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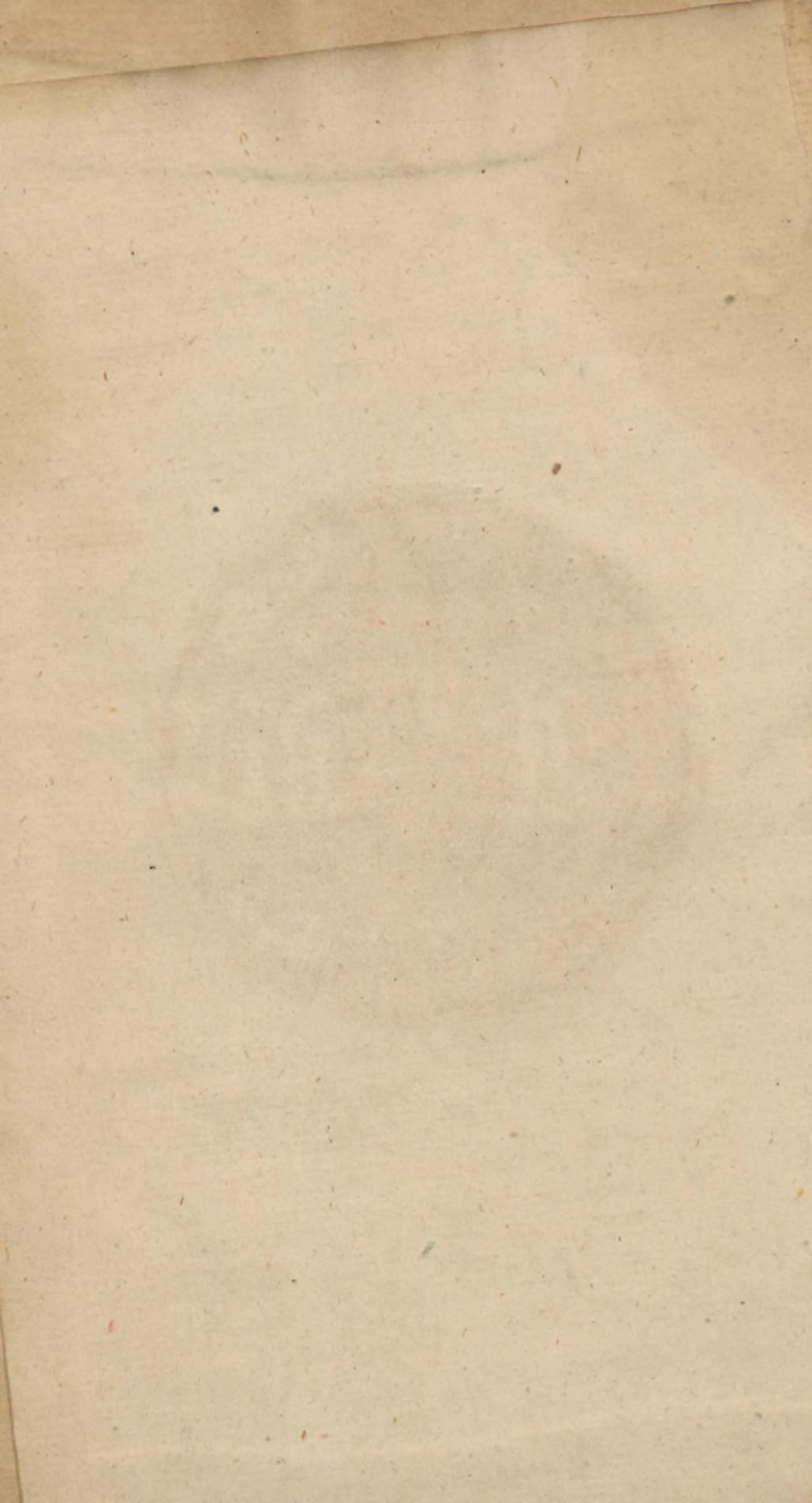
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A
COLLECTION
Of above Three Hundred
RECEIPTS
IN
Cookery,
Phyſick *and* Surgery;

For the USE of all
Good WIVES, Tender MOTHERS,
and Careful NURSES.

By Several Hands.

The SIXTH EDITION.

To which is ADDED,
A SECOND PART,

CONTAINING

A great Number of Excellent Receipts, for *Preserving*
and *Conſerving* of SWEET-MEATS, &c.

L O N D O N,

Printed for the Executrix of MARY KETTILBY;
and ſold by W. PARKER, at the *King's Head*
in *St. Paul's Church-yard*.

MDCCLXVI.



COLLECTION

Of above Three Hundred

R E C E I P T S

Cookery,

Physick and Surgery,

For the Year of 1711

Good Wives, Tender Mothers,
and Gentle Nurses.

By several Hands.

THE SIXTH EDITION.

As it is sold by

A SECOND PART,

Containing
A Description of the excellent Receipts for
the Cure of the Scurvy, and
the Cure of the Stone, &c.

L O N D O N,

Printed for the Proprietors of MARY KETTERICK,
and sold by W. PARKER, at the King's Head
in St. Pauls Church-yard.

