make it into a Paste; then roll it abroad, and put in by degrees a pound of Butter, flowering it over the Butter every time, and roll it up, and roll it out again, and put in more Butter: So do for six or seven times till it has taken up all the pound of Butter. This Paste is good for Tarts, or any small things.

Apple Pasties to fry.

PARE and quarter Apples, and boil them in Sugar and Water, and a Stick of Cinnamon, and when tender, put in a little White-wine, the Juice of a Lemon, a piece of fresh Butter, and a little Ambergrease or Orange-flower-water; stir

all together, and when 'tis cold, put it in Puff-paste, and fry them.

To season and bake a Venison Pasty.

BONE your Hanch or Side of Venison, and take out all the Sinews and Skin; then proportion it for your Pasty, by taking away from one part, and adding to another, till 'tis of an equal thickness; then season it with Pepper and Salt, about an ounce of Pepper; save a little of it whole, and beat the rest, and mix with twice as much Salt, and rub it all over your Venison, and let it lie till your Paste is ready. Make your Paste thus: A peck of fine Flour, six pounds of Butter, a dozen of Eggs; rub your Butter in your Flour, beat your Eggs, and with them and cold Water make up your Paste pretty stiff; then drive it forth for your Pasty; let it be the thickness of a Man's Thumb; put under it two or three sheets of Cap-paper well floured: Then have two pounds of Beef-suet, shred exceeding fine; proportion it on the bottom to the breadth of your Venison, and leave a Verge round your Venison three Fingers broad, wash that Verge over with a bunch of Feathers or Brush dipped in an Egg beaten, and then lay a Border of your Paste on the place you washed, and lay your Venison on the Suet; put a little of your Seasoning on the top, and a few corns of whole Pepper, and two pounds of very good fresh Butter; then turn over your other sheet of Paste, so close your Pasty. Garnish it on the top as you think fit; vent it in the middle, and set it in the Oven. It will ask five or six hours baking: Then break all the Bones, wash them and add to them more Bones, or Knuckles; season them with Pepper and Salt, and put them with a quart of Water, and half a pound of Butter in a Pan or earthen Pot; cover it over with

coarse Paste, and set it in with your Pasty, and when your Pasty is drawn and dished, fill it up with the Gravy that came from the Bones.

To make a savoury Lamb Pye.

SEason your Lamb with Pepper, Salt, Cloves, Mace and Nutmeg: so put it into your Coffin with a few Lamb-stones, and Sweet-breads seasoned as your Lamb, also some large Oysters, and savoury Forc'd-meat Balls, hard yolks of Eggs, and the tops of Asparagus two inches long, first boiled green; then put Butter all over the Pye, and lid it, and set it in a quick Oven an hour and half; then make the Liquor with Oyster-Liquor, as much Gravy, a little Claret, with one Anchovy in it, a grated Nutmeg. Let these have a boil, thicken it with the yolks of two or three Eggs, and when the Pye is drawn, pour it in hot.

To make a sweet Lamb Pye.

CUT your Lamb into small pieces, and season it with a litle Salt, Cloves, Mace and Nutmeg; your Pye being made, put in your Lamb or Veal; strew on it some stoned Raisins and Currants and some Sugar; then lay on it some Forc'd-meat Balls made sweet, and in the Summer some Artichoke bottoms boiled, and scalded Grapes in the Winter. Boil *Spanish* Potatoes cut in pieces; candied Citron, candied Orange and Lemon-peel, and three or four large blades of Mace; put Butter on the top; close up your Pye, and bake it. Make the Caudle of White-wine, Juice of Lemon, and Sugar: Thicken it with the yolks of two or three Eggs, and a bit of Butter; and when your Pye is baked, pour in the Caudle as hot as you can, and shake it well in the Pye, and serve it up.

A sweet Chicken Pye.

TAKE five or six small Chickens, pick, draw, and truss them for baking; season them with Cloves, Mace, Nutmeg, Cinnamon, and a little Salt; wrap up some of the Seasoning in Butter, and put it in their Bellies; and your Coffin being made, put them in; put over and between them pieces of Marrow, *Spanish* Potatoes, and Chesnuts, both boiled, peeled, and cut, a handful of Barberries stript, a Lemon sliced, some Butter on the top; so close up the Pye and bake it, and have in readiness a Caudle made of White-wine, Sugar, Nutmeg; beat it up with yolks of Eggs and Butter; have a care it does not curdle; pour the Caudle in, shake it well together, and serve it up hot.

Another Chicken Pye.

SEason your Chickens with Pepper, Salt, Cloves, Mace, Nutmeg, a little shred Parsley, and Thyme, mix'd with the other Seasoning; wrap up some in Butter, and put in the Bellies of the Chickens, and lay them in your Pye; strew over them Lemon cut like Dice; a handful of scalded Grapes, Artichoke-bottoms in quarters: So put Butter on it, and close it up; when 'tis baked, put in a Lear of Gravy, with a little White-wine, a grated Nutmeg, thicken it up with Butter, and two or three Eggs; shake it well together, serve it up hot.

To make an Olioe Pye.

MAKE your Pye ready; then take the thin Collops of the but-end of a Leg of Veal; as many as you think will fill your Pye; hack them

with

with the back of a Knife, and season them with Pepper, Salt, Cloves, and Mace; wash over your Collops with a bunch of Feathers dipped in Eggs, and have in readiness a good handful of Sweet-herbs shred small; the Herbs must be Thyme, Parsley, and Spinnage; and the yolks of eight hard Eggs, minced, and a few Oysters parboiled and chopt; some Beef-suet shred very fine. Mix these together, and strew them over your Collops, and sprinkle a little Orange-flower-water on them, and roll the Collops up very close, and lay them in your Pye, strewing the Seasoning that is left over them, put Butter on the top, and close up your Pye; when 'tis drawn, put in Gravy, and one Anchovy dissolved in it, and pour it in very hot: And you may put in Artichoke-bottoms and Chesnuts, if you please, or sliced Lemon, or Grapes scalded, or what else is in season; but if you will make it a right savoury Pye leave them out.

To make a Florendine of Veal.

TAKE the Kidney of a Loin of Veal, fat and all, and mince it very fine; then chop a few Herbs, and put to it, and add a few Currants; season it with Cloves, Mace, Nutmeg, and a little Salt; and put in some yolks of Eggs, and a handful of grated Bread, a Pippin or two chopt, some candied Lemon-peel minced small, some Sack, Sugar, and Orange-flower-water. Put a sheet of Puff-paste at the bottom of your Dish; put this in, and cover it with another; close it up, and when 'tis baked, scrape Sugar on it; serve it hot.

Another Made Dish.

TAKE half a pound of Almonds, blanch and beat them very fine; put to them a little Rose or Orange-flower-water in the beating; then

take a quart of sweet thick Cream, and boil it with whole Cinnamon, and Mace, and quartered Dates; sweeten your Cream with Sugar to your Taste, and mix it with your Almonds, and stir it well together, and strain it out through a Sieve. Let your Cream cool, and thicken it with the yolks of six Eggs; then garnish the deep Dish, and lay Paste at the bottom, and then put in sliced Artichoke-bottoms, being first boiled, and upon that a Layer of Marrow, sliced Citron, and candied Orange; so do till your Dish is near full; then pour in your Cream, so bake it without a Lid; when 'tis baked, scrape Sugar on it, and serve it up hot. Half an hour will bake it.

To make an Artichoke Pye.

BOIL the Bottoms of eight or ten Artichokes, scrape and make them clean from the Core, cut each of them into six Parts; season them with Cinnamon, Nutmeg, Sugar, and a little Salt; then lay your Artichokes in your Pye. Take the Marrow of four or five Bones, dip your Marrow in yolks of Eggs and grated Bread, and season it as you did your Artichokes, and lay it on the top and between your Artichokes; then lay on sliced Lemon, Barberries, and large Mace; put Butter on the top, and close up your Pye; then make your Lear of White-wine, Sack and Sugar; thicken it with yolks of Eggs, and a bit of Butter; when your Pye is drawn, pour it in, shake it together, and serve it hot.

To make a Skirret Pye.

BOIL your biggest Skirrets, and blanch them and season them with Cinnamon, Nutmeg, and a very little Ginger and Sugar. Your Pye being ready, lay in your Skirret; season also the

Marrow

Marrow of three or four Bones with Cinnamon, Sugar, a little Salt, and grated Bread. Lay the Marrow in your Pye, and the yolks of twelve hard Eggs cut in halves, a handful of Chesnuts boiled and blanched, and some candied Orange-peel in Slices. Lay Butter on the top, and lid your Pye. Let your Caudle be White-wine, Verjuice, some Sack and Sugar; thicken it with the yolks of Eggs, and when the Pye is baked, pour it in, and serve it hot. Scrape Sugar on it.

To make a Turbot Pye.

GUT, and wash, and boil your Turbot, then season it with a little Pepper and Salt, Cloves, Mace, and Nutmeg, and Sweet-herbs shred fine; then lay it in your Pye, or Pattipan, with the yolks of six Eggs boiled hard; a whole Onion, which must be taken out when 'tis baked. Put two Pounds of fresh Butter on the top; close it up; when 'tis drawn, serve it hot or cold: Tis good either way.

To make a Chervil or Spinnage Tart.

SHRED a gallon of Spinnage or Chervil very small; put to it half a pound of melted Butter, the Meat of three Lemons picked from the Skins or Seeds; the Rind of two Lemons grated, a pound of Sugar; put this in a Dish or Pattipan with Puff-paste on the bottom and top, and so bake it; when 'tis baked, cut off the Lid, and put Cream or Custard over it as you do Codlin Tarts; Scrape Sugar over it; serve it cold. This is good among other Tarts in the Winter for Variety.

To make Lemon Cheese-cakes.

TAKE the Peel of two large Lemons, boil it very tender; then pound it well in a Mortar, with a quarter of a pound or more of Loaf-sugar, the yolks of six Eggs, and half a pound of fresh Butter; pound and mix all well together, and fill the Pattipans but half full; Orange Cheese-cakes are done the same way; only you must boil the Peel in two or three Waters to take out the Bitterness.

A Fish Pye.

TAKE of Soles or thick Flounders, gut and wash them, and just put them in scalding Water to get off the black Skin; then cut them in Scollops or indentured, so that they will join and lie in the Pye, as if they were whole. Have your Pattipan in readiness with Puff-paste in the bottom and a Layer of Butter on it; then season your Fish with a little Pepper and Salt, Cloves, Mace, and Nutmeg, and lay it in your Pattipan, joining the pieces together as if the Fish had not been cut; then put in Forc'd-balls made with Fish, slices of Lemon with the Rind on, whole Oysters, whole yolks of hard Eggs, and pickled Barberries; then lid your Pye and bake it; when 'tis drawn make a Caudle of Oyster-liquor and White-wine thicken'd up with yolks of Eggs and a bit of Butter; Serve it hot.

To make Marrow Pasties.

MAKE your little Pasties the length of a Finger, and as broad as two Fingers; put in large pieces of Marrow, dipped in Eggs and seasoned with Sugar, Cloves, Mace, and Nutmeg;

strew a few Currants on the Marrow. Bake or fry them.

To make Mince-pyes of Veal.

FROM a Leg of Veal cut off four pounds of the fleshy part in thick pieces, and put them in scalding Water, and let it just boil; then cut the Meat in small thin pieces and skin it: It must be four pounds after 'tis scalded and skinned; to this quantity put nine pounds of Beef-suet well skinned, and shred them very well and fine with eight Pippins pared and cored, and four pounds of Raisins of the Sun stoned; when 'tis shred very fine, put it in a large Pan or on a Table to mix, and put to it one ounce of Nutmegs grated, half an ounce of Cloves, as much Mace, a large spoonful of Salt, above a pound of Sugar, the Peel of a Lemon shred exceeding fine; when you have seasoned it to your Palate, put in seven pounds of Currants, and two pounds of Raisins stoned and shred. When you fill your Pies, put into every one some shred Lemon with its Juice, some candied Lemon-peel and Citron in slices, and just as the Pies go into the Oven, put into every one a spoonful of Sack and a spoonful of Claret, so bake them.

To make buttered Loaves to eat hot.

TAKE eleven yolks of Eggs beat well, five spoonfuls of Cream, and a good spoonful of Ale-yeast; stir all these together with Flour till it comes to a lithe Paste, not too stiff; work it well, cover it with a Cloth. Lay it before the Fire to rise a quarter of an hour; when 'tis well risen make it in a Roll, and cut it in five pieces, and make them into Loaves, and flat them down a little or they will rise too much; put them into

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an Oven as hot as for Manchet, and when they are taken out of the Oven, have at least a pound of Butter beaten with Rose-water and Sugar to your Taste. Cut all the Loaves open at the top, and pour the Butter in them, and serve them hot to Table.

To make Cheesecakes without Curd.

BEAT two Eggs very well; then put as much Flour as will make them thick; then beat three Eggs more very well, and put to the other with a pint of Cream, and half a pound of Butter. Set it over the Fire, and when it boils put in your two Eggs and Flour, and stir them well, and let them boil till they be pretty thick; then take it off the Fire, and season it with Sugar, a little Salt, and Nutmeg; put in Currants, and bake them in Pattipans as you do others.

To make a Cabbage-Lettuce Pye.

TAKE some of the largest and hardest Cabbage-Lettuce you can get; boil them in Salt and Water till they are tender; then lay them in a Colander to drain dry; then have your Paste laid in your Pattipan ready, and lay Butter on the bottom; then lay in your Lettuce and some Artichoke-bottoms, and some large pieces of Marrow, and the yolks of eight hard Eggs, and some scalded Sorrel; bake it, and when it comes out of the Oven, cut open the Lid, and pour in a Caudle made with White-wine and Sugar, and thickened with Eggs; so serve it hot.

To make the light Wigs.

TAKE a pound and half of Flour, and half a pint of Milk made warm; mix these together and cover it up, and let it lie by the Fire half

half an hour; then take half a pound of Sugar, and half a pound of Butter; then work these in the Paste, and make it into Wigs, with as little Flour as possible. Let the Oven be pretty quick, and they will rise very much.

To make little Plum-cakes.

TAKE two pounds of Flour dried in the Oven, and half a pound of Sugar finely powdered, four yolks of Eggs, two whites, half a pound of Butter washed with Rose-water, six spoonfuls of Cream warmed, a pound and half of Currants unwashed, but picked and rubbed very clean in a Cloth; mix all together and make them up in Cakes, and bake them in an Oven almost as hot as for Manchet. Let them stand half an hour till they be coloured on both sides; then take down the Oven-lid, and let them stand a little to soak.

To make Puff-paste.

TO a Peck of Flour, you must have three quarters the weight in Butter; dry your Flour well, and lay it on a Table; make a hole, and put in it a dozen whites of Eggs well beaten, but first break into it a third part of your Butter; then with Water make up your Paste; then roll it out, and by degrees put in the rest of your Butter.

To make a Hare Pye.

SKIN your Hare, wash her, and dry her, and bone her; season the Flesh with Pepper, Salt, and Spice, and beat it fine in a Stone Mortar. Do a young Pig at the same time, and in the same manner; then make your Pye, and lay a Layer of Pig, and a Layer of Hare till 'tis full; put

Butter

Butter at the bottom and on the top. Bake it three hours; 'tis good hot or cold.

To ice Tarts.

TAKE a little yolk of Egg, and melted Butter, beat it very well together, and with a Feather wash over your Tarts, and sift Sugar on them just as you put them in the Oven.

To make an Olive Pye.

TAKE a Fillet of Veal; cut it in large thin slices, and beat it with a Rolling-pin. Have ready some Forc'd-meat, made with Veal and Suet, grated Bread, grated Lemon-peel, some Nutmeg, the yolks of two or three hard Eggs; spread the Forc'd-meat all over your Collops, and roll them up, and place them in your Pye with yolks of hard Eggs, lumps of Marrow, and some Water. So lid it and bake it, and when 'tis baked, put in a Caudle of strong Gravy, White-wine, and Butter.

To make very good Wigs.

TAKE a quarter of a peck of the finest Flour, rub into it three quarters of a pound of fresh Butter, till 'tis like grated Bread, something more than half a pound of Sugar, half a Nutmeg, and half a Race of Ginger grated; three Eggs, yolks and whites beaten very well, and put to them half a pint of thick Ale-yeast, and three or four spoonfuls of Sack. Make a hole in your Flour, and pour in your Yeast and Eggs, and as much Milk just warm, as will make it into a light Paste. Let it stand before the fire to rise half an hour; then make it into a dozen and half of Wigs; wash them

over

over with Egg just as they go into the Oven; a quick Oven, and half an hour will bake them.

To make Almond Cheese-cakes.

TAKE a good handful or more of Almonds, blanch them in warm Water, and throw them into cold; pound them fine, and in the pounding put a little Sack or Orange-flower Water to keep them from oiling; then put to your Almonds the yolks of two hard Eggs, and beat them together: Beat the Yolks of six Eggs, the whites of three, and mix with your Almonds, and half a pound of Butter melted, and Sugar to your Taste; mix all well together, and use it as other Cheese-cake Stuff.

To make a Lumber Pye.

PARBOIL the Umbles of a Deer, clear all the Fat from them, and put more than their weight in Beef-suet, and shred it together very small; then put to it half a pound of Sugar, and season with Cloves, Mace, Nutmeg, Salt to your Taste; and put in a pint of Sack, and half as much Claret, and two pounds of Currants, washed and picked; mix all well together, and bake it in Puff or other Paste.

To make Lemon Cheese-cakes.

TAKE two large Lemons, grate off the Peel of both, and squeeze out the Juice of one; add to it half a pound of fine Sugar, twelve yolks of Eggs, eight whites well beaten; then melt half a pound of Butter in four or five spoonfuls of Cream; then stir it all together, and set it over the fire, stirring it till it begins to be pretty thick; then take it off, and when 'tis cold, fill your Pattipans

little

little more than half full; put a fine Paste very thin at the bottom of the Pattipans; half an hour with a quick Oven, will bake them.

To make Cream Cheese with old Cheshire.

TAKE a pound and half of old Cheshire Cheese, shave it all very thin, then put it in a Mortar, and add to it a quarter of an ounce of Mace beaten fine and sifted, half a pound of fresh Butter, and a glass of Sack; mix and beat all these together till they are perfectly incorporated; then put it in a Pot, what thickness you please, and cut it out in slices for Cream Cheese, and serve it with the Desert.

All Sorts of CAKES.

To make a rich great Cake.

TAKE a Peck of Flour well dried, an ounce of Cloves and Mace, half an ounce of Nutmegs, as much Cinnamon; beat the Spice well, and mix them with your Flour, and a pound and half of Sugar, and a little Salt, and thirteen pounds of Currants well washed, picked, and dried, and three pounds of Raisins stoned and cut into small pieces; mix all these well together; then make five pints of Cream almost scalding hot, and put into it four pounds of fresh Butter; then beat the yolks of twenty Eggs, three pints of good Ale-yeast, a pint of Sack, a quarter of a pint of Orange-flour water, three grains of Musk, and six grains of Ambergrease:

greaſe: Mix theſe together, and ſtir them into your Cream and Butter; then mix all in the Cake, and ſet it an hour before the fire to riſe, before you put it into your Hoop; mix your Sweetmeats in it, two pounds of Citron, and one pound of candied Orange and Lemon-peel cut in ſmall pieces: You muſt bake it in a deep Hoop, butter the ſides, and put two Papers at the bottom, and flour it and put in your Cake; it muſt have a quick Oven, four hours will bake it: When 'tis drawn, ice it over the top and ſides. Take two pounds of double-refin'd Sugar, beat and ſifted, and the whites of ſix Eggs beaten to a Froth, with three or four ſpoonfuls of Orange-flour water, and three grains of Muſk and Amber-greaſe together; put all theſe in a Stone Mortar, and beat them with a wooden Peſtle till 'tis as white as Snow, and with a bruſh or bunch of Feathers, ſpread it all over the Cake, and put it in the Oven to dry; but take care the Oven does not diſcolour it; when 'tis cold paper it; it will keep good five or ſix weeks.

A good Seed Cake.

TAKE five pounds of fine Flour well dried, and four pounds of ſingle-refined Sugar beaten and ſifted; mix the Sugar and Flour together, and ſift them through a Hair-ſieve; then waſh four pounds of Butter in eight ſpoonfuls of Roſe or Orange-flower water; you muſt work the Butter with your Hand, till 'tis like Cream; beat twenty Eggs, half the whites, and put to them ſix ſpoonfuls of Sack; then put in your Flour a little at a time, keeping ſtirring with your Hand all the time; you muſt not begin mixing it till the Oven is almoſt hot; you muſt let it lie a little while before you put your Cake into the Hoop; when you are ready to put it into

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the Oven, put into it eight ounces of candied Orange-peel sliced, and as much Citron, and a pound and half of Carraway-comfits; mix all well together, and put it in the Hoop, which must be prepared at bottom, and buttered, the Oven must be quick; it will take two or three hours baking. You may ice it if you please.

Another Seed Cake.

TAKE seven pounds of fine Flour well dried, and mix with it a pound of Sugar beaten and sifted, and three Nutmegs grated, and rub three pounds of Butter into the Flour; then beat the yolks of eight Eggs, the whites of but four, and mix with them a little Rose-water, and a quart of Cream blood warm, and a quart of Ale-yeast, and a little Salt; strain all into your Flour, and put a pint of Sack in with it, and make up your Cake, and put it into a buttered Cloth, and lay it half an hour before the fire to rise; the mean while fit your Paper, and butter your Hoop; then take a pound and three quarters of Biiket-comfit, and a pound and half of Citron cut in small pieces, and mix these in your Cake, and put it into your Hoop, run a Knife cross down to the bottom; a quick Oven, and near three hours will bake it.

A Plum Cake.

TAKE five pounds of fine Flour, and put to it half a pound of Sugar; and of Nutmegs, Cloves, and Mace finely beaten, of each half an ounce, and a little Salt, mix these well together; then take a quart of Cream, let it boil, and take it off, and cut into it three pounds of fresh Butter, let it stand till 'tis melted, and when 'tis blood warm mix with it a quart of Ale-yeast, and a pint of Sack, and twenty Eggs, ten whites well beaten;

beaten; put six pounds of Currants to your Flour, and make a hole in the middle, and pour in the Milk and other things, and make up your Cake, mixing it well with your Hands; cover it warm, and set it before the fire to rise for half an hour; then put it in the Hoop; if the Oven be hot two hours will bake it; the Oven must be quick; you may perfume it with Ambergrease, or put Sweetmeats in it if you please. Ice it when cold, and paper it up.

An ordinary Cake to eat with Butter.

TAKE two pounds of Flour, and rub into it half a pound of Butter; then put to it some Spice, a little Salt, a quarter and half of Sugar, and half a pound of Raisins stoned, and half a pound of Currants; make these into a Cake, with half a pint of Ale-yeast, and four Eggs, and as much warm Milk as you see convenient; mix it well together, an hour and half will bake it. This Cake is good to eat with Butter for Breakfasts.

A French *Cake to eat hot.*

TAKE a dozen of Eggs, and a quart of Cream, and as much Flour as will make it into a thick Batter; put to it a pound of melted Butter, half a pint of Sack, one Nutmeg grated, mix it well, and let it stand three or four hours; then bake it in a quick Oven, and when you take it out, slit it in two, and pour a pound of Butter on it melted with Rose-water; cover it with the other half, and serve it up hot.

To make Portugal *Cakes.*

TAKE a pound and quarter of fine Flour well dried, and break a pound of Butter into the

Flour and rub it in, add a pound of Loaf-Sugar beaten and sifted, a Nutmeg grated, four perfumed Plumbs, or some Ambergrease, mix these well together, and beat seven Eggs, but four whites, with three spoonfuls of Orange-flower water; mix all these together, and beat them up an hour; butter your little Pans, and just as they are going into the Oven, fill them half full, and searce some fine Sugar over them; little more than a quarter of an hour will bake them. You may put a handfull of Currants into some of them; take them out of the Pans as soon as they are drawn, keep them dry, they will keep good three Months.

To make Jumbals.

TAKE the whites of three Eggs, beat them well, and take off the Froth; then take a little Milk, and a little Flour, near a pound, as much Sugar sifted, and a few Carraway-seeds beaten very fine; work all these in a very stiff Paste, and make them into what Form you please: Bake them on white Paper.

To make March-pane.

TAKE a pound of *Jordan* Almonds, blanch and beat them in a marble Mortar very fine; then put to them three quarters of a pound of double-refin'd Sugar, and beat with them a few Drops of Orange-flower water; beat all together till 'tis a very good Paste, then roll it into what shape you please; dust a little fine Sugar under it as you roll it to keep it from sticking. To ice it, searce double-refined Sugar as fine as Flour, wet it with Rose-water, and mix it well together, and with a Brush or bunch of Feathers spread it over your March-pane: Bake them in an Oven that is not too hot; put Wafer-paper at

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the bottom, and white Paper under that, so keep them for use.

To make Almond Puffs.

TAKE half a pound of *Jordan* Almonds, blanch and beat them very fine with three or four spoonfuls of Rose-water; then take half an ounce of the finest Gum-dragant steeped in Rose-water three or four days before you use it, then put it to the Almonds, and beat it together; then take three quarters of a pound of double-refin'd Sugar beaten and sifted, and a little fine Flour, and put to it; roll it in what shape you please; lay them on white Paper, and put them in an Oven gently hot, and when they are baked enough, take them off the Papers, and put them on a Sieve to dry in the Oven, when 'tis almost cold.

To make little hollow Biskets.

BEAT six Eggs very well with a spoonful of Rose-water, then put in a pound and two ounces of Loaf-Sugar beaten and sifted; stir it together till 'tis well mixed in the Eggs; then put in as much Flour as will make it thick enough to lay out in Drops upon Sheets of white Paper; stir it well together till you are ready to drop it on your Paper; then beat a little very fine Sugar and put into a Lawn Sieve, and sift some on them just as they are going into the Oven; so bake them, the Oven must not be too hot, and as soon as they are baked, whilst they are hot, pull off the Papers from them, and put them in a Sieve, and set them in the Oven to dry; keep them in Boxes with Papers between.

To make Wigs.

TAKE two pounds of Flour, and a quarter of a pound of Butter, as much Sugar, a Nutmeg grated, a little Cloves and Mace, and a quarter of an ounce of Carraway-seeds, Cream and Yeast as much as will make it up into a pretty light Paste; make them up, and set them by the fire to rise till the Oven be ready; they will quickly be baked.

To make Ginger-Bread.

TAKE a pound and half of *London* Treacle, two Eggs beaten, half a pound of brown Sugar, one ounce of Ginger beaten and sifted; of Cloves, Mace and Nutmegs all together half an ounce beaten very fine, Coriander-seeds, and Carraway-seeds of each half an ounce, two pounds of Butter melted; mix all these together, with as much Flour as will knead it into a pretty stiff Paste; then roll it out, and cut it into what form you please; bake it in a quick Oven on Tin-plates; a little time will bake it.

Another sort of Ginger-bread.

TAKE half a pound of Almonds, blanch and beat them till they have done shining; beat them with a spoonful or two of Orange-flower water, put in half an ounce of beaten Ginger, and a quarter of an ounce of Cinnamon powdered; work it to a Paste with double-refined Sugar beaten and sifted; then roll it out, and lay it on Papers to dry in an Oven after Pyes are drawn.

To make Dutch *Ginger-bread.*

TAKE four pounds of Flour, and mix with it two ounces and a half of beaten Ginger; then rub in a quarter of a pound of Butter, and add to it two ounces of Carraway-seeds, two ounces of Orange-peel dried and rubb'd to Powder, a few Coriander-seeds bruised, two Eggs: Then mix all up in a stiff Paste, with two pound and a quarter of Treacle; beat it very well with a Rolling-pin, and make it up into thirty Cakes; Put in candied Citron; prick them with a Fork: Butter Papers three double, one white, and two brown; wash them over with the white of an Egg; put them into an Oven not too hot, for three quarters of an hour,

To make Buns.

TAKE two pounds of fine Flour, a pint of Ale-yeast; put a little Sack in the Yeast, and three Eggs beaten; knead all these together with a little warm Milk, a little Nutmeg, and a little Salt; then lay it before the fire, till it rise very light; then knead in a pound of fresh Butter, and a pound of round Carraway-comfits; and bake them in a quick Oven on floured Papers, in what shape you please.

To make French *Bread.*

TAKE half a peck of fine Flour; put to it six yolks of Eggs, and four whites, a little Salt, a pint of good Ale-yeast, and as much new Milk made a little warm, as will make it a thin light Paste; stir it about with your Hand, but by no means knead it; then have ready six wooden quart Dishes, and fill them with Dough; let them

ſtand a quarter of an hour to heave, and then turn them out into the Oven; and when they are baked, raſp them. The Oven muſt be quick.

To make Wigs.

TAKE three pounds and a half of Flour, and three quarters of a pound of Butter, and rub it into the Flour till none of it be ſeen; then take a pint or more of new Milk, and make it very warm, and half a pint of new Ale-yeaſt; then make it into a light Paſte, Put in Carraway-ſeeds, and what Spice you pleaſe; then make it up, and lay it before the Fire to riſe; then work in three quarters of a pound of Sugar, and then roll them into what Form you pleaſe, pretty thin, and put them on Tin-plates, and hold them before the Oven to riſe again. Before you ſet them in, your Oven muſt be pretty quick.

To make Ginger-bread.

TAKE three pounds of fine Flour, and the Rind of a Lemon dried and beaten to Powder, half a pound of Sugar, or more as you like it, and an ounce and a half of beaten Ginger: Mix all theſe well together, and wet it pretty ſtiff with nothing but Treacle; make it into long Rolls or Cakes, as you pleaſe. You may put candied Orange-peel and Citron in it. Butter your Paper you bake it on; and let it be baked hard.

To make Shrewsbury-*Cakes.*

TAKE to one pound of Sugar, three pounds of the fineſt Flour, a Nutmeg grated, ſome beaten Cinnamon; the Sugar and Spice muſt he ſifted into the Flour, and wet it with three Eggs, and as much melted Butter as will make it of a

good

good thickness to roll into a Paste; mould it well and roll it, and cut it into what shape you please. Perfume them, and prick them before they go into the Oven.

To make Almond Cakes.

TAKE a pound of Almonds, blanch and beat them exceeding fine with a little Rose or Orange-flower-water; then beat three Eggs, but two Whites, and put to them a pound of Sugar sifted, and then put in your Almonds, and beat all together very well; butter sheets of white Paper, and lay the Cakes in what form you please, and bake them.

You may perfume them, if you like it; bake them in a cool Oven.

To make Drop Bisket.

TAKE eight Eggs, and one pound of double-refin'd Sugar beaten fine, and twelve ounces of fine Flour well dried. Beat your Eggs very well; then put in your Sugar and beat it, and then your Flour by degrees, and beat it all very well together for an hour without ceasing. Your Oven must be as hot as for half-penny Bread; then flour some Sheets of Tin, and drop your Bisket what bigness you please, and put them in the Oven as fast as you can; and when you see them rise, watch them, and if they begin to colour take them out again and put in more, and if the first is not enough, put them in again; if they are right done, they will have a white Ice on them. You may put in Carraway-seeds if you please; when they are all baked, put them all in the Oven again till they are very dry, and keep them in your Stove.

To make little Cracknels.

TAKE three pounds of Flour finely dried, three ounces of Lemon and Orange-peel dried and beaten to a powder, and an ounce of Coriander-seeds beaten and searced, and three pounds of double-refined Sugar beaten fine and searced; mix these together with fifteen Eggs, half of the whites taken out, a quarter of a pint of Rose-water, as much Orange-flower-water. Beat the Eggs and Water well together; then put in your Orange-peel and Coriander-seeds, and beat it again very well with two Spoons, one in each hand; then beat your Sugar in by little and little; then your Flour by a little at a time, so beat with both Spoons an hour longer; then strew Sugar on Papers, and drop them the bigness of a Walnut, and set them in the Oven; the Oven must be hotter than when Pyes are drawn. Do not touch them with your Fingers before they are baked. Let the Oven be ready for them against they are done; be careful the Oven does not colour them.

To make the thin Dutch *Bisket.*

TAKE five pounds of Flour, and two ounces of Carraway-seeds, half a pound of Sugar, and something more than a pint of Milk. Warm the Milk, and put into it three quarters of a pound of Butter; then make a Hole in the middle of your Flour, and put in a full pint of good Ale-yeast; then pour in the Butter and Milk, and make these into a Paste, and let it stand a quarter of an hour by the Fire to rise; then mould it, and roll it into Cakes pretty thin; prick them all over pretty much, or they will blister; so bake them a quarter of an hour.

To make an ordinary Seed-cake.

TAKE six pounds of fine Flour, rub into it a thimble-ful of Carraway-seeds finely beaten, and two Nutmegs grated, and Mace beaten; then heat a quart of Cream, hot enough to melt a pound of Butter in it, and when 'tis no more than blood warm, mix your Cream and Butter with a pint of good Ale-yeast, and then wet your Flour with it; make it pretty thin; just before it goes into the Oven put in a pound of rough Carraways, and some Citron sliced thin. Three quarters of an hour in a quick Oven will bake it.

To make ordinary Wigs.

TAKE three pounds and an half of fine Flour, and three quarters of a pound of Butter, rub it into the Flour till none of it be seen; then take a pint or more of new Milk, and make it very warm, and three quarters of a pint of Ale-yeast; and with these make it into a light Paste; and put in Carraway-seeds, or what Spice you please; then set it before the Fire to rise; then mix in it three quarters of a pound of Sugar; then roll 'em out pretty thin, and then put on Tin-plates and hold them before the fire to rise again, or before the Oven. Let your Oven be pretty quick, and they will soon be baked.

A good Seed-cake.

TAKE two pounds of the finest Flour well dried, two pounds of fresh Butter rubbed well in; ten Eggs, leave out five whites; three spoonfuls of Cream, four spoonfuls of good Yeast; mix all well together and set it to the Fire, not too near; when 'tis well risen, put in a pound

of

of Carraway-comfits. An hour and a quarter will bake it.

To make the Marlborough *Cake.*

TAKE eight Eggs, yolks and whites, beat and strain them, and put to them a pound of Sugar beaten and sifted; beat it three quarters of an hour together; then put in three quarters of a pound of Flour well dried, and two ounces of Carraway-seeds; beat it all well together, and bake it in a quick Oven in broad Tin-pans.

Another sort of little Cakes.

TAKE a pound of Flour, and a pound of Butter. Rub the Butter into the Flour, two spoonfuls of Yeast, and two Eggs. Make it up into a Paste, slick white Paper, roll your Paste out the thickness of a Crown, cut them out with the top of a Tin Canister; sift fine Sugar over them, and lay them on the slick'd Paper. Bake them after Tarts an hour.

To make the White Cake.

TAKE three quarts of the finest Flour, a pound and half of Butter, a pint of thick Cream, half a pint of Ale-yeast, half a quarter of a pint of Rose-water and Sack together, a quarter of an ounce of Mace, nine Eggs, abating four whites, beat them well; five ounces of double-refined Sugar; mix the Sugar and Spice, and a very little Salt with your dry Flour, and keep out half a pint of the Flour to strew over the Cake; when 'tis all mixed, melt the Butter in the Cream when 'tis a little cool, strain the Eggs into it, Yeast, *&c.* Make a Hole in the midst of the Flour, and pour all the Wetting in, stirring it round

round with your Hand all one way, till well mixed. Strew on the Flour that was saved out, and set it before the fire to rise, covered over with a Cloth; let it stand so a quarter of an hour. You must have in readiness three pounds and half of Currants washed and picked, and well dried in a Cloth; mingle them in the Paste without kneading; put it in a Tin-hoop; set it in a quick Oven, or it will not rise; it must stand an hour and half in the Oven.

To make another sort of Ginger-bread.

TAKE a pound and half of *London* Treacle, two Eggs beaten, a pound of Butter melted, half a pound of brown Sugar, one ounce of beaten Ginger; and of Cloves, Mace, Coriander-seeds and Carraway-seeds, of each half an ounce; mix all these together with as much Flour as will knead it into a Paste; roll it out, and cut it into what Form you please. Bake it in a quick Oven on Tin-Plates; a little time will bake it.

To make Biskets.

TO a quart of Flour, take a quarter of a pound of Butter, and a quarter of a pound of Sugar, one Egg, and what Carraway-seeds you please, wet the Milk as stiff as you can; then roll them out very thin; cut them with a small Glass. Bake them on Tin-Plates, your Oven must be slack. Prick them very well just as you set them in, and keep them dry when baked.

To make brown French *Loaves.*

TAKE a peck of coarse Flour, and as much of the Raspings of Bread, beaten and sifted as will make it look brown; then wet it with a pint

pint of good Yeast, and as much Milk and Water warm as will wet it pretty stiff; mix it well, and set it before the fire to rise; make it into six Loaves; make it up as light as you can, and bake it well in a quick Oven.

To make the hard Bisket.

TAKE half a peck of fine Flour, one ounce of Carraway-seeds, the whites of two Eggs, a quarter of a pint of Ale-yeast, and as much warm Water as will make it into a stiff Paste; then make it in long rolls. Bake it an hour; the next day pare it round; then slice it in thin slices about half an inch thick; dry it in the Oven; then draw it and turn it, and dry the other side; they will keep the whole Year.

To make Whetstone *Cakes.*

TAKE half a pound of fine Flour, and half a pound of Loaf-sugar searced, a spoonful of Carraway-seeds dried, the yolk of one Egg, the whites of three, a little Rose-water, with Ambergrease dissolved in it; mix it together, and roll it out as thin as a Wafer; cut them with a Glass; lay them on flour'd Paper, and bake them in a slow Oven.

To make a good Plumb-cake.

