



THE
I. & P. E. R.
PENNELL
COLLECTION

LIBRARY OF CONGRESS

given me by Brother
John Halpenny
when he was at
Trinity College

1846

Brook

MA 2 4

Mary Halpenny
her Booke

1678

ye orange pudling

take ye outward rines of 4
oranges boyle ym very tender
in severall waters
yn beat them in a stone mo
rter very fine with half
a pound of suger & half
a pound of butter yn put
to it 2 hand fulls of bread
cruimes wth 10 eggs having
but 2 whits & ye Juice of 3
orangs mix all these toge
ther bake it wth a sheet of
past under it - half an
hour bakes it

Whipped Selebubas: take a pint of Cream put
it into it or 4 Spoonfull of sack Syne
like into it or 3 or 4 Spoonfull of sack Syne
into it a lissel use of Lemon: & white y^e do so after it all
one way or y^e Lemon will turn: sweeten it pretty well &
th a chokolat mill: mill it as fast as y^e Cann & as
both rises take it of

so keepe tubes or plums for farth for Winter
gather y^e fruit July ripe & wipe y^e with a cloth &
drick y^e with a quill & lay y^e one by one in rows at the
bottom of a deep pot a rowe of fruit & a rowe of sugar
fill y^e have filled y^e pot: y^e put a kettel of water over
it till y^e sugar be melted & lett y^e stand till col
d & y^e lett y^e paper of y^e winter be

Luvs Cake
Luvs Cake

one pound of butter Lay it in water: 3 hours
take one pound of Rose water one pound of flower
yn wash it in Rose water
2 eggs a few coriander seede dryed a few
caraway seede whole: 3 Spoonfull of light Barne
mix it all together & make it in very little cakes
mety thien yn take hard sugar sifted & shake
over ym bake ym in aquick oven upon papers of
yn do bissett a little thinge bakes ym

1.1 Goosbery Wine

Take of Goosbery be full ripe yn to every pecke of Goosberes
a pecke of water I meane fore gallons bruse yr goosberes in
in a boot yn put ym into ye water lett ym stoye
twenty fore. hours yn straine it throue a lince of
to every gallon take three pound of Seger & 3 Spoon
full of barm stux it well to gether yn put it in a baril
baril close stoped still Michlmas in butle it yr,
take to every .2 pound of damsons half p^{re} served of
put ym in a gauge & sett ym in a betell of water overge
lier. 2: or 3 hours yn lett ym ^{be} Cole in yn colde water yn
in most one glases in melt butter of cooke ym water yn

papered
Lutes
melt
butter
concern

use
the
padding

take some ote meall sifted & meal, put some milke so is
a lissel cream. & lett over ye fier keep it stirring lett
there be as much as will fill a middling pewter dish
boyl it a lissel yn take it & put it in a bole. & put to
it half a pound of butter cut slices yn take half a
dozen. eggs cast a way 3 of ye whisps beat ym well
sum grated Nutmeg & salt & swetten it pretty sweet mix
it well to gether. yn butter a pewter dish & put it in
it lett yu oven be hott & 3 quarters of a hour bakes
it / & trane sugar on it send up



Licensed,

Nov. 16,
1669.

Roger L^e Estrange.



le it bears, for the very precious
things you will find in it.

Thus beseeching your kind Ac-
ceptance of this Book, and of my
earnest Desires to you, I take my
Leave, but shall always be to all
who have esteem for me,

Their Faithful and

Humble Servant,

HANNAH WOLLEY.



Ladies, I do here present you (you
That which sure will well content
A Queen-like Closet rich and brave ;
(Such) not many Ladies have :
Or Cabinet, in which doth set
Gems richer than in Karkanet ;
(They) only Eyes and Fancies please ,
These keep your Bodies in good ease ;
They please the Taste , also the Eye ;
would I might be a stander by ,
Yet rather I would wish to eat ,
Since 'bout them I my Brains do beat ;
And 'tis but reason you may say ,
If that I come within your way ;
I sit here sad while you are merry ,
Eating Dainties, drinking Perry ;
But I'm content you should so feed ,
So I may have to serve my need .

Hannah Wolley.



T H E
 Queen-like C L O S E T,
 O R
 Rich Cabinet.

1. *To make Aqua Mirabilis a very delicate way.*



Take three Pints of Sack,
 three Pints of White Wine,
 one quart of the Spirit of
 Wine, one quart of the juice
 of ^{the} Celandine leaves, of Me-
 lilot-flowers, Cardamum-
 seeds, Cubebs, Galiangale, Nutmegs, Cloves,
 Mace, Ginger, two Drams of each; bruise
 them, and mix them with the Wine and
 Spirits, let it stand all night in the Still, not

B

an

2 The Queen-like Closet.

an Alembeck, but a Common Still, close stopped with Rye Paste; the next morning make a slow fire in the Still, and all the while it is stilling, keep a wet Cloth about the neck of the Still, and put so much white Sugar Candy as you think fit into the Glass where it drops.

2. *The Plague-water which was most esteemed of in the late great Visitation.*

Take three Pints of Muscadine, boil therein one handful of Sage, and one handful of Rue until a Pint be wasted, then strain it out, and set it over the Fire again.

Put thereto a Penniworth of Long Pepper, half an Ounce of Ginger, and a quarter of an Ounce of Nutmegs, all beaten together, boil them together a little while close covered, then put to it one penniworth of Mithridate, two penniworth of Venice Treacle, one quarter of a Pint of hot Angelica Water.

Take one Spoonful a time, morning and evening always warm, if you be already diseased; if not, once a day is sufficient all the Plague time.

It is a most excellent Medicine, and never faileth, if taken before the heart be utterly mortified

The Queen-like Closet. 3

mortified with the Disease; it is also good for the Small Pox, Measles, or Surfets.

3. A very Sovereign Water.

Take one Gallon of good Claret Wine; then take Ginger, Galingale, Cinnamon, Nutmegs, Grains, Cloves, Anniseeds, Fennel-seeds, Caraway-seeds, of each one dram; then take Sage, Mint, Red Rose leaves, Thyme, Pellitory of the Wall, Rosemary, Wild Thyme, Camomile, Lavander, of each one handful, bruise the Spices small and beat the Herbs, and put them into the Wine, and so let it stand twelve hours close covered, stirring it divers times, then still it in an Alembek, and keep the best Water by it self, and so keep every Water by it self; the first you may use for aged People, the other for younger.

This most excellent Water was from Dr. Chambers, which he kept secret till he had done many Cures therewith; it comforteth the Vital Spirits; it helpeth the inward Diseases that come of Cold; the shaking of the Palsie; it helpeth the Conception of Women that are barren; it killeth the Worms within the Body, helpeth the Stone within the Bladder; it cureth the Cold, Cough, and Tooth-ach, and com-
forteth

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forteth the Stomach ; it cureth the Dropſie, and cleaſeth the Reins ; it helpeth ſpeedily the ſtinking Breath ; whoſoever uſeth this Water, it preſerveth them in good health, and maketh ſeem young very long ; for it comforteth Nature very much : with this Water Dr. *Chambers* preſerved his own life till extreme Age would ſuffer him neither to go nor ſtand one whit, and he continued five years after all Phyſicians judged he could not live ; and he confeſſed that when he was ſick at any time, he never uſed any other Remedy but this Water, and wiſhed his Friends when he lay upon his Death-Bed to make uſe of it for the preſervation of their Health.

4. To make Spirit of Mints.

Take three Pints of the beſt white Wine, three handfulls of right Spear-mint picked clean from the ſtalks, let it ſteep in the Wine one night covered, in the morning, put it into a Copper Alembek, and draw it with a pretty quick fire ; and when you have drawn it all, take all your Water and add as much Wine as before, and put to the Water, and the ſame quantity of Mint as before ; let it ſteep two or three hours, then put all into your Still, and draw it with a ſoft fire, put
into

The Queen-like Closet. 5

into your Receiver a quantity of Loaf Sugar, and you will find it very excellent; you may distil it in an ordinary Still if you please; but then it will not be so strong nor effectual.

Thus you may do with any other Herbs whatsoever.

5. To make the Cordial Orange-Water.

Take one dozen and a half of the highest coloured and thick rin'd Oranges, slice them thin, and put them into two Pints of Malago Sack, and one Pint of the best Brandy, of Cinamon, Nutmegs, Ginger, Cloves, and Mace, of each one quarter of an Ounce bruised, of Spear-mint and Balm one handful of each, put them into an ordinary Still all night, pasted up with Rye Paste; the next day draw them with a slow fire, and keep a wet Cloth upon the Neck of the Still; put in some Loaf Sugar into the Glass where it droppeth.

6. To make Spirit of Oranges or of Limons.

Take of the thickest rin'd Oranges or Limons, and chip off the Rinds very thin put these Chips into a Glass-bottle, and put in as many as the Glass will hold, then put in as much Malago Sack as the Glass will

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hold besides; stop the bottle close that no Air get in, and when you use it, take about half a Spoonful in a Glass of Sack; it is very good for the Wind in the Stomach.

7. *To make Limon water.*

Take twelve of the fairest Limons, slice them, and put them into two Pints of white Wine, and put to them of Cinamon and Galingile, of each, one quarter of an Ounce, of Red-Rose Leaves, Burrage and Bugloss Flowers, of each one handful, of yellow Sanders one Dram, steep all these together 12 hours, then distill them gently in a Glass Still, put into the Glass where it droppeth, three Ounces of Sugar, and one Grain of Amber-Greece.

8. *A water for fainting of the Heart.*

Take of Bugloss water and Red-Rose water of each one Pint, of Red Cows milk half a Pint, Anni-seed and Cinamon of each half an Ounce bruised, Maiden-hair two handfulls, Harts-tongue one handful, bruise them, and mix all these together, and distill them in an ordinary Still, drink of it Morning and Evening with a little Sugar.

9. *To*

9. To make Rosemary Water.

Take a Quart of Sack or White Wine with as many Rosemary Flowers as will make it very thick, two Nutmegs, and two Races of Ginger sliced thin into it; let it infuse all night, then distil it in an ordinary Still as your other waters.

10. To make a most precious Water.

Take two Quarts of Brandy, of Balm, of Wood-Betony, of Pellitory of the Wall, of sweet Marjoram, of Cowslip-Flowers, Rosemary-Flowers, Sage-Flowers, Marigold-Flowers, of each of these one handful bruised together; then take one Ounce of Gromwell seeds, one Ounce of sweet Fennel seeds, one Ounce of Coriander seeds bruised, also half an Ounce of Anniseeds, and half an Ounce of Caraway-seeds, half an Ounce of Juniper Berries, half an Ounce of Bay Berries, One Ounce of green Licoras, three Nutmegs, one quarter of an Ounce of large Mace, one quarter of an Ounce of Cinamon, one quarter of an Ounce of Cloves, half an Ounce of Ginger, bruise all these well together, then add to them half a pound of Raisons in the Sun stoned, let all these sleep

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together in the Brandy nine days close stop-
ped, then strain it out, and two Grains of
Musk, two of Amber-Greece, one pound
of refined Sugar; stop the Glass that no Air
get in, and keep it in a warm place.

II. Doctor Butler's Treacle water.

Take the roots of Polipody of the Oak
bruised, *Lignum Vita* thin sliced, the in-
ward part thereof, Saxifrage roots thin
sliced, of the shavings of Harts-horn, of
each half a pound, of the outward part of
yellow Citron not preserved; one Ounce
and half bruised, mix these together;

Then take

of	}	Fumitory water	} Of each one	
		Carduus-water		Ounce.
		Camomile-water		
		Succory-water		

of Cedar wood one Ounce, of Cinamon
three drams, of Cloves three drams, bruise
all your forenamed things;

Then take of Epithimum two Ounces and
a half, of Cetrarch six Ounces, of Carduus
and balm, of each two handfuls, of Burrage
Flowers, Bugloss Flowers, Gillyflowers,
of each four Ounces, of Angelica root, E-
lecampane root beaten to a Pap, of each
four Ounces, of Andronicus Treacle and
Mithri-

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Mithridate, of each four Ounces; mix all these together, and incorporate them well, and grind them in a Stone Mortar, with part of the former Liquor, and at last, mix all together, and let them stand warm 24 hours close stopped, then put them all into a Glass still, and sprinkle on the top of *Species Aromatica rosata* and *Diambre*, of the Species of *Diarodon abbatis*, *Diatrion Santalon*, of each six drams; then cover the Still close, and lute it well, and distill the water with a soft fire, and keep it close.

This will yield five Pints of the best water, the rest will be smaller.

12. The Cardial Cherry Water.

Take nine pounds of red Cherries, nine pints of Clarret Wine, eight Ounces of Cinnamon, three Ounces of Nutmegs, bruise your Spice, stone your Cherries, and steep them in the Wine, then add to them half a handful of Rosemary, half a handful of Balm, one quarter of a handful of sweet Marjoram, let them steep in an earthen Pot twenty four hours, and as you put them into the Alembek, to distil them, bruise them with your hands, and make a soft fire under them, and distil by degrees; you may mix the waters at your pleasure when you have drawn them

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all; when you have thus done, sweeten it with Loaf-Sugar, then strain it into another Glass, and stop it close that no Spirits go out; you may (if you please) hang a Bag with Musk and Amber-greece in it; when you use it, mix it with Syrrup of Gilly-flowers or of Violets, as you best like it; it is an excellent Cordial for Fainting fits, or a Woman in travel, or for any one who is not well.

13. *A most excellent Water for the Stone, or for the Wind-Cholick.*

Take two handfuls of Mead-Parfly, otherwise called Saxifrage, one handful of Mother-Thyme, two handfuls of Perstons, two handfuls of Philipendula, and as much Pellitory of the Wall, two Ounces of sweet Fennel seeds, the roots of ten Radishes sliced, steep all these in a Gallon of Milk warm from the Cow, then distil it in an ordinary Still, and four hours after, slice half an Ounce of the wood called Saxifrage, and put into the Bottle to the water, keep it close stopped, and take three spoonfuls at a time, and fast both from eating and drinking one hour after; you must make this water about Midsummer; it is a very precious water, and ought to be prized.

14. *The*

14. *The Cock water, most delicate and precious for restoring out of deep Consumptions, and for preventing them, and for curing of Agues, proved by myself and many others.*

Take a Red Cock, pluck him alive, then slit him down the back, and take out his Intrals, cut him in quarters, and bruise him in a Mortar, with his Head, Legs, Heart, Liver and Gizard; put him into an ordinary Still with a Pottle of Sack, and one quart of Milk new from a red Cow, one pound of blew Currants beaten, one pound of Raisins in the Sun stoned and beaten, four Ounces of Dates stoned and beaten, two handfuls of Peniroyal, two handfuls of Pimpernel; or any other cooling Herb, one handful of Mother-thyme, one handful of Rosemary, one handful of Burrage, one quart of Red Rose water, two ounces of Harts-horn, two Ounces of China root sliced, two Ounces of Ivory shaving, four Ounces of the flower of French Barley; put all these into your Still and paste it up very well, and still it with a soft fire, put into the Glafs where it droppeth one pound of white Sugar

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Sugar Candy beaten very small, twelve pennyworth of Leaf-Gold, seven grains of Musk, eleven grains of Amber-greece, seven grains of Bezoar stone; when it is all distilled, mix all the waters together, and every morning fasting, and every evening when you go to bed, take four or five Spoonfuls of it warm, for about a Month together, this hath cured many when the Doctors have given them over.

15. *Walnut water, or the Water of Life.*

Take green Walnuts in the beginning of *June*, beat them in a Mortar, and distil them in an ordinary Still, keep that Water by it self, then about Midsummer gather some more, and distil them as you did before, keep that also by it self, then take a quart of each and mix them together, and distil them in a Glass Still, and keep it for your use; the Virtues are as followeth; It will help all manner of Dropsies and Pal-sies, drank with Wine fasting; it is good for the eyes, if you put one drop therein; it helpeth Conception in Women if they drink thereof one spoonful at a time in a Glass of Wine once a day, and it will make your skin fair if you wash therewith; it is good for all infirmities of the Body, and driveth

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driveth out all Corruption, and inward Bruises; if it be drunk with Wine moderately, it killeth Worms in the Body; who-soever drinketh much of it, shall live so long as Nature shall continue in him.

Finally, if you have any Wine that is turned, put in a little Viol or Glasse full of it, and keep it close stopped, and within four days it will come to it self again.

16. *To make wormwood Water.*

Take four ounces of Anniseeds, four ounces of Licoras scraped, bruise them well with two Ounces of Nutmegs, add to them one good handful of Wormwood, one root of Angelica, steep them in three Gallons of Sack Lees and strong Ale together twelve hours; then distil them in an Alembick, and keep it for your use.

17. *A very rare Cordial Water.*

Take one Gallon of white Wine, two Ounces of Mithridate, two Ounces of Cinnamon, one handful of Balm, a large handful of Cowslips, two handfuls of Rosemary Flowers, half an Ounce of Mace, half an Ounce of Cloves, half an Ounce of Nutmegs, all bruised, steep these together four days in an earthen Pot, and covered very close

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close, distil them in an ordinary Still well pasted, and do it with a very slow fire; save the first water by it self, and the small by it self, to give to Children; when you have occasion to use it, take a spoonful thereof, sweetened with Loaf-Sugar; this Water is good to drive out any Infection from the heart, and to comfort the Spirits.

18. *Another most excellent Cordial.*

Take Celandine, Sage, Costmary, Rue, Wormwood, Mugwort, Scordium, Pimpernel, Scabious, Egrimony, Betony, Balm, Carduus, Centory, Peniroyal, Elecampane roots, Tormentil with the roots, Horehound, Rosa Solis, Marigold Flowers, Angelica, Dragon, Marjoram, Thyme, Camomile, of each two good handfuls; Licoras, Zedoary, of each one Ounce; slice the Roots, shred the Herbs, and steep them in four quarts of white Wine, and let it stand close covered 2 dayes, then distil it in an ordinary Still pasted up; when you use it, sweeten it with fine Sugar, and warm it.

19. *To make Rosa Solis.*

Take a Pottle of *Aqua Composita*, and put it into a Glass, then a good handful of *Rosa Solis* clean picked, but not washed, put
it

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it to the *Aqua Composita*, then take a pound of Dates stoned and beaten small, half a peniworth of Long Pepper, as much of Grains, and of round Pepper, bruise them small, take also a pound of Loaf-Sugar well beaten, a quarter of a pound of powder of Pearl, and six leaves of Book Gold; put all to the rest, and stir them well together in the Glass, then cover it very close, and let it stand in the Sun fourteen days, ever taking it in at night; then strain it, and put it into a close Bottle; you must not put in the Pearl, Gold or Sugar till it hath been sunned and strained, neither must you touch the Leaves of the *Rosa Solis* with your hands when you pick it; keep it very close.

20. The Heart Water.

Take five handfuls of Rosemary Flowers, two drams of red Coral, two drams of Powder of Pearl, two drams of white Amber, two drams of Cinamon, two pound of the best Prunes stoned, six Pints of Damask Rose water, two Pints of Sack; put all these into a Pipkin never used, stop it up with Paste, let them stand upon a soft fire a little while, then distil it in an ordinary Still pasted up.

21. The

21. *The Plague Water.*

Take Rosemary, Red Balm, Burrage, Angelica, Carduus, Celandine, Dragon, Featherfew, Wormwood, Penroyal, Elecampane roots, Mugwort, Bural, Tormentil, Egrimony, Sage, Sorrel, of each of these one handful, weighed weight for weight; put all these in an earthen Pot, with four quarts of white Wine, cover them close, and let them stand eight or nine days in a cool Cellar, then distil it in a Glass Still.

22. *The Treacle Water.*

Take one pound of old Venice Treacle, of the Roots of Elecampane, Gentian, Cyprus, Tormentil, of each one Ounce, of Carduus and Angelica, half an Ounce, of Burrage, Bugloss, and of Rosemary Flowers one Ounce of each: infuse these in three Pints of white Wine, one Pint of Spring Water, two Pints of Red Rose water; then distil them in an ordinary Still pasted up.

This is excellent for Swounding Fits or Convulsions, and expelleth any venomous Disease; it also cureth any sort of Agues.

23. *The*

23. *The Snail water excellent for Consumptions.*

Take a peck of Snails with the Shells on their Backs, have in a readines a good fire of Charcoal well kindled, make a hole in the midst of the fire, and cast your Snails into the fire, renew your fire till the Snails are well roasted, then rub them with a clean Cloth, till you have rubbed off all the green which will come off.

Then bruise them in a Mortar, shells and all, then take Clary, Celandine, Burrage, Scabious, Bugloss, five leav'd Grasse, and if you find your self hot, put in some Wood-Sorrel, of every one of these one handful, with five tops of Angelica.

These Herbs being all bruised in a Mortar, put them in a sweet earthen Pot with five quarts of white Wine, and two quarts of Ale, steep them all night; then put them into an Alembick, let the herbs be in the bottom of the Pot, and the Snails upon the Herbs, and upon the Snails put a Pint of Earth-worms slit and clean washed in white Wine, and put upon them four Ounces of Anniseeds or Fennel-seeds well bruised, and five great handfuls of Rosemary Flowers well picked, two or three
Races

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Races of Turmerick thin sliced, Harts-horn and Ivory, of each four Ounces, well steeped in a quart of white Wine till it be like a Jelly, then draw it forth with care.

24. *To make a rare sweet Water.*

Take sweet Marjoram, Lavender, Rosemary, Muscovy, Maudlin, Balm, Thyme, Walnut Leaves, Damask Roses, Pinks, of all a like quantity, enough to fill your Still, then take of the best Orrice Powder, Damask Rose Powder, and Storax, of each two Ounces; strew one handful or two of your Powders upon the Herbs, then distill them with a soft fire; tie a little musk in a piece of Lawn, and hang it in the Glass wherein it drops, and when it is all drawn out, take your sweet Cakes and mix them with the powders which are left, and lay among your Clothes, or with sweet Oyles, and burn them for perfume.

25. *A very good Surfet Water.*

Take what quantity of Brandy you please, steep a good quantity of the Flowers of Red Poppies therein, which grow amongst the Wheat, having the black bottoms cut off, when they have been steeped long enough, strain

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strain them out, and put in new, and so do till the Brandy be very red with them, and let it stand in the Sun all the while they infuse, then put in Nutmegs, Cloves, Ginger and Cinamon, with some fine Sugar, so much as you think fit, and keep it close stoped; this is very good for Surfets, Wind in the Stomach, or any Illness whatever.

26. *An excellent Water for the Stomach, or against Infection.*

Take Carduus, Mint and Wormwood, of each a like quantity, shred them small and put them into new Milk, distil them in an ordinary Still with a temperate fire; when you take any of it, sweeten it with Sugar, or with any Syrrup, what pleases you best; it is a very good water, though the Ingredients are but mean.

27. *The Melancholly Water*

Take of the Flowers of Gilliflowers, four handfuls, Rosemary flowers three handfuls, Damask Rose leaves, Burrage and Bugloss flowers of each one handful, of Balm leaves six handfuls, of Marigold flowers one handful, of Pinks six handfuls, of Cinamon grossly beaten, half an Ounce, two Nutmegs beaten, Anniseeds beaten one Ounce, three peniworth

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peniworth of Saffron; put them all into a Pottle of Sack, and let them stand two days, stirring them sometimes well together; then distil them in an ordinary Still, and let it drop into a Glass wherein there is two grains of Musk, and eight ounces of white Sugar Candy, and some Leaf-Gold; take of this Water three times a week fasting, two spoonfuls at a time, and oftner if you find need; distil with soft fire; this is good for Women in Child-bed if they are faint.

28. *To make the Elder Warter, or Spirit of Sambucus.*

Take some Rye Leaven, and break it small into some warm Water, let it be a sower one, for that is best; about two Ounces or more: then take a Bushel of Elder Berries beaten small, and put them in an earthen Pot and mix them very well with the Leaven, and let it stand one day near the Fire, then put in a little Yest, and stir it well together to make it rise, so let it stand ten days covered, and sometimes stir it; then distil it in an Alembick; keep the first Water by it self, and so the second, and the third will be good Vinegar if afterward you colour it with some of the Berries.

Distil

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Distil it with a slow fire, and do not fill the Still too full.

This Water is excellent for the Stomach.

29. *To make the Balm water Green.*

Take any Wine or Lees of Wine, or good Strong Beer or Ale with the Grounds, and stir them all together very well, lest the Wine Lees be too thick, and burn the bottom of the Pot; put them into an Alembek with good store of Balm unwashed, therein still these till you leave no other tast but fair water, and draw also some of that, draw two Alembeks full more as you draw the first, until you have so much as will fill your Alembek, then put this distilled water into your Alembek again, and some more Balm, if you draw a Wine-Gallon, put to it half a pound of Coriander seeds bruised, two Ounces of Cloves, one quarter of an Ounce of Nutmegs, and one quarter of an Ounce of Mace bruised all of them, then set a Receiver of a Gallon under it, and fill it with fresh and green Balm unwashed, and your Water will be as green as Grass; put still more and more of the Herbs fresh, and let it stand a week to make it the more green.

Take this Green Water, and put to it one quart

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quart of the best damask Rosewater, and before you mix your Balm-water and Rosewater together, you must dissolve two pounds of fine Sugar in the first dissolved water, then take Ambergreece and Musk, of each eight Grains, being ground fine, and put it into the Glass in a piece of Lawn; put also a little Orange or Limon Pill to it, and keep it cool and from the Air.

30. *To make the very best Surfet-water.*

Take one Gallon of the best French Spirits, and a Pint of Damask-Rose-water, half a Pint of Poppy water, one pound of white Sugar Candy bruised, then take one pound and half of Raisins in the Sun stoned, half a pound of Dates stoned and sliced, then take one Ounce of Mace, one Ounce of Cloves, one Ounce of Cinamon, one Ounce of Anniseeds rubbed clean from the dust, then take a quarter of an Ounce of Licoras clean scraped and sliced, and all the Spices grossly beaten, let all these steep in Spirits four days; then take a quarter of a peck of Red Poppy Leaves fresh gathered, and the black part cut off, and put them in, and when it hath stood tour or five days, strain it and put it into your Glass, then put in your

Sugar

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Sugar-Candy finely beaten, twelve peniworth of Ambergreece, six peniworth of Musk, keep it close, and shake it now and then, and when you use it, you may put some kind of Syrrup to it, what you please.

31. *To make the true Palsie-water, as it was given by that once very famous Physician Doctor Matthias.*

Take Lavender Flowers stripped from the stalks, and fill a Gallon-Glass with them, and pour on them good Spirit of Sack, or perfect *Aqua vite* distilled from all Flegm, let the quantity be five quarts, then circulate them for six weeks, very close with a Bladder, that nothing may break out; let them stand in a warm place, then distil them in an Alembek with his Cooler, then put into the said water, of Sage, Ros mary, and Wood-Betony Flowers, of each half a handful, of Lilly of the Valey, and Burrage, Bugloss, and Cowslip Flowers, one handful of each; steep these in Spirit of Wine, Malmse, or *Aqua vite*, every one in their Season, till all may be had; then put also to them of Balm, Motherwort, Spike-flowers, Bay leaves, the leaves of Orange trees, with the Flowers, if they may be had,
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of each one Ounce, put them into the afore-
 said distilled Wine all together, and distil it
 as before, having first been steeped six
 Weeks; when you have distilled it, put in-
 to it Citron Pill, dried Piony seeds hull'd,
 of each five Drams, of Cinamon half an
 Ounce, of Nutmegs, Cardamum seeds, Cu-
 bebs, and yellow Saunders, of each half an
 Ounce, of Lignum Aloes one dram; make
 all these into Powder, and put them into
 the distilled Wine abovesaid, and put to
 them of Cubebs anew, a good half pound
 of Dates, the stones taken out, and cut
 them in small pieces, put all these in, and
 close your Vessel well with a double Blad-
 der; let them digest six weeks, then strain
 it hard with a Press, and filtrate the Liquor,
 then put into it of prepared Pearl, Smarag-
 dus, Musk and Saffron, of each half a Scru-
 ple, and of Ambergreece one Scruple, red
 Roses dried well, Red and Yellow Saun-
 ders, of each one Ounce, hang these in a
 Sarsenet Bag in the water, being well sewed
 that nothing go out.

The Virtues of this Water.

This Water is of exceeding Virtue in all
 Swoundings and Weaknesses of the heart,
 and decaying of Spirits in all Apoplexies and
 Palsies,

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Palsies, also in all pains of the Joints coming of Cold, for all bruises outwardly bathed and dipped Clothes laid to; it strengtheneth and comforteth all animal, natural and vital Spirits, and cheareth the external Senses, strengtheneth the memory, restoreth lost Speech, and lost Appetite, all weakness of the Stomach, being both taken inwardly, and bathed outwardly; it taketh away the Giddiness of the Head, helpeth lost Hearing, it maketh a pleasant Breath, helpeth all cold disposition of the Liver, and a beginning Dropsie; it helpeth all cold Diseases of the Mother; indeed none can express sufficiently; it is to be taken morning and evening, about half a Spoonful with Crums of Bread and Sugar.

32. *For a Cough of the Lungs, or any Cough coming of Cold, approved by many.*

Take a good handful of French Barley, boil it in several waters till you see the water be clear, then take a quart of the last water, and boil in it sliced Licoras, Anniseeds bruised, of each as much as you can take up with your four Fingers and your Thumb, Violet Leaves, Strawberry Leaves, five fingered Grass, Maidenhair, of each half a
C hand

handful, a few Raisins in the Sun stoned; boil these together till it come to a Pint, then strain it, and take twelve or fourteen Jordan Almonds blanched and beaten, and when your water is almost cold, put in your Almonds, and stir it together, and strain in; then sweeten it with white Sugar Candy; drink this at four times, in the morning fasting, and at four of the Clock in the Afternoon a little warmed; do this nine or ten days together; if you please, you may take a third draught when you go to Bed; if you be bound in your body, put in a little Syrup of Violets; the best way to take it, is to suck it through a straw, for that conveys it to the Lungs the better.

33. *To make the best Bisket-Cakes.*

Take four new laid Eggs, leave out two of the Whites, beat them very well, then put in two spoonfuls of Rose-water, and beat them very well together, then put in a pound of double refin'd Sugar beaten and searced, and beat them together one hour, then put to them one pound of fine Flower, and still beat them together a good while, then put them upon Plates rubbed over with Butter, and set them into the Oven as fast as you can, and have care you do not bake them too much.

34. *Perfumed Roses.*

Take damask Rose Buds , and cut off the Whites , then take Rose-water or Orange-Flower-water wherein hath been steeped *Benjamin, Storax, Lignum Rhodum, Civet* or Musk , dip some Cloves therein and stick into every Bud one , you must stick them in where you cut away the Whites ; dry them between white Papers , they will then fall asunder ; this Perfume will last seven years.

Or do thus.

Take your Rose Leaves cut from the Whites , and sprinkle them with the afore-said water, and put a little powder of Cloves among them.

35. *To make Tincture of Caraways.*

Take one quart of the Spirits of French Wine , put into it one pound of Caraway Comfits which are purled , and the Pills of two Citron Limons ; let it stand in a warm place to infuse, in a Glass close stopped for a Month , stirring it every day once.

Then strain it from the seeds , and add to it as much Rosewater as will make it of a pleasant taste , then hang in your Bottle a little Ambergreece , and put in some

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Leaf-Gold; this is a very fine Cordial.

36. *To get away the Signs of the
Small Pox.*

Quench some Lime in white Rose-water, then shake it very well, and use it at your pleasure; when you at any time have washed with it, anoint your face with Pomatum, made with Spermaceti and oyl of sweet Almonds.

37. *To make clouted Cream.*

Take Milk that was milked in the morning, and scald it at noon; it must have a reasonable fire under it, but not too rash, and when it is scalding hot, that you see little Pimples begin to rise, take away the greatest part of the Fire, then let it stand and harden a little while, then take it off, and let it stand until the next day, covered, then take it off with a Skimmer.

38. *To make a Devonshire-white-pot.*

Take two quarts of new Milk, a peny white Loaf sliced very thin, then make the Milk scalding hot, then put to it the Bread, and break it, and strain it through a Cullender, then put in four Eggs, a little Spice,
Sugar,

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Sugar, Raisins, and Currans, and a little Salt, and so bake it, but not too much, for then it will whey.

39. To make the Portugal Eggs.

Take a very large Dish with a broad brim, lay in it some *Naples Bisket* in the form of a Star, then put so much Sack into the Dish as you do think the Biskets will drink up: then stick them full with thin little pieces of preserved Orange, and green Citron Pill, and strew store of French Comfits over them, of divers colours, then butter some Eggs, and lay them here and there upon the Biskets, then fill up the hollow places in the Dish, with several coloured Jellies, and round about the Brim thereof lay Lawrel Leaves gilded with Leaf-Gold; lay them slanting, and between the Leaves several coloured Jellies.

40. To Candy Flowers the best way.

Take Roses, Violets, Cowslips, or Gilly-flowers, and pick them from the white bottoms, then have boiled to a Candy height Sugar: and put in so many Flowers as the Sugar will receive, and continually stir them with the back of a Spoon, and when you see the Sugar harden on the sides of the

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Skillet, and on the Spoon, take them off the Fire, and keep them with stirring in the warm Skillet, till you see them part, and the Sugar as it were sifted upon them, then put them upon a paper while they are warm and rub them gently with your hands, till all the Lumps be broken, then put them into a Cullender and sift them as clean as may be, then pour them upon a clean Cloth, and shake them up and down till there be hardly any Sugar hanging about them; then if you would have them look as though they were new gathered, have some help, and open them with your fingers before they be quite cold, and if any Sugar hang about them, you may wipe it off with a fine Cloth; to candy Rosemary Flowers, or Archangel, you must pull out the string that stands up in the middle of the Blossom, and take them which are not at all faded, and they will look as though they were new gathered, without opening.

41. To pickle Cucumbers.

Take the least you can get, and lay a layer of Cucumbers, and then a layer of beaten Spices, Dill, and Bay Leaves, and so do till you have filled your Pot, and let the Spices, Dill, and Bay Leaves cover them, then

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then fill up your pot with the best Wine Vinegar, and a little Salt, and so keep them.

Sliced Turneps also very thin, in some Vinegar, Pepper and a little Salt, do make a very good Sallad, but they will keep but six Weeks.

42. To make Sugar-Cakes.

Take a pound of fine Sugar beaten and searced, with four Ounces of the finest Flower, put to it one pound of Butter well washed with Rose-water, and work them well together, then take the Yolks of four Eggs, and beat them with four spoonfuls of Rose-water, in which hath been steeped two or three days before Nutmeg and Cinamon, then put thereto so much Cream as will make it knead to a stiff Paste, rowl it into thin Cakes, and prick them, and lay them on Plates, and bake them; you shall not need to butter your Plates, for they will slip off of themselves, when they are cold.

43. To make a very fine Cream.

Take a quart of Cream, and put to it some Rosewater and Sugar, some large Mace, Cinamon and Cloves, boil it together for a quarter of an hour, then take the Yolks of eight Eggs, beat them together with some

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of your Cream, then put them into the Cream which is boiling, keep it stirring lest it curdle, take it from the fire, and keep it stirring till it be a little cold, then run it through a strainer, dish it up, and let it stand one night, the next day it will be as stiff as a Custard, then stick it with blanched Almonds, Citron Pill and Eringo roots, and so serve it in.

44. *To make Syrup of Turneps for a Consumption.*

Take half a peck of Turneps washed and pared clean, cut them thin, put to them one pound of Raisins of the Sun stoned, one quarter of a pound of Figs cut small, one Ounce of Anniseeds bruised, half an Ounce of Licoras sliced, one Ounce of Cloves bruised, two handfuls of Burrage Flowers, and so much water as will cover all, and two fingers breadth above them, then boil it on a great fire in an earthen Vessel covered, untill the roots be soft and tender, then strain out the Liquor, and to every Pint of it put a pound of fine Sugar, the whites of two Eggs beaten, boil it to a Syrup, and use it often, two or three spoonfuls at a time.

45. *For*

45. *For a Consumption.*

Take a Pint of Red Cows milk, then take the Yolk of a new laid Egg potched very rare, then stir it into the milk over a soft fire, but do not let it boil, sweeten it with a little Sugar Candy, and drink it in the morning fasting, and when you go to bed.

46. *To make Bottle Ale for a Consumption.*

Take a quart of Ale, and a Pint of strong *Aqua vite*, Mace and Cinamon, of each one quarter of an Ounce, two Spoonfuls of the powder of Elecampane root, one quarter of a pound of Loaf Sugar, one quarter of a pound of Raisins of the Sun stoned, four spoonfuls of Anniseeds beaten to Powder, then put all together into a Bottle and stop it close.

Take three spoonfuls of this in a morning fasting, and again one hour before Supper and shake the Bottle when you pour it out.

47. *To make Cakes of Quinces.*

Take the best you can get, and pare them

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them, and slice them thin from the Core, then put them into a Gallipot close stopped, and tie it down with a Cloth, and put it into a Kettle of boiling water, so that it may stand stedy about five hours, and as your water boils away in the Kettle, fill it up with more warm water, then pour your Quinces into a fine hair Sieve, and let it drain all the Liquor into a Bason, then take this Liquor and weigh it, and to every pound take a pound of double refin'd Sugar, boil this Sugar to a Candy height, then put in your Liquor, and set them over a slow fire, and stir them continually till you see it will jelly, but do not let it boil; then put it into Glasses, and set them in a Stove till you see them with a Candy on the top, then turn them out with a wet Knife on the other side upon a white Paper, sleeked over with a sleek-stone, and set them in the Stove again till the other side be dry, and then keep them in a dry place.

48. *To make Marmalade of Apricocks.*

Take Apricocks, pare them and cut them in quarters, and to every pound of Apricocks put a pound of fine Sugar, then put your Apricocks into a Skillet with half of the Sugar, and let them boil very tender and
gently,

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gently, and bruise them with the back of a Spoon, till they be like Pap, then take the other part of the Sugar, and boil it to a candy height, then put your Apricocks into that Sugar, and keep it stirring over the fire, till all the Sugar be melted, but do not let it boil, then take it from the fire, and stir it till it be almost cold; then put it in Glasses, and let it have the Air of the fire to dry it.

49. To make Limon Cakes.

Take half a pound of refin'd Sugar, put to it two spoonfuls of Rose-water, as much Orange-Flower-water, and as much of fair water, boil it to a Candy height, then put in the Rind of a Limon grated, and a little Juice, stir it well on the fire, and drop it on Plates or sleeked Paper.

50. To make Wafers.

Take a quart of Flower heaped and put to it the yolks of four Eggs, and two or three spoonfuls of Rose-water, mingle this well together, then make it like Batter with Cream and a little Sugar, and bake it on Irons very thin poured on.

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51. *To make Marmalade of Cherries
with Currans.*

Take four pounds of Cherries when they are stoned, and boil them alone in their Liquor for half an hour very fast, then pour away the Liquor from them, and put to them half a Pint and little more of the juice of Currans, then boil a pound of double refin'd Sugar to a Candy height, and put your Cherries and Juice of Currans in that, and boil them again very fast till you find it to jelly very well.

52. *To preserve Rasberries.*

Take the weight of your Rasberries in fine Sugar, and take some Rasberries and bruise them a little, then take the clearest of the bruised Rasberries, I mean the Juice and the weight of it in Sugar, and your other Sugar named before, and boil it, and scum it, then put in your whole Rasberries, and boil them up once, then let them stand over the fire without boiling till you see it will Jelly, and that it look clear, then take up your Rasberries one by one, and put them into Glasses, then boil your Syrup, and put it over them.

53. *To*

53. *To make Syrup of Ale, good for weak People to take inwardly, or to heal old Sores, applied thereto.*

Take two Gallons of Ale Wort, the strongest you can get, so soon as it is run from the Grounds, set it on the fire in a Pipkin, and let it boil gently and that you do perceive it to be as though it were full of Rags, run it through a strainer, and set it on the fire again, and let it boil until it be thick, and scum it clean, and when it is much wasted, put it into a lesser Pan to boil, or else it will burn; when it is thick enough, take it off, and when it is cold, put it into Gallipots, take as much as a Walnut fasting, and as much when you go to bed.

54. *To make whipt Sillibub.* *

Take half a Pint of Rhenish Wine or white Wine, put it into a Pint of Cream, with the whites of three Eggs, season it with Sugar, and beat it as you do Snow-Cream, with Birchen Rods, and take off the Froth as it ariseth, and put it into your Pot, so do till it be beaten to a Froth, let it stand two or three hours till it do settle, and then it will eat finely.

55. To

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55. *To make Raisin-Wine, or Stepony.*

Take four Gallons of Spring-water, four pounds of Raisins of the Sun stoned, the juice of four good Limons, and the Rind of two cut thin, boil the Raisins, and Pill in the Water for half an hour or more, then put in the juice of Limon, and a little Spice, Sugar and Rose-water, and let it stand but a little more over the fire; then put it into an earthen pot, and beat it together till it be cold, then bottle it up, it will keep but a few days.

Memorandum, Two pounds of Sugar to one pound of Cowslips is enough for Conserve.

56. *To boil Samphire.*

Take Water and Salt so strong as will bear an Egg, boil it, and when it boils, put in your Samphire unwashed, and let it scald a little, then take it off, and cover it so close that no Air can get in, and set the Pot upon a cold Wisp of Hay, and so let it stand all night, and it will be very green, then put it up for your use.

57. *To*

57. *To make Cabbage Cream.*

Take twenty five Quarts of new Milk, set it on the fire till it be ready to boil, stir it all the while that it creams not, then pour it into twenty several Platters so fast as you can, when it is cold, take off the Cream with a Skimmer, and lay it on a Pie Plate in the fashion of a Cabbage, crumpled one upon another, do thus three times, and between every Layer you must mingle Rose-water and Sugar mingled thick, and laid on with a Feather; some use to make a little Cream and boil it with Ginger, then take it from the fire and season it with Rose-water and Sugar, and the Juice of Jordan Almonds blanched and beaten, then stir it till it be cold, that it cream not; then take Toasts of Manchet cut thin, not too hard, nor brown, lay them in the bottom of the Dish, and pour the Cream upon them, and lay the Cabbage over.

58. *To make a Trifle.*

Take sweet Cream, season it with Rose-water and Sugar, and a little whole Mace, let it boil a while, then take it off, and let it cool, and when it is lukewarm put it into such little Dishes or Bowls as you mean to
serve

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serve it in; then put in a little Runnet, and stir it together; when you serve it in, strew on some French Comfits.

59. To make thick Cream.

Take sweet Cream, a little Flower finely searced, large Mace, a stick of Cinamon, Sugar and Rosewater, let all these boil together till it be thick, then put into it thick Cream, the yolks of Eggs beaten, then let it seeth but a little while for fear of turning, then pour it out, and when it is cold serve it in.

60. To pickle Purslan to keep all the Year.

Take the Leaves from the stalks, then take the Pot you mean to keep them in, and strew Salt over the bottom, then lay in a good row of the Leaves, and strew on more Salt, then lay in a row of the stalks, and put in more Salt then a row of the Leaves, so keep it close covered.

61. To stretch Sheeps Guts.

After they are clean scoured, lay them in water nine days, shifting them once a day, and they will be very easie to fill, and when they are filled, they will come to their wonted bigness.

62. To

62. To make Cream of Pastes and
Jellies.

Put Eggs into the Cream as you do for a Fool, and slice your Sweet-meats very thin, and boil with them, then sweeten it, and put it into a Dish.

63. To make a rare Medicine for the
Chine-Cough.

Make a Syrup of Hyssop-water and white Sugar Candy, then take the Powder of Gum Dragon, and as much of white Sugar Candy mixed together, and eat of it several times of the day, or take the above-named Syrup, either of them will do the Cure.

64. For a Consumption.

Take of Syrup of Violets, Syrup of Horehound, Syrup of Maidenhair and Conserve of Fox Lungs, of each one Ounce, mix them well together, and take it often upon a Liquoras stick in the day time, and at night.

65. To make very rare Ale.

When your Ale is turned into a Vessel that will hold eight or nine Gallons, and that hath done working, ready to be stop-
ped

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ped up, then take a Pound and half of Raisins of the Sun stoned and cut in pieces, and two great Oranges, Meat and Rind, and sliced thin, with the Rind of one Limon, and a few Cloves, one Ounce of Coriander seeds bruised, put all these in a Bag, and hang them in the Vessel, and stop it up close; when it hath stood four days, bottle it up, fill the Bottles but a little above the Neck, and put into every one a Lump of fine Sugar, and stop them close, and let it be three Weeks or a Month before you drink it.

66. To make Ale to drink within a Week.

Tun it into a Vessel which will hold Eight Gallons, and when it hath done working, ready to bottle, put in some Ginger sliced, and an Orange stuck with Cloves, and cut here and there with a Knife, and a pound and half of Sugar, and with a Stick stir it well together, and it will work afresh; when it hath done working, stop it close, and let it stand till it be clear, then bottle it up, and put a Lump of Sugar into every Bottle, and then stop it close, and knock down the Corks, and turn the Bottles the Bottoms upwards, and it will be fit to drink in a Weeks time.

67. For

67. *For the Griping in the Guts.*

Take a peniworth of Brandy, and a peniworth of Mithridate mixed together, and drink it three nights together when you go to rest, or take a little Oil of Anniseeds in a Glass three times.

68. *To make a Sack Posset.*

Take twelve Eggs beaten very well, and put to them a Pint of Sack, stir them well that they curd not, then put to them three Pints of Cream, half a Pound of white Sugar, stirring them well together, when they are hot over the fire, put them into a Bason, and set the Bason over a boiling pot of water, until the Posset be like a Custard, then take it off, and when it is cool enough to eat, serve it in with beaten Spice strewed over it very thick.

69. *To make Pennado.*

Take Oatmeal clean picked and well beaten, steep it in water all night, then strain it and boil it in a Pipkin with some Currans, and a Blade or two of Mace, and a little Salt; when it is well boiled, take it off, and put in the Yolks of two or three new laid Eggs beaten with Rose-water, then set it
on

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on a soft fire, and stir it that it curd not, then sweeten it with Sugar, and put in a little Nutmeg.

70. *To make Cakes without Fruit.*

Take four pounds of fine Flower, rub into it one pound of Butter very well, then take warmed Cream, and temper it with Ale yest, so mix them together, and make them into a Paste, put in a little Rosewater, and several Spices well beaten, let it lie by the fire till the Oven heat, and when you make it up, knead into it half a pound of Caraway Comfits, and three quarters of a pound of Bisket-Comfits, make it up as fast as you can, not too thick, nor cut it too deep, put it into a hoop well butter'd, and wash it over with the White of an Egg, Rosewater, and Sugar, and strew it with some Comfits; do not bake it too much.

71. *A Sack Posset without Milk.*

Take thirteen Eggs and beat them very well, and while they are beating, take a quart of Sack, half a pound of fine Sugar, and a Pint of Ale, and let them boil a very little while, then put these Eggs to them, and stir them till they be hot, then take it from the fire, and keep it stirring a while, then

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then put it into a fit Bason, and cover it close with a dish, then set it over the fire again till it arise to a Card, then serve it in with some beaten spice.

72. A very fine Cordial.

One Ounce of Syrup of Gilly-flowers, one dram of Confection of Alkermes, one Ounce and a half of Burrage-water, the like of Mint-water, one Ounce of Dr. Mountford's water, as much of Cinamon water mixed together.

73. The best way to preserve Goosberries green and whole.

Pick them clean and put them into water as warm as milk, so let them stand close covered half an hour, then put them into another warm water and let them stand as long, and so the third time, till you find them very green; then take their weight in fine Sugar, and make a Syrup, then put them in, and let them boil softly one hour, then set them by till the next day, then heat them again, so do twice, then take them from that Syrup and make a new Syrup and boil them therein, till you find they be enough.

74. *To make the Orange Pudding.*

Take the Rind of a small one, pared very thin, and boiled in several waters, and beaten very fine in a Mortar, then put to it four Ounces of fine Sugar, and four Onnces of fresh Butter, and the Yolks of six Eggs, and a little Salt, beat it together in a Mortar till the Oven heats, and so butter a dish and bake it, but not too mach; strew Sugar on it, and serve it to the Table, Bake it in Puff-past.

75. *To make French Bread.*

Take half a Bushel of fine Flower, ten Eggs, one pound and a half of fresh Butter, then put in as much Yest as you do into Manchet, temper it with new Milk pretty hot, and let it lye half an hour to rise, then make it into Loves or Rolls, and wash it over with an Egg beaten with Milk; let not your Oven be too hot.

76. *To make a made Dish.*

Take four Ounces of sweet Almonds blanched, and beaten with Rosewater, strain them into some Cream, then take Artichoke bottoms boiled tender, and some boiled Marrow, then boil a quart of Cream with
some

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some Rosewater and Sugar to some thickness, then take it off, and lay your Artichokes into a Dish, and lay the Marrow on them, then mix your Almond Cream, and the other together, and pour it over them, and set it on Coals till you serve it in.

77. *To make a Cake with Almonds.*

Take one pound and half of fine Flower, of Sugar twelve Ounces beaten very fine, mingle them well together, then take half a pound of Almonds blanched, and beaten with Rosewater, mingle all these with as much Sack as will work it into a Paste, put in some Spice, some Yest, and some plumped Currans with some Butter, and a little salt, so make it into a Cake and bake it.

78. *To make a Sillibub.*

Take a Limon pared and sliced very thin, then cover the bottom of your Sillibub Pot with it, then strew it thick with fine Sugar, then take Sack or white Wine, and make a Curd with some Milk or Cream, and lay it on the Limon with a Spoon, then whip some Cream and Whites of Eggs together, sweetened a little, and cast the Froth thereof upon your Sillibub, when you lay in your
Curd,

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Curd, you must lay Sugar between every Lay.

79. *To make fine Water-Gruel.*

Take the best Oatmeal beaten, and steep it in water all night, the next day strain it, and boil it with a Blade of Mace, and when it is enough, put in some Raisins and Currans which have been infused in a Pot (in a Pot of seething Water) and a little Wine, a little Salt, a little Sugar, and so eat it.

80. *To make Limon Cream.*

Take a quart of Cream, keep it stirring on the fire until it be blood warm, then take the Meat of three Limons Sweetened well with Sugar, and a little Orange Flower water, sweeten them so well that they may not turn the Cream, then stir them into the Cream, on the fire with some yolks of Eggs, and serve it in cold: Limon Poffet thickned with yolks of Eggs, makes a fine Cawdle for a sick body.

81. *To make rare Cakes with Almonds.*

Take two Pounds and an half of blanched Almonds beaten fine with Rose-water, mix them with a Pound and three quarters of fine Sugar, and some Musk, and Amber-greece,

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greece, six Whites of Eggs beaten to a Froth, let them stand a little, then set them on a Chafing-dish of Coals, and dry them a little, stirring them all the while, then take half a Peck of Flower; put into it a little salt, three Pints of Ale-Yest, have in readiness your Cream lukewarm, strain your Yest, and put into it six spoonfuls of Sack, put in Spice into your Flower, and make all these into a stiff Paste with the Cream, work it well and lay it by the fire to rise one hour, then work into your Paste two pounds and a quarter of fresh Butter; pull your Paste in pieces three times, then strew in a pound of Caraway Comfits, and make this Paste into five Cakes, lay them upon buttered Plates or double Papers, then strew Caraway Comfits on the top and double refined Sugar; one hour will bake them sufficiently.

82. To make Shrewsbury Cakes.

Take four pounds of Flower, two pounds of Butter, one pound and an half of fine Sugar, four Eggs, a little beaten Cinamon, a little Rose-water, make a hole in the Flower, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinamon, and Rose-water together, and then mix them

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with

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with the Eggs and Flower, then make them into thin round Cakes, and put them into an Oven after the Household Bread is drawn; this quantity will make three dozen of Cakes.

83. To make Goosberry Wine.

Bruise ripe Goosberries with an Apple-Bearer, but do not beat them too small, then strain them through a hair strainer, and put your Juice into an earthen Pot, keep it covered four or five days till it be clear, then draw it out into another Vessel, letting it run into a hair sieve, stop it close, and let it stand one fortnight, then draw it out into quart Bottles, putting one Pound of Sugar into eight Bottles, stop them up close, and in a week or fortnights time you may drink them.

84. To make Damson Wine.

Take four Gallons of Water and put to every Gallon of Water four Pounds of Malaga Raisins, and half a Peck of Damsons:

Put the Raisins and Damsons into a Vessel without a head, cover the Vessel and let them steep six days, stirring them twice every day, then let them stand as long without
stir

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Quinces, take one pound of double refined Sugar, and a Pint of the Water wherein thin slices of Pippins have been boiled; for that is of a jellying quality, put your Sugar to the Pippin water, and make a Syrup, and scum it, then put in your Quinces, and boil them very quick, and that will keep them whole and white, take them from the fire sometimes and shake them gently, keep them clean scummed, when you perceive them to be very clear, put them into Gally-pots or Glasses, then warm the Jelly and put it to them.

88. *To make Conserve of Red Roses.*

Take their Buds and clip off the Whites, then take three times their weight in Sugar double refin'd; beat the Roses well in a Mortar, then put in the Sugar by little and little, and when you find it well incorporated, put it into Gally-pots, and cover it with Sugar, and so it will keep seven years.

89. *To make plain Bisket-Cakes.*

Take a Pottle of Flower, and put to it half a pound of fine Sugar, half an Ounce of Caraway seeds, half an Ounce of Anniseeds, six spoonfuls of Yest, then boil a Pint of Water or little more, put in-

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to it a quarter of a Pound of Butter or little more, let it stand till it be cold, then temper them together till it be as thick as Manchet, then let it lie a while to rise, so roul them out very thin, and prick them, and bake them in an Oven not too hot.

90. *To make Green Paste of Pippins.*

Take your Pippins while they be green, and coddle them tender, then peel them, and put them into a fresh warm Water, and cover them close, till they are as green as you desire. Then take the Pulp from the Core, and beat it very fine in a Mortar, then take the weight in Sugar, and wet it with Water, and boil it to a Candy height, then put in your Pulp, and boil them together till it will come from the bottom of the Skillet, then make it into what form you please, and keep them in a stove.

91. *To make Paste of any Plumbs.*

Take your Plumbs, and put them into a Pot, cover them close, and set them into a Pot of seething Water, and so let them be till they be tender, then pour forth their Liquor, and strain the Pulp through a Canvas strainer, then take to half a Pound of
the

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the Pulp of Plumbs half a Pound of the Pulp of Pippins, beat them together, and take their weight in fine Sugar, with as much Water as will wet it, and boil it to a Candy height; then put it in your Pulp, and boil them together till it will come from the bottom of the Posnet, then dust your Plates with searced Sugar, and so keep them in a Stove to dry.

92. To make Almond Ginger-Bread.

Take a little Gum-Dragon and lay it in steep in Rose-water all night, then take half a Pound of Jordan Almonds blanched and beaten with some of that Rose-water, then take half a pound of fine Sugar beaten and searced, of Ginger and Cinamon finely searced, so much as by your taste you may judg to be fit, beat all these together into a Paste, and dry it in a warm Oven or Stove.

93. To make Snow Cream.

Take a Pint of Cream, and the Whites of three Eggs, one spoonful or two of Rose-water, whip it to a Froth with a Birchen Rod, then cast it off the Rod into a Dish, in the which you have first fastened half a Manchet with some Butter on the bottom,

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and a long Rosemary sprig in the middle; when you have all cast the Snow on the dish, then garnish it with several sorts of sweet-meats.

94. *To preserve Oranges and Limons that they shall have a Rock Candy on them in the Syrup.*

Take the fairest and cut them in halves, or if you will do them whole, then cut a little hole in the bottom, so that you may take out all the meat, lay them in water nine days, shifting them twice every day, then boil them in several Waters, till a straw will run through them, then take to every Pound of Orange or Limon one Pound of fine Sugar, and one quart of Water, make your Syrup, and let your Oranges or Limons boil a while in it, then let them stand five or six days in that Syrup, then to every Pound, put one Pound more of Sugar into your Syrup, and boil your Oranges till they be very clear, then take your Oranges out, and boil your Syrup almost to Candy, and put to them.

95. *To make Sugar Plate.*

Take a little Gum-Dragon laid in steep in Rose-water till it be like Starch, then beat

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beat it in a Mortar with some searced Sugar till it come to a perfect Paste, then mould it with Sugar, and make it into what form you please, and colour some of them, lay them in a warm place, and they will dry of themselves.

96. To make Artificial Walnuts.

Take some of your Sugar Plate, print it in a Mould fit for a Walnut Kernel, yellow it over with a little Saffron, then take Searced Cinamon and Sugar, as much of the one as the other, work it in Paste with some Rose-water, wherein Gum-Dragon hath been steeped, and print it in a Mould for a Walnut shell, and when they are dry, close them together over the shell with a little of the Gum water.

97. To make short Cakes.

Take a Pint of Ale Yest, and a Pound and half of fresh Butter, melt your Butter, and let it cool a little, then take as much fine Flower as you think will serve, mingle it with the Butter and Yest, and as much Rose-water and Sugar as you think fit, and if you please, some Caraway Comfits, so bake it in little Cakes, they will last good half a year.

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98. *To preserve Red Roses which is as good and effectual as any Conserve, and made with less trouble.*

Take Red Rose Buds clipped clean from their Whites one pound, put them into a Billet with four Quarts of Water, Wine measure, then let them boil very fast till three Quarts be boiled away, then put in three pounds of fine Sugar, and let it boil till it begins to be thick, then put in the Juice of a Limon, and boil it a little longer, and when it is almost cold, put it into Gallipots, and strew them over with searced Sugar, and so keep them so long as you please, the longer the better.