MDCXXI



PREFACE.

 **NOTHING** can be more self-evident, than that the Usefulness, and consequently, the Value of Books of this kind, depends upon the Integrity and Care of the Writers, the Pains they take Themselves, and the good Help and Assistance they can procure from Others. If any of these Requisites be wanting, they must necessarily deceive the Reader, be deceiv'd Themselves, or, at best, produce nothing but what's Mean and Trifling, and unworthy a Publick Reception. There is nothing so easy, as the raising whole Regiments of Nostrum's and Recipe's, if we will but admit all the Voluntiers of this kind, as fast as they croud in, to be list'd; but these forward Ones are generally found to fail us in the Time of Trial; and the Success of the Day most commonly to depend upon such as with great Trouble and Expence are press'd and dragg'd into the Service.

As for myself, I have only to assure the Reader that as the Desire of doing Good was the sole Motive that first engag'd me in this Work; so has that great Principle ever been too sacred in my Esteem, to suffer the least Mixture of Unfaithfulness or Carelessness throughout the whole Management and Composure of it: And farther to declare, That there has been no Spare either of Labour, or Time, or Money, in order to the making this Collection the best and most truly Profitable in its kind; and that the great Knowledge, and long Experience of those Excellent Persons who contributed to its Production, have abundantly qualify'd them for setting the last Hand to such a Work. To these therefore are due the greatest Tribute of Praise, and highest Acknowledgments of Gratitude, who with a Noble Charity and Universal Benevolence, have Expos'd to the World such invaluable Secrets, as others, of a less generous Temper, would have taken a Pride in, and made almost a Merit of, Concealing.

And here I freely own the greatest Share of our Thanks to be justly owing to the Fair Sex; who, whether it be from the greater Tenderness of their Natures, the greater Opportunities of Leisure, or Advantages of acquiring Experience, or from whatever other Cause, are always found most Active and Industrious in this, as well as in all other kinds of Charity. Oh, Heavenly, Charity!

P R E F A C E.

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Charity! how often have I seen thee employ the Rich in waiting upon the Poor, and Mistresses in Nursing, and becoming Hand-maids to their own Servants? How often have I seen thee make Persons of the Highest Quality kneel down to the Dressing of a Poor Man's Wound? Those of the greatest Niceness and Delicacy of Sense, visit the Chambers of such, whose Poverty and Offensive Distempers have render'd them Nauseous and Loathsome beyond Expression? And those of Tender and Weakly Constitutions walk thro' Midnight Frosts to the Assistance of some Poor Neighbouring Woman in her Painful and Perilous Hour? And wonderful is the Success with which Almighty God does often bless their Labours (even in the Use of Plain and Simple Means) whose Hearts he first disposes to such Beneficial Undertakings? How earnestly is it to be wish'd, that such Examples did more universally abound, and that all our fine Ladies would strive to adorn their Characters, by becoming (to use the Judicious Mr. Bickerstaff's Phrase) Notable Women?

Nor can I forbear recommending this Generous and Beneficial Practice to the Gentlemen of the Clergy, especially to those whose Parishes are remote from other Help. How soon would their superior Learning and Sagacity render them Masters of this Useful Art? How greatly would the Exercise of it endear them to their People? What Reverence and Esteem, and consequently, what

Opportunities of doing Good in every other Way, would this procure them? And with what Power and Authority would their Divine Instructions enter into the Hearts of their Audience, when proceeding from the Mouth of such a Benefactor, to whom, under God, perhaps most of them are beholden for their Health, their Limbs, or, it may be, their very Lives? This will be to imitate their Great Master, who went about doing Good, and healing all those who were oppress'd by the Devil, and who, wherever He met a Patient, seldom fail'd of making a Convert.

I make no Doubt, but the Learned Gentlemen of the Faculty will be too Generous to Mis-construct this small Collection of Physical Receipts, (design'd for the Service of those who are neither within the Reach of their Visits, nor in a Capacity of Gratifying their Trouble) as an Invasion of their Province, or a Disrespect to their Persons. I declare myself so far from intending either of these, that, on the contrary, I esteem it a great Happiness and Blessing to be able to have a ready and constant Recourse to their Assistance. And I am proud to own, that most of the following Prescriptions came from the most Eminent Hands in that Profession. The rest are all Innocent and Safe; and both the one and the other Approv'd (not from single Instances of Success, but) from a long and repeated Experience.

The Directions relating to COOKERY are Palatable, Useful, and Intelligible, which is more than can be said of any now Publick in that kind; some great Masters having given us Rules in that Art so strangely odd and fantastical, that 'tis hard to say, Whether the Reading has given more Sport and Diversion, or the Practice more Vexation and Chagrin, in spoiling us many a good Dish, by following their Directions. But so it is, that a Poor Woman must be laugh't at, for only Sugaring a Mess of Beans; whilst a Great Name must be had in Admiration, for Contriving Relishes a thousand times more Distastful to the Palate, provided they are but at the same time more Expensive to the Purse.