TAKE four pounds of Flour, put to it half a pound of Loaf-sugar beaten and sifted, of Mace and Nutmegs half an ounce beaten fine, a little Salt. Beat the yolks of thirty Eggs, the whites of fifteen, a pint and half of Ale-yeast, three quarters of a pint of Sack, with two grains of Ambergrease, and two of Musk steeped in it five or six hours; then take a large pint of thick

Cream,

Cream, set it on the fire, and put in two pounds of Butter to melt, but not boil; then put your Flour in a Bowl, make a Hole in the midst, and pour in your Yeast, Sack, Cream and Eggs. Mix it well with your Hands, make it up, not too stiff, set it to the fire a quarter of an hour to rise; then put in seven pounds of Currants picked and washed in warm Water, then dried in a coarse Cloth, and kept warm till you put them into your Cake, which mix in as fast as you can, and put candied Lemon, Orange and Citron in it; put it in your Hoop, which must be ready buttered and fixed; set it in a quick Oven; bake it two hours or more, when 'tis near cold, ice it.

Another Plumb-cake.

TAKE four pounds of Flour, four pounds of Currants, and twelve Eggs, half the whites taken out, near a pint of Yeast, a pound and half of Butter, a good half-pint of Cream; three quarters of a pound of Loaf-sugar, beaten Mace, Nutmegs and Cinnamon, half an ounce beaten fine; mingle the Spices and Sugar with the Flour; beat the Eggs well, and put to them a quarter of a pint of Rose-water, that had a little Musk and Ambergrease dissolved in it; put the Butter and Cream into a Jug, and put it in a pot of boiling Water to melt; when you have mixed the Cake, strew a little Flour over it. Cover it with a very hot Napkin, and set it before the Fire to rise; butter and flour your Hoop, and just as your Oven is ready, put your Currants into boiling Water to plump. Dry them in a hot Cloth, and mix them in your Cake. You may put in half a pound of candied Orange, and Lemon, and Citron; let not your Oven be too hot, two hours will bake it, three if 'tis double the quantity. Mix it with a broad Pudding-stick, not with your Hands; when your

Cake

Cake is just drawn, pour all over it a gill of Brandy or Sack; then ice it.

Another Plumb-cake, with Almonds.

TAKE four pounds of fine Flour dried well, five pounds of Currants well picked and rubbed, but not washed; five pounds of Butter washed and beaten in Orange-flower-water and Sack; two pounds of Almonds beaten very fine, four pounds of Eggs weighed, half the whites taken out; three pounds of double-refined Sugar, three Nutmegs grated, a little Ginger, a quarter of an ounce of Mace, as much Cloves finely beaten, a quarter of a pint of the best Brandy: The Butter must be beaten to Cream; then put in your Flour, and all the rest of your things, beating it till you put it in the Oven; four hours will bake it, the Oven must be very quick; put in Orange, Lemon-peel candied, and Citron, as you like.

A rich Seed-cake, call'd The Nun's Cake.

TAKE four pounds of your finest Flour, and three pounds of double-refined Sugar beaten and sifted; mix them together, and dry them by the fire till you prepare your other Materials.

Take four pounds of Butter, beat it in your Hands till 'tis very soft like Cream; then beat thirty-five Eggs, leave out sixteen whites, and strain out the Treddles of the rest, and beat them and the Butter together, till all appears like Butter, put in four or five spoonfuls of Rose or Orange-flower-water, and beat it again; then take your Flour and Sugar, with six ounces of Carraway-seeds, and strew it in by degrees, beating it up all the time for two hours together; you may put in as much Tincture of Cinnamon or Ambergrease as

you pleaſe; butter your Hoop, and let it ſtand three hours in a moderate Oven.

To ice a great Cake.

TAKE two pounds of the fineſt double-refin'd Sugar, beat and ſift it very fine, and likewiſe beat and ſift a little Starch and mix with it; then beat ſix whites of Eggs to a Froth, and put to it ſome Gum-water, the Gum muſt be ſteeped in Orange-flower-water; then mix and beat all theſe together two hours, and put it on your Cake; when 'tis baked, ſet it in the Oven a quarter of an hour.

Another Seed-cake.

TAKE a pound of Flour, dry it by the fire, add to it a pound of fine Sugar beaten and ſifted; then take a pound and a quarter of Butter and work it in your Hand till 'tis like Cream; beat the yolks of ten Eggs, the whites of ſix; mix all theſe together with an ounce and half of Carraway-ſeeds, and a quarter of a pint of Brandy; it muſt not ſtand to riſe.

CREAMS and JELLIES.

Lemon Cream.

TAKE five large Lemons, and ſqueeze out the Juice, and the whites of ſix Eggs well beaten, ten ounces of double-refin'd Sugar beaten very fine, and twenty ſpoonfuls of Spring-

Spring-water; mix all together and ſtrain it through a Jelly-bag; ſet it over a gentle fire, ſcum it very well, when 'tis as hot as you can bear your Finger in it, take it off, and pour it into Glaſſes; put ſhreds of Lemon-peel into ſome of the Glaſſes.

Another Lemon Cream.

TAKE the Juice of four large Lemons, and half a pint of Water, and a pound of double-refin'd Sugar beaten fine, and the whites of ſeven Eggs, and the yolk of one beaten very well; mix all together, and ſtrain it, and ſet it on a gentle fire, ſtirring it all the while, and ſcum it clean; put into it the Peel of one Lemon, when 'tis very hot, but not boil; take out the Lemon-peel, and pour it into China Diſhes.

To make Orange Cream.

TAKE a pint of the Juice of Sevil Oranges, and put to it the yolks of ſix Eggs, the whites of four; beat the Eggs very well, and ſtrain them and the Juice together; add to it a pound of double-refin'd Sugar beaten and ſifted; ſet all theſe together on a ſoft fire, and put the Peel of half an Orange into it, keep it ſtirring all the while, and when 'tis almoſt ready to boil, take out the Orange-peel, and pour out the Cream into Glaſſes or China Diſhes.

To make Gooſeberry Cream.

TAKE two quarts of Gooſeberries, put to them as much Water as will cover them; let them boil all to maſh, then run them through a Sieve with a Spoon; to a quart of the Pulp, you muſt have ſix Eggs well beaten, and when the Pulp is hot,

put

put in an ounce of fresh Butter, sweeten it to your Taste, and put in your Eggs, and stir them over a gentle fire till they grow thick; then set it by, and when 'tis almost cold, put into it two spoonfuls of Juice of Spinnage, and a spoonful of Orange-flower-water or Sack, stir it well together, and put it in your Basons, when 'tis cold, serve it to the Table.

Some love the Gooseberries only mashed, not pulped through a Sieve, and put the Butter, and Eggs, and Sugar as the other, but no Juice of Spinnage.

To make Barley Cream.

TAKE a small quantity of Pearl-Barley, and boil it in Milk and Water till 'tis tender; then strain the Liquor from it, and put your Barley into a quart of Cream, and let it boil a little; then take the whites of five Eggs, and the yolk of one beaten with a spoonful of fine Flour, and two spoonfuls of orange-flower-water; then take the Cream off the fire, and mix the Eggs in by degrees, and set it over the fire again to thicken; sweeten it to your Taste; pour it into Basons, and when 'tis cold, serve it up.

To make Steeple Cream.

TAKE five ounces of Hart's-horn, and two ounces of Ivory, and put them into a Stone-bottle, and fill it up with fair Water to the Neck, and put in a small quantity of Gum-arabick, and Gum-dragant; then tie up the Bottle very close, and set it into a Pot of Water with Hay at the bottom, let it boil six hours; then take it out and let it stand an hour before you open it, lest it fly in your Face; then strain it in, and it will be a strong Jelly; then take a pound of blanched Almonds,

and beat them very fine, and mix it with a pint of thick Cream, and let it stand a little; then strain it out, and mix it with a pound of Jelly; set it over the fire till 'tis scalding hot, sweeten it to your Taste with double-refin'd Sugar; then take it off and put in a little Amber, and pour it into small high Gallipots like a Sugar-loaf at top, when 'tis cold turn them out, and lay whipt Cream about them in Heaps.

To make Blanch'd Cream.

TAKE a quart of the thickest sweet Cream you can get, season it with fine Sugar and Orange-flower-water; then boil it; then beat the whites of twenty Eggs with a little cold Cream, take out the Treddles, and when the Cream is on the fire and boils, pour in your Eggs, stirring it very well till it comes to a thick Curd; then take it up and pass it through a hair Sieve; then beat it very well with a Spoon 'till 'tis cold, and put it in Dishes for use.

To make Quince Cream.

TAKE Quinces, scald them till they are soft, pare them, and mash the clear part of them, and pulp it through a Sieve; take an equal weight of Quince, and double-refin'd Sugar beaten and sifted, and the whites of Eggs, and beat it till it is as white as Snow, then put it in Dishes.

To make Almond Cream.

TAKE a quart of Cream, boil it with Nutmeg, Mace, aud a bit of Lemon-peel, and sweeten it to your Taste; then blanch some Almonds, and beat them very fine; then take nine whites of Eggs well beaten, and strain them to your Almonds,

Almonds, and rub them very well through a thin Strainer; so thicken your Cream; just give it one boil, and pour it into China Dishes, and when 'tis cold, serve it up.

To make Ratafia Cream.

TAKE six large Laurel-leaves, and boil them in a quart of thick Cream; when 'tis boiled throw away the Leaves, and beat the yolks of five Eggs with a little cold Cream, and Sugar to your Taste; then thicken your Cream with your Eggs, and set it over the fire again, but let it not boil; keep it stirring all the while, and pour it into China Dishes; when 'tis cold 'tis fit for use.

To make Sack Cream.

TAKE the yolks of two Eggs, and three spoonfuls of fine Sugar, and a quarter of a pint of Sack; mix them together, and stir them into a pint of Cream; then set them over the fire till 'tis scalding hot, but let it not boil. You may toast some thin slices of white Bread and dip them in Sack or Orange-flower-water, and pour your Cream over them.

To make Rice Cream.

TAKE three spoonfuls of the Flour of Rice, as much Sugar, the yolks of two Eggs, two spoonfuls of Sack, or Rose or Orange-flower-water; mix all these together, and put them to a pint of Cream, stir it over the fire till 'tis thick, then pour it into China Dishes.

To make Hart's-Horn Jelly.

TAKE a large Gallipot and fill it full of Hart's-horn, and then fill it full with Spring-water, and tie a double Paper over the Gallipot, and set it in the Baker's Oven with houshold-bread, in the Morning take it out, and run it through a Jelly-bag, and season it with juice of Lemons, and double-refin'd Sugar, and the whites of eight Eggs well beaten; let it have a boil, and run it thro' the Jelly-bag again into your Jelly-glasses; put a bit of Lemon-peel in the Bag.

To make Calf's-foot Jelly.

TO four Calf's-feet take a gallon of fair Water, cut them in pieces, and put them in a Pipkin close covered, and boil them softly till almost half be consumed; then run it through a Sieve, and let it stand till 'tis cold; then with a Knife take off the Fat, and top and bottom, and the fine part of the Jelly melt in a Preserving-pan or Skillet, and put in a pint of Rhenish-wine, the Juice of four or five Lemons, double-refin'd Sugar to your Taste, the whites of eight Eggs beaten to a froth; stir and boil all these together near half an hour; then strain it through a Sieve into a Jelly-bag; put into your Jelly-bag a sprig of Rosemary, and a piece of Lemon-peel; pass it through the Bag till 'tis as clear as Water. You may cut some Lemon-peel like Threads, and put in half the Glasses.

To make whipt Cream.

TAKE a quart of thick Cream, and the whites of eight Eggs beaten with half a pint of Sack; mix it together, and sweeten it to your Taste with double-refin'd Sugar: Your may perfume it if

you

you pleaſe with ſome Muſk or Ambergreaſe tied in a Rag, and ſteeped a little in the Cream; whip it up with a Whiſk, and a bit of Lemon-peel tied in the middle of the Whiſk; take the Froth with a Spoon, and lay it in your Glaſſes or Baſons.

To make whipt Syllabubs.

TAKE a quart of Cream, not too thick, and a pint of Sack, and the Juice of two Lemons; ſweeten it to your Palate, and put it into a broad earthen Pan, and with a Whiſk whip it, and as the Froth riſes, take it off with a ſpoon, and lay it in your Syllabub-glaſſes; but firſt you muſt ſweeten ſome Claret or Sack, or White-wine, and ſtrain it, and put ſeven or eight ſpoonfuls of the Wine into your Glaſſes, and then gently lay in your Froth. Set 'em by. Do not make them long before you uſe them.

To make a freſh Cheeſe.

TAKE a quart of Cream, and ſet it over the fire till it is ready to boil, then beat nine Eggs, yolks and whites very well; when you are beating them, put to them as much Salt as will lie on a ſmall Knife's point; put them to the Cream, and ſome Nutmeg quartered, and tied up in a Rag; ſo let them boil till the Whey is clear; then take it off the fire, and put it in a Pan, and gather it as you do Cheeſe; then put it in a Cloth, and drain it between two; then put it in a ſtone Mortar, and grind it, and ſeaſon it with a little Sack and Orange-flower-water and Sugar, and then put it in a little earthen Colander, and let it ſtand two hours to drain out the Whey; then put it in the middle of a China Diſh, and pour thick Cream about it: ſo ſerve it to the Table.

To make Almond Butter.

TAKE a pound of the best *Jordan* Almonds, blanched in cold Water, and as you blanch them, throw them into fair Water; then beat them in a Marble Mortar very fine, with some Rose or Orange-flower-water, to keep them from oiling; then take a pound of Butter out of the Churn before 'tis salted, but it must be very well wash'd; and mix it with your Almonds, with near a pound of double-refin'd Sugar beaten and sifted; when 'tis very well mixed, set it by to cool; when you are going to use it, put it into a Colander, and pass it through with the back of a Spoon into the Dish you serve it in. Hold your Hand high, and let it be heaped up.

To make Ribbon Jelly.

TAKE out the great Bones of four Calf's-feet, and put the Feet into a Pot with ten quarts of Water, three ounces of Hart's-horn, three ounces of Ising-glass, a Nutmeg quartered, four blades of Mace; then boil this till it comes to two quarts, and strain it through a fine flannel Bag; let it stand twenty-four hours; then scrape off all the Fat from the top very clean; then heat it, and put to it the whites of six Eggs beaten to a froth; boil it a little, and strain it again through a Flannel Bag; then run the Jelly into little high Glasses; run every Colour as thick as your Finger; one Colour must be thorough cold before you put another on, and that you run on must not be blood warm for fear it mixes together; you must colour red with Cochineel, green with Spinnage, yellow with Saffron, blue with Syrup of Violets, white with thick Cream, and sometimes the Jelly by itself.

To make Cream of any preserv'd Fruit.

TAKE half a pound of the Pulp of any preserved Fruit, put it in a large Pan, put to it the whites of two or three Eggs; beat them together exceeding well for an hour; then with a Spoon take it off, and lay it heaped up high on the Dish or Salver with other Creams, or put it in the middle bason: Raspberries will not do this way.

To make a Snow Posset.

TAKE a quart of new Milk, and boil it with a stick of Cinnamon and quartered Nutmeg; when the Milk is boiled, take out the Spice, and beat the yolks of sixteen Eggs very well, and by degrees mix them in the Milk till 'tis thick; then beat the whites of the sixteen Eggs with a little Sack and Sugar into a Snow; then take the Bason you design to serve it up in, and put in it a pint of Sack; sweeten it to your Taste; set it over the fire, and let one take the Milk, and another the whites of Eggs, and so pour them together into the Sack in the Bason: keep it stirring all the while 'tis over the fire; when 'tis thorough warm, take it off, cover it up, and let it stand a little before you use it.

To make a Jelly Posset.

TAKE twenty Eggs, leave out half the whites, and beat them very well; put them into the Bason you serve it in with, with near a pint of Sack, and a little strong Ale; sweeten it to your Taste, and set it over a Charcoal fire, keep it stirring all the while; then have in readiness a quart of Milk or Cream boiled with a little Nutmeg and Cinnamon, and when your Sack and Eggs is hot

enough to ſcald your Lips, put the Milk to it boiling hot; then take it off the fire, and cover it up half an hour; ſtrew Sugar on the Brim of the Diſh, and ſerve it to the Table.

To make Flummery Caudle.

TAKE a pint of fine Oat-meal, and put to it two quarts of fair Water; let it ſtand all night, in the morning ſtir it, and ſtrain it into a Skillet, with three or four blades of Mace, and a Nutmeg quartered; ſet it on the fire, and keep it ſtirring, and let it boil a quarter of an hour; if it it is too thick, put in more Water, and let it boil longer; then add a pint of Rheniſh or White-wine; three ſpoonfuls of Orange-flower-water, the juice of two Lemons and one Orange, a bit of Butter, and as much fine Sugar as will ſweeten it; let all theſe have a walm, and thicken it with the yolks of two or three Eggs. Drink it hot for a Breakfaſt.

To make Tea Caudle.

MAKE a quart of ſtrong green Tea, and pour it out into a Skillet, and ſet it over the fire; then beat the yolks of four Eggs, and mix with them a pint of White-wine, a grated Nutmeg, Sugar to your Taſte, and put all together; ſtir it over the fire till 'tis very hot, then drink it in China Diſhes as Caudle.

A fine Caudle.

TAKE a pint of Milk, turn it with Sack; then ſtrain it, and when 'tis cold, put it in a Skillet with Mace, Nutmeg, and ſome white Bread ſliced; let all theſe boil, and then beat the yolks of four or five Eggs, the whites of two, and thicken your Caudle, ſtirring it all one way for fear it curdle; let it warm together, then take it off and ſweeten it to your Taſte.

To make Harts-horn or Calf's-foot Jelly without Lemons.

TAKE a pair of Calf's-feet, boil them with six quarts of fair Water to mash; it will make three quarts of Jelly; then strain it off, and let it stand till 'tis cold, take off the top, and save the middle, and melt it again and scum it; then take six whites of Eggs beaten to a froth, half a pint of Rhenish-wine, and one Lemon juiced, and half a pound of fine powdered Sugar; stir all together, and let it boil, then take it off, and put to it as much Spirit of Vitriol as will sharpen it to your Palate, about one penny-worth will do, let it not boil after the Vitriol is in; let your Jelly-bag be made of thick flannel, then run it through till 'tis very clear; you may put the whites of the Eggs that swim at the top into the Bag first, and that will thicken the Bag.

To make Oatmeal Caudle.

TAKE two quarts of Ale, and one of stale Beer, and two quarts of Water; mix them all together, and add to it two handfuls of Pot-Oatmeal, twelve Cloves, five or six blades of Mace, and a Nutmeg quartered or bruised; set it over the Fire, and let it boil half an hour, stirring it all the while; then strain it out through a Sieve, and put in near a pound of fine Sugar, and a bit of Lemon-peel; pour it into a Pan and cover it close that it may not scum; warm it as you use it.

To make Salop.

TAKE a quart of Water, and let it boil a quarter of an hour; then put in a quarter of an ounce of Salop finely powdered, and let it boil half an hour

hour longer, ſtirring it all the while; then ſeaſon it with White-wine and Juice of Lemons, and ſweeten it to your Taſte; drink it in China Cups as Chocolate; 'tis a great Sweetner of the Blood.

Boil Sago till 'tis tender and jellies, a ſpoonful and half to a quart of Water; then ſeaſon it as you do your Salop, and drink it in Chocolate-Diſhes; or if you pleaſe, leave out the Wine and Lemon, and put in a pint of thick Cream and a ſtick of Cinnamon, and thicken it up with two or three Eggs.

To make Lemon Syllibubs.

TAKE a quart of Cream, half a pound of Sugar, a pint of White-wine, the Juice of two or three Lemons, the Peel of one grated; mix all theſe, and put them in an earthen Pot, and Milk it up as faſt as you can till it is thick; then pour it into your Glaſſes, and let them ſtand five or ſix hours: You may make them over night.

To make white Leach.

TAKE half a pound of Almonds, blanch and beat them with Roſe-water, and a little Milk; then ſtrain it out, and put to it a piece of Iſinglaſs, and let it boil on a Chafing-diſh of Coals half an hour; then ſtrain it into a Baſon and ſweeten it, and put a grain of Muſk in it, and let it boil a little longer, and put to it two or three Drops of Oil of Mace or Cinnamon, and keep it till 'tis cold; eat it with Wine or Cream.

To make White-wine Cream.

TAKE a quart of Cream, ſet it on the Fire, and ſtir it till 'tis blood warm; then boil a pint of White-wine with Sugar till it is Syrup: So mingle

mingle the Wine and Cream together; put it in a China Bason, and when 'tis cold serve it up.

To make Straw-berry or Rasp-berry Fool.

TAKE a pint of Rasp-berries, squeeze and strain the Juice with Orange-flower-water; Put to the Juice five ounces of fine Sugar; then set a pint of Cream over the Fire, and let it boil up; then put in the Juice, give it one stir round, and then put it in your Bason; stir it a little in the Bason, and when 'tis cold use it.

To make Sack Cream.

TAKE a quart of thick Cream, and set it over the Fire, and when it boils take it off; put a piece of Lemon-peel in it, and sweeten it very well; then take the China Bason you serve it in, and put into the Bason the Juice of half a Lemon, and nine spoonfuls of Sack; then stir in the Cream into the Bason by a spoonful at a time, till all the Cream is in, when 'tis little more than blood warm set it by till next day; serve it with Wafers round it.

To make Ratafia Bisket.

TAKE four ounces of bitter Almonds, blanch and beat them as fine as you can; in beating them, put in the whites of four Eggs, one at a time; then mix it up with sifted Sugar to a light Paste; roll them, and lay them on Wafer Paper, and on Tin-plates; make the Paste so light that you may take it up with a Spoon. Bake them in a quick Oven.

To make Pistachia Cream.

PILL your Pistachias, and beat them very fine, and boil them in Cream; if 'tis not green

green enough, add a little Juice of Spinage; thicken it with Eggs, and sweeten to your Taste; pour it in Basons, and set it by till 'tis cold.

To make Harts-horn Flummery.

TAKE three ounces of Harts-horn, and put it to boil with two quarts of Spring-water; let it simmer over the Fire six or seven hours till half the Water is consumed, or else put it in a Jug, and set it in the Oven with Housholdbread; then strain it through a Sieve, and beat half a pound of Almonds very fine, with some Orange-flower-water in the beating; and when they are beat, mix a little of your Jelly with it, and some fine Sugar; strain it out, and mix it with your other Jelly; stir it together till 'tis little more than blood warm; then pour it into half-pint Basons, fill them but half full; when you use them, turn them out of the Dish as you do Flummery; if it does not come out clean, hold the Bason a minute or two in warm Water, eat it with Wine and Sugar.

Put six ounces of Harts-horn in a glazed Jug, with a long Neck, and put to it three pints of soft Water; cover the top of the Jug close, and put a Weight on it to keep it steady; set it in a Pot or Kettle of Water twenty-four hours; let it not boil, but be scalding hot; then strain it out and make your Jelly.

A Sack Posset without Eggs.

TAKE a quart of Cream or new Milk, and grate three Naples-biskets in it, and let them boil in the Cream; grate some Nutmeg in it, and sweeten it to your Taste; let it stand a little to cool, and then put half a pint of Sack a little warm in your Bason, and pour your Cream to it, holding it up high in the pouring; let it stand a little, and serve it.

A Sack Posset without Cream or Eggs.

TAKE half a pound of *Jordan* Almonds, lay them all night in Water, blanch and beat them in a Stone Mortar very fine, with a pint of Orange-flower-water, or fair Water, a quarter and half of Sugar, a two-penny Loaf of Bread grated: So let it boil till 'tis thick, continually stirring it, then warm half a pint of Sack, and put to it, stir it well together, and put a little Nutmeg and Cinnamon in it.

To make a Posset with Ale, King William's *Posset.*

TAKE a quart of Cream, and mix with it a pint of Ale, then beat the yolks of ten Eggs, and the whites of four; when they are well beaten, put them to your Cream and Ale, sweeten it to your Taste, and slice some Nutmeg in it; set it over the Fire, and keep it stirring all the while, and when 'tis thick, and before it boils, take it off, and pour it into the Bason you serve it in to the Table.

To make the Pope's Posset.

BLANCH and beat three quarters of a pound of Almonds so fine, that they will spread between your Fingers like Butter, put in Water as you beat them to keep them from oiling; then take a pint of Sack or Sherry, and sweeten it very well with double-refin'd Sugar, make it boiling hot, and at the same time put half a pint of Water to your Almonds, and make them boil; then take both off the fire, and mix them very well together with a Spoon, serve it in a China Dish.

To make very fine Syllibubs.

TAKE a quart and half a pint of Cream, a pint of Rhenish, half a pint of Sack, three Lemons, near a pound of double-refin'd Sugar; beat and sift the Sugar, and put it to your Cream, grate off the yellow Rind of your three Lemons, and put that in; squeeze the Juice of the three Lemons into your Wine, and put that to your Cream; then beat all together with a Whisk, just half an hour; then take it up all together with a Spoon, and fill your Glasses: It will keep good nine or ten Days, and is best three or four Days old. These are called *The everlasting Syllibubs.*

To make an Oatmeal Sack Posset.

TAKE a pint of Milk, and mix in it two spoonfuls of Flour of Oatmeal, and one of Sugar, put in a blade of Mace, and let it boil till the Rawness of the Oatmeal is gone off: In the mean time have in readiness three spoonfuls of Sack, and three of Ale, and two of Sugar, set them over the fire till scalding hot; then put them to your Milk, give one stir, and let it stand on the fire a minute or two, and pour it in your Bason; cover your Bason with a Pye-plate, and let it stand a little to settle.

Preserves, Conserves, *and* Syrrups.

To preserve Oranges whole.

TAKE the best *Bermudas* Oranges, and pare them with a Penknife very thin, and lay your Oranges in Water three or four days, shifting them every day; then put them in a Kettle with fair Water, and put a Board on them to keep them down in the Water, and have a Skillet on the fire with Water, that may be in readiness to supply the Kettle with boiling Water; as it wastes it must be filled up three or four times while the Oranges are doing, for they will take up seven or eight hours in boiling; for they must be so tender that a Wheat-straw may be thrust through them; then take them up and scoop the Seeds out of them making a little hole on the top; then weigh them, and to every pound of Orange take a pound and three quarter of double-refin'd Sugar, finely beaten and sifted; fill up your Oranges with Sugar, and strew some on them, and let them lie a little while; then make your Jelly for them thus.

Take two dozen of Pippins, and slice them into Water, and when they are boiled tender, strain the Liquor from the Pulp, and to every pound of Orange, you must have a pint and half of this Liquor, and put to it three quarters of the Sugar you left in filling the Oranges; set it on the fire, and let it boil and scum it well, and put it in a clean earthen Pan till 'tis cold; then put it in your Skillet, and put in your Oranges, and with a small Bodkin j b the Oranges as they are boiling to let

the Syrup into them; strew on the rest of your Sugar while they are boiling, and when they look clear, take them up, and put them in your Glasses, but one in a Glass, just fit for them, and boil the Syrup till 'tis almost a Jelly; then fill up your Oranges and Glasses; and when they are cold paper them up, and put them in your Stove.

To preserve whole Quinces white.

TAKE the largest Quinces of the greenest colour, and scald them till they are pretty soft; then pare them and core them with a Scoop; then weigh your Quinces against so much double-refin'd Sugar, and make a Syrup of one half, and put in your Quinces, and boil them as fast as you can; then you must have in readiness Pippin Liquor; let it be very strong of the Pippins, and when 'tis strained out, put in the other half of your Sugar, and make it a Jelly, and when your Quinces are clear, put them into the Jelly, and let them simmer a little; they will be very white; so glass them up, and when they are cold, paper them and keep them in a Stove.

To preserve Gooseberries.

TAKE of the best *Dutch* Gooseberries before they are too ripe, stone them, and put them in a Skillet with so much fair Water as will cover them; set them on a Fire to scald, and when they are tender, take them out of the Liquor and peel off the outer Skin, as you do Codlins, and throw them into some double-refin'd Sugar, powdered and sifted; put a handful more of Gooseberries into that Water, and let them boil a little; then run the Liquor through a Sieve; take the weight of your peeled Gooseberries in double-refin'd Sugar; break the Sugar in lumps, and wet the lumps

in the Liquor that the Gooseberries were scalded in, and put your Sugar in a Preserving-pan over a clear fire, and let it boil up and scum it well; then put in your Gooseberries, and let them boil till they look clear; then place them in your Glasses, and boil the Liquor a little longer, and pour it on your Gooseberries in the Glasses; when they are cold paper them.

To preserve Raspberries in Jelly.

TAKE of the largest and best Raspberries, and to a pound take a pound and quarter of Sugar made into a Syrup, and boiled candy high; then put in the Raspberries, and set them over a gentle fire, and as they boil shake them; and when the Sugar boils over them, take them off the fire, and scum them and set them by a little; then set them on again, and have half a pint of Juice of Currants by you, and at several times put in a little as it boils; shake them often as they grow nearer to be enough, which you may know by setting some in a Spoon to try if it will jelly, for when they jelly they are enough; then lay them in your Glasses, and keep the Jelly to cover them; but before you put it to them pick out all the Seeds, and let the Jelly cover them well.

To preserve Apricocks.

TAKE your Apricocks, stone and pare them, and take their weight in double-refin'd Sugar beaten and sifted, and put your Apricocks in a Silver Cup or Tankard, and cover them over with the Sugar, and let them stand so all night; the next day put them in a Preserving-pan, and set them on a gentle fire, and let them simmer a little while; then let them boil till they are tender and clear, taking them off sometimes to turn and scum;

keep them under the Liquor as they are doing, and with a ſmall clean Bodkin, or great Needle, job them ſometimes that the Syrup may penetrate into them; when they are enough take them up, and put them in Glaſſes. Boil and ſcum the Syrup, and when it is cold put it on your Apricocks.

To preſerve white Pear Plums.

TAKE Pear Plums when they are yellow, before they are too ripe; give them a ſlit in the Seam, and prick them behind; make your Water almoſt ſcalding hot, and put a little Sugar to it to ſweeten it, and put in your Plums and cover them cloſe; ſet them on the fire to coddle, and take them off ſometimes a little, and ſet them on again: take care they do not break; have in readineſs as much double-refin'd Sugar boiled to a height as will cover them, and when they are coddled pretty tender, take them out of that Liquor and put them into your Preſerving-pan to your Syrup, which muſt be but Blood warm when your Plums go in. Let them boil till they are clear, ſcum them and take them off, and let them ſtand two hours; then ſet them on again and boil them, and when they are thoroughly preſerved take them up and lay them in Glaſſes; boil your Syrup till 'tis thick, and when 'tis cold, put in your Plums; and a month after, if your Syrup grows thin, you muſt boil it again, or make a fine Jelly of Pippins, and put on them. This way you may do the Pimordian Plum, or any white Plum, and when they are cold paper them up.

To preſerve Damſons whole.

TAKE ſome Damſons, and cut them in pieces, and put them in a Skillet over the Fire with as much Water as will cover them; when they are boiled,

boiled, and the Liquor pretty ſtrong ſtrain it out, add for every pound of your whole Damſons wiped clean, a pound of ſingle-refin'd Sugar; put the third part of the Sugar in the Liquor, and ſet it over the fire, and when it ſimmers, put in your Damſons. Let them have one good Boil, and take them off for half an hour, covered up cloſe; then ſet them on again, and let them ſimmer over the fire, often turning them; then take them out and put them into a Baſon, and ſtrew all the Sugar that was left on them, and pour the hot Liquor over them, and cover them up, and let them ſtand till the next day; then boil them up again till they are enough; take them up, and put them in Pots; boil the Liquor till it jellies, and pour it on them when 'tis almoſt cold, ſo paper them up.

To parch Almonds.

TAKE a pound of Sugar, make it into a Syrup and boil it candy high; then put in three quarters of a pound of *Jordan* Almonds blanched; keep them ſtirring all the while till they are dry and criſp; then put them in a Box and keep them dry.

To dry Apricocks.

TAKE to a pound of Apricocks a pound of double-refin'd Sugar; then ſtone them and pare them, and put them into cold Water, and when they are all ready, put them into a Skillet of hot Water and ſcald them till they are tender; then drain them very well from the Water, and put them into a Silver Baſon, and have in readineſs your Sugar boiled to Sugar again, and pour that Sugar over your Apricocks, and cover them with a Silver Plate, and let them ſtand all night; the next day ſet them over a gentle fire, and let them be ſcalding hot, turning them often; you

must do them twice a day, till you see them begin to candy; then take them out and set them in your Stove or Glasses to dry, heating your Stove every day till they are dry.

To preserve green Plums.

TAKE green Plums grown to their full bigness, but before they begin to ripen; let them be carefully gathered with their Stalks and Leaves; put them into cold Spring-water over a fire, and let them boil very gently; when they will peel take off the Skins; then put the Plums into other cold Water, and let them stand over a very gentle fire till they are soft; put two pounds of double-refin'd Sugar to every pound of Plums, and make the Sugar with some Water into a thick Syrup before the Plums are put in: the Stones of the Plums are not to be grown so hard, but that you may thrust a pin through them: After the same manner do green Apricocks.

To make Sugar Plates.

TAKE a pound of double-refin'd Sugar beaten and searced, and blanch and beat some Almonds and mix with it, and beat them together in a Mortar, with Gum-dragant dissolved in Rose-water, till 'tis a Paste; roll it out and strew Sugar on the Papers or Plate, and bake it after Manchet; gild it if you please, and serve Sweetmeats on it.

To clear Sugar.

TAKE two or three whites of Eggs, and put them into a Bason of Water, and with a very clean hand lather that as you do Soap; take nothing but the Froth, and when your Syrup boils, with a Ladle cover it with it; do this till your Syrup

rup is clear, making still more Froth, and covering the Syrup with it; it will make the worst Sugar as clear as any, and fit to preserve any Fruit.

To preserve green Plums.

THE Plums that will be greenest are the white Plums that are ripe in Wheat Harvest; gather them about the Middle of *July* whilst they are green; when gathered, lay them in Water twelve hours; then scald them in two several Waters, let not the first be too hot, but the second must boil before you put the Plums in, and when they begin to shrivel, peel off the Skin as you do Codlins; keep them whole, and let a third Water be made hot, and when it boils, put in your Plums, and give them two or three walms; then take them off the fire and cover them close for half a quarter of an hour, till you perceive them to look greenish and tender; then take them out and weigh them with double-refin'd Sugar, equal Weight; wet a quarter of a pound of your Sugar in four spoonfuls of Water; set it on the fire, and when it begins to boil, take it off, and put in your Plums one by one, and strew the rest of your Sugar upon them, only saving a little to put in with your Perfume, Musk or Ambergrease, which must be put in a little before they are done: Let them boil softly on a moderate fire half an hour or more till they are green and the Syrup thickish; put your Plums in a Pot or Glasses; let the Syrup have two or three walms more and put it to them, when they are cold paper them up.

To preserve black Pear Plums, or any black Plum.

TAKE a pound of Plums, give them a little slit in the Seam; then take some of your

worst Plums, and put them in a Gallipot close covered, and set them in a Pot of boiling Water, and as they yield Liquor still pour it out. To a pint of this Liquor, take a pound and quarter of Sugar; put them together, and give them a boil and a scum, after which take it off to cool a little; then take your pound of Plums, and as you put them in, give every one of them a prick or two with a Needle, so set them again on a soft fire a pretty while; then take them off, and let them stand till the next day, that they may drink up the Syrup without breaking the Skin; the next day warm them again once or twice till you see the Syrup grow thick and the Plums look of the right black, still scumming them, and when they will endure a boil, give them two or three walms, and scum them well, and put them in your Glasses. Be sure you keep some of the Syrup in a Glass, that when your Plums are settled and cold you may cover them with it. The next day paper them up, and keep them for use.

To make white Jelly of Quinces.

PARE your Quinces, and cut them in halves; then core them and parboil your Quinces; when they are soft, take them up, and crush them through a Strainer, but not too hard, only the clear Juice. Take the weight of the Juice in fine Sugar; boil the Sugar candy-height, and put in your Juice, and let it scald a while, but not boil, and if any Froth arise, scum it off, and when you take it up, have ready a white preserved Quince cut in small slices, and lay them in the bottom of your Glasses, and pour your Jelly to them, it will candy on the top and keep moist on the bottom a long time.

To make clear Cakes of the Jelly of any Fruit.

TO half a pound of Jelly take six ounces of Sugar; wet your Sugar with a little Water, and boil it candy height; then put in your Jelly; let it boil very fast till it jelly; then put it into Glasses, and when 'tis dried enough on one side, turn it into Glass Plates. Set them in a Stove to dry leisurely; let your Stove be hot against your Cakes be turned.

To make clear Cakes of any Fruit.

TAKE your Gooseberries, or other Fruit, and put them in an earthen Pot stopt very close, and put them in a Kettle of Water, and let them boil till they break; then take them out, and run them through a Cloth; take the weight of the Liquor in Sugar; boil the Sugar candy-height; then put in your Juice, and let it stand over a few Embers to dry till 'tis thick like Jelly; if you fear it will change colour, put in three or four drops of Juice of Lemon; pour it out into clear Cake Glasses, and dry them with a little Fire.

To make brown Sugar.

TAKE Gum-arabick, and dissolve it in Water till 'tis pretty thick; then take as much double-refin'd Sugar finely sifted and perfumed as will make the Gum into a stiff Paste; roll it out like Jumballs, and set it in an Oven exactly heated that it may raise them and not boil; for if it boils 'tis spoiled; you may colour some of them.

To make Pastils.

TAKE double-refin'd Sugar beaten and sifted as fine as Flour; perfume it with Musk and Ambergrease; then have ready steeped some Gum-arabick in Orange-flower-water, and with that make the Sugar into a stiff Paste; drop into some of it three or four drops of Oil of Mint, or Oil of Cloves, or Oil of Cinnamon, or what Oil you like, and let some only have the Perfume; then roll them up in your Hand like little Pellets, and squeeze them flat with a Seal. Dry them in the Sun.

To fricasy Almonds.

TAKE a pound of *Jordan* Almonds; do not blanch them, or but one half of them; beat the white of an Egg very well, and pour it on your Almonds, and wet them all over; then take half a pound of double-refin'd Sugar, and boil it to Sugar again; and put your Almonds in, and stir them till as much Sugar hangs on them as will; then set them on Plates, and put them into the Oven to dry after Bread is drawn, and let them stay in all night. They will keep the Year round if you keep them dry, and are a pretty Sweetmeat.