99. *A fine Cordial Infusion.*

Take the Flesh of a Cock Chick cut in small pieces, and cut into a Glasse with a wide Mouth, put to it one Ounce of Harts-horn, half an Ounce of Red Coral prepared, with a little large Mace, and a slice or two of Limon, and two Ounces of White Sugar-Candy, stop the Glasse close with a Cork, and set it into a Vessel of Seething Water, and stuff it round with Hay that it jog not; when you find it to be enough, give the sick Party two spoonfuls at a time.

100. *For a Cough of the Lungs.*

Take two Ounces of Oil of sweet Almonds newly drawn, three spoonfuls of Colts-foot Water, two spoonfuls of Red-Rose-Water, two Ounces of white Sugar-Candy finely beaten; mingle all these together, and beat it one hour with a spoon, till it be very white; then take it often upon a Licoras stick. This is very good.

101. *To preserve Grapes.*

Take your fairest white Grapes and pick them from the stalks, then stone them carefully, and save the Juice, then take a pound of Grapes, a pound of fine Sugar, and a pint of water wherein sliced Pippins have been boiled, strain that water, and with your Sugar and that make a Syrup, when it is well scummed put in your Grapes, and boil them very fast, and when you see they are as clear as glass, and that the Syrup will jelly, put them into Glasses.

102. *To make Collops of Bacon in Sweet-meats.*

Take some Marchpane Paffe, and the weight thereof in fine Sugar beaten and searced, boil them on the fire, and keep them
stirring

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stirring for fear they burn, so do till you find it will come from the bottom of the Posnet, then mould it with fine Sugar like a Paste, and colour some of it with beaten Cinamon, and put in a little Ginger, then roll it broad and thin, and lay one upon another till you think it be of a fit thickness and cut it in Collops and dry it in an Oven.

103. *To make Violet Cakes.*

Take them clipped clean from the whites and their weight in fine Sugar, wet your Sugar in fair water, and boil it to a Candy height, then put in your Violets, and stir them well together, with a few drops of a Limon, then pour them upon a wet Pye-Plate, or on a slicked paper, and cut them in what form you please; do not let them boil, for that will spoil the colour: Thus you may do with any Herb or Flower, or with any Orange or Limon Pill, and, if you like it, put in a little Musk or Ambergreece.

104. *To preserve white Damsons.*

Take to every pound one pound of fine Sugar and a quarter of a pint of fair water, make your Syrup and scum it well, then take it from the fire, and when it is almost cold put in your Damsons, and let them
scald

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scald a little, then take them off a while, and then set them on again; when you perceive them to be very clear, put them into Pots or Glasses.

105. To make very good Cake.

Take a peck of Flower, four pound of Currans well washed, dryed and picked, four pounds of Butter, one pound of Sugar, one Ounce of Cinamon, one Ounce of Nutmegs, beat the Spices and lay it all night in Rose-water, the next day strain it out, then take one pint and an half of good Ale-Yest the Yolks of 4 Eggs, a pint of Cream, put a pound of the butter into the warmed Cream, put the rest into the Flower in pieces, then wet your Flower with your Cream, and put in your Currans, and a little Salt, and four or five spoonfuls of Caraway-Comfits and your Spice, mix them all and the Yest well together, and let it lie one hour to rise, then make it up and Bake it in a Pan buttered: It may stand two hours.

106. To make PASTE ROYAL.

Take Quince Marmalade almost cold, and mould it up with searced Sugar to a PASTE, then make it into what form you please and dry them in a Stove.

107. To

107. To make Paste of Pippins coloured with Barberries.

Take the Pulp of Codled Pippins, and as much of the Juice of Barberries as will colour it, then take the weight of it in fine Sugar, boil it to a Candy height, with a little water, then put in your Pulp beaten very well in a Mortar, boil it till it come from the bottom of the Posnet, then dust your Plate with Sugar, and drop them thereon, and dry them in a Stove or warm Oven.

108. To preserve Barberries.

Take one Pound of stoned Barberries, and twice their weight in fine Sugar, then strip two or three handfuls of Barberries from their stalks, and put them into a Dish with as much Sugar as Barberries, over a Chafingdish of Coals, when you see they are well plumped, strain them, then wet your other Sugar with this, and no Water, boil it and scum it, and then put in your stoned Barberries, and boil them till they are very clear.

109. *To make Jelly of Currans or of any other Fruit.*

Take your Fruit clean picked from the stalks, and put them into a long Gally-pot, and set it into a Kettle of Water close covered; keep the Water boiling till you find the Fruit be well infused, then pour out the clearest, and take the weight of it in fine Sugar, wet your Sugar with Water, and boil it to a Candy height, then put in your clear Liquor, and keep it stirring over a slow fire till you see it will jelly, but do not let it boil; the Pulp which is left of the Liquor, you may make Paste of if you please, as you do the Pippin Paste before named.

110. *To make a Goosberry Fool.*

Take a Pint and an half of Goosberries clean picked from the stalks, put them into a Skillet with a Pint and half of fair Water, scald them till they be very tender, then bruise them well in the Water, and boil them with a Pound and half of fine Sugar till it be of a good thickness, then put to it the Yolks of six Eggs and a Pint of Cream, with a Nutmeg quartered, stir these well together till you think they be enough, over a slow fire, and put it into a Dish, and when it is cold, eat it.

111. *To*

III. *To make perfumed Lozenges.*

Take twelve Grains of Ambergreece, and six Grains of Musk, and beat it with some Sugar Plate spoken of before, then roule it out in thin Cakes, and make them into what form you please, you may make them round like a Sugar Plumb, and put a Coriander seed in each of them, and so they will be fine Comfits, and you may make them into Lozenges to perfume Wine with.

II2. *To Candy Eryngo Roots.*

Take the Roots new gathered, without Knots or Joints, wash them clean, and boil them in several Waters till they are very tender, then wash them well, and dry them in a Cloth, slit them, and take out the Pith, and braid them in Braids as you would a Womans Hair, or else twist them, then take twice their weight in fine Sugar, take half that Sugar, and to every Pound of Sugar, one quarter of a pint of Rose-water and as much fair water, make a Syrup of it, and put in your roots and boil them, and when they are very clear, wet the rest of the Sugar with Rose-water, and boil it to a Candy height, then put in the Roots and boil them, and shake them, and when they be enough, take

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take them off, and shake them till they are cold and dry, then lay them upon Dishes or Plates till they are thoroughly dry, and then put them up; thus you may do Orange or Limon, or Citron Pill, or Potato Roots.

113. To preserve Goosberries.

Take your Goosberries, and stone them, then take a little more than their weight in fine Sugar, then with as much Water as will melt the Sugar, boil it and Scum it, then put in your Goosberries, and boil them apace till they be clear, then take up your Goosberries, and put them into Glasses, and boil the Syrup a little more, and put over them.

114. To make Leach and to colour it.

Take one Ounce of Isinglass and lay it in Water four and twenty hours, changing the Water three or four times, then take a quart of new Milk, boiled with a little sliced Ginger and a stick of Cinamon, one Spoonful of Rose-water, and a quarter of a Pound of Sugar, when it hath boiled a while, put in the Isinglass, and boil it till it be thick, keeping it always stirring, then strain it, and keep it stirring, and when it is cold, you may slice it out, and serve it upon Plates;
you

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you may colour it with Saffron, and some with Turnsole, and lay the White and that one upon another, and cut it, and it will look like Bacon; it is good for weak people, and Children that have the Rickets.

115. *To take away the Signs of the Small Pox.*

Take some Sperma-ceti, and twice so much Virgins Wax, melt them together and spread it upon Kids Leather, in the shape of a Mask then lay it upon the Face, and keep it on night and day, it is a very fine Remedy.

116. *For Morphem, or Freckles, and to clear the Skin.*

Take the Blood of any Fowl or Beast, and wipe your Face all over with it every night when you go to bed for a fortnight together, and the next day wash it all off with White Wine, and white Sugar Candy, and sometimes hold your face over the smoke of Brimstone for a while, and shut your eyes, if you add the juice of a Limon to the white Wine, it will be the better.

117. *To make Almond Butter to
look white*

Take about two Quarts of Water, the bottom of a Manchet, and a Blade of large Mace, boil it half an hour, and let it stand till it be cold, then take a Pound of sweet Almonds blanched, and beaten with Rose-water very fine, so strain them with this Water many times, till you think the virtue is out of them, and that it be a thick Almond Milk, then put it into a Skillet, and make it boiling hot, that it simmer, then take a spoonful of the Juice of a Limon, and put into it, stirring of it in, and when you perceive it ready to turn, then take it from the fire, and take a large fine Cloth, and cast your Liquor all over the Cloth with a Ladle, then scrape it altogether into the middle with a Spoon, then tie it hard with a Packthred, so let it hang till the next morning, then put it in a Dish, and sweeten it with Rose-water and Sugar, put a little Ambergreece if you please.

118. *For the Ptisick.*

Take a Pottle of small Ale, one Pound of Raisins of the Sun stoned, with a little hand-

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handful of Penniroyal, boil these together, and add a little Sugar-candy to it, and take five or six spoonfuls at a time four or five times in a day for a good while.

119. *Marmalade of Apricocks.*

Take the ripest and stone them and pare them, and beat them in a Mortar, then boil the Pulp in a Dish over a Chafing-dish of Coals, till it be somewhat dry, then take the weight in fine Sugar, and boil it to a Candy height, with some Rose-water, then put in your Pulp, and boil them together till it will come from the bottom of the Skillet, and always keep it stirring, for fear it burn, then put it into Glasses.

120. *Syrup of Turneps.*

Take of the best and pare them, and bake them in a Pot, then take the clear Juice from them, and with the like weight in fine Sugar make it into a Syrup, and add a little Liquorice to it, and take it often.

121. *To make good Jelly.*

Take a lean Pig, dress it clean, and boil it in a sufficient quantity of Fair Water, with
four

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four Ounces of green Liquorice scraped and bruised, Maidenhair two handfuls, Colts-foot one handful, Currans half a Pound, Dates two Ounces stoned and sliced, Ivory one Ounce, Hartshorn one Ounce, boil these to a strong Jelly, and strain it, and take off the Fat, then put to it half a Pound of Sugar, and half a Pint of white Wine, and so eat it at your pleasure.

122. A most excellent Cordial proved by very many.

Take three Grains of East Indian Bezoar, as much of Ambergreece, powder them very fine with a little Sugar, and mingle it with a spoonful and half of the Syrup of the Juice of Citrons, one Spoonful of Syrup of Clovegilliflowers, and one Spoonful of Cinamon Water, so take it warmed.

123. To make the Black Juice of Liquorice.

Take Two Gallons of running Water, three handfuls of unset Hyfop, three pounds and half of Liquorice scraped, and dried in the Sun and beaten, then cover it close, and boil it almost a whole day in the Water; when it is enough, it will be as thick as Cream, then let it stand all night, the next morning strain it, and put it in several Pans
in

in the Sun to dry, till it work like wax, then mould it with White Sugar Candy beaten and searced, and print it in little Cakes, and print them with Seals, and dry them.

124. *To make Marchpane.*

Take two Pounds of Jordan Almonds, blanch and beat them in a Mortar with Rose-water, then take one Pound and half of Sugar finely searced, when the Almonds are beaten to a fine Paste with the Sugar, then, take it out of the Mortar, and mould it with searced Sugar, and let it stand one hour to cool, then Roll it as thin as you would do for a Tart, and cut it round by the Plate, then set an edge about it, and pinch it, then set it on a bottom of Wafers, and bake it a little, then Ice it with Rose-water and Sugar, and the White of an Egg beaten together, and put it into the Oven again, and when you see the Ice rise white and high, take it out, and set up a long piece of Marchpane first baked in the middle of the Marchpane, stick it with several sorts of Comfits, then lay on Leaf-gold with a Feather and the White of an Egg beaten.

125. *To preserve Green Pippins.*

Scald some green Pippins carefully, then peel them, and put them into warm water, and cover them, and let them stand over a slow fire till they are as green as you would have them, and so tender as that a straw may run through them, then to every pound of Apples, take one pound of fine Sugar, and half a pint of water, of which make a Syrup, and when you have scumm'd it clean, put in your Apples, and let them boil a while, then set them by till the next day, then boil them throughly, and put them up.

126. *To preserve Peaches.*

Take your Peaches when you may prick a hole through them, scald them in fair water, and rub the Fur off from them with your Thumb, then put them in another warm water over a slow fire, and cover them till they be green, then take their weight in fine Sugar and a little water, boil it and scum it, then put in your Peaches, and boil them till they are clear, so you may do green Plumbs or green Apricocks.

127. *Marmalade of Damsons.*

Take two pounds of Damsons, and one pound of Pippins pared and cut in pieces, bake them in an Oven with a little sliced Ginger, when they are tender, poure them into a Cullender, and let the Syrup drop from them, then strain them, and take as much Sugar as the Pulp doth weigh, boil it to a Candy height with a little water, then put in your Pulp, and boil it till it will come from the bottom of the Skillet, and so put it up.

128. *Marmalade of Wardens.*

Bake them in an earthen pot, then cut them from the Core and beat them in a Mortar, then take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your Pulp with a little beaten Ginger, and boil it till it comes from the bottom of the Posnet; and so do with Quinces if you please.

129. *Marmalade of green Pippins to look green.*

Scald them as you do to preserve, then stamp them in a Mortar, and take their weight

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weight in fine Sugar, boil it to a Candy height with a little water, then boil it and the Pulp together, till it will come from the bottom of the Posnet.

130. To preserve green Walnuts.

Take them and steep them all night in water, in the morning pare them and boil them in fair water till they be tender, and then stick a Clove into the head of each of them, then take one Pound and half of Sugar to every pound of Walnuts, and to every pound of Sugar one Pint of Rosewater, make a Syrup of it, and scum it, then put in your Walnuts, and boil them very leasurely till they are enough; then put in a little Musk or Ambergreece with a little Rose-water, and boil them a little more, and put them up; it is a very good Cordial, and will keep seven years or more.

131. To dry old Pippins.

Pare them, and bore a hole through them with a little Knife or Piercer, and cut some of them in halves, take out the Cores of them as you cut them, then put them into a Syrup of Sugar and water, as much as will cover them in a broad preserving Pan, let them boil so fast as may be; taking them some-
E times

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times from the fire, scumming them clean, when you perceive your Apples clear, and Syrup thick, then take them up, and set them into a warm Oven from the Syrup, all night, the next morning turn them, and put them in again, so do till they are dry; if you please to glister some of them, put them into your Candy-pot but one night, and lay them to dry the next day, and they will look like Crystal.

132. *To preserve Bullace as green as grass.*

Take them fresh gathered, and prick them in several places, scald them as you do your green Peaches, then take their weight in fine Sugar, and make a Syrup with a little water, then put in your Bullace, and boil them till they be very clear, and the Syrup very thick.

133. *To preserve Medlars.*

Take them at their full growth, pare them as thin as you can, prick them with your Knife, and parboil them reasonable tender, then dry them with a Cloth, and put to them as much clarified Sugar as will cover them; let them boil leisurely, turning them often, till they have well taken the Sugar.

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gar, then put them into an earthen Pot, and let them stand till they next day, then warm them again half an hour; then take them up and lay them to drain, then put into that Syrup half a pint of water wherein Pippins have been boiled in slices, and a quarter of a Pound of fresh Sugar, boil it, and when it will jelly, put to it the Medlars in Gallipots or Glasses.

134. *To make Conserve of Violets.*

Take a pound clean cut from the whites, stamp them well in a Mortar, and put to them two or three Ounces of white Sugar-Candy, then take it out and lay it upon a sleeked Paper, then take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your Violets, and a little juice of Limon, and then let them have but one warm or two over the fire, stirring it well; then take it off; and when it is between hot and cold, pat it up, and keep it.

135. *To cast all kinds of shapes, what you please, and to colour them.*

Take half a pound of refined Sugar, boil it to a Candy height with as much Rose-water as will melt it, then take moulds

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made of Alabaster, and lay them in water one hour before you put in the hot Sugar, then when you have put in your Sugar turn the mould about in your hand till it be cool, then take it out of the mould, and colour it according to the nature of the Fruit you would have it resemble.

136. To dry Pears without Sugar.

Pare them, and leave the stalks and pippes on them, then bake them in an earthen pot with a little Clarret Wine, covered, then drain them from the Syrup, and dry them upon Sieves in a warm Oven, turning them morning and evening, every time you turn them hold them by the stalk and dip them in the Liquor wherein they were baked and flat them every time a little.

If you do them carefully they will look very red and clear and eat moist, when they are dry put them up.

137. To make Raspberry Wine.

Take Raspberries and bruise them with the back of a spoon, and strain them, and fill a bottle with the juice, stop it, but not very close, let it stand four or five days, then pour it from the Grounds into a Bason, and put as much white-wine or Rhenish as
your

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your juice will well colour, then sweeten it with Loaf Sugar, then bottle it and keep it, and when you drink it you may perfume some of it with one of the Lozenges spoken of before.

138. *To preserve Oranges in jelly.*

Take the thickest rind Oranges, chipped very thin, lay them in water three or four days, shifting them twice every day, then boil them in several waters, till you may run a straw through them, then let them lye in a Pan of water all night, then dry them gently in a Cloth, then take to every Pound or Oranges one Pound and an half of Sugar, and a Pint of water, make thereof a Syrup; then put in your Oranges, and boil them a little, then set them by till the next day, and boil them again a little, and so do for four or five day together; then boil them till they are very clear, then drain them in a sieve, then take to every Pound of Oranges one quarter of a Pint of water wherein sliced Pippins have been boiled into your Syrup, and to every quarter of a Pint of that water, add a quarter of a Pound of fresh Sugar, boil it till it will jelly, then put your Oranges into a Pot or a Glass, and put the jelly over them; you may if you

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please, take all the Meat out of some of your Oranges at one end, and fill it with preserved Pippin; and if you put in a little Juice of Orange and Limon into your Syrup when it is almost boiled, it will be very fine tasted.

138. *To make Cristal Jelly.*

Take a Knuckle of Veal and two Calves Feet, lay them in water all night, then boil them in Spring water, till you perceive it to be a thick Jelly, then take them out, and let your jelly stand till it be cold, then take the clearest, and put it into a Skillet, and sweeten it with Rose-water and fine Sugar, and a little whole Spice, and boil them together a little, and so eat it when it is cold.

139. *To make China-Broth.*

Take three Ounces of *China* sliced thin, and three Pints of fair water, half an Ounce of Harts-horn, let it steep together twelve hours, then put in a Red Cock cut in pieces and bruised, one Ounce of Raisins of the Sun stoned, one Ounce of Currans, one Ounce of Dates stoned, one Parsly root, one Fennel-root, the Pith being taken out, a little Burrage and Bugloss, and a little Pimpernel, two Ounces of Pearl Barley; boil all these
together

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together till you think they be well boiled,
then strain it out.

140. To make Court Perfumes.

Take three Ounces of Benjamin, lay it
all night in Damask Rose Buds clean cut from
the white, beat them very fine in a stone
Mortar till it come to a Paste, then take it
out and mix it with a dram of Musk finely
beaten, as much Civet, mould them up with
a little scarced Sugar, and dry them between
Rose Leaves each of them, then dry them
very well and keep them to burn, one at a
time is sufficient.

141. A Syrup for a Cold.

Take Loug-wort of the Oak, Sage of
Jerusalem, Hysop, Colts-foot, Maiden-hair,
Scabious, Horehound, one handful of each,
four ounces of Liquorice scraped, two
Ounces of Anniseeds bruised, half a pound
of Raisins of the Sun stoned, put these
together into a Pipkin with two quarts of
Spring water, let them stand all night to
infuse close stopped, when it is half boiled
away, strain it out, and put to it to every
pint of liquor a pound of Sugar and boil it
to a Syrup.

142. *To make white Marmalade of Quinces.*

Coddle them so tender that a straw may run thorow them, then take grated Quinces and strain the Juice from them, then slice your scalded Quinces thin and weigh them, and take a little above their weight in fine Sugar, wet your Sugar with the raw juice, boil it and scum it, then put in your sliced Quinces and boil them up quick till they jelly, then put them into Glasses.

143. *The white juice of Liquorice.*

Take one pound of Liquorice clean scraped, cut it thin and short, and dry it in an Oven, then beat it fine in a Mortar, then put it into a stone Jugg, and put thereto of the water of Colts-foot, Scabius, Hyfop and Horehound, as much as will stand four fingers deep above the Liquorice, then set this Jugg, close stopped, into a Kettle of water, and keep the water boiling, let it be stuffed round with hay that it jog not, let it stand so four hours, and so do every other day for the space of ten days; then strain it into a dish, set the dish over boiling water, and let it vapour away till it be thick, then add to it one pound of fine Sugar.

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Sugar-Candy, the best and whiteſt you can get, beaten very well, then put it into ſeveral diſhes and dry it in the Sun, or in a warm Oven, beating it often with bone knives till it be ſtiff, then take as much Gum Dragon ſteeped in Roſe-water as will make it pliable to your hand, then make it into little Rolls, and add two grains of Muſk or Ambergreece and a few drops of Oil of Anniſeed, and ſo make them into little Cakes, and print them with a ſeal and then dry them.

144. To dry Plumbs naturally.

Take of any ſort and prick them and put them into the bottom of a Sieve duſted with Flower to keep them from ſticking, let them ſtand in a warm Oven all night, the next morning turn them upon a clean Sieve, and ſo do every day till you ſee that they are very dry.

145. To dry preſerved Pears.

Wash them from their Syrup, then take ſome fine Sugar and boil it to a Candy height with a little water, then put in your Pears, and ſhake them very well up and down, then lay them upon the bottom of a Sieve, and dry them in a warm Oven and ſo keep them.

20 146. *To make little Cakes with Almonds.*

Put into a little Rose-water two grains of Ambergreece, then take a pound of blanched Almonds and beat them with this Rose-water, then take a Pound of your finest Sugar, beaten and searced, and when your Almonds are well beaten, mix some of the Sugar with them, then make your Cakes, and lay them on Wafer sheets; and when they are half baked, take the rest of the Sugar, being boiled to a Candy height with a little Rose-water, and so with a Feather wash them over with this, and let them stand a while longer.

147. *To make very pretty Cakes that will keep a good while.*

Take a Quart of fine Flower and the yolks of 4 Eggs, a quarter of a pound of Sugar, and a little Rosewater, with some beaten Spice, and as much Cream as will work it into a Paste, work it very well and beat it, then rowl it as thin as possible, and cut them round with a Spur, such as the Pastry Cooks do use; then fill them with Currans first plumped a little in Rose-water and Sugar, so put another sheet of Paste over them
and

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and close them, prick them, and bake them but let not your Oven be too hot; you may colour some of them with Saffron if you please, and some of them you may ice over with Rose-water and Sugar, and the White of an Egg beaten together.

148. *To make a Paste to wash your hands withal.*

Take a pound of bitter Almonds, blanch them and beat them very fine in a Mortar with four Ounces of Figgs, when it is come to a Paste, put it into a Gallipot and keep it for your use; a little at a time will serve.

149. *To keep Flowers all the Year.*

Take any sort of pretty Flowers you can get, and have in readiness some Rosewater made very slippery by laying Gum Arabick therein.

Dip your Flowers very well, and swing it out again, and stick them in a sieve to dry in the Sun, some other of them you may dust over with fine Flower, and some with searced Sugar, after you have wetted them, and so dry them.

Either of them will be very fine, but those with Sugar will not keep so well as the other

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ther; they are good to set forth Banquets, and to garnish dishes, and will look very fresh, and have their right smell

150. Conserve of Barberries.

Take Barberries, infuse them in a pot as other Fruits spoken of before, then strain them, and to every pound of liquor take two pounds of Sugar, boil them together over the fire till it will come from the bottom of the Posnet, and then put it into Gally-pots and keep it with fine Sugar strewed over it.

151. To preserve Barberries without Fire.

Take your fairest bunches and lay a Lay of fine Sugar into the bottom of the pot, and then a Lay of Barberries, and then Sugar again, till all be in, and be sure to cover them deep with Sugar last of all, and cover your pot with a bladder wet and tyed on, that no Air get in, and they will keep and be good, and much better to garnish dishes with than pickled Barberries, and are very pleasant to eat.

152. *To Candy Almonds to look as though they had their Shells on.*

Take Jordan Almonds and blanch them, then take fine Sugar, wet it with water, and boil it to a Candy height, colour it with Cochineal, and put in a grain of Ambergreece; when you see it at a Candy height, put in your Almonds well dried from the Water, and shake them over the fire till you see they are enough, then lay them in a Stove or some other warm place.

153. *To Candy Carrot Roots.*

Take of the best and Boil them tender, then pare them, and cut them in such pieces as you like; then take fine Sugar boiled to a Candy height with a little Water, then put in your Roots, and boil them till you see they will Candy; but you must first boil them with their weight in Sugar and some Water, or else they will not be sweet enough; when they are enough, lay them into a Box, and keep them dry: thus you may do green Peascods when they are very young, if you put them into boiling water, and let them boil close covered till they are green, and then boiled in a Syrup, and then

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then the Candy, they will look very finely, and are good to set forth Banquets, but have no pleasant taste.

154. To make Syrup of Violets.

Take Violets clipped clean from the Whites, to every Ounce of Violets take two Ounces of Water, so steep them upon Embers till the Water be as blew as a Violet, and the Violets turned white, then put in more Violets into the same Water, and again the third time, then take to every Quart of Water four Pounds of fine Sugar, and boil it to a Syrup, and keep it for your use; thus you may also make Syrup of Roses.

155. To make a Syrup for any Cough.

Take four Ounces of Liquorice scraped and bruised, Maidenhair one Ounce, Anniseeds half an Ounce, steep them in Spring water half a day, then boil it half away; the first quantity of water which you steep them in must be four Pints, and when it is half boiled away, then add to it one Pound of fine Sugar, and boil it to a Syrup, and take two spoonfuls at a time every night when you go to rest.

156. *A pretty Sweet-meat with Roses
and Almonds.*

Take half a Pound of Blanched Almonds beaten very fine with a little Rosewater, two Ounces of the Leaves of Damask Roses beaten fine, then take half a pound of Sugar, and a little more, wet it with water, and boil it to a Candy height, then put in your Almonds and Roses, and a grain of Musk or Ambergreece, and let them boil a little while together, and then put it into Glasses, and it will be a fine sort of Marmalade.

157. *The best sort of Hartshorn Jelly
to serve in a Banquet.*

Take six Ounces of Hartshorn, put it into two Quarts of Water and let it infuse upon Embers all night, then boil it up quick, and when you find by the Spoon you stir it with, that it will stick to your mouth, if you do touch it, and that you find the Water to be much wasted, strain it out, and put in a little more than half a Pound of fine Sugar, a little Rosewater, a Blade of Mace, and a Stick of Cinamon, the Juice of as many Limons will give it a good taste, with
two

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two Grains of Ambergreece, set it over a slow fire, and do not let it boil, but when you find it to be very thick in your mouth, then put it softly into Glasses; and set it into a Stove, and that will make it to jelly the better.

158. *To make Orange or Limon Chips.*

Take the parings of either of these cut thin, and boil them in several waters till they be tender, then let them lie in cold water a while, then take their weight in Sugar or more, and with as much water as will wet it, boil it and scum it, then drain your Chips from the cold water, and put them into a Gally-pot; and pour this Syrup boiling hot upon them, so let them stand till the next day, then heat the Syrup again and pour over them, so do till you see they are very clear, every day do so till the Syrup be very thick, and then lay them out in a Stove to dry.

159. *To make Cakes of Almonds
in thin slices.*

Take four Ounces of Jordan Almonds, blanch them in cold water, and slice them thin the long way, then mix them with little thin pieces of Candied Orange and
Citron

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Citron Pill, then take some fine Sugar boiled to a Candy height with some water, put in your Almonds, and let them boil till you perceive they will Candy, then with a spoon take them out, and lay them in little Lumps upon a Pie-plate or sleeked Paper, and before they be quite cold strew Caraway Comfits on them, and so keep them very dry.

160. *To make Chips of any Fruit.*

Take any preserved Fruit, drain it from the Syrup, and cut it thin, then boil Sugar to a Candy height, and then put your Chips therein, and shake them up and down till you see they will Candy, and then lay them out; or take raw Chips of Fruit boiled first in Syrup, and then a Candy boiled, and put over them hot, and so every day, till they begin to sparkle as they lie, then take them out, and dry them.

161. *To preserve sweet Limons.*

Take the fairest, and chip them thin, and put them into cold water as you chip them, then boil them in several waters till a straw may run through them, then to every pound of Limon, take a pound and half of fine Sugar, and a Pint of water, boil it together,
and

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and scum it, then let your Limon scald in it a little, and set them by till the next day, and every other day heat the Syrup only and put to them; so do 9 times, and then at last boil them in the Syrup till they be clear, then take them out, and put them into Pots, and boil the Syrup a little more, and put to them; if you will have them in Jelly, make your Syrup with Pippin water.

162. To make a Custard for a Consumption.

Take four Quarts of Red Cows Milk, four Ounces of Conserve of Red Roses, prepared Pearl, prepared Coral, and white Amber, of each one dram, two Ounces of white Sugar Candy, one grain of Amber-greece, put these into an earthen pot with some Leaf gold, and the yolks and whites of twelve Eggs, a little Mace and Cinnamon, and as much fine Sugar as will sweeten it well: Paste the Pot over and bake it with brown Bread, and eat of it every day so long as it will last.

163. To make Chaculato.

Take half a pint of Clarret Wine, boil it a little, then scrape some Chaculato very fine and put into it, and the Yolks of two
Eggs

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Eggs, stir them well together over a slow Fire till it be thick, and sweeten it with Sugar according to your taste.

164. *To dry any sort of Plumbs.*

Take to every pound of Plumbs three quarters of a pound of Sugar; boil it to a Candy height with a little water, then put in your Plumbs ready stoned, and let them boil very gently over a slow fire, if they be white ones they may boil a little faster, then set them by till the next day, then boil them well, and take them often from the fire for fear of breaking, let them lie in their Syrup for four or five days, then lay them out upon Sieves to dry, in a warm Oven or Stove, turning them upon clean Sieves twice every day, and fill up all the broken places, and put the skins over them, when they are dry, wash off the clamminess of them with warm water, and dry them in the Oven, and they will look as though the dew were upon them.

165. *To make Jelly of Quinces.*

Take your Quinces, pare them and core them, and cut them in quarters, then put them into a new earthen pot with a narrow
mouth

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mouth, put in some of the cores in the bottom, and then the Quinces, paste it up and bake it with brown Bread, then run it thorough a bagg of boulting stuff as fast as you can, and crush it pretty hard, so long as it will run clear, to every pound of it take a pound of fine Sugar, and put into it, and let it stand till it be dissolved, then set it over a slow fire, and scum it well, and keep it stirring till it jelly, then put it into Glasses and keep it in a stove.

166. *To make a Possit.*

Take a Quart of White-wine and a quart of Water, boil whole Spice in them, then take twelve Eggs and put away half the Whites, beat them very well, and take the Wine from the fire, then put in your Eggs and stir them very well, then set it on a slow fire, and stir it till it be thick, sweeten it with Sugar, and strew beaten spice thereon, then serve it in.

You may put in Ambergreece if you like it, or one perfumed Lozenge.

167. *To make a Sack Possit.*

Take two quarts of Cream and boil it with whole Spice, then take twelve Eggs well beaten and strained, take the Cream from

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from the fire, and stir in the Eggs, and as much Sugar as will sweeten it, then put in so much Sack as will make it taste well, and set it on the fire again, and let it stand a while, then take a Ladle and raise it up gently from the bottom of the Skillet you make it in, and break it as little as you can, and so do till you see it be thick enough; then put it into a Bason with the Ladle gently; if you do it too much it will whey, and that is not good.

168. Another way for a Possét.

Boil a Quart of Cream as for the other, then take the Yolks of fourteen Eggs and four Whites, beat them and strain them, take the Cream from the Fire, and stir in your Eggs, then have your Sack warmed in a Bason, and when the Cream and Eggs are well mixed, put it to the Sack, and sweeten it to your taste with fine Sugar, and let it stand over a Skillet of seething water for a while.

*169. To preserve Pippins in thin slices
in Jelly.*

Take of the fairest Pippins, pare them, and slice them into cold water, to every pound of Pippins take a pound of Sugar,
and

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and a Pint of water, boil it and scum it, then shake your Pippins clean from the water, and put them into the Syrup, boil them very clear and apace, then put in some thin Chips, or Orange or Citron preserved, and to one Pound of Pippins, put the Juice of two Oranges and one Limon, then boil them a little longer till you see they will jelly, and then put them into Glasses, but take heed you lay them in carefully, and lay the Chips here and there between, then warm the Jelly and put softly over them.

170. To preserve Currans in Jelly.

Take the fairest and pick them from the Stalks, and stone them, then take their weight in Sugar, wet it with water, boil it and scum it, then put in your Currans, and boil them up quick, shake them often and scum them, and when they will jelly they are enough; then put them into Glasses; thus you may do white and red both, and they will be in a stiff Jelly, and cut very well, do not cover them before they be cold.

171. To preserve ripe Apricocks.

Take them and stone them, then weigh them, and to every Pound of Apricocks
take

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take a Pound of fine Sugar beaten small, then pare your Fruit, and as you pare them, cast some Sugar over them, and so do till all be done, then set them on the fire, and let the Sugar melt but gently, then boil them a little in the Syrup, and set them by till the next day, then boil them quick, and till they be very clear, then put them in Pots, and boil the Syrup a little more, and put it to them; if you would have them in Jelly, you must put some of the Infusion of Goosberries, or of Pippins into your Syrup, and add more Sugar to it.

172. To preserve Cornelions.

Take the fairest and weigh them, then take their weight in Sugar, and lay a Lay of Sugar in the Pan, and then lay a Lay of Cornelions till all be in, and let your last Lay be Sugar, then put a little water into the midst of the Pan, and set it on the fire, and when the Sugar is melted boil them up quick, and take them often and shake them, and scum them; when you do perceive them to be very clear, they are enough.

173. *To make Marmalade of Cornelions.*

Take them and stone them, and weigh them, and to every pound of Fruit take a pound of Sugar, wet it with water, and boil it to a Candy height, then put in your Fruit and boil it very clear and quick, and shake it often, and scum it clean; when you see it very clear and very thick, it is enough; you must keep it in a Stove or some warm place.

174. *To preserve Damsons.*

Take the fairest, not too ripe, and take their weight in Sugar, wet your Sugar with a little water, boil it and scum it, then put in your Damsons and boil them a little, then set them by till the next day, then boil them till they be very clear, and take them from the Fire sometimes, and let them stand a while to keep them from breaking, when they are clear, take them out, and put them into Glasses, and boil the Syrup to a Jelly and pour on them; be very careful how you take them to put them into your Pots or Glasses for fear of breaking them.

175. *To make Orange Marmalade.*

Take half a Pound of Orange Chips tenderly boiled in several waters, and beaten fine in a Mortar, then take a Pound of fine Sugar, wet it with water, boil it and scum it, then put in your Orange, and half a Pound of Pippin also beaten fine, and let them boil together till they are very clear; then put in the Juice of one Orange and one Limon, and stir it well, and let it boil a while longer, and then take it off and put it into Glasses.

176. *To make Jelly of Pippins.*

Take Pippins, pare them thin into a long Gallipot, and set that into boiling water close covered, and so let it stand three or four hours, they must be sliced thin as well as pared; when you think they are infused enough, pour the Liquor from them, and to every Pint, take a pound of Sugar double refined, and put it into your Liquor, boil them together till you find it will Jelly, then put little small pieces of Orange Pill into it finely shred, the Juice of one Orange and one Limon, and let it boil a little longer, and so put it into Glasses, and
E set

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set them into a Stove, with the Pulp that is left you may make Paste if you please.

177. To Candy Angelica.

Take the tender green stalks and boil them in water till they be tender, then peel them, and put them into another warm water, and cover them till they are very green over a slow Fire, then lay them on a clean Cloth to dry, then take their weight in fine Sugar, and boil it to a Candy height with some Rosewater, then put in your stalks, and boil them up quick, and shake them often, and when you judge they be enough, lay them on a Pie-plate, and open them with a little stick, and so they will be hollow, and some of them you may braid, and twist some of them, so keep them dry.

178. To make Seed-stuff of Raspberries.

Take Raspberries and bruise them, and take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your bruised Raspberries, and boil them till you see they will jelly very well.

Handwritten signature or flourish

179. *To make Syrup of Gilly-flowers.*

Take Clove-gilly-flowers, and cut them from the Whites, then take their weight in Sugar beaten fine, then put a little Sugar into your Gally-pot, and then a Lay of Flowers, and then Sugar again, till all be spent, and let Sugar be the last, then put in a Clove or two, according to your quantity, and a little Malago Sack, and so tie your Pot up close, and set it into a Pot or Kettle of boiling water, and let them stand till they are infused; then pour out the Liquor and strain the rest, but not too hard, then take this Liquor and vapour it away over seething water till it be of a good thickness, then take your strained Gillyflowers and put them into a Pot with some White-wine Vinegar, and cover them over with fine Sugar, and so keep them; they are a better Salad than those you pickle up alone; as you make this, you may make syrup of any Herbs or Flowers.

180. *To make most excellent Cake.*

Take a strik'd Peck of Flower, six pounds of Currans, half an Ounce of Mace, half an Ounce of Cinamon, a quarter of an Ounce of Cloves, as much of Nutmeg,
F 2 half

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half a pound of fine Sugar, and as much Rose-water as you please; beat your Spice, and put that and your Fruits with a little Salt into your Flower, then take Cream or new Milk as much as you think fit, dissolve therein two pounds of fresh Butter, then put it in a Basin with the Sugar and a Pint of Sack, knead it with a Wine-Pint of Ale-Yest, knead it till it rise under your hand, let all things be ready and your Oven hot, before you go to knead the Cake.

181. *To make Pomatum the best way.*

Take the Caul of a Lamb new killed, pick it clean from the Skin, and lay it in Spring-water nine days, shifting it every day twice, then melt it, then take yellow Snails, stamp them, and put them into a Glass with Rosewater four dayes, stop the Glass and shake it three or four times a day, then take white Lilly roots, stamp them, and strain them, put the Juice of them into the Glass with the Snails, then set a Skillet on the Fire with fair water, and let it boil, then put your tried Lambs Caul into an earthen Basin, and let it melt, then take your Glass with Snails and roots, and strain it through a thick cloth, then

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then put it into that tried stuff, then take half an Ounce of white Sugar-Candy unbeaten, put it in, and stir it over the fire, till that be dissolved, then take it from the fire, and put in three Ounces of sweet Almonds, keep it boiling and stirring a little longer, then take it off, and let it stand till it be reasonably cool, then beat it with a wooden Slice till it be very white, then put in a little Rose-water, and beat it a little longer, and then keep it in Gallipots; you must put in a crust of bread when you melt it in the Skillet, and when the Sugar-Candy goes in, take it out.

112. *To make the Bean Bread.*

Take a pound of the best Jordan Almonds, blanch them in cold water, and slice them very thin the long way of the Almond with a wet Knife, then take a pound of double refined Sugar well beaten, and mix with your Almonds, then take the White of one Egg beaten with two Spoonfuls of Rosewater, and as the Froth riseth, cast it all over your Almonds with a Spoon, then mix them well together, and lay them upon Wafer sheets, upon flowered Plates, and shape them as you please with your knife and your fingers, then strew Caraway Comfits, and Orange and Citron Pill cut thin, or some Coriander

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Comfits, so set them into an Oven not too hot, and when they have stood about half an hour, raise them from their Plates, and mend what you find amiss before they be too dry, then set them into the Oven again, and when they are quite dry, break away the Wafers with your Fingers, and then clip them neatly with a pair of Scizzers, and lay on some Leaf-Gold if you please.

183. *To make an excellent Cake with Caraway Comfits.*

Take five Pounds of Manchet Paste mingled very stiff and light without Salt, cover it, and let it be rising half an hour, when your Oven is almost hot, take two pounds and half of Butter, very good, and melt it, and take five Eggs, Yolks and Whites beaten, and half a pound of Sugar, mingle them altogether with your Paste, and let it be as lithe as possible you can work it, and when your Oven is hot and swept, strew into your Cake one Pound of Caraway Comfits, then butter a baking-Pan, and bake it in that; let it stand one hour and quarter; when you draw it, lay a course Linnen Cloth and a Woollen one over it, so let it lie till it be cold, then put it into an
Oven

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Oven the next day, for a little time, and it will eat as though it were made of Almonds, you must put in your Sugar after your Butter.

184. To make Diet Bread or Jumbolds.

Take a Quart of fine Flower, half a Pound of fine Sugar, Caraway seeds, Coriander seeds and Aniseeds bruised, of each one Ounce, mingle all these together, then take the Yolks of Eight Eggs, and the Whites of three, beat them well with four Spoonfuls of Rosewater, and so knead these all together and no other Liquor, when it is well wrought, lay it for one hour in a linnen cloth before the Fire, then rowl it out thin, tie them in Knots and prick them with a Needle, lay them upon Butter'd Plates, and bake them in an Oven not too hot.

185. To make Cider or Perry as clear as Rock Water.

Take two Quarts of Cider, half a Pint of Milk, put them both in an Hipocras bag, and when it runs clear, bottle it up, and when it is a Month old, it will sparkle in the Glass as you drink it. E 4 186.

186. *To make Almond Bread.*

Take a pound of Almonds blanched, and beaten with Rose-water, then take a pound of Sugar beaten fine, and a little grated Bread finely searced, put them into a Platter with your Almonds, and stir them well together, set them over a Chafing-dish of Coals, and boil them till they are as stiff as Paste, stirring them continually, then mould them well and put them in what shape you you please; print them, and set them into some warm place to dry.

187. *To make good Almond Milk.*

Take Jordan Almonds blanched and beaten with Rose-water, then strain them often with fair water, wherein hath been boiled Violet Leaves and sliced Dates; when your Almonds are strained, take the Dates and put to it some Mace, Sugar, and a little Salt, warm it a little, and so drink it.

188. *To make white Leach.*

Take sweet Almonds blanched and beaten with Rose-water, then strained with fair water, wherein hath been boiled Aniseeds and Ginger, put to it as much cream, wherein pure Minglass hath been boiled, as will
make

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make it stiff, and as much Sugar as you please; let it be scalding hot, then run it through a strainer, and when it is cold, slice it out, it is very good for a weak hody.

189. To make Red Leach or Yellow.

Red by putting Tornsel into it, or Cochineal; Yellow by putting Saffron in it.

190. Cinamon or Ginger Leach.

Take your Spices beaten and searced, and mix them with your searced Sugar, mould them up with Gum Arabick infused in Rosewater, and so print them and dry them.

191. To make Leach of Dates.

Take your Dates stoned and peeled very clean within, beat them fine with Sugar, Ginger and Cinamon, and a little Rosewater till it will work like Paste, then print them and keep them dry.

192. To make fine Cakes.

Take a Quart of Flower, a Pound of sugar, a Pound of Butter, with three or four Yolks of Eggs, a little Rosewater, and a spoonful of Yest, then roul them out thin, while the Paste is hot, prick them, and set them into the Oven not too hot.

193. *To make Cornish Cakes.*

Take Claret Wine, the Yolks of Eggs, and Mace beaten fine, and some Sugar and Salt, mingle all these with Flower and a little Yeast, knead it as stiff as you can, then put in Butter, and knead it stiff again, and then shape them and bake them.

194. *A Cordial Syrup.*

Take one Pound of Juice of Burrage, and half so much of the Juice of Balm, boil them together, and when the grossness of the Juice ariseth, then put in the Whites of two Eggs beaten with Rosewater, and when you see them begin to grow hard, put in a little Vinegar, let them boil together, and scum it clean, and run it through a Jelly-Bag, then set it over the Fire again, and add to it one Pound of fine Sugar, and a little Saffron, and so boil it till you think it be enough.

195. *For a Consumption.*

Take of Harts-tongue and Maiden-Hair, of each one handful, Hyfop and Balm, of each half a handful, Licoras sliced, one Ounce, Piony Root one Ounce, boil these together in two Pints and half of Spring water

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water until it be half consumed, then strain the Liquor from the Herbs, then take four Ounces of Currans washed clean, dried and beaten in a Mortar, boil them in the Liquor a little while, then strain it, and put to the Liquor half a Pound of Sugar, and so boil it to a Syrup, and take often of it.

196. For a Consumption.

Take a Pint of good Wine-Vinegar, and half a Pint of Colts-foot-water, half a Pound of Figs well bruised, then strain it, and boil it with a Pound of Sugar to a thick Syrup.

197. A very good Perfume.

Six Spoonfuls of Rosewater, Musk, Amber-greece and Civet, of each two Grains, a little Sugar beaten fine, mould them up together with Gum-Dragon steeped in Rosewater, make them in little Cakes and dry them.

198. A Cordial to cause sleep.

Two spoonfuls of Poppy water, two spoonfuls of Red Rosewater, one spoonful of Clove-Gilly-flower Syrup, and a little Diascordium, mingle them together, and take them at the rime of rest.

199. To

199. *To perfume Gloves.*

Take four Grains of Musk and grind it with Rose-water, and also eight Grains of Civer, then take two spoonfuls of Gum-dragon steeped all night in Rose-water, beat these to a thin Jelly, putting in half a Spoonful of Oil of Cloves, Cinamon and Jessamine mixed together, then take a Sponge and dip it therein, and rub the Gloves all over thin, lay them in a dry clean place eight and forty hours; then rub them with your hands till they become limber.

200. *A very good Perfume to burn.*

Take 2 Ounces of the Powder of Juniper Wood, one Ounce of Benjamin, one Ounce of Storax, 6 drops of oil of Limons, as much oil of Cloves, ten grains of Musk, six of Civer, mould them up with a little Gum-Dragon steeped in Rose-water, make them in little Cakes and dry them between Rose-Leaves, your Juniper wood must be well dried, beaten and searced.

201. *To preserve Cherries in Jelly.*

Take fair ripe Cherries, and stone them, then take a little more than their weight in fine Sugar, then take the juice of some other Cherries,

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Cherries, and put a spoonful of it in the bottom of the Posnet, then put some of your Sugar beaten fine into the Posnet with it, and then a little more juice, then put in your Cherries, then put in Sugar, and then juice, and then Cherries again; thus do till you have put in all, then let them boil apace till the Sugar be melted, shaking them sometimes, then take them from the fire, and let them stand close covered one hour, then boil them up quick till the Syrup will jelly.

202. *To dry Apricocks or Pippins to look as clear as Amber.*

Take Apricocks and take out the Stones, and take Pippins and cut them in halves and core them, let your Apricocks be pared also; lay these Fruits in an earthen dish, and strew them over with fine Sugar, set them into a warm Oven, and as the Liquor comes from them put it away, when all the Liquor is come away turn them and strew them thick with Sugar on every side, set them into the Oven again, and when the Sugar is melted lay them on a dry dish, and set them in again, and every day turn them till they be quite dry. Thus you may dry any sort
of

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of Plumbs or Pears as well as the other, and they will look very clear.

203. *To dry Pears or Pippins without Sugar.*

Take of the fairest and lay them in sweet-wort two or three days, then lay them in a broad preserving Pan of earth, and bake them, but let the Oven be but gently hot, then lay them upon lattice Sieves and set them into a warm Oven, and turn them twice a day till they are dry.

204. *The Spanish Candy.*

Take any sort of Flowers well picked and beaten in a Mortar, and put them into a Syrup, so much as the Flowers will stain, boil them, and stir them till you see it will turn Sugar again, then pour it upon a wet trencher, and when it is cold cut it into Lozenges, and that which remaineth in the bottom of the Posnet scrape it clean out, and beat it and searce it, then work it with some Gum Dragon steeped in Rosewater and a little Ambergreece, so make it into what shape you please, and dry it.

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205. *To make Naples-Bisket.*

Take four Ounces of Pine-Apple-seeds, two ounces of sweet Almonds blanched, the Whites of two Eggs, one spoonful of Ale-Yeast, one spoonful of Rice-Flower, one spoonful of sweet Cream, beat all these together in a Mortar, then add to it Musk or Ambergreece, drop it upon a Pie-plate, and make it in what shape you please, and so bake it.

206. *To make Italian Bisket.*

Take Sugar searced fine, and beat in a Mortar with Gum Dragon steeped in Rose-water, and also the White of an Egg, till it come to a perfect Paste, then mould it up with searced Sugar, Powder of Aniseeds, and a little Musk, and make them in what shape you please, and bake them on Pie-Plates, but not too much.

207. *To make Hippocras.*

Take to every Gallon of Sack or White Wine, one Pound of Sugar, one Ounce of Cinamon, one Ounce of Ginger, one quarter of an Ounce of Nutmegs, a quarter of an Ounce of Coriander seed, with a few
Cloves

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Cloves, and a little Long Pepper or a few Granes, let all these steep together four and twenty hours, stir it twice or thrice in that time; then put to every Gallon one Pint of Milk, and run it through a Jelly-Bag, and then bottle it, and let them be stopped very close, set them in a cool place, it will keep a Month.

208. *To mak Tuff-Taffity Cream.*

Take a quart of thick Cream, the whites of eight Eggs beaten to a Froth with Rose-water, then take off the Froth and put it into the Cream, and boil it, and always stir it, then put in the Yolks of eight Eggs well beaten, and stir them in off the Fire, and then on the Fire a little while, then season it with Sugar, and pour it out, and when it is cold, lay on it Jelly of Currans or Rabberties, or what you please.

 209. *Caraway Cake.*

Take one Quart of flower, and one pound of Butter, rub your Butter into your Flower very well, then take two Yolks of Eggs and one White, two spoonfuls of Cream, half a Pint of Ale-Yest, mix them all together,

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ther, do not knead it, but pull it in pieces, then set it to the fire to rise, and so let it lie almost one hour, turning it often, then pull it in pieces again, and strew in half a pound of Caraway Comfits, mingle them with the Paste, then take it lightly with your hand, fashion it like an Oval, and make it higher in the middle than the sides, let your Oven be as hot as for a Tart, be sure your Oven and Cake be ready both at once, put it upon a double paper buttered, and let it stand almost an hour, when it goes into the Oven, strew it thick with Caraway-Comfits, and lay a paper over lest it scorch.

210. *To Candy Barberries:*

Stone the fairest Bunches you can get, and as you stone them strew in a little Sugar, then take so much water as you think will cover them, and let them boil in it with a little Sugar a little while, then put them into a deep thing that the Syrup may cover them, then boil a little water and Sugar to a Candy height, then having your Barberries drained well from the Syrup put them into the hot Candy, stir them gently till the Sugar be dissolved, but do not let them boil in it, then open every branch
and

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and lay them upon the brims of dishes, shift them often on clean dishes and open them every time, then set them into an Oven or Stove to dry.

211. *To make a very fine Sillibub.*

Take one Quart of Cream, one Pint and an half of Wine or Sack, the Juice of two Limons with some of the Pill, and a Branch of Rosemary, sweeten it very well, then put a little of this Liquor, and a little of the Cream into a Basin, beat them till it froth, put that Froth into the Sillibub pot, and so do till the Cream and Wine be done, then cover it close, and set it in a cool Cellar for twelve hours, then eat it.

212. *Fine sweet Powder for the hair.*

Take one pound of the best starch you can get, put it into a Basin with half a Pint of Rosemary water, as much Rosewater, stir them well together with a Spoon, then dry them well in the Sun, then take the searced Powder of Damask Roses, and four grains of Ambergreece, mix it well with your Starch, and sift it fine.

213. *To make Cakes of Pistachoes.*

Take half a pound of Almonds Blanched, half a pound of Pistachoes blanched, four Ounces of Pine-Apple-seeds, beat these together in a Mortar with a little Rosewater till it come to perfect Paste, then put in the weight of it in Sugar, and beat it again, then mould it with searced Sugar, and lay it upon Wafer-sheets, and fashion them as you please; then stick them with quartered Pistachoes, that they may make it look like a Hedg-hog, then with a Feather Ice them over with the White of an Egg, Rosewater and Sugar, then bake them carefully.

214. *To make Cakes of Apricocks in Lumps.*

Take Apricocks, and pare them and cut them in halves, then take their weight in Sugar, put half this Sugar and the Apricocks into a Posnet, let them boil apace till they look clear, then boil the other part of the Sugar to a Candy height, then put them together, and stir them a while, then put them into Glasses and set them into a Stove, and when the one side is dry, turn the other.

215. *To make Raspberry Sugar.*

Take the Juice of Raspberries and wet your Sugar with it, and dry it in a Stove in little Cakes; this will keep all the year, a little of it being put into a Glass of Wine, will give it as good a taste, as you can desire, and as good a colour; in this manner you may make Sugar of any Fruit, Flower, or Herb.

216. *To dry Apricocks.*

Take your fairest Apricocks and stone them, then weigh them, and as you pare them, throw them into cold water, have in readines their weight in fine Sugar, wet it with some of the water they lye in, and boil it to a Candy height, then put in your Apricocks, then boil them till they are clear, when they have lain three or four days in the Syrup, lay them out upon Glasses to dry in a stove, and turn them twice a day.

217. *To make rough Marmalade of Cherries.*

Stone your Cherries, and infuse them in a long Gallipot in a Kettle of boiling water, when they are all to pieces, then take their weight

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weight in fine Sugar boiled to a Candy height with a little water, then put in your Apricocks and stir them over a slow fire, but do not let it boil, when it will Jelly, put it into Glasse.

218. *To make smooth Marmalade of Cherries.*

Infuse them as you do the other, then strain them hard, and boil the Juice with a Candy as you do the other.

219. *To make white Trencher Plates which may be eaten.*

Take two Eggs beaten very well, Yolks and Whites, two spoonfuls of Sack, one spoonful of Rosewater, and so much flower as will make it into a stiff Paste, then roul it thin, and then lay it upon the outsides of Plates well buttered, cut them fit to the Plates, and bake them upon them, then take them forth, and when they are cold, take a pound of double refin'd Sugar beaten and searced, with a little Ambergreece, the White of an Egg and Rosewater, beat these well together, and Ice your Plates all over with it, and set them into the Oven again till they be dry.

220. *To*

220. *To make the Froth Posset.*

Take three Pints of Cream or new Milk, set it on the fire, then take sixteen Eggs and put the Whites into a Basin very deep, and beat the Yolks by themselves, make a Custard with them, and the Cream which is on the fire, then beat the Yolks to a Froth with a little Sack, and a little Sugar, when it is a thick Froth, cast it into another Dish with a Spoon, then take half a Pint of Sack, and sweeten it with Sugar, set it on a Chafing-dish of Coals in a large Basin, when it is hot, put in as much Froth as the Sack will receive, stir it in very well, then take your Custard and pour upon it, stir it all one way when you put it in, then if the Froth do not cover the top of the Posset, put in more, and stir it very well, and cover it close with a warm Dish, let it stand a while upon Coals, but not too hot; you may know when it is enough by putting your Spoon into the Basin, for then it will be clear in the bottom, Curd in the middle, and Froth on the top.

221. *To make Banbury Cakes.*

Make a Posset with Sack and Cream, then take a Peck of fine Flower, half an Ounce of Mace, as much of Nutmeg, as much of Cinamon, beat them and searce them, two pounds of Butter, ten Eggs, leaving out half their Whites, one Pint and half of Ale-Yest, beat your Eggs very well, and strain them, then put your Yest and some of the Posset to the Flower, stir them together, and put in your Butter cold in little pieces, but your Posset must be scalding hot; make it into a Paste, and let it lie one hour in a warm Cloth to rise, then put in ten pounds of Currans washed and dried very well, a little Musk and Ambergreece dissolved in Rose-water, put in a little Sugar among your Currans, break your Paste into little pieces, when you go to put in your Currans, then lay a Lay of broken paste, and then a Lay of Currans till all be in, then mingle your Paste and Currans well together, and keep out a little of your Paste in a warm Cloth to cover the top and bottom of your Cake, you must rowl the Cover very thin, and also the Bottom, and close them together over the Cake with a little Rose-water; prick the
the

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the top and bottom with a small Pin or Needle, and when it is ready to go into the Oven, cut in the sides round about, let it stand two hours, then Ice it over with Rosewater or Orange Flower and Sugar, and the White of an Egg, and harden it in the Oven.

222. *To make Cambridge Almond Butter.*

Take a Quart of Cream and sixteen Eggs well beaten, mix them together and strain them into a Posnet, set them on a soft fire, and stir them continually; when it is ready to boil, put in half a quarter of a Pint of Sack, and stir it till it run to a Curd, then strain the Whey from it as much as may be, then beat four Ounces of blanched Almonds with Rosewater, then put the Curd and beaten Almonds and half a pound of fine Sugar into a Mortar, and beat them well together, then put it into Glasses and eat it with bread, it will keep a Fortnight.

223. *To make a Sack Posset without Milk or Bread.*

Take a Quart of Ale and half a Pint of Sack, boil them with what spice you please, then take three quarters of a pound of Sugar, and

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and twenty Eggs, Yolks and Whites well beaten and strained, then take four Ounces of Almonds blanched and beaten with Rose-water, put them to the Eggs, and put them to the other things in the Posnet upon the fire, and keep them stirring, and when it boileth up, put it into a Basin, and strew on beaten spice and Sugar; you must also sweeten it when the Eggs go in.