I can assure you, that a Number of very Curious and Delicate House-wives clubb'd to furnish out this Collection, for the Service of Young and Unexperienc'd Dames, who may from hence be Instructed in the Polite Management of their Kitchens, and the Art of Adorning their Tables with a Splendid Frugality. Nor do I despair but the Use of it may descend into a Lower Form, and teach Cook-maids at Country-Inns to serve us up a very agreeable Meal, from such Provisions as are plainest, and always at hand; instead of Spoiling those which are most Rare and Costly, and provoking the Company to pass them away, in hasty Curses, to the Place from whence the

unlucky Proverb supposes them to have come; and so quit Scores with him that sent them.

The Wines which you are here taught to make, are certainly of the greatest Perfection in their Kind; their Flavour and Taste are Generous, and their Ingredients are Wholesome; and so lucky have their Authors been in their Imitation, that many very good Criticks have not only esteem'd them the genuine Produce, but of the nobler Sorts too, of the Foreign Vintages.

Thus much, I think, may suffice by way of Preface; and less I could not possibly say with any tolerable Regard, either to the Merits of those worthy Persons to whom I am indebted, or the Interest of those whom I am endeavouring to oblige, who, through Ignorance or Prejudice, might otherwise have depriv'd themselves of so very Useful and Beneficial an Undertaking.





A
COLLECTION
OF
RECEIPTS
IN
COOKERY, &c.

A Green Peas-Soup, without Meat.



TAKE your Peas, and in shelling, separate the young from the old; then boil the old ones soft enough to strain through a Cullender; then put the Liquor, and what you strain'd through, together: With the young Peas whole, add some whole Pepper, two or three Blades of Mace, and some Cloves. When the last Peas are near enough, take some Spinage, a little

a little Mint, and a little green Onion, not shred too small, a little Faggot of Thyme, and Sweet-marjoram; put these into a little Sauce-pan with near a Pound of Butter; and as they boil up, shake in some Flour, to boil with it to the Quantity of a Dredging-box full; then put a Loaf of *French* Bread into the Broth to boil; mingle the Broth and Herbs together: When you have season'd it to your Taste for Salt, add some small white Toast neatly cut, and the young Peas.

A very good Soup.

TAKE a Shin of Beef, a Crag of Mutton or Veal, and a Bit of very good Bacon, and half a Pound of Rice; set them on the Fire in as much Water, as you think will boil them to Rags; keep it cover'd all the while: When all the Goodness of the Meat is out, strain it off, and put to it some whole Pepper, some Cloves, Mace, and Salt to your Taste: You may put Soup Herbs, or a quarter of a Pound of plump'd Rice or Verma-jelly; boil a *French* Loaf, or two or three Pidgeons, for the middle; put in, with the Spice, a little Faggot of Thyme, Savory, and Marjoram: This makes an incomparable Peas Soup, if you put in a Quart of Peas with the Meat at first, instead of Rice.

A very

A very good Peas-Soup.

PUT three or four Pounds of lean coarse Beef, with three Pints of Peas, into two Gallons of Water; let it boil, till the Meat is all to Rags; and half an Hour before you strain it out, put in two or three Anchovies; then strain it from the Husks and Meat, and put into the Sauce-pan as much as you want for that Meal, with an Onion stuck with Cloves, a Race of Ginger bruis'd, a little Faggot of Thyme, Savory, and Parsly, and a little Pepper; let it boil thus near half an Hour: Stir in a Piece of Butter, and fry some Forc'd-meat Balls, Bacon, and *French* Bread cut in Dice, with Spinage boil'd green, to put to it in the Dish.

To make Craw-Fish, or Prawn-Soup.

TAKE six Whitings, one large Eel, with half a Thorn-back, clean them as to boil, and put them into a Pot, with as much Water as will cover them; scum them clean, and put in whole Pepper, Mace, Ginger, Thyme, Parsly, and an Onion stuck with Cloves, with a little Salt, so let them boil to Mash; then take fifty Craw-fish, or, if they cannot be got, take an hundred Prawns, take out the Tails, and pick out the Bag, and

and all the Woolly Parts that are about the Body; put all into a Sauce-pan with Water and Vinegar, Lemon, Salt, and a Bunch of sweet Herbs; let them stew over a gentle Fire, 'till ready to boil; then take out the Tails, and save them carefully; but beat all the other Shells in the little Liquor they were stew'd in, which, with a *French Roll*, you must beat, till the Shells are extremely fine: When you have wash'd all the Goodness out with their own Liquor, pour the other Fish Liquor thro' the Shells, and strain all from the Fish and Grit; then have a large Carp ready stew'd, and lay it in the middle of the Dish; add the Body of a Lobster to the Soup, with some strong Gravy, and burnt Butter; heat the Tails of the Craw-fish in the Soup, and pour all over the Carp.

Peas-Soup for Lent, or any Fasting Day.

PUT a Quart of good breaking Peas to six Quarts of Water, and boil them till they are tender; then take out some of the clear Liquor, and strain the Peas as clean as you can, from the Husks: Take some Butter, and boil it; and when it breaks in the middle, put to it an Onion and some Mint, cut very small; Spinage, and Sorrel, and a little Celery, cut large; stir it often, and let it boil about a quarter of an Hour; then shake in

ome Flour with one Hand, and some of your thin Liquor with the other; then put in the thick strain'd Liquor some Pepper, Mace, and Salt, and boil it an Hour longer; then put into as much as will make a large Dish, one Pint of sweet thick Cream; put a *French* Roll crisp'd, and dipp'd in Milk, in the middle of the Dish.