To make Almond Cakes.

BOIL a pound of double-refin'd Sugar up to a thin Candy; then have in readiness half a pound of Almonds blanched, and finely beaten with some Rose or Orange-flower-water, the Juice of one Lemon, the Peels of two grated into the Juice, put all these together, stir them over a gentle fire till all the Sugar is well melted, but be sure it does not boil after the Lemon is in; then put it into your clear Cake Glasses; Perfume them,

and

and when they are a little dry, cut them into what ſhape you pleaſe.

To make Orange Cakes.

PARE your Oranges very thin, and take off the white Rinds in quarters; boil them white Rinds very tender, and when they are enough, take them up, and ſcrape the Black off, and ſqueeze them between two Trenchers; beat them in a ſtone Mortar to a fine Pulp with a little Sugar, pick the Meat out of the Oranges from the Skins and Seeds, and mix the Pulp and Meat together, and take the weight and half of Sugar; boil the Sugar to a candy-height, and put in the Oranges, ſtir them well together, and when 'tis cold, drop 'em on a Pye-plate, and ſet them in a Stove. You may perfume them. To the Rinds of ſix Oranges put the Meat of nine Lemons. Cakes are made the ſame way, only as many Rinds as Meat, and twice the weight of Sugar,

To make March-pane unboiled.

TAKE a pound of Almonds, blanch them and beat them in Roſe-water; when they are finely beaten, put to them half a pound of Sugar, beat and ſearced, and work it to a Paſte; ſpread ſome on Wafers, and dry it in the Oven; when 'tis cold, have ready the white of an Egg beaten with Roſe-water and double-refin'd Sugar. Let it be as thick as Butter, then draw your March-pane through it, and put it in the Oven: It will ice in a little time, then keep them for uſe.

If you have a mind to have your March-pane large, cut it when 'tis rolled out by a Pewter plate, and edge it about the top like a Tart, and bottom with Wafer-paper, and ſet it in the Oven, nd ice it as aforeſaid; when the Icing riſes, take

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it out and strew coloured Comfits on it, or serve Sweet-meats on it.

To preserve Cherries.

PICK and stone your Cherries, and weigh them and take their weight in single-refin'd Sugar beaten fine, mix three parts of the Sugar with Juice of Currants, and put it in your Preserving-pan, and give it a boil and a scum, and then put in your Cherries; let them boil very fast, now and then strewing in some of the Sugar that was left till all is in, scum it well, and when they are enough, which you may know by trying some in a Spoon, and when it jellies take it off, and fill your Glasses, and when they are cold, paper them up.

To preserve Currants in Jelly.

TAKE your Currants and strip them, and put them in an earthen Pot; tie them close down, and set them in a kettle of boiling Water, and let them stand three hours, keeping the Water boiling; then take a clean flaxen Cloth, and strain out the Juice, and when it has settled, take a pound of double-refin'd Sugar, beaten and sifted, and put to a pint of the clear Juice: Have in readiness some whole Currants stoned, and when the Juice boils, put in your Currants, and boil them till your Syrup jellies, which you may know by taking up some in a spoon; then put it in your Glasses. This way make Jelly of Currants, only leaving out the whole Currants; when it is cold, paper them up.

To preserve Barberries.

TAKE the largest Barberries you can get, and stone them, and to every pound of Barber-

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ries take three pounds of Sugar, and boil it till 'tis candy high; then put in the Barberries, and let them boil till the Sugar boils over them all; then take them off, scum them, and set them on again, and give them another boil, and put them in an earthen Pan, cover them with Paper, and set them by till the next day; then put them in Pots, and pour the Syrup over them; cover them with Paper, and keep them in a Stove. If the Syrup grows thin, you may make a little Jelly of Pippins, and put them in when 'tis ready, and give them one walm, and pour them again into Glasses.

To preserve whole Pippins.

TAKE *Kentish* Pippin, or Apple-Johns, pare them, and slice them into fair Water; set them on a clear fire, and when they are boiled to mash, let the Liquor run thorough a Hair Sieve. Boil as many Apples thus, till you have the quantity of Liquor you would have. To a pint of this Liquor you must have a pound of double-refin'd Sugar in great Lumps; wet the Lumps of Sugar with the Pippin Liquor, and set it over a gentle fire, and let it boil, and scum it well, and while you are making the Jelly, you must have your whole Pippins boiling at the same time; they must be the fairest and best Pippins you can get; scoop out the Cores, and pare them neatly, and put them into fair Water as you do them. You must likewise make a Syrup ready to put them into the quantity as you think will boil them in clear; you must make that Syrup with double-refin'd Sugar and Water: tie up your whole Pippins in a piece of fine Muslin severally, and when your Sugar and Water boils put them in; let them boil very fast; so fast that the Syrup always boils over them; sometimes take them off, and then set them

on again, and let them boil till they are clear and tender; then take off the Tiffney or Muslin they were tied up in, and put them into Glasses that will hold but one in a Glass; then see if your Jelly of Apple-Johns be boiled to jelly enough; if it be, squeeze in the Juice of two Lemons, and put Musk and Ambergrease in a Rag, and let it have a boil; then strain it through a Jelly-bag into the Glasses your Pippins were in: You must be sure to drain your Pippins well from the Syrup they were boiled in; before you put them in your Glasses, you may, if you please, boil Lemon-peel in little pieces in Water till they are tender, and then boil them in the Syrup your Pippins were boiled in; then take them out, and lay them about the Pippins before the Jelly is put in; when they are cold, paper them up.

To make Pippin Jelly.

TAKE fifteen Pippins, pared, cored and sliced, and put them into a pint and half of Water, and let them boil till they are tender; then put them in a Strainer, and let the thin run from them, as much as it will; and to a pint of Liquor, take a pound of double-refin'd Sugar, wet your Sugar, and boil it to Sugar again; then cut some Chips of candied Orange or Lemon-peel, and cut it as fine as Threads, and put it into your Sugar, and then your Liquor, and let it boil till 'tis a Jelly, which will be quickly; you may perfume it with Ambergrease if you please; pour the Jelly into shallow Glasses: When 'tis cold, paper it up, and keep it in your Stove.

To candy Angelica.

TAKE Angelica that is young, and cut it in fit Lengths, and boil it till it is pretty tender,

der, keeping it cloſe covered; then take it up and peel off all the Strings; then put it in again, and let it ſimmer and ſcald till 'tis very green; then take it up and dry it in a Cloth, and weigh it, and to every pound of Angelica take a pound of double-refin'd Sugar beaten and ſifted; put your Angelica in an earthen Pan, and ſtrew the Sugar over it, and let it ſtand two days; then boil it till it looks very clear, put it in a Colandar to drain the Syrup from it, and take a little double-refin'd Sugar and boil it to Sugar again; then throw in your Angelica, and take it out in a little time, and put it on glaſs Plates. It will dry in your Stove, or in an Oven after Pyes are drawn.

To make Jelly of white Currants.

TAKE your largeſt Currants, and ſtrip them into a Baſon, and bruiſe and ſtrain them, and to every pint of Juice a pound of double-refin'd Sugar: juſt wet your Sugar with a little fair Water, and ſet it on a ſlow fire till it melts; then make it boil, and at the ſame time let your Juice boil in another thing; ſcum them both very well, and when they have boiled a pretty while, take off your Sugar and ſtrain the Juice into it through a Muſlin; then ſet it on the fire, and let it boil, and if you pleaſe, you may ſtone ſome white Currants and put them in, and let them boil till they are clear; have a care you do not boil them too high; let them ſtand a while, then put them in Glaſſes.

If you would make clear Cakes of white Currants, boil the Juice juſt as this is; but this obſerve, that when you put your Juice and Sugar together, they muſt ſtand but ſo long on the fire, till they are warm and well mixed; they muſt not boil together, and when 'tis cold put it in flat Glaſſes, and into your Stove to dry them; turn them often.

To

To make white Marmalade.

TAKE your Quinces and ſcald them, and pare them, and ſcrape the Pulp clean from the Cores, and to every pound of Pulp put a pound of double-refin'd Sugar; put a little Water to your Sugar to diſſolve it, and boil it candy high; then put in the Quince Pulp, aud ſet it on the fire till it comes to a Body; let it boil very faſt, when 'tis enough put it in Gallipots.

To make red Quince Marmalade.

PARE, core, and quarter your Quinces, then weigh them, and to a pound of Quince allow a pound of ſingle-refin'd Sugar beaten ſmall; and to every pound of Quince a pint of Liquor; make your Liquor thus: Put your parings and cores, and three or four Quinces cut in pieces, into a large Skillet, with Water proportionable to the quantity of Quinces you do; cover it, and ſet it over the fire, and let it boil two or three hours; then put in a quart of Barberries, and let them boil an hour and ſtrain all out; then put your Quince, and Liquor, and a quarter of your Sugar, into a Skillet or large Preſerving-pan, and let them boil together over a gentle fire, cover it cloſe, and take care it does not burn; ſtrew in the reſt of your Sugar by degrees, and ſtir it often from the Bottom, but do not break the Quince till 'tis near enough; then break it in lumps as ſmall as you like it; when 'tis of a good Colour and very tender, try ſome in a Spoon, if it jellies 'tis enough; then take it off, and put it in Gallipots; when 'tis cold, paper it.

To make Marmalade of Cherries.

TAKE four pounds of Cherries, ſtone them, and put them in a Preſerving-Pan, with a quart of

of Juice of Currants; set them on a Charcoal fire, and let the fire dry away most of the Juice; break or mash them, and boil three pounds of Sugar candy high, and put the Cherries to it, and set it on the fire again, and boil it till it comes to a Body; so put it in Glasses, and when 'tis cold paper it up.

To make a Paste of green Pippins.

TAKE Pippins and scald them, and peel them, till they are green; when you have peeled them, have fresh warm Water ready to put them into, and cover them close, and keep them warm till they are very green; then take the Pulp of them, but none of the Core, and beat it in a Mortar, and pass it through a Colander; and to a pound of the Pulp put a pound and one ounce of double-refin'd Sugar; boil your Sugar till it will ball between your Fingers; put in your Pulp, and take it off the fire to mix it well together; set it on the fire again, and boil it till 'tis enough; which you may know by dropping a little on a Plate, and then put it in what Form you please: Dust it with Sugar, and set it in the Stove to dry; turn it, and dust the other side.

To make white Quince Paste.

SCALD the Quinces tender to the Core, and pare them, and scrape the Pulp clean from the Core; beat it in a Mortar, and pulp it through a Colander; take to a pound of Pulp a pound and two ounces of Sugar, boil the Sugar till 'tis candy high; then put in your Pulp, stir it about constantly till you see it come clear from the bottom of the Preserving-pan; then take it off, and lay it on Plates pretty thin: You may cut it in what Shape you please, or make Quince Chips of it;

you

you must dust it with Sugar when you put it into the Stove, and turn it on Papers in a Sieve, and dust the other side; when they are dry, put them in Boxes with Papers between. You may make red Quince Paste the same way as this, only colour the Quince with Cochineel.

To dry Pears or Apples.

TAKE poppering Pears, and thrust a piked Stick into the Head of them beyond the Core, then scald them, but not too tender; then pare them the long way; put them in Water, and take the weight of them in Sugar, and clarify it with Water, a pint of Water to a pound of Sugar, strain the Syrup, and put in the Pears; set them on the fire, and boil them pretty fast for half an hour; cover them with Paper, and set them by till the next day; then boil them again, and set them by till the next day; then take them out of the Syrup, and boil it till 'tis thick and ropy; then put the Pears in your Preserving-pan, and put the Syrup to them, and if it will not cover them, add some Sugar to them, set them over the fire and let them boil up; then cover them with Paper, and set 'em in a Stove twenty four hours; then take 'em out, and lay them on Sieves to dry; then lay them on Plates, and dust them with Sugar, and set them into your Stove to dry; and when one side is dry, lay them on Papers, and turn them, and dust the other side with Sugar; squeeze the Pears flat by degrees; if 'tis Apples squeeze the Eye to the Stalk; when they are quite dry put them in Boxes with Papers between.

To dry Pears or Pippins without Sugar.

TAKE your Pears or Apples and wipe them clean, and take a Bodkin and run it in at the Head,

Head, and out at the Stalk, and put them in a flat earthen Pot, and bake them, but not too much; you must put a quart of strong new Ale to half a peck of Pears, tie white Papers over the Pot, that they may not be scorched in baking, and when they are baked let them stand to be cold, and take them out to drain, squeeze the Pears flat, and the Apples the Eye to the Stalk, and lay them on Sieves with wide holes to dry, either in a Stove, or an Oven that is not too hot.

To candy any sort of Flower.

TAKE your Flowers, and pick them from the white part; then take fine Sugar and boil it candy high; boil as much as you think will receive the quantity of Flowers you do; then put in the Flowers, and stir them about till you perceive the Sugar to candy well about them; then take them off from the fire, and keep them stirring till they are cold in the Pan you candied them in; then sift the loose Sugar from them; and keep them in Boxes very dry.

To candy Orange Flowers.

TAKE half a pound of double-refin'd Sugar finely beaten, wet it with Orange-flower-water, then boil it candy high, then put in a handful of Orange-flowers, keeping it stirring, but let it not boil, and when the Sugar candies about them, take it off the fire, drop it on a Plate, and set it by till 'tis cold.

To make Syrup of any Flower.

CLIP your Flowers, and take their weight in Sugar; then take a high Gallipot, and put a row of Flowers, and a strowing of Sugar, till the

Pot is full; then put in two or three spoonfuls of the same Syrup or still'd Water; tie a Cloth on the top of the Pot, and put a Tile on that, and set your Gallipot in a kettle of Water over a gentle fire, and let it infuse till the strength is out of the Flowers, which will be in four or five hours; then strain it thro' a Flannel, and when 'tis cold bottle it up.

To candy any sort of Fruit.

AFTER you have preserved your Fruit, dip them suddenly into warm Water to take off the Syrup; then sift on them double-refin'd Sugar till they look white; then set them on Sieve in a warm Oven, taking them out to turn two or three times; let them not be cold till they be dry, and they will look clear as Diamonds. So keep them dry.

Another way to preserve Oranges.

TAKE right Sevil Oranges, the thickest rinded you can get, lay them in Water, changing the Water twice a-day for two days; then rub 'em well with Salt, and wash them well afterwards, and put them in Water, changing the Water twice a-day for two days more; then put them in a large Pot of Water to boil, having another Pot of boiling Water ready to throw them into, as the other grows bitter; change them often till they are tender; then take them up in a Linnen Cloth, and a Woollen over it to keep them hot; take out one at a time, and make a little hole at the top, and pick out the Seeds, but do not break the Meat; pare them as thin as you can with a sharp Penknife; take to a pound of Oranges before they are opened, a pound of double-refin'd Sugar, and a pint of fair Water; boil it and scum it, and let it be ready when you pare them to throw them into, and when they are all pared, set them on the fire, cover them close, and

keep

keep them boiling as fast as they can boil, till they look clear; then take them up into a deep Gallipot with the holes upward, fill them with Syrup, and when they are almost cold, pour the rest of the Syrup over them; let them stand a Fortnight or three Weeks in that Syrup; then make a Jelly of Pippins, and when 'tis almost ready, take out your Oranges out of the Gallipot, and pour all the Syrup out of them, and put them into the Jelly, and let them have a boil or two, then put them in your Glasses, and when they are near cold, fill 'em with Jelly, the next day paper them.

To preserve Gooseberries in Hops.

TAKE the largest *Dutch* Gooseberries, and with a Knife cut them a-cross at the Head and half way down, and with a Bodkin pull out the Seeds clean, and do not break them; then take fine long Thorns, scrape them, and then put on your Gooseberries, putting the Leaf of the one to the Cut of the other, and so till your Thorn is full; and when they are full put them into a new Pipkin with a close Cover, and cover them with Water, and let 'em stand scalding till they are green; then take them up, and lay them upon a Sieve to drain from the Water; be sure they do not boil in the greening, for if they have but one walm they are spoiled, and while they are greening make a Syrup for them. Take whole green Gooseberries, and boil them in Water till they all break, then strain the Water thro' a Sieve, and weigh your Hops, and to a pound of Hops put a pound and half of double-refin'd Sugar, put the Sugar and Hops into the Liquor, and boil them open till they are clear and green; then take them up and lay them upon Pye-plates, and boil your Syrup longer; lay your Hops in a pretty deep Gallipot, and when the Syrup is cold, pour it on them; cover them with Paper, and keep them in a Stove.

To preserve Gooseberries whole, without stoning.

TAKE the largest preserving Gooseberries and pick off the black Eye, but not the Stalk; then set them over the fire in a pot of Water to scald, cover them very close, and let them scald, but not boil or break; and when they are tender, take them up into cold Water; then take a pound and half of double-refin'd Sugar to a pound of Gooseberries, clarify the Sugar with Water, a pint to a pound of Sugar, and when the Syrup is cold, put your Gooseberries single into your Preserving-pan, and put the Syrup to them, and set them on a gentle fire and let them boil, but not too fast, lest they break, and when they are boiled, and you perceive the Sugar has enter'd them, take them off, cover them with white Paper, and set them by till the next day; then take them out of the Syrup and boil the Syrup till it begins to be ropy, scum it, and put it to them again, and set them on a gentle fire, and let them preserve gently, till you perceive the Syrup will rope; then take them off and set them by till they are cold, covering them with Paper; then boil some Gooseberries in fair Water, and when the Liquor is strong enough strain it out, let it stand to settle; and to every pint take a pound of double-refin'd Sugar and make a Jelly of it, and put the Gooseberries in Glasses, and when they are cold cover them with the Jelly; the next day paper them; wet, and then half dry the Paper that goes in the inside, it closes down better, and then put on other Papers, and put them in your Stove.

To make Conserve of Red-roses. or any other Flowers.

TAKE Rose-buds, and pick them, and cut off the white part from the red, and put the red Flowers, and sift them thro' a Sieve to take out the Seeds; then weigh them, and to every pound of Flowers take two pound and a half of Loaf-sugar, beat the Flowers pretty fine in a stone Mortar; then by degrees put the Sugar to them, and beat it very well till 'tis well incorporated together; then put it into Gallipots, and tie it over with Paper, and over that Leather, and it will keep seven Years.

To stew Apples.

TAKE to a quart of Water a pound of double-refin'd Sugar beaten fine, boil and scum it, and put into it a pound of the largest and clearest Pippins, pared, and cut in halves and cored. Let them boil, covered with a continual Froth till they be as tender and clear as you would have them; then put in the Juice of two Lemons, and a little Peel cut like Threads. Let them have five or six walms after the Lemon is in; then put them in the China Dish or Salver you serve them in; they should be done two hours before used.

To dry Plumbs or Apricocks.

TAKE your Plumbs or Apricocks and weigh them; and to every pound of Fruit allow a pound of double-refin'd Sugar; then scald your Plumbs and stone them, and take off the skins and lay your Plumbs on a dry Cloth; then just wet your Sugar and set it over the fire, and keep it stirring all one way till it boils to Sugar again; take that Sugar, and lay some in the bottom of your Pre-

serving-pan, and lay your Plumbs on it, and strew the rest of the Sugar on the Plumbs, and let it stand till 'tis melted; then heat it scalding hot twice a-day, but let it it not boil; and when the Syrup is very thick, and candies about the Pan, then take them out of the Syrup, and lay them on Glasses to dry, and keep them continually warm, sifting a little Sugar over them till they are almost dry; wet the Stones in the Syrup, and dry them with Sugar, and put them in at one end of the Plumb, and when they are thorough dry, keep them 'em in Boxes, with Papers between.

To make Sugar of Roses.

CLIP off all the whites from the red Rose-buds, and dry the red in the Sun; and to one ounce of that finely powder'd, you must have one pound of Loaf-sugar; wet the Sugar in Rose-water, (but if in the Season, Juice of Roses) boil it to a candy height; then put in your Powder of Roses, and the Juice of a Lemon; mix it well together; then pour it on a Pye-plate, and cut it into Lozenges, or what form you please.

To preserve small Cucumbers green.

TAKE small Cucumbers, boil them, but not very tender; when you take them out of the Water, make a hole thro' every one with a large Needle; then pare and weigh them, and to every pound allow a pound of Sugar, which make in a Syrup, with a pint of Water to every pound of Sugar; you must green them before you put them into the Sugar; then let them boil, keeping them close covered; then put them by, and for three or four days boil them a little every day; put into the Syrup the Peel of a fresh Lemon. Then make a fresh Syrup with double-refin'd Sugar; you must have

three quarters of a pound to a pound of Cucumbers, and a quarter of a pint of fair Water, the juice of a Lemon, and a little Ambergrease boiled in it; so do them up for use; paper them when cold.

To preserve Mulberries whole.

SET some Mulberries over the fire in a Skillet, and draw from them a pint of Juice, when 'tis strained. Then take three pounds of Sugar, beaten very fine; wet the Sugar with the pint of Juice; boil up your Sugar, and scum it, and put in two pounds of ripe Mulberries, and let them stand in the Syrup till they are thoroughly warm; then set them on the fire, and let them boil very gently; do them but half enough, so put them by in the Syrup till next day; then boil them gently again, and when the Syrup is pretty thick, and will stand in a round drop when 'tis cold, they are enough; so put all together in a Gallipot for use.

To make Rose Drops.

THE Roses and Sugar must be beat separately into a very fine Powder, and both sifted; to a pound of Sugar, an ounce of Red-roses; they must be mixed together, and then wet with as much Juice of Lemon, as will make it into a stiff Paste. Set it on a slow fire in a silver Porringer, and stir it well; and when 'tis scalding hot quite through, take it off, and drop it on Paper. Set 'em near the fire the next day; they'll come off.

To candy Flowers.

GAther your Flowers when dry; cut off the Leaves as far as the colour is good; according to your quantity, take of double-refin'd Sugar, and wet it with fair Water, and boil it to a candy

height; then put in your Flowers, of what sort you please, as Primroses, Violets, Cowslips, or Borage, with a Spoon; take them out as quick as you can, with as little of the Syrup as may be, and lay them in a dish over a gentle fire, and with a Knife spread them, that the Syrup may run from them; then change them upon another warm dish, and when they are dry from the Syrup, have ready some double-refin'd Sugar, beaten and sifted, and strew some on your Flowers; then take the Flowers in your Hands, and rub them gently in the hollow of your Hand, and that will open the Leaves; a Stander-by strewing more Sugar into your Hand as you see convenient; so do till they are thoroughly open'd and dry; then put your Flowers into a dry Sieve, and sift all the Sugar clean from them. They must be kept in a dry place. Rosemary Flowers must be put whole into your Syrup. Young Mint Leaves you must open with your Fingers; but all Blossoms rub with your Hand, as directed.

To make Cakes of Flowers.

BOIL double-refin'd Sugar candy high, and then strew in your Flowers, and let them boil once up; then with your Hand lightly strew in a little double-refin'd Sugar, sifted; and then, as quick as may be, put it into your little Pans, made of Card, and pricked full of holes at bottom. You must set the Pans on a Pillow, or Cushion; When they are cold, take them out.

To make Wormwood Cakes.

TAKE one pound of double-refin'd Sugar sifted; mix it with the whites of three or four Eggs well beat; into this drop as much chymical Oil of Wormwood as you please. So drop them on Paper; you may have some white, and some marble, with specks

specks of Colours, with the point of a Pin; keep your Colours severally in little Gallipots. For red, take a dram of Cochineel, a little Cream of Tartar, as much of Allum; tye them up severally in little bits of fine Cloth, and put them to steep in one glass of Water two or three Hours. When you use the colour, press the Bags in the Water, and mix some of it with a little of the White of Egg and Sugar. Saffron colours yellow; and must be tied in a Cloth, as the red, and put in Water. Powder-Blue, mix'd with the Saffron-water, makes a Green; for Blue, mix some dry Powder-blue with some Water.

To candy Orange-Flowers.

TAKE Orange-flowers, that are stiff and fresh pick'd, and boil them in a good quantity of Spring water in a Preserving-pan, and when they are tender, take them out and drain them in a Sieve, and lay 'em between two Napkins till they be very dry. Take the weight of your Flowers in double-refin'd Sugar; if you have a pound, take half a pint of Water, and boil with the Sugar till it will stand in a drop; then take it off the fire, and when 'tis almost cold, put it to the Flowers, which must be in a silver Bason; shake them very well together, and set them in a Stove, or in the Sun; and as they begin to candy, take them out, and put them on Glasses to dry; keeping them turning till they are dry.

To preserve Raspberries whole.

TAKE the full weight of your Raspberries in double-refin'd Sugar, beaten and sifted; lay your Raspberries single in the bottom of your Preserving-pan, and put all your Sugar over them; set them on a slow fire, till there is some Syrup in the

bottom of the Pan; then set them on a quick Fire till all the Sugar be thoroughly melted, give them two or three walms, scum them and take them up and put them in Glasses.

To make Bisket.

TAKE the whites of four Eggs, the yolks of ten, beat them a quarter of an hour with four spoonfuls of Orange-flower-water; then add to it one pound of Loaf-sugar beaten and sifted; then beat them together an hour longer; then stir in half a pound of dry Flour, and the Peel of a Lemon grated off; mix it well together, then butter the Pans and fill them, searce some Sugar over them as you put them into the Oven; when they are risen in the Oven, take them out and lay them on a clean Cloth, and when the Oven is pretty cool put them in again on Sieves, and let them stand till they are dry, and will snap in breaking.

To make Chocolate Almonds.

TAKE a pound of Chocolate finely grated, and a pound and half of the best Sugar finely sifted; then soak Gum-dragon in Orange-flower-water, and work them into what form you please. The Paste must be stiff, dry them in a Stove.

To make Lemon Puffs.

TAKE a pound and quarter of double-refin'd Sugar beaten and sifted, and grate the Rinds of two Lemons and mix well with the Sugar; then beat the whites of three new-laid Eggs very well, and mix it well with your Sugar and Lemon-peel; beat them together an hour and quarter, then make it up in what form you please; be quick to set them in a moderate Oven, don't take them off the Papers till cold.

To

To preserve Oranges whole.

TAKE the best and largest Sevil Oranges, water them three days, shifting them twice a day, boil them in a Copper with a great deal of Water till they be tender; they must be ty'd in a Cloth and kept under Water, the Water must boil before you put them in; then take to every pound of Orange a pound and half of double-refin'd Sugar, beaten and sifted; then have in readiness Apple-water made of John-Apples; take to every pint of that Water a pound of Sugar; then take a third part of the Sugar and put to the Water, boil it a while, and set it by to cool; then cut a little hole in the bottom of your Orange, and pick out all the Seeds, and fill them up with what Sugar is left; prick your Oranges all over with a Bodkin; then put them into your Syrup, boiling them so fast that the Syrup may cover them; then put in your Sugar that is left. When the Syrup will jelly and the Oranges look clear, they are enough; then glass them with the holes uppermost, and pour the Syrup upon 'em.

To make Almond Loaves.

BLANCH your Almonds in hot Water, and throw them into cold; then take their weight in double-refin'd Sugar finely searc'd, beat them together until they come to a Paste; then make them up into little Loaves; then ice them over with some white of Egg and Sugar; bake them on Paper: If you please you may throw your Almonds into Orange-flower-water instead of cold Water.

To make Lemon Bisket.

TAKE six yellow Rinds well beat, with a pound of double-refin'd Sugar, and whites of four

four Eggs, till come to a Paste; lay them on Wafer-paper, so bake them on Tins.

To make Orange-Chips crisp.

PARE your Oranges very thin, leaving as little white on the Peel as possible, throw the Rinds into fair Water as you pare them off; then boil them therein very fast till they are tender, still filling up the Pan with boiling Water as it wastes away; then make a thin Syrup with part of the Water they were boil'd in, and put the Rinds therein and just let them boil; then take them off, and let them lie in the Syrup three or four days; then boil them again till you find the Syrup begins to draw between your Fingers; then take them off from the Fire, and let them drain between a Colander; take out but a few at a time, because if they cool too fast it will be difficult to get the Syrup from them, which must be done by passing every Piece of Peel thro' your Fingers, and laying them single on a Sieve with the Rind uppermost: The Sieves may be set in a Stove, or before the Fire, but in Summer the Sun is hot enough to dry them. Three pound of Sugar will make Syrup to do the Peels of twenty-five Oranges.

To make Syrup of Orange-peel.

TO every pint of the Water in which the Orange-peels was steep'd, put a pound of Sugar, boil it, and when it has boil'd a little squeeze in some Juice of Lemon, and make it more or less sharp to your Taste; filter the Lemon-juice thro' Cap-Paper, as it boils scum it clear; and when boiled enough to keep, take it off the Fire, and when cold bottle it. When your Orange-peels are dried on one side, turn the other, and so do till they are crisp; brush the Sugar from them, then take a

Cloth

Cloth dipp'd in warm Water, and wipe off all that remains of Sugar on the Rind side; then lay them on the Sieve again, and in an hour they will be dry enough to put into your Boxes to keep.

To make Orange Marmalade.

TAKE the best Sevil Oranges and weigh a pound of them, then pare off all the yellow Rind very thin, quarter the peel and put 'em in Water; cover 'em down close, and shift the Water six or seven times as it boils to take the Bitterness out, and that they may look clear, and be tender; then take them out, dry them in a Cloth, take out all the Strings and cut 'em thin as Pallets; then take a pound of double-refin'd Sugar beaten, and boil it with a little Water to a Candy height, scum it clean and put in your Peels; let them boil near half an hour; have in readiness your Orange-meat all pick'd from the Skins and Seeds, and the Juice of two large Lemons, and put it into the Peels, and boil all together a quarter of an hour longer; so glass it up, and paper it when cold.

To make Orange Cakes.

CUT your Oranges, pick out all your Meat and Juice free from the Strings and Seeds, and set it by; then boil it and shift the Water till your Peels are tender, dry them in a Cloth and mince them small, and put them to the Juice; to a pound of that weigh a pound and half of double-refin'd Sugar; dip your Lumps of Sugar in Water and boil it to a Candy height; take it off the Fire and put in your Juice and Peel, stir it well, and when 'tis almost cold put it in a Bason and set it in a Stove; then lay it thin on earthen Plates to dry, and as it candies fashion it with your Knife; and as they dry lay them on Glass; when your Plate is empty, put more out of your Bason. *To*

To make Lemon Cakes.

GRATE off the yellow Rind of your Lemon, and squeeze your Juice to that Peel; take two Apples to every Lemon, pare and core them, and boil them clear, then put them to your Lemon: to a pound of this put two pound of double-refin'd Sugar, then order it as the Orange.

To candy Orange-flowers.

TAKE Orange-flowers that are stiff and fresh, boil them in a good quantity of Spring-water in a Preserving-pan, and when they are tender take them up, and drain them thro' a Sieve, and dry them between Napkins very dry; take the Weight in double-refin'd Sugar, and to a pound put half a pint of Water, boil it till it stands in a thick Drop, and when 'tis almost cold put it to your Flowers in a Silver or China Bason; shake them well together, and set them in a Stove, or Sun, and when they begin to candy take them out, and lay them on Glasses to dry; sift Sugar on them, and turn them every day till they are crisp.

To make clear Candy.

TAKE six ounces of Water and four ounces of fine Sugar searc'd, set it on a slow Fire to melt without stirring, let it boil till it comes to a strong Candy; then have ready your Peel or Fruit scalded hot in the Syrup they were kept in, drain them very well from it, and put them into your Candy, which you must rub on the sides of your Bason with the back of your Spoon till you see the Candy pretty white; take out your Fruit with a Fork, touch it not with your Fingers: if right, the Candy will shine on your Fruit, and dry in three or four hours

hours in an indifferent hot Stove: Lay your Fruit on Sieves.

To keep Fruit in Syrup to candy.

IF you candy Orange or Lemon-peels, you muſt firſt rub them with Salt; then cut in what Faſhion you pleaſe, and keep them in Water two days; then boil them tender, ſhifting the Water you boil them in two or three times; you muſt have a Syrup ready, a pint of Water to a pound of Sugar, ſcald your Peels in it till they look clear. Fruit is done the ſame way, but not boil'd till you put them in your Syrup; you muſt heat your Syrup once a Week, taking out your Fruit, and put them in again while the Syrup is hot; they will keep all the Year.

To dry Apricocks like Prunello's.

TAKE a pound of Apricocks, being cut in halves or quarters, let them boil till they be very tender in a thin Syrup; let them ſtand a day or two in the Stove; then take them out of the Syrup, and lay them drying till they be as dry as Prunello's, then box them: You may make your Syrup red with the Juice of red Plums; if you pleaſe you may pare them.

To preſerve green Cucumbers.

TAKE Gerkins, rub them clean, then green them in hot Water; then take their Weight in double-refin'd Sugar, boil it to a thick Syrup with a quarter of a pint of Spring-water to every pound of Sugar; then put in your Cucumbers and ſet them over the Fire, but not to boil faſt; ſo do two or three days. The laſt day boil them till they are tender and clear, ſo glaſs them up.

To

To make clear Cakes of Gooseberries.

TAKE your white *Dutch* Gooseberries when they are thorough ripe, break them with your Fingers and squeeze out all the Pulp into a fine piece of Cambrick or thick Muslin to run thro' clear; then weigh the Juice and Sugar one against the other; then boil the Juice a little while, then put in your Sugar and let it dissolve, but not boil; scum it and put it into Glasses, and stove it in a warm Stove.

Another way to make Orange Marmalade.

RASP your Oranges, cut out all the Meat, boil the Rinds very tender, and cut them very fine; then take three pound of double-refin'd Sugar, and a pint of Water, boil and scum it, and then put in a pound of Rind; boil it very fast till the Sugar is very thick, then put in the Meat of your Oranges, the Seeds and Skins being pickt out, and a Pint of very strong Pippin Jelly; boil all together very fast half an hour then put it in flat Pots or Glasses: When 'tis cold paper it up.

To preserve Cherries.

GATHER your Cherries of a bright red, not too ripe; weigh them, and to every pound of Cherries put three quarters of a pound of double-refin'd Sugar beaten fine; stone them and strew some Sugar on them, as you stone them; to keep their Colour, wet your Sugar with fair Water near half a pint, and boil and scum it, then put in three small Spoonfuls of the Juice of Currants, that was infused with a little Water; give it another boil and scum, and put in your Cherries; boil them till they

they are tender, then pour them into a *China* Baſon, cover them with Paper and ſet them by twenty four hours, then put them in your Preſerving-pan, and boil them till they look clear; put them in your Glaſs clear from the Syrup, and put the Syrup on them ſtrain'd through Muſlin.

To preſerve Apricocks that are ripe.

GATHER your Apricocks about half ripe, before they look too yellow; weigh them, and to every pound put three quarters of a pound of treble-refin'd Sugar finely beaten and ſifted, then pare 'em and cut 'em in the parting of the Apricock to take out the Stone; then make a fine Syrup of the Sugar, keeping a little out to ſtrew on them whilſt they are boiling; and after they are boiled a little, take 'em out of the Pan and put 'em in a Baſon, and cover them cloſe with Paper, and let them ſtand twenty-four hours; be careful not to break them in taking them out: The next day boil them up for good, put 'em in your Glaſſes with care, ſtrain your Syrup over them thro' Muſlin.

To Candy Orange Chips.

PARE your Oranges and ſoak the Peelings in Water two days, and ſhift the Water twice; but if you love them bitter ſoak them not: Tie your Peels up in a Cloth, and when your Water boils, put them in, and let them boil till they are tender; then take what double-refin'd Sugar will do, and break it ſmall and wet it with a little Water, and let it boil till 'tis near Candy-high; then cut your Peels of what length you pleaſe, and put 'em into the Syrup; ſet 'em on the Fire and let 'em heat well thro', then let them ſtand a while, heat them twice a day, but not boil: Let them be ſo done till they begin to candy, then take them out

and put them on Plates to dry, and when they are dry keep them near the Fire.

To candy Orange-Flowers.

FIRST pick your Orange-flowers, and boil them quick in fair Water till they are very tender; then drain them thro' a Hair-sieve very clean from the Water; to a pound of the best double-refin'd Sugar take half a pint of fair Water, and as much Orange-flower-water, and boil it up to a thick Syrup; then put it out into broad flat Glasses, and let the Syrup stand in the Glasses about an inch thick; when 'tis near cold drop in your Flowers as many as you think convenient, and set your Glasses in a Stove with a moderate heat, for the slower they candy the finer the Rock will be. When you see it is well candy'd top and bottom, and that it glissens, break the Candy at top in as great Flakes as you can, and lay the biggest Piece at the bottom on Glass-plates, and pick out the rest, and pile it up with the Flowers to what size you please; after that it will presently be dry in a Stove.

To make Marmalade of Apricocks.

GATHER your Apricocks just turn'd from the green of a very pale yellow, pare them thin and weigh them, three quarters of a pound of double-refin'd Sugar to a pound of Apricocks; then cut them in halves, take out the Stones and slice them thin; beat your Sugar and put it in your Preserving-pan with your slic'd Apricocks, and three or four Spoonfuls of Water: boil and scum them, and when they are tender put them in Glasses.

To make a Gooseberry Gam.

GATHER your Gooseberries full ripe, but green; top and tail them, and weigh them; a pound of Fruit to three quarters of a pound of

double-refin'd Sugar, and half a pint of Water; boil them till clear and tender, then put it in Pots.

To keep Orange-flowers in Syrup.

PICK off the Leaves and throw them in Water boiling on the Fire, and squeeze into it the Juice of two or three Lemons; let them boil half a quarter of an hour, and then throw them into cold Water, then drain 'em and lay 'em on Cloths to drain well, then beat and sift some double-refin'd Sugar; lay some on the bottom of a Gallypot, and then a Layer of Flowers, and then more Sugar till all is in; when the Sugar melts, put in more till there is a pretty deal of Syrup; so paper them up for use. You may put them in Jelly, or what you please.

To make white Quince Marmalade.

SCALD your Quinces tender, take off the Skin and pulp them from the Core very fine, and to every pound of Quince have a pound and half of double-refin'd Sugar in Lumps, and half a pint of Water, dip your Sugar in the Water and boil and scum it till 'tis a thick Syrup: then put in your Quince, boil and scum it on a quick Fire a quarter of an hour, so put it in your Pots.