224. To preserve Figs and dry them.

To every pound of your large ripe English Figs, take a pound of Sugar, and one Pint of Water, boil your Sugar and Water and scum it, then put in your Figs, and boil them very well till they are tender and clear; boil them very fast, when they have been in the Syrup a week, boil some Sugar to a Candy height, and put in the Figs, and when you perceive they are enough, lay them out to dry.

225. To pickle Mushrooms.

Take them of one nights growth, and peel them inside and outside, boil them in Water and Salt one hour, then lay them out to cool, then make a pickle of White Wine and White Wine Vinegar, and boil in it whole Cloves, Nutmegs, Mace, and Gin-
as you peel them put them in cold water

G
The time of mushrooms is about the middle of September

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gar sliced, and some whole Pepper, when it is cold, put them into it, and keep them for Sauces of several Meats; and if you would dress them to eat presently, put them in a Dish over a Chafingdish of Coals without any Liquor, and the fire will draw out their natural Liquor, which you must pour away, then put in whole Spice, Onions and Butter, with a little Wine, and so let them stew a while, then serve it in.

226. *To preserve whole Quinces to look red.*

When they are pared and cored, put them into cold water, and for every Pound of Quince take one Pound of Sugar, and a Pint of Water, make a Syrup thereof, then put in your Quinces, and set them on a slow fire, close covered, till you see they are of a good Colour and very tender, then take them out, and boil your Syrup till it will Jelly.

227. *To make very good Marmalade of Quinces to look red.*

Weigh your Quinces and pare them, cut them in quarters and core them, and keep them in cold water, then take their weight

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in Sugar, and a little water, and boil it, and scum it, then put in your Quinces, and set them on a slow fire, close covered, till you see it of a good colour, then uncover it, and boil it up very quick till you find that it will jelly very well.

228 To make Musk Sugar.

Bruise six grains of Musk and tie them in a piece of Tiffany, lay it in the bottom of a Gallipot, and then fill it with Sugar, and tie it up close, when you have spent that Sugar, put in some more, it will be well perfumed.

229. An excellent way to make Syrup of Roses, or of any other Flower.

Fill a Silver Bason three quarters full of Spring water, then fill it up with Rose-Leaves or any other, and cover it, and set it upon a pot of seething water one hour, then strain it, and put in more; and do in like manner, and so do seven times, then take to every Pint one Pound of Sugar, and make a Syrup therewith.

230. *To dry Rose Leaves.*

Pick your Roses, and dry them upon the Leads of a house in a Sun-shine day, and turn them as you do Hay, and when they are through dry, keep them in broad mouth'd Glasses close stopp'd.

231. *To Candy Flowers.*

Boil some Rose-water and Sugar together, then put in your Flowers being very dry, and boil them a little, then strew in some fine Sugar over them, and turn them, and boil them a little more, then take them from the fire, and strew some more Sugar over them, then take them out and lay them to dry, and open them, and strew Sugar over them; they will dry in a few hours in a hot day.

232. *The making of Sugar-Plate and casting of it into Moulds.*

Take one Pound of double refin'd Sugar beaten and searced, and three Ounces of pure white Starch beaten and searced, then have some Gum-Dragon steeped in Rose-water, and put some of it with the Sugar and Starch and a little of Ambergreece into

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a Mortar, and beat them till they come to a perfect paste, you must also put in a little White of an Egg with the Gum, then mould it with searced Sugar, then dust your Moulds with Sugar, then roul out your Paste and lay it into the Mould, pressing it down into every hollow part with your fingers, and when it hath taken impressiion, knock the Mould on the edge against a Table and it will come out, or you may help it with the point of your knife; if you find you have put in too much Gum, then add more Sugar, if too much Sugar, then more Gum, work it up as fast as you can, when they come out of the Moulds trim them handsomely; if you would make saucers, dishes, or bowls, you must roul it out thin and put your Paste into a saucer, dish, or bowl for a Mould, and let them stand therein till they be very dry, then gild them on the edges with the white of an Egg laid round about the edge with the pencil, and press the Gold down with some Cotton, and when it is dry brush off the superfluous loose Gold with the foot of an Hare, and if you would have your Paste exceeding smooth, as for Cards or the like, then roul your Paste upon a slicked paper with a very smooth Rouling-pin; if you would colour any of

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it, you must take the searced powder of any Herbs or Flowers, first dried, and put to it when you beat it in a Mortar with the Gum.

233. *To make Paste of Almonds.*

Take four Ounces of *Valentia* Almonds, blanched and beaten with Rose-water till it come to perfect Paste, then take stale white bread, grate it and sift it, and dry it by the fire, then put that to your Almonds with the weight of all in fine Sugar, beat them very well, and put in some Spice beaten and searced, then when it is a little cool, roul it out, dust your Moulds and print it and dry it in an Oven, you may if you please put the juice of a Limon into it when it is beating, you may make some of it into Jumbolds, and tie them in knots and bake them upon Buttered Plates, and when they are baked, ice them over with Rose-water, Sugar, and the White of an Egg, and set them into the Oven again for a while.

234. *To make French Bisket.*

Take half a Peck of fine Flower, two Ounces of Coriander seeds, the Whites of
four

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four Eggs, half a Pint of Ale-Yest, and as much water as will make it up into a stiff Paste, let your water be blood warm, then bake it in a long Roll as big as your Thigh, let it be in the Oven but one hour, when it is two days old, pare it and slice it thin overthwart, then ice it over thin, and set it into the Oven to dry.

235. To make Ginger-bread.

Take three stale Manchets grated and sifted, then put to them half an Ounce of Cinamon, as much Ginger, half an Ounce of Licoras and Anniseeds together, beat all these and searce them, and put them in with half a Pound of fine Sugar, boil all these together with a quart of Clarret, stirring them continually till it come to a stiff Paste, then when it is almost cold, mould it on a Table with some searced Spice and Sugar, then bake it in what shape you please.

236. Another sort of Ginger-bread.

Take half a pound of sweet Almonds blanched and beaten, half a pound of fine Flower first dried in an Oven, one Pound of fine Sugar, what sorts of Spices you
G 4 please,

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please, beaten and searced, and also seeds, beat all these together with two Eggs, both Yolks and Whites, then mould it with flower and Sugar together, and so bake it in what shape you please.

237. *To make Puff-Paste.*

Take a quart of the finest Flower, the Whites of three Eggs, and the Yolks of two, and a little cold water, make it into a perfect Paste, then roul it abroad thin, then lay on little bits of Butter, and fold it over again, then drive it abroad again, and lay on more Butter, and then fold it over, and so do ten times, make it up for your use, and put your Fruit or Meat therein and bake it.

238. *Another way for Puff-Paste.*

Take fine Flower half a Peck, the Yolks of five Eggs and one White, one Pound of Butter, half a Pint of Cream, and a little fair water, break your Butter in little Bits and do not mould it too much, but roul it abroad so soon as you can, and let the Butter be seen in spots; for that will make it hollow when it comes into the Oven, then put in your Meat or Fruit, and close

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close it over, and wash it over with the Yolk of an Egg and cream beaten together, just when you set it into the Oven, let your Oven be quick, but do not let it stand too long, for that will spoil it.

239. *To make short Paste without Butter.*

Bake your Flower first, then take a quart of it, and the Yolks of three Eggs and a Pint of Cream, two Ounces of fine Sugar, and a little Salt, and so make it into Paste.

240. *To Candy whole Spices with a hard Rock-Candy.*

Take one Pound of fine Sugar, and eight spoonfuls of Rosewater, and the weight of six pence of Gum-Arabick that is clear, boil them together till a drop will run as small as a hair; then put it into an earthen Pipkin, and having before steeped your spices one night or two in Rosewater, put your spices into the Pipkin, and stop it up close that no Air get in, keep it in a hot place three weeks, then break your Pot with a Hammer.

Thus you may do with preserved Oranges

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ges and Limons, any kinds of Fruits and Flowers, or Herbs if you please.

241. *To make very fine Bisket.*

Take half a Pound of searced Sugar, the Yolks of six Eggs, a little searced spice and Seeds, and a little Ambergreece or Musk, your Eggs must be very hard, then put all these into a Mortar and beat them to a Paste with a little Gum-Dragon steeped in Rose-water all night, then mould it up with fine Sugar; and make it into pretty Fancies, and dry them in a warm Oven.

242. *To make Orange, or Limon or Citron Bisket.*

Take either of these preserved and washed from their Syrup, beat them well in a Mortar, and then put in a little Gum-Dragon as before, beat them again together till it be a perfect Paste, then mould it up with Sugar searced, and make them up in what shape you please and dry it.

243. *To*

243. *To make Bisket of Potato-Roots
or Parsneps.*

Take their Roots boil'd very tender, and beat them in a Mortar with their weight of searced Sugar, then put in a little Gum-Dragon as before, beat them to a PASTE, and mould them up with Sugar searced, and make them up in what shape you please, and dry them.

244. *To pickle Oranges or Limons,
taught me by a Seaman.*

Take those which are free from any spots, and lay them gently in a Barrel, then fill up the Barrel with Sea-water, and so cover your Vessel close; for want of Sea-water, you may take fair water, and make it so strong with Bay Salt, that it will bear an Egg, and put to them in like manner.

245. *To keep Grapes fresh and green,
taught me by a Sea-Captain.*

Take your fairest Grapes without any blemish, then lay some Oats in a Box, and then a Lay of Grapes, and then more Oats,
and

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and so do till you have laid all in, then cover the Grapes well with Oats, and close your Box fast that no Air get in.

146. *To dry Grapes to keep longer.*

Take your best Clusters and hang them up in a Room upon Lines, and be sure you do not let them touch one another, they will keep four months.

247. *To make Marmalade of Oranges or Limons.*

Boil the Rinds of them in several Waters till they be very tender, beat them small with their weight of Pippins, then take the weight of all in fine Sugar, and to every Pound of Sugar, a Pint of Water, boil your Water and Sugar together, and make a Syrup, then put in your Pulp, and boil it a good while till it be clear, then put in the Juice of some Orange and Limon, so much as will give it a fine taste, then boil it a little longer till you see it will jelly very well, then put it into Glasses, and keep it in a reasonable warm place; this is very Cordial, and stoppeth Rheum.

248. *To make green Ginger wet.*

Take one pound of Ginger, and steep it in Red-Wine and Vinegar equally mixed, let it stand so close covered twelve days, and twice every day stir it up and down, then take two quarts of Red-Wine and as much Vinegar, and boil them together a little while, then put in three pounds of Sugar and make a Syrup therewith, then put in your Ginger and boil it a while, then set it by till the next day, so boil it every day a little, till it be very clear, and so keep it in the Syrup.

249. *To make a Sallad of Limons.*

Take the rinds of Limons cut in halves, and boil them in several waters till they are very tender, then take vinegar, Water and Sugar, and make a Syrup, then put in your Limons, first cut as you would an Appleparing, round and round till you come at the top, boil them a while in the Syrup, then set them by till the next day, then boil them again a little, and so do till you see they be clear, and the Syrup thick; when you serve them to the Table, wash them in Vinegar.

205. *To stew Prunes without fire.*

Take your largest Prunes well washed, and put them into a broad mouthed Glass, then put to them some Clarret Wine, and whole Spice, and cover your Glass very well, and set it in the Sun ten days or more, and they will eat very finely; you must also put a little Sngar into the Glass with them.

251. *To make Syrup of the Juice of Citrons or Limons.*

Take the Juice of either of them, and put twice the weight of fine Sugar therein, put it into a long Gallipot, and set that pot into a Kettle of boiling water, till you see they be well incorporated, then take it out, and when it is cold put it up.

252. *To make Punch.*

Take one Quart of Clarret wine, half a Pint of Brandy, and a little Nutmeg grated, a little Sugar, and the Juice of a Limon, and so drink it.

253. *To*

253. *To make Limonado.*

Take one Quart of Sack, half a Pint of Brandy, half a Pint of fair Water, the Juice of two Limons, and some of the Pill, so brew them together with Sugar, and drink it.

254. *To make Paste of Pomewaters.*

Take your Pomewater Apples, and put them in a Long Gallipot, and set that Pot in a Kettle of boiling water, till your Apples are tender, then pare them, and cut them from the Core, and beat them in a Mortar very well, then take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your Apples, and boil them till it will come from the bottom of the Posnet, when it is almost cold mould it with searced Sngar, and make it in Cakes and dry them.

255. *To make Syrup of Raspberries, or of other Fruits, as Grapes or the like.*

Take the Juice of your Fruits and the weight thereof in fine Sugar, mix them
together.

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together, and put them into a long Gally-pot, and set that pot into a Kettle of seething water, and when you see it is enough let it cool, and then put it up; after you have strained out your Juice, you must let it stand to settle three or four days before you put the Sugar into it, and then take only the clearest, this is exceeding good and comfortable in all Feavers.

256. *To make a Caudle for a sick body both pleasant and comfortable.*

Take a quart of white Wine, and boil it a while with a Blade of large Mace, and a little whole Cinamon, then take four Ounces of sweet Almonds blanched and beaten with a little Rose-water, then strain your Almonds with the Wine, and set it over the fire again, and when it is scalding hot, put in the Yolks of four Eggs, and as much Sugar as you think fit.

257. *How*

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257. *How to cover all kinds of Seeds, or little pieces of Spices, or Orange or Limon Pill, with Sugar for Comfits.*

First of all you must have a deep bottomed Basin of Brass or Latin, with two ears of Iron to hang it with two Cords over some hot Coals.

You must also have a broad Pan to put Ashes in, and hot Coals upon them.

You must have a Brass Ladle to let run the Sugar upon the Seeds.

You must have a Slice of Brass to scrape away the Sugar from the sides of the hanging Basin, if need be.

Having all these things in readines, do as followeth;

Take fine white Sugar beaten, and let your Seeds and Spice be dry, then dry them again in your hanging Basin:

Take to every two pounds of Sugar one quarter of a pound of Spices or Seeds, or such like.

If it be Anniseeds, two pounds of Sugar to half a pound of Anniseeds, will be enough.

Melt your Sugar in this manner, put in three Pounds of Sugar into the Basin, and
one

one Pint of Water, stir it well till it be wet, then melt it very well and boil it very softly until it will stream from the Ladle like Turpentine, and not drop, then let it seeth no more, but keep it upon warm Embers, that it may run from the Ladle upon the seeds.

Move the seeds in the hanging Basin so fast as you can or may, and with one hand, cast on half a Ladle full at a time of the hot Sugar, and rub the Seeds with your other hand a pretty while, for that will make them take the Sugar the better; and dry them well after every Coat.

Do thus at every Coat, not only in moving the Basin, but also with stirring of the Comfits with the one hand, and drying the same: in every hour you may make three pounds of Comfits; as the Comfits do increase in bigness, so you may take more Sugar in your Ladle to cast on:

But for plain Comfits, let your Sugar be of a light decoction last; and of a high decoction first, and not too hot.

For crisp and ragged comfits make your decoction so high, as that it may run from the Ladle, and let it fall a foot high or more from the Ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits be; also the Comfits will not take

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so much of the Sugar, as upon a light decoction, and they will keep their raggedness long; this high decoction, must serve for eight or ten Coats, and put on at every time but one Ladle full.

A quarter of a pound of Coriander seeds, and three pounds of Sugar, will serve for very great Comfits.

See that you keep your Sugar in the Basin always in good temper, that it burn not in Lumps, and if at any time it be too high boned, put in a spoonful or two of water, and keep it warily with your Ladle, and let your fire be always very clear, when your Comfits be made, set them in Dishes upon Papers in the Sun or before the Fire, or in the Oven after Bread is drawn, for the space of one hour or two, and that will make them look very white.

157. *To make a fine Cullis or Jelly.*

Take a red Cock, scald wash and dress him clean, seeth it in white Wine or Rhenish Wine, and scum it clean, put in a pint of thick cream to it, then put in whole Spices, Sugar and Rose water, and boil them together.

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258. *A white Jelly with Almonds.*

Take Rose-water and Gum-Dragon first steeped, or Isinglass dissolved, and some Cinnamon whole, seeth these together, then take one pound of Almonds blanched and beaten with Rose-water, then put them in and seeth them with the rest, stir them always, and when it is enough, sweeten it to your taste, and when it is cold eat it.

259. *To make sweet Cakes without Sugar.*

Wash some Parsnep roots, scrape them and slice them very thin, dry them in a Dish in an Oven and beat them to a Powder, mix them with an equal quantity of fine Flower, mix them with Cream, beaten Spice and Salt, and so make them and bake them.

260. *To keep Roses or Gilliflowers very long.*

Take them when they are very fresh, and in the bud, and gathered very dry, dip them in the whites of Eggs well beaten, and presently strew thereon searced Sugar, and put them up in luted Pots, and set them in a cool place

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place, in sand or gravel, and with a Filip of your finger at any time you may strike off the coat, and you will have the Flower fresh and fair.

261. *How to keep walnuts long fresh and good.*

Make a lay of the dry stampings of Crabs when the Verjuice is pressed forth, then a Lay of Walnuts, and then Crabs again, till all be in, then cover the Vessell very well, and when you eat them, they will be as though they were new gathered.

262. *To pickle Quinces.*

Put them into a Vessel, and fill up the Vessel with small Ale, or white Wine Lees, which is better, and cover your Vessel well that no Air get in.

263. *To keep Artichokes.*

Take your Artichokes, and cut off the stalks within two inches of the Apple, and of these stalks make a strong Decoction, slicing them into thin and small pieces, and boil them with water and salt, when it is cold

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cold, put in your Artichokes, and keep them from the Air.

When you spend them, lay them first in warm water, and then in cold, to take away the bitternefs.

264. *To make Clove or Cinnamon Sugar.*

Put Sugar in a Box, and lay Spices among it, and close up the Box fast, and in short time it will smell and tast very well,

265. *To make Irish Aquavitæ.*

Take to every Gallon of good *Aquavita*, two ounces of Liquorice bruised, two ounces of Aniseeds bruised, let them stand six dayes in a Vessell of Glass close stopped, then pour out as much of it as will run clear, dissolve in that clear six great spoonfuls of the best Molasses, then put it into another Glass, then add to it some Dates and Raisins of the Sun stoned; this is very good for the Stomach.

266. To

266. *To distill Roses speedily.*

Stamp your Roses in a Mortar with a little Rosewater, and then distil them: This way will yield more water by much than the common way.

267. *To make Scotch Brewis.*

Take a Manchet and pare off the crust, then slice it thin and whole round the Loaf, and lay these slices into a deep dish cross ways, one slice lying upon the edge of the other a little, that they may lye quite cross the dish, then fill it up with Cream and put whole Spice therein, so set it over a Chafing-dish of Coals very hot, and always cast the Cream all over the Bread with a Spoon till all be spent, which will be above an hour, then take some Sack and sweeten it with Sugar, and pour all over it, and serve it to the Table.

268. *To make fine Black Puddings.*

Take the Blood of a Hog, and strain it, and let it stand to settle, putting in a little Salt while it is warm, then pour off
the

the water on the top of the Blood, and put so much Oatmeal as you think fit, let it stand all night; then put in eight Eggs beaten very well, as much Cream as you think fit, one Nutmeg or more grated, some Pennyroyal and other Herbs shred small, good store of Beef Sewet shred very small, and a little more Salt; mix these very well together, and then have your Guts very well scoured, and scraped with the back of a Knife, fill them but not too full, then when you have tyed them fast, wash them in fair water, and let your water boil when they go in; then boil them half an hour, then stir them with the handle of a Ladle and take them up and lay them upon clean straw, and prick them with a Needle, and when they are a little cool put them into the boiling water again, and boil them till they are enough.

269. *To make the best Almond-Puddings.*

Take a quart of thick Cream and boil it a while with whole Spice, then put in half a pound of sweet Almonds blanched and beaten to a Paste with Rose-water, boil these together till it will come from the bottom of the

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the Posner, continually stirring it for fear it burn :

Then put it out, and when it is cool, put in twelve yolks of Eggs, and six Whites, some Marrow in big Bits, or Beef Suet shred small, as much Sugar as you think fit, then fill your Guts being clean scraped; you may colour some of them if you please, and into some put plumped Currans, and boil them just as you do the other.

270. To make a Rice Pudding to bake.

Take three Points of Milk or more, and put therein a quarter of a Pound of Rice, clean washed and picked, then set them over the fire, and let them warm together, and often stir them with a wooden Spoon, because that will not scrape too hard at the bottom, to make it burn, then let it boil till it be very thick, then take it off and let it cool, then put in a little Salt, some beaten Spice, some Raisins and Currans, and some Marrow, or Beef Suet shred very small, then Butter your Pan, and so bake it, but not too much.

H

271. To

271. *To make a Pudding of wild Curds.*

Take Wild-curds and Cream with them, put thereto Eggs, both yolks and whites, Rosewater, Sugar, and beaten Spice with some Raisins and Currans, and some Marrow, and a little Salt, then butter a Pan, and bake it.

272. *To make Pudding of Plum-Cake.*

Slice your Cake into some Cream or Milk, and boil it, and when it is cold, put in Eggs, Sugar, a little Salt and some Marrow, so butter a Pan and bake it, or fill guts with it.

273. *To make Bisket Pudding.*

Take Naples Biskets and cut them into Milk, and boil it, then put in Eggs, Spice, Sugar, Marrow, and a little Salt, and so boil it and bake it.

274. *To make a dry Oat meal Pudding.*

Take your Oatmeal well picked, and put into it a little Salt, some Raisins and Currans,

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rans, and some beaten Spice, and good store of Beef Suet finely shred, so tie it up hard in a Cloth, and let your water boil when you put it in; and let it boil very well; if you would butter it, then leave out the Suet; and if you would leave out the Fruit, then put in sweet herbs good store.

275. *To make Almond Puddings a different way from the other.*

Take two Manchets and grate them, then scald them in some Cream, then put in some Almonds Blanced and beaten as you do other, with Rose-water, let there be about half a pound, then put in eight Eggs well beaten, some Spice, Sugar, Salt and Marrow, and having your Guts well scowred and scraped, fill them, but not too full, and boil them as you do the other; or bake it if you please; Currans will do well in it.

276. *To make a Quaking Pudding.*

Take Grated Bread, a little Flower, Sugar, Salt, beaten Spice, and store of Eggs well beaten, mix these well, and beat them together, then dip a clean Cloth in hot water, and flower it over, and let one hold it

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at the four corners till you put it in, so tie it up hard, and let your Water boil when you put it in, then boil it for one hour, and serve it in with Sack, Sugar and Butter.

277. *To make good Dumplings.*

Take some Flower and a little Salt, and a little Ale-Yest, and so much water as will make it into a Paffe, so let your water boil when you do put them in; boil them but a little while and then buttet them.

278. *Another way to make Dumplings.*

Take half a quarter of a Peck of Flower, and one Egg, yolk and white, half a Pound of Butter broke in little Bits, mix them together with so much cold Milk as will make it up, do not break your Butter too small, for then they will not flake; make them up like Rouls of Butter, and when your water boils, put them in, and do not boil them too much, then butter them.

279. *Another way to make Dumplings.*

Take Flower and temper it very light with Eggs, Milk, or rather Cream, beaten Spice, Salt, and a little Sugar, then wet a Cloth

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Cloth in hot water, and flower it, and so boil it for a Pudding, or else make it pretty stiff with the Flower and a little grated Bread, and so boil them for dumplings, then butter them, and serve them in.

280. *To make a green Pudding to Butter.*

Take a Quart of Cream and boil it, then put in twelve Eggs, yolks and whites well beaten, and one Manchet grated small, a little Salt, beaten Spice and some Sugar.

Then colour it well with some Juice of Spinage, or if you will have it yellow, colour it with Saffron, so boil it in a wet Cloth flowered as before, and serve it in with Wine, Sugar and Butter, and stick it with blanched Almonds split in halves, and pour the sauce over it, and it will look like a Hedgehog.

You may at some time stick it with Candied Orange Pill or Limon Pill, or Eringo Roots Candied, you may sometimes strew on some Caraway Comfits, and if you will bake it, then put in some Marrow, and some Dates cut small: thus you have many Puddings taught in one.

281. *To make a Pudding of a Hogs Liver.*

Take your Liver and boil it in water and salt, but not too much;

Then beat it fine in a Mortar, and put to it one Quart of Cream, a little Salt, Rose-water, Sugar, beaten Spice and Currans, with six Eggs beaten very well: mix it well.

And if you bake it, put in Marrow, or if you boil it in Skins.

But if you boil it in a Cloth, then leave it out; and butter it when it is boiled.

282. *To make a Raspberry Pudding.*

Take a Quart of Cream and boil it with whole Spice a while, then put in some grated Bread, and cover it off the Fire, that it may scald a little; then put in eight Eggs well beaten, and sweeten it with Sugar; then put in a Pint or more of whole Raspberries, and so boil it in a Cloth, and take heed you do not boil it too much, then serve it in with Wine, Butter, and Sugar.

You may sometimes leave out the Raspberries, and put in Cowslip Flowers, or Goosberries.

283. *To make a Calves-Foot Pudding.*

Take those which are tenderly boiled and shred them small with Beef-Suet, then put to four Feet one quart of Cream and eight Eggs well beaten, a little Salt, some Rose-water and Sugar, some beaten Spice, and one pound of Currans; mix all these well together, then boil it or bake it, but if you would Butter it, then do not put in Suet.

284. *To make a Pudding to rost.*

Take a Pint of Cream, scald a little grated Bread in it, then put in three Eggs beaten, a little Flower, Currans, beaten Spice, Suet, Sugar and Salt, with some Beef-Suet finely shred, make it pretty stiff, and wrap it in a Lambs Caul, and rost it on a Spitt with a Loin of Lamb; if you please, you may put in a little Rosewater.

285. *To make Cream of divers things.*

Take a Quart of Cream and boil it a while, then put in eight yolks of Eggs, and six Whites well beaten, put them in over the Fire, and stir them lest they turn, then

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when it is almost enough, put in some Candied Eringo Root, Orange or Limon Pill Candied, and cut thin, preserved Plums, without the Stones, Quince, Pippin, Cherries, or the like; if you do not like it so thick, put fewer Eggs into it.

286. *To make Cream of Artichoke Bottoms.*

Take a Quart of Cream and boil it with a little whole Mace a while; then have your Artichoke Bottoms boiled very tender, and bruise them well in a Mortar, then put them into the Cream, and boil them a while, then put in so many yolks of Eggs as you think fit, and sweeten it to your taste; when you think it is enough, pour it out, and serve it in cold.

287. *To pickle Barberries.*

Take your Barberries and pick out the fairest Bunches of them, then take the Refuse, and with some Water and Salt, so strong as will bear an Egg, boil them together for half an hour or more, then lay your fair Bunches into a Pot, and when the Liquor is cold, pour it over them.

288. *To pickle French Beans.*

Take them before they be too old, and boil them tender, then put them into a pickle made with Vinegar and Salt, and so keep them; it is a very good and pleasant Sallad.

289. *To pickle Oysters.*

Take your great Oysters, and in opening them save the Liquor, then strain it from dross, add to it some White Wine, and White Wine Vinegar, and a little Salt, and so let them boil together a while, putting in whole Mace, whole Cloves, whole Pepper, sliced Ginger, and quartered Nutmegs, with a few Bay leaves; when the Liquor is boiled almost enough, put in your Oysters and plump them, then lay them out to cool, then put them into a Gally-pot or Barrel, and when the Liquor is cool, pour it over them, and keep them from the Air.

290. *To make the best sort of Mustard.*

Dry your Seed very well, then beat it by little and little at a time in a Mortar, and sift it, then put the Powder into a Gally-pot, and wet it with Vinegar very well, then put in a whole Onion, pilled but not

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cut a little Pepper beaten, a little Salt, and a lump of Stone Sugar.

291. *Another sort of Mustard.*

Dry your Horse-Radish Roots in an Oven very dry, then beat them to Powder and sift them, and when you would use any, wet it with Wine Vinegar, and so it will rather be better than the other.

292. *To keep boiled powdered Beef long after it is boiled.*

When your Beef is well powdered, and boiled thoroughly, and quite cold, wrap it up close in a Linnen cloth, and then a Woollen one, and so keep it in a Chest or Box from the Air.

293. *To make Clouted Cream.*

Take three Gallons of new Milk, set it on the fire, and boil it, then put in two Quarts of Cream, and stir it about for a while over the fire, then pour it out into several pans, and cover it till the next morning, then take it off carefully with a Skimmer, and put it all into one dish one
upon

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upon another, then eat it with Wine and Sugar.

294. *An excellent Damask Powder.*

Take of Orrice half a Pound, Rose leaves four Ounces, Cloves one Ounce, *Lignum Rhodium* two Ounces, *Sterax* one Ounce and an half, *Benjamin* one Ounce and an half, Musk and Civet of each ten Grains; beat them altogether grossly, save the Rose leaves you must put in afterwards. This is a very fine Powder to lay among Linnen,

The End of the First Part.

172
The second time of the
Sugar

294. An excellent Balsam
Powder

Take of Orice half a Pound, Role leaves
four Ounces, Cloves one Ounce, Elixum
Arabian two Ounces, Stevia one Ounce
and an half, Benzoin one Ounce and an
half, Musk and Civet of each ten Grains,
beat them all together in a mortar, and
leaves you must put in afterwards. This is
a very fine Powder to lay among Linen.

The End of the Fifth Part

THE
SECOND PART
OF

The Queen-like Closet:

Having an Addition of what hath
already been treated of, and directing a
very true and excellent way for all man-
ner of COOKERY, both FISH, FLESH,
and PASTRY;

Shewing,

The true SEASONING of all Things
for Compleat TABLES:

Also,

All Kinds of SAUCES & PICKLES,
in a very brevous way.

Here is to be noted, that in divers of these
Receipts there are Directions for two or
three several Things in one, not confoun-
ding the Brains with multitudes of
Words, to little or no purpose, or vain
Expressions of things which are altoge-
ther unknown to the Learned as well as to
the Ignorant: This is really imparted for
the good of all the FEMALE SEX.

By *Hannah Wolly*, aliàs *Chaloner*.

London, Printed for *R. Lowndes*, 1674.

THE
SECOND PART
OF

The Queen-like Closet:

Having an Addition of what shall
they bear thereof, and directing a
copy up and excellent way for all man-
ner of COOKERY, both FISH, FRESH,
and PASTRY;

Sheweth,

The true SARRONING of all Things
for Compleat TABLES:

All Kinds of SAUCES & PICKLES
in a very privious way.

It is to be noted, that in divers of these
Receipts there are Directions for two or
three several Things in one, not confound-
ing the Brains with multitudes of
Words, to little or no purpose, or vain
Expressions of things which are strange
ther unknown to the Learned as well as to
the Ignorant: This is really imparted for
the good of all the FEMALE SEX.

By Thomas Wolfe, alias Chalover.

London, Printed for R. Lowndes, 1674.



T H E

Queen-like CLOSET,

O R

Rich Cabinet.

The SECOND PART.

I. *To make Elder Vinegar and to colour it.*

Take of your best white Wine Vinegar, and put such a quantity of ripe Elder-Berries into it as you shall think fit, in a wide mouth'd Glass, stop it close, and set it in the Sun for about ten days, then pour it out gently into another Glass, and keep it for your use; thus

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thus you may make Vinegar of Red Roses ;
Cowslips, Gilliflowers, or the like.

2. *To make Metheglin, either Brown
or white, but White is best.*

Take what quantity you please of Spring-
Water, and make it so strong with Honey
that it will bear an Egg, then boil it very
well, till a good part be wasted, and put in
to it boiling a good quantity of whole Spice,
Rosemary, Balm, and other cordial and
pleasant Herbs or Flowers.

When it is very well boiled, set it to cool,
it being strained from the Herbs, and the
Bag of Spices taken out ;

When it is almost cold, put in a little
Yest, and beat it well, then put it into Ves-
sels when it is quite cold, and also the Bag
of Spice, and when it hath stood a few days,
bottle it up ; if you would have it red, you
must put the Honey to strong Ale Wort in
stead of Water.

3. *To*

3. *To make Collar'd Beef.*

Take a good Flank of Beef, and lay it in Pump water and Salt, or rather Salt-peter, one day and one night, then take Pepper, Mace, Nutmegs, Ginger, and Cloves, with a little of the Herb called Tarragon, beat your Spice, shred your Tarragon, and mingle these with some Suet beaten small, and strew upon your Beef, and so rowl it up, and tie it hard, and bake it in a pot with Claret Wine and Butter, let the pot be covered close, and something in the pot to keep the Meat down in the Liquor that it may not scorch, set it into the Oven with Household bread, and when it is baked, take it out, and let it cool, then hang it up one night in the Chimney before you eat it, and so as long as you please.

Serve it in with Bay Leaves, and eat it with Mustard and Sugar.

4. *To make Almond Puddings with French Rolls or Naples Biskets.*

Take a Quart of Cream, boil it with whole Spice, then take it from the Fire, and put in three Naples Biskets, or one Penny French Roll sliced thin, and cover it up to scald;

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scald; when it is cold, put in four Ounces of sweet Almonds blanch'd, and beaten with Rosewater, the Yolks of eight Eggs, and a little Marrow, with as much Sugar as you think fit, and a little Salt; you may boil it, or bake it, or put it into Skins; if it be boiled or baked, put Sugar on it when you serve it in.

5. To make Barley Cream.

Take two Ounces of French Barley, and boil it in several Waters, then take a quart of Cream, and boil it with whole Spice, put in your Barley, and boil them together very well,

Then put in the Yolks of six Eggs well beaten, and as much Sugar as you think fit; stir them well over the fire, then pour it out, and when it is cold serve it in; thus you may make Rice-Cream, only do not boil that, but a very little in Milk, before you put it into the Cream.

6. To

6. *To make Cheese-Cakes.*

Take four Gallons of new Milk, set it with a little Runnet, and when it is come, break it gently, and whey it very well, then take some Manchet, first sealded well in new Milk, let the Milk be thick with it, and while it is hot, put in a quarter of a pound of fresh Butter, and stir it in, when it is cold, mix that and your curd together very well, then put in one pound and half of plumped Currans, some beaten Spice, a very little Salt, Rosewater, and the yolks of eight Eggs, half a Pint of Cream, and a little Sugar, mix them well together, then make some Paste, with Flower, Butter, the yolk of an Egg and fair water, and roul it out thin, and so bake them in bake-pans, and do not let them stand too long in the Oven.

7. *Another way for Cheese-cakes.*

Take the Curd of four Gallons of new Milk, and put thereto half a pound of Almonds blanchd and beaten fine with Rosewater, then put in one Pint of Raw Cream, the yolks of ten Eggs, some beaten Spice,

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a little Salt, one pound and half of plumped Currans, a little Rosewater, and some Sugar, and so mix them very well, and put them into your Crust and bake them.

8. *Another way for Cheese-cakes.*

Take the Curd of four Gallons of new Milk, beat it well in a Mortar with half a pound of fresh Butter, and then season it as you do the other above-named.

9. *Another way for Cheese-cakes.*

Take the same quantity of Curd, and mix it with half a Pound of Rice boiled tender in Milk, one quarter of a pound of fresh Butter, the yolks of eight Eggs, one Pint of Cream, beaten Spice, two pounds of Currans first plumped, Rosewater and Sugar, and a little Salt, and so bake them, not too much.

10. *To make a fresh Cheese.*

Take some very tender Cheese-Curd, stamp it very well in a Mortar with a little Rosewater, wherein whole Spice hath been steeped, then let it stand in a little Cullender

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lender about half an hour, then turn it out into your Dish, and serve it to the Table with Cream, Wine, and Sugar.

11. Another way for a fresh Cheese.

Take a quart of Cream, and boil in it whole Spice, then stir in the yolks of eight Eggs, and four whites well beaten, and when they are hot, put in so much Sack as will give it a good taste, then stir it over the Fire till it runneth on a Curd, then beat it in a Mortar as the other, and serve it to the Table with Cream and Sugar.

12. To make Oatmeal Pudding.

Take Oatmeal beaten fine, put to it some Cream, beaten Spice, Rosewater and Sugar, some Currans, some Marrow, or Beef Suet shred fine, and a little Salt, then Butter your pan and bake it.

13. Puddings in Balls to stew or to fry.

Take part of a Leg of Veal, parboil it, and shred it fine with some Beef Suet, then take some Cream, Currans, Spice, Rosewater,

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ter, Sugar, and a little Salt, a little grated Bread, and one handful of Flower, and with the yolks of Eggs make them in Balls, and stew them between two Dishes, with Wine and Butter, or you may make some of them in the shape of Sausages, and fry them in Butter, so serve them to the Table with Sugar strewed over them.

14. *To boil Pigeons.*

Take your largest Pigeons and cut them in halves, wash them and dry them, then boil a little water and Salt, with some whole Spice, and a little Faggot of sweet Herbs, then put in your Pigeons and boil them, and when they are enough, take some boiled Parsley shred small, some sweet Butter, Claret Wine, and an Anchovy, heat them together, then put in the yolks of Eggs, and make it thick over the Fire, then put in your Pigeons into a Dish, garnished with pickled Barberries and raw Parsley, and so pour over them your Sawce, and serve it to the Table.

15. *To make an Apple Tansie.*

Take a Quart of Cream, one Manchet grated, the yolks of ten Eggs, and four Whites, a little Salt, some Sugar, and a little Spice, then cut your Apples in round thin slices, and lay them into your Frying-Pan in order, your Batter being hot, when your Apples are fried, pour in your Butter, and fry it on the one side, then turn it on a Pie-Plate, and slide it into the Pan again, and fry it, then put it on a Pie-Plate, and squeeze the Juice of a Limon over it, and strew on fine Sugar, and serve it to the Table.

16. *To make a green Tansie to fry, or boil over a Pot.*

Take a quart of Cream, the yolks of one dozen of Eggs and half, their Whites well beat, mix them together, and put in one Nutmeg grated, then colour it well with the Juice of Spinage, and sweeten it with Sugar, then fry it with Butter as you do the other, and serve it in the same manner; but you must lay thin slices of Limon upon this.

If you will not fry it, then butter a Dish, and pour it therein, and set it upon a Pot
of

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of boiling water till it be enough; this is the better and easier way.

Thus you may make Tansies of any other things, as Cowslips, Rasberries, Violets, Marigolds, Gilliflowers, or any such like, and colour them with their Juice; you may use green Wheat instead of Spinage.

17. *To make an Amulet.*

Take twelve Eggs, beat them and strain them, put to them three or four spoonfuls of Cream, then put in a little Salt, and having your frying-pan ready with some Butter very hot, pour it in, and when you have fryed it a little, turn over both the sides into the middle, then turn it on the other side, and when it is fryed, serve it to the table with Verjuice, Butter and Sugar.

18. *To make a Chicken-Pie.*

Make your Paste with cold Cream, Flower, Butter and the yolk of an Egg, roul it very thin, and lay it in your Baking-pan, then lay Butter in the Bottom.

Then lay in your Chickens cut in quarters with some whole Mace, and Nutmeg sliced, with some Marrow, hard Lettice, Eryngo Root, and Citron Pill, with a few Dates stoned and sliced: Then

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Then lay good store of Butter, Close up your Pie and bake it:

Then Cut it open, and put in some Wine, Butter and Sugar, with the Yolks of two or three Eggs well beaten together over the fire, till it be thick, so serve it to the Table, and garnish your Dish with some pretty Conceits made in Paste.

19. To make a Collar of Brawn of a Breast of Pork.

Take a large Breast of Pork, and bone it, then roul it up, and tie it hard with a Tape, then boil it in water and Salt till it be very tender, then make Souce drink for it with small Beer, Water and Salt, and keep it in it:

Serve it to the Table with a Rosemary Branch in the middle of it, and eat it with Mustard.

20. To souce Veal to eat like Sturgeon.

Take what part of Veal you like best, and boil it with water and salt, and a bundle of sweet herbs, and a little Limon Pill, when it is boiled enough, put into your Liquor so much Vinegar as will make it tast sharp, and

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a Limon sliced, and when it is cold, put in your Veal, and when it hath lain four or five days, serve it to the Table with Fennel, and eat it with some Vinegar; you must tie it up as you do Brawn.

21. To make a Pasty of a Breast of Veal.

Take half a Peck of fine Flower, and two pounds of Butter broken into little bits, one Egg, a little Salt, and as much cold Cream, or Milk as will make it into a PASTE; when you have framed your Pasty, lay in your Breast of Veal boned, and seasoned with a little Pepper and Salt, but first you must lay in Butter.

When your Veal is laid in, then put in some large Mace, and a Limon sliced thin, Rind and all, then cover it well with Butter, close it and bake it, and when you serve it in, cut it up while it is very hot, put in some white Wine, Sugar, the Yolks of Eggs, and Butter being first heated over the Fire together; this is very excellent meat.

22. To make a Pigeon-Pie.

Make your PASTE as for the Pasty, roul it thin, and lay it into your baking-pan, then

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then lay in Butter, then mix Pepper and Salt and Butter together, and fill the bellies of your Pigeons, then lay them in, and put in some large Mace, and little thin slices of Bacon, then cover them with Butter, and close your Pie, and bake it not too much.

23. To boil a Capon or Hen with Oysters.

Take either of them, and fill the Belly of it with Oysters, and truss it, then boil it in white Wine, Water, the Liquor of the Oysters, a Blade or two of Mace, a little Pepper whole, and a little Salt; when it is boiled enough, take the Oysters out of the belly, and put them into a Dish, then take some Butter, and some of the Liquor it was boiled in, and two Anchoves with the yolks of Eggs well beaten, heat these together over the fire, and then put your Oysters into it; then garnish your Dish with Limon sliced thin, and some of the Oysters, also some pickled barberries and raw Parsly, then lay your Capon or Hen in the middle of it, and pour the sauce upon the Breast of it, then lay on sliced Limon and serve it in.

24. *To make an Olio.*

First lay in your Dish a Fricasy made of a Calves-head, with Oysters and Anchovies in it, then lay Marrow-bones round the Dish, within them lay Pigeons boiled round the Dish, and thin slices of Bacon, lay in the middle upon your Fricasy a powdred Goose boiled, then lay some sweet-breads of Veal fried, and balls of Sawfage-meat here and there, with some Scotch Collops of Veal or of Mutton: Garnish your Dish with Limon or Orange and some toasts for the Marrow, so serve it in.

25. *To make Cracknels.*

Take half a Pound of fine Flower, and as much fine Sugar, a few Coriander seeds bruised, and some Butter rubbed into the Flower, wet it with Eggs, Rosewater and Cream, make it into a Paste, and rowl it in thin Cakes, then prick them and bake them, then wash them over with Egg and a little Rosewater, then dry them again in the Oven to make them crisp.

26. To make good Sauce for a boiled Leg of Mutton.

Take the best Prunes and stew them well with white Wine or Claret, and some whole Spice, then strain them into a Dish and set it over a Chafingdish of Coals; put to it a little grated Bread, juice of Limon and a little salt, then lay your Mutton in a Dish, being well boiled with water and salt, pour your sauce to it:

Garnish your Dish with Limon, Barberies, Parsly, and so serve it in.

27. To rost Pork without the Skin.

Take any joint of small Pork, not salted and lay it to the fire till the Skin may be taken off, then take it from the fire and take off the Skin, then stick it with Rosemary and Cloves, and lay it to the fire again, then salt it and rost it carefully, then make Sauce for it with Claret Wine, white bread sliced thin, a little water, and some beaten Cinamon; boil these well together, then put in some Salt, a little Butter, Vinegar, or Juice of Limon, and a little Sugar, when your Pork is rosted enough, then flower it,

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and lay it into a Dish with the Sauce, and serve it in.

28. *To roste a Pig like Lamb.*

Take a Pig cut it in quarters, and truss it like quarters of Lamb, then spit it, and roste it till you may take off the Skin, then take the Spit from the fire, and take the Skin clean off, then draw it with Parsly, and lay it to the fire, baste it with Butter, and when it is enough, flower it and serve it to the Table with Butter, the Juice of Orange, and gross Pepper, and a little Salt.

29. *To make Codling Cream:*

Take fair Codling Apples, and when you have scald them very well, peel them, and put them into warm water over a few Embers covered close till they are very green, then take a quart of Cream and boil it with a blade of Mace, and then bruise six of your Codlings very well, and when your Cream is almost cold, put in your Codlings, and stir them very well over a slow fire for fear they turn, then put in the yolks of Eggs well beaten, and what Sugar you think fit, and let it be upon the fire, stirring it till you think it be enough, then serve it in cold.

30. *A very dainty Summer Dish.*

Set a little morning Milk with Runnet, as for a Cheese, when it is come, slice it out with a thin Slice, and lay it into a Dish you mean to serve it in, and put to it a little raw Cream, what Wine you please, and some Sugar, and so eat it.

31. *To Butter Lobsters, Crabs or Crasfish.*

Take out their Meat and Mince it small, and set it over a Chafingdish of Coals with a little white Wine, a little Salt, and a blade of Mace, and when it is very hot, put in some Butter and some Crums of white bread, then warm the shells against the fire, and fill them again with their Meat, and so serve them in.

You may do shrimps or Prawns thus, only you must not put them into their shells, again, but garnish your dish with them.

32. *To make a very good Cheese.*

Take a Pail full of Morning Milk and Stroakings, and set it together with two

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Spoonfuls of Runnet, and cover it; when it is come, put it into the Wheying-Cloth gently, and break it as little as you can; when the Whey is run clean from it, put it into the Vat, and turn it in the Evening, next morning take it out and salt it a little, and turn it twice a day upon a clean Board, and when it is a week old, lay it into some Nettles, and that will mellow it.

Before you set your Milk, you may if you please, colour it with the juice of Marigolds, Spinage or Sage.

33. *To boil a Rump of Beef.*

Take a Rump of Beef a little salted, and boil it in as much Water, as will cover it, and boil a Net full of hard Lettice with it, and when it is boiled, take your hard Lettice, some Wine, either White or Claret, some Gravy, some Butter and some Nutmeg, and warm them together; then Dish your Meat, and pour your Sauce over it, and garnish your Dish with Parsley.

34. *To*

34. *To make Fritters of Liver or of any other Meat.*

Take your Liver, Capon or Veal, par-boil it, mince it small, and then put to it some Cream, Eggs, Spice and Salt, and make it pretty thick, and so fry them; you may add a little Flower if you will, serve them in with beaten Spice and Sugar strewed over them.

35. *To make an Almond Pudding to be baked and Iced over.*

Take a pound of Almonds blanched and beaten with Rosewater, the Yolks and Whites of twelve Eggs well beaten and strained, then put in Sugar, beaten Spice and Marrow, with a little Salt, not in too hot an Oven; let this be baked; when it is baked, stick it full of blanched Almonds, and Ice it over with Sugar, Rosewater, and the White of an Egg beaten together, then set it into the Oven again, that the Ice may rise and dry, then serve it to the Table with fine Sugar strewed upon the brims of the Dish.

36. *To souce a Pigin Collars.*

Take the two sides of a large fat Pig and bone them, then take Sage, Salt and grated Nutmeg, a good quantity, and strew all over the sides of them, then roul them up hard, and tie them well with a Tape, then boil them, and also the Head very well in Salt and Water till they be tender; then take them out of the Liquor, and lay them to cool, then put some Vinegar and a Limon sliced into your Liquor, and heat it again, and when it is cold, put in your Collars and Head, and when they have lain a week, serve them to the Table with Mustard.

37. *To bake Venison or Mutton to keep six or eight Months.*

Take a haunch of Venison, or for want of it, take a large Leg of Mutton, bone it, and stuff it well with gross Pepper, Cloves, Mace and Nutmeg mingled with Salt, then rub it all over with the like, then put it into a Pot with good store of Butter, and bake it with Household Bread, and let it be pasted over:

Then pour out all the Liquor, and when

it

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it is cold, take only the Fat, and some more Butter, and melt them together in a Stone-Pot set into a Kettle of boiling water, then pour it into the Pot to your Venison or Mutton, and so keep it, slice it out, and serve it to the Table with Mustard and Sugar, and garnish it with Bay Leaves.

38. To pot Pigeons, or wild Fowl, or a Goose or Rabbits.

Take either of these, and fill their bellies with the before named Spices and Salt and Butter, and rub them over with the same, then do just as you do the Venison.

39. To boil a large Pike and Eels together.

Take a large Pike, and gut him and wash him, and be sure to save what is good within him, then take two great Eels and scowr them well, throw away their Heads, gut them, and wash them well, and cut them in pieces, then boil some white Wine and Water, Salt and sweet Herbs together, with some whole Spice, and when it boils apace, put in your Fish, and when it is enough, take some of the Liquor, two Anchovies, some

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some Butter and some Shrimps taken out of their Shells, and heat all these together, then put in the yolks of two or three Eggs, and heat all together, then lay some Sippets of French Bread into your Dish, and set over a Chafingdish of Coals, and lay your Fish in order upon them, then pour your Sawce all over it, and garnish your Dish with Shrimps, Barberries and raw Parsley, so serve it to the Table very hot.

40. To roste Eels with Bacon.

Take great Eels and scour them well, and throw away the Heads, gut them, and cut them in pieces, then cut some fat Bacon very thin, and wrap them in it, and some Bay Leaves, and so tie them fast to the Spit, and roste them, and baste them well with Claret Wine and Butter, and when they are enough dredge them over with grated bread, and serve them in with Wine, Butter, and Anchovies; Garnish your Dish as you please.

41. To make a Pie with Eels and Oysters.

Make your Paste, and roul it thin, and lay it into your baking-Pan, then take great
Eels

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Eels and flay them, and gut them, cut them in pieces, and wash them, and dry them, then lay some Butter into your Pie, and season your Eels with Pepper, Salt, Nutmeg, Cloves and Mace, and lay them in, then cover them all over with great Oysters, and put in three or four Bay Leaves, then put in more of your beaten Spices and Salt, then cover them well with Butter, and put in two or three Spoonfuls of white Wine, so close it and bake it, then serve it in hot to the Table.

42. *To make a Pie with Parsneps and Oysters very good.*

Take your Parsneps tenderly boiled, and slice them thin; then having your Paste ready laid in your baking-pan, put in good store of Butter; then lay in a Lay of Parsneps, and some large Mace, and Pepper cracked, then some Oysters and Yolks of Eggs hard boiled, then more Spice and butter, then more Parsneps, then more Oysters, then more hard Eggs, more Spice, and cover it well, and bake it, and serve it in hot.

43. *To*

43. *To dress Artichoke Suckers.*

Take your Suckers of Artichokes, and pare them as you would an apple, and cast them into water to keep their Colour; and to take away the bitterness of them, put also to them the meat which is in the stalks of great Artichokes, then boil Water and Salt together, and when it is boiling apace, put in your Suckers and Stalks tied up in a thin Cloth with a blade or two of Mace, and when they are enough, melt some Butter and Vinegar together very thick and hot, and a little Pepper with it, then lay them in a Dish, and pour the Sauce over them, strew on a little Salt, and about the Dishes, and so serve it in.

44. *To boil Cucumbers.*

Take your largest Cucumbers, and wash them and put them into boiling water made quick with Salt, then when they are boiled enough, take up them and peel them and break them into a Cullender, and when the Water is well drained from them, put them into a hot Dish, and pour over them some Butter and Vinegar a little Pepper and Salt,
strew

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strew Salt on your Dish brims, lay some of the Rind of them about the Dish cut in several Fancies, and so serve them to the Table.

45. To make several Sallads, and all very good.

Take either of the stalks of Mallows, or Turnip stalks when they run to seed, or stalks of the herb Mercury with the seedy head, either of these while they are tender, put into boiling Water and Salt, and boiled tender, and then Butter and Vinegar over them.

46. To make a Sallad of Burdock, good for the Stone, another of the tender Stalks of Sow-thistles.

Take the inside of the Stalks of Burdock, and cut them in thin slices, and lay them in water one whole day, shifting them some times, then boil them, and butter them as you do the forenamed.

Also the tender Stalks of Sow-thistles done in like manner, are very good and wholesome.

47. *To make a Tart of Spinage.*

Take a good quantity of green Spinage, boil it in water and salt, and drain it well in a Cullender, then put to it plumped Currans, Nutmeg, Salt, Sugar and Butter, with a little Cream, and the Yolks of hard Eggs beaten fine, then having your Paste ready laid in your baking-pan, lay in a little butter, and then your Spinage, and then a little Butter again; so close it, and bake it, and serve it to the Table hot, with Sugar strewed over it.

48. *Artichoke Cream.*

Take the tender bottoms of Artichokes, and beat them in a Mortar, and pick out all the strings, then boil a quart of Cream with large Mace and Nutmeg, then put in your bottoms, and when they have boiled a while, put in the yolks of six Eggs well beaten, and so much Sugar as you think fit, and heat them together over the fire, then pour it into a Dish, and when it is cold serve it in with Sugar strewed over it.

49. *To make very fine Rolls for Noble Tables.*

Take half a Peck of fine Flower, the yolks of 4 Eggs and a little Salt, with a Pint of Ale yeast, mix them together, and make them into a Paste with warm Milk and a little Sack, then mould it well, and put it into a warm Cloth to rise, when your Oven is hot, mould it again, and make it into little Rolls, and bake them, then rasp them, and put them into the Oven again for a while, and they will eat very crisp and fine.

50. *To make short Rolls.*

Take half a peck of fine Flower, and break into it one pound and half of fresh Butter very small, then bruised Coriander seeds, and beaten Spice with a very little Salt and some Sugar, and a Pint of Ale-yeast, mix them well together, and make them into a Paste with warm Milk and Sack:

Then lay it into a warm Cloth to rise, and when your Oven is hot, make it into Rolls, and prick them, and bake them, and when they are baked, draw them and cover

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ver them till they be cold ; these also eat very finely , if you butter some of them while they are hot.

51. To dress Soals a fine way.

Take one pair of your largest Soals, and flay them on both sides, then fry them in sweet Suet tried up with Spice, Bay leaves, and Salt, then lay them into a Dish, and put into them some Butter, Claret Wine and two Anchovies, cover them with another Dish, and set them over a Chafingdish of Coals, and let them stew a while, then serve them to the Table, garnish your Dish with Orange or Limon, and squeeze some over them.

52. To stew Fish in the Oven.

Take Soals, Whitings or Flounders, and put them into a Stew-pan with so much water as will cover them, with a little Spice and Salt, a little white Wine or Claret, some Butter, two Anchovies, and a bundle of sweet herbs, cover them and set them into an Oven not too hot; when they are enough, serve them in; Garnish your Dish wherein they lie with Barberries, raw Parsley,

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ley, and slices of Limon, and lay Sippets
in the bottom.

**53. To bake Collops of Bacon and
Eggs.**

Take a Dish and lay a Pie-plate therein,
then lay in your Collops of Bacon, and
break your Eggs upon them.

Then lay on Parsley, and set them into
an Oven not too hot, and they will be ra-
ther better than fried.

54. To make Furmity.

Take some new Milk or Cream, and
boil it with whole Spice, then put in your
Wheat or Pearl Barley boiled very tender
in several Waters, when it hath boiled a
while, thicken it with the yolks of Eggs
well beaten, and sweeten it with Sugar,
then serve it in with fine Sugar on the Brims
of the Dish.

55. To

55. *To make Barley Broth.*

Take French Barley boiled in several waters, and to a Pound of it put three quarts of water, boil them together a while with some whole Spice, then put in as many Raisins of the Sun and Currans as you think fit, when it is well boiled, put in Rosewater, Butter and Sugar, and so eat it.

56. *To make Barley Broth with Meat.*

Take a Knuckle of Veal, and the Crag-end of a Neck of Mutton, and boil them in Water and Salt, then put in some Barley, and whole Spice, and boil them very well together, then put in Raisins stoned, and Currans, and a few Dates stoned and sliced thin, when it is almost enough put in some Cream, and boil it a while, then put in plumped Prunes, and the Yolks of Eggs, Rosewater and Sugar, and a little Sack, so serve it in. Garnish your Dish with some of the Raisins and Prunes and fine Sugar; this is very good and nourishing for sick or weak people.

57. *To make Furmity with Meat-Broth.*

Boil a Leg of Beef in water and salt, and put in a little whole Spice, when it is boiled tender; take it up, and put into the Broth some Wheat ready boiled, such as they sell in the Market, and when that hath boiled a while, put in some Milk, and let that boil a while, then thicken it with a little Flower, or the yolks of Eggs, then sweeten it with Sugar, and eat it.

58. *To make Furmity with Almonds.*

Take three Quarts of Cream, and boil it with whole Spice, then put in some pearl-ed Barley first boiled in several waters, and when they have boiled together a while, then put in so many blanched Almonds beaten fine with Rosewater, as you think may be enough, about four Ounces of Barley to this quantity of Cream will be enough, and four Ounces of Almonds, boil them well together, and sweeten it with Sugar, and so serve it in, or eat it by the way, you may put in Saffron if you please.

59. To make a hasty Pudding.

Take one quart of Cream and boil it, then put in two Manchets Grated, and one pound almost of Currans plumped, a little Salt, Nutmeg and Sugar, and a little Rose-water, and so let them boil together, stirring them continually over the fire, till you see the butter arise from the Cream, and then pour it into a Dish and serve it in with fine Sugar strewed on the brims of the Dish.

60. Another way to make a hasty Pudding.

Take good new Milk and boil it, then put in Flower, plumped Currans, beaten spice, Salt and Sugar, and stir it continually till you find it be enough, then serve it in with Butter and Sugar, and a little Wine if you please.

61. To make Spanish Pap.

Boil a quart of Cream with a little whole Spice, when it is well boiled, take out the Spice, and thicken it with Rice Flower, and
when

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when it is well boiled, put in the yolks of Eggs, and Sugar and Rosewater, with a very little Salt, so serve it to the Table either hot or cold, with fine Sugar strewed on the brims of the Dish.