To make a Meat-Soup, very good.

TAKE a Piece of coarse Neck Beef, a Crag of Mutton, and a Knuckle of Veal; boil all these to Rags, with Salt, and Onion, and whole Pepper; when there is no more Goodness left in the Meat, strain the Liquor into a Stew-pan, and set it over the Fire; put into it Cloves, and Mace, and a little Lemon Peel; let it boil a little, then put in a Pint of strong Claret, three or four Anchovies, with Gravy squeez'd out of a lean Piece of Beef fry'd for that Purpose; put in Ox Palates cut in Dice, let them be first boil'd very tender, Veal Sweetbreads boil'd, Lettuce, Endive, Spinage, or what Herbs you please, boil'd green; then take *French* Bread, cut it thin, and toast it; lay your Palates, Sweetbreads, and Herbs over all the Toasts: Have a Fowl boil'd, and the Breast stuff'd with Forc'd-meat, and lay in the middle of the Dish; pour the Soup over all.

To Collar Beef, a very good Way.

TAKE a Piece of Flank-Beef, cut it square, and take off the inner Skin; make a Brine of Water and Bay-salt, strong enough to bear an Egg, to the Breadth of a Six-pence; let the Beef lie in it one Week, then rub it all over with Salt-petre, and let it lie three Days longer; then take one Ounce of white Pepper, one large Nutmeg, the Weight of it in Mace, and the Weight of both in Cloves; beat it all grossly, and strew upon the Beef; then roll it up hard, bind it with a Tape, and sew it up in a Cloth, and put it in a long Earthen Pan; fill it up with half Claret, and half Water; cover it close with a coarse Paste, and bake it twelve Hours in a very hot Oven; then take off the Tape, and roll the Cloth very hard about it again, tie it up, and hang it up to drain and cool: If you like Herbs, Thyme, Sweet-marjoram, and Parsly shred, are the proper Sort; but it does not roll so close with as without. It cannot be bak'd too tender.

To make French-Cutlets, very good.

SKIN a Loin of Mutton, and cut it into Stakes; then take some of the Lean of a Leg of Veal, the Weight in Beef-suet, two Anchovies,

Anchovies, Thyme, Parsly, Sweet-marjoram, and Onion, all finely shred; Nutmeg, Pepper, Salt, and grated Bread, with the Yolks of two Eggs; make Holes in the Lean of the Stakes, and fill them full of this Seasoning, and spread it all over the Stakes, then butter as many Pieces of white Paper, as you have Cutlets, and wrap them up every one by themselves; turn up the Edges of the Papers with great Care, that none of the Moisture get out; therefore let the Papers be large enough to turn up several times at the Edge; and, if Occasion be, stick a Pin, to keep it all in; for this Gravy is all their Sauce: When they are thus tight wrapp'd up, put them upon a Mazarine, and bake them; when they are enough, take them off the Dish they were bak'd on, and put them on a clean hot Dish; do not take off the Papers, but serve them in as they were bak'd: This is a very delicious savoury Dish, and done with little Danger of spoiling, if you wrap them up close. Many People like these best without Sauce; but if you chuse it, let it be strong Gravy, Spice, Onion, shred Capers, Juice of Lemon shook up with a Bit of Butter; but they are savoury and most wholesome alone.

To Collar a Breast of Mutton, to Eat Hot.

TAKE a large Breast of Mutton, bone it, and take out all the Gristles, rub it all over with the Yolk of an Egg, season it with Pepper, Salt, and Nutmeg, Parsly, Thyme, Sweet-marjoram, all shred small, Shallot, if you love it; wash and cut Anchovy in Bits, strew all this over the Meat, roll it up hard, tie it with a Tape, and put it into boiling Water; when 'tis tender, take it out, cut it in round Slices, not too thin; pour over it a Sauce made of Gravy, Spice, Anchovy, Claret, Onion, a few sweet Herbs, strain'd and thicken'd with Butter, and shred Pickles. Garnish with Pickles.

To Stew Pidgeons.

TAKE six Pidgeons with their Giblets, cut the Pidgeons in quarters, and put them in the Stew-pan, with two Blades of Mace, a little Pepper and Salt, and just Water enough to stew them without burning; when they are tender, thicken the Liquor with the Yolk of one Egg, three Spoonfuls of thick sweet Cream, a Bit of Butter, and a little shred Thyme and Parsly; shake them all up together, and garnish it with Lemon.

To broil Pigeons whole.

CUT off the Wings and Neck close, leave the Skin at the Neck to tie close, then have some grated Bread, two Pigeons Livers, one Anchovy, a quarter of a Pound of Butter, half a Nutmeg grated, a little Pepper and Salt, a very little Thyme and Sweet-marjorum shred: Mix all together; put a Piece as big as a Wallnut into each Pigeon, sew up your Rumps and Necks, strew a little Pepper, Salt and Nutmeg on the Out-side, broil them on a very slow Charcoal-fire on the Hearth; baste and turn them very often. The Sauce is melted Butter; or rich Gravy, if you like it higher tasted.