To make red Quince Marmalade.

PARE and core a pound of Quince, beat the Parings and Cores and some of your worst Quinces, and strain out the Juice; and to every pound of Quince take ten or twelve spoonfuls of that Juice, and three quarters of a pound of Loaf-sugar, put all into your Preserving-pan, cover it close and let it stew over a gentle Fire two hours; when 'tis of an Orange-red, uncover and boil it up

as fast as you can: when of a good Colour, break it as you like it, give it a boil and pot it up.

To make Syrup of Marsh-mallows.

TAKE Marshmallow-Roots, four Ounces, Grass-Roots, Asparagus-Roots, Liquorish, stoned Raisins, of each half an Ounce, the tops of Marshmallows, Pellitory, Pimpernel, Saxafrage, Plantan, Maiden-hair white and black, of each a handful, red Sisers one Ounce; the four greater and four lesser cold Seeds of each three Drachms: bruise all these and boil them in three Quarts of Water till it comes to two; then put to it four pound of white Sugar till it comes to a Syrup; put to every pint the white of an Egg to clarify it.

To make Syrup of Saffron.

TAKE a pint of the best Canary, and as much Balm-water, and half an Ounce of *English* Saffron, open and pull the Saffron very well, and put it into the Liquor to infuse; let it stand close covered (so as to be hot, but not boil) twelve hours, then strain it out as hot as you can, and add to it three pound of double-refin'd Sugar; boil it till it is well incorporated, and when 'tis cold bottle it, and take one spoonful in a little Sack or small Cordial, as Occasion serves.

A Syrup for a Cough or Asthma.

TAKE of Hyssop and Pennyroyal Water of each a quarter of a pint, slice into it a small Stick of Liquorish and a few Raisins of the Sun stoned; let it simmer together a quarter of an hour, and then make it into a Syrup with brown Sugar-candy, boil it a little, and then put in four or five spoonfuls of Snail-water; give it a walm, and when 'tis cold

cold bottle it: take one spoonful Morning and Night, with three Drops of Balsam of Sulphur in it: You may take a little of the Syrup without the Drops once or twice a-day. If the Party is short-breath'd, a Blister is very good.

To make Syrup of Balsam for a Cough.

TAKE one ounce of Balsam of *Tolu*, and put to it a quart of Spring-water; let them boil together two hours, then put in a pound of white Sugar-candy finely beaten, and let it boil half an hour longer; take out the Balsam, and strain the Syrup thro' a Flannel-bag twice; when 'tis cold put it in a Bottle. This Syrup is excellent for a Cough; take a spoonful of it as you lie down in your Bed, and a little at any time. When your Cough troubles you, you may add to it two ounces of Syrup of red Poppies. and as much of Raspberry Syrup.

A Syrup for a Cough.

TAKE a handful of Oak-Lungs, a handful of *French* Moss, a handful of Maiden-hair; boil all these in three pints of Spring-water till it comes to a quart; then strain it out and put to it six penny-worth of Saffron ty'd up in a Rag, and two pound of brown Sugar-candy; boil it up to a Syrup, and when 'tis cold bottle it: Take a spoonful of it as often as your Cough troubles you.

For a Cough.

TAKE three quarts of Spring-water and put it in a large Pipkin, with a Calf's-foot and four spoonfuls of Barley, and a handful of dry'd Poppies; boil it together till one quart be consumed, then strain it out and add a little Cinnamon

and a pint of Milk, and sweeten it to your Taste with Loaf-sugar: warm it a little and drink half a pint as often as you please.

To make Conserve of Hips.

GATHER the Hips before they grow soft, cut off the Heads and Stalks, slit them in halves and take out all the seed and white that is in them very clean; then put them in an earthen Pan, and stir them every day, else they will grow mouldy; let them stand till they are soft enough to rub thro' a coarse Hair-sieve; as the Pulp comes, take it off the Sieve; they are a dry Berry, and will require pains to rub it thro'; then add its weight in Sugar, and mix it well together without boiling; keep it in deep Gallypots for use.

To make Lozenges for the Heart-burn.

TAKE of white Sugar-candy one pound, Chalk three ounces, Bole-armoniac five scruples, Crabs-eyes one ounce, red Coral four scruples, Nutmeg one scruple, Pearl two scruples; let all these be beaten and sifted, and make all into a Paste with a little Spring-water, roll it out and cut your Lozenges out with a Thimble, lay them to dry. Eat four or five at a time as often as you please.

To make Syrup of Garlick.

TAKE two heads of Garlick, peel it clean and boil it in a pint of Water a pretty while, then put away that Water and put a pint more to your Garlick, and boil it till the Garlick is tender; then straining it off, add a pound of double-refin'd Sugar to it, and boil it in Silver or Tin till 'tis a thick Syrup; scum it well and keep it for use; and take a spoonful in a Morning fasting, another last at Night, for a short Breath.

To

To prevent After-pains.

TAKE nine single Piony-seeds powder'd, the same quantity of Powder of Borax, and a little Nutmeg; mix all these with a little white Aniseed-water in a spoon, and give it the Woman; and a little Aniseed-water after it as soon as possible after she is laid in Bed.

To cure the Tooth-ach.

TAKE half an ounce of Conserve of Rosemary over Night, and half a Dram of Extract of Rudium in the Morning; do this three times together; keep warm.

To cure the Jaundice.

TAKE a live Tench, slit it down the Belly; take out the Guts and clap the Tench to the Stomach as fast as possible, and it will cure immediately.

To stop bleeding at Mouth, Nose or Ears.

IN the Month of *May* take a clean Linnen Cloth, and wet it in the Spawn of Frogs nine days, drying it every day in the Wind; lay up that Cloth, and when you have need hold it to the place where the Blood runs, and it will stop.

Another to stop bleeding.

TAKE two handfuls of the tops of Bramble-wood, and boil it in a quart of old Claret till it comes to a pint, give six spoonfuls once in half an hour. In the Winter the Roots will do.

To cure the Dropsy.

TAKE six Gallons of Ale pretty strong, but little hopt, then take Alexander, red Sage, Scurvy-grass, Ground-Ivy, and the long green Leaves of Flower-de-luce, of each two handfuls; bruise these well, and boil them well in the Ale; then strain it out, and when 'tis cool work it as other Ale; put it in your Vessel, and when 'tis clear drink of it in a Morning fasting, and drink no other drink except White-wine; sometimes drink good draughts of it at a time.

An excellent Medicine for shortness of Breath.

TAKE half an ounce of flower of Brimstone, a quarter of an ounce of beaten Ginger, and three quarters of an ounce of beaten Sena, and mix all together in four ounces of Honey; take the bigness of a Nutmeg Night and Morning for five Days together; then once a Week for some time; then once a Fortnight.

For shortness of Breath.

TAKE two quarts of Elder-berry juice when very ripe, put one quart in a Pipkin to boil, and as it consumes, put in the rest by a little at a time, boil it to a Balsam, it will take five or six Hours in boiling; take a little of it Night and Morning, or any time.

To cure a pimpled Face, and sweeten the Blood.

TAKE Sena one ounce, put it in a small Stean Pot, and pour a quart or more of boiling Water on it; then put in as many Prunes as you can

get in; cover with Paper, and set it in the Oven with Houshold-bread, and take of this every day, one, two or three, or more of the Prunes and Liquor, according as it operates. Continue this always, or at least half a Year.

To cure the Dropsy, Rheumatism, Scurvy, and Cough of the Lungs.

TAKE *English* Orris-root, Squills, and Elecampane-roots, each one ounce, Hyssop and Hoarhound-leaves, each one handful, the inner rind of green Elder and dwarf-Elder, of each one handful, Sena one ounce and half, Agarick two Drachms, Ginger one Drachm: cut the Roots thin and bruise the Leaves, and put them into two quarts of the best *Lisbon* Wine; let these boil an hour and half on a gentle fire in an earthen Mug very close stopp'd with a Cork, and tied down with a Bladder that no Air come to it, and so set it in a large Pot of boiling Water; set it so that no Water get into the Mug, which must hold three quarts, that all the Ingredients may have room to go in; when 'tis almost cold, strain it out very hard; you must scrape the Elder downwards. Take this for a Week together if you can, and then miss a Day, and if that does not do, go on with your other Bottle of the same; take it in a Morning fasting, ten spoonfuls at a time, without any Posset-drink, it will both vomit and purge you; 'tis an unpleasant Taste, therefore take a lump of Sugar after it; when 'tis quite cold after 'tis strained off, let it stand in a Flaggon to settle a Night and a Day; then bottle it up clear and fine for your Use. 'Tis an admirable Medicine.

To

To stop Bleeding.

TAKE a pint of Plantane-water, put to it two ounces of Ising-glass, and let it stand 24 hours to dissolve; pour it from the dregs, and put it in a pint of good red Port-wine, and add to it three or four sticks of Cinnamon, and two ounces of double-refin'd Sugar; give it a boil or two, and pour it off; let the Party take two or three spoonfuls two or three times a-day.

To preserve Apricocks ripe.

GAther your Apricocks of a fine Colour, but not too ripe; weigh them, and to every pound of Apricocks put a pound of double-refin'd Sugar beaten and sifted; stone and pare your Apricocks, as you pare them put them into the Pan you do them in, with Sugar strew'd over and under them; let them not touch one another, but put Sugar between, cover them up, and let them lie till the next day; then stir them gently till the Sugar is melted; then put them on a quick fire, and let them boil half an hour, scumming exceeding well all the while: then take it off, and cover it till 'tis quite cold, or till the next day; then boil it again, scumming it very well till 'tis enough, so put it in Pots.

To preserve green Apricocks.

TAKE green Apricocks about the middle of *June*, or when the Stone is hard; put them on the fire in cold Water three or four hours, cover them close, but first take their Weight in double-refin'd Sugar; then pare them nicely, dip your Sugar in Water, and boil the Water and Sugar very well; then put in your Apricocks, and let them boil till they begin to open; then take out the Stone and close it up again, and put them in the Syrup, and let them boil till they are enough, scumming all the while, then put them in Pots.

To

To preserve the great White Plumb.

TO a pound of Plumbs take three quarters of a pound of double-refin'd Sugar in lumps, dip your Sugar in Water, and boil and scum very well, slit your Plumbs down the seam, and put them into the Syrup with the slit downward; let them stew over the fire a quarter of an hour, scum very well, and take them off, and when cold, turn them and cover them up, and turn them in the Syrup every day two or three times a-day for five days, then put them in Pots.

To make Jelly of Currants.

STRIP your Currants, put them in a Jug, and infuse in Water, strain out the Juice upon Sugar, sweeten to your Taste, boil it a great while till it jellies, scumming all the while, and then put it in your Glasses.

To make Apricock Chips.

PARE your Apricocks, and part them in the middle; take out the Stone and cut them cross-ways pretty thin, as you cut them strew a very little Sugar over them, beaten and sifted; then set them on the fire, and let them stew gently a quarter of an hour, then take them off, cover them up, and set them by till the next day; then set them on the fire as long as before, take them out one by one and lay them on a Sieve, strew Sugar on the Sieve and over them; dry them in the Sun or cool Oven, turn them often, when dry put them in Boxes.

To make a Sweet-bag for Linnen.

TAKE a pound of Orris-roots, a pound of sweet Calamus, a pound of Cypress-roots, a pound of dried Lemon-peel, a pound of dried Orange-peel, a peck of dried Roses, make all these into a gross Powder; Coriander-seeds four ounces,

Nutmegs

Nutmegs one ounce and half, an ounce of Cloves; make all these into fine Powder, and mix with the other; add Musk and Ambergrease; then take four large handfuls of Lavender-flowers dried and rubb'd, a handful of Sweet-marjoram, a handful of Orange-leaves, a handful of young Walnut-leaves, all dry'd and rubb'd; mix all together with some bits of Cotton perfumed with Essences, and put it up into silk Bags to lay with your Linnen.

To make the Burning Perfume.

TAKE a quarter of a pound of Damask-rose Leaves, beat them by themselves, one ounce of Orace-root sliced very thin, and steep'd in Rose-water. Beat them well together, and put to it two Grains of Musk, as much Civet, two ounces of Benjamin finely powdered; mix all together, and add a little powder'd Sugar, and make them up in little round Cakes, and lay them singly on Papers to dry; set them in a Window where the Sun comes, they'll dry in two or three Days; make them in *June*.

An admirable Tincture for green Wounds.

BAlsam of *Peru* one ounce, Storax Calamita two ounces, Benjamin three ounces, Aloes Socatrina, Myrrh, Electuary pure, and Frankincense, of each half an ounce, Angelica-roots and Flowers of St. *John*'s-wort of each half an ounce, Spirit of Wine one pint; beat the Drugs, scrape and slice the Roots, and put it into a Bottle, stop it well, and let it stand in the Sun *July*, *August*, and *September*, and then strain it thro' a fine Linnen-Cloth; put it in a Bottle, stop it close, and keep it for use. Apply it to a green Wound, dip a Feather in it and anoint the Wound; then dip Lint in it, and put on it, and bind it up with a Cloth, but let no Plaister touch it; twice a-day wet the Lint with a Feather, but not take it off till 'tis well.

All

All Sorts of Made Wines.

To make Apricock Wine.

TAKE three pounds of Sugar, and three quarts of Water, let them boil together and scum it well; then put in six pounds of Apricocks pared and stoned, and let them boil till they are tender; then take them up, and when the Liquor is cold bottle it up. You may, if you please, after you have taken out the Apricocks, let the Liquor have one boil with a sprig of flower'd Clary in it; the Apricocks make Marmalade, and is very good for present spending.

To make Gooseberry Wine.

TAKE to every 4 pound of Gooseberries a pound and quarter of Sugar, and a quart of fair Water; bruise the Berries and steep them 24 hours in the Water, stirring them often; then press the Liquor from them, and put your Sugar to your Liquor; then put it in a Vessel fit for it, and when it has done working, stop it up, and let it stand a Month, then rack it off into another Vessel, and let it stand 5 or 6 Weeks longer; then bottle it out, putting a small lump of Sugar into every Bottle; cork your Bottles well, and at 3 months end it will be fit to drink. In the same manner is Currant and Raspberry Wine made; but Cherry Wine differs, for the Cherries are not to be bruised, but stoned, and put the Sugar and Water together, and give

give it a boil and a scum, and then put in your Fruit, and let it stew with a gentle fire a quarter of an hour; then let it run thro' a Sieve without pressing, and when 'tis cold put it in a Vessel, and order it as your Gooseberry or Currant Wine. The only Cherries for Wine are the Great Bearers, Murrey Cherries, Morello's, black *Flanders*, or the *John Treduskin* Cherries.

Pearl Gooseberry Wine.

TAKE as many as you please of the best Pearl Gooseberries and bruise them and let them stand all Night; the next Morning press or squeeze them out, and let the Liquor stand to settle seven or eight hours; then pour off the clear from the settling, and measure it as you put it into your Vessel, and to every three pints of Liquor put a pound of double-refin'd Sugar; break your Sugar in small Lumps, and put it in the Vessel with a bit of Ising-glass, and stop it up, and at three Months end bottle it out, putting into every Bottle a Lump of double-refin'd Sugar; this is the fine Gooseberry Wine.

To make Cherry Brandy.

TAKE six dozen pounds of Cherries, half red and half black, and mash or squeeze them with your Hands to pieces, and put to them three Gallons of Brandy, and let them stand steeping twenty-four hours; then put the mash'd Cherries and Liquor a little at a time into a Canvas Bag, and press it as long as any Juice will run; sweeten it to your Taste, and put it into a Vessel fit for it, and let it stand a Month and bottle it out; put a Lump of Loaf-sugar into every Bottle.

To make Cherry Wine.

PULL the Stalks off the Cherries, and mash them without breaking the Stones; then press them hard thro' a hair Bag, and to every Gallon of Liquor put a pound and half of six-penny Sugar; the Vessel must be full, and let it work as long as it makes a noise in the Vessel; then stop it up close for a Month or six Weeks; when 'tis fine, draw it into Bottles, put a Lump of Loaf-sugar into every Bottle, and if any of them fly, open them all for a Moment and cork them well again; it will not be fit to drink in a quarter of a Year.

To make Currant Wine.

TAKE four Gallons of Currants, not too ripe, and strip them into an earthen Stean that has a Cover to it; then take two gallons and a half of Water, and five pounds and a half of double-refin'd Sugar, boil the Sugar aud Water together, and scum it, and pour it boiling hot on the Currants, and let it stand forty-eight hours, then strain it thro' a flannel Bag into the Stean again, and let it stand a Fortnight to settle, and bottle it out.

To make strong Mead.

TAKE of Spring-water what quantity you please, and make it more than blood warm, and dissolve Honey in it till 'tis strong enough to bear an Egg, the breadth of a Shilling; then boil it gently near an hour, taking off the scum as it rises; then put to about nine or ten gallons, seven or eight large blades of Mace, three Nutmegs quartered, twenty Cloves, three or four sticks of Cinnamon, two or three Roots of Ginger, and a quarter of an ounce of *Jamaica* Pepper; put these Spices Kinto the ettle to the Honey and Water,

and

and a whole Lemon, with a sprig of Sweet-briar, and a sprig of Rosemary; tie the Briar and Rosemary together, and when they have boiled a little while, take them out and throw them away; but let your Liquor stand on the Spice in a clean earthen Pot till the next day; then strain it into a Vessel that is fit for it; put the Spice in a Bag, and hang it in the Vessel, stop it, and at three Months draw it into Bottles. Be sure that 'tis fine when 'tis bottled, after 'tis bottled six Weeks 'tis fit to drink.

To make small White Mead.

TAKE three gallons of Spring-water and make it hot, and dissolve in it three quarts of Honey and a pound of Loaf-sugar; then let it boil about half an hour, and scum it as long as any rises; then pour it out into a Tub, and squeeze in the Juice of four Lemons; put in the Rinds of but two; twenty Cloves, two races of Ginger, a top of Sweet-briar, and a top of Rosemary. Let it stand in a Tub till 'tis but blood warm; then make a brown Toast and spread it with two or three spoonfuls of Ale-yeast, put it into a Vessel fit for it; let it stand four or five days, then bottle it out.

To make Raisin Wine.

TAKE two gallons of Spring-water, and let it boil half an hour; then put into a Stean-pot two pounds of Raisins stoned, two pounds of Sugar, the Rind of two Lemons, the Juice of four Lemons; then pour the boiling Water on the things in the Stean, and let it stand covered four or five days; strain it out and bottle it up: In fifteen or sixteen days it will be fit to drink 'Tis a very cool and pleasant Drink in hot Weather.

To make Shrub.

TAKE two quarts of Brandy, and put it in a large Bottle, and put into it the Juice of five Lemons, the Peels of two, half a Nutmeg, stop it up, and let it stand three days, and add to it three pints of White-wine, a pound and half of Sugar; mix it, and strain it twice thro' a Flannel, and bottle it up; 'tis a pretty Wine and a Cordial.

To make Orange Wine.

PUT twelve pounds of fine Sugar, and the whites of eight Eggs well beaten into six Gallons of Spring-water; let it boil an hour, scumming it all the time, take it off, and when 'tis pretty cool, put in the Juice and Rinds of fifty Sevil Oranges, and six spoonfuls of good Ale-yeast, and let it stand two days: then put it into your Vessel with two quarts of Rhenish-wine, and the Juice of twelve Lemons. You must let the Juice of Lemons and Wine, and two pounds of double-refin'd Sugar stand close covered ten or twelve hours before you put it in the Vessel to your Orange Wine, and scum off the Seeds before you put it in. The Lemon-peels must be put in with the Oranges, half the Rinds must be put into the Vessel; it must stand ten or twelve days before 'tis fit to bottle.

To make Birch Wine.

IN *March* bore a hole in a Tree, and put in a Faucet, and it will run two or three days together without hurting the Tree; then put in a Pin to stop it, and the next Year you may draw as much from the same hole; put to every Gallon of the Liquor a quart of good Honey and stir it well together, boil it an hour, scum it well, and put in a

few Cloves and a piece of Lemon-peel; when 'tis almost cold, put to it so much Ale-yeast as will make it work like new Ale, and when the Yeast begins to settle, put it in a Runlet that will just hold it; So let it stand six Weeks or longer, if you please; then bottle it, and in a Month you may drink it. It will keep a Year or two. You may make it with Sugar, two pounds to a gallon, or something more, if you keep it long. This is admirably wholesome as well as pleasant, an Opener of Obstructions, good against the Phthisick, and good against the Spleen and Scurvy, a Remedy for the Stone, it will abate Heat in a Fever or Thrush, and has been given with good Success.

To make Sage Wine.

BOIL twenty-six quarts of Spring-water a quarter of an hour, and when 'tis blood warm, put twenty-five pounds of *Malaga* Raisins pick'd, rubb'd and shred into it, with almost half a Bushel of red Sage shred, and a Poringer of Ale-yeast; stir all well together, and let it stand in a Tub covered warm six or seven days, stirring it once a day; then strain it out, and put it in a Runlet. Let it work three or four days, stop it up; when it has stood six or seven days, put in a quart or two of *Malaga* Sack, and when 'tis fine bottle it.

To make Cowslip Wine.

TO six gallons of Water put fourteen pounds of Sugar, stir it well together, and beat the whites of twenty Eggs very well, and mix it with the Liquor, and make it boil as fast as possible, scum it well, and let it continue boiling two hours; then strain it thro' a hair Sieve and set it a cooling, and when 'tis as cold as Wort should be, put a small quantity of Yeast to it on a Toast, or in a Dish:

Let it ſtand all Night working, then bruiſe a Peck of Cowſlips, and put them into your Veſſel and your Liquor upon them, and ſix ounces of Syrup of Lemons; cut a Turf of Graſs and lay on the Bung; let it ſtand a Fortnight and then bottle it. Put your Tap into your Veſſel before you put your Wine in, that you may not ſhake it.

To make Raſpberry Wine.

TAKE your quantity of Raſpberries and bruiſe them, put them in an open Pot 24 hours; then ſqueeze out the Juice, and to every gallon put three pound of fine Sugar, and two quarts of Canary, put it into a Stean or Veſſel, and when it hath done working, ſtop it cloſe; when 'tis fine bottle it. It muſt ſtand two Months before you drink it.

To make Morella Cherry Wine.

LET your Cherries be very ripe, pick off the Stalks, and bruiſe your Fruit without breaking the Stones; put them in an open Veſſel together; let them ſtand 24 hours, then preſs 'em, and to every gallon put two pounds of fine Sugar; then put it up in your Caſk, and when it has done working, ſtop it cloſe, let it ſtand three or four Months and bottle it; it will be fit to drink in two Months.

To make Quince Wine.

TAKE your Quinces when they are thorough ripe, wipe off the Fur very clean; then take out the Cores and bruiſe them as you do Apples for Cyder, and preſs them, and to every gallon of Juice put two pounds and half of fine Sugar, ſtir it together till 'tis diſſolv'd; then put it in your Caſk, and when it has done working ſtop it cloſe; let it ſtand till *March* before you bottle it. You may keep it two or three Years, it will be the better.

Another sort of Raspberry Wine.

TAKE four gallons of Raspberries, and put them in an earthen Pot, and then take four gallons of Water and boil it two hours, and let it stand till 'tis blood warm, and put it to the Raspberries and stir them well together; and let it stand 12 Hours, then strain it off, and to every gallon of Liquor put 3 pounds of Loaf-Sugar and set it over a clear fire, and let it boil till all the scum is taken off, and when 'tis cold put it into Bottles, and open the Corks every day for a Fortnight, and then stop 'em close.

To make Lemon Wine.

TAKE six large Lemons, pare off the Rind and cut the Lemons and squeeze out the Juice, and in the Juice steep the Rind, and put it to a quart of Brandy, and let it stand in an earthen Pot close stopt three days, and then squeeze six more, and mix with two quarts of Spring-water, and as much Sugar as will sweeten the whole, and boil the Water and Lemons and Sugar together, and let it stand till 'tis cool; then add a quart of white Wine and the other Lemon and Brandy, and mix them together, and run it thro' a flannel Bag into some Vessel. Let it stand three Months and bottle it off. Cork your Bottles very well and keep it cool, it will be fit to drink in a Month or six Weeks.

To make Elder Wine.

TAKE twenty-five pounds of *Malaga* Raisins, rub them and shred them small, then take five gallons of fair Water, boil it an Hour, and let it stand till it is but Blood-warm, then put it in an earthen Crock or Tub with your Raisins; let

let them steep ten Days, stirring them once or twice a Day, then pass the Liquor thro' a hair Sieve, and have in readiness five Pints of the Juice of Elderberries drawn off as you do for Jelly of Currants; then mix it cold with the Liquor and stir it well together, and put it in a Vessel, and let it stand in a warm place, and when it has done working stop it close. Bottle it about *Candlemass*.

To make Barley Water.

TAKE of Pearl-Barley four ounces, put it in a large Pipkin and cover it with Water; when the Barley is thick and tender, put in more Water and boil it up again, and so do till 'tis of a good thickness to drink; then put in a blade or two of Mace, or a stick of Cinnamon. Let it have a walm or two and strain it out, and squeeze in the Juice of two or three Lemons, and a bit of the Peel, and sweeten it to your Taste with fine Sugar; let it stand till 'tis cold, and then run it thro' a Bag and bottle it out, it will keep good three or four Days.

To make Barley Wine.

TAKE half a pound of *French* Barley, and boil it in three Waters, and save three Pints of the last Water, and mix with it a Quart of white Wine, half a Pint of Borage Water, as much Clary-water, and a little red Rose-water, the Juice of five or six Lemons, three quarters of a pound of fine Sugar, the thin yellow Rind of a Lemon; brew all these quick together, run it thro' a strainer, and bottle it up; tis pleasant in hot Weather, and very good in Fevers.

To make Plum Wine.

TAKE twenty pounds of *Malaga* Raisins, pick, rub, and shred them, and put them into a Tub; then take four gallons of fair Water and boil

it an hour, and let it ſtand till 'tis blood warm; then put it to your Raiſins; let it ſtand nine or ten days, ſtirring it once or twice a Day, ſtrain out your Liquor, and mix with it two quarts of Damſon Juice, put it in a Veſſel, and when it has done working, ſtop it cloſe; at 4 or 5 Months bottle it.

To make Ebulum.

TO a Hogſhead of ſtrong Ale, take a heap'd Buſhel of Elderberries, and half a pound of Juniperberries beaten; put in all the Berries when you put in the Hops, and let them boil together till the Berries break in pieces; then work it up as you do Ale; when it has done working, add to it half a pound of Ginger, half an ounce of Cloves, as much Mace, an ounce of Nutmeg, and as much Cinnamon groſly beaten, half a pound of Citron, as much Eringo-root, and likewiſe of candied Orange-Peel; Let the Sweetmeats be cut in pieces very thin, and put with the Spice into a Bag, and hang it in the Veſſel when you ſtop it up. So let it ſtand till 'tis fine, then bottle it up and drink it with Lumps of double-refin'd Sugar in the Glaſs.

To make Cock Ale.

TAKE ten gallons of Ale, and a large Cock, the older the better, parboil the Cock, flea him, and ſtamp him in a ſtone Mortar till his Bones are broken, (you muſt craw and gut him when you flea him) then put the Cock into two quarts of Sack, and put to it three pounds of Raiſins of the Sun ſtoned, ſome blades of Mace, and a few Cloves; put all theſe into a Canvas-bag, and a little before you find the Ale has done working, put the Ale and Bag together into a Veſſel; in a Week or nine days time bottle it up, fill the Bottles but juſt above the Neck, and give it the ſame time to ripen as other Ale.

To

To make Elder Wine at Christmas.

TAKE twenty pounds of *Malaga* or *Lipara* Raisins, rub them clean, and shred them small; then take five gallons of Water, boil it an hour, and when 'tis near cold put it in a Tub with the Raisins; let them steep ten days, and stir them once or twice a day; then strain it thro' a hair Sieve, and by Infusion draw three pints of Elder Juice, and one pint of Damson Juice; make the Juice into a thin Syrup, a pound of Sugar to a pint of Juice, and not boil it much, but just enough to keep: when you have strained out the Raisin-Liquor, put that and the Syrup into a Vessel fit for it, and two pound of Sugar; stop the Bung with a Cork till it gathers to a Head, then open it, and let it stand till it has done working; then put the Cork in again and stop it very close, and let it stand in a warm place two or three Months, and then bottle it; make the Elder and Damson Juice into Syrup in its Season, and keep it in a cool Cellar till you have Convenience to make the Wine.

To make Mead.

TO 13 gallons of Water put 32 pound of Honey; boil and scum it well, then take Rosemary, Thyme, Bay-leaves, and sweet Briar, one handful all together, boil it an hour, then put it into a Tub with two or three good handfuls of down-ground Malt: stir it till 'tis but blood-warm; then strain it thro' a Cloth, and put it into a Tub again; then cut a Toast round a quartern Loaf, and spread it over with good Ale-yeast, and put it into your Tub, and when the Liquor is quite over with the Yeast, put it up in your Vessel; then take Cloves, Mace, Nutmegs an ounce and a half, Ginger an

ounce sliced, bruise the Spice and tye all up in a Rag and hang it in the Vessel; stop it up close for use.

Sage Wine another way.

TAKE thirty pounds of *Malaga* Raisins pick'd clean, and shred small, and one Bushel of green Sage shred small; then boil five gallons of Water, let the Water stand till 'tis luke-warm; then put it in a Tub to your Sage and Raisins; let it stand five or six days, stirring it twice or thrice a day; then strain and press the Liquor from the Ingredients, put it in a Cask, and let it stand six Months; then draw it clean off into another Vessel; bottle it in two days; in a Month or six Weeks it will be fit to drink, but best when 'tis a Year old.

To make Palermo *Wine.*

TAKE to every quart of Water a pound of *Malaga* Raisins, rub and cut the Raisins small, and put them to the Water, and let them stand ten days, stirring it once or twice a day; you must boil the Water an hour before you put it to the Raisins, and let it stand to cool; at ten days end strain out your Liquor, and put a little Yeast to it, and at three days put it in the Vessel with one sprig of dried Wormwood; let it be close stopp'd, and at three Months end bottle it off.

To make Clary Wine.

TAKE twenty-four pound of *Malaga* Raisins, pick them and chop them very small; put them in a Tub, and to each pound a quart of Water; let them steep ten or eleven days, stirring it twice every day; you must keep it covered close all the while; then strain it off, and put it into a Vessel, and about half a peck of the tops of Clary

when

when 'tis in blossom; stop it close for six Weeks, and then bottle it off; in two or three Months 'tis fit to drink. 'Tis apt to have a great Settlement at the bottom, therefore 'tis best to draw it off by Plugs, or tap it pretty high.

To clear Wine.

TAKE half a pound of Hartshorn, and dissolve it in Cyder, if it be for Cyder, or Rhenish-wine for any Liquor: This is enough for a Hogshead.

To make Orange Wine with Raisins.

TAKE thirty pound of new *Malaga* Raisins, pick them clean, and chop them small; you must have twenty large Sevil Oranges, ten of them you must pare as thin as for preserving. Boil about eight gallons of soft Water till a third Part be consumed; let it cool a little, then put five gallons of it hot upon your Raisins and Orange-peel; stir it well together, cover it up, and when 'tis cold let it stand five days, stirring it up once or twice a-day; then pass it thro' a hair Sieve, and with a Spoon press it as dry as you can, and put it up in a Runlet fit for it, and put to it the Rinds of the other ten Oranges cut as thin as the first; then make a Syrup of the Juice of the twenty Oranges, with a pound of white Sugar. It must be made the day before you tun it up; stir it well together, and stop it close; let it stand two Months to clear, then bottle it up; it will keep three Years, and is better for keeping.

To make Cherry Wine.

PULL off the Stalks of the Cherries, and mash them without breaking the Stones; then press them hard thro' a hair Bag, and to every gallon of

of Liquor put two pounds of eight-penny Sugar: The Vessel must be full, and let it work as long as it makes a noise in the Vessel; then stop it up close for a Month or more, and when 'tis fine draw it into dry Bottles, and put a Lump of Sugar into every Bottle. If it makes them fly, open them all for a Moment and stop them up again; it will be fit to drink in a quarter of a Year.

To make Gooseberry Wine.

BOIL eight gallons of Water and one pound of Sugar an hour, scum it well, and let it stand till 'tis cold; then to every quart of that Water allow three pounds of Gooseberries, first beaten or bruised very well, let it stand twenty-four hours; then strain it out, and to every gallon of this Liquor put three pounds of seven-penny Sugar; let it stand in the Fat twelve hours; then take the thick Scum off, and put the clear into a Vessel fit for it, and let it stand a Month; then draw it off, and rinse the Vessel with some of the Liquor, and put it in again, and let it stand four Months, and bottle it.

To make Frontiniac *Wine.*

TAKE six gallons of Water and twelve pounds of white Sugar, and six pounds of Raisins of the Sun cut small; boil these together an hour; then take of the Flowers of Elder, when they are falling and will shake off, the quantity of half a peck; put them in the Liquor when 'tis almost cold, the next day put in six spoonfuls of Syrup of Lemons, and four spoonfuls of Ale-yeast, and two days after put it in a Vessel that is fit for it, and when it has stood two Months bottle it off.

To

To make Cyder.

PULL your Fruit before 'tis too ripe, and let it lie but one or two days to have one good Sweat; your Apples must be Pippins, Pearmains, or Harveys, (if you mix Winter and Summer Fruit together 'tis never good) grind your Apples and press it, and when your Fruit is all press'd, put it immediately into a Hogshead where it may have some room to work; but no Vent, but a little hole near the Hoops, but close bung'd; put three or four pounds of Raisins into a Hogshead and two pound of Sugar, it will make it work better; often racking it off is the best way to fine it, and always rack it into small Vessels, keeping them close bung'd, and only a small Vent-hole; if it should work after racking, put into your Vessel some Raisins for it to feed on, and bottle it in *March.*

To make the fine Clary Wine.

TO 10 gallons of Water put 25 pounds of Sugar, and the whites of 12 Eggs well beaten; set it over the fire and let it boil gently near an hour, scum it clean and put it in a Tub, and when 'tis near cold, then put into the Vessel you keep it in about half a Strike of Clary in the blossom, stript from the Stalks, Flowers and little Leaves together, and a pint of new Ale-yeast; then put in the Liquor and stir it two or three times a-day for three days; when is has done working stop it up, and bottle it at three or four Months old if 'tis clear.

To make Currant Wine.

GAther your Currants full ripe, strip 'em and bruise 'em in a Mortar, and to every gallon of the Pulp put two quarts of Water, first boil'd

and

and cold; you may put in some Rasps if you please; let it stand in a Tub 24 hours to ferment; then let it run thro' a hair Sieve. Let no Hand touch it, let it take its time to run; and to every gallon of this Liquor put two pounds and a half of white Sugar, stir it well and put it in your Vessel, and to every six gallons put in a quart of the best rectified Spirit of Wine, let it stand six Weeks and bottle it: if 'tis not very fine, empty it into other Bottles, or at first draw it into large Bottles, and then after it has stood a Fortnight, rack it off into smaller.

To make Elder-flower Wine.

TAKE two large handfuls of dried Elder-flower, and ten gallons of Spring-water, boil the Water and pour it scalding hot upon the Flowers; the next day put to every gallon of Water five pounds of *Malaga* Raisins, the Stalks being first pick'd off, but not wash'd; chop them grosly with a Chopping-knife; then put them into your boil'd Water, and stir the Water, Raisins, and Flowers well together, and so do twice a-day for twelve days; then press out the Juice clear as long as you can get any Liquor out; then put it in your Barrel fit for it, and stop it up two or three days till it works, and in a few days stop it up close, and let it stand two or three Months till 'tis clear, then bottle it.

To make Elder Wine.

TAKE Spring-water and let it boil half an hour; then measure five gallons and let it stand to cool; then have in readiness 20 pounds of Raisins of the Sun well pick'd and rubb'd in a Cloth, and hack them so as to cut them but not too small; then put them in, the Water being cold, and let them stand nine days, stirring them two or three

times a-day; then have ready six pints of Juice of Elder-berries full ripe, which must be infused in boiling Water, or baked three hours; then strain out the Raisins, and when the Elder-liquor is cold mix that with it; but 'tis best to boil up the Juice to a Syrup, a pound of Sugar to every pint of Juice, boil and scum it, and when cold mix it with your Raisin Liquor, and three or four spoonfuls of good Ale-yeast; stir it well together, then tun it up in a Vessel fit for it; let it stand in a warm place to work, and in your Cellar five or six Months.

To make Gooseberry Wine.

TAKE 24 quarts of Gooseberries full ripe, and 12 quarts of Water after it has been boiled two hours; pick and bruise your Gooseberries one by one in a Platter with a Rolling-pin as little as you can, so they be all bruised; then put the Water when 'tis cold on your mash'd Gooseberries, and let them stand together 12 hours, and when you drain it off be sure to take none but the clear; then measure the Liquor, and to every quart of that Liquor put three quarters of a pound of fine Sugar, the one half Loaf-sugar; let it stand to dissolve six or eight hours, stirring it two or three times; then put it in your Vessels with two or three spoonfuls of the best new Yeast, stop it easy at first that it may work if it will; and when you see it has done working, or will not work, stop it close, and bottle it in frosty Weather.

Mountain Wine.

PICK out the big Stalks of your *Malaga* Raisins then chop them very small, five pound to every gallon of cold Spring-water; let them steep a Fortnight or more, squeeze out the Liquor and barrel it in a Vessel fit for it; first fume the Vessel with Brimstone, don't stop it up till the hissing is over.

Lemon

Lemon Wine, or what may pass for Citron-water.

TAKE 2 quarts of Brandy, and one quart of Spring-water, half a pound of double-refin'd Sugar, and the Rinds of 16 Lemons; put them together in an earthen Pot, and pour into it 12 spoonfuls of Milk boiling hot, stir it together and let it stand 3 days; then take off the top and pass the other 2 or 3 times thro a Jelly-bag, bottle it. 'Tis fit to drink, or will keep a Year or two.

To make strong Beer.