62. To make Gravie Broth.

Take a good fleshy piece of Beef, not fat, and lay it down to the fire, and when it begins to roast, slash it with a Knife to let the Gravie run out, and continually baste it with what drops from it and Clarret Wine mixed together, and continually cut it, and baste it till all the Gravie be out, then take this Gravie, and set it over a Chafingdish of Coals with some whole Spice, Limon Pill, and a little Salt, when you think it is enough, lay some Sippets into another Dish, and pour it in, and serve it to the Table; Garnish your Dish with Limon and Orange; if you please you may leave out the Sippets and put in some poach'd Eggs, done carefully.

63. To

63. To make French Pottage.

Take an equall quantity of Chervil, hard Lettice and Sorrel, or any other Herb as you like best, in all as much as a Peck will hold pressed down, pick them well, and wash them, and drain them from the water, then put them into a Pot with half a pound of fresh Butter, and set them over the fire, and as the Butter melts, stir them down in it till they are all within the Butter, then put some water in, and a Crust of Bread, with some whole Cloves and a little Salt, and when it is well boiled, take out the Crust of bread, and put in the yolks of four Eggs well beaten, and stir them together over the fire, then lay some thin slices of white bread into a deep Dish, and pour it in.

64. To make Cabbage Pottage.

Take a Leg of Beef and a Neck of Mutton, and boil them well in Water and Salt, then put in good store of Cabbage cut small, and some whole Spice, and when it is boiled enough; serve it in.

65. *To make a Sallad of cold Meat.*

Take the brawn of a cold Capon, or a piece of cold Veal, and mince it very small, with some Limon Pill, then put in some Oyl, Vinegar, Capers, Caviare, and some Anchovies, and mix them very well, then lay it in a Dish in the form of a Star, and serve it in; Garnish your Dish with Anchovies, Limon and Capers.

66. *To dry a Goose.*

Take a fair fat Goose, and powder it about a Month or thereabouts, then hang it up in a Chimney as you do Bacon, and when it is throughly dry, boil it well and serve it to the Table with some Mustard and Sugar; Garnish your Dish with Bay leaves: Hogs Cheeks are very good dried thus.

67. *To dress Sheeps Tongues with Oysters.*

Take your Sheeps Tongues about six of them, and boil them in water and salt till they be tender, then peel them, and slice them thin, then put them into a Dish with a

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quart

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quart of great Oysters ; a little Claret wine and some whole Spice, let them stew together a while, then put in some Butter and the yolks of three Eggs well beaten, shake them well together, then lay some Sippets into a Dish, and put your Tongues upon them ; Garnish your Dish with Oysters, Barberries, and raw Parsley, and serve it in.

68. To make a Neats-tongue Pie.

Let two small Neats tongues or one great one be tenderly boiled, then peel them and slice them very thin, season them with Pepper and Salt, and Nutmeg ; then having your Paste ready laid into your baking-pan, lay some Butter in the bottom, then lay in your Tongues, and one pound of Raisins of the Sun, with a very little Sugar, then lay in more butter, so close it and bake it, then cut it up, and put in the yolks of three Eggs, a little Claret Wine and Butter, stir it well together, and lay on the Cover, and serve it ; you may add a little Sugar if you please.

69. *A Capon with white Broth.*

Take a large Capon, and draw him, and truss him, and boil him in water and a little salt, with some whole Spice :

When you think it is almost enough, put in one pound of Currans well washed and picked, four Ounces of Dates stoned and sliced thin, and when they have boiled enough, put in half a pound of sweet Almonds blanch'd and beaten fine with Rose-water, strain them in with some of the Liquor, then put in some Sack and Sugar; then lay some thin slices of white bread into a deep Dish, and lay your Capon in the midst, then pour your Broth over it.

Garnish your dish with plumped Raisins and Prunes, and serve it in.

70. *To make a Calves-Foot Pie.*

Take six Calves feet tenderly boiled, and cut them in halves, then make some Paste with fine Flower, Butter, cold Cream and the yolk and white of one Egg, rowl it very thin, and lay it into your baking Pan, then lay some butter in the bottom, and then your Calves feet with some large Mace, half

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a pound of Raisins of the Sun, half a pound of Currans, then lay more butter and close it and bake it, then cut it up, and put in the yolks of three Eggs, some white Wine, Butter and a little Salt, and so serve it to the Table; Garnish your Dish with pretty Concoits made in Paste, and baked a little.

71. **To make an Artichoke Pie.**

Make your Paste as before-named, and roul it thin, and lay it into your Baking-pan.

Then lay in Butter sliced thin, and then your bottoms of Artichokes tenderly boiled, season it with a little Salt, a little gross Pepper, and some sliced Nutmeg, with a blade or two of Mace and a little Sugar, then lay in some Marrow, Candied Orange and Citron Pill, with some Candied Eringo Roots; then cover it with Butter, and close it with your Paste, and so Bake it, then cut it up, and put in white Wine, Butter, and the yolks of Eggs and Sugar; cover it again, and serve it to the Table.

72. To make an Oyster Pie.

Make your Paste as before, and lay it in your Pan, then lay in Butter, and then put in as many great Oysters as will almost fill your Pan, with their Liquor strained, some whole Pepper, Mace and Nutmeg; then lay in Marrow and the Yolks of hard Eggs, so cover them with Butter, close them, and bake your Pie, then put in white Wine, Anchovies, Butter and the Yolks of Eggs; cover it again and serve it to the Table.

73. To make a Pig-Pie.

Take a large Pig and slit it in two, and bone it, only the two sides, not the head, then having your Paste ready laid in your Pan, and some Butter in the bottom, lay in your Pig, season it with Pepper, Salt, Nutmeg and Mace, and one handful of Sage shred small and mixed with the Spice and Salt, then lay in more Butter, close it, and bake it.

Serve it in cold with Mustard, and garnish your Dish with Bay-leaves.

If you would eat it hot, you must leave out the Pepper and some of the Salt, and put in store of Currans, and when it comes

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out of the Oven, put in some Butter, Vinegar, and Sugar, and so serve it.

74. *To make a Raspberry Tart.*

Take some Puff-paste rolled thin, and lay it into your Baking-Pan, then lay in your Raspberries and cover them with fine Sugar, then close your Tart and bake it; then cut it up, and put in half a Pint of Cream, the yolks of two or three Eggs well beaten, and a little Sugar; then serve it in cold with the Lid off, and Sugar strewed upon the brims of the Dish.

75. *To make a Carp Pie.*

Have your Paste ready laid in your bakepan, and some Butter in the bottom.

Then take a large Carp, scale him, gut him, and wash him clean, and dry him in a Cloth, then lay him into your Pan with some whole Cloves, Mace, and sliced Nutmeg, with two handfuls of Capers, then put in some White Wine, and mix some Butter with Salt, and lay it over; then close it, and bake it; this is very good to be eaten either hot or cold.

76. *To boil a Goose or Rabbits with Sausages.*

Take a large Goose a little powdered, and boil it very well, or a couple of Rabbits trussed finely; when either of these are almost boiled, put in a Pound of Sausages, and boil them with them, then lay either of these into a Dish, and the Sausages here and there one, with some thin Collops of Bacon fried, then make for Sauce, Mustard and Butter, and so serve it in.

77. *To make a Fricasie of Veal, Chicken, or Rabbits, or of any thing else.*

Take either of these and cut them into small pieces, then put them into a Frying pan with so much water as will cover them, with a little Salt, whole Spice, Limon Pill, and a bundle of sweet Herbs, let them boil together till the Meat be tender, then put in some Oysters, and when they are plumped, take a little Wine, either White or Claret, and two Anchovies, dissolved therein with some Butter, and put all these to the rest, and when you think your Meat is enough, take it out with a little Skimmer, and put it

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into a Dish upon Sippets, then put into your Liquor, the yolks of Eggs well beaten, and mix them over the fire, then pour it all over your Meat; Garnish your Dish with Barberries, and serve it in; this Dish you may make of raw Meat or of cold Meat which hath been left at Meals.

78. *To make Scotch Collops of Veal or Mutton.*

Take your Meat and slice it very thin, and beat it with a rollin-pin, then hack it all over, and on both sides with the back of a Knife, then fry it with a little Gravy of any Meat, then lay your Scotch Collops into a Dish over a Chafingdish of Coals, and dissolve two Anchovies in Claret Wine, and add to it some Butter and the yolks of three Eggs well beaten, heat them together, and pour it over them:

Then lay in some thin Collops of Bacon fried, some Sausage meat fried, and the yolks of hard Eggs fried after they are boiled, because they shall look round and brown, so serve it to the Table.

79. *To make a Pudding of a Manchet.*

Take a Manchet, put it into a Posnet, and fill the Posnet up with Cream, then put in Sugar and whole Spice, and let it boil leisurely till all the Cream be wasted away, then put it into a Dish, and take some Rose-water, and Butter and Sugar, and pour over it, so serve it in with fine Sugar strewed all over it.

Your Manchet must be chipped before you put it into the Cream.

80. *To make a Calves head Pie.*

Make your Paste, and lay it into your Pan as before, then lay in Butter, and then your Calves Head, being tenderly boiled, and cut in little thin bits, and seasoned with Pepper, Salt and Nutmeg, then put in some Oysters, Anchovies and Claret Wine, with some yolks of hard Eggs and Marrow, then cover it with Butter, and close it and bake it; when it is baked, eat it hot.

81. *To dry Tongues.*

Take some Pump water and Bay salt, or rather refined Salt-peter, which is better; make a strong Brine therewith, and when the Salt is well melted in it, put in your Tongues, and let them lie one Week, then put them into a new Brine, made in the same manner, and in that let them lie a week longer, then take them out, and dry-salt them with Bay-Salt beaten small, till they are as hard as may be, then hang them in the Chimney where you burn Wood, till they are very dry, and you may keep them as long as you please; when you would eat of them, boil them with in the Por as well as Water, for that will make them look black, and eat tender, and look red within; when they are cold, serve them in with Mustard and Sugar.

82. *To make Angelot Cheese.*

Take some new Milk and strokings together, the quantity of a Pail-full, put some Runnet into it, and stir it well about, and cover it till your Cheese be come, then have ready narrow deep Moats open at both ends

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ends, and with your flitting Dish fill your Moats as they stand upon a board, without breaking or wheying the Cheese, and as they sink, still fill them up, and when you see you can turn them, which will be about the next day, keep them with due turning twice in a day, and dry them carefully, and when they are half a year old, they will be fit to be eat.

83. *To make a Hare Pie.*

Take the flesh of a very large Hare, and beat it in a Mortar with as much Marrow or Beef Suet as the Hare contains, then put in Pepper, Salt, Nutmeg, Cloves and Mace, as much as you judge to be fit, and beat it again till you find they be well mixed, then having your Paste ready in your Baking pan, lay in some Butter, and then your Meat, and then Butter again; so close it, and Bake it, and when it is cold, serve it in with Mustard and Sugar, and garnish your Dish with Bay leaves; this will keep much longer than any other Pie.

84. *To rost a Shoulder of Venison or
of Mutton in Blood.*

Take the Blood of either the Deer or the Sheep, and strain it, and put therein some grated Bread and Salt, and some Thyme plucked from the Stalks, then wrap your Meat in it and rost it, and when you see the Blood to be dry upon it, baste it well with Butter, and make sauce for it with Claret Wine, Crums of Bread and Sugar, with some beaten Cinamon, Salt it a little in the roasting, but not too much; you may stick it with Rosemary if you will.

85. *To stew a Pig.*

Lay a large Pig to the Fire, and when it is hot, skin it, and cut it into divers pieces, then take some white wine and strong broth, and stew it therein with an Onion or two cut very small, a little Pepper, Salt, Nutmeg, Thyme, and Anchovies, with some Elder Vinegar, sweet Butter and Gravy; when it is enough, lay Sippets of French Bread in your Dish, and put your Meat thereon

Garnish your Dish with Oranges and Limons.

86. *To make a Fricasie of Sheeps feet.*

Take your Sheeps feet tenderly boiled, and slit them, and take out the knot of haire within, then put them into a Frying-pan with as much water as will cover them, a little Salt, Nutmeg, a blade of Mace, and a bundle of sweet Herbs, and some plumped Currans; when they are enough, put in some Butter, and shake them well together, then lay Sippets into a Dish, and put them upon them with a Skimmer, then put into your Liquor a little Vinegar, the yolks of two or three Eggs, and heat it over the fire, and pour it over them; Garnish your Dish with Barberries, and serve it to the Table.

87. *To make a Steak-Pie with Puddings in it.*

Lay pour Paste ready in your Pan, and lay some Butter in the bottom, then lay a Neck of Mutton cut into steaks thereon, then take some of the best of a Leg of Mutton minced small, with as much Beef Suet as Mutton; season it with beaten Spice and Salt, and a little Wine, Apples shred small, a little Limon Pill, a little Verjuice and Sugar,

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gar, then put in some Currans, and when they are well mixed, make it into Balls with the yolks of Eggs, and lay them upon the steaks, then put in some Butter and close your Pie and bake it, and serve it in hot.

88. *To dress Salmon or other Fish by Infusion, a very good way.*

Take a Jowl of Salmon, or a Tail, or any other part, or any other Fish which you like, put it into a Pot or Pan, with some Vinegar, Water and Salt, Spice, sweet herbs, and white Wine; when it is enough, lay it into a Dish, and take some of the Liquor with an Anchovie or two, a little Butter, and the yolks of Eggs beaten; heat these over the fire, and poure over your Fish; if you please, you may put in shrimps, but then you must put in the more Butter; Garnish your Dish with some Limon or Orange, and some Shrimps.

89. *To make Loaves to Butter.*

Take the yolks of twelve Eggs, and six whites, a little Yeast, Salt and beaten Ginger, wet some Flower with this, and make it into a Paste, let it lye to rise a while, and then make

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make it into Loaves, and prick them, and bake them, then put in white Wine and Butter and Sugar, and serve it in.

90. To make a Calves Chaldron Pie, and Puddings also of it.

Take a fat Calves Chaldron boiled tender, and shred it very small, then season it with beaten Spice and Salt :

Then put in a pound of Currans and somewhat more, and as much Sugar as you think fit, and a little Rosewater; then having your Pie ready, fill it with this, and press it down; close it and bake it, then put some Wine into it, and so eat it.

If you will make Puddings of it, you must add a little Cream and grated bread, a little Sack, more Sugar, and the yolks of Eggs, and so you may bake them, or boil, or fry them.

91. To make Rice-Cream.

Boil a quart of Cream, then put in two handfuls of Rice-Flower, and a little fine Flower, as much Sugar as is fit, the yolk of an Egg, and some Rose-water.

92. *To make a Pompion-Pie.*

Having your PASTE ready in your Pan, put in your Pompion pared and cut in thin slices, then fill up your Pie with sharp Apples, and a little Pepper, and a little Salt, then close it, and bake it, then butter it, and serve it in hot to the Table.

93. *To fry Pompion.*

Cut it in thin slices when it is pared, and steep it in Sack a while, then dip it in Eggs, and fry it in Butter, and put some Sack and Butter for Sauce, so serve it in with Salt about the Dish brims.

94. *To make Misers for Children to eat in Afternoons in Summer.*

Take half a Pint of good small Beer, two spoonfuls of Sack, the Crum of half a penny Manchet, two handfulls of Currans washed clean and dried, and a little of grated Nutmeg, and a little Sugar, so give it to them cold.

95. *To fry Toasts.*

Take a two penny white Loaf, and pare away the Crust, and cut thin slices of it, then dip them first in Cream, then in the yolks of Eggs well beaten, and mixed with beaten Cinamon, then fry them in Butter, and serve them in with Verjuice, Butter and Sugar.

96. *To boil or rather stew Carps in their own Blood.*

Take two fair Carps, and scowr them very well from slime with water and a little Salt, then lay them in a Dish and open their bellies, take away their Guts, and save the Blood and Rows in the Dish, then put in a Pint of Claret Wine, some whole Spice, and some Salt, with a little Horse-Radish Root, then cover them close, and let them stew over a Chafingdish of Coals, and when they are enough, lay them into a Dish, which must be rubbed with a Shelot, and Sippits laid in, then take a little of the Liquor, and an Anchovie or two, with a little Butter, heat them together, and pour it over, them, then garnish your Dish with Capers,

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pers, Oranges or Limons, and serve it in very hot.

97. *To make Fritters.*

Take half a Pint of Sack and a Pint of Ale, a little Yest, the yolks of twelve Eggs, and six Whites, with some beaten Spice and a very little salt, make this into thick Butter with fine Flower, then boil your Lard, and dip round thin slices of Apples in this Batter, and fry them; serve them in with beaten Spice and Sugar.

98. *To Pickle-Cole-Flowers.*

Take some white wine Vinegar and Salt, with some whole Spice, boil them together very well, then put in your Coleflowers, and cover them, and let them stand upon Embers for one hour, then take them out, and when they are cold, put them into a Pot, and boil the Liquor again with more Vinegar, and when it is cold, put it to them, and keep them close from the Air.

99. *To preserve Orange or Limon Pill
in thin slices in Jelly.*

Take the most beautiful and thickest Rinds, and then cut them in halves, and take their Meat clean out, then boil them in several waters till a straw will run through them, then wash them in cold water, and pick them and dry them:

Then take to a Pound of these, one quart of water wherein thin slices of Pippins have been boiled, and that the water feels slippery, take to this water three pounds of Sugar, and make thereof a Syrup, then put in your Pills and scald them, and set them by till the next day, then boil them till you find that the Syrup will jelly, then lay your Pills into your Glasses, and put into your Syrup the Juice of three Oranges and one Limon; then boil it again till it be a stiff Jelly, and put it to them.

100. *To make Cakes of the Pulp of Limons, or rather the Juice of Limons.*

Take out all the juicy part of the Limon without breaking the little skins which hold it, then boil some Sugar to a Candy height, and put in this Juice, and stir it about, and immediately put it into a warm Stove, and put in fire twice or thrice a day; when you see that it doth Candy on the one side, then turn them out of the Glasses with a wet knife on the other upon a sleeked Paper, and then let that candy also, and put them up in a Box with Papers between them.

101. *To make good minced Pies.*

Take one pound and half of Veal par-boiled, and as much Suet, shred them very fine, then put in 2 pound of Raisins, 2 pound of Currans, 1 pound of Prunes, 6 Dates, some beaten Spice, a few Caraway Seeds, a little Salt, Verjuice, Rosewater and Sugar, so fill your Pies, and let them stand one hour in the Oven:

When they go to Table strew on fine Sugar.

102. *To make a Loaf of Curds.*

Take the Curds of three quarts of Milk rubbed together with a little Flower,, then put in a little Beaten Ginger, and a little Salt, half a Pint of Yest, the yolks of ten Eggs, and three Whites: work these into a stiff Paste with so much Flower as you see fit, then lay it to rise in a warm Cloth a while, then put in Butter, Sugar, Sack, and some beaten Spice, and so serve it in.

103. *To make Cheefe Loaves.*

Take the Curds of three quarts of Milk, and as much grated Bread as Curd, the yolks of twelve Eggs, and six Whites, some Cream, a little Flower, and beaten Spice, a little Salt, and a little Sack; when you have made it in a stiff Paste with a little flower, roul some of it thin to fry, and serve them in with beaten Spice and Sugar strewed over them.

Then make the rest into a Loaf, and bake it, then cut it open, and serve it in with Cream, Butter and Sugar.

104. *To Fry Oysters.*

Take of your largest Oysters, wash them, and dry them, and beat an Egg or two very well, and dip them in that, and so fry them, then take their Liquor, and put an Anchovy to it, and some Butter, and heat them together over the fire, and having put your fryed Oysters in a Dish, pour the Sawce over them and serve them in.

105. *To Broil Oysters.*

Take your largest Oysters, and put them into Scollop Shells, or into the biggest Oyster shells with their own Liquor, and set them upon a Gridiron over Charcoals, and when you see they be boiled in the Liquor, put in some Butter, a few Crums of Bread, and a little Salt, then let them stand till they are very brown, and serve them to the Table in the Shells upon a Dish and Pie-Plate.

106. *To Roast Oysters.*

Take the largest, and spit them upon little long sticks, and tye them to the Spit, then lay

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lay them down to the fire, and when they are dry, bast them with Claret Wine, and put into your Pan two Anchovies, and two or three Bay-leaves; when you think they are enough, bast them with Butter, and dredge them, and take a little of that liquor in the Pan, and some Butter, and heat it in a Porringer, and pour over them.

107. *To make most excellent and delicate Pies.*

Take two Neats tongues tenderly boiled, and peel them, and mince them small with some Beef Suet or Marrow, then take a pound of Currans and a pound of Raisins of the Sun stoned, some beaten Spice, Rose-water, a little Salt, a little Sack and Sugar.

Beat all these with the minced meat in a Mortar till it come to a perfect Paste, then having your Paste ready laid in your baking-Pan, fill it or them with this Meat, then lay on the top some sliced Dates, and so close them, and bake them; when they are cold they will cut smooth like Marmalade.

108. *To make fine Custards.*

Take two quarts of Cream and boil it well with whole Spice, then put in the yolks of twelve Eggs, and six Whites, well beaten and strained, then put in these Eggs over the fire, and keep them stirring lest they turn, then when they are thoroughly hot, take it off and stir it till it be almost cold, then put in Rosewater and Sugar, and take out the whole Spice, then put your Custard into several things to bake, and do not let them stand too long in the Oven; when you serve them in, strew on small French Confits of divers colours, or else fine Sugar, which you please.

109. *To make a Stump Pie.*

Take a pound of Veal and as much Sugar, parboil your Veal, and shred them together, but not very small, then put in one pound of Raisins, one pound of Currans, four Ounces of Dates stoned and sliced thin, some beaten Spice, Rosewater and Sugar, and a little Salt, then take the yolks of Eggs well beaten, and mix amongst the rest of the things very well, then having your Pie ready,

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ready, fill it and press it down, then lid it,
and bake it.

110. *To make Egg-Pies.*

Take the Yolks of eight hard Eggs; and
shred them small with their weight of Beef
Suet minced very small also, then put in one
pound of Currans, four Ounces of Dates
stoned and sliced, some beaten spice, Limon
pill, Rosewater and Sugar, and a little Salt,
mix them well together, if you please, you
may put in an Apple shred small, so fill your
Pies and bake them, but not too much, serve
them to the Table with a little Wine.

111. *To make basted Meat.*

Take a Leg or Shoulder of Mutton, lay
it down to the fire, and as it doth rost, cut it
off in little bits, and let it lie in the Pan, baste
it with Claret wine and Butter, and a little
Salt, and put two or three Shelots in your
Pan; when you have cut off so much as you
can, lay the bones into a Dish over a Cha-
fingdish of Coals, and put your Meat to it
with the Liquor, and two Anchovies, co-
ver it, and let it stew a while; when it is
enough; put in some Capers, and serve it in
L with

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with Sippets; Garnish your Dish with Olives and Capers, and Samphire; thus you may do with any cold meat between two Dishes.

112. To make a Fricasie of Oysters.

Take a quart of Oysters and put them into a frying-pan with some white Wine and their own Liquor, a little Salt, and some whole Spice, and two or three Bay Leaves, when you think they be enough, lay them in a dish well warmed, then add to their Liquor two Anchovies, some Butter, and the yolks of four Eggs; Garnish your Dish with Barberries.

113. To make a Fricasie of Eels.

Take a midling sort of Eels, scour them well, and cut off the heads and throw them away, then gut them, and cut them in pieces, then put them into a Frying-pan with so much white Wine and water as will cover them, then put in whole Spice, a bundle of sweet herbs and a little Salt, let them boil, and when they be very tender, take them up and lay them into a warm Dish, then add to their liquor two Anchovies, some Butter
and

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and the yolks of Eggs, and pour over them :

Thus you may make Ericasies of Cockles or of Shrimps, or Prawns.

Garnish your Dish with Limon and Barberries.

114. To make an Eel-Pie.

Take your largest Eels, and flay them, and cut them in pieccs, then having your Pie ready with Butter in the bottom, season your Eels with Pepper, Salt and Nutmeg, then lay them in and cover them with Butter, so close it and bake it, if you please, you may put in some Raisins of the Sun, and some large Mace, it is good hot or cold.

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115. To souce an Eel and Collar it.

Take a very large fat Eel and scour it well, throw away the head and gut her, and slit her down the back, season her with Pepper, Salt, Nutmeg and Mace, then boil her in white Wine, and Salt and Water, with a bundle of sweet herbs and some Limon Pill, when it is well boiled, take it up and lay it to cool, then put good store of Vinegar in-

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to the Liquor, and when it is cold, put in your Eel, and keep it:

You must roul it up in a Collar and tie it hard with a Tape, and sew it up in a Cloth, then put it in to boil; when it hath lain a week, serve it to the Table with a Rosemary Branch in the middle, and Bay Leaves round the Dish-sides; eat it with Mustard.

116. To Stew Eels.

Take them without their heads, flay them and cut them in pieces, then fill a Posnet with them, and set them all on end one by one close to one another, then put in so much White Wine and Water as will cover them, then put in good store of Currans to them, whole Spice, sweet herbs, and a little Salt, cover them and let them stew, and when they are very tender put in some Butter, and so shake them well, and serve them upon Sippets; Garnish your Dish with Orange or Limon and raw Parsley.

117. To make a Herring Pie.

Take four of the best pickled Herrings, and skin them, then split them and bone them, then having your Pie in readiness with
Butter

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Butter in the bottom, then lay your Herrings in halves into your Pie one lay of them, then put in Raisins, Currans and Nutmeg, and a little Sugar, then lay in more Butter, then more Herrings, Fruit and Spice, and more Butter, and so close it; and bake it; your Herrings must be well watered.

118. To roast a Pike, and to lard it.

Take a large Pike, and scale it, gut it, and wash it clean, then lard it on the back with pickled Herring and a Limon Pill, then spit it and lay it down to the fire to roast, baste it often with Claret Wine and Butter, when it is enough, make Sauce for it with Claret Wine and Butter, and serve it in.

119. To boil fresh Salmon.

Take a Joll or a Tail of fresh Salmon, then take Vinegar and Water, Salt and whole Spice, and boil them together, then put in your Salmon, and when it is boiled, take some Butter and some of the Liquor with an Anchovie or two, and a little white Wine and a quart of Shrimps out of their Shells, heat these together, and so Dish your Salmon, and pour this over it.

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Garnish your Dish with Shrimps and Anchovies, and Slices of Limon.

120. To boil a Cods Head.

Boil Wine, Water and Salt together, with whole Spice and sweet herbs, and a little Horse-Radish Root, then put in your Cods head, and boil it very well, then drain it well from the Water, and lay it in a dish over a Chafingdish of Coals:

Then take some of the Liquor and two Anchovies, some Butter and some Shrimps, heat them over the fire, and pour over it, then poach some Eggs and lay over it, and also about the Brims of the Dish; Garnish your Dish with Limon and Barberries, so serve it to the Table very hot:

Thus you may do Haddocks or Whitinge, or any other fresh Fish you like best.

121. To make Olives of Veal.

Take thin slices of a Leg of Veal, and have ready some Suet finely thred, some Currans, beaten Spice, sweet herbs, and hard yolks of Eggs, and a little salt mixed well together, then strew it upon the insides of your slices of Meat, and roul them up
hard

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hard, and make them fast with a scure, so spit them and roste them, baste them with Butter, and serve them in with Vinegar, Butter and Sugar.

122. To make an Olive Pie.

Having your Paste in readines with Butter in the bottom, lay in some of the fore-named Olives, but not fastned with a Scure, then put in Currans, hard Eggs, and sweet Butter, with some herbs shred fine; be sure you cover it well with Butter, and put in a little white Wine and Sugar, and close it, and bake it, eat it hot or cold, but hot is better.

123. To make a Ball to take Stains out of Linnen, which many times happens by Cooking or preserving.

Take four Ounces of hard white Sope; beat it in a Mortar, with two small Limons sliced, and as much Roch Allom as a Hazle Nut, when they are beaten well together, make it up in little Balls, rub the stain therewith and then wash it in warm water, till you see it be quite out.

124. *To make a fine Pomander.*

Take two Ounces of Laudanum, of Benjamin and Storax one Ounce, Musk 6 grains, as much of Civet, as much of Ambergreece, of Calamus Aromaticus, and Lignum Aloes, of each the weight of a Groat, beat all these in a hot Mortar and with a hot Pestell, till it come to a perfect Paste, then take a little Gum-Dragon steeped in Rosewater, and rub your hand withal, and make it up with speed, and dry them, but first make them into what shapes you please, and print them.

125. *A very fine washing-Ball.*

Take three Ounces of Orrice, half an Ounce of Cypress-wood, two Ounces of Calamus Aromaticus, one Ounce of Damask Rose leaves, 2 Ounces of Lavender flowers, a quarter of an Ounce of Cloves, beat all these and searce them fine, then take two pounds and an half of Castile Sope dissolved in Rosewater, and beat all these forenamed things with the Sope in a Mortar, and when they are well incorporated, make it into Balls, and keep them in a Box with Cotton as long as you please.

126. *To make French Broth called Kink.*

Take a Leg of Beef and set it over the fire with a good quantity of fair water, when it boils, scum it, and what meat soever you have to dress that day, either of Fowl or small meat, put it all into this Liquor and parboil it, then take out those small meats, and put in some French Barley, and some whole Spice, one Clove or two of Garlick, and a handful of Leeks, and some Salt; when it is boiled enough, pour it from the Barley, and put in a little Saffron, so serve it in; and garnish your Dish with sliced Oranges or Limons, and put a iittle of the juice therein.

127. *To make Broth of a Lamb's Head.*

Boil it with as much water as will cover it, with whole spice, and a little Salt, and a bundle of sweet herbs, then put in strained Oatmeal and bream, and some Currans, when you take it up put in Sack and Sugar, then lay the Head in a Dish, and put the Broth to it, and serve it in.

128. *To season a Chicken-Pie.*

Having your Paste rolled thin, and laid into your baking-pan, lay in some Butter, then lay in your Chickens quartered, and seasoned with Pepper, Nutmeg and a little Salt, then put in Raisins, Currans, and Dates, then lay Butter on the top, close it and bake it, then cut it up, and put in Clouted Cream, Sack and Sugar.

129. *To make an Herb Pie.*

Take Spinage, hard Lettice, and a few sweet Herbs, pick them, wash them, and shred them, and put them into your Pie with Butter, and Nutmeg and Sugar, and a little Salt, so close it and bake it, then draw it and open it, and put in Clouted Cream; Sack and Sugar, and stir it well together, and serve it in.

130. To

130. *To roste Lobsters.*

Take two fair Lobsters alive, wash them clean, and stop the holes as you do to boil, then fasten them to a Spit, the insides together; make a good fire, and strew Salt on them, and that will kill them quickly, baste them with Water and Salt till they be very red, then have ready some Oysters stewed and cut small; put them into a Dish with melted Butter beaten thick with a little water, then take a few Spoonfuls of the Liquor of the stewed Oysters, and dissolve in it two Anchovies, then put it to the melted Butter, then take up your Lobsters, and crack the shells that they may be easie to open.

131. *To make a Pumpkin-Pie.*

Take a Pumpkin, pare it, and cut it in thin slices, dip it in beaten Eggs and Herbs shred small, and fry it till it be enough, then lay it into a Pie with Butter, Raisins, Currans, Sugar and Sack, and in the bottom some sharp Apples; when it is baked, butter it and serve it in.

132. *To make an Artichoke Pudding.*

Boil a quart of Cream with whole Spice, then put in half a pound of sweet Almonds blanched, and beaten with Rosewater; when they have boiled well, take it from the fire, and take out the Spice, when it is almost cold, put in the yolks of ten Eggs, some Marrow and some bottoms of Artichokes, then sweeten it with Sugar, and put in a little Salt, then butter a Dish, and bake it in it, serve it to the Table stuck full of blanched Almonds, and fine Sugar strewed over it.

133. *To pickle Sprats like Anchovies.*

Take a Peck of the biggest Sprats without their heads. and salt them a little over night, then take a Pot or Barrel, and lay in it a Lay of Bay salt, and then a lay of Sprats, and a few Bay leaves, then salt again; thus do till you have filled the Vessel, put in a little Limon Pill also among your Bay Leaves, then cover the Vessel and pitch it, that no Air get in, set it in a cool Cellar, and once in a week turn it upside down; in three Months you may eat of them.

134. *To*

134. *To keep Artichokes all the Year.*

Gather your Artichokes with long stalks, and then cut off the stalks close to them, then boil some water with good Pears and Apples sliced thin, and the Pith of the great stalks, and a Quince or two quartered, to give it a relish; when these have boiled a while, put in your Artichokes, and boil all together till they be tender, then take them up and set them to cool, then boil your Liquor well and strain it, when your Artichokes be cold, put them into your Barrel, and when the Liquor is cold, pour it over them, so cover it close that no Air get in.

135. *To make Pasty of a Joll of Ling.*

Make your Crust with fine Flower, Butter, cold Cream, and two yolks of Eggs:

Roul it thin and lay it in your bake-pan, then take part of a Joll of Ling well boiled, and put it all in Bits, then lay some Butter into your Pasty and then the Ling, then some grated Nutmeg, sliced Ginger, Cloves and Mace, Oysters, Muscles, Cockles, and Shrimps,

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Shrimps, the yolks of raw Eggs, a few Comfits perfumed, Candied Orange Pill, Citron Pill, and Limon Pill, with Eringo Roots:

Then put in white Wine, and good store of Butter, and put on a thick Lid, when it is baked, open it, and let out the steam.

136. To make French Scrvels.

Take cold Gammon of Bacon, fat and lean together, cut it small as for Sausages, season it with Pepper, Cloves and Mace, and a little Shelots, knead it into a Paste with the yolks of Eggs, and fill some Bullocks Guts with it, and boil them; but if you would have them to keep, then do not put in Eggs.

When you have filled the Guts, boil them and hang them up, and when you would eat them, serve them in thin slices with a Sallad.

137. To

137 To make a Pallat Pie.

Take Oxe Pallats and boil them so tender that you may run a straw through them; to three Pallates take six Sheeps tongues boiled tender and peeled, three sweet-Breads of Veal, cut all these in thin slices, then having your Pie ready, and Butter in the bottom, lay in these things, first seasoned with Pepper, Salt and Nutmeg, and Thyme and Parsley shred small, and as the Season of the year is, put into it Asparagus, Anchovies, Chesnuts, or what you please else, as Candied Orange Pill, Limon Pill, or Citron Pill, with Eringo roots, and the Yolks of hard Eggs, some Marrow and some Oysters, then lay in good store of Butter on the top, so close it and bake it, then put in white Wine, Butter, the yolks of Eggs, and Vinegar and Sugar; heat them together over the fire, and serve it in.

138. *To make Sauce for Fowls or Mutton.*

Take Claret Wine, Vinegar, Anchovies, Oysters, Nutmeg, Shelot, Gravic of Mutton or Beef, sweet Butter, Juice of Limon, and a little Salt, and if you please Orange or Limon Pill.

139. *To make Oat-cakes.*

Take fine Flower, and mix it very well with new Ale Yest, and make it very stiff, then make it into little Cakes, and roul them very thin, then lay them on an Iron to bake, or on a baking stone, and make but a slow fire under it, and as they are baking, take them and turn the edges of them round on the Iron, that they may bake also, one quarter of an hour will bake them; a little before you take them up, turn them on the other side, only to flat them; for if you turn them too soon, it will hinder the rising; the Iron or Stone whereon they are baked, must stand at a distance from the fire.

140. *To make a rare Lamb Pie.*

Take a Leg of Lamb, and take the meat clean out of it at the great end, but keep the Skin whole, then press the Meat in a Cloth, and mince it small, and put as much Beef Suet to it as the Meat in weight, and mince it small, then put to it Naples Bisket grated fine, season it with beaten Spice, Rosewater, and a little Salt, then put in some Candied Limon Pill, Orange Pill, and Citron Pill shred small, and some Sugar, then put part of the Meat into the Skin, then having your Pie in readines, and Butter in the bottom, lay in this Meat, then take the rest of your Meat, and make it into Balls or Puddings with yolks of Eggs, then lay them into the Pie to fill up the Corners, then take Candied Orange, Limon and Citron Pill, cut in long narrow slices and strew over it; you may put in Currans and Dates if you please, then lay on Butter, and close up your Pie and bake it, and leave a Tunnel, when it is baked, put in Sack, Sugar, yolks of Eggs and Butter heat together, if you put in Marrow, it will be the better.

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141. *To fry Garden Beans.*

Boil them and blanch them, and fry them in sweet Butter, with Parsly and shred Onions and a little Salt, then melt Butter for the Sauce.

142. *To make a Sorrel Sallad.*

Take a quantity of French Sorrel picked clean and washed, boil it with Water and a little Salt, and when it is enough, drain it, and butter it, and put in a little Vinegar and Sugar into it, then garnish it with hard Eggs and Raisins.

143. *To make good cold Sallads of several things.*

Take either Coleflowers, or Carrots, or Parsneps, or Turneps after they are well boiled, and serve them in with Oil, Vinegar and Pepper, also the roots of red Beets boiled tender are very good in the same manner.

144. *To make the best sort of Pippin
paste.*

Take a pound of raw Pippins sliced and beaten in a Mortar, then take a pound of fine Sugar and boil it to a Candy height with a little fair water, then put in your Pippins, and boil it till it will come from the bottom of the Posnet, but stir it for fear it burn.

145. *To make Sauce for a Leg of Veal
rosted.*

Take boiled Currans and boiled Parsley, and hard Eggs and Butter and Sugar hot together.

146. *To make Sauce for a Leg of Mutton
rosted with Chesnuts.*

Take a good quantity of Chesnuts, and boil them tender, then take the shells off, and bruise them small, then put to them Claret Wine, Butter and a little Salt, so put it into the Dish to the Meat, and serve it in.

147. *To keep Quinces white, either to preserve whole, or for white Marmalade or Paste.*

Coddle them with white Wine and Water, and cover them with sliced Pippins in the Codling.

148. *To make little Pasties with Sweet Meats to fry.*

Mak some Paste with cold water, Butter and flower, with the yolk of an Egg, then roul it out in little thin Cakes, and lay one spoonfull of any kind of Sweet Meats you like best upon every one, so close them up and fry them with Butter, and serve them in with fine Sugar strewed on.

149. *To boil a Capon on the French Fashion.*

Boil your Capon in water and salt, and a little dusty Oatmeal to make it look white, then take two or three Ladles full of Mutton Broth, a Faggot of sweet Herbs, two or three Dates cut in long pieces, a few par-boiled Currans, and a little whole Pepper,

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a little Mace and Nutmeg, thicken it with Almonds, season it with Verjuice, Sugar, and a little sweet Butter, then take up your Capon and lard it well with preserved Limon, then lay it in a deep Dish, and pour the broth upon it; then Garnish your Dish with Suckers and preserved Barberries.

150. *To souce a Pike, Carp or Bream.*

Draw your Fish, but scale it not, and save the Liver of it; wash it very well, then take white Wine, as much water again as Wine, boil them together with whole Spice, Salt, and a bundle of sweet Herbs, and when it boils put in your Fish, and just before it a little Vinegar; for that will make it crisp: when it is enough, take it up and put it into a Trey, then put into the Liquor some whole Pepper, and whole Ginger, and when it is boiled enough, take it off and cool it, and when it is quite cold, put in your Fish, and when you serve it in, lay some of the Jelly about the Dish sides, and some Fennel and Sawcers of Vinegar.

151. *To boil a Gurnet on the French fashion.*

Draw your Gurnet and wash it, boil it in water and salt and a bundle of sweet herbs; when it is enough, take it up and put it into a Dish with Sippets over a Chafingdish of Coals; then take Verjuice, Butter, Nutmeg and Pepper, and the yolks of two Eggs, heat it together, and pour over it; Garnish your Dish as you please.

152. *To rost a Leg of Mutton on the French fashion.*

Take a Leg of Mutton, and pare off all the Skin as thin as you can, then lard it with sweet Lard, and stick it with Cloves, when it is half rosted, cut off three or four thin pieces, and mince it with sweet herbs, and a little beaten Ginger, put in a Ladle full of Claret wine, and a little sweet butter, two Spoonfuls of Verjuice and a little Pepper, a few Capers, then chop the yolks of two hard Eggs in it, then when these have stewed a while in a Dish, put your bonie part which is rosted into a Dish, and pour this on it and serve it in.

153. *To rost a Neats Tongue.*

Chop sweet herbs fine with a piece of raw Apple, season it with Pepper and Ginger, and the yolk of an Egg made hard and minced small, then stuff your Tongue with this, and rost it well, and baste it with Butter and Wine; when it is enough, take Verjuice, Butter, and the Juice of a Limon, and a little Nutmeg; then Dish your Tongue and pour this Sauce over it and serve it in.

154. *To boil Pigeons with Rice.*

Take your Pigeons and truss them, and stuff their bellies with sweet herbs, then put them into a Pipkin with as much Mutton broth as will cover them, with a blade of Mace and some whole Pepper, boil all these together until the Pigeons be tender, and put in Salt:

Then take them from the fire, and scum off the Fat very clean, then put in a piece of sweet Butter, season it with Verjuice, Nutmeg and a little Sugar, thicken it with Rice boiled in sweet Cream, Garnish your Dish with preserved Barberries and Rkirket Roots boiled tender.

155. *To Boil a Rabbit.*

Take a large Rabbit, truss it and boil it with a little Mutton Broth, white Wine and a blade of Mace, then take Lettuce, Spinage, and Parsley, Winter-Savory and Sweet Marjoram, pick all these and wash them clean, and bruise them a little to make the Broth look green, thicken it with the Crust of a Manchet first steeped in a little Broth, and put in a little sweet Butter, season it with Verjuice and Pepper, and serve it to the Table upon Sippets; Garnish the Dish with Barberries.

156. *To boil a Teal or Wigeon.*

Parboil either of these Fowls and throw them into a pail of fair Water, for that taketh away the Rankness, then rost them half, and take them from the fire, and put sweet herbs in the bellies of them, and stick the Breasts with Cloves, then put them in a Pipkin with two or three ladles full of Mutton broth, very strong of the Meat, a blade of whole Mace, two or three little Onions minced small; thicken it with a Toast of Household bread, and put in a little Butter, then put in a little Verjuice, so take it up, and serve it.

157. *To boil Chickens or Pigeons with
Goosberries or Grapes.*

Boil them with Mutton Broth and white Wine, with a blade of Mace and a little Salt, and let their bellies be filled with sweet herbs, when they are tender, thicken the Broth with a piece of Manchet, and the yolks of two hard Eggs, strained with some of the Broth, and put it into a deep Dish with some Verjuice and Butter and Sugar, then having Goosberries or Grapes tenderly scalded, put them into it, then lay your Chickens or Pigeons into a Dish, and pour the Sauce over them, and serve them in.

158. *A made Dish of Rabbits Livers.*

Take six Livers and chop them fine with sweet herbs and the yolks of two hard Eggs, season it with beaten Spice, and Salt, and put in some plumped Currans, and a little melted Butter, so mix them very well together, and having some Paste ready rouled thin, make it into little Pasties and fry them, strew Sugar over them and serve them.

159. *To make a Florentine with the Brawn of a Capon, or the Kidney of Veal.*

Mince any of these with sweet Herbs, then put in parboiled Currans, and Dates minced small, and a little Orange or Limon Pill which is Candied, shred small, season it with beaten Spice and Sugar, then take the yolks of two hard Eggs and bruise them with a little Cream, a piece of a short Cake grated, and Marrow cut in short pieces; mix all these together with the forenamed Meat, and put in a little Salt and a little Rosewater, and bake it in a Dish in Puff-Past, and when you serve it in strew Sugar over it.

160. *A Friday Pie without Fish or Flesh*

Wash a good quantity of green Beets, and pluck out the middle string, then chop them small, with two or three ripe Apples well relished, season it with Pepper, Salt, and Ginger, then add to it some Currans, and having your Pie ready, and Butter in the bottom, put in these herbs, and with them a little Sugar, then put Butter on the top, and close it and bake it, then cut it up, and put in the juice of a Limon and Sugar.

161. *To make Umble Pies.*

Boil them very tender, and mince them very small with Beef Suet and Marrow, then season it with beaten Spice and Salt, Rosewater and Sugar and a little Sack, so put it into your Paste with Currans and Dates.

162. *To bake Chickens with Grapes.*

Scald your Chickens and truss them, and season them with Pepper, Salt and Nutmeg, and having your Pie ready, and Butter laid in the bottom, put in your Chickens, and then more Butter, and bake them with a thin Lid on your Pie, and when it is baked, put in Grapes scalded tender, Verjuice, Nutmeg, Butter and Sugar, and the Juice of an Orange; so serve it in.

163. *To make a good Quince-Pie.*

Take your fairest Quinces, and Coddle them till a straw may run through them, then core them and pare them, then take their weight in fine Sugar, and stuff them full of Sugar, then having your Pie ready, lay in

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your Quinces, and strew the rest of your Sugar over them, and put in some whole Cloves and Cinamon, then close it, and bake it; you must let it stand in the Oven four or five hours; serve it in cold and strew on Sugar.

164. *To make Tarts of Pippins.*

Having some Puff-past ready in a Dish or Pan, lay in some preserved Pippins which have Orange-Pill in them, and the Juice of Orange or Limon, so close them and bake them a little.

165. *To make a good Pie of Beef.*

Take the Buttock of a fat Oxe, slice it thin, mince it small, and beat it in a Mortar to a Paste, then lard it very well with Lard, and season it with beaten Spice, then make your Pie, and put it in with some Butter and Claret Wine, and so bake it well, and serve it in cold with Mustard and Sugar, and garnish it with Bay-leaves.

166. *To bake a Swan.*

Scald it and take out the bones, and par-boil it, then season it very well with Pepper, Salt and Ginger, then lard it, and put it in a deep Coffin of Rye Paste with store of Butter, close it and bake it very well, and when it is baked, fill up the Vent-hole with melted Butter, and so keep it; serve it in as you do the Beef-Pie.

167. *To bake a Turkey or Capon.*

Bone the Turkey, but not the Capon, par-boil them, and stick Cloves on their breasts, lard them, and season them well with Pepper and Salt, and put them in a deep Coffin with good store of Butter, and close your Pie, and bake it, and soak it very well; when it is baked, fill it up with melted Butter, and when it is quite cold, serve it in and eat it with Mustard and Sugar: garnish it with Bay-Leaves.

168. *To make Fritters.*

Take the Curds of a Sack Posset, the Yolks of six Eggs, and the Whites of two, with a little fine Flower to make it into a thick Batter, put in also a Pomewater cut in small pieces, some beaten Spice, warm Cream, and a spoonful of Sack, and a little strong Ale; mingle all these very well, and beat them well, then fry them in very hot Lard, and serve them in with beaten Spice and fine Sugar.

169. *To bake Woodcocks, Blackbirds, Sparrows or Larks.*

Truss and parboil them, then season them with Pepper and Salt, and put them into a Pie with good store of Butter, and so bake them, then fill them up with Butter.

170. *To bake a Goose.*

Bone your Goose and parboil it, and season it with Pepper and Salt, and lay it into a deep Coffin with good store of Butter top and bottom, then bake it very well, and when it is baked, fill up the Pie at the Vent-hole

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hole with melted Butter, and so serve it in
with Mustard and Sugar and Bay-Leaves.

171. *To make Pancakes so crisp as you
may set them upright.*

Make a dozen or a score of them in a lit-
tle Frying-pan, no bigger then a Sawcer,
then boil them in Lard, and they will look
as yellow as Gold, and eat very well.

172. *To make blanch'd Manchet.*

Take six Eggs, half a Pint of sweet Cream,
and a penny Manchet grated, one Nutmeg
grated, two spoonfuls of Rosewater, and
two Ounces of Sugar, work it stiff like a
Pudding, then fry it in a very little frying-
pan, that it may be thick.

Fry it brown, and turn it upon a Pie-
Plate; cut it in quarters and strew Sugar on
it and serve it in.

173. *To make a fierced Pudding.*

Mince a Leg of Mutton with sweet herbs,
and some Suet, make it very fine, then
put in grated Bread, minced Dates, Cur-
rans, Raisins of the Sun stoned, a little pre-

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serued Orange or Limon, and a few Coriander seeds bruised, Nutmeg, Ginger, and Pepper, mingled all together with Cream and raw Eggs wrought together like a PASTE, and bake it, and put for Sauce the yolk of an Egg, Rosewater, Sugar, and Cinamon, with a little Butter heat together; when you serue it in, stick it with Almonds and Rosemary; you may boil it also if you please, or rost some of it in a Lambs Cawl.

174. *To make a Fricasie of Eggs.*

Beat twelve Eggs with Cream, Sugar, beaten Spice and Rosewater, then take thin slices of Pomewater Apple, and fry them well with sweet Butter; when they are enough, take them up, and cleanse your pan, then put in more Butter, and make it hot, and put in half your Eggs and fry them; then when the one side is fryed lay your Apples all over the side which is not fryed, then pour in the rest of your Eggs, and then turn it and fry the other side, then serue it in with the Juice of an Orange and Butter, and Sugar.

175. *To make a Cambridge Pudding.*

Take grated bread searced through a Cullender, then mix it with fine Flower, minced Dates, Currans, beaten Spice, Suet shred small, a little salt, Sugar and Rosewater, warm Cream and Eggs; with half their Whites; mould all these together with a little Yest, and make it up into a Loaf, but when you have made it in two parts, ready to clap together, make a deep hole in the one, and put in Butter, then clap on the other, and close it well together, then butter a Cloth and tie it up hard, and put it into water which boils apace, then serve it in with Sack, Butter and Sugar.

You may bake it if you please in a baking-pan.

176. *To make a Pudding of Goose Blood.*

Save the blood of a Goose, and strain it, then put in fine Oatmeal steeped in warm Milk, Nutmeg, Pepper, sweet Herbs, Sugar, Salt, Suet minced fine, Rosewater, Limon Pill, Coriander seeds, then put in some Eggs, and beat all these together very well,

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then boil them how you do like, either in a buttered Cloth or in Skins, or rost it within the Neck of the Goose.

177. To make Liver Puddings.

Take a Hogs Liver boiled and cold, grate it like Bread, then take new Milk and the Fat of a Hog minced fine, put it to the Bread and the Liver, and divide it into two parts, then dry herbs or other if you can minced fine, and put the Herbs into one part with beaten Spice, Anniseeds, Rosewater, Cream and Eggs, Sugar and Salt, so fill the Skins and boil them.

To the other part put preserved Barberries, sliced Dates, Currans, beaten Spice, Salt, Sugar, Rosewater, Cream and Eggs; so mix them well together, and fill the Skins and boil them.

178. To make a Chiveridge Pudding.

Take the Fattest Guts of your Hog clean scoured, then stuff them with beaten Spice and sliced Dates, sweet herbs, a little Salt, Rosewater, Sugar, and two or three Eggs to make it slide; so fill them, tie them up like Puddings and boil them; when they are enough serve them.

179. *To make Rice Puddings in Skins.*

Take two quarts of Milk and put therein as it is yet cold, two good handiuls of Rice clean picked and washed, set it over a slow fire and stir it often, but gently; when you perceive it to swell, let it boil apace till it be tender and very thick, then take it from the fire, and when it is cold, put in six Eggs well beaten, some Rosewater and Sugar, beaten Spice and a little Salt, preserved Barberries and Dates minced small, some Marrow and Citron Pill; mingle them well together and fill your Skins, and boil them.

180. *To make a stewed Pudding.*

Take the yolks of three Eggs and one White, six spoonfuls of sweet Cream, a little beaten spice, and a quarter of a pound of Suet minced fine, a quarter of a pound of Currans, and a little grated Bread, Rosewater, Sugar and Salt; mingle them well together, and wrap them up in little pieces of the Cawl of Veal, and fasten them with a little stick, and tie each end with a stick, you may put four in one Dish, then take half

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a pint of strong Mutton Broth, and 6 spoonfuls of Vinegar, three or four blades of large Mace, and one Ounce of Sugar, make this to boil over a Chafingdish of Coals, then put in your Puddings, and when they boil, cover them with another Dish, but turn them sometimes, and when you see that they are enough, take your Puddings and lay them in a warm Dish upon Sippets, then add to their Broth some Sack, Sugar, and Butter, and pour over them; garnish your Dish with Limon and Barberries.

181. To make a Suffex Pudding.

Take a little cold Cream, Butter and Flower, with some beaten Spice, Eggs, and a little Salt, make them into a stiff Paste, then make it up in a round Ball, and as you mold it, put in a great piece of Butter in the middle, and so tye it hard up in a buttered Cloth, and put it into boiling water, and let it boil apace till it be enough, then serve it in, and garnish your Dish with Barberries; when it is at the Table, cut it open at the top, and there will be as it were a Pound of Butter, then put Rosewater and Sugar into it, and so eat it.

in some of this like Paste you may wrap
great

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great Apples, being pared whole, in one piece of thin Paste, and so close it round the Apple, and throw them into boiling water, and let them boil till they are enough, you may also put some green Goosberries into some, and when either of these are boiled, cut them open and put in Rosewater, Butter and Sugar.

182. To make French Puffs.

Take Spinage, Parsley and Endive, with a little Winter-savory, and wash them, and mince them very fine; season them with Nutmeg, Ginger and Sugar, wet them with Eggs, and put in a little Salt, then cut a Limon in thin round slices, and upon every slice of Limon lay one spoonful of it.

Then fry them, and serve them in upon some Sippets, and pour over them Sack, Sugar and Butter.

183. To make Apple Puffs.

Take a Pomewater, or any other Apple that is not hard or harsh in taste, mince it with a few raisins of the Sun stoned, then wet them with Eggs, and beat them together with the back of a Spoon, season them
with

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with Nutmeg, Rosewater, Sugar, and Ginger, drop them into a frying pan with a Spoon into hot Butter, and fry them, then serve them in with the juice of an Orange and a little Sugar and Butter.

184. *To make Kickshaws, to bake or fry in what shape you please.*

Take some Puff-paste and roul it thin, if you have Moulds work it upon them with preserved Pippins, and so close them, and fry or bake them, but when you have closed them, you must dip them in the yolks of Eggs, and that will keep all in; fill some with Goosberries, Rasberries, Curd, Marrow, Sweet-breads, Lambs-Stones, Kidney of Veal, or any other thing what you like best, either of them being seasoned before you put them in, according to your mind; and when they are baked or fried, strew Sugar on them, and serve them in.

185. *To make an Italian Pudding.*

Take a peny white Loaf and pare off the crust, then cut it like Dice, then take some Beef Suet shred small, and half a pound of Raisins of the Sun stoned, with as many Currans,

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Curraus, mingle them together and season them with beaten Spice and a little Salt, wet them with four Eggs, and stir them gently, for fear of breaking the Bread, then put it in a dish with a little Cream and Rosewater and Sugar, then put in some Marrow and Dates, and so butter a dish and bake it, then strew on Sugar and serve it.

186. *To Haste Calves Tongues.*

Boil them tender and pill them, then lard them with Limon Pill, and lard them also with fat Bacon, then lay them to the Fire, and half roast them; then put them in a Pipkin with Claret Wine, whole Spice and sliced Limon, and a few Caraway Seeds, a little Rosemary and a little Salt, boil all together and serve them in upon Toasts. Thus you may do with Sheeps Tongues also.

187. *To boil a Capon.*

Take strong Mutton Broth, and truss a Capon, and boil him in it with some Marrow and a little Salt in a Pipkin, when it is tender, then put in a pint of White Wine, half a pound of Sugar, and four Ounces of Dates stoned and sliced, Potato Roots boiled and blanched,

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blanched, large Mace and Nutmeg sliced, boil all these together with a quarter of a pint of Verjuyce, then dish the Capon, and add to the Broth the Yolks of six Eggs beaten with Sack, and so serve it; garnish your dish with several sorts of Candied Pills and Preserved Barberries, and sliced Limon with Sugar upon every slice.

188. *To boil a Capon with Rice.*

Truss your Capon and boil him in water and salt, then take a quarter of a pound of Rice, first boiled in Milk, and put in with some whole Spice and a little Salt, when it is almost enough put in a little Rosewater, and half a pound of Almonds blanched and beaten, strain them in, and put in some Cream and Sugar, then when your Capon is enough, lay it in a Dish, and pour the Broth thereon; Garnish your Dish as you please and serve it in.

189. *To boil a Capon with Pippins.*

Parboil your Capon after it is trussed, then put it into a Pipkin with Mutton Broth and Marrow, and a little Salt, with a quart of White-Wine, a little Nutmeg and Dates stoned.

stoned and sliced, then put in a quarter of a pound of fine Sugar, then take some Pippins stewed with Sugar, Spice and a little water, and put them in, then lay your Capon into a Dish, and lay some Naples Biskets for Sippers, then bruise the yolks of eight hard Eggs and put in your Broth, with a little Sack, and pour it over your Capon; Garnish your Dish and serve it in.

190. *To boil Chickens with Lettuce the very best way.*

Parboil your Chickens and cut them in Quarters, and put them into a Pipkin with some Mutton Broth, and two or three sweet Breads of Veal, and some Marrow and some Cloves, and a little Salt, and a little Limon Pill; then take good store of hard Lettuce, cut them in halves and wash them, and put them in; then put in Butter and Sack and white Wine, with a little Mace and Nutmeg, and sliced Dates: Let all these stew upon the Fire, and when they be enough, serve them in with Toasts of white Bread for Sippers; Garnish the Dish with Limon and Barberries, and what else you please. Thus you may do Pigeons.