To Dress a Turbet, or any Dish of Fish.

LAY the Fish you are to boil, into a Pint of Vinegar, season'd with Salt, Pepper, Onion, and a Fagot of Thyme, Marjoram and Parsley; when it has lain an Hour, put the Fish with the Pickle carefully into your Fish-kettle of boiling Water; to it put Cloves, Mace and Anchovies, and a Bit of Horseradish; when they are enough, take them out to drain, let the Ground of your Sauce be half a Pint of the well season'd Liquor in which they were boil'd, and the strain'd

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Liquor

Liquor of a Quart of Oysters, with half a Pint of White-wine, and the Body of a large Lobster; add to it a little more Spice, and a little of Lemon-peel, and one large, or two small Anchovies; then strain it, and put to this Quantity a full Pound and half of Butter; into one Piece of which strew as much Flour as will make it of a fit Thickness; Your Oysters must be first stew'd, and the Tail and Claws of your Lobster cut in Dice, and both put into the Sauce to heat, when 'tis ready to pour on the Fish. Fry'd Smelts, fry'd Parsly, scrap'd Horse-radish, and slic'd Lemon, with the following Patties, is the Garnish. *Note*, That the Liquor of any well-tasted Fish, is more agreeable to the Taste of Fish than any Sort of rich Gravy made with Flesh: And I believe you cannot err, in dressing Fish by this Rule for the Sauce. *Note*, Never boil in too much Liquor, nor too fast.

Patties, for a Dish of Fish.

TAKE a Carp or fat Eel, bone and shred it very small; to half a Pound of this put four Ounces of Butter, which you must mix in the shredding; boil four Eggs in the Shell, not hard, but as for eating, and put in the Yolks of those Eggs a very small Nutmeg grated, about the Weight in Mace, finely beat, as much Salt as both, and a very little

little Parsly finely shred; mix this very well, and put them into little Square Pasties of hot Crust, or Puff-crust, if you like it better: Fasten them very well, and fry them in a large Pan-full of Lard, clarified Butter, Suet or Oil. You may roll this Forc'd-fish into Balls with grated Bread; lay them round, and upon your Fish.

To Pickle Pork, a good Way.

BONE it, and cut it into such Pieces as will lie most convenient in your Powdering-tub, which must be large and sound to hold the Meat and preserve the Brine; the narrower and deeper your Tub is, the better 'twill keep the Meat; rub every Piece well with Salt-petre, then take one Part Bay-salt, and two Parts common Salt, and rub every Piece very well, and cover it with Salt, as you do a Flitch of Bacon; then strew Salt in the Bottom of your Tub, and lay the Pieces in as close as possible, strewing Salt round the Sides of the Tub: As your Salt melts on the Top, strew on more. It will keep a great while, and is very good.

To Collar a Pig.

SPLIT it up the Belly and Back, then take out all the Bones, wash it clean from the Blood, and lay it to soak in a Pan

of Water a Day and Night, shifting the Water as it grows red; then take it out and wipe it very dry, strew all the Inside of both Pieces very well with Salt, Pepper, Cloves, Mace and Nutmeg beat and grated; then roll them up as hard and tight as you possibly can in two Collars, bind them with a long Tape as close as 'twill lie, and after that sew them up in Cloths: The Liquor you boil them in must be a Quart of White-wine, a little good Vinegar, and the rest Water; there must be a great deal more than will cover them, because they must boil leisurely above three Hours; put into the Liquor a Piece of Ginger, a Nutmeg cut in Pieces, a few Cloves, and two Blades of Mace, a Sprig of Bays, and a few Leaves of Sage, with some Salt; when they are tender, take them up, and squeeze them tight in the Cloth, that they may come out in shape: When the Liquor they were boil'd in is cold, add half a Pint of Vinegar, and keep the Collars in it.

To make Veal-Cutlets.

CUT as many Slices of a Leg of Veal as will make a handsome Dish, beat them with your Rolling-pin, lay them single in a large Dish, and grate Nutmeg all over them, and strew them with Salt, lard some with Bacon and pour the Yolks of three Eggs, well

well beaten, over all; make them all moist with the Egg, and fry them of a fine Colour in Clarified Butter; put fresh Frying to every Dish: When they are all nicely fry'd, put some Gravy into the Pan, and the Juice of a Lemon, with Butter and Flour shook in; tofs up all 'till 'tis thick, and pour it over the Cutlets; garnish with Bits of Bacon fry'd, and Forc'd-meat Balls. If it be a Cow-Calf, fill the Udder and Fat with the Forc'd-meat, and roast it finely for the Middle. Make your Gravy for the Sauce, of the Bones and Skins you do not use; a Bit of Beef, Sweet-herbs, Spice, and White-wine, to make it look pale.

To make Dutch-Beef, a very good Way,

TAKE eight Pound of Buttock-Beef without Bone, rub it all over with six Ounces of coarse Sugar; let it lie two Days, then wipe it a little; then take six Ounces of Saltpetre beaten, a Pint of Petre-salt, and a Pint of White-salt, rub it well in, and let it lie three Weeks, rubbing and turning it every Day; then sew it up in a Cloth, and hang it in your Chimney to dry; turn it upside down every Day, that the Brine do not settle: Boil it in Pamp-water 'till 'tis very tender.