TO a Barrel of Beer take 2 Bushels of Malt and half a Bushel of Wheat just crackt in the Mill, and some of the Flour sifted out of it; when your Water is scalding hot, put it in your Mashing-fat; there let it stand till you can see your Face in it; then put your Malt upon it, then put your Wheat upon that, and do not stir it; let it stand 2 hours and a half; then let it run into a Tub that has 2 pounds of Hops in it, and a handful of Rosemary-flowers, and when 'tis all run put it in your Copper and boil it 2 hours; then strain it off, setting it a cooling very thin, and set it a working very cool; clear it very well before you put it a working, put a little Yeast to it; when the Yeast begins to fall, put it into your Vessel, and when it has done working in the Vessel put in a pint of whole Wheat, and six Eggs; then stop it up, let it stand a Year, and then bottle it. Then mash again, stir the Malt very well in, and let stand two hours, and let that run, and mash again and stir it as before; be sure you cover your Mashing-fat well up, mix the first and second Running together, it will make good Houshold-beer.

To make Elder-Ale.

TAKE ten Bushels of Malt to a Hogshead, then put two Bushels of Elder-berries pickt from the Stalks into a Pot or earthen Pan, and set it in a Pot of boiling Water till the Berries swell, then strain it out and put the Juice into the Guile-fat, and beat it often in, and so order it as the common way of brewing.

All Sorts of Cordial Waters.

The great Palsy-water.

TAKE of Sage, Rosemary, and Betony-flowers, of each half a handful, Borage and Buglos-flowers, of each a handful, of Lilly of the Valley and Cowslip-flowers, of each 4 or 5 handfuls; steep these in the best Spirit of Sack, every thing in their season till all is in; then put to them Balm, Spike-flowers, Mother-wort, Bay-leaves, Leaves of Orange-tree, with the Flowers, of each one ounce; then put in Citron-peel, Piony-seeds, and Cinnamon, of each half an ounce; Nutmegs, Cardamums, Mace, Cubebs, yellow Sanders, of each half an ounce, Lignum Aloes one dram; make all these into Powder; then add Jujubes, the Stones taken out and cut in pieces, half a pound; then add Pearl prepar'd, Smaragdes, Musk and Saffron, of each ten grains; Ambergrease one scruple, red Roses dry'd one ounce; as many Lavender-flowers stript from their stalks as will fill a gallon glass; steep all these a Month and distil them in a Limbeck very carefully; after 'tis still'd hang a Bag in

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it with these Ingredients in it, Pearl prepar'd, Smaragdes, Musk and Saffron, of each ten grains, Ambergrease one scruple, red Roses dry'd, red and yellow Sanders, of each one ounce; hang them in a white Sarsenet-bag in the Water, stop it close. The Virtues of this Water: 'Tis of excellent use in all Swoonings, in Weakness of Heart and Decay of Spirits; it restores Speech in Apoplexies and Palsies, it helps all Pains in the Joints coming of Cold or Bruises, bathing the Place outwardly, and dipping Cl ths and laying on it; it strengthens and comforts all vital and animal Spirits, and cleareth the external Senses, strengthing the Memory, restoreth lost Appetite, helpeth all Weakness of the Stomach. Both taken inwardly and bathed outwardly, it taketh away Giddiness of the Head, and helpeth Hearing, it makes a pleasant Breath, it helpeth all cold Dispositions of the Liver, and beginning of Dropsies; none can sufficiently express the Virtues of this Water: When 'tis taken inwardly, drop ten or twelve drops on a lump of Sugar, or a bit of Bread, or in a dish of Tea: But in a Fit of the Palsy give so much every hour to restore Speech; add to the rest of the Flowers single Wall-flowers, and the Roots and Flowers of single Pionies and Misletoe of the Oak, of each a good handful.

The Lady Hewet's *Water.*

TAKE red Sage, Betony, Spearmint, unset Hysop, Setwell, Thyme, Balm, Pennyroyal, Celandine, Water-cresses, Hearts-ease, Lavender, Angelica, Germander, Calemint, Tamerisk, Coltsfoot, Avens, Valerian, Saxafrage, Pimpernel, Vervin, Parsley, Rosemary, Savory, Scabius, Agrimony, Mother-thyme, wild Marjoram, *Roman* Wormwood, Carduus Benedictus, Pellitory of the Wall, Field Daisies, Flowers and Leaves, of each

of

of these Herbs take a handful after they are pick'd and wash'd; of Rue, Yarrow, Comfry, Plantane, Camomile, Maiden-hair, Sweet-marjoram, Dragons, of each of these a handful before they are wash'd or pick'd; red Rose-leaves and Cowslip-flowers, of each half a peck, Rosemary-flowers a quarter of a peck, Hartshorn two ounces, Juniper-berries one dram, China-roots one ounce, Comfry-roots sliced, Anniseeds, Fennel-seeds, Carraway-seeds, Nutmegs, Ginger, Cinnamon, Pepper, Spikenard, Parsley-seeds, Cloves and Mace, Aromaticum rosarum 3 drams, Sassafras sliced half an ounce, Elecampane-roots, Melilot-flowers, Calamus Aromaticus, Cardumums, Lignum Aloes, Rhubarb sliced thin, Galengal, Veronica, Lodericum, Cubebs Grains, of each of these 2 drams; the Cordials, Bezoar 30 grains, Musk 24 grains, Ambergrease 20 grains, Flour of Coral 2 drams, Flour of Amber 1 dram, Flour of Pearl 2 drams, Gold 4 leaves, Saffron in a little bag 2 drams, white Sugar-candy 1 pound: Wash the Herbs and swing them in a Cloth till they are dry, then cut them and put them into an earthen Pot, and in the midst of the Herbs put the Seeds, Spices and Drugs, being bruised; then put thereto such a quantity of Sherry-Sack as will cover them; so let them steep twenty-four hours, then distil it in an Alembick, and make two Distillings of it; from each of which draw 3 pints of Water, mix it all together, and put it into quart Bottles, and divide the Cordials into 3 parts, and put into each Bottle of Water a like quantity; shake it often together at the first, the longer you keep it the better it will be. There never was a better Cordial in Cases of the greatest Illness; 2 or 3 spoonfuls almost revive from Death.

The Lady Allen's *Water.*

TAKE of Balm, Rosemary, Sage, Carduus, Wormwood, Dragons, Scordium, Mugwort, Scabious, Tormentil-roots and leaves, and Angelica-roots and leaves, Marigold-flowers and leaves, Betony-flowers and leaves, Centaury-tops, Pimpernel, Wood Sorrel or other Sorrel, Rue, Agrimony, Rosa-solis, of every one of these half a pound; Liquorish 4 ounces, Elecampane-roots 2 ounces; wash the Herbs, shake and dry them in a Cloth, then shred them and slice the Roots, and put all into 3 gallons of the best White-wine, and let them stand close covered 2 days and 2 nights, stirring them Morning and Evening; then take out some of the Herbs, lightly squeezing them with your Hands, and fill a Still full, let them still 12 hours in a cold Still with a reasonable quick fire; then put the rest of the Herbs and the Wine in an Alembick, and distil them till all the Strength is out of the Herbs and Wine; mix all the Water in both Stills together, sweeten some, but not all; for Cases of great Illness warm some of that unsweeten'd blood-warm, and put in it a little Syrup of Gilliflowers, and go to bed, covering warm. This is a very excellent Water.

Plague-Water.

TAKE Rosa-solis, Agrimony, Betony, Scabious, Centaury-tops, Scordium, Balm, Rue, Wormwood, Mugwort, Celandine, Rosemary, Marigold-leaves, brown Sage, Burnet, Carduus and Dragons, of each a large handful; and Angelica-roots, Peony-roots, Tormentil-roots, Elecampane-roots and Liquorish, of each one ounce; cut the Herbs, and slice the Roots, and put them all into an earthen Pot, and put to them a gal-

a gallon of White-wine and a quart of Brandy, and let them steep 2 days close covered; then distil it in an ordinary Still with a gentle fire: You may sweeten it, but not much.

Dr. Stevens's *Water.*

TAKE a gallon of the best *Gascoigne* Wine or Sack; then take of Ginger, Galengal, Cinnamon, Nutmegs, Cloves, Mace, Annisseeds, Carraway-seeds, Coriander-seeds, of every of those one dram; then take Sage, Mint, red Rose-leaves, Thyme, Pellitory of the Wall, Pot-Marjoram, Rosemary, Pennyroyal, wild Thyme, common Lavender, of each of these one handful; bruise the Spice and Seeds, and stamp the Herbs and put them all into the Wine, and let it stand close covered twelve hours, stirring it often; then still it in an Alembick, and mix it as you please.

To make Aqua Mirabilis.

TAKE Cubebs, Cardumums, Galengal, Cloves, Mace, Nutmegs, Cinnamon, of each two drams bruised small; then take of the Juice of Celandine one pint, the Juice of Spear-mint half a pint, the Juice of Balm half a pint, Melilot-flowers, Cowslip-flowers, Rosemary-flowers, Borage and Buglos-flowers, and Marygold-flowers, of each three drams; Fennel-seed, Coriander-seed and Carraway-seed, of each two drams, two quarts of the best Sack, one quart of White-wine, one pint of Brandy, one pint of the strongest Angelica-water, and one pint of red Rose-water; bruise the Spices and Seeds, and steep them with the Herbs, Flowers, Juices, Waters, Sack, White-wine and Brandy all night; in the Morning distil it in a common Still, pasted up; from this quantity draw off a gallon at least, sweeten it to

the Taste with Sugar-candy, bottle it up and keep it in Sand, or very cool.

A Tincture of Ambergrease.

TAKE Ambergrease and Musk of each 1 ounce, and put to them a quarter of a pint of Spirit of Wine; stop it close, tie it down with Leather, and set it in Horse-dung 10 or 12 days.

To make Orange or Lemon Water.

TO one hundred Oranges or Lemons, you must have three gallons of Brandy and two quarts of Sack. Pare off the outer Rinds very thin, and steep them in the Brandy one Night; the next day distil them in a cold Still, a gallon with the proportion of Peels is enough for one Still, and of that you may draw off between 3 and 4 quarts; draw it off till you taste it begin to be sowrish; sweeten it to your Taste with double-refin'd Sugar; mix first, second, and third Running together; if 'tis Lemon-water it should be perfum'd; put two grains of Ambergrease and one of Musk ground fine, tie it in a Rag and let it hang 5 or 6 days in a Bottle, and then put it in another, and so for a great many if you please, or else you may put 3 or 4 drops of Tincture of Ambergrease in it; cork it very well; the Orange is an excellent Water for the Stomach, and the Lemon is a fine entertaining Water.

King Charles II's *Surfeit-water.*

TAKE a gallon of the best Aqua-vitæ, and a quart of Brandy, and a quart of Anniseed-water, a pint of Poppy-water, and a pint of Damask Rosewater; put these in a large glass Jar, and put to it a pound of fine powder'd Sugar, a pound

pound and half of Raisins stoned, a quarter of a pound of Dates stoned and sliced, 1 ounce of Cinnamon bruised; Cloves 1 ounce, 4 Nutmegs bruised, 1 stick of Liquorish scrap'd and slic'd; let all these stand nine days close cover'd, stirring it 3 or 4 times a-day; then add to it three pounds of fresh Poppies, or 3 handfuls of dried Poppies, a sprig of Angelica, 2 or 3 of Balm; so let it stand a Week longer, then strain it out and bottle it.

The Walnut Water.

TAKE a peck of Walnuts in *July* and beat them pretty small, then put to 'em 2 quarts of Clove-gilliflowers, 2 quarts of Poppy-flowers, 2 quarts of Cowslip-flowers dried, 2 quarts of Marigold-flowers, 2 quarts of Sage-flowers, 2 quarts of Borage-flowers; then put to them 2 ounces of Mace beaten, 2 ounces of Nutmegs bruised, and 1 ounce of Cinnamon bruised; steep all these in a Pot with a gallon of Brandy, and two gallons of the strongest Beer; let it stand 24 hours, and still it off.

To make Orange-flower Brandy.

TAKE a gallon of *French* Brandy, and put it in a bottle that will hold it, then boil a pound of Orange-flowers a little while, and put them to the Brandy, save the Water, and with that make a Syrup to sweeten it.

A Cordial-water that may be made in Winter.

TAKE 3 quarts of Brandy, or Sack, put two handfuls of Rosemary and two handfuls of Balm to it chopt pretty small, 1 ounce of Cloves, 2 ounces of Nutmegs, 3 ounces of Cinnamon; beat all the Spices grosly, and steep them with the Herbs

in the Wine, then put it in a Still pasted up close; save near a quart of the first Running, and so of the second, and of the third; when 'tis distill'd mix it all together, and dissolve about a pound of double-refin'd Sugar in it, and when 'tis settled bottle it up.

The Golden Cordial.

TAKE 2 gallons of Brandy, two drams and half of double-perfum'd Alkermes, a quarter of a dram of Oil of Cloves, one ounce of Spirit of Saffron, 3 pound of double-refin'd Sugar powder'd, a Book of Leaf Gold. First put your Brandy into a large new Bottle, then put 3 or 4 spoonfuls of Brandy in a China Cup, mix your Alkermes in it, then put in your Oil of Cloves and mix that, and do the like to the Spirit of Saffron, then pour all into your bottle of Brandy, then put in your Sugar and cork your Bottle, and tie it down close; shake it well together, and so do every day for two or three days, and let it stand about a Fortnight; you must set the Bottle so that when 'tis rack'd off into other Bottles it must only be gently tilted; put into every Bottle two Leaves of Gold cut small; you may put one or two quarts to the Dregs, and it will be good, tho' not so good as the first.

The Fever Water.

TAKE of *Virginia* Snake-roots six ounces, Carduus-seeds four ounces, and Marigold-flowers four ounces, twenty green Walnuts, Carduus Water still'd two quarts, as much hot Poppy-water, two ounces of Hartshorn; slice the Walnuts and steep all in the Waters a Fortnight; then add to it an ounce of *London* Treacle, and distil it all in an Alembick pasted up; three drops of Spirit of

of Amber in three spoonfuls of this Water will deliver a Woman of a dead Child.

To make the best Liquid Laudanum.

TAKE a quart of Sack and half a pint of Spirit of Wine, and four ounces of Opium, two ounces of Saffron; slice the Opium, and pull the Saffron, and put it in a Bottle with the Sack, and Spirit of Wine, and one ounce of Salt of Tartar, and of Cinnamon, Cloves and Mace, of each a dram; cork and tie down the Bottle, and set it in the Sun or by the fire twenty days, pour it off the Dregs, and 'tis fit to use, ten, fifteen, twenty, or twenty-five Drops.

A fine Cordial Water.

BEAT two pounds of double-refin'd Sugar very well, and put to it a gallon of the best Brandy, stirring it a good while all one way; then put Confection of Alkermes one dram, Oil of Cloves one dram, Spirit of Saffron one ounce, then stir it one Way for a quarter of an hour, then add three sheets of Leaf Gold and bottle it up, it will keep as long as you please.

To make Spirit of Carraways.

TAKE of Carraway Comfits two pounds, put them into a glass Bottle with a wide Mouth, put upon the Carraways Spirits of Wine as much as will cover them, one dram of Ambergrease rubb'd to powder, with as much fine Sugar, and tied up in a Rag, and hang it in the Bottle, and let this stand three Months close stopt, then pour off the Spirit clear from the Seeds; take a little of this dropt in Beer or Ale for Wind or Pain in the Bowels.

To cure Spleen or Vapours.

TAKE an ounce of the filings of Steel, two drams of Gentian sliced, half an ounce of Carduus-seeds bruised, half a handful of Centaury tops; infuse all these in a quart of White-wine 4 days, and drink four spoonfuls of the clear every Morning, fasting two Hours after it, and walking about; if it binds too much, take once or twice a Week some little purging thing to carry it off.

Hysterical Water.

TAKE Zedoary, Roots of Lovage, Seeds of wild Parsnips, of each 2 ounces, roots of single Piony 4 ounces, of Misletoe of the Oak 3 ounces, Myrrh a quarter of an ounce, Castor half an ounce; beat all these together, and add to them a quarter of a pound of dried Millipedes, pour on these 3 quarts of Mugwort-water, and 2 quarts of Brandy. Let them stand in a close Vessel 8 days, then distil it in a cold Still pasted up; you may draw off 9 pints of Water, sweeten it to your Taste and mix all together: This is an excellent Water to prevent Fits, or to be taken in Faintings.

A Stone Water.

TAKE Beans in Pod, and cut them in small pieces, fill good part of an ordinary Still with them, and put to them two good handfuls of Yarrow, and distil them together in a cold Still; let the Party drink a glass when in Pain, and at the Changes of the Moon.

To make Poppy Brandy.

TAKE six quarts of the best and freshest Poppies, and cut off the black ends of them, and

and put them in a glass Jar that will hold two gallons, and press them in it; then pour over it a gallon of Brandy, stop the glass very well, and set it in the Sun for a Week or more; then squeeze out the Poppies with your Hand and sweeten it to your Taste with double-refin'd Sugar, and put to it an ounce and half of Alkermes perfumed, mix it well together and bottle it up. This is in imitation of red Rosa-solis.

To make Cherry Brandy.

TO every four quarts of Brandy, put 4 pounds of red Cherries, two pounds of black, and one quart of Raspberries, a few Cloves, a stick of Cinnamon, and a bit of Orange-peel; let these stand a Month close stopp'd, then bottle it off, put a lump of Sugar into every bottle.

To make Citron Water.

TO a gallon of Brandy take ten Citrons, pare the outside Rinds of the Citrons, dry the Rinds very well, then beat the remaining part of the Citrons all to mash in a Mortar; then put it into the Brandy, stop it close, and let it stand nine days; then distil it, then take the Rinds that are dry and beat them to Powder, and infuse them nine days in the Spirit, and distil it over again; sweeten it to your Taste with double-refin'd Sugar, let it stand in a large Jug for three Weeks; then rack it off into Bottles. This is the true *Barbadoes* Receipt for Citron Water.

Stitch Water.

TAKE a gallon of new Ale-wort, and put to it as much Stone-horse dung from the Horse as will make it pretty thick, add to this a pound of

of *London* Treacle, two penny-worth of Ginger sliced, and six penny-worth of Saffron; mix these together, and distil it off in a cold Still. Take three or four spoonfuls at a time.

To make Carraway Brandy.

STEEP an ounce of Carraway-seeds, and six ounces of Sugar in a quart of Brandy, let it steep nine days, and clear it off: 'tis a good Cordial.

The Saffron Cordial.

FILL a large Still with Marigold Flowers, and strew on it an ounce of Case Nutmegs, that is, the Nutmegs that have the Mace on them; beat them grosly, and take an ounce of the best *English* Saffron, pull it, and mix it with the Flowers; then take three pints of Muscadine or Tent, or *Malaga* Sack, and with a sprig of Rosemary dash it on the Flowers; then distil it off with a slow fire, and let it drop on white Sugar-candy; draw it off till it begins to be sowre, save a pint of the first running to mix with other Waters on an extraordinry Occasion; mix the rest together to drink by it self. This Cordial is excellent in Fainting, and for the Small-pox or Ague; take five or six spoonfuls at a time.

The fine Clary Water.

TAKE a quart of Borage-water, and put it in an earthen Jug, and fill it with two or three quarts of Clary-flowers fresh gathered; let it infuse an hour over the fire in a Kettle of Water; then take out the Flowers, and put in as many fresh Flowers; and so do for six or seven times together; then add to that Water two quarts of the best Sack, and a gallon of fresh Flowers,

Flowers, and two pounds of white Sugar-candy beaten small; and distil all off in a cold Still: Mix all the Water together when 'tis still'd, and sweeten it to your Taste with the finest Sugar. This is a very wholesome Water, and the fine entertaining Water. Cork the Bottles well, and keep it cool.

To make Spirit of Saffron.

TAKE four drams of the best Saffron; open it, and pull it asunder, and put it in a quart Bottle, and pour on it a pint of the ordinary Spirit of Wine, that of twelve-pence a quart, and add to it half a pound of white Sugar-candy beaten small; stop it close with a Cork, and a Bladder tied over it; set it in the Sun, and shake it twice a day, till the Candy is dissolved, and the Spirit is of a deep Orange colour; let it stand two days longer to settle, and clear it off into another Bottle, and keep it for use. A small spoonful for a Child; a large one for a Man or Woman. 'Tis excellent in any pestilential Disease: 'Tis good against Colds, or the consumptive Cough.

Black Cherry Water for Children.

TAKE six pounds of black Cherries, and bruise them small; then put to them the tops of Rosemary, Sweet-marjoram, Spearmint, Angelica, Balm, Marigold-flowers, of each a handful; dried Violets one ounce; Annis-seeds and sweet Fennel seeds, of each half an ounce bruised. Cut the Herbs small, and mix all together, and distil them off in a cold Still. This Water is excellent for Children, giving them two or three spoonfuls at a time.

To

To make Gripe Water.

TAKE two dozen bunches of Pennyroyal, shred grosly; then take Coriander-seeds, Anniseeds, sweet Fennel-seed, Carraway-seeds; bruise them all, and put them to the Herbs in an earthen Pot; mix them together, and sprinkle on them a quart of Brandy; let them stand all night; the next day distil it off, and take six, seven, or eight spoonfuls of this Water, sweeten'd with Syrup of Gilliflowers. Drink it warm, and go to bed; cover very warm, to sweat if you can; and drink some of it as long as the Gripes continue.

To make the Dropsy Water.

TAKE a bushel of pick'd Elderberries, put them in a large Tub; put in as much Water or strong Beer as will cover them, and put in a quart of Ale-yeast, and a piece of Leaven as big as a penny Loaf; break it to pieces, and stir it together once or twice a day, for eight days together; then put them in a Pot, and distil it off in an Alembick: Draw off a gallon of Water from this quantity. It must be drank three times a day; in the Morning fasting, before Dinner, and last at Night, till you have drank up the quantity.

Lilly of the Valley Water.

TAKE the Flowers of Lilly of the Valley, and distil them in Sack, and drink a spoonful or two, as there is occasion. It restores Speech to those who have the dumb Palsey, or Apoplexy: It is good against the Gout; it comforts the Heart, and strengthens the Memory; it helps the Inflammations of the Eyes, being dropt into them; and the Flowers put into a Glass close stopt, and set

into

into a Hill of Ants for a Month; then take it out and you will find a Liquor that comes from the Flowers, which keep in a Vial; it easeth the Pains of the Gout, the place affected being anointed therewith.

To make Vertigo Water.

TAKE the Leaves of red Sage, Cinquefoil, Sandine and Wood Betony, of each a good handful; boil them in a gallon of Spring-water, till it comes to a quart; when 'tis cold, put into it a pennyworth of Roch-Allum, then bottle it up. When you use it, put a little of it in a Spoon, or in the Palm of your Hand, and snuff it up. Go not into the Air presently; it must be made between the first and tenth of *May*.

Dr. Burgess's *Antidote against the Plague.*

TAKE three pints of Muscadine, and boil therein one handful of Sage, as much Rue, Angelica-roots one ounce, Zedoary-roots one ounce, *Virginia* Snake-root half an ounce, Saffron twenty grains. Let all these boil till a pint be consumed; then strain it, and set it over the Fire again, and put therein two penny-worth of long Pepper, half an ounce of Ginger, as much Nutmegs. Beat all the Spices, and let them boil together a little, and put thereto a quarter of an ounce of Mithridate, and as much *Venice*-Treacle, and a quarter of a pint of the best Angelica-water: Take it warm both Morning and Evening, two spoonfuls if already infected; if not infected, one spoonful is enough for a day. Half a spoonful in the Morning, and as much at Night. This had great Success, under God, in the Plague; 'tis good likewise against the Small-Pox, or any other pestilential Disease.

The Lady Onslow's *Water for the Stone.*

TAKE as much Saxafrage, as being distill'd will yield two quarts of Water; then take a peck of Hog's-hawes, and bruise them well; then take Filipendula and Parsley of each 3 handfuls, Parsley of Breakstone and Mother-thyme, of each two handfuls; Marshmallow-roots, Parsley-roots, of each one handful; four large Horse-radish-roots, red Nettle-seed and Burdock-seed, of each one ounce; bruise the Seeds, cut the Herbs, and slice the Roots, and mix 'em well together with three quarts of White-wine, and as much new Milk from the Cow. So distil them and the Saxafrage-water together in a cold Still, and draw it off as long as any Water will come; the Saxafrage must be distill'd in *May*, and the other Water the latter end of *September* or *October*, when the Hawes are ripe. Let the Person when the Fit of the Stone cometh, take three or four spoonfuls of White-wine, and as much of this Water mix'd together; if the Distemper abate not, take 6 spoonfuls of this Water once in 2 hours till 'tis remov'd; you may if you please, sweeten it with Syrup of Marshmallows.

Centaury-water.

TAKE one pound of Gentian, and six pounds of green Centaury, beat the Gentian, and shred the Centaury, and put them into an earthen Pot, and put to them as much White-wine as will cover them; let it stand 5 days and distil it in an ordinary Still. This is an excellent Water. Take 3 or 4 spoonfuls at a time in a Morning, and fast 2 hours after it, and use Exercise; likewise take it at Night an hour or two before you go to Bed.

To make Hiera-picra.

TAKE a Dram of Hiera-picra, and a Dram of Cochineal, and two Drams of Anniseeds, beat them all very fine; then put them into a Bottle with a pint of the best Sack, and a pint of Brandy; shake them well together 5 or 6 days; then let it stand to settle 12 hours, so pour it off into another Bottle clear from the Dregs, and keep it for use. 'Tis very good against the Cholick or Stomach-ach, and removes any thing that offends the Stomach; take 4 spoonfuls of it fasting, and fast 2 hours after it: You must take it constantly three Weeks or a Month, and 'tis well to drink the following Drink after it.

Take new-lay'd Eggs and break them; save the Shells, and pull off the Skin that is in the inside; dry the Shells and beat 'em to Powder; sift them, and put six spoonfuls of this Powder into a quart of these Waters, half a pint of Fennel-water, half a pint of Parsley-water, half a pint of Mint-water, half a pint of black Cherry-water. Take a quarter of a pint at a time, shaking the Glass when you pour it out. Take this three times a day, at eleven in the Morning, at three in the Afternoon, at Eight at Night, and you should take it as long as you take the Hiera-picra.

To make Lime-water.

TAKE a pound of unslack'd Lime, and put it into an earthen Jug well glazed, and put to it a gallon of Spring-water boiling hot; cover it close till 'tis cold; then scum it clean, and let it stand two days; then pour it clear off into Glass Bottles, and keep it for use. The older the better, the Virtues are as follows.

For

For a Sore, warm some of the Water and wash the Sore well with it for half an hour; then lay a Plaister on the Sore of some gentle thing, and lay a Cloth over the Plaister four or five Doubles, wet with this Water, and as it dries wet it again, and it will heal it.

For a Flux or Loosenes, take two spoonfuls of it cold in the Morning and two at Night, as you go to Bed; do this seven or eight days together, for a Man or Woman, but if for a Child one spoonful at a time is enough, and if very young half a spoonful at a time. It will keep twenty Years, and no one who has not experienced it, knows the Virtues of it.

A Milk-water for a cancerous Breast.

TAKE 6 quarts of new Milk, and four handfuls of Cranes-bill, that sort of it that has little Buds on it, and is long in the Stalk, and four hundred of Wood-lice, distil this in a cold Still with a gentle Fire. Then take one ounce of Crabs-Eyes, and half an ounce of white Sugar-candy both in fine Powder; mix them together, and take a Dram of the Powder in a quarter of a pint of the Milk-water in the Morning, at Twelve at Noon, and at Night. Continue taking this three or four Months, 'tis an excellent Medicine.

Cock-Water for a Consumption.

TAKE an old red Cock from a Barn-Door, pull him alive, then kill him and quarter him, and with clean Cloths wipe the Blood from him; then put the Quarters into a cold Still, and part of a Leg of Veal, and put to them two quarts of old *Malaga* Sack, a handful of Thyme, as much sweet Marjoram and Rosemary, two handfuls of Pimpernel, four of Dates stoned and sliced, one pound of Currants,

Currants, as many Raisins of the Sun stoned, a pound of Sugar-candy finely beaten; when all in, paste up the Still. Let it stand all Night, the next Morning still it, and mix the Water together, and sweeten it to your Taste with white Sugar-candy. Drink three or four spoonfuls an hour before Dinner and Supper. Distil this Water in *May*.

Another Water against a Consumption.

TAKE a pound of Currants, and of Hart's-Tongue, Liver-wort, and Speed-well, of each a large handful; then take a peck of Snails, lay them all Night in Hysop, the next Morning rub and bruise them, and distil all in a gallon of new Milk; sweeten it with white Sugar-candy, and drink of this Water two or three times a day, a quarter of a pint at a time. It has done great good.

Another Water against a Consumption.

TAKE 3 pints of the best Canary, and a pint of Mint-water, 3 ounces of candy'd Eringo-Roots, 3 ounces of Dates, a quarter of an ounce of Mace, 3 ounces of *China* Roots, 3 ounces of Raisins stoned; infuse these 12 hours in an earthen Pot close covered over a gentle Fire; when 'tis cold strain it out, and keep it in a clean Pan, or Glass Jar for use. Then make about a quart of plain Jelly of Harts-horn, and drink a quarter of a pint of this Liquor with a large spoonful of Jelly Night and Morning for two or three months together.

A Water to strengthen the Sight.

TAKE Rosemary-flowers, Sage, Betony, Rue, and Succory, of each one handful; infuse

these in two quarts of Sack, and distil them in an Alembick. The Dose is a spoonful in the morning fasting, till the Water is done.

Rue-water, good for Fits of the Mother.

TAKE of Rue, green Walnuts, of each a pound, Figs a pound and half; bruise the Rue and Walnuts, slice the Figs in thin slices and lay them between the Rue and Walnuts, and distil it off; bottle it up and keep it for use. Take a spoonful or two when there is any Appearance of a Fit.

An Opening Drink.

TAKE Pennyroyal, red Sage, Liver-wort, Hore-hound, Maiden-hair, Hysop, of each two handfuls, Figs one pound, Raisins stoned one pound, blue Currants half a pound, Liquorish, Anni-seeds, Coriander-seeds, of each two ounces; put all these in two gallons of Spring-water, and let it boil away two or three quarts; then strain it, and when 'tis cold put it in Bottles. Drink half a pint in a Morning, and as much in the After-noon; keep warm and eat little.

For a Distemper got by an ill Husband.

TAKE two pennyworth of Gum-dragon, pick and clean it, and put it in an earthen Pot, put to it as much red Rose-water as it will drink up; stir it two or three times a day till 'tis all dissolved into a Jelly; then put in three grated Nutmegs, and double-refin'd Sugar to your Taste, finely powdered, and a little Cinnamon-water, no more than will leave it in a Jelly: Take the quantity of a Nutmeg in the Morning fasting, and last at Night; but first prepare the Body for it, by taking six pennyworth of *Pulvis Sanctus* in Posset-drink, and drink Broth in the working.

For

For a Cough settled on a Stomach.

TAKE half a pound of Figs, as many Raisins of the Sun stoned, a stick of Liquorish scrap'd and slic'd, a few Anniseeds, a few sweet Fennel-seeds, and some Hysop wash'd. Boil all these in a quart of Spring-water till it comes to a pint, strain it and sweeten it very well with white Sugar-candy. Take two or three spoonfuls of it Morning and Night, and when you please.

To make Hungary Water.

TAKE four ounces of Rosemary-flowers, and a pint of Spirits of Wine, infuse it twelve hours, and draw it off in a Glass Still.

A Drink to preserve the Lungs.

TAKE three pints of Spring-water, put to it 1 ounce of flour of Sulphur, and let it boil on a slow Fire till half is consumed; then let it stand to settle, and strain it out, and pour it on one ounce of Liquorish scraped, and a Dram of Coriander-seeds, and as many Aniseeds bruised. Let it stand to settle, and drink a quarter of a pint Morning and Night,

An excellent Snail-water.

TAKE of Comfry and Succory Roots of each 4 ounces, Liquorish 3 ounces, the Leaves of Hart's-Tongue, Plantane, Ground-Ivy, red Nettles, Yarrow, Brooklime, Water-cresses, Dandelion and Agrimony, of each 2 large handfuls: Gather these Herbs in dry Weather, and do not wash them, but wipe them clean with a Cloth; then take 500 of Snails cleansed from their Shells,

but not scoured, and of whites of Eggs beat up to a Water one pint, 4 Nutmegs grosly beaten, the yellow Rind of one Lemon and one Orange; bruise all the Roots and Herbs, and put them together with the other Ingredients in a gallon of new Milk, and a pint of Canary; let them stand close covered 48 hours, and then distil them in a common Still with a gentle Fire; this quantity will fill your Still twice, it will keep good a Year, and is best when made Spring or Fall, but 'tis the best when new; you must not cork up the Bottles in 3 months, but cover them with Paper: it is immediately fit for use, and when you use it, take a quarter of a pint of this Water, and put to it as much Milk warm from the Cow, and drink it in the Morning, and at 4 a-Clock in the Afternoon, and fast two hours after it. To take Powder of Crabs-eyes with it, as much as will lie on a Sixpence, mightily assists to sweeten the Blood. When you drink this Water, be very regular in your Diet, and eat nothing salt or sowre.

Eye-water.

TAKE Orrice-root sliced 2 ounces, white Copperas finely beaten one ounce, put them in 3 pints of running Water, shake it well 3 or 4 days, and then use it; if a watry Eye, you may add a bit of Bole-Armoniack.

To make Briony-water.

TAKE 12 pounds of Briony-root, pound it to Mash, then take one quart of the Juice of Rue, one quart of the Juice of Mugwort-Leaves, of Savin 3 handfuls, sweet Basil 2 handfuls, Mother of Thyme, Nepp and Pennyroyal of each 3 handfuls, Dittany of *Crete* and dry'd Orange-peel of each 4 handfuls, Myrrh 2 ounces, Castor 1 ounce,

ounce, both powdered, and likewise the Orange-peel; distil this off in an Alembick: first cut your Herbs and put them in the bottom of your Still, then put in your Briony-root, then mix your Powders in a *China* dish with some Sack, then pour in 6 quarts of Sack. Close up your Still, and draw it off.

A Water to take after taking Balsam of Tolu.

TAKE a pint of whites of Eggs beaten to a Froth, 5 Nutmegs bruised, 2 handfuls of dry'd Spearmint, 2 handfuls of unset Hysop; add to these a gallon of new Milk, and distil it off in a cold Still. You may draw off about 3 pints, take 6 spoonfuls of this Water at a time with Sugar-candy in it.

To make the true Daffy's *Elixir.*

TAKE 5 ounces of Aniseeds, 3 ounces of Fennel-seeds, 4 ounces of Parsley-seeds, 6 ounces of *Spanish* Liquorish, 5 ounces of Sena, one ounce of Rhubarb, 3 ounces of Elecampane, 7 ounces of Jallap, 21 drams of Saffron, 6 ounces of Manna, 2 pounds of Raisins, a quarter of an ounce of Cochineel, 2 gallons of Brandy; stone the Raisins, slice the Roots, bruise the Jallap, put them all together, keep them close cover'd 15 days, then strain it out.

For any Man or Beast bitten by a mad Dog.

TAKE Sage Leaves and Rue, of each a good handful, 2 or 3 heads of Garlick, 4 Pennyworth of the best Treacle, a handful of the smallest shavings of Tin or Pewter, boil all these in a

quart of strong Ale in a Pipkin, or stone Crock, close stopp'd and pasted over, and set it to boil in a Kettle of hot Water, and put it over the fire for two hours: It will be apt to fly up, therefore put a Pye-plate and Bricks upon the top of the Paste. Give, or rather pour it into the Party bitten by 5 or 6 spoonfuls at a time, according to the Strength of the Party bitten, whether it be Man or Dog, or other Creature. This must be given 3 days before the full or new Moon next happening after the Party has been bitten.

Milk Water.

TAKE 2 good handfuls of Wormwood, as much Carduus, as much Rue, 4 handfuls of Mint, as much Balm, half as much Angelica, cut these a little, put them into a cold Still, and put to them 3 quarts of Milk; let your fire be quick till your Still drops, then a little slower. You may draw off 2 quarts; the first quart will keep all the Year; this is extraordinary good in Fevers, sweeten'd with Sugar or Syrup of Cloves.

A Powder to cure a Rupture.

IN the latter End of *March* get half a pound of knots of Scurvy-grass before they are quite blown, one pound of Comfry-roots, half a pound of Fern-roots, one ounce of Juniper-berries, one ounce of Dragon's-blood, half a pound of the roots of Solomon-seal, a quarter of an ounce of Nutmegs, a quarter of an ounce of Mace; scrape your roots very clean, and slice them thin, and put every sort by themselves in a clean Paper Bag; lay them on a clean earthen Dish, and let them be put in a slow Oven till they are dry enough to powder: You must do the like to your Scurvy-grass, that they may be all finely powdered, and mix'd together

gether and kept up close in a Glass with Paper round it. You may in any Liquor give as much of this Powder to a young Child as will lye on a Sixpence Morning and Night; to one of 7 Years, more, to a Man or Woman as much as will lye on a Shilling: Put the Powder in a Spoon and wet it to mix, and take it three Weeks.

Plain Hiera-Picra.

PUT one ounce of Hiera-picra into one quart of Brandy; let your Bottle hold more than a quart, that you may have room to shake it; let it stand 5 Days near the fire, shaking it often and stop it close. This is a good Purge, take half a quarter of a pint going to Bed, drink a draught of warm Ale or Broth a little while after it. You may take it 9 or 10 days together; it opens the Stomach, causes Digestion, prevents green Sickness, and kills Worms in Children.

A very good Remedy for a hollow aching Tooth.

TAKE of Camphire and crude Opium, of each 4 grains; make them into three Pills, with as much Oil of Cloves as is convenient, roll them in Cotton, apply one of them to the aching Tooth, and repeat if there is Occasion.

A Method to cure the Jaundice which has been try'd with great Success.