190. *To boil a Rabbit with Grapes or
with Goosberries.*

Truss your Rabbit whole, and boil it in some Mutton Broth till it be tender;

Then take a pint of White Wine, and a good handful of Spinage chopped, the yolks of hard Eggs cut in quarters, put these to the Rabbit with some large Mace; a Fagot of sweet Herbs and a little Salt and some Butter, let them boil together a while, then take your Rabbit and lay it in a Dish and some Sippets, then lay over it some Grapes or Goosberries, scalded with Sugar, and pour your Broth over it.

191. *To boil a Rabbit with Claret
Wine.*

Boil a Rabbit as before, then slice Onions and a Carrot root, a few Currans and a Fagot of sweet herbs, and a little Salt, minced Parsley, Barberries picked, large Mace, Nutmeg and Ginger, put all these into a Pipkin with the Rabbit, half a Pound of Butter, and a Pint of Claret Wine, and let them boil together till it be enough, then serve it upon Sippets.

192. *To boil a wild Duck.*

Truss and parboil it, then half roast it, then carve it, and save the Gravie, then take Onions and Parsley sliced, Ginger and Pepper, put the Gravie into a Pipkin, with Carrans, Mace, Barberries, and a quart of Claret Wine, and a little Salt, put your Duck with all the forenamed things into it, and let them boil till it be enough, then put in Butter and Sugar, and serve it in upon Sippets.

193. *To boil a tame Duck.*

Take your Duck and truss it, and boil it with water and salt, or rather Mutton broth, when it hath boiled a while, put in some whole Spice, and when it is boiled enough, take some white wine and butter, and good store of Onions boiled tender in several waters, with a little of the Liquor wherein the Duck hath boiled, and a little Salt: put your Duck into a Dish, and heat these things together and pour over it, and serve it; garnish the Dish with boiled Onions and Barberries.

194. *To boil Pigeons with Capers and Samphire.*

Truss your Pigeons and put them into a Pipkin with some Mutton Broth and white Wine, a bundle of sweet herbs, when they are boiled, lay them into a Dish, then take some of the Broth with some Capers and Limon sliced, and some Butter, heat these together and pour over them; then fry thin slices of Bacon, and lay upon them, and some Samphire washed from the Salt, and some slices of Limon, Garnish your Dish with the same and serve it in.

* 195. *To boil Sausages.*

Take two pounds of Sausages, and boil them with a quart of Claret Wine and a bundle of Sweet herbs, and whole Cloves and Mace, then put in a little Butter, when they are enough, serve them in with this Liquor and some Mustard in Sawcers.

196. *To boil Goose Giblets.*

Boil them with water and salt, and a bundle of sweet herbs, Onions and whole spice, when

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when they are enough, put in Verjuice and Butter, and some Currans plumped, and serve them upon Sippets.

Thus you may dress Swans GIBLETS.

197. To boil GIBLETS with Roots and good Herbs.

Boil them in a quart of Claret, Ginger and Cloves, and a Faggot of sweet herbs, Turneps and Carrots sliced, with good store of Spinage and a little Salt, when they are enough, serve them upon Sippets.

And add to the Broth some Verjuice and the yolks of Eggs; Garnish your Dish with Parsley and pickled Barberries. * *

198. To smoor a Neck of Mutton.

Cut your Steaks, and put them into a Dish with some Butter, then take a Faggot of sweet herbs, and some gross Pepper and a little Salt, and put to them; cover your Dish, and let them stew till they are enough, turning them sometimes, then put in a little Claret Wine and Anchovies, and serve them upon Sippets.

199. *To smoor Veal.*

Cut thin slices of Veal and hack them o-
ver with the back of a Knife, then lard them
with Lard, and Fry them with strong Beer
or Ale till they be enough, then stew them
in Claret wine with some whole Spice, and
Butter, and a litte Salt.

Garnish your Dish with Sausages fried,
and with Barberries, to serve them in.

200. *To smoor Steaks of Mutton
another way.*

Cut part of a Leg of Mutton into steaks,
and fry it in White Wine and a little salt, a
bundle of herbs, and a little Limon Pill, then
put it into a Pipkin with some sliced Limon,
without the Rind, and some of the Liquor it
was fried in. and Butter and a little Parslie,
boil all together till you see it be enough,
then serve it in, and garnish your Dish with
Limon and Barberries.

201. *To smoor Chickens.*

Cut them in Joints and fry them with sweet Butter, then take white Wine, Parsley and Onions chopp'd small, whole Mace and a little gros Pepper, a little Sugar, Verjuice and Butter, let these and your fryed Chicken boil together, then fry the Leaves of Clary with Eggs, put a little Salt to your Chickens, and when they are enough, serve them in this fryed Clary, and garnish your Dish with Barberries.

202. *To fry Muscles, or Oysters, or Cockles, to serve in with Meat, or by themselves.*

Take any of these and parboil them in their own Liquor, then dry them, flower them, and fry them, then put them into a Pipkin with Claret Wine, whole Spice and Anchovies, and a little Butter, so let them stew together, and serve them in either with a Duck, or by themselves, as you like best.

104. *To dress Calves feet.*

Take Calves feet tenderly boiled, and slit them in the middle, then put them in a Dish with sweet Butter, Parsley and Onions chopped, a little Thyme, large Mace, Pepper with a little Wine Vinegar, and a little Salt, let all these stew together till they are enough, then lay your Calves feet in a Dish, and pour the Sauce over them, then strew some raw Parsley and hard Eggs chopped together over them with slices of Limon and Barberries.

205. *To dress Neats Tongues.*

Boil them and blanch them, and slice them thin, then take Raisins of the Sun, large Mace, Dates sliced thin, a few blanched Almonds, and Claret Wine with a little Salt; boil all these together with some sweet Butter, Verjuice and Sugar; when they are enough, serve them in and thicken the Sauce with yolks of Eggs; garnish your Dish with Barberries.

206. *Another way to Hash Neats
Tongues.*

Boil Neats Tongues very tender, peel them and slice them thin, then take strong meat Broth, blanched Chesnuts, a Faggot of sweet herbs, large Mace, and Endive, a little Pepper and whole Cloves and a little Salt; boil all these together with some butter till they be enough; garnish your Dish as before.

207. *To boil Chickens in White-broth.*

Take three Chickens and truss them, then take two or three blades of Mace, as many quartered Dates, four or five Lumps of Marrow, a little Salt and a little Sugar, the yolks of three hard Eggs, and a quarter of a Pint of Sack; first boil your Chickens in Mutton broth, and then add these things to them, and let them boil till they are enough, then lay your Chickens in a Dish, and strain some Almonds blanched and beaten into it, serve it upon Sippets of French Bread; garnish your Dish with hard Eggs and Lmons.

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208. *To boil Partridges.*

Put two or three Partridges into a Pipkin with as much water as will cover them, then put in three or four blades of Mace, one Nutmeg quartered, five or six Cloves, a piece of sweet Butter, two or three Toasts of Manchet toasted brown, soke them in Sack or Muscadine and break them, and put them into the Pipkin with the rest, and a little Salt, when they are enough, lay them in a Dish, and pour this Broth over them, then garnish your Dish with hard Eggs and sliced Limon, and serve it in.

209. *To boil a Leg of Mutton.*

Take a large Leg of Mutton and stuff it well with Mutton Suet, Salt and Nutmeg, boil it in water and Salt, but not too much, then put some of that Broth into another Pot, with three or four blades of Mace, some Currans and Salt, boil them till half be consumed, then put in some sweet Butter, and some Capers and a Limon cut like Dice with the Rind on, a little Sack, and the yolks of two hard Eggs Minced; then lay your Mutton into a Dish upon Sippets, and
pour

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pour this Sauce over it ; scrape Sugar on the sides of your Dish , and lay on slices of Limon and Barberries.

210. *To stew Trouts.*

Put two Trouts into a fair dish with some white Wine, sweet Butter, and a little whole Mace, a little Parsley, Thyme and Savory minced, then put in an Anchovie and the yolks of hard Eggs ; when your Fish is enough, serve it on Sippets, and pour this over it, and Garnish your Dish with Limon and Barberries, and serve them in ; you may add Capers to it if you please, and you may do other Fish in this manner.

211. *To boil Eels in Broth to serve with them.*

Flay and wash your Eels and cut them in pieces about a handful long, then put them into a pot with so much Water as will cover them, a little Pepper and Mace, sliced Onions, a little grated Bread, and a little Yest, a good piece of sweet Butter, some Parsley, Winter-Savory and Thyme shred small ; let them boil softly half an hour, and put in some Salt, with some Currans ;

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when it is enough, put in Verjuice and more Butter, and so serve it; Garnish your Dish with Parsley, Limon and Barberries, put Sippits in your Dish.

212. *To boil a Pike with Oysters.*

Take a fair Pike and gut it and wash it; and truss it round with the tail in the mouth, then take white Wine, Water and Salt, with a bundle of sweet herbs, and whole Spice, a little Horse-radish; when it boils, tie up your Pike in a Cloth, and put it in, and let it boil till it swims, for then it is enough; then take the Rivet of the Pike, and a Pint of great Oysters with their Liquor, and some Vinegar, large Mace, gross Pepper, then lay your Pike in a Dish with Sippets, and then heat these last named things with some Butter and Anchovies, and pour over it; garnish your Dish as you please.

213. *To make a grand Sallad.*

Take a fair broad brimm'd dish, and in the middle of it lay some pickled Limon Pill, then lay round about it each sort by themselves, Olives, Capers, Broom-Buds, Ash-Keys, Purslane pickled, and French-Beans pickled,

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pickled, and little Cucumbers pickled, and Barberries pickled, and Clove Gilliflowers, Cowslips, Currans, Figs, blanched Almonds and Raisins, Slices of Limon with Sugar on them, Dates stoned and sliced.

Garnish your Dish brims with Candied Orange, Limon and Citron Pill, and some Candied Eringo roots.

214. *To rost a Pig with a Pudding in his Belly.*

Take a fat Pig and truss his head backward looking over his back, then make such Pudding as you like best, and fill his belly with it, your Pudding must be stiff, then sew it up, and rost your Pig, when it is almost enough, wring upon it the Juice of a Limon, and when you are ready to take it up, wash it over with yolks of Eggs, and before they can dry, dredge it with grated bread mixed with a little Nutmeg and Ginger, let your Sauce be Vinegar, Butter and Sugar, and the yolks of hard Eggs minced.

215. *To rost a Leg of Mutton with Oysters.*

Take a large Leg of Mutton and stuff it well with Mutton Suet, with Pepper, Nutmeg, Salt and Mace, then rost it and stick it with Cloves, when it is half roasted cut off some of the under side of the fleshy end, in little thin Bits, then take a Pint of Oysters and the Liquor of them, a little Mace, sweet Butter and Salt, put all these with the Bits of Mutton into a Pipkin till half be consumed, then Dish your Mutton and pour this Sauce over it, strew Salt about the Dish side and serve it in.

216. *To make a Steak-Pie.*

Cut a Neck of Mutton in Steaks, then season it with Pepper and Salt, lay your Paste into your Baking Pan, and lay Butter in the bottom, then lay in your Steaks, and a little large Mace, and cover it with Butter, so close it, and bake it; and against it is baked, have in readiness good store of boiled Parsley minced fine, and drained from the Water, some White Wine and some Vinegar, sweet Butter and Sugar,

cut

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cut open your Pie, and put in this Sauce, and shake it well, and serve it to the Table; it is not so good cold as hot.

217. To roast a Haunch or a Shoulder of Venison, or a Chine of Mutton.

Take either of these, and Lard it with Lard, and stick it thin with Rosemary, then roast it with a quick fire, but do not lay it too near, baste it with sweet butter: then take half a Pint of Claret wine, a little beaten Cinamon and Ginger, and as much Sugar as will sweeten it, five or six whole Cloves, a little grated Bread, and when it is boiled enough, put in a little sweet Butter, a little Vinegar, and a very little Salt, when your meat is roasted, serve it in with Sauce, and strew Salt about your Dish.

218. To roast a Capon with Oysters and Chesnuts.

Take some boiled Chesnuts, and take off their shells, and take as many parboil'd Oysters, then spit your Capon, and put these into the belly of it, with some sweet Butter, roast it and baste it with sweet Butter, save the Gravic, and some of the

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Chestnuts, and some of the Oysters, then add to them half a Pint of Claret Wine, and a piece of sweet Butter and a little Pepper, and a little Salt; stew these all together till the Capon be ready, then serve them in with it; Garnish your Dish as you please.

219. *To rost a Shoulder or Fillet of Veal with farcing Herbs.*

Wash your Meat and parboil it a little, then take Parsley, Winter-savory, and Thyme, of each a little minced small, put to them the yolks of three or four hard eggs minced, Nutmeg, Pepper and Currans and Salt, add also some Suet minced small; work all these with the yolk of a raw Egg, and stuff your Meat with it, but save some, and set it under the meat while it doth rost, when your meat is almost rosted enough, put to these in the Dish, a quarter of a pint of White Wine Vinegar, and some Sugar, when your meat is ready, serve it in with his Sauce, and strew on Salt.

220. *To make boiled Sallads.*

Boil some Carrots very tender, and scrape them to pieces like the Pulp of an Apple, season them with Cinamon and Ginger and Sugar, put in Currans, a little Vinegar, and a piece of sweet Butter, stew these in a Dish, and when they begin to dry put in more Butter and a little Salt, so serve them to the Table; thus you may do Lettuce, or Spinage or Beets.

221. *To boil a Shoulder of Veal.*

Take a Shoulder of Veal and half boil it in Water and Salt, then slice off the most part of it, and save the Gravie; then take that sliced meat, and put it in a Pot with some of the Broth that boiled it, a little grated Bread, Oyster Liquor, Vinegar, Bacon scalded and sliced thin, a Pound of Sausages out of their skins, and rolled in the yolks of Eggs, large Mace and Nutmeg, let these stew about one hour, then put in one Pint of Oysters, some sweet herbs, and a little Salt, stew them together, then take the bone of Veal and broil it and Dish it, then add to your Liquor a little Batter,

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and some minced Limon with the Rind, a Shelot or two sliced, and pour it over, then lay on it some fryed Oysters; Garnish your Dish with Barberries and sliced Limon, and serve it in.

222. *To boil a Neck of Mutton.*

Boil it in water and salt, then make sauce for it with Samphire and a little of the Broth, Verjuice, large Mace, Pepper and Onion, the yolks of hard Eggs minced, some sweet herbs and a little salt, let these boil together half an hour or more:

Then beat it up with Butter and Limon; then dish your Meat upon Sippets, and pour it on; garnish your Dish with the hard Whites of Eggs and Parsley minced together, with sliced Limon, so serve it; thus you may dress a Leg or a Breast of Mutton if you please.

223. *To stew a Loin of Mutton.*

Cut your Meat in Steaks, and put it into so much water as will cover it, when it is skummed, put to three or four Onions sliced, with some Turneps, whole Cloves, and sliced Ginger; when it is half stewed, put

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in sliced Bacon and some sweet herbs minced small, some Vinegar and Salt, when it is ready, put in some Capers, then Dish your Meat upon Sippets and serve it in, and garnish your Dish with Barberries and Limon.

224. To boil a Haunch of Venison.

Boil it in water and salt, with some Coleflowers and some whole Spice; then take some of the Broth, a little Mace, and a Cows Udder boiled tender and sliced thin, a little Horfe-radish root searced, and a few sweet herbs, boil all these together, and put in a little Salt, when your Venison is ready, Dish it, and lay your Cows Udder and the Coleflowers over it, then beat up your Sauce, and pour over it; then garnish your Dish with Limon and Parsley and Barberries, and so serve it; this Sauce is also good with a powdered Goose boiled, but first larded.

225. *To make white Broth with Meat
or without.*

Take a little Mutton Broth, and as much of Sack, and boil it with whole Spice, sweet herbs, Dates sliced, Currans and a little Salt, when it is enough, or very near, strain in some blanched Almonds, then thicken it with the Yolks of Eggs beaten, and sweeten it with Sugar, and so serve it in with thin slices of white Bread:

Garnish with stewed Prunes, and some plumped Raisins.

This may be served in also with any meat proper for to be served with White Broth.

226. *To make good stewed Broth.*

Take a hinder Leg of Beef and a pair of Marrow bones, boil them in a great Pot with Water and a little Salt, when it boiles, and is skimmed, put in some whole Spice, and some Raisins and Currans, then put in some Manchet sliced thin, and soaked in some of the Broth, when it is almost enough, put in some stewed Prunes, then Dish your Meat, and put into your Broth a little Saff-

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ron or red Saunders, some White Wine and Sugar, so pour it over your Meat, and serve it in; Garnish your Dish with Prunes, Raisins and fine Sugar.

227. To stew Artichokes.

Take the bottoms of Artichokes tenderly boiled, and cut them in Quarters, stew them with White Wine, whole Spice and Marrow, with a little Salt:

When they are enough, put in Sack and Sugar, and green Plumbs preserved, so serve them; garnish the Dish with Preserves.

228. To stew Pippins.

Take a pound of Pippins, pare them and core them, and cut them in quarters.

Then take a pint of water and a pound of fine Sugar, and make a Syrup, and scum it, then put in your Pippins and boil them up quick, and put in a little Orange or Limon Pill very thin; when they are very clear, and their Syrup almost wasted, put in the juice of Orange and Limon, and some Butter; so serve them in upon Sippets, and strew fine Sugar about the Dish sides.

229. *To make a Sallad with fresh Salmon.*

Your Salmon being boiled and souced, mince some of it small with Apples and Onions, put thereto Oyl, Vinegar, and Pepper; so serve it to the Table: Garnish your Dish with Limon and Capers.

230. *To rost a Shoulder of Mutton with Oysters.*

Take a large Shoulder of Mutton, and take sweet herbs chopped small, and mixed with beaten Eggs and a little Salt, take some great Oysters, and being dried from their Liquor, dip them in these Eggs, and fry them a little, then stuff your meat well with them, then save some of them for sauce, and rost your Mutton, and baste it with Claret Wine, Butter and Salt, save the Gravie, and put it with the Oysters into a Dish to stew with some Anchovies, and Claret wine: when your meat is enough, rub the Dish with a Shelot, and lay your meat in it, and then put some Capers into your Sauce, and pour over it, so serve it in; Garnish your Dish with Olives, Capers, and Samphire.

231. To rost a Calves Head with
Oysters.

Split your Calves Head as to boil, and let it lie in water a while, then wash it well, and cut out the Tongue, then boil your Head a little, also the Tongue and Brains, then mince the Brains and Tongue with a little Sage, Oysters and Marrow put amongst it when it is minced, three or four Eggs well beaten, Ginger, Pepper, Nutmeg, Grated Bread and Salt, and a little Sack, make it pretty thick, then take the Head and fill it with this, and bind it close, and spit it and rost it, and save the Gravie which comes from it in a Dish, baste it well with Butter, put to this Gravie some Oysters, and some sweet Herbs minced fine, a little white Wine, and a sliced Nutmeg; when the Head is roasted, set the Dish of Sauce upon hot Coals with some Butter and a little Salt, and the Juice of an Orange, beat it up thick and Dish your Head, and serve it in with this Sauce; garnish your Dish with stewed Oysters and Barberries.

232. *Sauce for Woodcocks Snites.*

When you spit your Fowl, put in an Onion in the Belly, when it is roasted, take the Gravie of it, and some Claret Wine, and an Anchove with a little Pepper and Salt, so serve them.

233. *To make Sauce for Partridges.*

Take grated Bread, Water and Salt, and a whole Onion boiled together, when it is well boiled, take out the Onion, and put in minced Limon, and a piece of Butter, and serve them in with it.

234. *To roast Larks with Bacon.*

When your Larks are Pull'd and drawn, wash them and spit them with a thin slice of Bacon and a Sage Leaf between the Legs of every one, make your Sauce with the Juice of Oranges and a little Claret Wine, and some Butter, warm them together, and serve them up with it.

235. *To make Sauce for Quails.*

Take some Vine Leaves dried before the Fire in a dish and mince them, then put some Claret Wine and a little Pepper and Salt to it, and a piece of Butter, and serve them with it.

This Sauce is also for roasted Pigeons.

236. *To roast a whole Pig without the Skin, with a Pudding in his Belly.*

Make ready the Pig for the Spit, then spit it and lay it down to the fire, and when you can take off the Skin, take it from the fire and flay it, then put such a Pudding as you love into the Belly of it, then sew it up, and stick it with Thyme and Limon Pill, and lay it down again, and roast it and baste it with Butter, and set a Dish under it to catch the Gravy, into which put a little sliced Nutmeg, and a little Vinegar, and a little Limon and some Butter; heat them together: when your Pig is enough, bread it, but first froth it up with Butter and a little Salt, then serve it in with this Sauce to the Table with the Head on.

237. *To fry Artichokes.*

Take the bottoms of Artichokes tenderly boiled, and dip them in beaten Eggs and a little Salt, and fry them with a little Mace shred among the Eggs; then take Verjuice, Butter and Sugar, and the Juice of an Orange, Dish your Artichokes, and lay on Marrow fried in Eggs to keep it whole, then lay your Sauce, or rather pour it on, and serve them in.

238. *To make Toasts of Veal.*

Take a roasted Kidney of Veal, cold and minced small, put to it grated bread, Nutmeg, Currans, Sugar and Salt, with some Almonds blanched and beaten with Rosewater, mingle all these together with beaten Eggs and a little Cream, then cut thin slices of white Bread, and lay this Compound between two of them, and so fry them, and strew Sugar on them, and serve them in.

239. *To make good Pancakes.*

Take twenty Eggs with half the whites, and beat them well and mix them with fine flower and beaten Spice, a little Salt, Sack, Ale, and a little Yeste, do not make your Batter too thin, then beat it well, and let it stand a little while to rise, then fry them with sweet Lard or with Butter, and serve them in with the Juice of Orange and Sugar.

240. *To fry Veal.*

Cut part of a Leg of Veal into thin slices, and hack them with the back of a Knife, then season them with beaten Spice and Salt, and lard them well with Hogs Lard, then chop some sweet herbs, and beat some Eggs and mix together and dip them therein, and fry them in Butter, then stew them with a little White Wine and some Anchovies a little while, then put in some Butter, and shake them well, and serve them in with sliced Limon over them.

241. *To make good Pafte.*

Take to a peck of fine flower three pound of butter, and three Eggs, and a little cold Cream, and work it well together, but do not break your Butter too small, and it will be very fine Crust, either to bake meat in, or fruit, or what else you please.

It is a very fine Dumplin, if you make it into good big Rolls, and boil them and butter them, or roul some of it out thin, and put a great Apple therein, and boil and butter them, with Rosewater, Butter and Sugar.

242. *To make good Pafte to raise.*

Take to a Peck of Flower two pounds of Butter and a little tryed Suet, let them boil with a little Water or Milk, then put two Eggs into your Flower, and mix them well together, then make a hole in the middle of your Flower, and put in the top of your boiling Liquor, and so much of the rest as will make it into a stiff Pafte, then lay it into a warm Cloth to rise.

243. *Paste for cold Baked meats.*

Take to every Peck of Flower one pound of Butter or a little more, with hot Liquor as the other, and put a little dissolved Ilinglass in it, because such things require strength; you may not forget Salt in all your Pastes, and work these Pastes made with hot Liquor much more than the other.

244. *To make a Veal Pie in Summer.*

Take thin slices of a Fillet of Veal, then having your Pie ready and Butter in it, lay in your Veal seasoned with a little Nutmeg and Salt, so cover it with Butter, and close it and bake it, then against it be drawn, scald some Goosberries or Grapes in Sugar and water as to preserve, and when you open your Pie, put in pieces of Marrow boiled in white Wine with a little blade of Mace:

Then put these Grapes or Goosberries over all, or else some hard Lettuce or Spinnage boiled and buttered.

245. *To make a Pie of Shrimps, or of Prawns.*

Pick them clean from their Shells, and have in readines your Pie with Butter in the bottom, then lay in your Fish with some large Mace and Nutmæg, and then Butter again, and so bake it:

Then cut it up and put in some White Wine and an Anchovy or two, and some Butter, and so serve them in hot; thus you may do with Lobsters or Crabs, or with Crasfish.

246. *To make a Pie of Larks, or of Sparrows.*

Pluck your Birds and draw them, then fill the Bellies of them with this mixture following, grated bread, sweet herbs minced small, Beef Suet or Marrow minced, Almonds blanched and beaten with Rose-water, a little Cream, beaten Spice, and a little Salt, some Eggs and some Currans, mix these together, and do as I have said, then have your Pie ready raised or laid in your baking-pan, put in Butter, and then fill it with Birds.

Then

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Then put in Nutmeg, Pepper and Salt, and put in the yolks of hard Eggs, and some sweet herbs minced, then lay in pieces of Marrow, and cover it with Butter, and so close it and bake it; then cut it open and wring in the Juice of an Orange and some Butter, and serve it.

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247. To make a Lettuce Pie

Take your Cabbage Lettuce and cut them in halves, wash them and boil them in water and Salt very green, then drain them from the water, so having your Pie in readiness, put in Butter; then put in your boiled Lettuce, with some Marrow, Raisins of the Sun stoned, Dates stoned and sliced thin, with some large Mace, and Nutmeg sliced, then put in more Butter, close it and bake it; then cut it open, and put in Verjuice, Butter and Sugar, and so serve it.

To stew a Neck of Mutton.

Put your Neck of Mutton cut in Steaks into so much Wine and Water as will cover it, with some whole Spice, let it stew till it be enough, then put in two Anchovies, and a handful of Capers, with a piece of sweet

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sweet Butter shake it very well, and serve it upon Sippets.

248. *To make a Pie of a roasted Kidney of Veal.*

Mince the Kidney with the Fat, and put to it some sweet herbs minced very small, a quarter of a pound of Dates stoned, and sliced thin and minced, season it with beaten Spice, Sugar and Salt, put in half a pound of Currans, and some grated bread, mingle all these together very well with Verjuice and Eggs, and make them into Balls, so put some Butter into your Pie, and then these Balls, then more Butter, so close it and bake it;

Then cut it open, and put in Verjuice, Butter and Sugar made green with the Juice of some Spinage; add to it the yolks of Eggs.

249. *To make a Potato Pie.*

Having your Pie ready, lay in Butter, and then your Potatoes boiled very tender, then some whole Spice and Marrow, Dates and the yolks of hard Eggs, blanched Almonds

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monds, and Pistacho Nuts, the Candied Pills of Citron, Orange and Limon, put in more Butter close it and bake it, then cut it open, and put in Wine, Sugar, the yolks of Eggs and Butter.

250. *To make a Pig Pie.*

Spit a whole Pig and rost it till it will flay, then take it off the Spit, and take off the Skin, and lard it with Hogs Lard, season it with Pepper, Salt, Nutmeg and Sage, then lay it into your Pie upon some Butter, then lay on some large Mace, and some more Butter, and close it and bake it: It is either good hot or cold.

251. *To make a Carp Pie.*

Take a large Carp and scale him, gut and wash him clean, and dry him well, then lay Butter into your Pie, and fill your Carps belly with this Pudding; grated bread, sweet herbs, and a little Bacon minced small, the yolks of hard Eggs and an Anchovie minced, also a little Marrow, Nutmeg, and then put in a little Salt, but a very little, and make some of this up in Balls, then Lard the Carp, sew up his
O Belly

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Belly, and lay him into your Pie, then lay in the Balls of Pudding, with some Oysters, Shrimps and Capers, and the yolks of hard Eggs and little Slices of Bacon, then put in large Mace and Butter, so close it and bake it, then cut off the Lid, and stick it full of pretty Conceits made in Paste, and serve it in hot.

252. *To make an Almond Tart.*

Take a Quart of Cream, and when it boils, put in half a pound of sweet Almonds blanched and beaten with Rosewater, boil them together till it be thick, always stirring it for fear it burn, then when it is cold, put in a little raw Cream, the yolks of twelve Eggs, and some beaten Spice, some Canded Citron Pill and Eringo Roots sliced, with as much fine Sugar as will sweeten it, then fill your Tart and bake it, and stick it with Almonds blanched, and some Citron Pill, and strew on some small French Comfits of several colours, and garnish your Dish with Almonds blanched, and preserved Barberries.

253. *To make a dainty White-Pot.*

Take a Manchet cut like Lozenges, and scald it in some Cream, then put to it beaten Spice, Eggs, Sugar and a little Salt, then put in Raisins, and Dates stoned, and some Marrow; do not bake it too much for fear it Whey; then strew on some fine Sugar and serve it in.

254. *To make a Red Deer Pie.*

Bone your Venison, and if it be a Side, then skin it, and beat it with an Iron Pestle but not too small, then lay it in Claret Wine, and Vinegar, in some close things two days and nights if it be Winter, else half so long, then drain it and dry it very well, and if lean, lard it with fat Bacon as big as your finger, season it very high with all manner of Spices and Salt, make your Pie with Rye Flower, round and very high, then lay store of Butter in the bottom and Bay-Leaves, then lay in your Venison with more Bay leaves and Butter; so close it, and make a Tunnel in the middle, and bake it as long as you do great Loaves, when it is baked, fill it up with melted Butter, and

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so keep it two or three months, serve it in with the Lid off, and Bay Leaves about the Dish; eat it with Mustard and Sugar.

255. *To make a Pie of a Leg of Pork.*

Take a Leg of Pork well powdred and stuffed with all manner of good Herbs, and Pepper, and boil it very tender, then take off the Skin, and stick it with Cloves and Sage Leaves, then put it into your Pie with Butter top and bottom, close it and bake it, and eat it cold with Mustard and Sugar.

256. *To make a Lamprey Pie.*

Take your Lamprey and gut him, and take away the Black string in the back, wash him very well, and dry him and season him with Nutmeg, Pepper and Salt, then lay him into your Pie in pieces with Butter in the bottom, and some Shelots and Bay Leaves and more Butter, so close it and bake it, and fill it up with melted Butter, and keep it cold, and serve it in with some Mustard and Sugar.

257. *To*

257. *To make a Salmon Pie.*

Take a Joll of Salmon raw, and scale it, and lay it into your Pie upon Butter and Bay leaves, then season it with whole spice and a little Salt, then lay on some Shrimps and Oysters with some Anchovies, then more Spice and Butter, so close the Lid and bake it, but first put in some White Wine, serve it hot, then if it wants, put in more Wine and Butter.

258. *To make a Pudding of French Barley.*

Take French Barley tenderly boiled, then take to one Pint of Barley half a Manchet grated, and four Ounces of sweet Almonds blanched and beaten with Rosewater, half a Pint of Cream, and eight Eggs with half the Whites, season it with Nutmeg, Mace, Sugar and Salt, then put in some Fruit, both Raisins and Currans, and some Marrow, mingle these well together, and fill Hogs Guts with it.

259. *To make a Hasty pudding in a Bag or Cloth.*

Boil a Quart of thick Cream with six spoonfuls of fine Flower, then season it with Nutmeg and Salt, then wet a Cloth, and flower it and butter it, then boil it, and butter it, and serve it in.

260. *To make a Shaking Pudding.*

Take a Quart ^{*} of Cream and boil it, then put in some Almonds blanch'd and beaten, when it is boiled and almost cold, put in eight Eggs, and half the Whites, with a little grated Bread, Spice and Sugar, and a very little Salt;

Then wet Flower and Butter, and put it in a Cloth and boil it, but not too much, serve it in with Rosewater, Butter and Sugar, and strew it with small French Comfits.

261. *To make a Haggus pudding.*

Take a Calves Chaldron well scowred, boiled, and the Kernels taken out, mince it small, then take four or five Eggs, and half the Whites, some thick Cream, grated bread,

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bread, Rosewater and Sugar, and a little Salt, Currans and Spice, and some sweet herbs chopped small, then put in some Marrow or Suet finely shred, so fill the Guts, and boil them.

262. To make an Oatmeal pudding.

Take the biggest Oatmeal and steep it in warm Cream one night, then put in some sweet herbs minced small, the yolks of Eggs, Sugar, Spice, Rosewater and a little Salt, with some Marrow, then Butter a Cloth, and boil it well, and serve it in with Rosewater, Butter and Sugar.

263. To make puddings of wine.

Slice two Manchets into a Pint of White Wine, and let your Wine be first mulled with Spice, and with Limon Pill, then put to it ten Eggs well beaten with Rosewater, some Sugar and a little Salt, with some Marrow and Dates, so bake it a very little, strew Sugar on it, and serve it; instead of Manchet you may use Naples Bisket, which is better.

264. *To make Puddings with Hogs Lights.*

Parboil them very well, and mince them small with Suet of a Hog, then mix it with bread grated, and some Cream and Eggs, Nutmeg, Rosewater, Sugar and a little Salt, with some Currans, mingle them well together, and fill the Guts and boil them.

265. *To make Stone Cream.*

Boil a quart of Cream with whole Spice, then pour it out into a Dish, but let it be one quarter consumed in the boiling, then stir it till it be almost cold, then put some Runnet into it as for a Cheese, and stir it well together, and colour it with a little Saffron, serve it in with Sack and Sugar.

266. *To make a Posset Pie with Apples.*

Take the Pulp of roasted Apples and beat it well with Sugar and Rosewater to make it very sweet, then mix it with sweet Cream, and the yolks of raw Eggs, some Spice and Sack, then having your Paste ready in your Bake-pan, put in this stuff and bake it a little, then stick it with Candied Pills, and so serve it in cold.

267. *To dry Pippins about Christmas or before.*

When your Household Bread is drawn, then set in a Dish full of Pippins, and about six hours after take them out and lay them in several Dishes one by one, and flat them with your hands a little, so do twice a day, and still set them into a warm Oven every time till they are dry enough; then lay them into Boxes with Papers between every Lay.

268. *To make Snow Cream:*

Take a Quart of Cream, and 4 Ounces of blanched Almonds, beaten and strained, with half a Pint of White Wine, a piece of Orange Pill and a Nutmeg sliced, and three Sprigs of Rosemary, mix these things together, and let them stand three hours, then strain it, and put the thick part into a deep Dish, and sweeten it with Sugar, then beat some Cream with the Whites of Eggs till it be a thick Froth, and cast the Froth over it to a good thickness.

269. *To boil Whitings or Flounders.*

Boil some White Wine, Water, and Salt, with some sweet Herbs and whole Spice; when it boils put in a little Vinegar, for that will make Fish crisp, then let it boil apace and put in your Fish, and boil them till they swim, then take them out and drain them, and make Sauce for them with some of the Liquor and an Anchovie or two, some Butter and some Capers, heat them over the Fire, and beat it up thick and pour it over them; garnish your Dish with Capers and Parsley, Oranges and Limons and let it be very hot when you serve it in.

270. *To make a Pie of a Gammon of Bacon.*

Take a *Westphalia* Gammon, and boil it tender with hay in the Kettle, then take off the Skin and stick it with Cloves and strew it with Pepper, then make your Pie ready, and put it therein with Butter at the bottom, then cover your Bacon with Oysters, par-boiled in Wine and their own Liquor, and
put

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put in Balls made of Sausage meat, then put in the Liquor of the parboiled Oysters, some whole Spice and Bay Leaves, with some Butter, so close it, and bake it and eat it cold, you may put into it the yolks of hard Eggs if you please; serve it with Mustard, Sugar and Bay Leaves.

271. *To bake a Bullocks Cheek to be eaten hot.*

Take your Cheek and stuff it very well with Parsley and sweet herbs chopped, then put it into a Pot with some Claret wine and a little strong Beer, and some whole Spice, and so season it well with Salt to your taste, and cover your Pot and bake it, then take it out, and pull out the Bones, and serve it upon toasted bread with some of the Liquor.

272. *To bake a Bullocks Cheek to eat cold, as Venison.*

Take a Bullocks Cheek, or rather two fair Fat Cheeks, and lay them in water one night, then take out every bone, and stuff it very well with all manner of Spice and Salt, then put it into a Pot, one Cheek clapped

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clapped close together upon the other, then lay it over with Bay Leaves, and put in a Quart of Claret Wine, so cover the Pot and bake it with Household Bread, when you draw it, pour all the Liquor out, and take only the fat of it and some melted Butter, and pour in again, serve it cold with Mustard and Sugar, and dress it with Bay Leaves, it will eat like Venison.

273. *To make a Bacon Froize.*

Take eight Eggs well beaten, and a little Cream, and a little Flower, and beat them well together to be like other Batter, then fry very thin slices of Bacon, and pour some of this over, then fry it, and turn the other side, and pour more upon that, so fry it and serve it to the Table.

274. *To make fried Nuts.*

Take Eggs, Flower, Spice and Cream, and make it into a Paste, then make it into round Balls and fry them, they must be as big as Walnuts, be sure to shake them well in the Pan and fry them brown, then roul some out thin, and cut them into several shapes, and fry them, so mix them together,

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ther, and serve them in with Spice beaten and Sugar.

275. *To make a Suffex Pancake.*

Take only some very good Pie Paste made with hot Liquor, and roul it thin, and fry it with Butter, and serve it in with beaten spice and sugar as hot as you can.

276. *To make a Venison Pasty.*

Take a Peck of fine Flower, and three Pounds of fresh Butter, break your Butter into your Flower, and put in one Egg, and make it into a Past with so much cold cream as you think fit but do not mould it too much, then roul it pretty thin and broad, almost square, then lay some Butter on the bottom, then season your Venison on the fleshy side with Pepper grossly beaten, and Salt mixed, then lay your Venison upon your Butter, with the seasoned side downward, and then cut the Venison over with your Knife quite cross the Pasty to let the Gravie come out the better in baking, then rub some seasoning in those Cuts, and do not lay any else, because it will make it look ill-favoured and black, then put some paste
rouled.

rouled thin about the Meat to keep it in compass, and lay Butter on the top, then close it up and bake it very well, but you must trim it up with several Fancies made in the same Paste, and make also a Tunnel or Vent, and just when you are going to set it into the Oven, put in half a Pint of Claret Wine, that will season your Venison finely, and make it shall not look or taste greasie; thus you may bake Mutton if you please.

277. *To make a brave Tart of several Sweet Meats.*

Take some Puff-paste, and roule it very thin, and lay it in the bottom of your baking-pan, then lay in a Lay of preserved Rasberries, then some more Paste very thin to cover them, then some Currans preserved, and then a Sheet of Paste to cover them, then Cherries, and another Sheer to cover them, then any white Sweet-Meat, as Pippins, white Plumbs or Grapes, so lid it with Puff-paste, cut in some pretty Fancy to shew the Fruit, then bake it, and stick it full of Candied Pills, and serve it in cold.

278. *To make Ice and Snow.*

Take new Milk and some Cream and mix it together, and put it into a Dish, and set it together with Runnet as for a Cheefe, and stir it together, when it is come, pour over it some Sack and Sugar, then take a Pint of Cream and a little Rosewater, and the Whites of three Eggs, and whip it to a Froth with a Birchen Rod, then as the Froth arises, cast it upon your Cream which hath the Runnet in it, till it lies deep, then lay on Bunches of preserved Barberries here and there carelesly, and cast more Snow upon them, which will look exceeding well; then garnish your Dish being broad brim'd with all kind of Jellies in pretty fancies, and several Colours.

279. *To make a Mutton Pie.*

Cut a Loin or Neck of Mutton in steaks, and season it with Pepper and Salt, and Nutmeg, then lay it into your Pie upon Butter; the fill up your Pie with Apples sliced thin, and a few great Onions sliced thin, then put in more Butter, and close it and bake it, and serve it in hot.

280. *To poach Eggs the best way.*

Boil Vinegar and Water together with a few Cloves and Mace, when it boils break in your Eggs, and turn them about gently with a Tin slice till the White be hard, then take them up, and pare away what is not handsom, and lay them on Sippets, and strew them over with plumped Currans, then take Verjuice, Butter and Sugar heat together, and pour over, and serve them in hot.

281. *A good Sallad in Winter.*

Take a good hard Cabbage, and with a sharp Knife shave it so thin as you may not discern what it is, then serve it with Oyl and Vinegar.

282. *Another Sallad in Winter.*

Take Corn Sallad clean picked and also well washed, and clear from the water, put it into a Dish in some handsom form with some Horse Radish scraped, and some Oyl and Vinegar,

283. *To make Sorrel Sops for Green Geese or Chickens, or for a Sick Body to eat alone.*

Take a good quantity of French Sorrel clean picked, and stamp it in a Mortar, then strain it into a Dish, and set it over a Chafing dish of Coals, and put a little Vinegar to it, then when it is thick by wasting, wring in the Juice of a Limon and sweeten it with Sugar, and put in a little grated bread and Nutmeg, then warm another Dish with thin slices of white bread, and put some Butter to your Sorrel Liquor, and pour over them, serve them in with Slices of Limon and fine Sugar.

283. *To make Green Sauce for a powdered Leg of Pork, or for a Spring.*

Take a great quantity of French Sorrel, and pick out the Strings and wash it well, and drain it clean from the water, then stamp it in a Mortar till it be extream fine, then put in grated bread and beat it again, then a few Currans and the yolks of hard Eggs, and when it is beaten to a kind of Pap, put in a little Vinegar and Sugar into it; so serve it in upon a Plate with your Meat. 285.

285. *To make Vin de Molosso, or Treacle Wine.*

Take fair Water and make it so strong with Molossoes, otherwise called Treacle, as that it will bear an Egg, then boil it with a Bag of all kinds of Spices, and a Branch or two of Rosemary, boil it and scum it, and put in some sweet herbs or flowers, according to the time of the Year, boil it till a good part be consumed, and that it be very clear, then set it to cool in several things, and when it is almost cold, work it with yest, as you do Beer, the next day put it into the Vessel, and so soon as it hath done working stop it up close, and when it hath stood a fortnight, bottle it; this is a very wholesom Drink against any Infection, or for any that are troubled with the Pusick.

286. *For a Consumption an excellent Medicine.*

Take shell Snails, and cast Salt upon them, and when you think they are cleansed well from their slime, wash them, and crack their Shells and take them off, then wash them in the distilled Water of Hyfop, then

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put them into a Bag made of Canvas, with some White Sugar Candy beaten, and hang up the Bag, and let it drop as long as it will, which if you bruise the Snails before you hang them up, it is the better; this Liquor taken morning and evening a Spoonful at a time is very rare.

287. A suitable Dish for Lent.

Take a large Dish with broad brims, and in the middle put in blanched Almonds round about them, Raisins of the Sun, and round them Figs, and beyond them all coloured Jellies, and on the Brims Fig-Cheese.

288. To make a Rock in Sweat-Meats.

First take a flat broad voiding Basket; then have in readines a good thick Plum Cake, then cut your Cake fit to the bottom of the Basket, and cut a hole in the middle of it, that the Foot of your Glass may go in, which must be a Fountain-Glass, let it be as high a one as you can get; put the foot of it in the hole of the Cake edgling that it may stand the faster, then tie the Cake fast with a Tape to the Basket, first cross one way and then another, then tie the foot
of

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of the Glafs in that manner too, that it may stand steady, then cut some odd holes in your Cake carelesly, then take some Gum Dragon steeped in Rosewater, and mix it with some fine Sugar, not too thick, and with that you must fasten all your Rock together, in these holes which you cut in your Cake you must fasten some sort of Biskets, as Naple Biskets, and other common Bisket made long, and some ragged, and some coloured, that they may look like great ill-favoured Stones, and some handsome, some long, some short, some bigger, and some lesser, as you know Nature doth afford, and some of one colour and some of another, let some stand upright and some aslaunt, and some quite along, and fasten them all with your Gum, then put in some better Sweet-meats, as Mackerons and Marchpanes, carelesly made as to the shape, and not put on the Rock in a set form, also some rough Almond Cakes made with the long slices of Almonds (as I have directed before;) so build it up in this manner, and fasten it with the Gum and Sugar, till it be very high, then in some places you must put whole Quinces Candied, both red and white, whole Orange Pills and Limon Pills Candied; dried Apricocks, Pears and Pip-pins

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pins Candied, whole Peaches Candied, then set up here and there great lumps of brown and white Sugar-candy upon the stick, which much resembles some clusters of fine Stones growing on a Rock; for Sand which lies sometimes among the little Stones, strew some brown Sugar; for Moss, take herbs of a Rock Candy; then you must make the likeness of Snakes and Snails and Worms, and of any venomous Creature you can think of; make them in Sugar Plate and colour them to their likeness, and put them in the holes that they may seem to lurk, and some Snails creeping one way and some another; then take all manner of Comfits, both rough and smooth, both great and small, and colour many of them, some of one colour and some of another, let some be white and some speckled, then when you have coloured them, and that they are dry, mix them together, and throw them into the Clefts, but not too many in one place, for that will hide the shape of your work, then throw in some Chips of all sorts of Fruit Candied, as Orange, Limon, Citron, Quince, Pear, and Apples, for of all these you may make Chips; then all manner of dried Plumbs, and Cherries, Cornelions dried, Rasps and Currans,

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Currans; and in some places throw a few Prunelles, Pistacho Nuts, blanched Almonds, Pine Kernels, or any such like, and a pound of the great round perfumed Comfits; then take the lid off the top of the Glass and fill it with preserved Grapes, and fill another with some Harts-horn Jelly, place these two far from one another, and if you set some kind of Fowl, made in Marchpanes, as a Peacock, or such like, and some right Feathers gummed on with Gum-Arabick, let this Fowl stand as though it did go to drink at the Glass of Harts-horn Jelly, and then they will know who see it, that those two liquid Glasses serve for resemblance of several Waters in the Rock.

Then make good store of Oyster shells and Cockle shells of Sugar Plate, let some be pure white as though the Sea-water had washed them, some brown on the out side, and some green, some as it were dirty, and others worn away in some Places, some of them broke, and some whole, so set them here and there about the Rock, some edgling, and some flat, some the hollow side upward, and some the other, then stick the Moss, some upon the shells, and some upon the stones, and also little branches of Candied Fruit, as Barberries, Plumbs, and the like

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like, then when all is done, sprinkle it over with Rosewater, with a Grain or two of Musk or Ambergreece in it; your Glass must be made with a reasonable proportion of bigness to hold the Wine, and from that, in the middle of it, there must be a conveyance to fall into a Glass below it, which must have Spouts for the Wine to play upward or downward, then from thence in another Glass below, with Spouts also, and from thence it hath a Conveyance into a Glass below that, somewhat in form like a Sillibub Pot, where the Wine may be drunk out at the Spout; you may put some Eringo Roots, and being coloured they will shew very well among the other Sweet-Meats, tie your Basket about with several sorts of small Ribbons: Do not take this for a simple Fancy, for I assure you, it is the very same that I taught to a young Gentlewoman to give for a Present to a Person of Quality.

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The



TO THE
READER.

Courteous Reader,

I Think it not amiss, since I have given you, as I think, a very full Direction for all kinds of Food both for Nourishment and Pleasure, that I do shew also how to eat them in good order; for there is a Time and Season for all things: Besides, there is not any thing well done which hath not a Rule, I shall therefore give you several Bills of Service for Meals, according to the Season of the Year, so that you may with ease form up a Dinner in your Mind quickly;
P after.

afterwards I shall speak of ordering
of Banquets; but these things first,
because Banquets are most proper after
Meals:

All you who are knowing already
and Vers'd in such things, I beseech you
to take it only as a Memorandum;
and to those who are yet unlearned,
I presume they will reap some Benefit
by these Directions; which is truly
wished and desired by

Hannah Woolly *alias* Chaloner.

Anna Warden
Her Book

A



A Bill of Service for extraordinary Feasts in the Summer.

1. **A** Grand Sallad.
2. **A** boyled Capon or Chickens. 3
3. A boyled Pike or Bream.
4. A Florentine in Puff-paste.
5. A Haunch of Venison roasted.
6. a Lomber Pie.
7. A Dish of Green Geese.
8. A Fat Pig with a Pudding in the belly.
9. A Venison Pasty.
10. A Chicken Pie.
11. A Dish of young Turkeys.
12. A Potato Pie.
13. A couple of Caponets.
14. A Set Custard.

The Second Course.

1. A Dish of Chickens roasted.
2. Souced Conger or Trouts.
3. An Artichoke Pie.

4. A cold Baked Meate.
5. A Souced Pig.
6. A Dish of Partridges.
7. An Oringado Pie.
8. A Dish of Quails.
9. Another cold Baked Meate.
10. Fresh Salmon.
11. A Dish of Tarts.
12. A Joll of Sturgeon.

The Third Course.

1. A Dish of fryed Perches.
2. A Dish of Green Pease.
3. A Dish of Artichokes.
4. A Dish of Lobsters.
5. A Dish of Prawns or Shrimps.
6. A Dish of Anchovies.
7. A Dish of pickled Oysters.
8. Two or three dried Tongues.

Another

*Another Bill of Fare for Winter
Season.*

1. **A** Collar of Brawn.
2. **A** Capon and White Broth.
3. A boiled Gurnet.
4. A Dish of boiled Ducks or Rabbits.
5. A roasted Tongue and Udder.
6. A made Dish in Puff-paste.
7. A Shoulder of Mutton with Oysters.
8. A Chine of Beef.
9. A Dish of Scotch Collops of Yeal.
10. Two Geese in a dish.
11. An Olive Pie.
12. A Pig.
13. A Loin of Veal.
14. A Lark Pie.
15. A Venison Pasty.
16. A dish of Capons, two in a dish or three.
17. A dish of Set Custards.

The Second Course.

1. Young Lamb cut in Joints, three Joints in a Dish Larded.
2. A couple of Fat Rabbits.
3. A Kickshay fryed or baked.
4. A Dish of roasted Mallards.
5. A Leash of Partridges.
6. A Pigeon Pie.
7. Four Woodcocks in a Dish.
8. A Dish of Teal, four or six.
9. A cold baked Meat.
10. A good Dish of Plover.
11. Twelve Snites in a Dish.
12. Two Dozen of Larks in a Dish.
13. Another cold baked Meat.

The Third Course.

1. An Oyster Pie hot.
2. A Dish of fryed Puffs.
3. Three or four dried Neats Tongues,
4. A Joll of Sturgeon.
5. Laid Tarts in Puff-paste.
6. Pickled Oysters.
7. A Dish of Anchovies and Caveare.
8. A Warden Pie or Quince Pie.

Note,

Note, That when your last Course is ended, you must serve in your Meat-Jellies, your Cheeses of several sorts, and your Sweet-mears.

A Bill of Fare for lesser Feasts.

1. **A**N Almond Pudding boiled or baked.
2. A Dish of boiled Pigeons with Bacon.
3. A Leg of Mutton boiled with good Sauce, or a Leg of Pork.
4. A Dish of roasted Olives of Veal.
5. A Dish of Collops and Eggs.
6. A piece of roasted Beef.
7. A Dish of Scotch Collops.
8. A Loin of Veal.
9. A fat Pig roasted.
10. Two Turkeys in a Dish.
11. A Venison Pasty.
12. A Dish of Pheasants or Partridges.
13. A Dish of Custards in little China Pots.

The Second Course.

1. Three or four Joints of Lamb roasted a-
sunder, though never so small.
 2. A Couple of Rabbits.
 3. A dish of Mallard, Teal or Widgeon.
 4. A Leash of Partridges or Woodcocks.
 5. A Pigeon Pie.
 6. A dish of Plovers or Snites.
 7. A dish of fat Chickens roasted.
 8. A Warden or Quince Pie.
 9. A Souced Pig.
 10. A dish of Tarts of several sorts.
 11. A dish of Lobsters, or Sturgeon.
 12. A dish of pickled Oysters.
-

*A Bill of Fare for Fish Days
and Fasting Days in Ember-
week, or in Lent.*

1. **A** Dish of Butter newly Churned.
2. **A** Dish of Rice Milk or Furmity.
3. A dish of Buttered Eggs.
4. A dish of stewed Oysters.
5. A dish of Gurnets boiled.

6. A

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6. A boiled Sallad.
7. A boiled Pike or two Carps stewed.
8. A dish of Buttered Loaves.
9. A Pasty of Ling.
10. A dish of Buttered Salt Fish.
11. A dish of Smelts.
12. A dish of White Herrings broiled.
13. A Potato Pie or Skirret Pie.
14. A dish of Flounders fryed:
15. An Eel Pie or Carp Pie.
16. A dish of fryed Whittings.
17. A dish of Salt Salmon.
18. A dish of Custards.
19. A Joll of Sturgeon.
20. A dish of Pancakes or Fritters.

The Second Course.

1. A dish of Eels spichcockt.
2. A Fricasie of Eels.
3. A dish of fryed Puffs.
4. A dish of Potatoes stewed.
5. A dish of fryed Oysters.
6. A dish of blanched Manchet.
7. An Oyster Pie with Parsneps.
8. A Pippin Pie Buttered.
9. A dish of Buttered Shrimps.
10. Two Lobsters roasted.
11. A dish of Tarts of Herbs.

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12. A Dish of souced Fish.
 13. A Dish of pickled Oysters.
 14. A Dish of Anchovies and Caveare.
-

*A Bill of Fare without Feasting;
only such a number of Dishes
as are used in Great and Noble
Houses for their own Family,
and for familiar Friends with
them.*

The First Course in Summer Season.

1. **A** Fine Pudding boiled or baked.
2. **A** Dish of boiled Chickens.
3. Two Carps stewed or a boiled Pike.
4. A Florentine in Puff-paste.
5. A Calves Head, the one half hashed; and the other boiled.
6. A Haunch of Venison roasted.
7. A Venison Pasty.
8. A Couple of fat Capons, or a Pig, or both.

The

The Second Course.

1. A Dish of Partridges.
 2. An Artichoke Pie.
 3. A Dish of Quails.
 4. A cold Pigeon Pie.
 5. A Souced Pig.
 6. A Joll of fresh Salmon.
 7. A Dish of Tarts of several sorts.
 8. A *Westphalia* Gammon, and dried Tongues about it.
-

A Bill of Fare in Winter in Great Houses.

1. A Collar of Brawn.
2. A Capon and White Broth, or two boiled Rabbits.
3. Two roasted Neats Tongues and an Under between them.
4. A Chine of Beef roasted.
5. A made Dish in Puff-paste.
6. A Shoulder of Mutton stuffed with Oysters,

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7. A fine Sallad of divers sorts of Herbs and Pickles.
8. An Eel Pie or some other Pie.
9. Three young Turkeys in a dish.
10. A dish of souced Fish, what is most in season.

The second Course in Winter in great Houses.

1. A Quarter of Lamb roasted, the Joints Larded with several things, and roasted a-funder.
2. A Couple of Rabbits.
3. A Kickshaw fried.
4. A dish of Mallard or Teals.
5. A cold Venison Pasty, or other cold Baked meat.
6. A dish of Snites.
7. A Quince or Warden Pie.
8. A dish of Tarts.
9. A Joll of Sturgeon.
10. A dish of pickled Oysters.

*A Bill of Fare for Fish Days in
Great Houses and at familiar
Times.*

1. **A** Dish of Milk, as Furmity, or the like.
2. A Dish of stewed Oysters or buttered Eggs.
3. A boiled Gurnet, or such like.
4. A Dish of Barrel Cod buttered.
5. A Dish of Buttered Loaves or fried Toasts.
6. A Pasty made of a Joll of Ling.
7. A Potato Pie, or Skirret Pie.
8. A Dish of Plaice or Flounders.
9. A Piece of Salt Salmon.
10. A Carp Pie cold, or Lamprey Pie.

The Second Course to the Same.

1. **A** Dish of Eels spitchcockt.
2. **A** Chine of Salmon broiled.
3. A Dish of Oysters fryed.
4. An Apple-pie buttered.
5. A Dish of fryed Smelts.
6. A Dish of buttered Shrimps.
7. A Dish of Skirrets fryed.
8. Two Lobsters in a Dish.
9. A Dish of pickled Oysters.
10. A Dish of Anchovies.

When all these are taken away, then serve in your Cheeses of all sorts, and also your Creams and Jellies, and Sweet-meats after them, if they be required.

Thus I have done with the Bills of Fare in Great Houses, although it be impossible to name half which are in season for one Meal; but this will serve you for the number of Dishes, and any Person who is ingenious

nious, may leave out some, and put in others at pleasure.

A Bill of Fare for Gentlemens Houses of Lesser Quality, by which you may also know how to order any Family beneath another, which is very requisite.

The First Course in Summer season.

1. **A** Boiled Pike or Carp stewed.
2. **A** very fine Pudding boiled.
3. A Chine of Veal, and another of Mutton.
4. A Calves head Pie.
5. A Leg of Mutton roasted whole.
6. A couple of Capons, or a Pig, or a piece of rost Beef, or boiled Beef.
7. A Sallad, the best in season.

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The Second Course to the same.

1. A Dish of fat Chickens roasted.
2. A cold Venison Pasty.
3. A Dish of fryed Pasties.
4. A Joll of Fresh Salmon.
5. A couple of Lobsters.
6. A Dish of Tarts.
7. A Gammon of Bacon or dried Tongues.

After these are taken away, then
serve in your Cheese and Fruit.

Note, That this Bill of Fare is for
Familiar Times.

*A Bill of Fare for Gentlemens
Houses at Familiar Times in
Winter Season.*

The First Course.

1. **A** Collar of Brawn.
2. **A** roasted Tongue and Udder.
3. A Leg of Pork boiled.

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4. A piece of roasted Beef.
5. A Venison Past y or other Pie.
6. A Marrow Pudding.
7. A Goose, or Turkie, or Pig.
8. A Sallad of what's in Season.

The Second Course to the same.

1. Two Joints of Lamb roasted.
2. A Couple of Rabbits.
3. A Dish of wild Fowl or Larks.
4. A Goose or Turkie Pie cold.
5. A fryed Dish.
6. Sliced Venison cold.
7. A Dish of Tarts or Custards.
8. A Gammon of Bacon, or dried Tongues,
or both in one Dish.