To Fricassay Chickens, or Sweet-Breads.

TAKE two or three Chickens (if small) wash them clean from the Blood, and cut them to Pieces, not too small, set them on in as much Water as will cover them; when they boil up, scum them very clean, then take them out and strain the Liquor; take Part of it, to which put some Pepper whole and beaten, a Blade or two of Mace, and Salt to your Taste, a little Lemon-peel, a very small Onion stuck with three or four Cloves, a quarter of a Pint of White-wine warm'd and put to it: Boil all these together 'till the Chickens are enough; then take three Spoonfuls of Cream, a little Flour mix'd with it, and put to the Chickens; shake it well over the Fire 'till it begins to thicken; then take the Yolks of two Eggs well beaten, a little grated Nutmeg and Juice of Lemon beat together with the Eggs; mix these with the Liquor very carefully, by little and little, for fear it curdle; put in half a Pound of good Butter, and shake it together 'till that be melted.

Another for the same.

TAKE three Chickens, flay them, and cut them into pieces, put them into a Stew-pan, with as much Gravy and Water as will just cover them; put in two Anchovies,

chovies, some whole Pepper, some Salt, and a Blade of Mace, a small Onion, with a few Cloves; set them to stew, and when they are almost enough, take them from the Liquor, and fry them in Vinegar, but a very little; strain the Liquor, and take as much of it as you shall want for Sauce, and add to it a little Parsly, Thyme, and Sorrel, boil'd green, and shred small, half a Pint of thick Cream, two Yolks of Eggs well beaten, some grated Nutmeg; shake all over the Fire 'till 'tis thick, throw in half a Pound of Butter, and shake it 'till that is melted.

To Stew a Hare.

PULL your Hare to pieces, and bruise the Bones, and put it into a Stew-pan, with three Pints of strong Broth, and at the same time put in an Onion, and a Faggot of Sweet-herbs; let it stew leisurely for four Hours, then put in a Pint of Claret; let it stew two or three Hours longer, 'till 'tis tender; take out what Bones you can find, with the Herbs and Onions, if not dissolv'd; put in an Anchovy or two with the Claret: Stewing so long, it will be thick enough; you need only shake it up with half a Pound of Butter, when ready for the Table.

To Roast a Calf's-Head.

AFTER the Head is nicely wash'd and pick'd, take out the Brains and Tongue; make a large Quantity of Forc'd-meat, with Veal and Suet well season'd, fill the Hole of the Head; skewer it, and tie it together upon the Spit: One Hour and an half roasts it: Beat up the Brains with a little Sage and Parsly finely shred, a little Salt, and the Yolks of two or three Eggs; boil and blanch the Tongue, cut it in large Dice, and fry that and the Brains, as also some of the Forc'd-meat in Balls, and some Slices of Bacon. The Sauce is strong Broth, with Oysters, Mushrooms, Capers, and a little White-wine thicken'd.

To Force a Leg of Lamb.

SLIT the Leg of Lamb down on the Wrong-side, and take out all the Meat, as near as you can, without cutting or cracking the Out-side Skin: beat it very small, with its Weight in good fresh Suet; add to it twelve large Oysters, two Anchovies, both neatly wash'd, and the Anchovies nicely bon'd; season it with Pepper, Salt, Mace, and Nutmeg, a little Thyme and Parsly nicely shred; beat all very fine together, and mix it up with the Yolks of three Eggs

Eggs; fill the Skin again with the Meat, and sew it up very carefully. The Meat that is left out must be fry'd for Garnish to the Loin which you must Fricassey as you do Chickens, and lay under the Leg of Lamb. You must tie the Leg on to the Spit, for any Hole will spoil the Meat; but 'tis easy to fasten the Back to the Spit with Pack-thread. In your Fricassey for this Lamb, leave out the Cream, and add a little Oyster-liquor, and fry'd Oysters.

The best way to Pot Beef, which is as good as Venison.

TAKE a Piece of lean Buttöck-Beef, rub it over with Salt-petre; let it lie one Night, then take it out and salt it very well with white and Bay-salt, put it into a Pot just fit for it, cover it with Water, and let it lie four Days; then wipe it well with a Cloth, and rub it with Pepper finely beaten; put it down close into a Pot without any Liquor, cover the Pot close with Paste, and let it bake with large Loaves six Hours at least; then take it out, and, when 'tis cold, pick it clean from the Skins and Strings, and beat it in a Stone-Mortar very fine; then season it with Nutmeg, Cloaves, and Mace finely beaten, to your Taste, and pour in melted Butter, which you may work up with it like a Paste: Put it close down and
even

even in your Pots, and cover it with clarify'd Butter.

To make Lobster-Loaves.