IN the first place give the patient a Vomit of the Infusion of Crocus Metallorum, and Oxymel of Squils, according to his Constitution; then take of Aloes and Rhubarb, of each 2 Scruples, of prepar'd Steel one Dram, Tartar violated one scruple; make Pills with Syrup of Horehound, of which give four every Night.

Take of the Roots of Turmerick, half an ounce, Tops of Centaury the lesser, *Roman*-Wormwood and Horehound, of each a handful, Roots of the greater Nettle 2 ounces; boil them in 3 pints of Water, to the Consumption of half; when it is almost boil'd enough, add to it Juniper-berries, an ounce, yellow Sanders and Goose-dung made into a Nodolous, of each 3 Drams, Saffron 2 scruples, Rhenish Wine a pint; when it is boil'd enough strain it, and add to it compound Water of Snails and Earth-worms, of each 2 ounces. Take 3 ounces of it after each time of taking the following Electuary.

Take of the Conserve of Sea-wormwood, of the outward Rind of Orange-peels, of each two ounces, of Species Diacurcumæ, and prepared Steel, of each 3 drams, of prepared Earth-worms and Rhubarb, of each 2 drams, Flowers of Sal-Armoniack and Salt of Amber, of each 2 scruples, of Saffron powder'd 1 scruple, with a sufficient Quantity of Syrup of Horehound; make an Electuary, of which take the quantity of a large Nutmeg twice a day, drinking 3 ounces of the bitter Tincture after it.

For a Rheumatism, or Pain in the Bones.

TAKE a quart of Milk, boil it and turn it with 3 pints of small Beer, then strain the Posset on 7 or 9 globules of Stone-Horse dung tied up in a Cloth, and boil it a quarter of an hour in the Posset-drink; when 'tis taken off the Fire, press the Cloth hard, and drink half a pint of this Morning and Night hot in Bed. If you please, you may add White-wine to it. This Medicine is not good, if troubled with the Stone.

To

To make Treacle-water.

TAKE Juice of green Walnuts 4 pounds, and of Rue, Carduus, Marigolds, and Balm, of each 3 pounds, Roots of Butter-bur half a pound, Roots of Burdock one pound, Angelica and Master-wort, of each half a pound, Leaves of Scordium 6 handfuls, *Venice*-Treacle and Mithridate of each half a pound, old Canary-wine two pounds, White-wine Vinegar 6 pounds, Juice of Lemons 6 pounds; distil this in an Alembick, and on any Illness take 4 spoonfuls going to bed.

To make Usquebaugh.

TO 3 gallons of Brandy put 4 ounces of Anniseeds bruised; the next day distil it in a cold Still pasted up; then scrape 4 ounces of Liquorish, and pound it in a Mortar, dry it in an Iron Pan, do not burn it, put it in the bottle to your distill'd Water, and let it stand ten days: Then take out the Liquorish, and to every 6 quarts of the Spirits put in Cloves, Mace, Nutmegs, Cinnamon and Ginger, of each a quarter of an ounce, Dates stoned and sliced 4 ounces, Raisins stoned half a pound: Let these infuse ten days, then strain it out, and tincture it with Saffron, and bottle it and cork it well.

To make Mr. Denzil Onslow's *Surfeit-Water.*

TAKE a gallon and half of the best Brandy, half a bushel of Poppies, half a handful of Rue, half a handful of Wormwood, one handful of Sage, one handful of Balm, one handful of unset Hyssop, one handful of Mint, one handful of Sweet-marjoram, half a pound of Rosa-solis, wash

wash, and pick, and dry these Herbs in a coarse Cloth, then shred them very fine. Take half a pound of Liquorish scraped, and pulled into Threads, one ounce of Coriander-seeds, one ounce of Anniseeds, a few Cloves all bruised, a pound of Raisins stoned, one pound of Loaf-sugar, put all these in an earthen Jar covered very close, and set it in a cool Cellar, and stir them twice a-day till the Poppies look pale; put a little Saffron in with the other Ingredients, strain it off into another Jar, and in a Fortnight, when 'tis settled, bottle it.

Mix the Herbs that are strained from it with Milk, distil it; 'tis a Cordial Milk-water.

An approv'd Medicine for the Dropsy.

TAKE about 3 spoonfuls of the best Mustard-seed, and about a handful of Bay-berries, the like quantity of Juniper-berries, one ounce of Horse-radish, and about half a handful of Sage of Virtue, as much Wormwood Sage, and half a handful of Scurvy-grass, and a quarter of a handful of stinking Orach, and a little sprig of Wormwood, a sprig of green Broom, and half an ounce of Gentian-root; scrape, wipe, and cut all these, and put them into a bottle that will hold a gallon; then fill the Bottle with the best strong Beer you can get; then stop it close, and let it stand three or four days, and drink every Morning fasting half a pint.

A Remedy for Rheumatick Pains.

TAKE of Sena, Hermodacts, Turperhum and Scammony, of each 2 drams; of Zedoary, Ginger and Cubebs, of each one dram; mix them and let them be powdered; the Dose is from one dram to two, in any convenient Vehicle. Let the

the Parts affected be anointed with this Liniment: Take Palm Oil 2 ounces; Oil of Turpentine 1 ounce, Volatile Salt of Hartshorn 2 drams; afterwards lay on a Plaister of Mucilaginibus. Some that have been very much troubled with Rheumatick Pains, have by taking of Spirit of Hartshorn in compound Water of Earth-Worms, found mighty Benefit.

An excellent Medicine for the spotted, and all other malignant Fevers.

TAKE of the best *Virginia* Snake-Weed, and Root of Contrayerva finely powder'd, of each half a scruple, *Goa*-stone half a scruple, Castor and Camphire, of each 5 Grains; make them into a Bolus, with a scruple of *Venice*-Treacle, and as much Syrup of Peony as is sufficient; to repeat the Bolus every six hours, drinking a Draught of the following Julep after it.

Take of Scorzonera-roots 2 ounces, Butterbur-roots half an ounce, of Balm and Scordium, of each an handful, of Coriander-seeds 3 drams, of Liquorish, Figs, and Raisins, of each an ounce; let them boil in 3 pints of Conduit-water to a quart, then strain it, and add to it compound Peony Water 3 ounces, Syrup of Raspberries an ounce and half. Let the Patient drink of it plentifully.

A Specifick Cure for stopping Blood.

TAKE two ounces of clarified Roch-Allum; let it be finely powder'd, and melt it in a silver Ladle; then add to it half an ounce of Dragon's-blood in powder, and mix them well together; then take it off the fire, keeping it stirr'd till it come to the consistence of a soft Paste, fit for making up into Pills; Make your Pills into the

the bigness of a large Pea; and as the Paste cools warm it again to such a degree, as the whole quantity may be made into Pills. This Medicine is proper in all Cases of violent Bleeding, without exception. The ordinary or usual Dose is half a grain; to be taken once in four hours, till the Bleeding stops; taking a glass of Water or Ptisan after it, and after every Dose; and another of the same Liquor a quarter of an hour after. In violent Cases, give half a dram for a Dose.

To make Stoughton's *Elixir.*

PARE off the Rinds of six Sevil Oranges very thin, and put them in a quart Bottle, with an ounce of Gentian scrap'd and slic'd, and sixpenny-worth of Cochineel; put to it a pint of the best Brandy; shake it together 2 or 3 times the first day, then let it stand to settle 2 days, and clear it off into Bottles for use. Take a large Tea spoonful, in a glass of Wine in a Morning, and at four in the Afternoon: Or you may take it in a dish of Tea.

An Electuary for a Cough.

TAKE Conserve of Red-roses two ounces, Conserve of Hips one ounce; *Lucatellus's* Balsam half an ounce; Spices of Hiatragacanth frigid one dram, Syrup of Balsam three drams; mix all together well; take the quantity of a small Bean three times a-day.

Excellent Lozenges for a Cough.

TAKE a pound of brown Sugar-candy, and a pound of Loaf-sugar; beat and searce them thro' a fine Sieve. Take an ounce of the Juice of Liquorish, and dissolve it in three or

four

four spoonfuls of Hyssop-water over a gentle fire; then mix your Sugar and Sugar-candy with one dram of Orace-powder, one dram of the Powder of Elicampane, of Gum-dragant powder'd half a dram; add one dram of the Oil of Anniseeds, and one grain of Musk: Mix all these together, and work it into a Paste; and roll them into Lozenges the bigness of a Barly-corn, or something larger.

To promote Breeding.

LET the Party take of the Syrup of stinking Orace a spoonful night and morning, for a week or more; then as follows: Take 3 pints of good Ale, boil in it the Piths of three Ox-Backs, half a handful of Clary, a handful of Nep (or Cat Bos,) a quarter of a pound of Dates stoned, sliced, and the Pith taken out; a handful of Raisins of the Sun stoned, 3 whole Nutmegs prick'd full of holes. Boil all these till half be wasted; strain it out, and drink a small Wine-glass full at your going to Bed. As long as it last accompany not with your Husband. During the taking, or some time before, be very chearful, and let nothing disquiet you.

Take Shepherd's-purse a good handful, and boil it in a pint of Milk till half be consumed, and drink it off.

For a Burn or Scald.

TAKE Laurel Leaves, chop them in Hog's Grease; strain it, and keep it for use.

To make Necklaces for Children in cutting Teeth.

TAKE Roots of Henbane, of Orpin and Vervain; scrape 'em clean with a sharp Knife, cut

cut them in long Beads, and string them green; first Henbane, then Orpin, then Vervain; and so do till 'tis the bigness of the Child's Neck. Then take as much red Wine as you think the Necklace will suck up, and put into it a dram of red Coral, as much single Peony-root finely powder'd. Soak your Beads in this 28 hours, and rub the Powder on the Beads. Syrup of Lemons, and Syrup of single Peony, is excellent to rub the Child's Gums with very frequently.

A Medicine for the Cholick, which not only gives Ease in the most violent Fits, but also, being often used, prevents their returning.

TAKE of the best Manna, and Oil of sweet Almonds, of each an ounce and half; of Camomile-flowers boiled in Posset-drink an handful; let the Posset-drink be strained from the flowers, and mingled very well with the Oil of Almonds and Manna; let the Patient take it three days successively, and afterwards every third day for a Fortnight.

A Receipt for a Consumptive Cough.

TAKE of the Syrup of white and red Poppies of each 3 ounces, of Barley, Cinnamon-Water, and red Poppy-water, of each 2 ounces, of Tincture of Saffron, one ounce, Liquid Laudanum 40 drops, and as much Spirit of Sulphur as will make it acid. Take 3 or 4 spoonfuls of it every Night going to Bed; increase or diminish the Dose according as you find it agrees with you.

To

To make the Eye Salve.

TAKE of fresh Butter out of the Churn, unsalted and unwashed, two pound; set it in a glass Jar in the Sun to clarify 3 Months; then pour very clear off about a quarter of a pound, and put to it an ounce of Virgin Wax; when 'tis melted, put it into white Rose-water to cool, and beat it in the Water half an hour, then take it out from the Water and mix with it half an ounce of rectified Tutty finely powder'd, and two scruples of Mastick beaten and bruised as well as possible; mix all well together, and put it in Pots for use; take a very little in your Fingers when in Bed; shut your Eye, and rub it over the Lid and Corner of your Eye.

An excellent Medicine for the Pain in the Stomach.

TAKE of Tinctura Sacra (or Tincture of Savory) one ounce in the Morning, fasting an hour, then drink a little warm Ale; do this twice or three times a Week till you find relief.

To prevent or cure the Plague.

TAKE three pints of Muscadine Wine, boil in it a handful of Sage, and as much Rue, till a pint is wasted; then strain it out and set it on the fire again, and put therein long Pepper, Ginger, Nutmegs, of each three parts of an ounce, beaten together in fine Powder; let it boil a little, then put to it two ounces of Treacle, one ounce of Mithridate, and a quarter of a pint of Angelica-water, dissolve the Treacle and Mithridate in the Angelica-water, then mix all together. Take of it both Morning and Evening,

ing, warm, two spoonfuls; if infected, take it in Bed and sweat with it; but if not infected, one spoonful in the Morning may be sufficient, and not lie to sweat after it. You may take half a spoonful at Night; this is good in the Small-pox or Measles. It was used in the Sickness-Year with great Success both to young and old.

Water in a Consumption, or in Weakness after Sickness.

TAKE a Calf's-pluck fresh kill'd, before the Veal is blown; take out the Pluck, but don't wash it, cut it in pieces and put it in a cold Still, but first put at the bottom of your Still a sheet of white Paper well butter'd, then put in your Pluck, with Mint, Balm, Borage, Hyssop and Oak-Lungs, of each about two handfuls, wipe and cut the Herbs but not wash them; put in a gallon of new Milk warm from the Cow, paste up the Still, and let it drop on white Sugar-candy; it will draw off about seven pints, mix it together, and bottle it for use. Drink a quarter of a pint in the Morning, and as much at four in the Afternoon.

A Stay to prevent a sore Throat in the Small-Pox.

TAKE Rue, shred it very fine, and give it a bruise; mix with it Honey and Album-Græcum, and work it together; put it over the fire to heat, sew it up in a Linnen Stay, and apply it to the Throat pretty warm: As it dries repeat it.

To prevent Pitting, and to take off Redness.

TAKE Rue and chop it, boil it in Hog's-lard till 'tis green; strain it out and keep it for use.

use. Warm a little in a Spoon, and with a Feather anoint the Face as they begin to shell off; do it as often as convenient.

An admirable Cerecloth.

TAKE a pound of Frankincense beaten fine, and a pound of Rosin beaten, a pound of black Pitch, and four ounces of Cummin-seeds powder'd, four Pennyworth of Saffron dried and powdered, four Pennyworth of Mace beaten and sifted, four Pennyworth of Cloves beaten fine, an ounce of Liquid Laudanum, and a pound of Deer-suet.

Season a new Pipkin; first lay it in cold Water, then boil Water in it, and set it by till 'tis cold; then dry it and put in your Deer-suet, and let it melt, shaking it about as you do for melting Butter; then put in your Frankincense, Rosin, Pitch, Cummin-seed, Saffron, Mace, Cloves, and set 'em over the Fire and let them have a boil or two; then take them off and set it by a little, and then sprinkle in your Liquid Laudanum; let it simmer a little, take it off, and when 'tis fit to spread, spread it on the thickest brown Paper, and use it on occasion. 'Tis good for Bruises, Aches, Pains, Burns, Scalds, and sore Breasts; wipe the Plaister every day, and put it on again; one or two Plaisters will do.

For the Cholick.

TAKE of Cammomile-flowers, and Mallow Leaves, of each a handful; Juniper-berries, and Fænugreek Seeds, of each half an ounce; let the Seeds and Berries be bruised, boil them in a pint of Water, add to it strain'd, of Turpentine dissolv'd, with the yolk of an Egg and Oil of Camomile, of each an ounce, Diacatholicon 6 drams,

Hiera Picra 2 drams, mix and give it; after the Operation of the Clyster, give the Patient the following Mixture: Take of Rue and Camomile-water, of each an ounce, Cinnamon-water an ounce, Liquid Laudanum twenty drops, Syrup of white Poppies an ounce.

How to make the Lime-Drink, famous for curing the Stone.

TAKE a good half peck of Lime-stones new burnt, and put them into 4 gallons of Water, stir it well at the first putting in, then let it stand and stir it again; as soon as it is very well settled, strain off the clear into a large Pot, and put to it 4 ounces of Sassafras, and 4 ounces of Liquorish, sliced thin, Raisins of the Sun stoned one pound, half a pound of blue Currants, Mallows and Mercury of each a handful, Coriander, Fennel, and Anniseeds, of each an ounce; let the Pot stand close covered for 9 days, then strain it, and being settled, pour the clearest of it into Bottles; you may drink half a pint of it at a time, as often as you please; in your Morning's Draught put a dram of Winter-Cherries powdered. This has cured some that have been so tormented with the Stone in the Bladder, that they could not make Water, after they had in vain tried abundance of other Remedies.

An excellent Vomit.

TAKE a quarter of a pound of clear Allum, beaten and sifted as fine as Flour, divide it into three parts, the first the biggest; put a quarter of a pint of Water in a Saucepan, and put in your biggest Paper of Allum, and let it simmer over the Fire, but not boil; take it off, cool it to blood warm; drink it off, but take nothing after it;

it; sit still till it has work'd once, keep very warm, nor take nothing in the working; but you may walk about after it has work'd once; take it three Mornings together, or more if there be occasion, till the Stomach is clear. There is no Case where a Vomit is proper, but this is good.

A fine Purge.

TAKE an ounce of Liquorish, scrape it and slice it thin, and a spoonful of Coriander-seeds bruised, put these into a pint of Water and boil it a little; then strain this Water into an ounce of Sena, let it stand six hours; strain it from the Sena and drink it fasting.

A purging Diet-drink in the Spring.

TAKE 6 Gallons of Ale, 3 ounces of Rhubarb, 12 ounces of Sena, 12 ounces of Mader-roots, 12 ounces of Dock-roots, 12 handfuls of Scabious, 12 handfuls of Agrimony, 3 ounces of Aniseed; slice and cut these, put them in a Bag and let it work in the Ale: Drink of it three or four times a day.

For a sore Mouth in Children.

TAKE half a pint of Verjuice, strain into it four spoonfuls of the Juice of Sage; boil this with fine Sugar to a Syrup, and with a Feather anoint the Mouth often, touch it not with a Cloth, or rub it: The Child may lick it down, it will not hurt it.

To create a good Appetite, and strengthen the Stomach.

TAKE of the Stomatick-Pill with Gums, Extractum Rudij, of each a dram, Resin of Ja-

lap half a scruple, Tartar vitriolated one scruple, Oil of Aniseeds four drops; mix with Syrup of Violets, and make into Pills, of which take four or five over Night; they are of excellent use in the Megrims and Vertigo, by reason they carry the Humour off from the Stomach, which fumes up into the Head.

A very good Medicine for the Bloody-Flux.

TAKE of the best Rhubarb finely powdered half an ounce, of red Sanders 2 drams, Cinnamon one dram, Crocus Martis Astringent three drams, of *Lucatellus*'s Balsam what suffices; make a Mass of Pills, of which take three every Night and Morning for a Fortnight. This has cured some that have lost a vast quantity of Blood, after other Remedies had proved ineffectual.

For red or sore Eyes.

TAKE a quarter of an ounce of white Copperas, and an ounce of Bole-Armoniac, beat them to a fine Powder, and beat an ounce of Camphire grosly in an Iron Mortar; set two quarts of Spring-water on the Fire, when it boils take it off and let it stand till 'tis lukewarm, then put in your Powders, stirring till cold: Drop the clear in the Eye.

For a Pain in the Stomach, or Heaviness of Heart.

TAKE a pint of Rose-water, put to it some double-refin'd Sugar, and a Pennyworth of Saffron ty'd up in a piece of Lawn; let it stand two or three Days, and then at any time take 3 spoonfuls.

For Fits from Wind or Cold.

TAKE 3 drops of Oil of Amber in some burnt Wine, or Mace-Ale. If it is given in black Cherry Water, it is good to forward Labour in Chilbed.

To make the red Balls.

TAKE Rue, Dragon, Rosemary, Sage, Balm, Betony, Plantane, Pimpernel, Dandelion, Scabious, Wormwood, Mugwort, Saxafrage, Red-bramble-top, Tormentil, Shepherds-purse, Lovage, Carduus, Centaury, Angelica, Agrimony, Fumitory, Scordium, of each 1 handful; gather these in dry Weather, pick and chop them, put them in a broad Pan, and pour on them a pint of White-wine, and let it stand 9 or 10 Days in the Sun, stirring it sometimes; then strain it out, squeezing it with your Hand, wipe your Pan clean, and put in your Juice, with half an ounce of Powder of Pearl prepar'd, half an ounce of *Venice* Treacle, half an ounce of Powder of Coral, Powder of Crabs Claws 2 ounces, 1 ounce of double Confection of Alkerms, and of Bole-Armoniack powdered, as much as will make it the thickness of a Syrup; let it stand in the Sun to dry 2 or 3 days, or till it will roll up into Balls, what size you please; if 'tis too thin use more Bole-Armoniac; dry them well, and keep them for use: Scrape as much as will lie on a Sixpence, and take it in a Glass of Sack, or small Cordial, going to Bed.

To make Elixir Proprietatis.

TAKE of Myrrh 4 drams, Aloes 4 drams, Saffron 4 drams, infuse them in a pint of the best Brandy; first put in the Saffron, and let it

ſtand 12 hours, then the Myrrh and Aloes; ſet it by the fire 3 or 4 days, ſhaking it very often; then ſtrain it off. Take 60 or 70 drops more or leſs, in a little White-wine, in a Morning faſting, for a Week or ten days together; 'tis good for any Illneſs in the Stomach, or in the Bowels. 'Tis the beſt of Phyſick for Children.

To Cure a Pimpled Face.

TAKE an ounce of live Brimſtone, as much Roch-Allum, as much common Salt; white Sugar-candy 2 drams, Sperma-Cete 2 drams; pound and ſift all theſe into a fine Powder, and put it in a quart Bottle; then put to it half a pint of Brandy, 3 ounces of white Lilly-water, and 3 ounces of Spring-water; ſhake all theſe well together, and keep it for uſe. When you uſe it, ſhake the Bottle, and bathe the Face well, and when you go to Bed, dip Rags in it, and lay it all over the Face, in 10 or 12 days it will be perfectly cured.

A Purge for Hoarſeneſs, or any Illneſs on the Lungs.

TAKE 4 ounces of the Roots of Sorrel, of Hyſop and Maiden-hair, of each half a handful; Raiſins a quarter of a pound ſtoned, Sena, half an ounce, Barley-water 2 quarts; put all theſe in a Jug, and infuſe them in a Kettle of Water two hours, ſtrain it out and take a quarter of a pint Morning and Night.

An Electuary for a Cold, or Windy Stomach.

TAKE Gum-Ganicum one ounce, Cubebs a quarter of an ounce, Cardamums a quarter

of

of an ounce; beat and sift all these, and mix it with Syrup of Gillyflowers into an Electuary. Take Night and Morning the quantity of a Nutmeg; drink a little warm Ale after it.

An Electuary for a Pain in the Stomach.

TAKE Conserve of Wood-sorrel and Mithridate an equal quantity, mix it well together, and take Night and Morning the quantity of a Nutmeg; so do for fifteen days together.

To keep Artichokes all the Year.

IN the latter end of the Season boil them till they be half enough, and then dry them upon a hair Cloth upon a Kiln the space of 50 hours, till they are very dry; lay them in a dry place; when you use them soak them a Night in Water, and boil them till they are tender.

To keep Walnuts all the Year.

ALMOST in the latter end of the Season take off the green Shell of your Nuts, and dry them on a hair Cloth on the Kiln 40 hours; when they are dry keep them for use. When you would use them soak them three days in Water, shifting them three times a day.

To make Ink.

GET one pound of the best Galls, half a pound of Copperas, a quarter of a pound of Gum-arabick, a quarter of a pound of white Sugar-candy; bruise the Galls, and beat your other Ingredients fine, and infuse them all in three quarts of White-wine or Rain-water, and let them stand hot by

the fire three or four days; then put all into a new Pipkin, set it on a slow fire, so as not to boil; keep it frequently stirring, and let it stand five or six hours till one quarter is consumed, and when cold strain it thro' a clean coarse piece of Linnen; bottle it and keep it for use.

To wash Gloves.

TAKE the yolk of an Egg and beat it, and egg the Gloves all over, and lay them on a Table, and with a hard Brush and Water rub them clean; then rinse them clean, and scrape white Lead in Water pretty thick, and dip the Gloves in; let them dry, and as they begin to dry stretch and rub them till they be limber, dry and smooth; then gum them with Gum-dragon steep'd in sweet Water, and let them dry on a marble Stone. If you colour them, scrape some of the following Colours amongst the white Lead: The dark Colour is Umber; for brick Colour red Lead; for a Jessamy yellow Oaker; for Copper-colour red Oaker; for Lemon-colour Turmerick.

To make Paste for Hands.

BLANCH and beat a pound of bitter Almonds, and in the beating put in two handfuls of stoned Raisins, and beat them together till they are very fine; then take three or four spoonfuls of Sack or Brandy, as much Ox Gall, three or four spoonfuls of brown Sugar, the yolks of three Eggs; beat it well together; set it over the fire and give it two or three boils; when 'tis almost cold mix it with the Almonds, put it in Gallipots; the next day cover it close, and keep it cool, and it will be good five or six Months.

MEDI-

MEDICINES *and* SALVES.

To cure the Rickets.

OPEN a Vein in both Ears between the Junctures, mix a little Aqua-vitæ with the Blood, and with it anoint the Breast, Sides and Neck; then take three ounces of the green Ointment, and warm a little of it in a Spoon, and anoint the Wrists and Ancles as hot as it may be endured; do this for nine Nights just before Bed-time; shift not the Shirt all the time. If the Veins do not appear, rub it with a little Lint dipp'd in Aqua-vitæ, or else cause the Child to cry; and that will make the Veins more visible and bleed the better.

To make the Drink.

TAKE a quart of Spring-water, of Liver-wort one handful, Liquorish, Anniseeds, Coriander-seeds, sweet Fennel-seeds, and Hartshorn, of each an equal quantity; 40 Raisins of the Sun stoned, fourteen Figs; boil all these together till one half is consumed; then put in three spoonfuls of Honey, and boil it a little more; let it stand till 'tis cold and strain it out, and put in two spoonfuls of Syrup of Gilliflowers, and bottle it up. Take 2 or 3 spoonfuls Morning and Evening.

The Green Ointment.

TAKE Rue, Camomile, Hyſop, Hog's-Fennel, red Fennel, Roſemary, Bays, Lady's-mantle, Paul's-betony, Water-betony, Balm, Nep, Valerian, Mallows, Nightſhade, Plantane, Comfry, Adders-Tongue, *Roman* Wormwood, common Wormwood, Vervain, Clary, Agrimony, red Sage, Ground-ivy, Feaver-few, Self-heal, Melilot, Bramble-tops, Marſhmallows, Sanicle, Ribwort, May-weed, of each of theſe 2 large handfuls; pick and chop them, then take 4 pound of Butter unwaſhed, and 3 pound of Boars-Greeſe; melt them together, and put in the Herbs, and let it boil two hours; then ſtrain it out, let it ſtand a little, and put it in Pots for uſe.

Another Way to cure the Rickets.

MAKE the Drink thus: Take Polipodium growing upon a Church or Oak 3 ounces ſcrap'd, Liver-wort and Harts-tongue, of each a good handful, Betony 20 Leaves, white Horehound and Nep, of each 4 tops; boil all theſe together in three quarts of ſweet Wort till it is conſumed to two quarts; then ſtrain it, and when 'tis cold put to it two quarts of middling Wort, ſo let it work together; then put it in a little Veſſel, and when it has done working, take half a quarter of an ounce of Rhubarb ſliced very thin, put it in a little Linnen-bag, with a ſtone in it to keep it from ſwimming, and hang it in the Veſſel, and when 'tis three days old, let the Child drink of it a quarter of a pint in the Morning, and as much in the Afternoon at four a-clock, or when the Child will take it. You muſt likewiſe anoint the Child Morning and Night with this following Ointment: Take Butter in the Month of

of *May* as soon as it's taken out of the Churn, and wash it with the Dew of Wheat; to a pound of Butter take a handful of red Sage, as much of Rue, Camomile, and of sowed Hyssop; boil all these in the Butter, and scum it till 'tis boiled clear; then strain it out, and keep it in a Gallipot for use. You must anoint the Reins of the Back and the Ribs, stroking it downwards, and upon the Small of the Belly, and swing the Child often with the Heels upwards.

To make Chariy-Oil.

TAKE Poplar Buds in the beginning of *May* one handful, and put them into a pint and half of Oil, and half a pint of Aqua-vitæ, and cover them close, and let them stand till the following Herbs are in season; then add to your Buds, Betony, Charity, Sanicle, the tops of St. *John*'s-wort, when blown; Adders-tongue, Comfry, Self-heal, Balm, Southern-wood, Pennyroyal, Flowers of red Sage, Parsley, Clown's All-heal, Balsam, Knotgrass, Sweet-marjoram, Lavender-Cotton, red Rose-buds, Camomile, Lavender-tops when blown, of each of these Herbs a small handful; but of Poplar-buds, red Rose-buds, and Adders-tongue, double the quantity; gather the Herbs in dry Weather, and wipe them clean with a Cloth; shred them pretty grosly before you put them in, so let them steep in a stone Pot; when all is in, cover it very close; then set them on the fire in a Skillet, let them simmer with a slow fire five or six hours, then strain it out. This Oil is good for any green Wound, Bruise, Burn, or Ach, and for Bruises inward, taking a spoonful in a little warm Sack; and for any outward Swelling warm it, and anoint the Part affected.

An

An excellent Plaister for any Pain occasion'd by a Cold or Bruise.

TAKE of the Plaister of red Lead and Oxycroceum, of each equal Parts; of the best *Theban* Opium one scruple, spread it on Leather, and lay it to the part that aches, after you have well anointed it with this Ointment: Take of Ointment of Marsh-mallows one ounce, Oil of *Exeter* half an ounce, Oil of Spike, and Spirit of Hartshorn, of each a dram.

For a Dropsy.

TAKE of Horse-radish-roots sliced thin, and sweet Fennel-seeds bruised, of each two ounces, Smallage and Fennel-roots sliced, of each an ounce, of the tops of Thyme, Winter-savory, Sweet-marjoram, Water-cresses, and Nettles, of each a handful; bruise the Herbs, and boil them in three pints of Sack, and three of Water, to the Consumption of half; let it stand close cover'd for three hours, then strain it, and drink a Draught of it twice in a Day, sweeten'd with Syrup of Fennil, fasting two hours after it.

For the Gripes.

TAKE a glass of Sack warmed, and dissolve in it as much *Venice*-Treacle, or Diascordium as a Hazel-Nut, drink it off going to Bed; cover warm.

To stay a Loosenes.

TAKE a very good Nutmeg, and prick it full of Holes, and toast it on the point of a Knife; then boil it in Milk till much be consum'd;

then eat the Milk with the Nutmeg powder'd in it, in a few times it will ſtop.

For the Strangury.

TAKE half a pint of Plantane-water, one ounce of white Sugar-candy finely powder'd, two ſpoonfuls of Sallet-Oil, and the Juice of a Lemon; beat all theſe together very well, and drink it off.

For a Draught in a Fever.

TAKE of Sal-prunella one ounce, and diſſolve it in Spring-water, and put as much Sugar to it as will ſweeten it; ſimmer it over the fire till 'tis a Syrup, and put ſome into Poſſet-drink, and take it two or three times a-day, or when very thirſty.

A Plaiſter for an Ague.

TAKE right *Venice* Turpentine, and mix with it the Powder of white Hellebore-roots, till 'tis ſtiff enough to ſpread on Leather. It muſt be laid all over the Wriſt, and over the Ball of the Thumb ſix hours before the Fit comes.

For a Chin-Cough.

TAKE a ſpoonful of Wood-lice and bruiſe 'em, and mix them with Breaſt-Milk, and take them three or four Mornings according as you find Benefit. It will cure; but ſome muſt take it longer than others.

To take off Blackness by a Fall.

RUB it well with a cold Tallow-Candle as soon as 'tis bruised, and this will take off the Blackness.

To break a Boil.

TAKE the Yolk of a new-laid Egg, some Honey and Wheat-flower, and mix it well together, and spread it on a Rag, and lay it on cold.

A Poultice for a Hard Swelling.

BOIL the finest Wheat-flour in Cream till 'tis pretty thick, then take it off and put in Mallows chopt, stir it and apply it as hot as can be endured; dress it twice a-day, and make fresh every time.

To stay Vomiting.

TAKE Ash-leaves and boil them in Vinegar and Water, and apply them hot to the Stomach; do this often.

A Poultice for a Sore Breast, Leg, or Arm.

BOIL Wheat-flour in strong Ale very well, and pretty thick, then take it off and scrape in some Boar's-Grease; let it it not boil after the Grease is in, stir it well, and apply it hot.

A Salve for a Blast, Burn, or Scald.

TAKE *May* Butter fresh out of the Churn, neither wash'd nor salted, and put into it a good

a good quantity of the green inner Rind of Elder, and put it in a Pipkin, and set that in a Pot of boiling Water; let it infuse a Day or two, then strain it out, and keep it in a Pot for use.

An excellent Remedy for Agues, which has been often tried with very great Success.

TAKE of Black-soap, Gun-powder, stinking Tobacco and Brandy, of each an equal quantity, mix them well together, and three hours before the Fit comes, apply to the Patient's Wrist; let this be kept on for a Fortnight.

To cure the Biting of a Mad Dog.

TAKE two quarts of strong Ale, two-pennyworth of Treacle, two Garlick-heads, an handful of Cinquefoil, Sage and Rue: Boil them all together to a quart; strain it, and give the Patient three or four spoonfuls twice a-day: Take Dittany, Agrimony, and rusty Bacon, beaten well together, and apply to the Sore, to keep it from festering.

For Spitting Blood.

TAKE of Cinnabar of Antimony one ounce, and mix it with two ounces of Conserve of red Roses, and take as much as a Nutmeg Night and Morning.

To know if a Child has Worms or not.

TAKE a piece of white Leather and peck it full of holes with your Knife, and rub it with Wormwood, and spread Honey on it, and strew

the Powder of Aloes Socratina on it; lay it on the Child's Navel when he goes to Bed, and if he has Worms the Plaister will stick fast, and if he have not it will fall.

To stop Vomiting.

TAKE half a pint of Mint-Water, one ounce of Syrup of Violets, a quarter of an ounce of Mithridate, and half an ounce of Syrup of Roses; mix all these well together, and let the Party take two spoonfuls first, and then one spoonful after every Vomiting till 'tis stay'd.

To cure the Tooth-ach.

LET the Party that is troubled with the Tooth-ach lie on the contrary side, and drop three drops of the Juice of Rue into the Ear on that side the Tooth acheth, and let it remain an hour or two and it will remove the Pain. If a Needle is run thorough a Wood-louse, and immediately touch the aching Tooth with that Neeele, it will cease to ach.

A rare Mouth-Water.

TAKE Rosemary, Rue, Celandine, Plantane, Bramble-leaves, Woodbine-leaves, and Sage, of each an handful; beat them and steep them in a quart of the best White-wine Vinegar two Days and Nights, then press it well and strain it, and put to it six ounces of Allum, and as much Honey, and boil them a little together softly till the Allum is consumed; when 'tis cold keep it for use.

To

To cure a Cancer.

TAKE a dram of the Powder of Crabs-Claws finely searced and made into a Paste with Damask Rose-water, and dried in Pellets of Lozenges; powder the Lozenges as you use them, and drink the Powder in Whey every Morning fasting. If there be a Sore, and it is raw, anoint it with a Salve made of Dock-roots and fresh Butter, make a Seaton or Issue in the Neck; keep a low Diet, keep from any thing that is salt, sowre, or strong.

To cure the Joint-Evil.

TAKE good store of Elder Leaves, and distil them in a cold Still; let the Person drink every Morning and Evening half a pint of this Water, and wash the Sores with it Morning and Evening, first warming it a little, and lay fresh Elder Leaves on the Sores, and in a little time you will find they will dry up; but be sure to follow it exactly, it has cured when all other Remedies have failed.

For the Green-Sickness.

TAKE Centaury the less, and Wormwood and Rosemary-flowers of each one handful, Gentian-root one dram, Coriander-seeds two drams; boil these in a quart of Water, sweeten it with Syrup of Steel, and take four or five spoonfuls in the Morning, and as much in the Afternoon.

To take off Freckles.

TAKE Bean-flower Water, or Elder-flower Water, or *May* Dew gather'd from Corn, of

 either

either the quantity of four ſpoonfuls, and add to it 1 ſpoonful of Oil of Tartar very new drawn; mix it well together, and often waſh the Face with it: Let it dry on.

To make Pomatum.

TAKE almoſt a dram of white Wax, 2 drams of Sperma-Cete, one ounce of Oil of bitter Almonds, ſlice your Wax very thin, and put it in a Gallipot, and put the Pot in a Skillet of boiling Water; when the Wax is melted, put in your Sperma-Cete, and juſt ſtir it together; then put in the Oil of Almonds; after that take it off the Fire, and out of the Skillet, and ſtir it till cold with a Bone Knife; then beat it up in Roſe-water till 'tis white, keep it in Water, and change the Water once a day.

A Salve for a Sprain.

TAKE a quarter of a pound of Virgin's-Wax, a quarter of a pound of Frankincenſe, half a pound of Burgamy-pitch, melt them well together, ſtirring them all the while till they are melted, then give them a good boil, and ſtrain them into Water; work it well into Rolls, and keep it for uſe; the more 'tis work'd the better 'tis. Spread it on Leather.

A rare green Oil for Aches and Bruiſes.

TAKE a Pottle of Oil of Olives, and put it into a Stone Pot of a gallon with a narrow Mouth; then take Southernwood, Wormwood, Sage and Camomile, of each 4 handfuls, a quarter of a peck of red Roſe-buds, the white cut from them; ſhred them together groſly, and put them into the Oil, and once a day for 9 or 10 days ſtir them

them well, and when the Lavender-spike is ripe, put 4 handfuls of the Tops in, and let it stand 3 or 4 days longer, and cover'd very close; then boil them an hour upon a slow Fire, stirring it often; then put to it a quarter of a pint of the strongest Aqua-vitæ, and let it boil an hour more; then strain it thro' a coarse Cloth, and let it stand till 'tis cold, and keep it in Glasses for use; warm a little in a Spoon or Saucer, and bathe the part affected.

To take out Spots of the Small-Pox.

TAKE half an ounce of Oil of Tartar, and as much Oil of bitter Almonds, mix it together, and with a fine Rag daub it often on the Face and Hands before the Air has penetrated into the Skin or Flesh.

For the Cholick.

TAKE a dram and half of Dr. *Holland*'s Powder, and mix it in a little Sack, and take it and drink a Glass of Sack after it. It gives present Ease.

An approved Remedy against Spitting of Blood.