When these are taken away, serve
in your Cheese and Fruit as be-
fore I have told you.

*A Bill of Fare for Gentlemens
Houses upon Fish Days, and
at Familiar Times.*

1. **A** Dish of Buttered Eggs.
2. **A** Dish of Almond Pudding Buttered.
3. A Dish of Barrel Cod Buttered.
4. A Sallad of what's in season.
5. A Dish of Fresh Fish boiled.
6. A Dish of Eels Spitchcockt.
7. An Oyster Pie or Herring Pie.
8. A Fricasie of Eels and Oysters.
9. A Carp Pie cold, or Lamprey Pie.

The Second Course to the same.

1. An Apple Pie Buttered, or some Pan-
cakes or Fritters.
2. A Dish of fryed Smelts.
3. A Dish of broiled Fish.
4. A Dish of buttered Crabs.
5. A Dish of Lobsters and Prawns.

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6. A Joll of Sturgeon or Fresh Salmon.
7. A Dish of Tarts or Custards.
8. A Dish of Anchovies or Pickled Her-
ring.

When these are taken away, serve
in your Cheese and Fruit as be-
fore I have told you.

Now



Now because I would have every one Complete who have a Desire to serve in Noble or Great Houses, I shall here shew them what their Office requires; And,

First, For the Kitchen, because without that we shall look lean, and grow faint quickly.

THe Cook, whether Man or Woman, ought to be very well skill'd in all manner of things both Fish and Flesh, also good at Pastry business, seasoning of all things, and knowing all kinds of Sauces, and pickling all manner of Pickles, in making all manner of Meat Jellies; also very frugal of their Lords or of their Masters, Ladies or Mistresses Purse, very saving, cleanly

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cleanly and careful, obliging to all persons, kind to those under them, and willing to inform them, quiet in their Office, nor swearing nor cursing, nor wrangling, but silently and ingeniously to do their Business, and neat and quick about it; they ought also to have a very good Fancy: such an one, whether Man or Woman, deserves the title of a fit Cook.

For a Maid under such a Cook.

She ought to be of a quick and nimble Apprehension, neat and cleanly in her own habit, and then we need not doubt of it in her Office; not to dress her self, specially her head, in the Kitchen, for that is abominable sluttish, but in her Chamber before she comes down, and that to be at a fit hour, that the fire may be made, and all things prepared for the Cook, against he or she comes in; she must not have a sharp Tongue, but humble, pleasing, and willing to learn; for ill words may provoke Blows from a Cook, their heads being always filled with the contrivance of their busi-

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business, which may cause them to be peevish and froward, if provoked to it; this Maid ought also to have a good Memory, and not to forget from one day to another what should be done, nor to leave any manner of thing foul at night, neither in the Kitchen, nor Larders, to keep her Iron things and others clean scowred, and the Floors clean as well as places above them; not to sit up junketting and gigling with Fellows, when she should be in Bed, such an one is a Consumer of her Masters Goods, and no better than a Thief; and besides, such Behaviour savoureth much of Levity. But such an one that will take the Counsel I have seriously given, will not only make her Superiours happy in a good Servant, but she will make her self happy also; for by her Industry she may come one day to be Mistress over others.

Now to the Butler.

HE ought to be Gentile and Neat in his Habit, and in his Behaviour, courteous to all people, yet very saving of his Masters

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Masters Goods, and to order himself in his Office as a faithful Steward, charge and do all things for the honour of his Master or Lady, not suffering their Wine or Strong Drink to be devoured by ill Companies, nor the Small to be drawn out in waste, nor Pieces of good Bread to lie to mould and spoil; he must keep his Vessels close stopped, and his Bottles sweet, his Cellars clean washed, and his Buttery clean, and his Bread-Bins wholesome and sweet, his Knives whetted, his Glasses clean washed, that there be no dimness upon them, when they come to be used, all his Plate clean and bright, his Table, Basket and Linnen very neat, he must be sure to have all things of Sauce ready which is for him to bring forth, that it may not be to be fetched when it is call'd for, as Oyl, Vinegar, Sugar, Salt, Mustard, Oranges and Limons, and also some Pepper; he must also be very neat and handy in laying the Clothes for the Chief Table, and also the Side-boards, in laying his Napkins in several Fashions, and pleiting them, to set his Glasses, Plate, and Trencher-Plates in order upon the Side-Boards, his Water Glasses, Oranges or Limons; that he be careful to set the Salts on the Table, and to lay a Knife, Spoon and Fork at
every

every Plate, that his Bread be chipped before he brings it in; that he set Drink to warm in due time if the season require; that he observes a fit time to set Chairs or Stools, that he have his Cistern ready to set his Drink in; that none be spilt about the Room, to wash the Glasses when any one hath drunk, and to wait diligently on them at the Table, not filling the Glasses too full; such an one may call himself a Butler.

To the Carver.

IF any Gentleman who attends the Table, be employed or commanded to cut up any Fowl or Pig, or any thing else whatsoever, it is requisite that he have a clean Napkin upon his Arm, and a Knife and Fork for his use; that he take that dish he should Carve, from the Table till he hath made it ready for his Superiours to eat, and neatly and handsomly to carve it, not touching of it so near as he can with his Fingers, but if he chance unawares to do so, not to lick his Fingers, but wipe them upon a Cloth, or his Napkin, which he hath for
that

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that purpose ; for otherwise it is unhandfome and unmannerly ; the neatest Carvers never touch any Meat but with the Knife and Fork ; he must be very nimble lest the Meat cool to much, and when he hath done, return it to the Table again, putting away his Carving Napkin, and take a clean one to wait withal ; he must be very Gentle and Gallant in his Habit, lest he be deemed unfit to attend such Persons.

To all other Men-Servants or Maid-Servants who commonly attend such Tables.

They must all be neat and cleanly in their Habit, and keep their Heads clean kembed, always ready at the least Call and very attentive to hear any one at the Table, to set Chairs or Stools, and not to give any a foul Napkin, but see that every one whom their Lord or Master is pleased to admit to their Table, have every thing which is fit for them, and that they change their Plates when need shall be ; also that they observe the eyes of a Stranger what they want,

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want, and not force them still to want because they are silent, because it is not very modest for an Inferiours to speak aloud before their Betters; and it is more unfit they should want, since they have leave to eat and drink: they must wait diligently, and at a distance from the Table, not daring to lean on the Chairs for soiling them, or shewing Rudeness; for to lean on a Chair when they wait, is a particular favour shewn to any superiours Servant, as the Chief Gentleman, or the Waiting Woman when she rises from the Table; they must not hold the Plates before their Mouths to be defiled with their Breath, nor touch them on the right side; when the Lord, Master, Lady or Mistress shew that favour to drink to any Inferiour, and do command them to fill for them to pledge them, it is not modesty for them to deny Strangers that favour, as commonly they do, but to fulfill their Commands, or else they dishonour the Favour.

When any Dish is taken off the Table, they must not set it down for Dogs to eat, nor eat it themselves by the way, but haste into the Kitchen with it to the Cook, that he may see what is to be set away, and what to be kept hot for Servants; when all is taken away, and Thanks given, they must help the

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the Butler out with those things which belong to him, that he may not lose his Dinner.

They must be careful also to lay the Cloth for themselves, and see that nothing be wanting at the Table, and to call the rest of the Servants to Meals, whose Office was not to wait at the Table, then to sit down in a handsome manner, and to be courteous to every Stranger, especially the Servants of those Persons whom their Lord or Master hath a kindness for.

If any poor Body comes to ask an Alms, do not shut the Door against them rudely, but be modest and civil to them, and see if you can procure somewhat for them, and think with your selves, that though you are now full fed, and well cloathed, and free from care, yet you know not what may be your condition another day: So much to Inferiour Servants.

Q2 **To**

To the Gentlewomen who have the Charge of the Sweet-Meats, and such like Repasts.

Gentlewomen,

PERhaps you do already know what belongs to serving in fine Cream Cheeses, Jellies, Leaches or Sweet-meats, or to set forth Banquets as well as I do; but (pardon me) I speak not to any knowing Person, but to the Ignorant, because they may not remain so; besides really there are new Modes come up now adays for eating and drinking, as well as for Clothes, and the most knowing of you all may perhaps find somewhat here which you have not already seen; and for the Ignorant, I am sure they may ground themselves very well from hence in many accomplishments, and truly I have taken this pains to impart these things for the general good of my Country, as well as my own, and have done it with the more willingness, since I find so many Gentlewomen forced to serve, whose Parents and Friends have been impoverish'd by the *are* Calamities, *viz.* the late Wars, Plague, and

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and Fire, and to see what mean Places they are forced to be in, because they want Accomplishments for better.

I am blamed by many for divulging these Secrets, and again commended by others for my Love and Charity in so doing; but however I am better satisfied with imparting them, than to let them die with me; and if I do not live to have the comfort of your thanks, yet I hope it will cause you to speak well of me when I am dead: The Books which before this I have caused to be put in Print, found so good an acceptance, as that I shall still go on in imparting what I yet have so fast as I can.

Now to begin with the Ordering those things named to you:

If it be but a private Dinner or Supper in a Noble House, where they have none to honour above themselves, I presume it may be thus:

In Summer time, when the Meat is all taken away, you may present your several sorts of Cream Cheeses; One Meal one Dish of Cream of one sort, the next of another; one or two Scollop Dishes with several sorts of Fruit, which if it be small Fruit, as Rasps or Strawberries, they must be first washed in Wine in a Dish or Bason, and

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taken up between two Spoons, that you touch them not.

With them you may serve three or four small dishes also with Sweet-meats, such as are most in season, with Vine Leaves and Flowers between the Dishes and the Plates, two wet Sweet-meats, and two dry, two of one colour, and two of another, or all of several colours.

Also a Dish of Jellies of several colours in one Dish, if such be required.

If any be left, you may melt them again, and put them into lesser Glasses, and they will be for another time :

If any dry ones be left, they are soon put into the Boxes again.

If any persons come in the Afternoon, if no greater, or so great as the Person who entertains them, then you may present one or two Dishes of Cream only, and a whipt Sillibub, or other, with about four Dishes of Sweet-meats served in, in like manner as at Dinner, with dishes of Fruit, and some kind of Wine of your own making; at Evenings, especially on Fasting Days at Night, it is fit to present some pretty kind of Creams, contrary from those at Dinner, or instead of them some Possets, or other fine Spoon Meats, which may be pleasant

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to the taste, with some wet and dry Sweetmeats, and some of your fine Drinks, what may be most pleasing.

At a Feast, you may present these things following.

So soon as the Meat is quite taken away, have in readines your Cream Cheeses of several sorts and of several Colours upon a Salver, then some fresh Cheese with Wine and Sugar, another Dish of Clouted Cream, and a Noch with Cabbage Cream of several Colours like a Cabbage; then all sorts of Fruits in season, set forth as followeth:

First, You must have a large Salver made of light kind of Wood, that it may not be too heavy for the Servitor to carry, it must be painted over, and large enough to hold six Plates round about and one larger one in the middle, there must be places made in it to set the Plates in, that they may be very fast and sure from sliding, and that in the middle the seat must be much higher than all the rest, because that is most gracefull; your Plates must not be so broad as the Trencher Plates at Meat, and should be either of Silver or China.

Set your Plates fast, then fill every one with several sorts of Fruits, and the biggest

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sort in the middle, you must lay them in very good order, and pile them up till one more will not lie; then stick them with little green Sprigs and fine Flowers, such as you fancy best, then serve in another such Salver, with Plates piled up with all manner of Sweet-meats, the wet sweet-meats round about and the dry in the middle, your wet Sweet-meats must be in little glasses that you may set the more on, and between every two glasses another above the first of all, and one on the top of them all; you must put of all sorts of dryed Sweet-meats in the middle Plate, first your biggest and then your lesser, till you can lay no more; then stick them all with Flowers and serve them: And in the Basin of Water you send in to wash the Hands or Fingers of Noble Persons, you must put in some Orange Flower Water, which is very rare and very pleasant.

In Winter you must alter, as to the season, but serve all in this manner; and then dryed Fruits will also be very acceptable; as dryed Pears and Pippins, Candied Oranges and Limons, Citrons and Eringoes, Blanched Almonds, Prunels, Figs, Raisins, Pistachoes and Blanched Walnuts.

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Postscript.

NOW good Readers,
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sure, make many more of
them if you observe how
many I have taught in
one; if I had not taken
that course, only for bre-
vity sake, & that it might
not

not be tedious and imper-
tinent to you, I might
have enlarged this Vo-
lume very much.

FINIS.



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The famous Spirit of Salt of the World well known for a sovereign Remedy against most Diseases. Truly and only prepared by *Constantine Rhodocanaces*, Grecian, one of His Majesties Chymists.

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A
SUPPLEMENT
TO THE
QUEEN-LIKE
CLOSET;
OR
A LITTLE
OF
EVERY THING.

PRESENTED
To all Ingenious Ladies,
and Gentlewomen.

By *HANNA WOOLLEY.*

L O N D O N,
Printed by T.R. for *Richard Lownds,*
and are to be Sold at the Sign of the
White Lion in Duck-Lane, 1674.

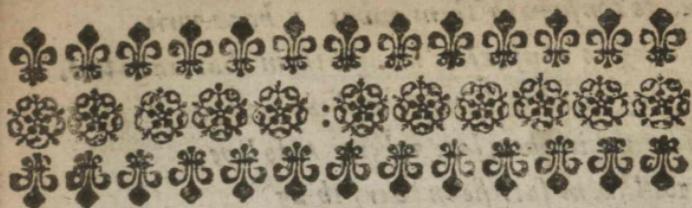
Thes

~~Thomas Son of James
and Rebecca Keeling~~

Born July 24th
1758 at half an
hour after ~~4~~ o'clock
in the morn

Rebecca the daughter of
James and Rebecca

Keeling born Decem^r
7 29th 1759 at half
of twelve o'clock at night



To all Ingenious

Ladies and Gentlewomen.

LADIES, The last I sent unto your view,
The Queen-like Closet I presented you :
And in it such rare Secrets, I may say,
In no Book you will find (though read you may.)
'Tis twelve years past since first in print I came
More for my Countries good, than to get fame.
My study was to impart to others free,
What God and Nature hath informed me.
I must not hide that Talent God me gave,
Content I am others a share should have
To practice what I teach; if pains they'll take,
Amends for all my Care they will me make.
Servant to Ingenuity I'll be,
Such Ladies shall command all Arts from me.
Nothing from them I'll hide, that's in my heart,
To wait on them I think it is my part.

And to confum to them what I have writ,
Fearing no Censures, 'mongst them that have Wit.
If any one that Honour will me give,
To see me in the place where I do live,
I will them satisfie in every thing
That they desire, and vindication bring
Unto my self, who have been much abus'd
By a late printed Book, my Name there us'd.
I was far distant when they printed it,
Therefore that Book to own I think not fit.
To boast, to brag, tell Stories in my praise,
That's not the way (I know) my Fame to raise;
Nor shall I borrow any Pen or Wit
(Innocence will hide what faults I do commit.)
My true intent is, for to serve you all,
To work, to write, to come when you doe call.
Nor would I seem as dead while I do live,
No commendation to me would that give:
Nor like the idle Drowse my time to pass,
But as the Bee, suck Hony from Flower and Grass.
The Quintessence of what I have I send;
Accept it really, as I intend,
For to accomplish those who want the skill,
Their Tables to adorn and Closets fill.
To those of riper Judgment I submit,
To commend, or to censure what I've writ.
Thus Ladies, I take leave, desiring still,
Your pleasures and your fancies to fulfil.

H. W.



TO THE
READER.



YOU find in my former Books Instructions, for *Cookery*, *Preserving*, *Rare Waters*, both Cordial and pleasant; *Cakes*, *Jellies*; several excellent Remedies for those in *Consumptions*, and for the *Stone*.

I shall now give you some Directions for washing *Black*, and *White Sarsnets*, or *Coloured Silks*; washing of *Points*, *Laces*, or the like; starching of *Tiffanies*, making clean *Plate*, cleaning of *Gold* and

To the Reader.

and *Silver Lace*, washing *Silk Stockings*, adorning of *Closets* with several pretty *Fancies*; things excellent to keep the *Hands* white, and *Face* and *Eyes* clear; how to make *Transparent Work*, and the *Colours* thereto belonging; also *Puff Work*: Some more Receipts for *Preserving* and *Cookery*: Some Remedies for such *Ailments* as are incident to all People; as *Corns*, *Sore Eyes*, *Cut Fingers*, *Bruises*, *Bleeding at Nose*; all these you may help, by my Directions, with a small matter of *Cost*; whereas else, you may be at a great Charge and long Trouble, and perhaps endanger your *Eyes*, or *Limbs*. I shall give you none, but such things as I have had many years Experience of, with good success, I praise God.

As you dare confide in me, I pray make use of them: I hope you will not fear, since what I have

To the Reader.

have already imparted hath been found true, and hath benefited many.

Some are of that mind, that they value nothing but what is, *Far fetcht, Dear bought, or Hard to be had,* and will rather prize those things which are kept Secret, though if known, are but simple: And such are apt to slight what is made known to them, not regarding the *reality* of the Friend who doth impart it to them, meerly out of their Good-will, and to save their Purfes. Such is the *vanity* of this wicked World, that whatsoever one doth out of a sincere and Christian-like mind; yet it is slighted. I may compare it to those words in the *Gospel*, which says, *Cast not Pearl before Swine,* And, if *Gallen,* and *Hippocrates* and *Paracelsus* were alive, or any of the Wisest Philosophers, and should declare in Writing all their
their

To the Reader.

their Skill, and lay those Writings down to the view of every Eye, not one in ten would believe it. For my part, I am of that mind, never to condemn any Man till I prove it false; nor publickly to commend any thing, till I find it good. You may believe me, if you please, and as you find the Truth, so trust me.

I have been *Physician* and *Chirurgion* in my own House to many, and also to many of my Neighbours, eight or ten Miles round. I think it not amiss to recite some of those Cures I have done, the Places where I have done them, and upon whom; but cannot particularly tell you with what, where the Cure is difficult; because there is in those cases a good Judgment required; and I use those things in those Cases which are not Common Receipts, which may as well Kill, as Cure; but such things as I find

To the Reader.

find proper to take away the Cause of the Distemper; Experience with much Reading must give that understanding. I dare not therefore adventure to teach, but only those things wherein People cannot easily Erre, and by which they may receive good.

For the rest of what I have spoken, and for many other things which I cannot in few words relate, if any Person will come to me, I will satisfie them to their content; and be

Their Friend,

and Servant,

H. Woolley.

A 3

AN

And proper to take away the
Cable of the Distemper; Expe-
rience with much Reading must
give that understanding, & thus
not therefore adventure to teach,
but only those things wherein
People cannot easily learn, and by
which they may receive good.
For the rest of what I have
written, and for many other things
which I cannot repeat by words re-
spect, if any Person will come to
me, I will furnish them to their
content, and be

Their Friend,

and Servant,

H. Woolley.

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A N

Advertisement.

IF any Person desire to speak with
me, they may find me at Mr.
Richard Wolleys House in the
Old-Baily in Golden Cup Court;
He is Master of Arts, and Reader at
St. Martins Ludgate. They may
have of me several Remedies for
several Distempers, at reasonable
Rates. Likewise, If any Gentle-
women, or other Maids, who desire
to go forth to Service, and do want
Accomplishment for the same: For
a reasonable Gratuity I shall inform
them.

them what I am able; and if I see
that they are Ingenious, and de-
serving, or obliging in their disposi-
tion; neat and cleanly in their Ha-
bit; not too costly, yet decent;
lively Spirited, not bold; and that
can give me a good account of their
Parentage, and truly tell me how,
and where they have spent their
time: I shall not only be willing
to Instruct them, but, as occasion
serves, be ready to give Commenda-
tions of them to some Friend or other
of mine, who may want a Servant.

The



I

A Supplement
TO THE
Queen-like Closet :
OR,
A little of every Thing.

Imprimis: *To starch Tiffany.*

DO not soap your Tiffany, save only on the hems or laces, with Crown Soap, then wash them very well in three ladders pretty hot, and let your last ladder be made thin of the Soap, do not wrinse them nor wring them hard, then dry them over Brimstone,

stone, and keep them all the time from the Air, for that will spoil them.

Then make your starch of a reasonable thickness, and blew it according to your liking, and to a quarter of a pound of Starch, put as much Allom as an Hazel Nut; boyl it very well and strain it, and while it is hot, wet your Tiffanies with it very well, and lay them in a Cloth to keep them from drying, then wash your hands clean and dry them, then hold your Tiffanies to a good fire till they be through hot, then clap them and rub them between your hands from the fire till you see they be very clear, then shape them by a piece of Paper cut out by them before they were washed, and iron them with a good hot Iron, and then they will look glossie like new Tiffany.

Thus you may starch Lawns; but observe to iron them on the wrong side, and upon a Cloth wetted and wrung out again. Sometimes (if you please) instead of Starch you may lay Gum-Arabick in water, and when it is dissolved, wet your Lawns in that instead of Starch, and hold them to the fire as before directed, clapping them and rubbing them till they are very cleer.

To make clean Points or Laces.

Take white Bread of half a day old, and cut it in the middle, and pare the Crust round the edge, so that you may not hurt your Points when you rub them, then lay them on a Table upon a clean Cloth, and rub them very well with the white Bread all over, then take a clean little brush and rub over the Bread very well, till you think you have rubbed it very clean, then take your Point or Lace and shake the Bread clean off, then brush it very well from the Bread, and take a clean linnen Cloth and gently flap it over oft-times.

Thus you may get the soil off from white Satten, Tabby, Taffety, or any Coloured Silk; provided it be not greazy nor too much soiled.

To wash and starch Points.

Take your Points and put them into a tent, then make a strong ladder with the best Soap you can get; then dip a brush in that ladder and soundly rub your Point on both sides; so do till you

have washed it in four ladders, then wash it in fair water alone, then with blew water; and when you have so done, take Starch made thin with Water, and with your brush on the wrong side wash it over with it, so let it dry: then lay your tent upon a Table, and with an Ivory bodkin made for the purpose run into every close and narrow part of it, to open it betwixt the gimp or over-cast; likewise into every Ilet hole to open them.

For the Laces after you have pulled them out well with your hands, you must iron them on the wrong side.

Let your water be warm wherewith you make your ladder.

When you take them out of the tent, iron them on the wrong side: let not the water be too blew with which you wash them.

To wash White Sarsnets.

Lay them very smooth and streight upon a Board, and if there be any dirty plats soap them a little, then take a little hard brush and soap it well, then dip that brush in water, and with it make a pretty thick ladder, then take the brush and
rub

rub your Sarsnet well, the right way of the Sarsnet side-waies of the brush, and when you have washed one side well, turn it and wash the other.

Then have a clean ladder scalding hot, and cast your Hoods in double into it, and cover it, and still as fast as you wash them cast them into that; you must give them three good washes upon the board, and after the first ladder let the other be very hot, and cast them in a scald every time, then make up a scalding hot ladder, into which put some Gum-Arabick, steeped before in water, and some smalt to blew it a little, let them lie doubled up in that, close covered for one hour; when you come to take them out, be sure you dip them very well all over, and then fold them up to a very little compass, and squeeze them smooth betwixt your hands, then smoak them over Brimstone, then draw them between your hands every way till they be little more than half dry, then smooth them with good hot Irons the same way you did wash them, and upon the right side of the Sarsnet.

To wash Coloured Silk.

They are done the same way with the White, only there must be no blew, nor smoaking over brimstone.

To wash Black Sarfaets.

They are washed the very same way with the other, only wrinsed in strong Beer cold, without any Gum, and iron'd upon the wrong side, and on a woollen Cloth.

To wash Silk Stockings.

Make a good strong ladder with Soap, and pretty hot, then lay your stockings on a Table, and take a piece of such Cloth as the Sea-men uses for their Sails, double it up and rub them soundly with it; turn them first on one side, and then on the other, till they have past through three ladders, then wrinse them well, and hang them to dry with the wrong sides outward; and when they are near dry, pluck them out with your hands, and smooth them with an Iron on the wrong side.

To make clean Gold and Silver Lace.

Take the Lace off from your garment, and lay it upon a Table, and with a brush rub it all over very well with burnt Al-lom beaten fine, till you find it to become of the right colour, then shake it very well, and wipe it very well with a clean linnen Cloth often times over.

To get spots of Ink out of any linnen Cloth.

Before that you suffer it to be washed, lay it all night in Urine, the next day rub all the spots in the Urine, as if you were washing in water, then lay it in more Urine another night, and then rub it again, and so do till you find they be quite out.

To get the stains of Fruit out of any linnen Cloth.

Take them before they are washed, and with a little Butter rub every spot very well, then let the Cloth lye in scalding-hot Milk a while, and when it is a little cooled, rub the spotted places in the Milk till you see they are quite out, and then wash it in Water and Soap.

8 A Supplement to the

*To take out any greasie spots out of Silk,
Stuff, or Cloth.*

Take a linnen rag and wet it very well in fair water, then with a pair of tongs put a live Sea-coal or Wood-coal upon the wet rag, and hastily close the rest of the rag about the coal, and presently lay it upon the greasie spot while it is smoaking hot; and when you do perceive it to be cool do so again, and so do till you find they are quite taken out.

To make clean Plate.

Wash your Plate first in Soap-suds and dry it, then if there be any spots, rub them out with Salt and Vinegar.

Then when you have so done anoint your Plate all over with Vinegar and Chalk, and lay it in the Sun or before the fire to dry, then rub it off with warm clean linnen Cloths very well, and it will look like new.

To keep the Hair clean, and to preserve it.

Take two handfuls of Rosemary, and boil it softly in a quart of Spring-water till it comes to a pint, and let it be covered

Queen-like Closet.

9

red all the while, then strain it out and keep it; every Morning when you Comb your head, dip a sponge in this water and rub up your Hair, and it will keep it clean and preserve it, for it is very good for the brain, and will dry up Rheum.

To wash the Face.

There is no better thing to wash the face with, to keep it smooth and to scour it clean, than to wash it every night with Brandy, wherein you have steeped a little flower of Brimstone, and the next day wipe it only with a Cloth.

To make a Salve for the Lips.

Take two ounces of white Bees-wax and slice it thin, then melt it over the fire with 2 ounces or more of pure sallad Oyl and a little white Sugar Candy, and when you see that it is well incorporated take it off the fire, and let it stand till it be cold. Then set the skillet on the fire again till the bottom is warm, and so turn it out; anoint your Lips or sore Nose, or fore Nipples with this, and it will heal.

To keep the Teeth clean and sound.

Take common white Salt one ounce, as much of Cuttle-bone beat, them together, and rub your Teeth with it every Morning, and then wash them with fair water.

I have spoken enough concerning your Cloaths, and Face and Hands; now I will give you direction for to be your own Chirurgions and Physicians, unless the case be desperate: but before I begin to teach, be pleased to take notice of vvhhat Cures I have done, that you may be assured of my ability.

First, Take notice that my Mother and my Elder Sisters vvere very vwell skilled in Phylick and Chirurgery, from vvhom I learned a little, and at the age of seventeen I had the fortune to belong to a Noble Lady in this Kingdom, till I Married, which was at twenty four years (those seven years I was with her) she finding my genius, and being of a Charitable temper to do good amongst her poor Neighbours, I had her purse at command to buy what Ingredients might be

be required to make Balsoms, Salves, Oyntments, Waters for Wounds, Oyls, Cordials and the like; besides she procured such knowledge for me from her Physicians and Chirurgions (who were the best that all *England* could afford) and also bought many Books for me to read, that in short time, with the help of those Worthy men before mentioned, I soon became a Practitioner, and did begin with Cut fingers, Bruises, Aches, Agues, Head-ach, Bleeding at the Nose, Felons, Whitloes on the Fingers, Sore Eyes, Drawing of Blisters, Burnings, Tooth-ach, and any thing which is commonly incident; and in all those Cures God was pleased to give me good success.

When I was about the age of two and twenty years, I was sent by this Noble Lady to a Woman in hard labour of Child, who being quite wearied out with her pains, she fell into strong Convulsion fits, which greatly endangered both her self and her Child; but by Gods help those Remedies which I gave her caused her Fits to cease, and a safe Delivery followed.

When I was Married to Mr. *Wolley*, we lived together at *Newport Pond* in *Essex* near *Saffron Walden* seven years; my Husband having been Master of that Free-School fourteen years before; we having many Boarders my skill was often exercised amongst them, for oftentimes they got mishaps when they were playing, and oftentimes fell into distempers; as Agues, Feavors, Meazles, Small-pox, Consumptions, and many other Diseases; in all which, unless they were desperately ill, their Parents trusted me without the help of any Physician or Chirurgeon: likewise the Neighbours in eight or ten miles round came to me for Cure.

A Woman vvho had had a sore Leg one and twenty years I quite Cured.

Another being kicked by a Churlish Husband on her Leg, so that a Vein vvvas burst, whereby she lost at the least a pottle of Blood; I stayed the Blood and cured her Leg.

A young Maid as she vvvas cutting Sticks vvith an Ax; by chance cut her Leg sorely, she having long time been afflicted vvith the Green-sickness and Droplie; I not only Cured her Leg, but also her other Distempers at the same time.

A Gentleman having got a bruise on his Leg by the lash of a Whip, and being in a desperate condition with it, so that he was in danger of his life, I in a competent time did Cure.

Many of the Convulsion-fits, and Rickets among Children I did Cure.

One being bitten with a Mad-Dog, I in very short time did Cure him.

Several Women who had sore Breasts and sore Nipples, I Cured.

Many who had violent fits of the Stone, I eased them.

A Man being much bruised with the fall of a Cart upon him, I cured.

One being much bruised by Rogues meeting him on the way, and after they had beaten him down, kicked him on one side of his Head, so that his Ear was swelled you could see no shape it had, and withal fell into a Feavor: I, by Gods help did Cure.

A Woman who for divers Months had a very great Flux upon her, I speedily Cured.

A man lying sick of the Meazles, and being all struck in, so that it was thought he could not possibly have lived, I gave him a Cordial which brought them forth again and recovered him. A

14 A Supplement to the

A Child of a year old being taken with the shaking Palsie, I Cured.

A Man having a Pitch-fork run into the Corner of his Eye, I Cured.

A Woman having a Stick run into the corner of her Eye, I Cured.

A little Boy falling from a Bridge into a little River, cut his Head so with a stone, that while I had it in Cure there came forth a fliver of the Skull; I Cured.

A Man taken suddenly with an Apoplex, as he walked the Street, his Neighbours taking him into a House, and as they thought he was quite dead, I being called unto him, chanced to come just when they had taken the Pillow from his Head, and were going to strip him; but I caused him to be set upright, and his mouth to be open by force, then did I give him something out of a little glass, and caused him to be rubbed and chaffed, and Air to be given him, so that in a little time he came to himself and knew every one: He lived about ten hours after, and gave God and me thanks, that he was not taken away in that condition, but gave him sence to make his Peace with God and to order what he had left. I willed him

him

him to send for a Physician; which he did, who did approve of what I had done; but could not save his life.

A Woman being struck with a staff upon the Lip, so that it was cut asunder with the blow: I in short time Cured.

Many I did cure in that Town, which were burned with Fire, and some scalded, and none of them had a Scar.

A Girle about twelve years of Age being taken with a Lethargy, and after I had brought her out of it she fell into strong and strange Convulsion-fits, which in few weeks I did perfectly Cure.

After these Seven years were past, we lived at *Hackney*, near *London*, where we had above threescore Boarders; and there I had many more Trials for my Skill both at home and abroad.

I Cured my own Son of an Impostume in the Head, and of a deep Consumption, after the Physicians had given him over.

I Cured a Woman of Threescore years old, who had lyen Bed-ridden half a year of a Timpany, and was not able to help her self: This Cure I did in three days. I

I Cured a Man-servant to a Gentleman, who had a fore Leg by a fall from an high place, and it was grown so dangerous, that it was thought incurable.

I Cured a Bricklayer who had a fore Leg by the fall of Timber, and because he was poor his Chirurgion gave it over.

I Cured a Shoe-maker of a fore Leg, who had spent three pounds on it before he came to me.

I Cured a poor Woman of a fore Leg, who was advised by a Chirurgion to have it cut off.

A Cancer in the Nose I have Cured.

Cankers in the Mouth and Throat.

The Green-sicknes in many. Droplie, Jaundies, Scurvy, Sciatica, Gripping of the Guts, Vomiting and Loosnes.

And for the Palsie, whether Dead or Shaking, I am sure none can give better Remedies, nor know it better than I do, having bought my Experience at a dear rate; there is none who have been more afflicted with it than my self, and (I humbly bless God for it) there is no Person more freer from it than my self, nor from any other Disease, and that is very much, I being now in my Two and fiftieth year.

Much

For an extream Rheum falling from the Head.

Take some *Lucatelia* Balsom, and spread it thin upon the smooth sides of red Sage leaves, take five or six of these leaves with the other side downward upon a few embers of Wood Coals, and take the smoak through a paper tunnel into your mouth; thus do every morning till you find a Cure.

For Worms, a miraculous Cure.

Let the party drink their own Water with a little Methridate mingled therein, for three days together in the morning fasting, and walk after it.

A most excellent Oyntment for all manner of swellings and sores, and for the Kings Evil, it will dissolve it if it be to be dissolved, it will both break and heal; it is good also for sore Eyes if anointed therewith.

Take one pint of the juyce of *Cellon-dine*, and boil it in one pound and half of new Butter never salted, till you may by your judgment think it to be enough,
so

so keep it in a Gally-pot for your use, and when you apply it let it be warm, and bath the place well, if it be not broken, but if it be broken, then dip fine linnen Cloths in it and lay on twice in the day, anoint sore Eyes gently with a Feather, every night till they are well.

A most excellent Balsom for Wounds.

Take a pint of the purest fallad Oyl, and put to it four ounces of common Brimstone beaten fine, and set it in the Sun for three weeks or more before you use it.

If the Wound be inflamed, spread some conserve of Red-roses upon a linnen Cloth, and lay on over night, the next Morning bath it well with Brandy, and then lay on this Balsom with a Feather warm, use the Conserve of Roses till you find the inflammation to be quite gone, and if you perceive proud flesh to grow in the Wound, then lay in a little burnt Allom after you have washed it, before you lay on the Balsom.

Conserve of Red-roses is also very good to lay upon inflamed Eyes, moistned first with a few drops of Plantain Water,

For Madness, and for fumes in the Head.

Rub the soles of the Feet with the Spirit of Brandy every night, and apply the Herb Henbane, bruised with a little Nutmeg and Whitewine Vinegar to the Temples; it will ease pain in the Head, and cause the Party to sleep.

For pain in the Bones.

Anoint the place grieved with Dogs greafe every night by the fire, and wear socks cut out of a Bears skin in their Shoes every day, and their pain will be gone.

For the Leprosie, or any other venemous Humour.

Swallow every twelve hours a bullet of Gold, and still as you void one wash it in Treacle-vvater, and at the due hour swallow it again; continue doing this a long time and it vwill Cure.

To kill Rats.

Fry a Spung in Butter and hang it by a string, and the Rats vwill forsake the Room.

To

To Cure a Horse of a Cold, though he hath had it never so long a time.

Take two new laid Eggs, put them into an Earthen-pot, and then put in as much Whitewine Vinegar as will cover them, then cover them close and put them into a Horse-dunghill and cover it over with the dung, so let it stand twelve hours, then pour it down the Horses throat shells and all, and gallop him after it, and Cloath him very warm; be sure you give it him three or four times, but there must be a day between every time.

For a Cow that Stales bloud.

Take a good handful of the Herb called Peruwinkle and bruiſe it, and boyl it in a quart of Ale till it comes to a pint, then strain it and give it her to drink; do so three times. Peruwinkle hath also an excellent vertue to stench bleeding at the Nose in Christians, if it be made into a garland and hung about the Neck.

*An excellent Medicine for the Cold
Gout.*

Take Stone-pitch three drams, pound it to dust, and set it over the fire; Venice Turpentine so much as being mingled with the Pitch, will make it spread when the Pitch is cold; the best Turmerick, 5 or 6 Races beaten to powder, Letharge of Gold half an ounce; mix all these together when you have warmed the Pitch, and work them together that all may become one substance, and use it for your Plaister, following the Gout as it shall remove.

*For the Hot Gout,
A most admirable Medicine.*

Take the Bones of a Horses Legs, break them, and take the Marrow out of them and wash it clean, it must be the whitest Marrow, wash the Bones also, and put both the Marrow and them into a Kettle with Running-water, and set them a boyling, scim off the first rising for that will be froth, then scim of all the rest that ariseth and save it, as you
C do

do the Neats-foot Oyl ; then take of If-
 sop, Time, Camomile, Rosemary, and six
 leaves of red Sage (of all) the quantity
 of a handful, and when you have got as
 much Oil as you can, then boil the Herbs
 in it for a quarter of an hour, then strain
 it and keep it in a Gally-pot or Glasse ;
 the quantity of a small Nut will go a
 great way ; you must strip the Rosemary
 and Time upwards, and be sure you put
 in none of the stalks ; put in as much
 Sothernwood-tops and of Lavender-
 Cotton, as you did of each of the other
 Herbs, and boil them with the other,
 keep it well from the Air.

*An excellent Glister to Cool and
 Bind.*

Take a quart of new Milk, and a
 handful of Knot-grass, as much of
 Bramble, as much of small Plantain ; boil
 these together in the Milk, then strain it,
 and put in six penny weight of Bolear-
 moniack, and administer it blood-warm.

For

For the running-Gout, or any hot Tumor.

Take Mallows, Violet leaves, Marsh-Mallows, Melilot, of each two handfuls, Linseeds beaten two ounces, Crumbs of Bread as much; boil these in Milk and make a Poultis therewith; then put into it a little Oil of Roses, and apply it to the grieved place very warm twice a day.

To Cure a Deafness which is caused by the stoppage of the Ears by wax.

If it hath been long, then drop into the Ear a little of Bitter-Almonds warmed, for a week together every Night; when the Party is in Bed then take a little warmed Sack, with as much of the best white Anniseed-water, and seringe the Ears with it once a day for three days together, and keep them stopped with black Wool. If they have been deaf but a little while, then the Wine with the Anniseed-water will be sufficient, without the Oil of Almonds.

For the falling down of the Mother.

Take Smiths Water and Oaken leaves, or the Bark of Oak, and boil them well in a Pewter dish close covered, then strain it through a Cloth; wet Cloaths therein and apply them hot two or three times in a Night when you go to Bed: Thus do for a week together, and keep your self warm in the day time.

A most excellent Plaister for the Gout, wherewith a Gentleman as I knew was Cured after all the Chirurgions had given him over.

Take half a pound of un-wrought Wax, half a pound of Rosin, one ounce of Olibenum, four ounces of Letharge of Gold, three quarters of a pound of White-lead finely beaten and searced; then take a pint of Neats-foot Oyl, set it on the fire with the Wax and Rosin, and when it is melted put thereto the other powders, and stir it fast with a stick till you find it be enough: so make it up in Rouls, and keep it for your use, and when you feel any pain apply it upon linnen.

For

To make the Black-water, to Cure a Thistlow Woolf; Noli me tangere; or any Tetter or Scald; or any other Sores.

Take the fattest Wool about the Cod of a Sheep, dry it in an Oven after Household-Bread is drawn; then beat it into fine powder; put to it a sufficient quantity of white Rose-water, with a little Mercury sublimate, and so apply it to the grieved places, by wetting linnen Rags and lay it on warm.

A most excellent Diet-drink for any Disease, caused by sharp or foul Humors.

Take Safa-perilla 4 ounces, Safafras-wood 4 ounces, and China-root 1 ounce, 4 handfuls of Egrimony, 4 handfuls of Colts-foot, 4 handfuls of Scabions, 2 penny worth of Marsh-Mallow-root, one handful of Betony, 1 handful of Ladies-mantle, 1 handful of Sanicle, and 1 root of Columbine; shread the Roots above-said, and put them together with the Herbs into three gallons of Running-water; boil it to two Gallons, then strain it, and put to the water one gallon more of Water, and boil it until it be half consumed; then strain this

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drink, and put thereto one pottle of Whitewine, and one pint and half of Hony, boil it a little again and scum it very clean, then take it from the fire, and put in two ounces of Sena, and three quarters of an ounce of Rubarb; drink a draught thereof Morning and Evening: It is good for Dropisie and Scurvy.

For a Film in the Eye.

Take *English* Hony, and the Marrow of a Goose wing, of each a like quantity, warm them together, and lay them on the Eyelid with a Feather, and let it go into the Eye, dress it twice a day till it be well. It will cure those films which do come of the small Pox.

To Cure sore Nipples, or for a bruise which comes by a fall.

Take Parsley and shred it, and boyl it in Cream till you see an oil on the top of it, then take that oil and boil with a little Loaf Sugar, and so apply it.

For the Stone and Cholera.

Half an ounce of Cassia in the Cane, taken from the point of a knife, and presently

sently after it half an ounce of Manna, dissolved in Posset-drink, and two hours after that drink Lemmon Posset-drink: This you must do three days together.

To make Thistlow Water.

Take of Bolearmoniack four ounces, Camphire four ounces, white Coperus one ounce; slice the Camphire thin and beat the Coperus sine; then boil them two together in an Earthen-Pan never used, they will melt of themselves without any thing to them; when they are melted, stir them together with a little stick till they are hard, then beat them in a Mortar to a powder, and then beat your Bolearmoniack and mix with them very well, and keep it tied up in a bladder (it will keep seven years:) when you use of it, take a quart of Spring-water and make it boiling hot, then put in one good spoonful of the powder and stir it about, and when it is cold put it into a Glass, and cover it: When you dress any Wound or Thistlow with it, you must warm it very hot, and bath the place well with it, then double some soft Rags and wet them in it, having

C 5 before

before a little Hony in the heating of it; so lay on your wetted Rags, and bind them on: thus do twice a day till it be well. This heals very fast, if the Wound be fit to be healed; but if there be any inflammation in it, it is not for it.

If you use it for the Eyes, you must warm it, and drop it in. I did Cure a Gentlewoman of a Thistow in the Eye with it, which she had by the Small-Pox: And several sore Legs I have Cured with it.

It is very good for the Itch (and for Gald-Horse backs) only you must double your quantity of powder, and always put in Hony when you heat it; for that doth cleanse and help to heal.

For Rheum in the Eyes.

Dragons-blood, Bole-armoniack, and Mastick beaten and searst, of each a like quantity; mix them with the white of an Egg well beaten: then spread it on a piece of Leather, and lay it on the Forehead, from one Temple to another, and let it lie till you be Cured; which, with Gods blessing, will be in three days.

*To stench Bleeding at the Nose, or in
Wounds.*

Take of Frankinsence one dram, Aloes half a dram, beat them into fine powder; then beat the white of an Egg and mix with it, let it be of the thickness of Hony; dip the wool of a Hare in it, and apply it to the Wound, and bind it on: if to the Nose, spread it upon a linnen Cloth, and lay it to it.

For Kibed Heels.

Take the Wool of a Cony, and the white of an Egg, beaten together, and spread it upon a linnen Cloth and lay it on: but if they are broken, then take a live-Mouse and flea it, and lay the skin on while it is warm.

For the Rickets in Children.

Take of the inner Bark of Ivy, the inner Bark of Ash, Harts-tongue leaves, branches of Tamerisk, boil them in four Gallons of middle-Wort; and put in so many of Hops as you think will keep it: when it is cold enough, work it up with Yeast as you do
other

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other drink, have one Vessel under another, and let the Child drink no other drink for a quarter of a year. I have cured many with this drink, and a Plaster of Paracelsus upon Sheeps leather to the small of the back.

An excellent Remedy for the Stone.

Take White-wine and quench a black Flint in it five several times, then sweeten it with Sirrup of Marsh-Mallows, and take it Morning and Evening for three days.

An excellent Cordial Elecuary.

Take of Conserve of Sage-flowers, Rosemary-flowers, Marigold-flowers, and of red-Roses, of each one ounce, mix them together with one ounce of Sirrup of Clove-gilly flowers, and six sheets of leaf-Gold; keep it in a Gally-pot, and take every night when you go to bed as much as a little Walnut. It is very good for any weak Body.

For the Bloody-Flux, or other Loosness.

Take two or three Races of Ginger and slice them thin, and lay some of them
over.

over a Chaffing-dish of Coals; then sit over the heat and smoak of it, and take heed you catch no Cold: Do this Morning and Evening for three or four days.

For the Worms in Children.

Take of the tops of unfet-Leeks, with the lower part also of them, one handful, as much of the tops of Wormwood; chop them small; then set them on the fire with a little fresh Butter and a little Whitewine Vinegar, and boil them till the Herbs be soft, and that it be reasonable thick; then put it between two linnen Clothes sewed like a Bag, and lay it warm all over the belly of the Child at Night, and bind it on with a Cloth. The next Morning take it off and put a warm Cloth instead thereof.

Thus do three or four Nights together and it will cause them to void the Worms. It doth also draw Wind and infection out of the Body.

*To make a black Salve very good for Corns,
or for any Sore old or new.*

Take a pint of fallad Oyl, and half a pound of Red-lead, and put them into a skillet

skillet that will hold three pints, or near, for fear of boyling over; stir it all the while, and let it boil softly till you perceive it to look black, and that it leave boiling and doth sinoak; then take it from the fire, and let it stand till it be quite cold, then warm the bottom of the Skillet and turn it out.

An excellent Water for a Canker in the Mouth, or for any Sore.

Take of Rosemary, Sage, Plantain and Scurvy-grass, of each one handful, one little branch of Herb of Grace, and a little Sweet-bryer; boil these in a quart of Water and a quart of White-wine, and put therein a bright shining Sea-coal as big as an Egg, one that was never burned; let them boil softly over a slow-fire, close covered, till half be consumed; then strain it out and put in some Roach-allom; make it sharp with it; then make it very sweet with Hony, and set over the fire again till it be boyling hot; then when it is almost cold put it into a Glasse-bottle, and keep it for use. When you use it, wash your Mouth with it very hot, three or four times in a day; and then take a little warm Hony in
your

your Mouth to ease the smart : Bath Wounds with it very hot and well, then dip linnen Clothes in warm Hony and lay on. Dress it twice a day.

A very fine Poultis to lay on any Sore, to take the inflammation out of it; or to lay to a sore Breast to break, or to dissolve it if it will not break: It will also heal it if broken.

Take a quart of Milk, and boil it with two slight handfuls of Oatmeal, and one good handful of white-Lilly leaves (I mean the green leaves of the white Lillies cut small) when it is boiled enough, put in as much of the best sallad Oil as will make it very soft and moist; according to the bigness of your Sore spread some of it upon a linnen Cloth, and lay over it as hot as you can suffer it Morning and Evening: when you dress it wash it with a little Brandy and Butter.

For a tickling Rheum and Cough.

Take of Conserve of Fox-lungs two ounces, Sirrup of Colts-foot, Sirrup of Maiden-hair, Sirrup of Hore-hound, Sirrup of Hysop, Sirrup of Violets, of each one ounce; mix them well together, and take them often in the day or night upon a Liquorish-stick. *An*

*An excellent Balsom for inward Bruises,
for outward Wounds, and for the Stone.*

Take of Oyl-Olive, Oyl of Turpentine, and of the best Whitewine, of each one quart, put into them three good handiuls of the tops of *St. Johns Wort*, with the flowers and seeds; let them stand in a Glasse in the Sun ten daies; then put them into a long Gally-pot, and set that pot into a Kettle of water, and fasten it with Hay; let the water seeth for two hours, then take it out and set it by: alwaies keep it covered.

If you take it for the Stone, take a spoonful of it at a time in a Glasse of Whitewine, in the Morning fasting, for three days together at the New and Full of the Moon; but if you should be suddenly taken, then take it when your self is in pain.

For Sores, warm it a little, and after you have well vvasht the Wound with Brandy, lay on the Balsom with a Feather, and dip Lint in it and lay into it, and a piece of Hogs-bladder over that, that the linnen you bind it up with may not soak it up, dress your wounds Morning and Evening. If

If you take it for an inward Bruise, take two Spoonfuls of it in a Glass of Whitewine, and go to bed and sweat, do so three nights together; be sure to jumble the pot well together when you take any, or else the Oils vwill be at the top, and the Wine at the bottom; the Herbs and Flowers applyed stench bleeding in Wounds, or at the Nose.

A most admirable Drink for a Cough: it also expelleth any congealed Blood, Impostume, or other filthy Humour. It healeth all inward Ulcers, and cooleth inflamed Lungs, and also healeth Ulcers in them.

Take two pounds of quick-Lime, and put it into ten quarts of Spring-water in an Earthen-pot; let it stand twenty four hours; then you will see as it were a thin ice on the top of it, which you must take off very clean with a scimmer, then pour off all that is clear into another pot, and put into it these things following:

Of blew Figgs slit in two half a pound, of Raisons of the Sun stoned half a pound, of Liquorish scraped and sliced thin four ounces, of China Root sliced thin

thin two ounces, of Anniseeds bruised
 one ounce, of the shavings of Ivory four
 ounces, of Maiden-hair one handful, of
 Burrage, of Pimpernel, of Balm, of
 Penny-Royal, of Colts-foot, Scabions,
 Horehound, of *St. Johns Wort*, of each
 one handful, and half a handful of Ma-
 rigold flowers; then put in four ounces
 of Earth-worms, slit and cleansed from
 their filth with Whitewine.

Let all these steep in that water 24
 hours; then take it and strain it gently
 and keep it in Glass-bottles; drink there-
 of Morning and Evening a good draught
 (or if you please) oftener, and you will
 find a great benefit.

Take two pounds more of quick-Lime,
 and put it into the same quantity of
 Spring-water, and do as you did before;
 only you may use the same Ingredients
 as you made the other, without any
 new.

For a Pin and Web in the Eye.

Take of red-Rosewater one quarter of a pint, put into it two pennyworth of Mastick finely powdered, and one quarter of an ounce of white Sugar-Candy; then have in readines of burnt-Allom, and white Sugar-Candy, of each a like quantity beaten fine and searfed, and mixed well together: When you dress the Eye, first wash it well with the Water, and then blow in some of the powder with a quill, and hold your hand over it till the smart be gone; the next Morning let some Breast-milk be milked into it, and do nothing else in the Morning; and every Evening use the other: so do till your Eye be well.

Do not put any Cloth, or Silk before your Eye, for that poysons it, by causing the venemous humor to return.

This Water is very good for other Sore-Eyes, if they be well washed with it Morning and Evening, and if the Rheum be very much in the Eyes; then lay a plaister of Burgundy-Pitch to the Nape of the Neck, and let it lie as long as it will stick.

For

For the Tooth-ach.

Anoint that side of the face on which the Tooth-ach is, from the Temple down to the lower part of the Ear (upon all those Veins which carry the Rheum to the Teeth) with a few drops of Oil of Amber; work it well with your hand and gently, then spread a black Ribbon two penny broad with Mastick, and lay it upon the place which you did anoint, and keep it on.

For a Thrush in a Childs mouth.

Wash it Morning and Evening with a little Verjuyce and Hony, warmed a little, and then blow in some white Sugar-Candy beaten fine with a quill.

For the Itch.

Take some common Brimstone beaten fine, and mix a little beaten Ginger with it; then tie it up in a Tiffany or Lawn, and let it lie in strong Whitewine Vinegar with some Roach-Allom; when it hath lien all night you may begin to use it, but the longer it lies the better it will be; when you use it, take up the Cloth wherein

wherein the Brimstone is tied, and rub all your Joynts with it very well every night when you go to bed; then take a little Methridate before you go to bed; so do till you are Cured. It is a dangerous thing to cure the Itch, and not to drive it out, for that strikes it in, and many times it falls upon the Lungs; sometimes it causes Convulsion-fits, Apoplexies or Lethargies if not driven out.

It is also very necessary when you have quite killed and cured it, to purge the Party very well, to prevent further mischief.

For a Bruise where no skin is broken.

There is no better thing than to bath it well with Oil of Spike, morning and evening.

For a Sinew-strain.

Take strong Beer or Ale and boil it till it be very thin, then spread it upon Leather, and lay it on as hot as you can suffer it, and let it stay on.

For

For a Consumption, or other weaknes.

Take a Gallon of strong Ale-wort, and put therein two ounces of Liquorish scraped clean and sliced thin, and one ounce of Anniseeds bruised; boil them together till it be very thick; then strain it while it is hot, and keep it in a Gally-pot, and take thereof every Morning and Evening: It is a very good Remedy.

For a Burn.

Take the juyce of a great Onion, and put to it three spoonfuls of Fair-water, and as much pure sallad Oil, and beat it together very well; with two or three Feathers tied together; beat it till it be thick and white, and lay it on with a Feather; then lay on very thin Raggs dipped therein; dress it three times in a day, for you must not let it be dry; and when you do dress it, anoint the Cloths with some of it before you take them off, that they may come easily: the pulling of them off when they are hard and dry is that which makes a Scar.

When you perceive the fire to be quite out, then leave out the juyce of Onion
and

and use only the Oil and Water, and be sure you anoint it eight or ten days after it is quite well.

I have Cured many Burnings, and some with Gunpowder, without a Scar, with this Medicine.

For the Shingles.

Take a Cat, and cut off her Ears, or her Tail, and mix the Blood thereof with a little new-Milk, and anoint the grieved place with it Morning and Evening for three days; and every night vwhen the Party goes to Bed give her or him two spoonfuls of Treacle-water, to drive out the venom.



*To take away the pain in the Huckle-bone,
or for any Old ach.*

Take of Burgundy-Pitch, Oxicroscium, and Paracelfus, of each a like quantity; melt them together in an Earthen-Porringer, and spread them upon Sheeps-leather; then anoint the grieved place vvith Oil of Amber, and lay on your Plaister.

This is very good also for any Sprain.

For

*For one who is suddenly taken with a
Numbness in any Limb.*

Take Brandy and Mustard, and warm them well together, and bath the place very well with it twice a day for a week together, and it will work a wonderful effect.

*To take away any extream pain in the
Head in any Sickness.*

At your going to rest, let a linnen Cloth be dipped in Aquavite, and laid all over the Forehead from one Temple to another; then dip little linnen Rags in Cinnamon-water and put up the Nostrils, let them not be too short for fear the breath draw them into the Head.

For an Impostume in the Ear.

Take a great Onion and roast it in a paper wetted (in wood-Embers) when it is enough, put to it two pennyworth of Saffron, and a little spoonful of sallad Oil, and work them well together with the back of a Spoon; then apply it on a linnen Cloth to the hole of the Ear as hot as the Party can suffer it, at the time
of

of going to rest, and the next day when you take it off, put a warm Cloth instead thereof; thus do three Nights together, and when you find that it is broken and well drawn out: Seringe the Ear with a little warm Sack and Betony-water for three days together, twice a day.

For Deafness in Young or Old.

Take Brine which comes from Beef at the first salting, and boil it very well, and scum it well, and keep it in a Glass for your use:

Then take the Kidney-Suet of a Loin of Mutton, and shave it very thin, and when the Party goes to Bed, fill the hole of the Ear that is grieved with some of the Suet, and stop it with Black-wool, and let him lie on the other side that it fall not out, and as he sleeps it will melt into the Ear; thus do for a Week every Night: when that is done, then take three or four drops of the Brine in a Spoon and warm it a little, and drop into the Ear every night for a Week.

This hath done very much good to one of Fourscore years Old.

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For the Emorroids or Piles.

Take of Unguentum Album, vvhich you have at the Apothecaries commonly; melt it over the fire vwith a little fallad Oil, and put in a little of the best Bole-armoniack; apply it upon a linnen Cloth every Night vwhen you go to bed till you are vvell.

For to Cure Heart-burning.

Take prepared Crabs-Eyes, and mix leaf-Gold therein, and keep them in a Box; and when you find your Heart begin to burn, lick two or three times of the powder, and it vvill Cure you for that time, and be a means to keep it away for the future. Also a draught of Milk never at all boiled doth help it; but the other Medicine is much better.

For the passion of the Heart.

Take as much Confection of Alkermes as a Pea, in a drop or two of Sirrup of Clove-Gilly-flowers, and it will ease you in such an instant, as you cannot but admire; it is beyond all things that ever I used, and not of much cost. Take heed that it be good Alkermes, for there is much of deceit used in it.

For the Cramp in the Legs.

Take a lock of black-Thred, about half an ounce, and dip it in such Oil as they greaze Wool withal; then draw it through your hands very well that the Oil may not drop from it; then vwind it about your Thighs, and tie it and keep it on day and night. Eel-skins are also good to tie about the Thighs; but first they must be made gentle and easie.

And that which is as good as either of these, is to anoint the grieved parts vvith Oil of Spike a vweek together. The same perfectly Cures a Crick in the neck, in two or three times using. I like the latter best.

To Cure a Scabbed-Head, and to kill the Lice.

Take the yolks of six hard Eggs, and bruise them well with a spoon; then put one pound of new-Butter to them that vvas never salted; boil them together till you find it to be enough, which will be in an hours space, upon a slow fire; let it look blackish when you take it off the fire; then strain it and keep it for your
D 2 use;

use; anoint the Head very well with it twice a day, and it will soon destroy both Scabs and Lice in a short time, to much admiration.

For Chilblanes on the Hands.

So soon as you find your Fingers begin to itch, spread some Burgundy Pitch upon Leather, and lay round about your Arms; let the Plaisters be four-fingers broad, and lay them four-fingers above your hand.