PICK out all the Meat of three little Lobsters, shred it a little; take a Piece of Butter, and brown it with Flour in a Sauce-pan; then stir in a very little Onion and Parsley shred very fine, and put in a little Pepper, a Spoonful of Anchovy Liquor, three or four Spoonfuls of good Gravy, three Yolks of Eggs well beat; stir all these over the Fire in the brown Butter, then put in the Lobster, and stir it a little together: Take three *French Rolls*, and cut a round Piece off the top of each, and pick out the Crumb, but do not break the Holes through the Sides of the Bread; fill up the Roll with the Mixture you have prepared; put on the Piece of Top you cut off, close, and tie them round with a Piece of Tape: Make some dripping boiling hot in your Frying-pan; and when you have just dipt the Roll in Milk, throw it into the Pan-full of scalding Liquor: When they are crisp, take them out, and take off the Tape: Be sure to put in three times as much Parsly as Onion. Thus you may do *Sbrimp* or *Oyster-Loaves*.

To Roast a Breast of Pork.

OUT of your Quarter cut off only a Knuckle, leaving as much Skin on the Breast as you can; take off the Neck, and leave a very large Breast; bone it, and rub it with Salt pretty well all over; then take Sage and a little Thyme shred small, a whole Nutmeg and a little Cloves and Mace finely beaten; strew the Spice and Herbs very thick all over the Meat, and rub it in; then roll it tight up, with the Flesh inward, stitch it fast together, and roast it lengthwise 'till 'tis full enough done.

To bask a Calf's-Head.

BOIL your Calf's-Head 'till the Meat is near enough for eating; take it up, and cut it in thin Slices; then take half a Pint of White-wine, and three quarters of a Pint of good Gravy, or strong Broth; put to this Liquor, two Anchovies, half a Nutmeg, and a little Mace, a small Onion stuck with Cloves; boil this up in the Liquor a quarter of an Hour, then strain it, and let it boil up again; when it does so, throw in the Meat, with a little Salt to your Taste, and some Lemon-peel shred fine; let it stew a little, and if you please, add Sweet-breads: Make Fore'd-meat Balls of Veal; mix the
Brains

Brains with the Yolks of Eggs, and fry them, to lay for Garnish. When the Head is ready to be sent in, shake in a Bit of Butter.

To Dress Hog's-Feet and Ears the best Way.

WHEN they are nicely clean'd, put them into a Pot, with a Bay-leaf, and a large Onion, and as much Water as will cover them; season it with Salt and a little Pepper; bake them with Household Bread; keep them in this Pickle 'till you want them, then take them out and cut them in handsome Pieces; fry them, and take for Sauce three Spoonfuls of the Pickle; shake in some Flour, a Piece of Butter, and a Spoonful of Mustard: Lay the Ears in the middle, the Feet round, and pour the Sauce over.

To Collar a Breast of Veal, to eat Hot.

BONE your Veal; take some Thyme, Sweet-marjoram, Pepper, Salt, grated Nutmeg, and beaten Mace, shred Suet, and Crumbs of Bread with a few Oysters; beat all these in a Mortar, to mix it together; strew it thick over the Veal; then roll it up into a Collar; then sew it tight in a Cloth, and boil it three Hours. Make your Sauce as for a white Fricassy, thicken'd with

with Cream, and Yolks of Eggs, boiling the Bones first for good Gravy; fry the Sweetbread in Bits neatly cut. Save some of the Stuffing, for Forc'd-meat; to which add Juice of Spinage, for Colour, and Yolks of Eggs, to make it roll tight, to fry or boil for Garnish in the Sauce, with the Sweetbread.

To make Stove-Veal.

TAKE a Fillet of Veal of a Cow-Calf, cut away an Inch of the middle Bone on each Side, that the Meat may lie flat in the Stew-pan; cut off the Udder, and slice it in long Pieces, and roll it in Seasoning of Pepper, Salt, Nutmeg, and Sweet-herbs finely shred; make Holes through the Fillet, and stick in these season'd Pieces of fat Udder as thick as you can, 'till the whole is stuff'd in, then lay Butter in the Pan, and put in the Meat; set it on a gentle Fire, turning and shaking it as you have Occasion; then scum off the Fat, and put in one Onion stuck with Cloves, a Lemon pared and cut in half and squeezed in: Continue to shake it. If your Fire be as slow as it ought to be, it will take five Hours to make it ready; One Hour before it is so, put in a large Pint of strong Broth. When the Meat is just enough, set on a Pint of Oysters, and a Pint of Mushrooms, with a little of the Broth, and two Spoon-

Spoonfuls of Capers. Let the Meat be again clean scum'd from the Fat, before you use the Liquor; thicken this with Flour, and pour it into the Dish to the Meat. 'Tis a grateful, savory Dish.

To make a Potatoe-Pye.

TAKE two Pound of *Spanish* Potatoes, boil them 'till tender; then peel them, and slice them the long way; lay them in the Dish; and take the Marrow of four large Bones, pick it out of the Bones in large Pieces, and lay it upon the Potatoes; put in two Ounces of preserv'd Barberries, as much Citron and Orange-peel, six Slices of Lemon dipp'd in Sugar, cut off the Rind; put in a quarter of a Pint of Sack: Cover it with Puff-paste; and when the Crust is baked, it is enough: Then cut off the Lid, that it may cool a little; and make a Caudle of half a Pint of Sack, half a Pound of Butter, the Yolks of four Eggs, and a quarter of an Ounce of beaten Cinnamon: Take care it does not turn. Make your Caudle very sweet, and pour it into the Pye.