TAKE of the Tops of stinging Nettles, Plantane Leaves, of each a like quantity; bruise them and strain the Juice out, and keep it close stopp'd in a Bottle, of which take 3 or 4 spoonfuls every Morning and Evening, sweetened with Sugar of Roses. The Juice of Comfry-roots drank with Wine is also very good; let the Patient be blooded at first, and sometimes gently purged. But if there happens to be any inward Soreness, occasioned by straining, this Electuary will be ve-

ry convenient, *viz.* Take an ounce of *Lucatellus's* Balsam, of Conserve of Roses 2 ounces, 12 drops of Spirit of Sulphur, to be made into a soft Electuary with Syrup of white Poppies; the Dose is the quantity of a Nutmeg every Morning and Evening.

A Receipt that cured a Gentleman, who had a long time spit Blood in a great Quantity, and was wasted with a Consumption.

TAKE of Hysop-water, and of the purest Honey, of each a pint; of Agrimony and Colt's-foot of each a handful, a Sprig of Rue, brown Sugar-candy, Liquorish slic'd, Shavings of Hartshorn, of each 2 ounces, Aniseeds bruised 1 ounce, of Figs sliced and Raisins of the Sun stoned, of each 4 ounces; put them all into a Pipkin with a gallon of Water, and boil it gently over a moderate Fire, till half is consumed; then strain it, and when 'tis cold put it into Bottles, being close stopp'd; take four or five spoonfuls every Morning, at four in the Afternoon, and at Night the last thing. If you add fresh Water to the Ingredients after the first Liquor is strain'd off, you will have a pleasant Drink to be used at any time when you are a-dry.

For the Scurvy.

TAKE a pound of Guiacum-Bark, and half a pound of Sassafras, and a quarter of a pound of Liquorish; boil all these in three quarts of Water till it comes to three pints, and when 'tis cold, put it in a Vessel with 2 gallons of Ale; in 3 or 4 days 'tis fit to drink; and drink no other Drink for 6 or 12 Months, according to the Violence of the Distemper. It will certainly cure.

For

For the Jaundice.

TAKE some Tares (such as you feed Pigeons with) and dry them in an Oven, and beat them to Powder, and sift them, and take a spoonful of that Powder in a Morning fasting, and drink half a pint of White-wine after it; and do this for 3 Mornings together, and it will cure tho' very far gone.

For Corns on the Feet.

TAKE the Yeast of Beer (not of Ale) and spread it on a linnen Rag, and apply it to the part affected; renew it once a day for 3 or 4 Weeks. It will cure.

For Chill-blains.

ROAST a Turnip soft, beat it to mash, and apply it as hot as can be endured to the part affected. Let it lie on 2 or 3 days, and repeat it two or three times.

To stop Bleeding inwardly.

TAKE two drams of Henbane-seed, and the like of white Poppy-seed, beat them up with Conserve of Roses, and give the quantity of a Nutmeg at a time; or take twelve handfuls of Plantane-Leaves, and six ounces of fresh Comfry-roots; beat these and strain out the Juice, and add to it some fine Sugar, and drink it off.

To stop Vomiting.

TAKE a large Nutmeg, grate away half of it, and then toast the flat side till the Oil

ouze out; then clap it to the Pit of the Stomach. Let it lie so long as 'tis warm, repeat it often till cured.

To kill a Tetter.

TAKE flour of Brimstone, Ginger and burnt Allum, a like quantity; mix it with fresh Butter unsalted, anoint as hot as can be endured at Bed-time; in the Morning wash it off with Celandine-water heated; while this is continued, the Party must sometimes take Cordials to keep the Humour from going inward.

An Ointment for a Blast.

TAKE Velvet-leaves and wipe them clean, and chop them small, and put them to unsalted Butter out of the Churn, and boil them gently till the goodness is out of the Leaves, then strain it into a Gallipot, and keep it for use. Lay Velvet Leaves over the part after 'tis anointed.

A Poultice to ripen Tumours.

TAKE half a pound of Figs, two ounces of white Lilly-roots, two ounces of Bean-flour or Meal; boil these in water till it comes to a Poultice; spread it thick on a Cloth, apply it warm, and shift it as often as it grows dry.

For the Teeth.

TAKE a pint of Spring-water, put to it six spoonfuls of the best Brandy, wash the Mouth often with it, and in a Morning roll a bit of Allum a little while in the Mouth.

For a Drought in a Fever.

MAKE Barley-water, sweeten it with Syrup of Violets, and tincture it with Spirit of Vitriol; let them drink sometimes of this; put Sal-prunella in Beer or Posset-drink, and sometimes drink of that, and if they are sick or faint, give a spoonful of Cordial in a dish of Tea.

A Powder that has restored Sight when almost lost.

TAKE of Betony, Celandine, Saxafrage, Eyebright, Pennyroyal and Levisticum, of each one handful; of Anniseeds and Cinnamon of each half an ounce; take also of Grains of Paradice, Ginger, Hysop, Parsley, Origany, Osier of the Mountain, of each one dram; Galengal and Sugar, of each one ounce: make all into a fine Powder, and eat of it every Day with your Meat such a quantity as you used to eat of Salt, and instead of Salt; Osier, you must have that at the Physick Garden.

For a Cough settled on the Stomach.

TAKE half a pound of Figs sliced, Raisins of the Sun stoned as many, and a stick of Liquorish scraped and sliced; a few Anniseeds and some Hysop wash'd clean: Put all these in a quart of Spring-water; boil it till it comes to a pint; then strain it, and sweeten it with white Sugar-candy. Take two or three spoonfuls of it Morning and Night, and when the Cough troubles you.

To cure a Dropsy.

TAKE of Horse-radish-roots, sliced the long way as thin as you can, two ounces; sweet Fennel-roots sliced, two ounces; sweet Fennel-seeds beaten, two ounces; the Tops of Thyme, Winter-savory, sweet Marjorum, Water-cresses and Nettle-tops, of each one handful, wiped and shred small. Boil these in three pints of Spring-water, a quart of Sack, and a pint of White-wine; cover it close, and let it boil till half be consumed; then take it off the fire, and let it stand to settle three hours; then strain it out, and to every Draught put in one ounce of the Syrup of the five Roots, which you may have ready made at an Apothecary's; take this in the Morning fasting, and at three a Clock in the Afternoon, and fast three hours after it. If the Party have the Scurvy (which usually goes with the Dropsy) then add a spoonful of the Juice of Scurvygrass to each Draught.

An excellent Method to cure the Dropsy.

TAKE a good quantity of black Snails, stamp them well with Bay-salt, and lay to the Hollow of the Feet, putting fresh twice a Day. Take likewise an handful of Spearmint and Wormwood, bruise them, and put them into a quart of Cream, which boil till it comes to an Oil, then strain and anoint those parts that are swelled. Take of the tops of green Broom, which after you have dried in an Oven, burn upon a clean Hearth to Ashes, which mingle very well with a quart of White-wine, let it stand all Night to settle, and in the Morning drink half a pint of the clearest, at four in the Afternoon, and at Night going to Bed do the same. Continue laying the Poultice

to

to your Feet, and drinking the White-wine for three Weeks together; this Method has been often used with Success.

An experienced Eye-Water to strengthen the Sight, and prevent Cataracts.

TAKE of Eyebright-tops two handfuls, of Celandine, Vervain, Betony, Dill, Ground-pine, Clary, Avens, and Pimpernel, of each an handful, Rosemary-flowers an handful, of Capon's Gall, and Aloes bruised, of each half an ounce, of long Pepper one dram; infuse 24 hours in two quarts of White-wine, then draw it off in a Glass Still; drop the Water with a Feather into the Eye often.

For Stuffing in the Lungs.

TAKE white Sugar-candy, powder'd and sifted two ounces, China-roots, powder'd and sifted one ounce; Flour of Brimstone one ounce. Mix these with Conserve of Roses, or the Pap of an Apple; and take the bigness of a Walnut in the Morning, fasting an hour after it; and the last at Night, an hour after you have eaten or drank.

To cure Spitting of Blood, if a Vein is broken.

TAKE Mice-dung beaten to Powder, as much as will lie on a Sixpence; and put it in a quarter of a pint of the Juice of Plantane, with a little Sugar: Give it in the Morning fasting, and at Night going to Bed. Continue this some time, and it will make whole, and cure.

To give Ease in a violent Fit of the Stone.

TAKE a quart of Milk, and two handfuls of dried Sage, a penny-worth of Hempseed, one ounce of white Sugar-candy: Boil all these together a quarter of an hour, and then put in half a pint of Rhenish-wine. When the Curd is taken off, with the Ingredient, put it in a Bag, and apply it to the grieved part; and of the Liquor drink a good Glass full. Let both be as hot as can be endured. If there is not Ease the first time, warm it again, and use it: It seldom fails.

For the Strangury.

TAKE three spoonfuls of the Juice of Camomile in a small Glass of White-wine, thrice a-day for three days together.

To procure easy Labour.

TAKE half a pound of Figs, half a pound of Raisins of the Sun stoned, 4 ounces of Liquorish scraped and sliced; one spoonful of Anniseeds bruised; boil all these in 2 quarts of Spring-water till one pint is wasted; then strain it out, and drink a quarter of a pint of it Morning and Evening 6 Weeks before the time.

To procure speedy Delivery when the Throws are gone.

TAKE half a dram of Borax powder'd, and mixed with a Glass of White-wine, some Sugar, and a little Cinnamon-water; if it does no good the first time, try it again two hours after, so likewise the third time.

To bring the After-Birth.

GIVE 30 or 35 drops of Oil of Juniper in a good Glass of Sack.

To prevent After-Pains.

TAKE half an ounce of large Nutmegs and toast them before the fire, and one ounce of the best Cinnamon, and beat them together; then mix it with the whites of two Eggs, beating it together in a Porringer, and take every Morning in Bed as much as will lie on the point of a Knife, and so at Night; and drink after it the following Caudle:

Take a quarter of pint of *Alicant* Wine or Tent, a quarter of a pint of Red-rose-water, and a quarter of a pint of Plantane-water; mingle all three together, and beat 3 new-laid Eggs, yolks and Whites, and make a Caudle of them; put into it two ounces of double-refin'd Sugar, a quarter of an ounce of Cinnamon; you must boil the Cinnamon in the Wine and Water before the Eggs are in; and after all is mixed, put to it half a dram of the Powder of Knot-grass; take of this six spoonfuls Morning and Evening after the Electuary.

Another for the same.

TAKE a small quantity of Bole-Armoniac, and boil it in new Milk. Let the Party drink of it Morning and Evening, if it be either a Woman with Child, or in Child-bed.

Take also some Hog's-dung, and wrap it in a fine linnen Rag, warm it well, and put it to the lower part of the Belly, and it will stop immediately.

To

To stop Floodings.

TAKE the White of an Egg, and beat it well with 4 or 5 spoonfuls of red Rose-water, and drink it off morning and night 9 mornings together; it has cured when all other things have failed.

Let the Party often take Ising-glass boiled or dissolved in warm new Milk, a pint at a time.

A Plaister for a Weakness in the Back.

TAKE Plantane, Comfry, Knot-grass, Shepherd's-purse, of each one handful; stamp them small, and boil them in a pound of Oil of Roses, and a little Vinegar; when 'tis well boil'd strain it, and set it on the fire again, and put into it four ounces of Wax, one ounce of Chalk, Bole-Armoniac one ounce, and Terra-sigillata 1 ounce; boil all well, keeping it still stirring, then cool it, and make it into Rolls, and keep it for use; spread it on Leather when you lay it to the Back.

A Drink for the same.

TAKE four Roots of Comfry, and of Knot-grass and Clary 1 handful, a sprig of Rosemary, a little Galengal, a good quantity of Cinnamon and Nutmeg sliced, the Pith of the Chine of an Ox. Stamp and boil all these in a quart of Muscadine, then strain it, and put in 6 yolks of Eggs; sweeten the Caudle to your Taste with double-refin'd Sugar, and drink a good Draught Morning and Evening. Take of Crocus Martis and Conserve of red Roses mixed together 3 or 4 times a day.

For

For a Flux.

TAKE a pint of new Milk, and dissolve in it half a quarter of a pound of Loaf-sugar, as much Mithridate as the bigness of a Walnut; give this for a Clyster moderately warm; repeat it once or twice if there be occasion.

For the Falling down of the Fundament.

TAKE Ginger and slice it, and put it in a little Pan, heat it by clear well kindled Coals, and put it in a Closestool. Let the Party sit over it, and receive the Fume; cast in the Ginger by little and little, and keep warm.

To increase Milk in Nurses.

MAKE Gruel with Lentils, and let the Party drink freely of it; or else boil them in Posset-drink, which they like best.

A good Purge.

INfuse an ounce of Sena in a pint of Water till half be consumed; when 'tis cold, add to it one ounce of Syrup of Roses, and one ounce of Syrup of Buckthorn; mix them well together. This quantity makes two strong Purges for either Man or Woman, and 4 for a Child.

To prevent Miscarrying.

TAKE of Dragons-blood the weight of a silver Two-pence, and a dram of red Coral, the weight of two Barley-corns of Ambergrease, the weight of three Barley-corns of *East-India* Bezoar; make all these into a very fine Powder, and

mix them well together, and keep them close in a Box; and if you are frighted, or need it, take as much at a time as will lie on a Penny, and keep very still and quiet. Take it in a Caudle made with Muscadine or Tent, and the Shucks of Almonds dried and beaten to Powder, and thicken it with the yolks of Eggs. Take it in a Morning fasting, and at Night going to Bed; this do till you are out of Danger, and lay the following Plaister to the Back:

Take *Venice* Turpentine, and mix with it Bole-Armoniac, and spread it on black-brown Paper the length and breadth of a hand, and lay it to the Small of the Back, keeping Bed.

For the Green-sickness.

TAKE an ounce of the Filings of Steel, or rusty Iron beaten to Powder, and mix it with two ounces of the flour of Brimstone; then mix it up into an Electuary with Treacle; the Party must take the quantity of a Nutmeg in the Morning fasting, and at four in the Afternoon, and continue it till cured.

To procure a good Colour.

TAKE Germander, Rue, Fumitory, of each a good handful, one penny-worth of Saffron tied up in a Rag, half a pound of blue Currants bruised; stamp the Herbs, and infuse all these Ingredients in three pints of Sack over a gentle fire till half be consumed; drink a quarter of a pint Morning and Evening, and walk after it; repeat this quantity once or twice.

You may add a spoonful of the following Syrup to every Draught. Take 3 ounces of the Filings of Steel, and put it in a Glass Bottle with a dram of Mace and as much Cinnamon, pour on them a

quart

quart of the best White-wine, stop it up close, and let it stand 14 Days, shaking the Bottle every Day; then strain it out into another Bottle, and put two pound of fine Loaf-sugar to it finely beaten; let it stand till the Sugar is dissolved without stirring it; then clear it into another Bottle, and keep it for use.

For the Gout.

TAKE a pound of Bees-Wax, and half a pound of Rosin, of Olibanum four ounces, of Litharge of Gold finely powder'd, and white Lead, of each 12 ounces; of Neat's-foot Oil, a pint. Set the Oil, together with the Bees-Wax and Rosin, over the fire; as soon as they are melted, put in the Powders, keeping it continually stirring with a Stick; as soon as it is boiled enough, take it off the fire, and pour it on a Board anointed with Neat's-foot Oil, and make it into Rolls; apply this Plaister, spread on Sheep's Leather, to the part affected; once a Week take of Caryocostinum, the quantity of a large Nutmeg dissolved in White-wine, keeping your self warm after it; by applying this Plaister, and taking the Caryocostinum, there are many which have found very great Benefit.

For the Piles.

TAKE of the tops of Parsley, of Mullet, and of Elder-buds, of each 1 handful; boil in a sufficient quantity of fresh Butter till it looks green, and has extracted the Smell of the Herbs; strain, and anoint the Place with it three or four times a-day.

A bitter

A bitter Draught.

TAKE of the Leaves of *Roman* Wormwood, the Tops of Centaury and St. *John*'s-wort, of each a small handful, Roots of Gentian sliced 2 drams, Carraway-seeds half an ounce; infuse these in half a pint of Rhenish, and three pints of White-wine for 4 or 5 Days; take a quarter of a pint in a Morning, filling up the Bottle, and it will serve 2 or 3 Months.

For the Piles.

TAKE calcin'd Oyster-shells, mix it with Honey, and anoint the Part tenderly night and morning.

Another for the same.

TAKE a sheet of Lead, and have a piece of Lead made like a Slickstone; then between them two grind white Lead and Sallet-Oil till 'tis very fine, put it in a Gallipot for use. If the Piles are inward, cut a piece of old Tallow Candle, and dip it in this Ointment, and put it up; if outward, put some on a fine Rag, and put it to them.

For the Hemorrhoides inflamed.

LET the Party dip their Finger in Balsam of Sulphur made with Oil of Turpentine, and anoint the Place 2 or 3 times a-day.

For Costiveness.

TAKE Virgin-Honey a quarter of a pound, and mix with as much Cream of Tartar as will

will bring it to a pretty thick Electuary, of which take the bigness of a Walnut when you please; and for your Breakfast eat Water-gruel with common Mallows boiled in it, and a good piece of Butter; the Mallows must be chopt small, and eaten with the Gruel.

To raise a Blister.

THE Seeds of Clemmatis Peregrina being bound hard on any Place, will in an hour or two raise a Blister, which you must cut and dress with Melilot Plaister, or Colewort Leaves, as other Blisters.

Likewise Leaven mix'd with a little Verjuice, and about half a pennyworth of Cantharides Flies, and spread on Leather the bigness you please, will in nine or ten hours raise a Blister, which dress as usual.

Plaister for the Feet in a Fever.

TAKE of Briony-roots one pound, tops of Rue a handful, black Soap four ounces, and Bay-salt two ounces; beat all these in a Mash, and out of this spread on a Cloth for both Feet, apply it warm, and sew Cloths over them, and let them lie twelve hours; if there be occasion, renew them three times.

A Drink for a Fever.

TAKE a quart of Spring-water, and boil in it an ounce of burnt Hartshorn, a Nutmeg quartered, a stick of Cinnamon; let it boil a quarter of an hour; when 'tis cold sweeten it to your Taste with Syrup of Lemons or fine Sugar, with as many drops of Spirit of Vitriol as will just sharpen it. Drink of this when you please.

A Vomit.

TAKE 7 or 8 Daffodil-roots, and boil them in a pint of Posset-drink, and in the working drink Carduus-water a gallon or more; your Posset must be cold when you drink it, and your Carduus-Tea must be blood-warm; if it works too much, put some Salt in a dish of Posset, and drink it off.

For the Hickup.

TAKE three or four preserved Damsons in your Mouth at a time, and swallow them by degrees.

For the Cramp.

TAKE of Rosemary-leaves and chop them very small, and sew them in fine Linnen, and make them into Garters, and wear them Night and Day; lay a Down-pillow on your Legs in the Night.

For Weakness in the Hands after a Palsey.

TAKE of the tops of Rosemary, bruise it and make it up into a Ball as big as a great Walnut, and let the Party roll it up and down in their Hand very often, and grasp it in the Hand till 'tis hot; do this very often.

For an old Ache or Strain.

TAKE an ounce of *Lucatellus*'s Balsam, and mix it with 2 drams of Oil of Turpentine, gently heat it, anoint the Place, and put new Flannel on it.

For

For the Jaundice.

TAKE half an ounce of Rhubarb made into Powder, and beat it well with two handfuls of good Currants well cleaned: and of this Electuary take every Morning a piece as big as a Nutmeg for 14 or 15 Mornings together, or longer if need require.

For the Cholick.

TAKE half a pint of Dr. *Stevens*'s Water, as much Plague-water, as much Juniper-berry-water, and an ounce of Powder of Rhubarb: Shake the Bottle, and take 4 or 5 spoonfuls at a time, when the Fit is on you, or likely to come.

For a Burn.

MIX Lime-water with Linseed-Oil; beat it together, and with a Feather anoint the Place, and put on a Plaister to defend it.

To cure a Place that is scalded.

TAKE Linseed-Oil, and put to it as much thick Cream; beat them together very well and keep it for use. Anoint the Place that is scalded twice a day, and it will cure it. Put on it soft Rags, and let nothing press on it.

The bitter Draught.

TAKE of Gentian-root, three drams; of Camomile-flowers, one ounce; of Rosemary-flowers, one ounce; of tops of Centaury, tops of *Roman* Wormwood, tops of Carduus, of each one handful. Boil all these in two quarts of Spring-

water, till it comes to a quart. You may add a pint of White-wine to it. Strain it out, and when 'tis cold, bottle it. Drink a quarter of a pint in the Morning, and as much at four a-Clock in the Afternoon.

To draw out a Thorn.

TAKE the Roots of Comfry, and bruise them in a Mortar with a little Boar's-grease, and use this as a Plaister.

For a scald Head.

TAKE three spoonfuls of Juice of Comfry, two pennyworth of Verdegrease, and half a pound of Hog's-Lard: Melt it together, but let it not boil. Cut off the hair, and anoint the place: It will cure it.

For the Falling-Sickness.

TAKE the After-birth of a Woman, and dry it to Powder, and drink half an ounce thereof in a Glass of White-wine for six Mornings together. If the Patient be a Man, it must be the After-birth of a female Child; if a Woman the contrary.

For the Trembling at the Heart.

MAKE a Syrup of Damask Roses, and add thereto a small quantity of red Coral, Pearl, and Ambergrease, all finely beaten and powdered: Take this so long as your Pain continues, about a spoonful at a time.

For a Pleurisy, if the Person cannot be blooded.

TAKE of Carduus, the Seeds or Leaves, a large handful; boil them in a pint of Beer, till half is consumed; then strain it, and give it the Party warm. They must be fasting when they take it, and fast six hours after it, or it will do them harm.

To draw a Rheum from the Eyes.

ROAST an Egg hard, then cut out the yolk, and take a spoonful of Cummin-seed, and a handful of Bears-foot; bruise them and put them into the white of the Egg, so lay it hot on to the Nape of the Neck; bind it on with a Cloth, and let it lie 24 hours, so lay on fresh again. It will cure in a little time.

To clear the Eyes.

TAKE the white of Hens-dung, dry it very well, and beat it to Powder; sift it, and blow it into the Eyes when the Party goes to Bed.

For a Pin or Web in the Eye.

TAKE the Gall of a Hare and Honey, of each a like quantity; mix them together, and take a Feather and put a little into the Eye, and it will cure in two or three days.

If a Hair or Fish-Bone stick in the Throat, immediately swallow the yolk of a raw Egg, it is a very good thing.

An extraordinary Ointment for Burns and Scalds.

TAKE of red Dock-Leaves, and Mallow-Leaves, of each a large handful, two heads of Houseleek, of green Elder, the Bark being scrap'd from it, a small handful; wash the Herbs and the Elder, which being cut small, boil in a pint and an half of Cream; boil till it comes to an Oil, which, as it rises up, take off with a Spoon; afterwards strain, and put to it 3 drams of white Lead powdered fine.

A very good Drink to be used in all sorts of Fevers.

TAKE two ounces of burnt Hartshorn, boil it with a Crust of Bread in three pints of Water to a quart; strain, and put to it of Barley, Cinnamon-water 2 ounces, Cochineal half a dram; sweeten it with fine Sugar, and let the Patient as often as he is thirsty, drink plentifully of it; rub the Cochineal in a Mortar together with the Sugar.

To Cure the yellow or black Jaundice.

TAKE a quart of White-wine, a large red Dock-root, a Bur-root, that which bears the small Bur, two pennyworth of Turmerick, a little Saffron, a little of the white of Goose-dung that feeds on the Green; boil all these together a little while; then let it run thro' a Strainer: Drink it Morning and Evening three days.

A Plaister for the Sciatica.

TAKE of yellow Wax a pound, the Juice of Marjoram and red Sage, of each six spoonfuls,

fuls, Juice of Onions two ſpoonfuls; let all theſe boil together till the Juice is conſumed, and when 'tis half cold, put in two ounces of Turpentine, and of Nutmegs, Cloves, Mace, Anniſeeds, and Frankincenſe, of each one penny worth finely powdered; ſtir it well together and make a Plaiſter.

A Salve for the King's Evil.

TAKE a Burdock-root, and a white Lilly-root; waſh, dry, and ſcrape them; wrap them in brown Paper, and roaſt them in the Embers; when they are ſoft take them out, and cut out the burn or hard, and beat them in a Mortar with Boar's-greaſe and Bean-flower: when 'tis almoſt enough, put in as much of the beſt Turpentine as will make it ſmell of it, then put it in a Pot for uſe.

The Party muſt take inwardly two ſpoonfuls of Lime-water in the Morning, and faſt two hours after it, and do the ſame at Four a-Clock in the Afternoon. If there be any Swelling of the Evil, they muſt bathe it with this Water a quarter of an hour together, a little warmed, and wet a Cloth and bind it on the Place; but if the Skin be broken, only waſh it in the Water, and ſpread a thin Plaiſter of the Salve and lay on it; ſhift it once a-day; if very bad, you muſt dreſs it twice a-day.

To make the Lime-water. Take a Limeſtone as big as a Man's Head, it muſt be well burned; put it into ſix quarts of boiling Water, cover it cloſe, but ſometimes ſtir it; the next day when 'tis ſettled pour off the clear Water, and keep in Bottles for uſe.

To cure Burſtenneſs.

TAKE Hemlock, and bruiſe it a little, heat it pretty well, and apply it twice a day,

without any Truſs, and keep the Party as ſtill as may be. This has cured when many other Things have failed.

A Powder for Burſtenneſs.

TAKE a good quantity of wild Muſk, Roots and all, pick, waſh and dry them; then take of Currant-leaves, Vine-leaves and Strings, an equal quantity; then take almoſt a quart of Hemp-ſeeds: you muſt lay the Seeds at the bottom of a Pot, and the Leaves and Roots on the top; then put it into an Oven, dry them, rub them to Powder, and ſift them together. The Party muſt take as much of this Powder as will lie on a Sixpence, in a little Ale, in the Morning, and at four in the Afternoon, and continue it five or ſix Weeks: The Powder ſhould be made in *May* if poſſible.

For the Chin-Cough.

TAKE a ſpoonful of the Juice of Penny-royal, mixed with Sugar-candy beaten to Powder. Take this for nine Mornings together.

To cure the Itch without Sulphur.

TAKE a handful of Elecampane-root, and as much ſharp-pointed Dock; ſhred them ſmall, and boil them in two quarts of Spring-water till it comes to a pint; ſtrain the Liquor, and with it let the Party waſh his Hands or Face two or three times a day.

For the Itch.

TAKE of Camomile and Velvet-leaves, Scurvy-graſs and Capon's Feathers, of each one handful;

handful; boil these in half a pound of Butter out of the Churn till 'tis an Ointment, then strain it out, and mix with it half an ounce of Black Pepper beaten fine; stir it in till 'tis cold, and anoint the Party with it all over, keep on the same Linnen for a Week; then wash with warm Water and Sweet-herbs, and put on clean Linnen. Before you begin to use this, you must take Brimstone and Milk for three Mornings: keep warm, and purge well after 'tis over.

For the Scurvy or Dropsy.

STAMP and strain the Juice of the Leaves of Elder, and to a quarter of a pint of Juice put so much White-wine; warm it a little and drink it off, and do thus for four or five Mornings together: If it purge you it will certainly do good. Take this in the Spring.

For a Loosenes.

BOIL a good handful of Bramble-leaves in Milk, sweeten'd with Loaf-sugar; drink it Night and Morning.

For an Ague.

GIVE as much *Virginia* Snake-root dried and powder'd as will lie upon a Shilling, in a glass of Sherry or Sack, just before the cold Fit begins; use this two or three times till the Ague is gone.

For an Ague.

TAKE an ounce and half of the best refin'd Aloes, and steep it in a quart of Brandy; infuse it 48 hours, and take 4 spoonfuls just before the Fit comes.

For

For an Ague.

TAKE a pint of red Rose-water, and put to it an ounce of white Sugar-candy, and the Juice of three Sevil Oranges; mix all together, and drink it off an hour before you expect the Fit. It cures at once or twice taking.

An Ointment for a Burning or Scald.

TAKE a pound of Hog's-Lard, and two good handfuls of Sheeps-Dung, and a good handful of the green Bark of the Elder, the brown Bark being first taken off; boil all these to an Ointment. You must first take out the fire with Sallet-Oil, and a bit of an Onion, and the white of an Egg beaten well together; then anoint with the Ointment, and in less than a Week it will be well.

A Cere-cloth.

TAKE 3 pounds of Oil-olive, and half a pound of red Lead, and half a pound of white Lead, both powder'd and sifted; then take three ounces of Virgin-Wax, 2 ounces of *Spanish* Soap, and 2 ounces of Deer's-suet; put all these things into a brass Kettle, setting it over the fire, stirring it continually till it comes to the height of a Salve, which you may know by dropping a little on a Trencher, and if it neither hangs to the Trencher nor your Fingers it is enough; then dip your Cloths in, and when you take them out, throw them into a Pail of Water, and as they cool take them out and lay them on a Table, and clap them, and when you have done, roll them up with Papers between, and keep them for use; they must be kept pretty cool. This Cere-cloth is good for any Pain, Swelling, or Bruise.

The

The Yellow Balsam.

TAKE 8 ounces of Burgamy-Pitch, 3 ounces and half of yellow Bees-Wax sliced, 1 pound of Deers-suet, one ounce of *Venice*-Turpentine beaten up in Plantane-water, half a pint of red Roses, a quarter of a pint of Vinegar of red Roses, 24 cloves of Garlick, and of Salt-petre dried before the fire half the quantity of a Nutmeg; bruise the Garlick in a Stone Mortar, and set the Oil, Vinegar, and Garlick, in an earthen Pipkin over the fire; let it boil gently half an hour; then put in the Pitch and Wax, and when that is melted, put in the Suet, and one ounce of Palm-Oil; then let it boil a quarter of an hour longer; then take it off the fire, and put in the Turpentine and Salt-petre; set it over the fire again for a little while; then take it off, and let it stand to cool, then pour it gently into your Gallipots; be sure you put in no Dregs; the Vinegar will fall to the bottom; tie the Gallipots down with Leather, 'Tis an excellent Salve for sore Legs, Boils, Whitlows, sore Breasts, and may safely be used to draw Corruption out of any Sore; put a little of it on Lint, and put a Plaister of the following Black Salve over it.

The Black Salve.

TAKE a pint of Oil of Olives, 3 quarters of a pound of yellow Wax, 2 ounces of Frankincense finely beaten and searced, 2 ounces of the best Mastich, 2 ounces of Olibanum, 2 ounces of Myrrh, half a pound of white Lead finely ground, and 2 drams of Camphire: Boil these till they are black; then let it stand a little; oil a Board, and pour it on, and oil your Hand, and make it up in Rolls for use.

For

For the Falling-sickness.

TAKE of the Powder of a Man's Scull, of Cinnabar, and Antimony, of each 1 dram, of the Root of Male-Peony and Frog's Liver dried, of each 2 drams, of the Salt of Amber half a dram, Conserve of Rosemary 2 ounces, Syrup of Peonies enough to make it into a soft Electuary, of which give the quantity of a large Nutmeg every Morning and Evening, drinking after it three ounces of the Water of the Lillies of the Valley; take it three days before the New Moon, and three days before the Full Moon; to bring the Patient quickly out of the Fit, let his Nostrils and Temples be rubb'd with the Oil of Amber.

For an Ague.

TAKE a quart of strong Beer, and a good quantity of the youngest Artichoke-leaves; shred them, and boil them very well together; when you think it almost enough, put a spoonful of Mustard-seed bruised, and give it one boil, then strain it and bottle it. Take half a pint as hot as you can, half an hour before the Fit comes.

A Calcin'd Water to dry up Ulcers and old Sores.

TAKE of the best *Roman*-Vitriol 3 ounces, Camphire 1 ounce; beat them into fine Powder, put them into the bottom of a Crucible, and fix it in hot Embers; cover it with white Paper four double, and put a little Tile on it: Let it be well calcin'd, but not too much; when 'tis cold beat it into fine Powder, and sift it; then add to it 3 ounces of Bole-Armoniac, beaten and sifted;

mix all together, and to half an ounce of this Powder put a quart of Spring or Plantane-water; boil the Water, and when 'tis blood-warm put in your half ounce of Powder, and stir it together in a Pewter Bason till 'tis quite cold, then put it in a Bottle for use. When you use it, shake the Bottle, and pour some out and use it as hot as can be endured, either by Syringe, or washing the Place twice or thrice a-day, and use the following Plaister or Salve.

The Leaden Plaister.

TAKE of white Lead 3 ounces, of red Lead 7 ounces, of Bole-Armoniac nine ounces; beat all into fine Powder, and put to them a pint of the best Oil-olive, incorporate them over the Fire, and let them boil gently half an hour, putting in one ounce of Oil of *Exeter*; stir it continually, and when 'tis enough, make it up in Rolls. This is a drying Plaister.

A Salve for a Burn or Scald.

TAKE one pound of Mutton-suet shred small; melt it, and put into it Thyme, Sweet-marjoram, Melilote, Pennyroyal and Hyssop, of each a good handful chopp'd small, and let it stand together four days; then heat and strain it out, and put in the same quantity of Herbs again, and let it stand four days longer; then heat it and strain it out, and to that Liquor put five pound of white Rosin, and two pounds of Bees-Wax sliced, and boil it up to a Salve; and when 'tis cold enough, oil a Board, pour it on it, and make it up in Rolls: This is an admirable Salve when the fire is taken out. You must take out the fire with Oil; anoint it with Oil with a Feather, then lay on the Plaister. 'Tis good for a small Cut, or Issue inflamed.

A Green Salve.

TAKE 5 handfuls of Clown's All-heal, ſtamp it and put it in a Pot, and add to it 4 ounces of Boar's-Greaſe, half a pint of Oil-olive, and Wax three ounces ſliced; boil it till the Juice is conſumed, which is known when the Stuff doth not bubble at all; then ſtrain it and put it on the fire again, adding 2 ounces of *Venice*-Turpentine; let it boil a little and put it in Gallipots for uſe. Melt a little in a Spoon, and if the Cut or Wound be deep, dip your Tents in it; if not, dip Lint and put on it, and defend the Place with a Leaden Plaiſter; dreſs it once a-day.

For a Sore Breaſt when 'tis broken.

TAKE a quarter of a pound of Raiſins of the Sun ſtoned, and beat them very ſmall; then add to it near as much Honey; and beat it together into a Salve; ſpread it on a Cloth, and make Tents if occaſion. Dreſs it once a-day; when 'tis well drawn uſe the Yellow Balſam, and Black or Leaden Plaiſter.

A Poultice for a Sore Breaſt before 'tis broken.

BOIL white Bread and Milk to a Poultice, then put to it Oil of Lillies, and the yolk of an Egg; ſet it over the fire again to heat, and apply it as hot as can be endured: Dreſs it Morning and Night till 'tis broke, then dreſs it with the Poultice of Raiſins.

To diſperſe Tumours.

TAKE of Yellow Wax, Frankincenſe and Roſin, of each four ounces; melt them together,

gether, strain it out, and when 'tis cool make it in a Roll, and keep it for use.

To keep a Cancer in the Breast from increasing.

TAKE of Lapis Calaminaris 4 ounces all in one piece, and having made it red hot in a Crucible 9 times, quench it every time in a pint of White-wine; then take 2 ounces of Lapis Tutty, and having burnt that red hot in a Crucible 3 times, quench that every time in a pint of red Rose-water: Then beat the Tutty and the Calaminaris Stone together in a Mortar very fine, and put it in a glass Bottle, and put the Rose-water and White-wine to it, and shake it three or four times a-day for nine days before you begin to use it. You must keep the Wine and the Rose-water close covered when you quench the Stone, that the steam does not go out. When you use it shake it well, and dip Rags in it, and lay them to the Breast; let the Rags remain on till 'tis dress'd again: It must be dress'd twice a-day, Night and Morning. The clear Water is excellent for weak or sore Eyes.

For a Swelling in the Face.

TAKE a handful of Damask-rose Leaves, boil them in running Water till they are tender; stamp them to a Pulp, and boil white Bread and Milk till 'tis soft; then put in your Pulp with a little Hog's-lard, and thicken it with the yolk of an Egg, and apply it warm.

For a sore Throat.

MAKE a Plaister of Paracelsus four inches broad, and so long as to come from Ear to

Ear,

Ear, and apply it warm to the Throat; then bruise House-leek and press out the Juice, add an equal quantity of Honey, and a little burnt Allum; mix all together, and let the Party often take some on a Liquorish-stick.

A purging Diet-Drink.

TAKE of Garden Scurvygrass six handfuls, Water-Cresses and Brooklime of each four handfuls, Peach Blossoms four handfuls, Nettle-tops and Fumitory, of each 3 handfuls, Monk's-Rhubarb four ounces, Sena four ounces, China two ounces, Sarsaparilla three ounces, Rhubarb one ounce, Coriander and sweet Fennel-seeds of each half an ounce; cut the Herbs, slice the Roots, bruise the Seeds, put them in a thin Bag, and hang them in four gallons of small Ale; after three days drink a pint of it every Morning. Be regular in Diet, eat nothing salt or sowre.

Pills to purge the Head.

TAKE of Extract of Rudium 2 drams, and Pill-Fœtida one dram; mix these well together, and make it into 12 Pills; take 2, or if the Constitution be strong, 3 of them at 6 a-clock in the Morning: drink warm Gruel, or thin Broth, or Posset-Drink, when they work.

For a Cancer in the Mouth.

TAKE Celandine, Columbine, Sage, and Fennel, of each one handful, stamp and strain them, and to the Juice put a spoonful of Honey, half a spoonful of burnt Allum, and as much Bole-Armoniac beaten fine; mix and beat all these together very well, and wrap a little Flax about a Stick, and rub the Canker with it; if it bleeds 'tis the better.

A Water for sore or weak Eyes.

TAKE of Ground-Ivy, Celandine and Daisies of each a like quantity stampt and strain'd, and add to the Juice a little Sugar and white Rose-water; shake this together, and with a Feather drop it into the Eyes; this takes away all manner of Inflammation, Spots, Itching, Smarting or Web, and is an excellent thing for the Eyes.