They will soon abate the itching, and draw forth the humor where they lie, not suffering it any more to fall into your hands. Wash your hands every day with right Venice Soap, and that will help you in the Cure. This is a very certain Remedy to my knowledge. It also Cureth sore hands that are crackt and chopt with a sharp humour, if you lay the Plaisters round about the upper-part of your Arm above the Elbow, and wash with the same Soap

To kill the Scurvy before you purge.

Take of Scurvy-grass, of Worm-wood and Sage, of each half a handful, with a little Rue; put them into a pint of Whitewine, and let them boil softly till half be consum'd, close covered; then strain it, and put in as much Saffron as will well colour it.

Divide this into three parts, and take every Morning one; then take this Purge following:

Take five Gallons of Ale, put into it a quarter of a peck of Garden-Scurvy-grass bruised, two great handfuls of Sage, two ounces of Horse-Radish-root scraped and sliced very thin, Red-Dock-root sliced very thin two ounces, Anniseeds bruised one ounce and an half, Liquorish scraped and sliced thin four ounces, Sena two ounces, Figs sliced thin half a pound. When your Ale hath done working, put in all these things and stop it up; when it hath been four days, then drink every Morning a pint, and again at four in the After-noon, till you have drunk all the Ale. With this I have Cured many who were very bad.

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For a Squinacy, or other sore Throat.

Take the whitest dung of a Dog, which he hath dinged abroad in *Mry*, let it dry in the Sun very well, and when you have occasion to use it, beat it fine and searce it, and give the Party thereof a slight spoonful in a Glass of White-wine; and mix some with Hony, and spread it and lay to the Throat: let the Plaister lie on, and take the other three Nights and it will Cure you.

For a Red-face.

Every Night wash your Face with this following: Take Fumitory-water half a pint, a little lump of Allom, and a little white Sugar-Candy; with the juyce of one Lemmon, and as much common Brimstone beaten fine as will lye upon a half Crown heaped. Do not wipe your Face when you have washed it, but let it dry in.

Every Morning drink a Glass of old *Malago-Sack*, and eat a little Toast dipped therein.

It will be very good for you to Purge every Spring, if you find much heat in it, which you may know by a dry hot hand, and inward heat.

To help one who but begins to be Crooked.

Let the Party sit down with her Bodice off, and her Shift stripped off from her shoulders, by a good fire; then take pure fallad Oil, and dip your fingers in it, and stroak the Party well all along the Back-bone, on that side which is weak; first gently, and then harder, and chiefly the Sinews adjoining to the Back-bone: rub alwaies your hand downward: thus do for one hour at least every Morning; it will both supple the Bones, and bring the blood into the weak part.

In the mean time the Party is anointing, let her drink a draught of any Broth which is made with strengthening things.

*For the Kings-Evil, when it is broken,
or if it be not.*

*Here is two excellent Medicines taught me,
by both those that were Cured by them,
when the King was absent from us.*

Take Neats-foot Oil, and Verjuyce, of each a like quantity; mix them well together, and dip Cloths therein, and lay on Morning and Evening.

The other Medicine.

Take of the finest Wheat-flower, & the purest sallad Oil; blend them together very well, and spread it upon a linnen Cloth, and lay to the places grieved Morning and Evening.

Let their drink be midling-Ale, wherein there is laid in sloop, Angelico-leaves and stalks, Elder-leaves, and the inward Bark of it, Hounds-tongue leaves, and Plantain-leaves, of each three handfuls to four Gallons of Ale: Drink of it two or three times in a day a good draught.

They who have been touched by his Majesty, ought to do something belides. (I commend this to them.)

For a Botch or Boil.

Take Shoemakers-wax, and lay it to it spread upon Leather; that will both break it, and also heal it: When you dress it after it is broken, you must wash it every time with Brandy and Butter before you lay on your Plaister; and do not lay a new one too often, because it will draw too much; and nothing makes a greater Scar then so doing: yet you must be

be sure to shift them often, till the Coar be drawn out.

For a Plague-Sore.

Take Figgs half a pound, and of Hony as much; beat them together extremely well; then spread some of it upon a Burdock-leaf, if you can have one, or else upon a linnen Cloth: dress it twice a day; this will both break and heal it. Use it till it be quite well.

An excellent Medicine prescribed by a Worthy Physician, against the Plague and Pestilence.

Take of strong White-wine Vinegar half a pint, of Spring-water one quarter of a Pint; mix them together, and put thereto one ounce of Venice-Treacle: Take of this every Morning two spoonfuls, and anoint your Nostrils with a little Methridate; for that will not suffer any Infection to pass that way.

*To kill Worms which breed about the
Nose.*

Wash it often with Vinegar, Allom,
and Brimstone, till you find they are
killed: and then use Pomatum every
Night to smooth the skin.

For Childrens Scabbed-faces.

Take Mallow-leaves, and the leaves of
Red-Dock, of each a like quantity; shred
them small, and put as much fallad Oil
to them as will just stand even with
them; then boil them on a soft fire till
you find the Herbs begin to be crispy;
then presently take it off, and strain it
out and keep it: Anoint the Face with
it twice in a day, and every time before
you dress it, wash off that you laid on be-
fore with Butter and Beer. This is very
good to Heal and Cleanse.

For Chest-Worms.

Take a quarter of a pint of New-
Milk, and when it boils put in a piece of
Allom, and stir it about till you see that
the Milk be well turned, then take out
the Allom, and take off the Curd very
clean,

clean, and give the Party the Cleeer drink, to drink in the Morning fasting: do so three Mornings together, and it will kill all the Worms; but then it will be necessary for to purge them with these things following:

Take a pound of Pruons, and stew them leisurely in fair Water; and take half an ounce of Sena and tie it up in a piece of Tiffany, with half an ounce of Liquorish scraped and sliced thin, and a quarter of an ounce of Anniseeds bruised; let these stew in the Pipkin with the Pruons till they are enough; then every Morning fasting give four or five, or more, of the Pruons, according to the Age of the Party; and also two or three spoonfuls of the Liquor: do so so long as you see fitting. I have given this with very good success.

*A fine Julip for one in an Ague or
Feaver.*

Take four ounces of French-Barley and wash it well, then boil it in three quarts of Water till half be consumed; then strain the Barley from it, and put into the Water the juyce of two Lemmons,

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mons, and as much white Sugar-Candy as will well sweeten it; then put in two ounces of Sirrup of Violets, and nine sheets of Leaf-Gold cut very small, give the sick Party of this three or four times in a day, four or five spoonfuls at once; it is both cordial, and very pleasant.

I Think I have said enough concerning those things which I have already written in this little Book: I will now give you some Directions for several sorts of Work, which may pleasure you in your Chambers and Closets.

And if any of you shall desire to be further informed than I can possibly direct in Writing; or to confirm themselves in what they have already made Trial of, if you please to give your selves the trouble as to come to me, I shall give you the best assistance I can in any of those things which I profess to teach, and for a competent gratuity.

I have set down every thing as plain as I can; and I know there are many who have done things very well by my Books only: but you may imagine that if you did learn a little by sight of my doing, you would do much better; For if my Pen can teach you well, how much better would my Tongue and Hands do? The one to make answer to any Objection or Question; the other to order or to shape any thing. So that in my opinion you would not lose by having some personal Acquaintance with me; neither would I willingly lose my time and labour in informing you: Therefore I beseech you let it be thus;

Be pleased to afford me some of your Mony;

And

I will repay you with my pains and Skill.

That I judge to be fair on both sides.

Impri-

Imprimis: *To make Transparent Work.*

Boil all in Earth, and let your Pipkin be three quarts full of Hinglass, such as you have at the Apothecaries, broken into small pieces, and a small quantity of Gum-Dragon amongst it; then fill it up with fair Water, and boil it till you find it be enough, which you may well know by dipping your Wyer therein; which must be shaped according to the Leaves or Flowers you intend it for. Strain it while it is hot.

Now for the **COLOURS.**

First, For Red.

Take the shavings of Brazil-wood, and fill your Pipkin half full with them; then fill it up with Water, and put in a little Roch-Allom; set it over the fire, and when it boils strain it out. This and Oil-Tartar makes a Purple: Do not mix it too hot for that will spoil it.

For

For Sea-Green.

Take one ounce of Verdigreace, and a pint of Whitewine, and let it but just boil together; then let it drop thorough a double Brown-paper, and it will be a perfect Sea-Green.

For White.

Take of the best Cerus, and dissolve it in some of the best Isinglass-liquor, and it is done: So must you mix all your Colours, as you do use them, with some of that Liquor, and put them into Gally-pots.

For Yellow.

Take Saffron and tie it in a Rag, and put it into some of your Liquor; to which you must add Gum-Arabick and Fair-water; two parts of Gum, and one of Water: When you use them, you must warm them, and lay them on with a Pencil, on the wrong-side of the Flowers.

For Primrose-Colour.

Yellow and White makes it very right: You may make it as Deep or as Pale as you will; some will do well a little Deeper than the other.

Flesh-

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Flesh-Colour.

Vermillion and White makes Flesh-Colour.

Damask-Rose Colour.

Vermillion, and Brazil, and Purple, and White makes the Damask-Rose Colour.

Grass-Green.

The yellow added to the Sea-Green makes a perfect Grass-Green, and very beautiful.

Blew.

You must put in some Smalt into your Liquor, and strain it very well; and when you will have it Pale, mix a little White with it.

Clove-Colour.

Take Logwood and boil as you do the Brazil.

Tauney.

Mix the Clove-Colour and Red together.

To make the Puff-work.

Take two ounces of white Vellom cut in pieces, and steep it in a pint and half
of

of Water all night; the next day boil it half away, and strain it, and dip your Leaves in it while it is hot. The manner of dipping of your Leaves, both for the Transparent Work, and this (is thus;) After you have shaped your Leaves or Flowers, you must hold them by that part of the Wier which is to be the stalk, and dip them in the hot Liquor, and take them out, and wave them up and down in your hand till it be cool; for you must dip them one by one though never so small; and as they begin to cool that you see it is fixed fast in the Wier, and looks Transparent; then bend the end of the Wier a little, and hang them on a line of Packthread till they be very cold.

To make the Puffs.

Take one ounce of Iling-glass, and boil it in a pint of fair Water, with a piece of Allom as big as a Wall-nut; then take a little Porringer full of that you boiled before, and scrape as much White-lead as a little Nutmeg into it; then set it by and let it cool; then heat it again, and stir it well; then put in two spoonfuls of cold Water; then strain your Iling-glass Liquor and that together; then

then brew it with the whites of two Eggs well beaten; beat it and brew it very well, and if you find any white specks in it strain it again.

Colour them with such Colours as you make for the Transparent-Work: lay this puff stuff on the right-side of your Flowers or Leaves.

How to stain Satten for a Face; or for other things what you fancy besides.

Take Red-Sanders, and steep it in the Spirit of Sack, and it will make a perfect Blush: shadow the Face first with a Black-lead Pencil, then lay on this with a Pencil of Hogs-Briffels; and if you would have a dark-Complexion, you must add a little to the rest (of Saffron.)

For Scarlet.

The Canker-flowers being stampd and strained, dry the juyce of them, and mix it with the Spirit of Sack, and it will be a pure Scarlet.

Purple.

Take Scutcheneal, and the juyce of Lemmon.

Blew

Blem.

Take Indico and mix with the Spirit of Sack, and when your stains are thorough dry, rub them over with Whitebread, and wipe it off again with a soft clean linnen Cloth.

*A most excellent Black-Dye for any Stuffs
or Stockens.*

Take one peck and half of black Alder-Bark, and break it indifferently small; then steep it three days in three Pails full of water, and if you have any rusty Iron steep it with it; then boil it with a pound of green-Copperus, for the space of an hour and half; if you can get them, put also one ounce of Nut-galls beaten to boil with the rest: then scum off all the Bark and let it boil up again; then put your Stuff in which you mean to Dye, and stir it down altogether as near as you can, and keep stirring of it down for a quarter of an hour; then take it out and drain it, and let it half-dry; then put it in again and do as before; then let it be quite dry, and when it is so, wash it so long as it will blaze the Water, then dry it well.

To

To make clean Glass-Windows.

First brush them with a Cobwebbing-Broom, then take some Spanish-Whiting and warm Water and wash them all over very well, and rub them every where; then wash it off again with cold Water very well, and rub them with clean Rags till they are very dry.

And if you would paint the Wooden-barrs of your Windows white or red, take Red-lead, or White-lead, and grind it with a little Linseed-Oil, and then lay it on with a Brush; but first you must let them be very clean: Do it over twice, but let the first be dry before you lay on the second.

To make pretty Frames for slight Pictures in Black only.

Cut Past-board plain, without form, but only long narrow pieces about two fingers breadth, and fasten them together at the corners with a little Glew; then wash them over with a Brush, with a little Lamb-black and Size mixed well together; then presently before it be dry,

frew

strew it all over with French-Frost, of what Colour you please; then put on some Shells with Bees-wax and Rosin melted together hot.

To make Frames for Pictures in work of Satten, Stitch, and the like.

Let a handsome plain Frame be made of Deal-wood, fit for your piece of Work; then black it over as you did the other, and Frost it; then have in readiness some Bones out of the Heads of Whitings, Frosted over first; do them over with a Feather, with some Water wherein Gum-Arabick hath been steeped, and put on your Frost, and let some be of one Colour, and some of another. Make some little Flowers of several Colours upon round pieces of Cards, with small Satten-Ribbon, and fasten some Wier for the stalks; get some Shells and some Mother-Pearl; some Corral and some Amber; some little kinds of Creatures made in Wax, as Frogs, and such like; pieces of old Neck-Laces, and Pendants, with a little Moss. When you have got all your things ready, put on your Shells first in several Fancies with Bees-wax and Rosin,
and

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and do them quick; and crush them on hard; then put on the Mother-pearl, and then as you please the rest of the things till you have put on all. It will look like a Frame of great price, but it will not cost any great matter.

To adorn a Room with Prints.

Buy of your Prints only Black and White, of sorts what are good, and cut them very exactly with a small pair of Cissors from the paper, put them into a Book as you do cut them; then let your Room be done with plain Deal, but Wainscot fashion, and let it be painted all over with White-lead and Linseed-Oil, ground together, and some little streaks imitating Marble: then lay your Prints upon a smooth-board with the wrong-sides upwards; then with a knife take some Gum-Dragon, steeped well in fair water, spread them all over as thin as you can, and still as you do them, take them up with your knife, and so turn them into your hand, and clap them upon the Wainscot; but let it be dry first; close them well on with your fingers that they be not hollow in any place; and
observe

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observe to put them in proper places, or else it will be ridiculous; be sure to put the things flying above, and the walking and creeping things below; let the Houses and Trees be set sensibly, as also Water with Ships sailing, as you put them on, observe that they have a relation one to another.

If you employ your fancy well, you may make fine stories, which will be very delightful and commendable; also Gardens and Forrests, Landskips, or indeed any thing you can imagine; for there is not any to be named, but you may find it in Prints, if you go to a Shop that is well stored, nor no Pencil can shadow more rare than that will shew; it makes a Room very lightsome as well as fine: as for those in Colours I do not esteem for this purpose, for they look Childishly, and too gay.

If you mean to make Stories, you must buy good store of Figures; the coloured ones are good to put upon white Plates and Flower-pots for Closets.

To dress up Glass-Plates, on which you may lay dry Sweetmeats or Biskets.

Take your Glass-Plates, and lay the right-sides downward upon a Table; then have in readines some coloured Prints finely cut, and lay them on with Gum, with their right-sides to the wrong-side of the Plates; then take some Spanish-Whiting, mixed with Size which is purely cleer, let it be as Batter for a Pudding; order it so that there may be no knots in it, but that it may be very smooth; then spread the same all over upon the Prints (not too thick) and when they are very dry, wipe the right-side clean, and set them up in your Closet to use at your pleasure.

Fine Hangings for Closets.

Make some plain Net with Brown-thread, and a good round Pin; let the Panes be as long and as broad as you think fit; when they are done, wash them and starch them very stiff, and pull them out against the fire till they are quite dry, then put one of them into a long Tent, and let it be very streight; then have in
readines

readiness a Paper drawn with Leaves, or Flowers and Leaves together, or any other things you like; tack it at the corners under the Net, and so flourish it according to the Paper.

To make Feathers of Woosted which do look very like natural Feathers, for the Corners of Beds.

About four pounds of French-Woosted will serve your turn; three pounds of that colour your Bed is wrought with, and one pound of White.

First, Buy three quarters of a pound of Wier of sixteen pence the pound; burn it in the fire till it be red-hot; then take it out and cool it, then cut it into pieces; twenty of them must be a yard long, and sixteen something shorter, and twelve must be but a quarter of a yard long, or little more; double all these Wiers in the middle, and twist them slightly; then take your Woosted and open it, and cut every skean twice; then comb it well with a Horn-Comb; then cut it in whole locks as it is, in pieces about a quarter of a yard long, or something less, and comb every one of them;

E then

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then take three Brown-threads, turn a large Stool the bottom upwards, and tie these Brown-threads from one foot of the Stool to the other very straight; then take a long double Brown-thread in a Needle, and then take one of your short locks of Cruel, or Woosted, and cast over your Threads which you have tied to the Stool; hang them even, then sew them fast to the tied string; which that you may the better do, be sure to hold the ends of the Woosted in one hand, and sew with the other; for if you do not sew the tied Thred fast in, your Feather will not hold but come to pieces: and one thing you must be sure of, that as you sew them, to clap another lock on before you have done that you begun, or else there will be gaps in your Feathers: In every Feather you must put three locks of White, or more if you please; but not too much in a lock: When you have thus sewed them, then take your Wiers, fasten a Needle and double Brown-thread to the bolt end of it, and begin at one end of your Woosted you have sewn, and sew the Wier very fast to it; you must leave at the other end as much Wier as may be convenient

venient to bind them up in a Plume, when you have done them all: When you have done thus, then take some double white Woosted, and sew over all that so thick, that nothing may be discovered that you have done before; then cut the Feather from the tied string, and lay it on your Lap, or a Table, and comb it; then take it by the stalk, and with a Bodkin part it as right in the middle as you can; then comb it upwards, towards the tip, and you will quickly perceive it to look like a natural feather; then with your Cissors cut it in shape, and then comb it a little again: the little ones of all must be made with Woosted not above half a quarter of a yard long, for they are for the sprigs which stand up in the middle, and there must be three in every sprig. The twenty large Feathers are for every Corner five, and the other sixteen are for every Corner four.

When you bind them up, first bind those three together which are for the Sprig, and turn the right-sides inward; then put on the four with the right-sides inwards, and then the five; and bind the Wiers very fast.

Then put them into the Cups, and turn the Feathers quite back, and bow them down as you would have them be.

I have given you as full a direction as I can in writing; but you may imagine, that if you were with me but one hour, you would learn perfectly. For these kind of Feathers I have taken many a pound.

Some count it folly in me to declare so many things, and rather wish me to keep them secret; but I am of that humour that I must and will impart all, what may be beneficial to others; For we are not born for our selves alone. God made us to serve him, and to keep his Commandements; and I am sure it is part of my duty to be kind to my Neighbour, and what is kindness more shewed in, than by giving good Counsel, and good Instructions; and when we are not near, then to express our selves in Writing. So do I do by you all, and do beseech you to practise what I direct you to.

How

How to save much work, and to make a suit of Chairs which be very noble.

Let what Draught you please be drawn upon a very course French-Canvas; then have your Chairs cut out as you would have them, either of Camlet or Paragon; put your Stuff into a Tent, and then tack your Canvas streight upon it; so work it in Crof-stich, and take heed that you do not cleave the Threds of the Canvas in the working, nor work your Woofed or Silk too full; and when you have done, cut your Canvas between your Leaves and Flowers, and pluck out every Thred one by one, and there will be your Work very brave upon your Stuff, and will look very high; then form it about with what coloured Gimp you fancy best.

And if you want skill to shadow, desire the Drawer to direct you in the drawing of it; but then you must get an Embroiderer to draw it, for no other can direct you right; and you had better not work, then that which is ridiculous.

This way saves the grounding, or cutting out to Embroider, and is much better and not common; therefore to be more esteemed.

Another way for Chairs.

Let your Draught be drawn upon Stuff or Satten, what else you please, and work it with Woosted or Silk, or both together, which doth better then Silk alone if it be upon Stuff; but if upon Silk, then Silk alone doth best: Work it in Satten-stich, and as many other stiches as you know, or can devise; and when you bring off one shadow, take a bright one from another, and that wil much quicken and enliven your work; for one shadow simply of it self looks very faint: Observe when you walk abroad and find a dead Leaf, or beginning but to wither, how many shadows there is mixed together; also what Bark of a Tree, what Flie, Worm, or Snail do we admire but those which are extraordinary for their Colours: it is in those things, and as much difference as is between a beautiful Lady and a Cinder Woman (the one hath loveliness to their dying hour, the other are never comely) there are also some Leaves which be of a perfect Grass-green, some Willow, some Sea-green, which are in themselves very pleasant,

Queen-like Closet.

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pleasant, and some of the dullest Colours you must put in, and then your work will shew the more naturally; and whatsoever you do, be sure to let your shadow be very dark, for without a dark shadow you can make no lively Work.

Now for the folds of your Leaves or Flowers there must be a place for shadow, but that must be begun with a midling Colour, and fall very light, with some other shadow among those you begin with; but be sure not to choose your Colours too near in such a case, but skip a Colour, or sometimes two, and you will find it very fine work; when you have done one piece, form it about with a Back-stich, and let it be purely wrought, and of such a Colour, sad or light, as may agree with the Leaf or Flower you work: Let the Stalks of all be of one shadow, Hair-colour or Ash-colour will suit with any thing.

You must be sure to shadow your Stalks with Black, where you find any part of any thing to lie over it; and in all dark places be sure to begin your shadow vvith Black.

This kind of Work I have wrought often upon Demities ; and have wrought thereon with Woosted, Cruel, and Mohair, in all sorts of Stiches, all kinds of Shadows, and many fancies which were after my own fancy, not at all to imitate others ; for there is nothing which I hate more, than to work as a Child doth after a Sampler : That brain that can invent nothing, is good for nothing ; nor there is nothing which I more love than Invention.

One Bed thus wrought, with Chairs belonging to it, is worth a hundred Ginnies before the Upholsterer comes to touch it ; and may, if it be cleanly wrought, be used several years before it be washed ; as hath been proved.

It will not be amiss to give you some directions for the washing of it.

First, Make a strong ladder with Soap and good Water, reasonable warm ; then lay one of your Curtains upon a Table, and with a Brush and some of this ladder, rub it very well all over, and do so till three Ladders are spent ; then pour on good store of fair Water to Rinse it very well ; then hang it to dry from the Sun, with the wrong-side outward, and as it dries

dries, pluck it out and smooth it, and fold it up, and then hang it out again, and so do till it be quite dry: There is no Colour but will hold, if you do wash it after this manner; but if you do rub the Soap upon it, that will change the Colours.

The best Lining for these Beds is changable Sarfnet, or Ducape, for that will agree with any of your shadows, and it is as cheap as any thing.

*To embroider Petty-coats, Bodices,
or Belts.*

When your Pattern is drawn, form it about with black Gimp, or other, which you do fancy best, and fill the Leaves and under-parts of the Flowers with Saxen-stich, some dark and some lighter: then for the upper-parts, and seeds of Flowers, let them be done with high-work, as Purple-stich, and such like, and let your stalks be all alike with a great Gimp twisted: your Flowers may be of all manner of Shadows as you fancy; and if you shadow them well, they will look very naturally. Thus you may go fine, and with less cost than if you bought good Lace.

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It is more commendable a great deal to wear ones own Work, than to be made fine vwith the Art of others; and though one may be envied for it, yet none can have so just a quarrel against them, because it is their Ingenuity; and besides it argues that Person not to be idle, but rather a good House-wife. Any fool may be made fine with Cost, but give me those who can be neat and nobly habited with but a reasonable charge. The World is grown very fine of late years, but it is with so much charge (together with so ill a phanisie some have in choosing things) that they look more like Stage-players than fit to come into any Church, or Civil places: Some will plead Ignorance, not knowing how to do these things, but that's a bare Excuse; for if they know not already, they may learn: In a Weeks time I dare undertake to teach any Ingenious Person to Embroider any of these things; therefore if any of you have a desire to Learn, I shall be willing to wait on you at your Houses, and to teach you and your Servants; and for my Work, what I shall do, and for Teaching of you, I shall expect four shillings the day, and, I hope,

hope, you vwill judge it reasonable: for you may imagine, that the mean while I am with you, I am wholly sequestred from all profits and benefits which might happen. Likewise if any Gentlewoman would learn to Preserve, if she please to give me forty shillings in hand, she shall have the liberty to come so oft as she pleases, and bring her materials with her; and at any time if there be any new thing to be learned, at any time, for seven years, I will direct her, or give her a Receipt, if at distance.

I think it will not be amiss if I give you some direction what stiches to put into a Bed which is wrought only with one Colour, therefore observe this following:

Form it all with a double Back-stitch, and on the one side of the Stalks work a broad Gold-stitch, and bring it off by degrees with powdering, first pretty big stiches, and so smaller and smaller; work the veins of the leaves with Bread-stitch, Chain-stitch, open Chain-stitch, and any other that you can think on, or devise; then sprig them thick with several Fancies, and let the folds of your Leaves be the thinnest work, and be sure you put a shadow under every fold.

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If your leaves be great, let them be the fuller of Work, or else you had as good do nothing; for how will the Ground shew if the work be too thin.

I saw a very fine Bed once wrought in this manner following :

The Ground was an Ash-colour Paragon, and drawn all over vwith Clouds, some of one sort, some of another, and wrought to resemble the Clouds of Night; some very dark, some lighter, and here and there between were Stars made vwith eyes, vvhich you must be sure to have them good, or else they vwill change; else they vwill hold as long as your other vwork will last.

I have often been desired to give some directions for Work in Print, and truly I have so done as plain as I can: I heartily wish I could infuse all that I can do, into those vvho are desirous to learn; it vvould do them good, and me no harm; for I am still, and shall be all my life-time improving my self: and still as I do purchase new things, I shall impart them to you.

I shall now give you something of Cookery, and such as hath not yet been Printed.

*Imprimis: To pot Fowl to carry to Sea;
or to keep to be spent in your House.*

Take a good company of Duck and Mallard, pluck them, and draw them, and lay them in a Tub with a little Pepper and Salt for twenty four hours; then truss them and roast them; and when they are roasted let them drain from their Gravy, for that will make them corrupt; then put them handsomly into a Pot, and take the Fat which came from them in the roasting, and good store of Butter, and melt together in a pot, set into a Kettle of boiling-water, put therein good store of Cloves bruised a little, some sliced Nutmeg, Mace, Bay-leaves, and Salt, and let them stew in the Butter a while; then while it is hot pour it over your Fowls in the Pot, and let the Pot be filled, so that the Fowls may be covered; then lay a Trencher in upon them, and keep them down with a weight or stone till they are cold; then take of the same kind of Spice which you did put into your Butter, beat it very fine, and
strew.

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firew over it, and lay some Bay-leaves on the top, so cover it up; they will keep a good while. Drain your Fowl from the Gravy twenty four hours before you put them into your Pot.

A very fine way to pot Neats-Tongues.

Take the largest Neats-Tongues you can get, and Salt them very well; two days after pour away the bloody-Brine, and Salt them again, and let them lie in that Salt a Month; then take some Salt-Peter, and a little Roach-Allom beaten together, and rub them over with that, and let them lie one Week; then boil them till they be tender, with some Hay on the top of them, then take them out of the Kettle, and pull off the skins; then hang them up in a Chimney where Wood is burnt for four daies and nights: then melt some Butter with Spice, as you do for the Potted-fowl, and put your Tongues in a Pot, and pour that over them; and when they have been Potted one Month, take out one, and eat it with Mustard and Sugar, or Mustard alone. These will look very red, and eat pleasantly.

To boil Beef or Mutton to eat savourly.

Take any piece of good Beef, and set it on the fire with as much water as will cover it; put in such a quantity of Salt as you think fit; let it boil, and scim it very well; then put in a little whole Pepper, Lemmon-pill, a blade or two of Mace, some sliced Nutmeg, a few Cloves, and a little Time and Winter-Savory; so let them stew together close covered upon a slow-fire till your Meat begin to be tender; then put in good store of Herbs, as Parsley, Spinage, Lettice, Chervil, Radish-tops, Sorrel, or any other Herb you love: and when the Herbs are boiled, and the Meat thoroughly tender, put some sliced Bread into the bottom of the Dish, and lay your Meat on it, then pour your Broth thereon, and serve it to the Table: One drop of this Broth will be better than twenty which is made the plain way.

If they vvho are to eat it do love Onion or Shelot, it will do very well to put some in.

To

*To Boil, or rather to Stew a Leg of Veal;
a very savory Dish.*

Take a large white Leg of Veal, and stuff it with some fat Bacon and Sage shred small together, with a little Sage and Nutmeg; cover it with Water, put in some Salt, let it boil, and scim it well; then put in some sweet Herbs, and some Spice, such as you love, and let it boil leisurely close covered; then when you find that the Knuckle begins to be tender, put in a pound of Sausages cut one by one, and let them stew with it for a while; when you find it is enough, put in a piece of fresh Butter, and serve it in with the Broth upon sliced Bread, and lay the Sausages on the top: Garnish the Dish with Collops of Bacon and Sausages.

To fry Clary the best way.

Take the Yolks and White of Eggs beaten together very well; then put a little grated Nutmeg, and beaten Cinnamon therein; then having your Butter very hot in the Frying-pan, take a Leaf by the stalk end and dip it therein, and lay

lay it into the Pan, and so another as fast as you can, till your Pan be full; fry them brown with a very quick fire, and serve them in with a little Butter: Forget not a little Salt amongst your Eggs when you beat them.

To dress a Legg of Mutton; a very savory Dish.

Boil your Mutton in Water and Salt for the space of an hour; then cut it in thin slices, and put it into a Dish over a Chaffing-dish of Coals, without any Liquor, and in a little time you will find the Gravy will be Liquor enough; then put in a little Salt, and a little grated Nutmeg, one Onion, or two or three Shelots sliced, a sprig of Time, and Winter-savory, and one Anchovy; let it stew between two Dishes till it be almost enough; then put in a piece of fresh Butter, and when it hath stewed a little longer, take it up and serve it in: Garnish your Dish with pickled Barberries, and pickled Oysters.

To

To stew Muscles, or Cockles.

Take any of them, and wash them very well, and put them into boiling Water and Salt, and let them boil till they gape; then take them up, and take them out of their shells, and put them into a Dish over a Chaffing-dish of Coals with a little Whitewine, a blade or two of Mace, and a little Nutmeg and whole Pepper; let them stew a while; then put in a piece of Butter and shake them together; then put your Fish into a hot Dish, and take the yolks of two or three Eggs well beaten, and thicken the Sauce vvith them over the fire; you must let them be but a little time over the fire, and stir it vvell for fear it turn. Garnish your Dish vvith Parsley, Salt, and pickled Barberries.

To stew Parsnips: A good Dish.

Boil the tenderest Parsnips very well, then scrape them very clean, and cut them in two, and then slit them in half; put them in a Dish vvith some Whitevine, vvhole Mace, grated Nutmeg, and a little Salt;

Salt; vwhen they have stewed close covered one hour, then put in some pieces of Marrow, and a little Sugar; then stew them very vvell, and a little before you take them up, put in a little Butter, and shake them vvell together, and serve them in. Garnish your Dish vvith thin slices of boiled Parsnip, and fine Sugar beaten and searced.

To make a good Pye of Beef.

Take of the tenderest piece of Beef, and cut it in thin slices, and beat it very vvell vvith a Rouling-pin, and lay it in a little quantity of Claret-vvine all night, vvith a little grated Nutmeg, and cracked Pepper; in the Morning make your Pye, and lay some Butter in the bottom; then lay in your Meat, but first Salt it a little; then lay some more Butter on the top, and pour in that Wine in vvhich it lay, and so close it up, and let it Bake three hours, or more: So serve it in hot.

To

To dress red Beet-Roots.

Wash them and boil them very well, slice them in round slices, and eat them with Butter, Vinegar and Salt; and you may if you please eat them cold with Oyl, and Vinegar and Salt; it is a very pleasant Sallad.

To make a good Pidgeon Pye.

Pluck your Pidgeons very well; then cut them in halves, wash them and dry them; cleanse their Livers and Gizzards also, and let them go with them; season them with Pepper, Salt, and Nutmeg: When your Pye is raised, lay in some Butter in the bottom, then lay in your Pidgeons, with the cut-side downward; and then the Yolks of hard Eggs, and a little Time stripped from the Stalks; then lay on some more Butter on the top, and put in a glass-full of Claret-wine: So lid your Pye, and let it bake one Hour.

*To boil a Cock, and to make good Broth
with him.*

Pluck and draw your Fowl, wash him very vvell, and bruise his Leggs; boil him in a little Water and Salt for one hour; then add some Water wherein Mutton hath been boiled, and put in a quarter of a pound of French-Barley, or Rice, which you please, with some Time, Winter-savory, and a little Lemmon-pill, a little large Mace and sliced Nutmeg, with a Clove or two.

When it is clean scummed, let it only stew till it be enough; then take up the Cock for a while, and boil the Broth very well; then put him in again and heat him throughly; then serve it to the Table, and garnish your dish with Lemmon and Barberries.

Be sure to truss your Fowl handsomly. This Dish is very good for Weak People.

*To boil a Fore-Loyn of Pork, with
good Sauce to it.*

Let your Pork be reasonably well salted, and boil it very well; then have in readines a good quantity of Sorrel stripped

stripped from the Stalks, and beaten in a Mortar as fine as possible you can, then put in a few Crumbs of Bread, the yolks of hard Eggs, vvith a little Mustard, and a little Salt: and so serue in your Pork vvith this Sauce, and garnish your Dish vvith Parsley, or any other Green Leaves.

To stew Rabbits.

When they are flea'd cut them in pieces, and put them into a Pot vvith as much Water as vvill vvell cover them; put in some Salt and let them boil, and scum them vvell, then put in a faggot of Sweet-herbs, and let them stevv close covered; then pill a good quantity of great Onions, and boil them in several Waters till they be tender; put them also into the Pot vvith your Rabbits, and let them stevv till the Rabbits be very tender: a little before you take them up, put in a good quantity of fresh Butter, and a little Vinegar, and stir it about very vvell; and then Dish them for the Table, and garnish your Dish vvith Onion, Salt, and green Leaves.

To boil Green-Peafe.

When they are sheal'd put them into a long Gally-pot, and set it into a Pot of Seething-vvater, and cover the Gally-pot very vvell, and in a short time you vvill find the Peafe to be fine and tender; then put them out into a Dish, and strew some Salt upon them, and put in a good quantity of Butter, and so shake them vvell betveen tvvo Dishes; then put them into a hot Dish, and serve them to the Table. If they vvho are to eat them do love Sparemint, put in a sprigg into the Pot vvith them.

These are far more pleasant and svveet, then those vvhich are boiled in Water.

To preserve Green-Peafe a while.

When they are sheal'd and pickt, put them into a long Gally-pot, and take some Butter, and cover them vvith it, and close it down upon them vvith your hand; your Butter must not be melted but cold; then cover your Pot very vvell and set it in a cool place.

To

To dress Old Beans.

Lay them in Water one Night; then put them into cold Water, and set them over the fire, and let them heat by degrees; and when they are hot, let them boil apace, and with them a piece of Bacon, and some Parsley; when they are very tender take them up, and drain them well from the Water; pour some Butter melted very thick over them, and lay Bacon on each side of them, and serve them to the Table.

To dress Old French-Beans.

Water them as you do the other Old Beans, and boil them after the same manner, but no Bacon with them, and when they are enough, take them up, and drain them well from the Water; strew some Salt and grated Nutmeg on them, and Butter them well.

To stew Beef, a very fine way.

Slice your Beef in thin slices, and put it into a long Gally-pot, with a sliced Onion, some Pepper, and some Salt, and sweet Herbs, with a little Parsley; cover the Pot close, and set it in a Kettle of seething water; so let it be ten or twelve hours, and put in a little Clarret Wine also.

Let the fire be well tended under the Kettle, and you will find a dainty Dish of it.

Your meat must be reasonable Fat: Serve it to the Table upon sippets of White-bread.

To make rare Pyes of a Calves-Head.

Take a fine fat Calves-Head, and cleanse it well; boil it with Water and Salt till it be very tender; then take it from the Bones and mince it very small; then to a pound of this Meat, take one pound of Currans, washed and picked very well, one pound of Raisons of the Sun, a little Salt, some Nutmeg, Cloves, Mace, and Cinnamon beaten fine, a little
F White-

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Whitewine, and a little Lemmon-pill shred small, with a little Sugar, and the yolks of four hard Eggs; having your Pye ready raised lay Butter in the bottom; then put in your minc'd Meat, and on the top of it lay some pieces of Marrow, and some Dates cut in thin slices, then lay Butter over that, and lid it and bake it; and when it is baked, cut open the Lid, and put in a little Whitewine, Butter and Sugar. This is a very good Pye, and may be eaten hot or cold.

To make a Pudding of cold Meat.

Take any pieces of cold Meat, which is not fit to come to the Table any more, as Veal, Mutton, Lamb, Capon, Chicken, Rabbit, or the like; mince either of these very small, and put some Milk to it, and the yolks and whites of Eggs, with some beaten Spice and Salt, and a little Sugar; make it up with a little Flower, so that you may wrap it in a piece of thin Paste; put it into boiling water, and let it boil two or three hours; then take it up and put it into a Dish, and to cut it in slices, and Butter it; firew
Sugar

Sugar on your Dish and serve it in. This may be called *The good House-wives Pudding.*

They are fools who cannot tell what to do with scraps of Meat: (Are they any worse than the rest?) If any be too Fat, let them try it up for Suet, else make a Florentine or Pudding with it; and so used, you may bring it (if occasion were) before a Great Person. It is an easie matter here for any that hath Monny, if they have nothing but cold Meat in the House, to go to the Market and buy a Joynt of Meat: But, I pray, what do they in other Countries, where they have not such plenty? Do they not live upon green Herbs, Plants and Roots, as much as any kind of Meat? And who are so weak as our *English* People? for they eat so much of Meat, that they distemper themselves with it: whereas if they did eat Herbs, Roots and Plants more freely, it would be better for them. Observe the Diet of the *French, Italian, Dutch, Spaniards, Portugals*, or any other Nation; they make good savory Meat, and do not spend half so much Meat as we do; yet, who so strong as they? you shall hardly ever see a Crooked

F 2

Person

person among a thousand of them, nor weak ey'd, so far as to give blemish to them; and I do impute that to their Diet partly: And that they do not Coat their Children too soon, when they are young, but keep them long in their Blankets; that prevents the Rickets, and many other Distempers: but our proud Nurses here must be humour'd, although it be to the ruine of a Child; but if there were none would humour them more than I, they would be mute. Let them look well to a Child, and keep it sweet and clean, and then if they have their Wages duly paid them, they have no reason to find fault: If the Child do not go so fine as they would have it, it will be the Parents shame, not theirs. It is better to let a Child, or ones self go plain, than to run in Debt for fine Cloaths. They that will heed what I say, I believe it will do no harm, but a great deal of good, for they will find it true what I say.

Did I not see what fools we are made, here in England, both by our Nurses and Servants, and what destruction there is made in many Houses, I should not speak; but really there is in
some

some Houses, I know, so much Waste, as that it is a great shame and discredit to those who guide the Family; and if they would look a little more into their Affairs, they would be more careful for the future.

Therefore all you who are Mistresses of Families, look narrowly to your Servants, and let them not spoil or waste your Goods, for which you must take pains and care: Be watchful that they do not sit up beyond their usual time, Juncketing, and making their Friends welcome (as they call them) with your Goods; while you are asleep, and think no harm of them. Suffer not your Children to go too frequently abroad with Servants, least it cause such an obligation, as you shall pay dearly for the Requital.

If you see your Servant go beyond what you think the Wages you allow her will well maintain, and to lay up somewhat in case of Sicknes, or being out of Service, you ought to Question her, or him; for either they must run in Debt, or Cheat you, or take some ill Course to maintain their pride and folly; and then of necessity discredit must follow:

On the other side; If you find a Servant to be Civil, neat, cleanly, and careful to please, I do advise such a Servant may be cherished and encouraged, not only by good Words, but good Gifts also; for such a Servant cannot be too highly prized: yet too much of Familiarity I do not hold with, for that will breed much Contempt. Keep your distance as you being her Superiour, and shew your love and favour in what may benefit her.

Trust not a Servant too much with Secrets which concern your Credit, or your Livelyhood, lest you thereby enslave your self to them; for I have seen very sad effects from such confidings. You may make the Messengers for to carry Letters, but do not trust them to be your Counsellours.

If any Servant, who hath performed her Duty to you, do ask your advice in Marriage, give her the best Counsel you can, and also bestow somewhat towards the forwarding of it: If you probably think she may be happy, let the Man who she hath an inclination to, know that you have a Kindness for her, and that you will shew them all the Favour
you

you can; if they will endeavour honestly to live in the World.

If your ability will reach to it, be kind to them upon their Wedding-day; either to give them their Meat, or at least wife, to give them somewhat towards their Charges: And when she is gone from you, afford her your assistance when she stands in need, and grace her with your Company when it is required; for then her Husband will be apt to be the more kind to her, and will have an awful reverence for you.

For Nurses.

If you find an ill one, take your Child away, and own her no more. Let your silence be her sorrow, and her shame: Report not ill of her, least it be her Ruine; neither Commend her, least you ruine your own Credit. It is better to be silent, and let others find her out, then for you to accuse her: It is enough, that you have taken your Child away.

If you find a good and faithful Nurse, one who hath done her duty to you in the care for the Child, cherish her, nourish her, and never think any thing too

much that you can do for her, without prejudice to your self: If she hath been careful of the Childs Cloaths, give her what you can well spare of them for her own Child, or else give her the worth of them to lay out her self; and as your Child grows up, teach it to love the Nurse, and infuse those Principles into it, that when you are dead and gone, your Child may still remember her with a perpetual kindness. This is my own mind: I would have my Children do so, and therefore I commend these Directions to others.

For Preserving I have before given you very many Receipts, and of the very best, for all manner of things; therefore you must not expect that I shall say much as to that Art; yet some things there be which you have not, as followeth; and a mixture of things, such as commeth into my mind, that I have not yet written.

Impri-

Imprimis : *To make very fine Bisket.*

TAke one pound of the yolks of hard Eggs, one pound of the finest Sugar beaten and searced, two ounces of candid Iringo-root, one ounce of candid Cittrou-pill, the whites of two Eggs well beaten, one quarter of an ounce of Cinnamon beaten fine, one Nutmeg grated, half a quarter of an ounce of beaten Ginger; beat all these in a Mortar to a Paste, with a little Sack, and one grain of Amber-grease; then mould it up with searced Sugar; make it into little Cakes, according to your fancy, and lay them upon Wafer sheets, upon a Tin-plate, and bake them after Bread is drawn.

Another sort of Bisket.

Take half a pound of Naples-Bisket, mix them with a little Sack, when you have sliced them thin, and let them lye in soak in it; then take half a pound of sweet Almonds blanched in cold Water,

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and beaten to a PASTE with a little fair Water, to keep them from oyling; then beat that PASTE with the Naples Bisket, and the Yolks of three Eggs, and the Whites of one: when you have mixed them, then put in three quarters of a pound of searced Sugar, a little juyce of Lemmon, and one grain of Ambergreace; of what Spice you like, you may put in a little beaten and searced.

When these are well incorporated, take them out of the Mortar, and mould it up with searced Sugar, upon a smooth Board, and make it into what form you please; bake them upon Wafer-sheets on tin Plates after Brown-bread is drawn: do not take them from the Plates till they are cold enough,

To make Sirrop of Violets.

Pick your Violets very clean, and beat them well in a Mortar; then strain them, and to one pint of the juyce take one quarter of a pint of Spring-water; put it into the Mortar with the stamped Violets which you have strained, stamp them

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them together a while, and strain the Water well from them, and mix them with your other juyce; then put it into a long Gally-pot, and to each pint of Juyce put in one pound of double Refined Sugar; let it stand close covered for the space of twelve hours; then put in a little quantity of Juyce of Lemmon, that will make it look purely transparent; then set your Gally-pot into a Kettle of seething-water covered, till you find it to be thick enough; then set it by till it is cold, and then put it up.

Sirrop of Roses; a good way.

Fill a great Stone-pot with Damask-Rose leaves, as hard as you can thrust it; then fill it up with Damask-Rose water, and cover it with Stone or Glasse, and set it into a Kettle of boiling Water, till you find that the Rose-water be very well coloured, which may be about four hours; then strain it out hard, and put the Liquor into a Gally-pot, and to every pint of it, put two pounds of Sugar; then cover the Pot and

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and set it into a Kettle of seething Water, and let it stand till it be a thick Sirrup: when it is cold put it up and keep it for your use; it will worke very kindly, and very effectually.

The best way to preserve Fruits.

Wet the Sugar for them with the juyce of some of the same Fruit, instead of Water, and that will give a full and lively taste, and they will keep the better: The worst of your Fruit will serve for that.

Be pleased to observe my former Books for the ordering of all Fruits in the Preserving, only do not put in Rose-water so generally, as is set down, because it is not so much used as formerly, unless in Cordial things, or some other particular things; therefore where it is liked use it, or else not, for we have new Modes for Eating and Drinking, as well as for Apparel: One cannot so strictly set down any thing, but that in the making of Sauce, dressing of Meat, with Seasoning, Preserving several things, and the like, there must be a judgment in those who order them, to leave out, or
to

to add, or else they will please but a few pallets; for some do hate the taste of what others do extreamly love.

To make very fine Jelly for a weak stomach.

Take Calves-Feet, or Sheeps-Trotters cleanly dressed, and split them in half; put them into a Pipkin with as much Whitewine as will cover them, put in a little Salt, make it boil, and scum it well; then put in a blade or two of whole Mace, with a sprig or two of Time, and a little Lemmon-pill, put in a few Dates sliced very thin; cover it close, and let it boil leisurely till the Feet be very tender; then take them up, and eat them if you please; and take the Liquor and strain it, and to a quart of it put in the juyce of one Lemmon, and as much fine Sugar as will well sweeten it, and set it over the fire till the Sugar be thoroughly melted; then keep it in a Gally-pot, and give the Party of it three or four times in a day, as much as they please to take; if you like it, you may put in a little Ambergreace and Rosewater; the one is pleasing and good for a weak stomach, the other for the Brain;

Amber-

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Amber-greace is good for the Head (if inwardly taken) but it is not good to smell to, because it will raise fumes to the head: Yet observe this , I once did ask a Physician concerning Musk and Ambergreace, Why the smell of either of them did offend so much ? He Answered me thus ; “ The reason (saith ‘ he) why either of them are so offensive, is , because they smell but a little, ‘ and do only disturb ; but if they go ‘ into a Shop where store is, and smell to ‘ divers pounds of it , they will find it ‘ rather a purge downward, than a raiser ‘ of Fumes to the Head.

*To Candy White Sugar ; excellent good
for any Cough or Cold.*

Take two pounds of the best powdered Sugar, and put it in a Dish to dry very well in a warm Oven; then beat it fine and searce it; mix with this quantity, one ounce of the best prepared Amber; mingle them very well together, and put them into a Preserving-Pan, with one pint of Fair-water; melt it over a gentle fire, and when it boils,

put

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put in the White of an Egg to clarify it; then scum it very well, and when you perceiv it to be as clear as Chrystal, then let it stand in the Pan until it be cold, covered very close: then take fair Running-water about two quarts, and one ounce of the clearest Roch-Allom beaten to powder, mix them together, and let them stand twenty four hours: When you have so done, take an Earthen-Vessel, or Pot, and some few sticks of the whitest sappy-Fir, splintered from un-wrought Deal, and place your sticks as you do in a Bee-Hive, cross every way, set this Pot over a few Embers empty; then mix your Sugar and your Water in your Preserving-Pan, setting them upon the fire; and so soon as you perceiv the Sugar to sink, then pour out the Water, having a Cullender; pour your Sugar into the said Pot very gently through the Cullender, and it will Candy presently in square forms, and that which falleth to the bottom will be as good as the rest, though perhaps not altogether so clear of colour; as soon as you have poured in all your Sugar, which will rope like Honey; then stop
your

your Pet very close, and let the Pot stand in a Vessel of cold water four daies very well luted; they usually break the Pot when they take the Candy; then break it off the sticks, and keep it in a Box in some dry place.

A most rare Receipt for the Scurvy; for old Catarrhs or Rheums; or for a Consumption.

Take a good quantity of Scurvy-grass, and beat it, and strain it; take the juyce thereof and set it over the fire till it be hot, but let it not boil; so soon as you see a thick scum arise, take it off, and strain it through a linnen Cloth, but never press it between your fingers; as soon as the scum is thrown away, then set it over the fire again, and take clarified Hony three ounces, Butter clarified with three Cloves of Garlick one ounce, Anniseeds half an ounce, Ennulacampane half an ounce, Liquorish half an ounce, powdered very fine, and searced through a lawn Sieve, Saffron one dram finely beaten, White Sugar-Candy finely beaten one ounce; mix all these powders
very

very well together, and strew them carefully into the aforesaid Juyce, with the clarified Butter and Hony, and keep it continually stirring till you have incorporated it fully over the fire; then take it from the fire, and keep it stirring till it be cold: then if you have a mind to keep it for a Sirrop, you may keep it in a Gally-pot, or you may make it thicker with more Sugar-Candy; add a little Flos Sulphuris, and you may perfume them if you please; that is, if you stiffen it enough for Lozenges.

An excellent Medicine for any Obstructions.

Take a quarter of a peck of fine Wheat-flower, half an ounce of Cloves beaten very fine, two Nutmegs, and a quarter of an ounce of Mace beaten fine, mix these well with the Flower; as also half a pound of fine Sugar beaten and searced; put in some juyce of Harts-tongue and Liver-wort, the yolks of six Eggs, and six ounces of fresh sweet Butter, knead it together very well, and make it into a Cake, and bake it with Bread;

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Bread; eat of it very often and no doubt you will find good of it, for it hath done very great Cures upon many who were Obstructed.

Here is a most excellent Plaister, which is called the Catholick, and for fear I should forget it, I will not omit it any any longer.

Take of Rosin beaten beaten to powder two pounds and a half, Heifers Tallow one pound and a quarter, tryed with a gentle fire and cleansed; when it is cold scrape away the dross from the bottom, and melt it in a Brass Vessel; then strew in the Rosin by handfuls, and stir it with a Willow Spatula, continually stirring it until it be all stirred in and melted; then have ready a Bason of Pewter, and in it of Water of Camomile, of *English* Briony-Root, and of Damask Rose-water, of each eight ounces, with powder of Salt of Wormwood, Salt of Tartar, Salt of Scurvy-grass, Vitriol camphonate, of each one ounce and half; then pour in the melted body, and stir it with the Spatula from the East to the West,

West, round continually, until the body have seemingly swallowed up all the Waters and Salt; continue it stirring until the Water appear, and thus work it until the body be as white as Snow; then let it stand a Month in the Water, covered from dust; and when you use it, let it not come near any fire, but work a little at a time, until it be as white as Snow on the brawn of your hand, over against the little-Finger; spread it on a linnen-Cloth or Leather, for the best *Catholick* Plaister in the World; for the Reins in all Accidents; for all Bruises and great Contusions, and where the Bones are broken into small bits, to ease pains, least a Gangrene ensue; then twice a day foment the part with hot stroops wrung out of a fomentation, made with a strong Lye of three quarts made with Wood-Ashes, then in the Lye Centaury, St. *Johns* Wort, Mallows, Wormwood, of each a good handful, one root of *Solomons* Seal, if you can get one, or else it may be made without foment with hot stroops wrung out of this liquor of Wollen Cloaths, and apply to the part as hot as may be, and cover it with Blankets to keep in the heat,
and

and before it be quite cold, renew another hot stroop; continue this order one hour Morning and Evening, then presently apply the Plaister a little warmed every time; when you see want, spread it again if you see cause. But when such shatterings are of Bones, Contused Wounds, Dislocations; roul it not up as other fractures, but have a Box made open at each end, and lay the part on a pillow, and let the strings of binding come about the pillow, and lay the Member in the Box; bind it not hard, and sometimes not at all. This is a very great Secret, and to be valued.

To make fine Jelly of Fruit, which will look transparent.

Take some Isinglass and break it in little bits, and boil it in Water very well, and strain it; then colour it with any sort of Fruit, by putting in the juyce thereof; then to every pint of it take one pound of the best refined Sugar, boil them together, and scum it very well; and when you find it to be enough, put it into flat Glasses, and keep it in a Cupboard.

You

You may make Jelly of any Cordial Herb or Flower in this manner, which will be very comfortable and strengthening, and also very pleasant.

A pretty Sweet Meat of Lettuce-stalks.

Boil them in several Waters till they are tender, then wash them in cold water, and dry them well, then take their weight in fine Sugar, just wet it with Water, and boil it to a Candy-height; then put in your stalks, being first stamped in a Mortar very well; boil them together till it be very cleer, and take them from the fire, and put them into Glasses; and if you please you may add a little juyce of a Lemmon to it as it boils, and a little candid pill of a Lemmon shred small, for that will give a good taste, and make it look very beautiful.

In like manner you may do with Harty-Choaks bottoms, when they are boiled tender.

To

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To make Marmalade of Damsons.

Take your Damsons and scald them in Water till the skins do crack; then pill them, and take away the Stones; then beat them well in a Mortar; then take their weight in fine Sugar, wet it with Water, and boil it to a Candy-height; then put in your Damsons, and boil it, and keep it stirring continually, till it will come from the bottom of the Posnet.

To make Sirrop of Snails; most admirable in Consumptions.

Take shell-Snails, and break their shells off, and wash them very well in a Pan with Water and Salt, and then with several Waters alone till they be very clean; then put them into a long Gally-pot, with a blade or two of Mace, and a little quantity of Whitewine; cover the Pot, and set it into a Kettle of boiling Water, for the space of two hours or more; then put them out into an Hippocras Bag, and hang them up to drain, and let them drop into a Glass with a mouth so wide as that it may not drop besides, and when it hath dropped all it will; then to a pint of it take a pound of White Sugar Candy, two spoonfuls of
the

the best Cinnamon-water, one quarter of a pint of red Rose-water, one grain of Ambergreace, and twelve sheets of Leaf-Gold; put all these into the Glass, and let it stand all night; then set it carefully into a Kettle of Water when it is cold, and fasten it very well about with Hay, and let the Kettle be set on the fire, and by degrees be made to boil; but if you should put in a Pot or Glass into a Kettle of boiling hot Water, the suddain heat would break it, or else not.

Let it stand thus slightly covered, till you find that the Sugar be quite incorporated with the Juyce; when it is taken off and cold, put it up to keep, and give the Party of it two spoonfuls at a time, twice in a day, in the Morning and in the Afternoon, about four of the Clock.

Very fine Lozenges for a Cough of defluxion of Rheum.

Take two ounces of powder of Liquorish, half an ounce of powder of Aniseeds, one quarter of an ounce of powder of Elecampane, one dram of flower of Brimstone, and one dram of prepared red Corral, one pound of double refined Sugar beaten and searced; then with some Gum-Dragon steeped all night
in

in red Rose-water, beat them into a paste, then mold it up with a little searced Sugar, and make it up into Lozenges; print them with a Seal, and dry them in the Sun, or in some warm place; eat of these often in the day or night, putting one in your mouth, and let it lye till it be quite melted.

To make a Paste very delicate, rich, and very pleasant.

Take one pound of red Quince-Marmelade, which is made very smooth, one ounce of candid Lemmon-pill, one ounce of candid Cittron-pill, one ounce of candid Iringo-root, one ounce of candid Ginger, one ounce of Dates sliced thin, and one ounce of Prunels; let all these be cut small, and beaten with a little Sack to a Paste; then put your Marmelade to them, with four ounces of sweet Almonds blanch'd and beaten, and four ounces of fine Sugar beaten and searced, and a little Gum-Dragon, steeped all night in fair water; when you have beaten them extream well, then take it out and mold it up with searced Sugar, and make it into little Cakes, of what form you please, and dry them upon Wafer-sheets

heets on Tin-plates in an Oven after Bread is drawn. If you please you may perfume some of them.

To make good Drink to comfort you in a cold Morning.

Take a pint and a half of Claret-Wine, and half a pint of stale strong-Beer; boil them with such Spice as you like very well, and a little Lemmon-pill; then take the Yolks of four or five Eggs, and beat them very well; then put so much Sugar into your Wine, as you think will well sweeten it; and after mixing some of your hot Wine with the Eggs, brew them and the Wine very well together, and let there be a little piece of Butter in it. Be sure to brew it apace that it curdle not, for then it is spoiled.

To make an excellent Cordial Electuary, for to restore one that is weak, or against Melancholy.

Take of Conserve of Burrage flowers, Rosemary flowers, of Marigold flowers, of Sage flowers, of Betony flowers; of each of these one ounce, two ounces of Sirrop

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of Clove-Gilly flowers, two ounces of the Sirrop of the juyce of Cittrons, one dram of Confection of Alkermes, two ounces of the best Cinnamon Water, and twelve or fourteen leaves of Leaf-Gold, with one ounce of prepared Corral, either White or Red; mix all these together very well, and take about the quantity of a Walnut every night when you go to Bed.

A very good Cordial Water without the trouble of a Still.