A Clyster for the Worms.

TAKE of Rue, Wormwood, Lavender-Cotton, three or four sprigs of each, a spoonful of Anniseeds bruised; boil these in a pint of Milk till the third part be consumed; then strain it out, and add to it as much Aloes finely powder'd as will lie on a Three-pence; sweeten it with Honey, and give it pretty warm; it should be given three Mornings together; and the best time is three Days before the New or Full Moon.

Lucatellus's *Balsam.*

TAKE of Venice Turpentine one pound, the best Oil 3 pints, Sack 6 spoonfuls, yellow Wax half a pound, natural Balsam one ounce, Oil of St. *John*'s-wort one ounce, red Sanders well powdered one ounce; cut the Wax in thin Slices, and set it over the Fire in a large Skillet, and when 'tis all melted put in the Turpentine; first wash it 3 several times in red Rose-water, then stir them well together till they boil a little; then take it off from the Fire and let it cool. The next day take it out of the Skillet and cut it in thin slices, that all the Water may be got out of it; then set it over the Fire again, and when 'tis melted stir it well together; then put in the Oil, and the Oil of St. *John*'s-wort, and the natural

Balsam, and the Sack and the Sanders, stirring them all together very well; then let it boil a little while, and take it off the Fire and stir it 2 hours all one way. When 'tis cold put it in Gallypots and cover them with Leather; it will keep good twenty Years, and the older the better.

A Salve for a Cerecloth, for Bruises or Aches.

TAKE a pint of Oil, 9 ounces of red Lead, 2 ounces of Bees-wax, a Shillings-worth of Sperma-Cete, 2 ounces of Rosin beaten and sifted; set all these on a soft Fire in a Bell-Skillet, stirring till it boils, and then try it on a Rag, whether it firmly sticks upon it; when it does stick, take it off; and when you have made what Cerecloths you please, pour the rest on an oiled Board, and make it up in Rolls. 'Tis very good for a Cut or green Wound.

An Ointment for a Cold on the Stomach.

TAKE an ounce and half of the Oil of Valentia-Scabiosa, Oil of Sweet-Almonds a quarter of an ounce, a quarter of an ounce of Man's Fat, and 4 scruples of the best Oil of Mace; mix these together, and warm a little in a Spoon, and Night and Morning anoint the Stomach. Lay a piece of black or lawn Paper on it.

To make Gascoigne's *Powder.*

TAKE of Powder of Pearl, red Coral, Crab's-Eyes, white Amber and Hartshorn, of each one ounce; beat them to a fine Powder and searce them. Then take a dram of oriental Bezoar, and a dram of Ambergrease, and mix with the Powders; then take off the black Toes of Crab's-Claws

Claws beaten to a fine Powder, as much as of all the rest of the Powders, for this is the chief; then mix all well together, and make them up in Balls in Jelly of Hartshorn, and in your Jelly infuse a small quantity of Saffron to give them a Colour; when you have rolled them in Balls as big as a Walnut, lay them on a *China* or Silver Plate to dry; when they are fully dry and hard, paper them up, and keep them for use. The Dose you must give at a time, is to a Man or Woman ten or twelve grains in Dragon, Carduus, or the Lady *Allen*'s Water; the Party going to Bed and cover'd warm. The Crabs used in this Powder must be caught in *May* or *September*, and they must not be boiled.

A Water to cure red or pimpled Faces.

TAKE a pint of strong White-wine Vinegar, and put to it Powder of the Roots of Orice 3 drams, Powder of Brimstone half an ounce, and Camphire 2 drams, stamp with a few blanched Almonds, 4 Oaken Apples cut in the middle, and the Juice of 4 Lemons, and a handful of Bean-flowers; put all these together in a strong double glass Bottle, shake them well together and set it in the Sun for 10 days; wash the Face with this Water, let it dry on, and don't wipe it off. This cures red or pimpled Faces, Spots, Heat, Morphew, or Sunburn. But you must eat the following Diet for 3 Weeks or a Month.

Take Cucumbers and cut them as small as Herbs to the Pot, boil them in a small Pipkin with a piece of Mutton, and make it into Pottage with Oatmeal: So eat a Mess Morning, Noon, and Night without Intermission for three Weeks or a Month. This Diet and the Water has cured when nothing else would do.

A good thing to wash the Face in.

TAKE a large piece of Camphire, the quantity of a Goose Egg, and break it so that it may go into a pint Bottle, which fill with Water; when it has stood a Month, put a spoonful of it in 3 spoonfuls of Milk, and wash in it.

Wear a piece of Lead beaten exceeding thin for a Forehead-piece under a Forehead-cloth; it keeps the Forehead smooth and plump.

A Plaister for Worms in Children.

TAKE 2 ounces of yellow Wax, and 2 ounces of Rosin, boil them half an hour, stirring them all the while; scum them well and take it off, and put to it 3 drams of Aloes, and 2 spoonfuls of Treacle, and boil it up again; rub a Board with fresh Butter, and pour the Salve thereon, work it well, and make it up in Rolls: When you make the Plaister, sprinkle it with Saffron, and cut a hole against the Navel.

The Stomach Plaister.

TAKE of Burgamy-Pitch, Frankincense and Bees-Wax, of each one ounce, melt them together, then put in 1 ounce of *Venice* Turpentine, and 1 ounce of Oil of Mace; melt it together and spread your Plaister on Sheep's-Leather; grate on it some Nutmeg when you lay it on the Stomach.

To make a Quilt for the Stomach.

TAKE a fine Rag 4 inches square, and spread Cotton thin over it; then take Mint and Sweet-marjoram dri'd and rubb'd to Powder, and

strew it over the Cotton pretty thick; then take Nutmeg, Cloves and Mace, of each a quarter of an ounce beaten and sifted, and strew that over the Herbs, and on that strew half an ounce of Gallengal finely powdered, then a thin Row of Cotton, and another fine Rag, and quilt it together. When you lay it on the Stomach, dip it in hot Sack and lay it on as warm as can be endured. This is very good for a pain in the Stomach.

For the Pains of the Gout.

MIX *Barbadoes*-Tar, and Palm-Oil an equal quantity, just melt them together, and gently anoint the Part affected.

A present help for the Cholick.

MIX as much Mithridate as a Bean in a spoonful of Dragon-water, and give it the Party to drink, and lay a little Suet on the Navel; keep in Bed.

A Plaister for the Cholick.

SPREAD the whites of 4 or 5 Eggs well beaten on some Leather, and over that strew on a spoonful of Pepper, and as much Ginger finely beaten and sifted, then put this Plaister on the Navel: It often gives speedy ease.

For the Ague.

TAKE Smallage, Ribwort, Rue, Plantane and Olibanum; beat all these well together with a little Bay-salt, and put it in a thin Bag, and lay it to the Wrist a little before the cold Fit comes.

A Powder for Convulſion Fits.

TAKE a dram and half of ſingle Piony-ſeed, of Miſletoe of the Oak one dram, Pearl, white Amber, and Coral, all finely powdered, of each half a dram, Bezoar 2 drams, and 5 Leaves of Gold; make all theſe up in a fine Powder, and give it in a ſpoonful of black Cherry-water, or if you pleaſe Hyſterical Water. You may give to a Child new born, to prevent Fits, as much as will lie on a Three-pence, and likewiſe at each Change of the Moon; and to older People as much as they have ſtrength and occaſion.

To prevent Fits in Children.

TAKE Saxafrage, Bean-Pods, Black-Cherry, Groundſel, and Parſley-waters; mix them together with Syrup of ſingle Piony. Give a ſpoonful very often, eſpecially obſerve to give it at the Changes of the Moon.

Another.

TAKE a quart of Ale, and a quart of ſmall Beer, and put in it a handful of Southernwood, as much Sage, and as much Pennyroyal; let it boil half an hour, ſtrain it out, and let the Child drink no other Drink.

For a Hoarſeneſs with a Cold.

TAKE a quarter of a pint of Hyſop-water, make it very ſweet with Sugar-candy, ſet it over the Fire, and when 'tis thorough hot, beat the yolk of an Egg, and brew it in it, and drink it Morning and Night.

A Remedy for a Cough.

TAKE the yolk of a new laid Egg, take the Skin off the yolk, and add six spoonfuls of red Rose-water; beat it well together, and make it very sweet with white Sugar-candy; drink it six Nights going to Bed.

Pills to purge off a Rheum in the Teeth.

TAKE four drams of Mastick, ten drams of Aloes, three drams of Agarick: Beat the Mastick and Aloes, and grate the Agarick; searce them and make them into Pills with Syrup of Betony. You may make but a quarter of this quantity at a time; and take it all out, one Pill in the Morning, and two at Night, You may eat or drink any thing with these Pills, and go abroad, keeping your self warm; and when they work, drink a Draught or two of something warm.

To make Daffy's *Elixir.*

TAKE of Elecampane-roots sliced, and Liquorish sliced, of each 2 ounces; Anniseeds, Coriander-seeds, and Carraway-seeds, of each two ounces; oriental Sena, Guiacum bruised, of each 2 ounces, Rhubarb 1 ounce; Saffron 1 dram; Raisins of the Sun stoned 1 pound. Put all these in a Glass Bottle, of a gallon, adding to it 3 quarts of white Anniseed-water: Stop the Bottle, and let it stand infusing 4 Days, stirring it strongly 3 or 4 times a day; then strain it off, and put it into Bottles cork'd very well. You must take it Morning and Night; three spoonfuls going to Bed, and as much in the Morning, according as you find it work. It requires not much Care in Diet,

nor keeping within: But you must keep warm, and drink something hot in a Morning, after it has work'd.

This Elixir is excellent good for the Cholick, the Gravel in the Kidneys, the Dropsy, the Griping of the Guts, or any Obstructions in the Bowels. It purgeth two or three times a Day.

An Ointment to cause Hair to grow.

TAKE two ounces of Boar's-grease, one dram of the Ashes of burnt Bees, one dram of the Ashes of Southernwood, one dram of the Juice of a white Lilly Root, one dram of Oil of sweet Almonds, and six drams of pure Musk; and, according to Art, make an Ointment of these; and the day before the full Moon, shave the place, and anoint it every Day with this Ointment. It will cause Hair to grow where you will have it.

Oil of sweet Almonds, or Spirit of Vinegar, is very good to rub the Head with if the Hair grows thin.

To preserve and whiten the Teeth.

TAKE a quarter of a pound of Honey, and boil it with a little Roch-Allum; scum it well, and then put in a little Ginger finely beaten; let it boil a while longer, then take it off, and before 'tis cold, put to it as much Dragon's-blood as will make it of a good Colour. Mix it well together, and keep it in a Gallipot for use. Take a little on a Rag, and rub the Teeth. You may use it often.

To make Lip Salve.

TAKE a quarter of a pound of Alkermes-root bruised, and half a quarter of a pound of fresh

fresh Butter, as much Bees-Wax, and a pint of Claret; boil all these together a pretty while, then strain it, and let it stand till 'tis cold; then take the Wax off the top, and melt it again, and pour it clear from the Dregs into your Gallipots, or Boxes. Use it when, and as often as you please.

To clean and soften the Hands.

SET half a pint of Milk over the fire, and put into it half a quartern of Almonds blanch'd and beaten very fine; when it boils, take it off, and thicken it with the yolk of an Egg; then set it on again, stirring it all the while both before and after the Egg is in; then take it off, and stir in a small spoonful of sweet Oil; and put it in a Gallipot: It will keep about five or six Days. Take a bit as big as a Walnut, and rub about your Hands, and the Dirt or Soil will rub off, and it will make them very soft. Draw on Gloves, just as you have used it.

A Remedy for Pimples.

TAKE half a quarter of a pound of bitter Almonds, blanch, stamp them, and put them into half a pint of Spring-water, stir it together, and strain it out: Then put to it half a pint of the best Brandy, and a penny-worth of the flour of Brimstone. Shake it well when you use it, which must be often. Dab it on with a fine Rag.

Another to take away Pimples.

TAKE Wheat Flour, mingled with Honey and Vinegar, and lay on the Pimples going to Bed.

A Water to wash the Face.

BOIL two ounces of *French* Barley in three pints of Spring-water; shift the Water three times; the last Water use, adding to it a quartern of bitter Almonds blanch'd, beat, and strained out; then add the Juice of two Lemons, and a pint of White-wine. Wash with it at Night. Put a bit of Camphire in the Bottle.

To whiten and clean the Hands.

BOIL a quart of new Milk, and turn it with a pint of Aqua-vitæ; then take off the Curd, then put into the Posset a pint of Rhenish-wine, and that will raise another Curd, which take off; then put in the whites of six Eggs well beaten, and that will raise another Curd, which you must take off; and mix the three Curds together very well, and put them into a Gallipot, and put the Posset in a Bottle. Scour your Hands with the Curd, and wash them with the Posset.

A Water for the Scurvy in the Gums.

TAKE two quarts of Spring-water, and one pound of right Flower-de-Luce-root, and a quarter of a pound of Roch-Allum; two ounces of Cloves, two handfuls of red Rose-leaves, two handfuls of Woodbine-leaves, two handfuls of Columbine-leaves, two handfuls of brown Sage, and one of Rosemary; eight Sevil Oranges, Peel and all, only take out the Seeds. Set these over the fire, and let them boil a quart away; then take it off, and strain it, and set it over the fire again, and put to it three quarts of Claret, and a pint of Honey: Let them boil half an hour; scum it well, and when 'tis cold, bottle it for use. Wash

and

and gargle your Mouth with it two or three times a-day.

To take away Morphew.

TAKE Briony-roots, and Wake-Robin, stamp them with Brimstone, and make it up in a lump, wrap it in a fine Linnen-Rag, and dip it in Vinegar, and rub the Place pretty hard with it, and it will take away the Morphew Spots.

The Italian *Wash for the Neck.*

TAKE a quart of Ox-Gall, two ounces of Roch-Allum, two ounces of white Sugar-candy, two drams of Camphire, half an ounce of Borax; beat all these in a Mortar, and sift them through a fine Sieve; then mix them well in the quart of Ox-Gall; put all together into a three-pint stone Bottle well cork'd; set it to infuse in the Sun, or by the fire six weeks together, stirring it once a-day; then strain it from the bottom, and put to every quarter of a pint of this Liquor a quart of Spring-water, otherwise it will be too thick; set it a little to clarify, and bottle it, put some Powder of Pearl in the Bottle: Wash with it.

For a Cold.

TAKE Rosemary and sliced Liquorish, and boil it in small Ale, and sweeten it with Treacle, and drink it going to Bed four or five Nights together.

To stop Bleeding in the Stomach.

TAKE Oil of Spike, natural Balsam, Bole-Armoniac, Rhubarb and Turpentine; mix these together, and take as much as a large Nutmeg three times a-day.

The Tar-Pills, for a Cough.

TAKE Tar, and drop it on Powder of Liquorish, and make it up into Pills; take two every Night going to Bed, and in the Morning drink a glass of fair Water that Liquorish has been three or four days steeped in. Do this for nine or ten days together, as you find good.

To cure an Ague.

TAKE small Pack-thread, as much as will go five times about the Neck, Wrists and Ancles; dip them in Oil of Amber twice a-day for nine days together. Keep them on a Fortnight after the Ague is gone.

For a Looseness.

TAKE Sage, and heat it very hot between two Dishes; put it in a Linnen Bag, and sit on it.

Another.

TAKE Frankincense and Pitch, and put it on some Coals, and sit over it.

For violent Bleeding at the Nose.

LET the Party put their Feet in warm Water, and if that does not do, let them sit higher in it.

For the Biting of a Mad Dog.

PRimrose-roots stamp'd in White-wine, and strained. Let the Patient drink a good Draught of it.

For a Purge.

TAKE half an ounce of Sena, boil it in a pint of Ale till half be conſumed; cover it cloſe till the next day, then boil it again till it comes to two ſpoonfuls; ſtrain it, and add to it two ſpoonfuls of Treacle, and drink it warm; drink Gruel, or Poſſet, or Broth after it; keep your ſelf very warm while 'tis working. Or elſe two ounces of Syrup of Roſes, and drink warm Ale after it in the working.

For the Itch.

TAKE Elecampane-roots or Dock-roots dried and beaten to Powder, and a little beaten Ginger, both ſearced very fine; mix it up with freſh Butter, and anoint with it in the Joints.

For the Dropſy and Scurvy.

TAKE a quart of White-wine, and 6 ſprigs of Wormwood, and as much Roſemary, half a quarter of an ounce of Aloes, the ſame quantity of Myrrh, Rhubarb, Cinnamon and Saffron; bruiſe the Drugs, and pull the Saffron, and put all into a 3 pint ſtone-bottle; tye the Cork down cloſe, and ſet it in a kettle of Water and Hay, and let it boil 3 hours; then let it ſtand a day or two to ſettle; ſo let the Patient take 4 ſpoonfuls every Morning faſting, and faſt 3 hours after it, and walk abroad. If 'tis too long to faſt, and the Conſtitution will not bear it, they may drink a Draught of Water-Gruel 2 hours after it; take this till the quantity is out.

For the Jaundice.

TAKE 3 Bottles of Ale, and half a pint of the Juice of Celandine, and a quarter of a pint of Fever-few, and a good handful of the inner Rind of Barberry-Tree, and 2 Pennyworth of Saffron; divide all into 3 parts, and put a part into every one of the Bottles of Ale, and drink a Bottle in 3 Mornings. So it will last nine Mornings; you must stir after it.

To make Lucatellus's *Balsam to take inwardly.*

TAKE a quart of the purest Oil, and half a pound of yellow Bees-Wax, four ounces of *Venice* Turpentine, 6 ounces of liquid Storax, 2 ounces of Oil Hipericon, 2 ounces of natural Balsam, red Rose-water half a pint, and as much Plantane-water, red Sanders 6 Pennyworth, Dragon's Blood 6 Pennyworth, Mummy 6 Pennyworth, and of Rosemary and Bays of each half a handful, and Sweet-marjoram half a handful; put the Herbs, the Dragon's Blood, the Wax, and Mummy, into a Pipkin; then put the Oil, the Turpentine, the Oil Hipericon, the Storax, the Rose-water, the Plantane-water, and a quart of Spring-water, and if you please, some *Irish* Slate, some Balm of *Gilead*, and some Sperma-Cete into another Pipkin: set both the Pipkins over a soft Fire, and let them boil a quarter of an hour; then take it off the Fire and put in the natural Balsam and red Sanders; give them a boil, and strain all in both Pipkins together into an earthen Pan. Let it stand till 'tis cold, then pour the Water from it and melt it again; stir it off the Fire till 'tis almost cold, then put it into Gallypots; and cover it with Paper and Leather.

For

For the Piles.

TAKE Galls, such as the Dyers use, and beat them to Powder, and sift them; mix the Powder with Treacle into an Ointment, and dip a Rag into it, and apply it to the Place affected.

For the Cramp.

TAKE Spirit of Castor, and Oil of Worms, of each 2 drams, Oil of Amber one dram; shake them well together, warm a little in a Spoon and anoint the Nape of the Neck; chafe it in very well, and cover warm; anoint when in Bed.

For a Cough.

TAKE Conserve of Roses 2 ounces, Diascordium half an ounce, Powder of Olibanum half a dram, Syrup of Jubebs half an ounce; mix these, and take the quantity of a Nutmeg 3 times a day, in the Morning, at four, and at Night.

For a Dropsy.

TAKE three ounces of the outward Bark of Elm boiled in three quarts of Water, till a third part is wasted; drink nothing else. To make it pleasant, you may put in some Sugar, or Wine, or Elder Wine, or Syrup made of dwarf Elderberries.

To make Cashew Lozenges.

TAKE half an ounce of Balsam of *Tolu*, put it in a Silver Tankard, and put to it three quarters of a pint of Fair Water; cover it very close, and let it simmer over a gentle Fire 24 hours;

hours; then take ten ounces of Loaf-Sugar finely powdered, and half an ounce of *Japan* Earth finely powdered and sifted, and wet it with two parts of *Tolu* Water, and one part Orange-flower-water, and boil it together almost to a Candy height; then drop it on Pie-plates, but first rub the Plates over with an Almond, or wash them over with Orange-flower-water. 'Tis best to do but 5 ounces at a time, because it will cool before you can drop it; after you have dropp'd 'em, set the Plates a little before the Fire, they will slip off the easier. If you would have them perfum'd, put in Ambergrease.

For Obstructions.

PUT 2 ounces of Steel-filings into a quart Bottle of White-wine, let it stand 3 Weeks, shaking it once a day; then put in a dram of Mace, let it stand a Week longer; then put into another Bottle three quarters of a pound of Loaf-Sugar in Lumps, and clear off your Steel-Wine to your Sugar, and when 'tis dissolv'd 'tis fit to use. Give a spoonful to a young Person, with as much Cream of Tartar as will lie on a Threepence, to one that is older two spoonfuls, and Cream of Tartar accordingly.

For a Rheumatism.

LET the Party take of the finest glazed Gunpowder as much as a large Thimble may hold, wet it in a Spoon with Milk from the Cow, and drink a good half pint of warm Milk after it; be covered warm in Bed and sweat. Give it fasting about seven in the Morning, and take this nine or ten Mornings together.

For a Dropsy.

BRUISe a pint of Mustard-seed, scrape and slice a large Horse-radish Root, scrape a handful of the inner Rind of Elder, and a Root of Elecampane sliced; put all these into a large Bottle, and put to it a quart of good stale Beer; let it steep 48 Hours; drink half a pint every Morning fasting, and fast 2 Hours after it. You may fill it up once or twice.

The Bruise Ointment.

TAKE of Rosemary, brown Sage, Fennel, Camomile, Hysop, Balm, Woodbine-leaves, Southernwood, Parsley, Wormwood, Self-heal, Rue, Elder-leaves, Clowns-all-heal, Burdock-leaves, of each one handful; put them into a Pot with very strong Beer, or Spirits enough to cover them well, and two pound of fresh Butter out of the Churn; cover it up with Paste, and bake it with Bread, and when 'tis baked strain it out: When 'tis cold, scum off the Butter and melt it, and put it in a Gallipot for use. The Liquor is very good to dip Flannels into, and bathe any green Bruise or Ache as hot as can be born.

A good Vomit.

TAKE two ounces of the finest white Allum, beat it small, put it into better than half a pint of new Milk, set it on a slow fire till the Milk is turn'd clear; let it stand a quarter of an Hour, strain it off, and drink it just warm. It will give three or four Vomits, and is very safe, and an excellent Cure for an Ague, taken half an hour before the Fit; drink good store of Carduus Tea after it. Or else take half a dram of Hipococuana, and Carduus Tea with it.

An Ointment for a scald Head.

TAKE one pound of *May* Butter without Salt, out of the Churn, a pint of Ale not too stale, a good handful of green Wormwood; let the Ale be hot, and put in the Butter to melt, shred the Wormwood, and let them boil together till it turns green; strain it, and when 'tis cold take the Ointment from the Dregs.

To cure the Piles.

TAKE two pennyworth of Litharge of Gold, one ounce of Sallet Oil, one spoonful of White-wine Vinegar; put all into a new Gallipot, beat it together with a Knife till 'tis as thick as an Ointment: spread it on a Cloth and apply it to the place; if inward, put it up as far as you can.

To make the Teeth white.

TAKE three spoonfuls of Celandine, nine spoonfuls of Honey, half a spoonful of burnt Allum; mix these together and rub the Teeth with it.

A Powder for the Teeth.

HALF an ounce of Cream of Tartar, and a quarter of an ounce of Powder of Myrrh; rub the Teeth with it two or three times a Week.

To make the right Angel-Salve.

TAKE of Rosin and Parrosin, of each half a pound, Virgin's-Wax and Frankincense, of each a quarter of a pound; Mastich one ounce, Deer Suet a quarter of a pound; melt what is to be

be melted, and powder what is to be powdered, and sift it fine; then boil them, and strain them thro' a Canvas Bag into a Pottle of White-wine; then boil the Wine with the Ingredients an hour with a gentle fire, and let it stand till 'tis no hotter than Blood; then put to it two drams of Camphire, and two ounces of *Venice* Turpentine, and stir it constantly till 'tis cold. Be sure your Stuff be no hotter than Blood when you put in your Camphire and Turpentine, otherwise 'tis spoil'd; make it up in Rolls and keep it for use. 'Tis the best Salve made.

To cure an Ague.

TAKE Tobacco Dust and Soot an equal quantity, and 9 Cloves of Garlick; beat it well together, and mix it with Soap into a pretty stiff Paste, and make two Cakes something broader than a 5 Shilling piece, and something thicker; lay it on the inside of each Wrist, and bind it on with Rags. Put it on an hour before the Fit is expected. If it does not do the first time, in three or four Days repeat it with fresh.

To take out the Redness and Scurf after the Small-pox.

AFTER the first Scabs are well off, anoint the Face going to Bed with the following Ointment. Beat common Allum very fine, and sift it thro' a lawn Sieve, and mix it with Oil, like a thick Cream, and lay it all over the Face with a Feather; in the Morning, have Bran boiled in Water till 'tis slippery, then wash it off as hot as you can bear it. So do for a Month or more as there is Occasion.

To make Brimstone-Lozenges for a short Breath.

TAKE of Brimstone-flour and double-refin'd Sugar beaten and sifted an equal quantity; make it in Lozenges with Gum-dragon steep'd in Rose-water; dry them in the Sun, and take three or four a Day.

For a Burn.

TAKE common Allum, beat and sift it, and beat it up with whites of Eggs to a Curd; then with a Feather anoint the Place. It will cure without any other thing.

To procure the Menses.

TAKE a quarter of an ounce of pure Myrrh made into fine Powder; mix it with three quarters of an ounce of Conserve of Bugloss-flowers; two Days before your Expectation take this quantity at four times, last at Night, and first in the Morning; drink after each time a Draught of Posset-drink made of Ale, White-wine and Milk, and boil in it some Pennyroyal, and a few Camomile Flowers.

To stop Flooding.

DISSOLVE a quarter of an ounce of *Venice*-Treacle in four spoonfuls of Water, and drop in it thirty or forty of *Jones*'s Drops. Take it when occasion requires, especially in Child-bed.

To provoke Urine presently when stopped.

IN a quart of Beer boil a handful of the Berries of Eglantine till it comes to a pint; drink it off lukewarm.

To draw up the Uvula.

TAKE Ground-Ivy and heat it well between two Tiles, and lay it as warm as can be born on the top of the Head.

The Blood of a Hare, dri'd and drank in Red-wine, does stop the Bloody-Flux, or any Lask, tho' never so severe.

For a Thrush in Childrens Mouths.

TAKE a hot Sea-Coal, and quench it in as much Spring-water as will cover the Coal; wash it with this five or six times a day.

For the Worms in Children.

TAKE of Mithridate and Honey, of each a Pennyworth, Oil of Mace 2 Pennyworth; melt them together, and spread upon Leather cut in the Shape of an Heart; Oil of Savin and Worm-wood, of each six drops, of Aloes and Saffron in Powder, of each one dram; rub the Oils and strew the Powders all over the Plaister; apply it, being warm'd, to the Child's Stomach, with the Point upwards.

For a Weakness in the Back or Reins.

TAKE an ounce of *Venice* Turpentine, wash it in red Rose-water, work it in the Water till it is white, pour the Water from it, and work

it up into Pills with Powder of Turmerick, and one grated Nutmeg; you may put a little Rhubarb as you see occasion. Take three in the Morning, and three in the Evening, in a little Syrup of Elder.

For the yellow Jaundice.

TAKE a handful of Burdock-roots, cut them in Slices to the Cores, and dry them; half a handful of the inner Rind of Barberries, three Races of Turmerick beat very fine, three or four Tabes of the whitest Goose-dung; put all in a quart of strong Beer, cover it close, and let it infuse in the Embers all Night; in the Morning strain it off; add to it a Groat'sworth of Saffron. Take half a pint at a time, first and last. It must be a handful of Dock-roots when dry.

An approved Remedy for a Cancer in the Breast.

TAKE of the hard Knobs or Warts which grow on the Legs of a Stone-Horse, dry them carefully, and powder them; give from 1 scruple to half a dram, every Morning and Evening in a Glass of Sack. You must continue taking them for a Month or six Weeks, or longer, if the Cancer is far gone.

An approved Medicine for the Stone.

TAKE six pounds of black Cherries, stamp them in a Mortar till the Kernels are bruis'd then take of the Powder of Amber, and of Coral prepared, of each 2 ounces; put them with the Cherries into a Still, and with a gentle Fire draw off the Water, which, if you take for the Stone, mix a dram of the Powder of Amber with a spoon-

ful

ful of it, drinking three or four spoonfuls after it; if for the Palsey or Convulsion, take four spoonfuls, without adding any thing, in the Morning fasting.

To give Ease in Fits of the Stone, and to cure the Suppression of Urine, which usually attends them.

TAKE of Snail's-Shells and Bees, of each an equal quantity, dry them in an Oven with a moderate Heat, then beat them to a very fine Powder, of which give as much as will lie upon a Six-pence in a quarter of a pint of Bean-flower-water, every Morning, fasting two hours after it; continue this for three days together. This has been often found to break the Stone, and to force a speedy Passage for the Urine.

Directions for Painting Rooms or Pales.

The Price of the Materials.

	l.	*s.*	*d.*
One Hundred Weight of red Lead	00	18	0
One Hundred Weight of white Lead	01	02	0
Linseed Oil by the Gallon	00	03	2

A small quantity of Oil of Turpentine is sufficient.

THE red Lead must be ground with Linseed-Oil, and may be used very thin, it being the priming or first colouring; when 'tis used, some drying Oil must be put to it.

To prepare the drying Oil,

TAKE two quarts of Linseed Oil, put it in a Skillet or Sauce-pan, and put to it a pound of burnt Amber; boil it for two hours gently; prepare this without Doors for fear of endangering the House; let it settle, and it will be fit for use; pour the clear off, and use that with the white Lead, the Lees or Dregs being as good to be used with the red Lead.

For

For the second priming.

TAKE a Hundred Weight of white Lead with an equal quantity of Whiting in bulk, but not in weight; grind them together with Linseed Oil pretty stiff; when 'tis used, put to it some of the drying Oil above-mentioned, with a small quantity of Oil of Turpentine. This is not to be laid on till the first priming is very dry.

To prepare the Putty or Paste to stop all Joints in the Pales or Wood, that no Water may soak in.

TAKE a quantity of Whiting, and mix it very stiff with Linseed-Oil, and drying Oil, of each an equal quantity; when 'tis so stiff it cannot be wrought by the Hand, more Whiting must be added and beat up with a Mallet till 'tis stiffer than Dough; when your second priming is dry, stop such Places as require with this Putty, and when the Putty is skinn'd over, that is, the outside dry, then proceed and lay on the last Paint, which is thus to be prepared.

Take of the best white Lead, grind it very stiff with Linseed-Oil, and when 'tis used put to it some of the drying Oil, and some Oil of Turpentine. Thus will the Work be finished to great Satisfaction; for it will be more clean and more durable than it can be performed by a House-Painter, without you pay considerably more than the common Rates. Repeat this last Preparation once in five Years, and it will preserve any Out-works that are exposed to the Weather, time out of Mind. But for Rooms or Places within Doors, proceed thus.

The Wainscot Colour for Rooms.

WHEN you mix your last Paint, add to your white Lead a small quantity of yellow Oaker, and use it as above directed. 'Tis now the universal Fashion to paint all Rooms of a plain Wainscot Colour; and if it should alter, 'tis but mixing any other Colour with the white Lead instead of yellow Oaker. There must be bought six Chamber-Pots of Earth, and six Brushes, and keep them to what they belong to.

To make yellow Varnish.

TAKE one quart of Spirit of Wine, and seven ounces of Seed-Lake, half an ounce of Sandarack, a quarter of an ounce of Gum-Anime, and one dram of Mastich. Let these infuse for 36 or 40 hours, strain it off, and keep it for use. 'Tis good for Frames of Chairs, or Tables, or any thing black or brown; do it on with a Brush three or four times, nine times if you polish it afterwards, and a day between every doing: Lay it very thin the first and second time, afterwards something thicker.

To make white Varnish.

TO one quart of Spirit of Wine take eight ounces of Sandarack well wash'd in Spirit of Wine, that Spirit of Wine will make the yellow Varnish; then add to it a quarter of an ounce of Gum-Anime well pick'd, half an ounce of Camphire, and one dram of Mastich; steep this as long as the yellow Varnish, then strain it out and keep it for use.

To boil Plate.

TAKE twelve gallons of Water, or a quantity according to your Plate in Largeness or Quantity; there must be Water enough to cover it. Put the Water in a Copper or large Kettle, and when it boils put in half a pound of red Argil, a pound of common Salt, an ounce of Roch-Allum; first put your Plate into a Charcoal fire, and cover it till 'tis red hot; then throw it into your Copper, and let it boil half an hour; then take it out and wash it in cold fair Water, and set it before the Charcoal Fire till 'tis very dry.

For a Bite of a mad Dog: It has cured when the Person was disordered, and the Salt Water failed.

TAKE of Turmentil-roots one ounce, Assafœtida as much as a Bean, Castor four pennyworth, Lignum-Aloes two pennyworth; steep these in Milk twelve hours; boil the Milk and drink it fasting before the Change or Full Moon, or as oft as Occasion.

An excellent Way of washing, to save Soap, and whiten Cloaths.

TAKE a Butter-Tub, or one of that Size, and with a Gimlet bore Holes in it about half way; then put into your Tub some clean Straw, and over that about a peck of Wood-Ashes; then fill it with cold Water, and set it in another Vessel to receive that Water as it runs out of the Holes of the Tub: If 'tis too strong a Lye, add to it some warm Water, and then wash your Linnen in it slightly, soaping the Cloths before you

wash

wash them: two pound of Soap will go as far as six pound, and make the Cloths whiter and cleaner, when they by Experience have got the right way. If 'tis too strong for the Hands, make it weaker with Water.

To take Mildew out of Linnen.

TAKE Soap and rub it on very well; then scrape Chalk very fine, and rub that in well, and lay in on the Grass, and as it dries, wet it a little, and at once or twice doing it will come out.

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with Horse=
radish & Pickles
round

Second Course

A Turkey
Roasted

3
Wood Cocks
with Toasts

A
Tansey &
Garnish with
Orange

A
Hare with
a Savary
Pudding

A
Butter'd
Apple Pie
Hot

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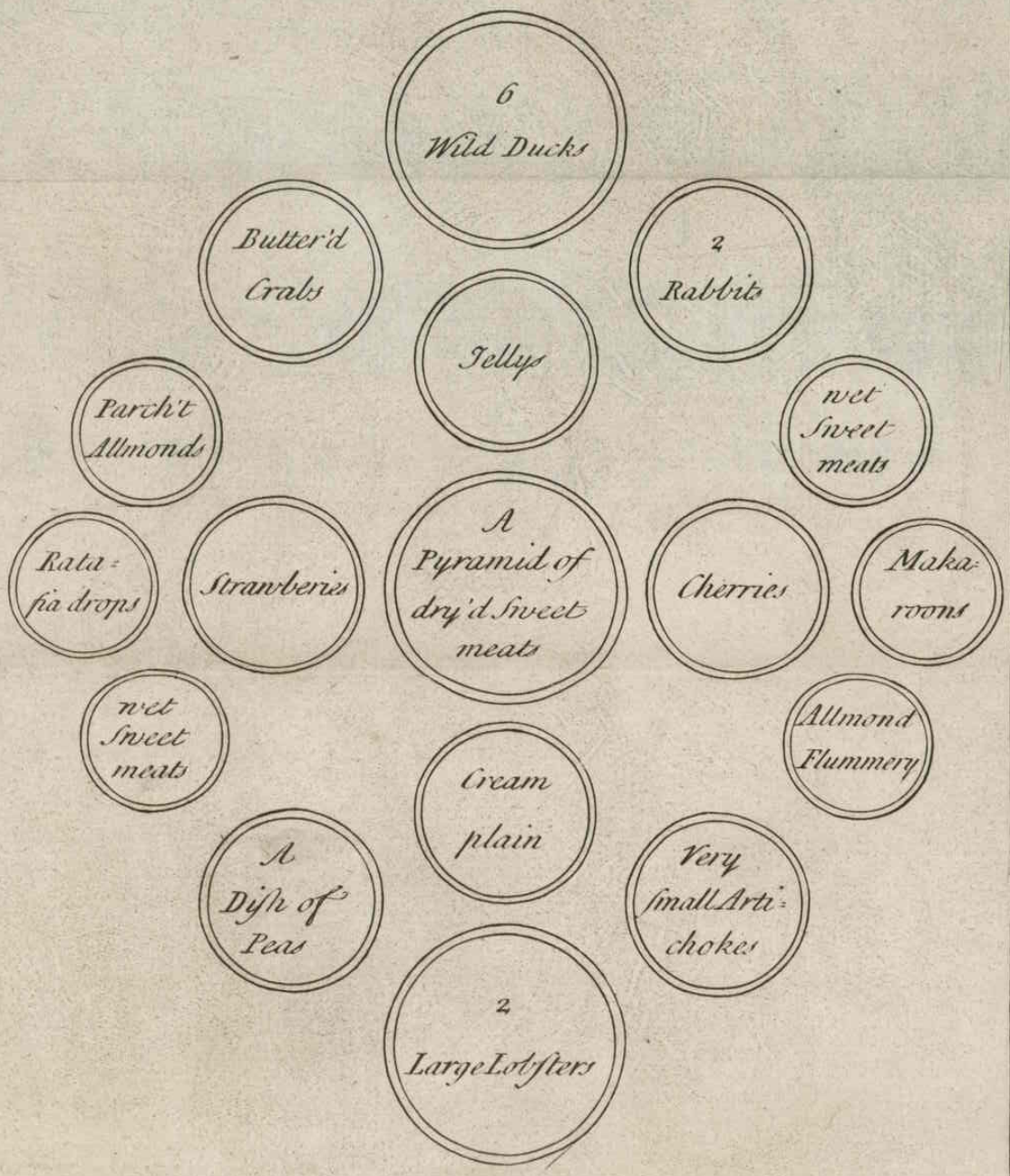

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