Take two quarts of Brandy, and keep it in a great Glass with a reasonable narrow mouth; put into it of Cloves, Nutmeg, Cinnamon and Ginger, Cardemon seeds, Coriander seeds, Anni-seeds, Liquorish, of each of these half an ounce bruised; Long-pepper and Grains of each one dram bruised, Elecampane one quarter of an ounce bruised; let all these steep in the Brandy a fortnight, then pour it out into another Glass softly, so long as it will run clear; then put more Brandy into the Glass where the Ingredients are, and let that stand three weeks; and so long as you find

find there is any strength in the Ingredients, still put in more Brandy, and let it stand every time longer and longer.

Then take your first two quarts of Brandy which you poured off, and put in it four ounces of White Sugar-Candy, and so much Sirrop of Clove-Gilly flowers as will well colour it, with store of Leaf-Gold; give two Spoonfuls at a time: It is good in case of any Illness or Swouning, to drive out any infection and venemous humors; it is good for Wind in the Stomach, and to keep out Cold.

*A pretty Sweet-meat made of Grapes,
very good in Feavors.*

Take Grapes and pluck them from their Stalks, and bruise them well; then strain them through a Strainer made of French Canvas; then set that juyce in a Gally-pot into a Kettle of boiling Water for three hours; then take the weight of it in fine Sugar, and boil it to a Candy height, then put in your juyce of Grapes, and boil it till it be very clear, and scum it well; then put it into Glasses, and set them into a Stove for a while.

*To make Marmelade with Barberries,
and Pippins.*

Take one pound of fine Sugar, and a pint of Water, and boil them together, and scum them very well; then put into that Sirrop one pound of the best Pippins pared, and cut in quarters and Coared; boil them quick in this Sirrop till they are extream clear; then take them and bruise them as small as you can with the back of a Spoon; then put to them one pound of Conserve of Barberries that is curiously made, and stir them well together, and let them boil till they are well incorporated, and then put them into Glasses. This is very Cordial and pleasant in Feavors.

*To Candy Fruits after they have lien in
Sirrop.*

Take any sort of Fruit which you have preserved; as Apples, Pears, Plumbs, Oranges, Lemmons, Citrons, or any other, and lay them out of their Sirrop all night to drain; then lay them upon Sieves, and set them into a warm Oven to dry; then wash them over with Water wherein

wherein Gum-Arabick hath lien to steep one night, and do it with a Feather; then have in readines some White Sugar Candy, beaten not fine but grossly, and some small, some bigger; so soon as you have washed your Fruit with Gum-water, then strew it over with this Sugar Candy, so thick as the Gum will hold them on, and lay them upon slicked-Papers to dry in the Sun, and turn them often; and if you see any fault mend it with more Gum-water and Sugar.

This is an extraordinary pretty way, and looks very delicately; and as they lie in the Sun they will sparkle like Diamonds: it is soon done, and with as little Cost as that which taketh up more time.

To make a pretty Toy to hang up in the Kitchin to catch Flies, or rather to keep them from spoiling the Pewter, or troubling People.

Take a square Trencher, and bore a hole at each Corner; then take four Cucumbers of an equal bigness, and not too long, and let them every one have stalks, by which you must tie them with

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pack-thred to the four holes of the Trencher, and let your Trencher be painted over; and when it is dry wash it over with Gum-water, and strew it thick with French-frost; then take some Barley, and stick your Cucumbers thick with the Corns, with the growing ends outward; then wash them over with Gum-water, and Frost them, and so let them dry as they hang; and on the top of the Trencher set some pretty kinds of Toys, as Babies, Dogs, Birds, or any thing you fancy better, and tie knots of fine Ribbon at every Corner, which may hide the Stalks of the Cucumbers; they do look strangely and prettily; and the sight of them is pleasing to Children to quiet them.

To lay on Leaf-Gold or Silver to any thing you would Gild.

Take Gum-water, made with Arabick, and let it be pretty stiff; then lay it on with your Pencil where you would Gild; then take a little Cushion, made for the purpose, of very smooth Leather, and upon that cut your Gold with a sharp Knife, as you will; and to take it up, draw

draw the edge of your Knife finely upon your Tongue, that it may be only wet, with which, do but touch the very edge of your Gold and it will come up, and you may lay it as you list; but before you lay it on, let your Gum be almost dry, or else it will drown your Gold: and when you have laid it, press it down hard with the skut of a Hare, and when it is dry, burnish it over with a Dogs-tooth. This is the right way to lay on either Gold or Silver. You may gild any Wood, or Stone, or Sweetmeats, as what you make in Sugar, Plate, or such like.

To dress up a Chimney very fine for the Summer time, as I have done many, and they have been liked very well.

First, take a pack-thread and fasten it even to the inner part of the Chimney, so high as that you can see no higher as you walk up and down the House; you must drive in several Nails to hold this pack-thread, for that is to hold up all your work, then get good store of old green Moss from Trees, and melt an equal proportion of Bees-wax and Rosin together,

and while it is hot, dip the wrong ends of the Moss in it, and presently clap it upon your pack-thread, and press it down hard with your hand; you must make hast, else it will cool before you can fasten it, and then it will fall down; do so all round where the pack-thread goes, and the next row you must joyn to that so that it may seem all in one, thus do till you have finished it down to the bottom: then take some other kind of Moss, of a whitish-colour and stiff, and of several sorts or kinds, and place that upon the other, here and there carelesly, and in some places put a good deal, and some a little; then any kind of fine Snail-shells, in which the Snails are dead, and little Toad-stools, which are very old, and look like Velvet, or any other thing that is old and pretty; place it here and there as your fancy serves, and fasten all with Wax and Rosin. Then for the Hearth of your Chimney, you may lay some Orpan-Sprigs in order all over, and it will grow as it lies; and according to the Season, get what flowers you can, and stick in as if they grew, and a few sprigs of Sweet-Bryer; the Flowers you must renew every Week;

but

but the Moss will last all the Summer, till it will be time to make a fire; and the Orpan vwill last near two Months. A Chimney thus done doth grace a Room exceedingly.

Another way for Chimneys, very fine; but will not last half so long.

Take a fine thin Wainscot-board, about three quarters of a yard long, and proportionably broad, for what you do intend it; let it be cut in what form best pleases you,

I have seen some cut like a Rose and Crown; some a Flower de Luce; some other flowers: when it is cut out, let it be all over thick with pieces of Wier sharpened at one end, and drove in about an inch in length, each of them: then lay it upon a Table, and take some Clay wetted a little, and lay all over it, till you have quite filled up the Wiers with the Clay, for it is they must hold it on: Then round about the edges every where, stick it thick with little small sprigs of green Tamerisk or Cypress; or for want of either of these, take Ewe-sprigs, and be sure to stick them so

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that not any part of the edges may be discovered; then according to the form of the Board you must choose your Flowers and Herbs.

If it be for a Rose, then your Flowers must be all Red, yet of divers kinds; if there be a Crown that must be all of Yellow flowers; if a Flower de Luce, then Blew, or Purple and Yellow, and so to every other: let your Flowers be all picked ready, and every sort laid by themselves; then run the Stalks of them into the Clay near to the Flower, and so do till you have finished all; and put the Greens also in their proper place, as in the leaves and beards of the Flowers; when you have quite done, set it into the Chimney, and let the bottom of it rest within a great Flower-pot, such as they make for Chimneys: It must be lifted by three or four People at once very carefully, or else you will spoil all; for it will be so weighty, and the Board so thin, that it is easily broke in the moving. When you have set it as it should be, then cover your Chimneys-Hearth with Green things, and then with fine Flowers, and be sure to cover your Pot also that there may be no discovery; it will

Queen-like Closet. 131

will be fresh two Months if you sprinkle it with Water.

I have here directed you to many things, which will (no doubt) be pleasant and profitable to you. Give me leave now to treat a little concerning the Behaviour of the Female Sex, and to give Counsel to those who need it, because I find there is some need of it. In my Book called *The Ladies Guide*, I did speak very much to them, but most to the Younger sort. My intention was to have enlarged that Book, if Mr. *Newman* had done me that right, as to have let me known when he would print it; but it was his pleasure to employ another; who hath so transformed the Book, that it is nothing like what I had written: It is now about Eight years or more since I writ that *Guide*, which was sold for twelve pence the Book; and it is above twelve Months since the New one came out, which sold for half a Crown the Book. I thought to have sued him for it, but he very cunningly prevented that by taking advantage of me; notwithstanding he must give me leave to say the truth, That that Edition was none of my Writing, I will never disown.
what.

what I do Write, nor am I willing to own what I writ not. He did indeed (after I had Cavilled with him, and shewed him vvherein I vvas abused by his Writer) give me a small matter to look it over, and told me that I should take out, and put in the room of it vvhath I best pleased, and agreed with me by the Sheet vvhath to give me, which I did accordingly: and truly, I dealt very Friendly with him; for I took away nothing but that which was scandalous, ridiculous, and impertinent, and put in only that vvhich vvas innocent and harmless: So willing was I to be peaceable vvvith him, and I thought he vvwould have been Civil to me; but vvhen I brought it to him, he did not give me the one half of what I bargain'd for: I asking him why he dealt so unworthily with me? He said, it was his humour to give me no more. So now he may take notice that it is my Humour to let all People know, that I was abused in that his late printed Book. He told me, he cared not for my Name, he would print it without it: if he do so, I have nothing to do with it. I should not speak so much did I not find a prejudice:
for

for People of vworth do wonder why I would Write so ; and I have vindicated my self to those who told me of it, with telling the Truth. Now to proceed :

In that Book which was mine (called *The Ladies Guide*) there was as good Instructions to Youth , as I can imagine to give ; and also to all manner of Servants, what their duty was each one in their severall Employes ; and there vvas the Mistresses part as well as theirs : The Wife to the Husband, the Widow to the World : and indeed when I writ it, I could not tell how to say more. He would do himself much right , as well as me, to print the same *Verbatim* : in the mean time I desire you to observe vwhat I shall say , which may do some of you much good for the future. There are very many at this present time vwho vvant Services , both Gentlewomen and others , and some of them very well accomplisht (those I find to be the most humble, and willing to please:) Another sort there be which have little in them ; yet none but great Places vwill serve them ; vvhich vwhen they have wearied themselves to find , and at last miss of what they have propounded to themselves,

selves, they are ready to run any extravagant Course still to purchase fine Cloaths, then to conform to any Civility or Manners, or to take the Advice of those who would assist them. Some who have apt Wits, and that dame Nature hath been favourable to, they are Court-ed to be Players: Some other of them to Bawdy-Houses: Some are tempted to Steal. And thus many Wickednesses are committed against God and Man, and themselves brought into a most miserable condition of living, or to a shameful end: whilst the first I spake of are diligent to get wherewith to feed and cloath themselves by some honest employ or other, till such time as it shall please God better to provide for them, and keep close to their business (not shewing themselves in the Streets, but vvhhen they have just occasion to go forth:) Such as these last shall never want my assistance, if it lye in my power to help them; for it is a great deal of pity but that all Ingenious and Honest minded Persons should be encouraged. I do love such vvvith my heart, and do beseech them still to truit in him vvhho is able to remedy all, or to give patience in sufferings. I will now

tell you several Causes vvhich may bring good Children, and Children of good Parents, many times, to be in Distress; as also, Why the other do commonly run into Wickedness, and vvhat may for the future prevent such Miscarriages; vvith my loving and Christian Advice to both their Parents and them; and somewhat to those under whose Tuition they are, or may happen under.

The Cause why good Children, or the Children of worthy Parents, are oft-times in a distressed Condition.

IT hapneth oft-times, that a Gentleman having a good Estate, but many Children, he, and the care of a good Mother together doth make a very good shift to bring them all up (in appearance to the eye of the World) very handsomly; their Attire being such as becomes his and her Children; their Education such as is fitting for, or the best vvhich can be attained in that place

place they live in: this they do till some of the Eldest are Women grown; and by that time they are considering how to bestow them in the World, finding the Charge to be too great for them. If an Elder one Marry; although there be one less in the Family, yet carries more with her, than, if she had stayed, would have been spent upon her: Her Husband perhaps in a short time, by playing the Ill-fellow, is quite ruin'd, and his Wife turn'd home to her Parents again, with a Child or two to provide for. Where, after a vvhile, she cannot abide to hear her Husband blamed, neither is she willing to burden her Parents so much; she endeavours to get into some good Service, to be Nurse, and leaves her Child or Children vwith them. She hath her affliction, and doth vvasfe her self vwith grief and sorrow. The Parents find themselves so burden'd, that they must needs send some of the rest out to Service: and here they come to *London*, perhaps to some Cozin, or some Friend, thinking to get some place or other quickly, but find it a hard buliness. Their Friends beginning to grumble at their being; their Cloaths beginning to wear
out

out, and all their Mony spent; then do they find themselves in a desperate Condition, and do seek some place or other to Lodge in, and are content to be imployed in any honest way to get a penny, till they can procure a Service; being not unwilling to return to their Parents, to add to their greif. Some men are undone by Surety-ship; some with the Ill-chance of a Die; some by Fire; some by Sea; some by long-sickness; some by Robbery; some by Suits in Law; some by War; and many other waies there are to bring Men to destruction; and then their Wives and Children must needs be exposed to Misery: The poor Mother, she employs her self in somewhat or other to maintain her self, and the younger Children, who are not yet able to take care of themselves: and for the Elder ones, they are forced to Service, and are fain to accept for the present, which are but slavish, rather then to follow any Ill-course of Life. All these, you will say, have their Afflictions; and you have sufficient Reasons for the Causes thereof.

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*The Causes why others do commonly run
into Mischief and Wickedness.*

They are such whose Fathers have died vvhhen they vvere young, and their Mother perhaps by a second match hath ruin'd her self, and them; or she hath been left in so miserable a condition, that she hath not been capable of Advising them, nor able to bring them up as she should do in the Fear of God: so that wanting that, they have grown Refractory to her, and forgot their Duty, and then liable to all Temptations whatever. Some Parents have both died, and left their Children to the Care of some near Friend, and their Estates to be managed by them for the Childrens good; and those Trustees have been neglectful of those in their Charge, and have spent all which vvas left for them, and then exposed them to the mercy of the World, vvitout Education or Mony: And some are naturally inclin'd to Wickedness, and that is worst of all, For it is as hard to bring them to good, as to vvasht a Black-Moor white, or to make a Fool vvwise; both vvhich are I think impossible.

fible: some for vvant of good Principles, and vvhich have been left too much to their own Will, to do even vvhat they list, and vvhen they list. God knows our Nature of it self is prone to nothing but Evil; therefore how happy are they that have careful Parents, that are not over-fond to leave them to their own Will, nor cruel to them in their Corrections; but do vvifely and soberly, religiously and lovingly Nurture them, and strictly keep them to Church, and Family Duties, such do seldome go astray; for God vvill certainly blefs those Children for the Parents sake.

And how unhappy are those vvwhose Parents are careles of their Childrens Education, and not only so, but do also ruine them by giving an ill Example.

Of all these vvwhich I have mentioned, I at this present know some, both Parents and Children, every one of their Conditions in particular, and am truly sorry for their Affliction; for certainly there is no greater Grief than ill Husbands, and ill Wives, cause to one another, or vvhat ill Children create to their Parents or they to them.

I thank God, though I have passed through many more Afflictions and Troubles then thousands of my Sex; yet I never had an ill Husband, nor un- dutiful Children; but (on the contrary) I have been marryed to two Worthy, Eminent, and brave Persons; and I have four Sons, as good Children as ever Mother did bear. For my own part, I can say nothing for my self, what Wife or Mother I have been; but if no Accusation come against me, I have no reason to accuse my self. I give thanks and glory to Almighty God, for what benefits I have received from time to time; especially for those Blessings which I do at this present enjoy; The lives and welfare of my Dear Children, The happy choice which two of them have made in their Wives, and that I have lived to see two sweet Babes from their Loyns. Such like comfort as this I wish to all good Christians.

Advice.

Advice to Parents concerning their Children, and advice to Children concerning their Parents: Also to any Person under whose Tuition they may be; which (if well observed) may prevent much wickedness for the future.

YOU who are the Mothers of Children, I advice you to have an especial Care, first, That they be well-grounded in the Principles of true Religion: That they keep duly to Church and to Family Duties: That they duly ask you Blessing; and make them to know their Distance, by keeping them to all due Reverence: Let them be lovingly and quietly Governed; not with perpetual Chiding and Brawling, but treat with them mildly and gently; unless you find them Refractory to your Commands; if so, then some Austere language must be used: and when they do well, be kind to them, and encourage them. Let them not be too nice in their Diet; but teach them to know, that
God

God is worthy of Thanks and Praise for the least bit or drop they Eat or Drink. Let them be neat and decent in their Habit, not at all Extravagant: have a care what Company they keep, and do not give them too much Liberty, neither deny them lawful Recreations. Let them not have the command of your Purse, neither let them be without a little; and as they manage that, give them more. Let them learn whatever they are capable of, or that you have opportunity for the Learning, and especially what their Genius is inclined to; for that to be sure they will be excellent at. Let them be fully employed, but with diversity of things; that will be a delight to them, and they will have no time to give heed to wicked Temptations, nor no room for idle Thoughts. Suffer them not to tell you a Lie, but encourage them alwaies to tell the Truth; for lying is the ground of all Mischief. Teach them to be Houfswifely in their Cloaths, and too sparing of them. Let them learn the way of House-keeping, by acting your Commands. Let them know how to entertain Friends, and to be Courteous to Strangers, and
loving

loving to your Servants; not Domineering over them, nor yet too familiar with them. Advise them to be modest in their Carriage in mens Company, for fear of ill Censures. Suffer them not to be too loud in their Discourse; nor Snappish and Peevish with any. Give them Counsel, who are your Children, to Love one another, and alwaies to give more than ordinary Respect to the Eldest.

These things, if you will please to observe to Command them, and they will be careful to obey you, you shall not need to doubt of your happiness in them; and they will alwaies have reason to bless God for such a Parent, or Parents, who were not only the Cause of their being, but also of their well-being. But if by ill-Fate (after all this Care) you should have a Rebellious and refractory Child, your frequent Prayers to Almighty God will be the only way to reclaim them. But truly, I do think there is no other way, nor no better way to prevent Wickedness in Children, then this I have proposed; which perhaps, you may say is needless, because you know already how to order them.

I beseech your pardon; for we are not so fit to advise our selves as others, for our Indulgence oftentimes blinds us: Therefore we are fitter to Advise one another, then any one to Advise their selves.

Neglect of Childrens good, by being over-Fond ruines them. Too much Severity doth so too: I cannot tell which is worst: Therefore it is good to shun both, and to keep the middle way.

All you Children, who have Parents living, observe your Duty to them, and whatsoever they Command you, do, and God will bless you the better; for he hath Commanded you, to *Honour your Father and Mother*. If they do Chide you, bear it patiently, and do not provoke them to continue their Anger by unreverent Answers, but be silent and submissive to them.

Be careful of your time when you Learn any thing, and do not let the Money (which they are willing to disburse for you) be lost through your Idleness. Observe every one how they do order their Houses, and how they do make this or that; and what you cannot remember,

member, that write down, that it may
stead you another time.

Be careful of your Parents when
they are Sick, and reverence them when
they are Aged. Burthen them not when
you come to be of Age of Discretion,
but think with your self how, or which
way to ease them.

Take heed what Company you keep,
for fear they corrupt you, and draw you
into mischief.

Go not from your Parents without
their leave, least you grieve them; and
bring a Curse upon your selves, by Dis-
obeying them.

Depend on no Friends, but trust in
him who is able always to provide for
you, and that will never fail those who
wait upon him patiently without dis-
trust; he is never weary of hearing the
complaint of the Widow and Fatherless,
nor of any who are in Distress. On the
other side, do not neglect or slight your
Friends; but shew your duty to them in
your respects, and give ear to their good
Counsel.

When you are absent from your Pa-
rents, be sure to Write to them so often
as need shall require, and let not what

you Write be impertinent and troublesome.

U If God hath blest you with a good Lady or Mistres, be you observing alwaies what may please her, and be humble and modest in your Behaviour; be neat and Houswifely in your Cloaths, and lay up what Mony can handsomly be spared. Be careful of what she gives you, or what you have in your Charge, that by so doing you may oblige her to be loving and kind to you, and cause her to speak well of you. Do not keep familiarity with any, but those by whom you may improve your time.

If you be an Apprentice; be careful that you learn your Trade well, that you may live another day: and let not the Mony your Parent or Friends gave for your good be thrown away by your Neglect and Carelesness.

If God hath blest you with a Fortune, be careful to improve it, and trust not too much upon it. Never consent to Marry with any man without your Parents or Friends Consent, lest you be the Cause of their Grief and Sorrow; and bring your self to Affliction and Misery.

All you who have any Young Maidens, or Gentlewomen, under your Charge or Tuition, be you alwaies mindful of their Good as well as your own. If they are put to School to you, or Apprentices, let them not lose their Youthful time, which cannot be redeemed; but keep them strictly to their Duty in a loving and mild way. If they come as Servants to you for Wages, be not cruel to them in severe Language; nor impose more upon them than they shall be able to perform; nor pinch them in their Diet, but allow them such Food as is convenient for them. When they do their Duty to you, be you pleased to encourage them, by giving them good words, and bestow some small Favour on them. Advise them how to lay out their Mony, and never to spend all, but keep some for a reserve. Let them go decently, not vainly and proudly: and command them duly to the Service of God.

I think I have spoken sufficiently to all I mentioned; and as I mean well, so, I hope, you will all of you take it well. With this my advice I vvish you the Blessing of GOD,

and do desire the same from you upon my self; which is all the Gratification I do desire or expect from you.

Be pleased to take notice, that in my Book *The Ladies Guide*, I did give direction for the Writing of Letters; but it was only to such as were Young, and to Servants. I think it not amiss to give some Forms or Patterns of Letters for Elder, and more serious people: for I do daily find, that in Writing most Women are to seek. They many times spend their time in Learning a good Hand; but their English and Language is, The one not easie to understand, The other weak and impertinent. I meet with Letters my self sometimes, that I could even tear them as I read them, they are so full of impertinency, and so tedious. I will begin with one of them; not that you should take example by it to do the same; but I set it as a thing to be abhorr'd, and shun'd.

From

*From a Sister to a Brother, far distant
from her.*

Dear Brother,

MY love remembered unto you, hoping that you are in good health as I am at the writing hereof, praised be God. I hope you got well to your Journeys end; I pray let us know. My Father and my Mother do remember their Love to you; and my Sister *Betty* remembers her Love to you; and my Brother *John*, and my Brother *Nicholas* do so too; and my Couzin *Jane* is Married, and she doth remember her Love to you, and her Husband remembers his Love to you, and says, he would be glad to see you, and to be acquainted with you. My Couzin *Robin* remembers his Love to you; and my Couzin *Nan* remembers her Love to you; and I remember my Love to you. So I rest

Your loving Sister till death,

Elizabeth Spanner.

You see in this Letter how ridiculous it is to Write after this manner, the language being both impertinent and foolish; Give me leave now to shew you

what ill English is, and tell me which is worst, for I do not yet know.

From a Daughter to her Mother.

Dear Mother,

MY duty remembred unto you hoping that you are in good helth as I am at the Riting hereof, praised be God, this is to let you understand that i have receved the things you sent to me by *Thomas Freng* and he had a grot of me for the bringing them, i pray do not forget my *Come* i left in the Kichen windo and my *Aporn* in the Chamber, pray send them al to me, i hop my *Father* is wel and my brother *Ned* and my suster *Joice* and i hop godie *welsh* is wel, thus with my love and duty to you i rest

your dutiful daster

Ann Blackwell.

Now I have shewed you how ridiculous and simple, and how impertinent these are; I will also shew you how to Write that it may be effectual in what you

you shall desire, and also acceptable to those you Write to. You shall find here Letters upon all Occasions which commonly concern us; and some others which accidentally may happen. Observe that you are not to Write word for word, but to take the manner of the Form it will teach you, and by so doing you may save your Purse, and keep your Secrets to your self.

Take notice that those Letters I shall write as from People well knowing, is not to teach them how to Write, but to teach you how to Answer them.

From a Mother to a Daughter in a Ladies Service.

Dear Child,

I Do desire to know how you do in your Service, and whether or no you think you shall be able to perform what you have undertaken: however I command you to be very diligent to please, that you may by that oblige your Lady to be kind to you, and willing to keep you. Be careful to serve God, and be pleasing in your Carriage to all People. So soon as I know you shall stay I will send your Trunck, and other things.

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Thus with your Fathers and my Blessing
to you, and your Brothers and Sisters
Love, I rest

Your careful and loving Mother,

March 3, 1663,

Sarah Wild.

The Answer.

Most Dear and Honour'd Mother,

I Received yours dated *March* the third,
and do give you humble thanks for
your Motherly Care of me; I have not
yet been long enough to give you a full
account how my Lady will like me: I
hope well, because as yet she finds little
or no fault with me. I beseech you to
assure your self, that if I should be tur-
ned home to you again, it shall be for
what I cannot do, not what I will not
do; but I hope better things, and I will
stay here if it be possible, for it is a wor-
thy Family, and they are very kind to me.
My Lady likes my Dressing very well,
and also what I Starch; but she would
fain have me more curious in my Point-
Work. She will not let me wash her
Chamber because I should not spoil my
Hands for Work. If she like me well, I
shall

Queen-like Closet. 153

I shall be glad, for I like her Service very well. Thus with my humble Duty presented to you and to my Father, with my Love to my Brothers and Sisters, and to all my Friends: I take my leave, and do beseech you to esteem me as I endeavour to be,
Dear Mother,

Your most Obedient Daughter,

March 10. 1663.

Mary Wild.

From a Sister to a Brother.

Dear Brother,

Your absence at first caused much Grief, both to our Parents, and to us your loving Brothers and Sisters; but since we hear of your welfare, and very good liking, we are as much joyed, and do heartily wish and pray for the continuance of the same. We want the comfort of your Company; but we cannot live by sight of each other. This is a miserable World, and every one must be Careful and Industrious, or else it is impossible to wade the Troubles which it brings people in. We are happy in our Parents, that they took such good Care

for us in our Education, to make us able to live in the World. I thank God I am in a very good Place, where I have the Love and good word of the People I serve: I do not doubt but to gain it more and more. My Mother as well as my Father Commanded me to write to you, and to let you know their Indisposition, or else my Father would have Written to you himself. He hath been ill of the Gout, and my Mother of an Ague; but I hope they will both do very well again. My Brother *James* hath also hurt his Side by a Fall, but he is on the mending hand. Thus with my Fathers and Mothers Blessing to you; with mine, my Brothers and Sisters Love to you, I rest,

Dear Brother,

Your ever affectionate Sister,

Decemb. 4. 1665.

Martha Hopewell.

From one Friend to another.

Honoured Friend,

I Have written to you several times, to let you know what I have done concerning the Business you were pleased to intrust me withal; but hearing no

Answer.

Answer, I fear my Letters have miscarried. This is now again to give you an account of what I have done. So soon as your Letter of commands came to my Hands, I went straight to Mr. *Shewer*, and demanded your Mony, delivering the Letter of Attorney you sent, to peruse, that he might know the truth; but he willing to while-off, told me, that he would pay it to you so soon as he could see you, and speak with you about some Business which concerns your good. If he keep his Word it will do very well. I was also with Mrs. *Madewell*, and she hath paid me; also with Mr. *Stockwell*, and he hath also paid me. I pray do me the favour as to see my little Girl for me, and know what Nurse wants, and I will send it down. I shall trouble you no more at this present, save only with the Service and Respects of

*Your most affectionate Kinswoman,
and humble Servant,*

Novemb. 2. 1667.

Ann Boarman.

The

*The Answer.**Dear Friend,*

I Received yours; wherein you have given me full satisfaction concerning what I desired you, for which I most humbly thank you, and do desire you will be pleased to accept this Token from me: I wish it were better; but I know your Temper so well, that your Eye will not be over-curious with me, nor mind the Gift more than the Giver, but take all in good part. I have seen your little one, which is in good health. Nurse wants nothing as yet. All our Friends here are well, and desire you to accept their Love and Service. Thus with mine in particular to you, I rest

*Your ever obliged Friend,
and devoted Servant,*

Novemb. 2. 1667.

J. M.

*From one Sister to another,**Dear Sister,*

I Am very glad to hear you do so well, and that you have recovered your Health again; I pray God continue it to you. My Mother remembers her

Love

Love and Blessing to you, and desires you will send her the Receipt for the Stone; for she hath great need of it, both for her self and others. She desires to know when you think you shall come to Town. I am in a little haste, and nought else at present, but my dear Love and Respects to you, and to tell you that I am, and ever will be,

*Dear Sister,
Yours ever to love and serve you,*

Decemb. 6. 1654.

Mary South.

*From a Lady to a Gentlewoman, whom
she hath a kindness for.*

My dear Friend,

Your Humility commands what Favour lies in my power to do for you or yours; therefore if you can condescend that your Daughter shall be a Servant to me, you shall find that I will be more a Mother than a Mistress to her. I doubt not of her Abilities, since I know your care hath been very much for her Education. However, I may find her not at present altogether fit for my Service, yet I am confident she will be capable that I do intend her good; and

and in relation to that, I know she will endeavour to please me, or else she must not be your Daughter. Fear nothing in me, I value your worth, and shall also value your Child; and what is wanting in her, I shall not spare my Purse to give a full Accomplishment to her; therefore if you please to send her speedily it will be very well, because at this time I am destitute; yet I might have the Choice of many Accomplisht Women, were it not a particular Kindness I have to you, that causes me to refuse them. I desire you will let her be handsomly Cloathed for your Credits sake; which, if you lack Mony to do it, let me know, and I will soon furnish you. Thus desiring you not to delay, I remain

Your Friend to love

and serve you,

M. C.

The

*The Answer.**Madam,*

YOU have so much obliged me by your goodness and Charity towards me and my poor Child, that we are even transported with joy. Poor Girl, she sleeps not in the night, least any thing should happen to hinder her coming to you. Her Cloaths are making, but indeed I have not wherewith to pay for them, nor to provide other things which she very much wants: therefore since it is your Ladyships pleasure to send me Mony, I beseech you it may be speedily; and so soon as her Cloaths are finished, and other things bought, she shall tender her Duty and Service to you, and I will give her the best Instructions I can. I hope she will not be refractory to her Duty, but strive to be a good and faithful Servant; yet, if she should have any Childish faults, I beseech you, be pleased to let me know, that I may rebuke her for them. Be pleased to accept of my humble Service, and to believe that I am, *Madam,*

*The most humble of your
poor Servants,*

C. H.

From

*From a Wife to her Husband, Craving his
pardon for her long absence from him.*

Dear Heart,

WHen you gave me leave for my Journey, I did intend no other but to Return according to your Order; but the much Kindness, and Intreaty for my stay, together with the late very ill Weather, hath caused me to transgress my bounds; which I do wholly trust to your Goodness to pardon, and do the more hope for it, because it is the first time I ever offended you in this Nature. I do desire, you will please to let me know how you and my Children do, and whether our Servant doth her Duty; likewise how our little one at Nurse doth: And I desire you also to send me some Mony speedily, to bear my Charges to you. This is all at present, save only the Love and Duty of

*Your most obedient,
and loving Wife,*

E. D.

From

From an Aunt to her Niece.

Dear Niece,

Your Parents being Dead, I would have you take notice that I shall take Care of you; therefore do not think your self destitutè in the World. On the other side, I would have you endeavour what you can for your self, in an honest way; but want nothing that is fitting for you. Let me know at any time what you would have, and I shall furnish you; either with Mony, or with Necessaries. Be careful you do not consent to Marry with any Man, without my leave, for fear you make your self Unhappy. I have sent you a Bible, and twenty shillings in Mony by the Carryer. I pray let me know if you have received it or no. Be careful in the first place to serve God, and to please those whom you serve; and you shall never be forgotten by

Your most Affectionate Aunt,

M. C.

The

*The Answer.**Honoured Aunt,*

I Never doubted of your Kindness; but could not have expected so much as you are pleased to shew me, because I know I have never deserved it: But since I know your Care for me, I do assure you that it shall cause me to be more careful of my self. I have received the Mony and the Bible, and do give you most humble and hearty Thanks for them. My Lady finds little or no fault with me, therefore I presume I do please her. I have not an overstock of Cloaths, neither can I complain of much want; yet if I had a new and fashionable Gown it would do me Credit. I have somewhat towards it, and if you please to make it up, I shall be the more bound to pray for you; because no Body is now esteemed without fine Cloaths. For my Marrying with any one without your Consent, I shall not be so mad; neither do I think any man will as yet be troubled with me. When you think it is time, I had rather take your Choice than my own: In the mean time, I shall endeavour only to perform
what

what I am obliged to; and to shew my Duty to you. Thus with the tender of my humblest Respects, and Service, I take leave humbly, and remain,

Dear Aunt,
Your most obliged Niece,
and most humble Servant.

E. C.

From a Widow to her Friend, desiring her Assistance.

Dear Friend,

I stile you as I have alwaies found you: But now is the only trial of a Friend in this my necessity. It is not unknown to you the Charge which I have now upon me, and the many Troubles I am involved in; my Husband having had a long time of Sicknes, and died in Debt; so that I have little or no Comfort in my life: Yet, if I had a Stock to begin, I could set up my own Trade, and live very well; but who to ask, besides your self I do not know, and how to ask you I cannot tell, having already been so much obliged to you; yet my Necessity enforces me to crave this one Favour from you, That you will please to lend to me 10 l. for the space of one whole year,
and

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and I will faithfully return it again with many Thanks. This if you will please to do, will give a new Life to

*Your most faithful Friend,
to love and serve you.*

The Answer.

Dear Friend,

I Am very sorry for the occasion of your sad Letter, and shall not deny your Request, in hopes that the grant thereof may make you happy: yet I do assure you, that were it any one else who did sue to me upon such an account I would deny them; for the World is so base, and Money so hard to come by, that there is hardly any that will let Money go out of their hands. I shall freely lend you so much, and for a longer time than you do propound; but I would fain speak with you first, and advise you in your Way: Therefore do not delay the time, but come as soon as possible you can, and you shall find me then, and for ever,

*Your most faithful Friend,
and ready to serve you.*

From

*From a Woman in Prison to her Friend,
to help her.*

Dear Friend,

I Suppose you have heard how wrongfully I have been dealt with since my Husbands departure; how they have accused me of what I was never guilty of, and cast me in Prison to my great Discredit, Charge and Detriment in the World. I do desire that loving favour of you as to come and see me, and to lend me a small sum towards the defraying of my Charges here, and then I make no doubt but I shall get quickly quit of this place. *Dear Friend,* Have pity on me, and if it ever lie in my power, I will restore you Seven-fold. Thus with my due Respects to you, desiring speedily to hear from you, I rest

Your true Friend and Servant.

The Answer.

Dear Friend,

I Am extream sorry for your Trouble, and do verily believe that you are much wronged, therefore I shall assist you in what I can. I have some business to dispatch this Week of great concern,

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cern, which will keep me in ; but upon Monday next (God willing) I do intend to be with you, and answer your desires : In the mean time I desire you to comfort your self, and to be assured that I am

Your loving Friend to serve you.

From a Seamans Wife to her Husband.

Dear Husband,

Since your departure our little Boy is dead of the Small-Pox ; and our Girl hath been ill too, but now I thank God she is reasonable well again. I desire you will remember to bring me home some fine things for my House. *Edward Long* also desires that you will not forget what he spake to you for ; as also *Mrs. Chappel*. We are very glad for your safe Arrival, and wish you a speedy and safe return ; but especially

Your poor, but loving Wife.

From a Servant to her Mistriss, concerning her Charge.

Madam,

Your sweet Children, I thank God, are all very well, but think long for your coming home. I have spoken with your Tenant, *Goodman Porter*, and he

he desires you should know that the Mony shall be ready for you at your Return; but as for the Widow *Totnham*, she hath had a great Loss lately, therefore she desires your Patience yet a while. I have no more at this time but the tender of my Duty and Service, beseeching you to believe that I am

Your obedient Servant.

*A Letter of Complement from one Friend
to another.*

Honoured Friend,

THE last time I saw you, you laid on me such an obligation of Kindness as I fear I shall never be able to Requite; but I will endeavor what possible I can. I wish you would do me the Favour as to lay your Commands on me, then I should give you some proof of my Gratitude, and I know you are so good as that you will accept the Will for the Deed. I desire you will please, when you have a leisure time, to Honour me with your Company; of which I shall be proud as well as happy, and I presume our Air would do no harm, but rather good; you also add to the Favour, if you please to let me know a little before,
that

that I may meet you some part of the way. Your God-son is very well, but is not able as yet to shew his Duty to you. I desire you will please to bring little Miss with you, and then I shall hope to enjoy your Company the longer; for I know you cannot be without her many daies. If you please to grant this, you will oblige her who is, and ever will be

Your most humble Servant.

The Ladies Answer.

Madam,

ALL that I have ever done, and can imagine to do, cannot merit the least of your expressions; which if I did not believe to be Realities, I should wrong you much, for I am very well acquainted with your temper. For your desire of my coming to wait on you, I do assure you, you might have spared your Invitation, for I did intend to come however; and seeing it is your desire that Miss should come too, she shall wait on you with me. I cannot tell what day I shall come as yet; neither am I willing to tell you if I could; because your free and noble heart will
be

be apt to transgress the bounds of my desires ; else I should be very glad you should be satisfied when I would come : Sometime within this fortnight I shall not fail you ; in the mean time these are to let you know that I am, and ever will be

*Your truly devoted,
and humble Servant.*

*A Letter from a Mother to a Daughter,
who had gone astray from her.*

Susanna,

I Could never have believed I had had so wicked a Child, as you have proved your self in your late Actions : You have not only afflicted me, but utterly ruin'd your self, your Person and your Credit for ever. Had your Dear *Father* lived, you never durst have offered to think upon such Wickedness : His Severity kept you in awe, but my Indulgence hath spoiled you. What Cause had you justly to leave me ? I cannot tell, nor imagine any ; but only that bad Company (which I have often gave you warning of) I believe hath enticed you. You are my Child still, though never so bad, and I your Mother,

I and

and if I thought you would be reclaim^d
ed, I would freely forgive you all that
is past, for my heart still yearns upon
you; but if you resolve to go on in
Wickedness, think not of coming near
me. Therefore bethink your self spee-
dily, and let me know what you intend
to do. I am yet

*Your very loving, though
very much afflicted Mother,*

E. H.

The Daughters Answer to her Mother.

Dear, and Honour'd Mother,

GOD forbid that your Indulgence to
me should be the Cause of my
Miscarriage. I do confess my Fault, and
most humbly crave your pardon; which
I desire I may be assured of before I do
return to you, else I know not with
what face I shall look upon you. You
are not at all deceived: It was that ill
Company you warn'd me from, which
did entice me upon pretence of going
only to make Merry; but after I was
gone from you, I soon perceived they
would

would have quite ruin'd me; and I fear you do believe they have in part done so; but I do assure you, that no harm hath hapned to me, save your just displeasure for my coming away, and the discredit I have gotten by so doing. I staid not in their Company, after I found out their design, but gat me from them unawares, and would willingly have returned home, if I durst: Therefore be pleased to quiet your Thoughts, and do not think your Child is a Strumpet, although she hath done foolishly. If you please to receive me again, and freely to pardon me, you shall find that I will strive alwaies to shun the occasion of Evil, and ever be truly careful to obey you in all things. Therefore, *Dear Mother*, forgive your poor unworthy Child, and she will be alwaies bound to pray for you, and ever be

Your obedient Daughter,

M. H.

A Letter from a Gentleman to a Relation of his, wherein he doth advertise her of some Accusations laid against her.

Madam,

I Chanced not long since to be in some Company, who, methought, did take a great deal of liberty to speak of you; and indeed their language was such, as I held it more wisdom to employ my self in a Book which lay by me, than to seem to observe, or to participate with them. I assure you, I minded not the Romance that was before me, but wholly employed my Ears to bring me (if possible) what the drift, and what the occasion was of their Discourse; but instead of satisfaction, they created in me a multitude of troubled Thoughts. I had ever an honourable esteem of your Vertue, and have been so great an Admirer of your Person, and excelling Beauty, that I have suffered (though never known to you) great torment for your sake. Love indeed did command me to commence my Sute to you; but the near Relation we have to each other forbade me: However, I know I did not transgress, in continuing an innocent Love
and

and Respect to you, and resolution to serve you in what might be in my power to do for you; also to vindicate your Honour upon all accounts. Now, *Madam*, perhaps you will say, Why did you not do so now, when you heard me Abused and Aspersed? Your pardon I beseech you for that. I Answer thus: I could most willingly have given that Person who most did villifie you, a Challenge, and would have been content to have lost my dear Blood for you, could I have had the happiness to hear from you how the business was: For to answer Mens Passions without the true ground of all, is rash and vain. I presume it will oblige, though not please you, to have this intimation: and it will oblige me more to hear from you, what might be the occasion of this. I doubt not but you will deal candidly vwith me, vvhich vwill teach me what I have yet to do. I blush to question you; but it vwill be no prejudice for you to Answer: therefore do him that Favour, as to receive a few Lines from your Hands, who is, and alwaies must be, *Madam,*

Your truly devoted, and most
humble Servant.

The Ladies Answer, in which she vindicates her self.

Most Honour'd Sir,

YOU have done me great Honour in telling me of my Dishonour. I fear not to give you a full satisfaction of what you desire, but am infinitely concerned for your disturbance. What Person he was which was so free of his Speech, I presume will not, nay, I know, dares not affirm to my face. Such pitiful Cowards would be Cudgeld into better Manners: They are not worth a Challenge.

Sir, For those very high Expressions you are pleas'd to make of me, I am Conscious to my self, I never deserv'd them, therefore your Obligation is the greater. I have no way to requite it, but to return to you the same Respect you say you have for me. If you dare be content that what I say is Truth, then believe, *Sir,* I never yet did transgress the bounds of Modesty. Had I yielded to his base Design, he had never branded my Honour. I am glad you commanded your Passion so well as not

to

to fight: It would have been a lasting Trouble to me, if you should have lost one drop of Bloud for my sake. Let me alone with him, I will get some sturdy Porter to Kick him for me. The scandal is great: but my Honour will be the greater when the Truth is known. Be pleased to do me the favour as to let me see you, and then I shall more amply give you an account. In the mean time I beg the esteem of being

Your most obliged Kinswoman,
and very humble Servant,
E. N.

From a Gentlewoman to her Father.

Honoured Sir,

I Should be unworthy of such a Father, if I did not by all means possible, endeavour to testifie my Duty to you, there being a double Obligation upon me since my dear Mothers death. Your absence is my great Grief, and much the greater because you are so far distant from me. I shall pray heartily for the dispatch of your buliness, and for your safe return: In the mean time, I shall observe the

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Command you gave me. This, with the
tender of my humble Duty, is all at pre-
sent from, Sir,

Your most obedient Daughter.

From a Gentlewoman to her Uncle, who
had the Charge of her.

Honoured Uncle,

COULD you know how unwilling I
am to displease you, you would
not have such fears when I am from
you. I wish I could tell how to give
you confidence of my Obedience, which
I doubt not to testify whenever I shall
have the happiness to see you; and in
relation to that desire of mine, I shall
make as quick a dispatch of my business
as is possible, and do not doubt but that
you will be fully satisfied that I am,

Sir,

Your most affectionate Niece,
and humble Servant.

From,

Queen-like Closet.

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From a Widow to her Landlord.

SIR,

I beseech your Patience till Thursday next; when (God^dwilling) I shall not fail to wait on you, and bring all that is due. I should have come before now, but that I was disappointed by those who faithfully promised me; and because I would not deceive you any longer, I have craved from a Friend to lend me some Mony to make up your sum: Therefore think not ill of this delay, but esteem me

*Your honest Tenant,
and humble Servant.*

*From a Gentlewoman of Quality, to her
Brother at Oxford.*

Dear Brother,

THE content I have in the thoughts of your most pleasurable life, doth somewhat mitigate my Grief for your absence; yet when I am alone, and have none to condole with me, I hardly know how to satisfy my self. If you would be pleased to Write to me more frequently, it might much allay my Passion; for I should then fancy that I did Converse with you; nay,

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and see you too; but I fear that your Studies will not admit you so much idle time as to think of me long, your Genius being wholly employed to hear the Sage Philosophers, and the Muses, which I do imagine cannot choose but be very delightful: However, be pleased to accept my dear Love and Respects, and believe that I am

Your most affectionate Sister.

*From a Gentlewoman, in Answer to a
Letter from a Gentleman who
Court'd her.*

SIR,

I Received your late Lines, which very much surprized me. The Expressions you are pleased to make, are very far greater than I am able to deserve. I wish you would undeceive your self; and if you have a true Respect for me, you must also be confident, that I will not tell you that which is not Truth. Believe me then, *Sir*, I have not that Fortune you hope for, and therefore shall not entertain one thought of giving any Countenance to your Sute. I know it is an ordinary thing, in these late Times, for Gentlemen, when they hear of a
For-

Fortune, presently to make their Adresses to that Lady, or Gentlewoman, let her be as deformed, or unhandfom a Creature as is imaginable. And, for the most part, Women are apt to believe their abominable Flattery, when (God knows) it is their imagined Fortune they Court, and not their Person: And for fear any other should rob them of that Felicity they promise to themselves, they huddle up a Match; but when all things come to be made clear, they then begin to think how they shall quit themselves from that wicked Woman who so deceived them; when indeed they had no reason to complain, but of their own Covetous Humour: However he must now think of some way to advance himself, and leave this miserable Woman to shift for her self; and while he yet pretends great Kindness to her, he gathers up all the Mony he can to fit him for his Intentions; and if perchance he have not an opportunity to go out of the Land, but fears therefore to be persecuted by her, or her Relations, he then protests that she was never his lawful Wife; so, that unless she can bring a Certificate to Testifie when and where she

she was Married, he quite defeats her; and then is she esteemed no better than a Whore; others go away beyond Sea, and get employ there, and never think upon the Person whom he hath so highly injured, unless it be to laugh at her Misery, and admiring his own Wit in serving of her so. If Women were of a more Jealous nature, and would consider the Policy of Men, they might be generally happy; whereas now very few are so. I have seen and known so much, as it hath given me a sufficient Caution to beware of them.

I am not in haste to Marry. I will take deliberation, and crave Gods assistance and my Friends advice, before I proceed in any such business: Therefore I do beseech you not to take it ill, if my Answer correspond not to your desires. If you have Respect for me in that way, I am sorry for it, because I cannot Answer it. I am sure there is nothing in my Person that is attractive, neither is my Fortune worthy one of your Quality and Estate. I have no more to say, but that I shall be very careful of my self; and if you please to give your self

no further trouble, but desist, I shall ever be

Your obliged Friend.

Another Letter from a Gentlewoman, to one who Courted her for his Mistress.

Unworthy Sir,

I Had scarce patience to read your Lines, after I perceived your base design; but perswading my self I might the better Answer you, I forced a forbearance of my Passion from tearing them.

Now know, *Sir*, that if you do not make me some satisfaction for this Dishonourable Sute of yours, by asking my pardon before some of my Friends, you shall receive your due reward for such Villany. If you have a mind to a Whore, there are enough without tempting of honest Women from their Husbands. Thus desiring you to consider what I have Written, and to have a care of your self for the future, least you meet with some Friends of hers

Who is not yours.

I have now done with the Letters, having given you the Forms of as many as may teach you all the rest, that possible you may have occasion for, and did here intend to have finished my Book; but being unwilling to keep any thing from you, I here present you with a very good Receipt, how to make Wax-work; which if you carefully observe, it is a very sufficient Direction.

How to make Wax-work.

Red-Lead is for Oranges. When your pure White-wax is melted take it off the fire, then put in so much of the finest Red-Lead as will make it of an Orange-colour, then wet your Moulds and pour it in; but be sure that you stir it well together to mix it first. Red-Root is for all Red, for red-Paste; and that Root must be boiled in the Wax a while, till you find the Colour very good. For Pruons, a little Lamb-Black: For Rasberries, Lamb-black and Red-Lead together, so much of each as ^{but} discretion shall think fit. Vermillion for Flesh-colour: Verdigreace for Willow

Willow-green: and if you put a little Turmerick to it, it will make a perfect Grass-green; Saffron also will do the same, and likewise Turmerick and Saffron, or either of them makes a Lemon-colour; and also some kinds of Apples and Pears, and yellowish Plumbs; which when they are cast and cold, and taken out of the Moulds, you must colour them with a Pencil, with streaks and spots as you think fit, and with those Colours you think most natural for them. You must have all your Colours purely ground. Saffron or Turmerick will serve for any kind of Paste that should be Yellow, or for Cakes; but then you must white the bottoms of them, to make them look like Wafer-sheets. If you observe well the Transparent Work you may take several Colours from those Rules; and if you would gild any thing of Wax-work, you have already the Rule in this Book punctually given.

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To make the Moulds for the Wax-work.

Take Plaister of Parris, and mix it with Water, and make it like Paste, as much as will serve for half a Mould at a time; for you must do no more, because it will dry so fast; then lay it upon a Board, and what you will, have a Mould on upon it, and let it lie till it be dry; when you have done the one half of the Mould, then do the other.

Note, That whatsoever you lay upon your Plaister of Parris, to make the Mould, must be first anointed with Linseed Oil, or else it will stick so fast as you can never get it out again; and be sure to wet your Moulds very well in Water before you pour your Wax into them; and when you have pour'd it in, wave it up and down in your hand, that the Wax may run into every part of the Mould.

Now for Images; you must put every piece in its place, and tie it up, and fill the hollow place full with Water; and then pour it out, and pour in the Wax, and shake it about till it be reasonable cool; then take off the pieces from it, and order it as you think fit.

Queen-like Closet. 12.

In the same manner you must shake your Sweet-Meats or Fruit, and when you find that it is a little cool, take off the one half of the Mould.

A very fine way to make the likeness of many several things in Wax, without the help of a Mould.

Melt pure White-Wax, and colour it for what you intend it; then take an Orange, Lemmon, Apple, Pear, Plumb, or any other Fruit which you fancy, and tie a string to the stalk, and anoint your Fruit first with pure Sallad Oil, then let it down by the string into the melted Wax, and presently pull it up again, and hang it on a Line till it be cold; then with a hot knife cut it gently down each side, and take out the Fruit within; then heat your Knife again, and hold the two halves together, and close them neatly with your hot Knife, and so you have the direct shape: You may do so with an Egg, if you first make a little hole at each end and blow out the meat, and then draw a string through it with a knot at one end. Radishes
with

with their Green-tops look very prettily. Green-Peascods, Beans, Walnuts or small Nuts, Chesnuts, black and white-Puddings, Saucages, Dishes, little Cups, Plates, or any thing almost that you can think of; for there is nothing which represents things more lively than Wax, if they that do it have skill for the Colours, or else it will look as unhand-somly.

To take the shape of your own Hand,

Have your Wax melted, and coloured Flesh-colour, then dip your Hand as high as you would have it in pure Salad-Oil, or rather anoint your Hand all over with a Feather, and when the vehement heat is out of the Wax, dip in your hand, and presently pull it out again; and when it is cold take a hot knife, and cut it in such places as that you may get out your hand, and close it again with a hot knife. Thus you may also take the shape of your Legs.

For a Dead-body for the Face.

You must anoint it with Oil, and then pour the Wax all over it, and when it is cold take it off, and where you see it faulty, mend it with a hot knife: And if you would have the shape of the Arms, or of the Legs, you must dip them in, as I have said before.

For Eggs to be hard, and cut in quarters.

Take an Egg-shell, as I have said before, and when you have dipped it, and that it be cold, cut it with a hot knife in four quarters, then take the Yolk of a very hard Egg, and press it down gently into some Plaister of Parris, as before, half way; but first remember to Oil your Egg: when one half is made, then make the other, and then have melted Wax in a readines of the colour of the Yolk of an hard Egg; and then when it is cold, cut it in four quarters and fasten them with a little strong Gum-water to the fore-said Whites. In this Wax-work you may represent a Fridays, or Lenten-Dinner, as well as a Banquet;

Banquet, and both of them would do excellent well; but I would not wish to invite a Woman that is with Child to see it, for fear of harm. You may, if you please, mix a little pure Tallow in the melting of your Wax, to make it go the further. When you take the shape of any dead Face, you must put a little Clay round about by the Hair, to keep the melted Wax from running where you would not have it, else it will run very much to waste. I have known a living Bodies Face taken; but that must be with a great deal of Care; the Face being first well anointed with pure Oil, the Wax not too hot, the Eyes shut, and Clay, as in the other, to keep it off from their Hair; and be sure you make haste to make holes for the Mouth and Nostrils, for fear you stop the breath of the Party; then afterwards you may make the Eyes according to your discretion, and colour the Lips with a Pencil, with some Vermillion and Gum-water.

Now because you shall be excellent at this Art, I shall give you the knowledge of more Colours, and how to make some of them your selves, which may save you some Mony. These Directions, with

your

your own Ingenuity, will make you perfect.

Orient Red Colour.

Spirit of Salt and Smalt mixed together, makes it of an Orient Red Colour.

Green.

Verdigreace and Argil ground together make it very well.

Yellow.

The yellow Chives in white Lillies, Saffron and Argil ground very fine, make it excellently w

Grass-Green.

The Liver of a Lamprey dried and ground very fine makes a perfect Grass-Green, and very durable: Also Yellow and Blew mixt together make a perfect Grass-Green.

Purple.

Purple.

The juyce of Bilberries mixed with Allom and Galls; and for a Murry take Rosset.

The Berries of Buckthorn gathered green and dried, make a very fair Yellow.

Another for Green.

Take the Berries of Buckthorn when they are through ripe and black, bruise them in a Copper, or Brass-Vessel, and set it three or four daies in a warm place; then heat it a little upon a fire, and put into it some Allom-water; then press it forth, and keep it in a Bladder, and hang it up till it be dry.

Party
the

A pure Black,

IT is made with the smoak of a Torch, held under any thing which is made of Tinn.

You may, if you please, wash over your Wax-work when it is done, with a little Gum-Arabick Water if you would have them look glossie.

Date-

Date-Stones well burned upon a Colliers Hearth makes a pure Black; and so doth burnt Harts-Horn, and the Gall of a Neat ground together, and dried in a Shell in some shady places. These are all very good for Black.

Burnt Ivory, or burnt White-bread is also good Black.

Note, That the smoak of a Torch or link, as I have said, held under a Latten Basen, is that which we call Lamb-black.

For Blew.

Take fine Litmose, ground with Ceruse as pale or as deep as you please, by putting in more or less of either of them. Also two parts of Ceruse, and one of Red-Lead doth make a perfect Crane-colour.

For a Dark Red.

Take Turnsoil-Raggs, and let them boil in the Wax for a while, till you find the Colour to your mind.

To

To make Spanish-white, which may save your Money; for much of that is used in all Houses generally.

Take two parts of fine Chalk, and one part of Allom, grind them with fair-Water till it be thick like Pap; then roul it up into Balls, letting it lie till it be dry; then put it into a clear Fire till it be red-hot; then take it out and let it cool, and keep it for your use.

I Shall Conclude with some Observations, which I desire those, who desire to be good Work-women, will take notice of; because whatever they employ themselves in, they may be able to give an account of, and not work Non-sence. If they observe these Directions I give them, they may be able to teach them who are to Draw them.

I have seen such Ridiculous things done in Work, as is an abomination to any Artist to behold. As for Example: You may find in some Pieces, *Abraham* and *Sarah*, and many other Persons o

a time, Cloathed as they go now a-daies, and truly sometimes worse; for they most resemble the Pictures in Ballads. Let all Ingenious Women have regard, that when they work any Image, to represent it aright. First let it be Drawn vvell, and then observe the Directions which are given by Knowing Men. I do assure you, I never durst work any Scripture-Story vwithout informing my self from the Ground of it; nor any other Story, or single Person, without informing my self both of the Visage and Habit; As followeth:

If you Work *Jupiter, the Imperial feigned God*, He must have long Black-Curled-hair, a Purple Garment trimmed with Gold, and sitting upon a Golden Throne, with bright yellow Clouds about him.

Mercury, the Messenger of the Gods.

With long Yellow Hair Curled, in a Coat of Flame Colour, with a pure white Mantle, trimmed with Gold and Silver, his Beaver white, and vvhite Feathers like Wings; his Shoes Golden, and his Rod of Silver.

K

Apollo

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Apollo, the Physical God.

With long Curled yellow Hair, with
a Lawrel Wreath, a Purple Robe, a Sil-
ver Bow, a Golden Harp, and a Throne
of Emraulds.

Neptune, the God of the Sea.

With long hoary Hair, a blew or Sea-
green Mantle trimmed with Silver, ri-
ding in a blew Chariot, or upon a Dol-
phin of a Brown-black colour, with a
Silver Trident in his Right-hand.

Pluto, the God of Riches.

With Black Curl'd Hair, in a Robe
of Cloath of Gold.

Bacchus the God of Wine.

With Curl'd Brown Hair, Cloathed
in a Leopards Skin spotted, or in a green
Mantle, Crown'd with a Wreath of Ivy,
or Vine-Branches; his Complexion Taw-
ny.

Hymen, the God of Marriage.

With long Yellow Hair, in a Purple
or Saffron coloured Mantle.

Vulcan, the Deified Black-Smith.

Let him be Cloathed in a Scarlet
Robe.

Genius.

In a Purple Mantle, fringed with Gold.

Sleep.

Edin - Kay
1778

William Macneil
Woolley, Hannah
William Sadler

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Ras B
Cell

Richard
Boswell
The Rock

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