To Stew Carp.

SCALE and wash your Carp clean before you open them; then slit them carefully, and save the Blood in Vinegar: take out all
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the Inside with Caution, for fear of breaking any thing, because they must not be wash'd on the Inside; put into their Bellies some whole Pepper, Salt, and a Blade of Mace; cover them in the Stew-pan, or Dish, with Claret and half as much Water, Spice, Sweet-herbs, and a bit of Horse-radish; stew them gently, and turn them when they are enough; lay them on the Dish to drain; and boil up the Sauce they were stew'd in, with two Anchovies bon'd and wash'd, the Vinegar the Blood was sav'd in, and a Pound of good Butter; thicken it with a little Flour before you put in your Butter.

Good Sauce for Boil'd Rabbits, instead of Onions.

BOIL the Livers, and shred them very small, and also two Eggs not boil'd too hard, a large Spoonful of grated white Bread; have ready some strong Broth of Beef and Sweet-herbs; to a little of that add two Spoonfuls of White-wine, and one of Vinegar; a little Salt, and some Butter; stir all in, and take Care the Butter do not oil: shred your Eggs very small.

A pretty Sauce for Woodcock, or any Wild-Fowl.

TAKE a quarter of a Pint of Claret, and as much Water, some grated Bread, two or three Heads of Rocambole, or Shallot, a little whole Pepper, Mace, and slic'd Nutmeg and Salt; let this stew very well over the Fire, then beat it up with Butter, and put it under the Wild-fowl, which being under-rosted, will afford Gravy to mix with this Sauce.

To Fry Oysters, for Garnish for Fish or Hash.

WASH them in their own Liquor, and dry them very well; then have some Yolks of Eggs beat up, with Spice and Salt finely beat, and Flour to make it thick enough to hang on the Oysters: Fry them quick, in clarified Beef-suet.

A sweet Pye, which may be made of young Lamb or Chickens.

TO two Chickens you may take eight Ounces of Marrow, or Butter, if that cannot be had; but a Loin of Lamb wants very little more than its own Fat: Season
 2 your

your Lamb or Chickens with Salt, Sugar, beaten Cloves and Mace; lay it into the Dish, and put in five Yolks of hard Eggs, with some of the Forc'd-meat Balls, made as follows: Shred a Pound of lean Veal, with a Pound and half of Beef-suet, a very little Parsly, Spinage, and Thyme, shred very small, mix'd up with grated Bread, the Yolks of two Eggs, and season it with Cloves, Mace, Salt, and Sugar; beat all fine, and colour it with a little Juice of Spinage; make it into large Balls, and put as many in as will lie well; shred a Lemon Peel fine, and strew in; put in also some Sweet-meats, and a Coffee-cup of Water with the Juice of a large Lemon; cover it with Puff-paste, and when it comes out of the Oven, cut off the Lid, to let the Fierceness of the Heat go out, before you put in your Caudle, which must be half a Pint of White-wine, thicken'd with the Yolks of three Eggs, and sweeten'd as you find Occasion.

To Stew Herrings.

FIRST broil them very brown, then have ready some White-wine, made hot with an Anchovy, a Blade of Mace, and a Bit of Onion, with a little whole Pepper, all stew'd in the Wine; then cut off the Heads of the Fish, and bruise them in the Wine and Spice, and take them out again, before you put in
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your Herrings; let them stew over Coals, in a Dish that they may lie at Length in; let them stew on both Sides, till they are enough at the Bone; take them out, and shake up the Sauce with Butter and Flour. 'Tis a very good way to dress them.

To make Saufages.

TAKE almost the double Weight of Fat to your lean Pork, and pick both clean from Bones, Skin, and Kernels; shred it severally very fine; then mix and shred it together, and to four Pounds of this Meat, you may put a very large Nutmeg, the Weight of the Nutmeg in Cloves and Mace, and almost the Weight of all the Spice in Pepper; beat all fine, and let your Heap of Salt be as big again as the Spice and Pepper; shred a large Handful of fresh Sage, and a little Thyme, very fine; grate two Spoonfuls of White Bread, and take two Yolks of Eggs, mix all very well together, and fill your Skins: If you love Oysters, half a Pint shred to this Quantity, gives it a rich Taste; these roll and fry without Skins, and keep better in a Pot; add the Yolks of Eggs, when you use them. *Norfolk Links* are only fat and lean Pork, more grossly cut; and the Seasoning, Pepper, Salt, and a large Quantity of Sage shred small, and put in large Skins.

To make a Hog-Meat Pie.

TAKE two Buttock-Pieces, or Rearing-Pieces of Pork, ('tis what Lean is cut off the Gammon on the Inside of the Flitch) cut some of the Fat off the End of the Chine, and beat Fat and Lean together very small; season it with Pepper, Salt, Mace, and Nutmeg; tie the Meat, when beat and season'd in a wet clean Cloth; lay it into the Shape you would have it, in the Cloth, and cut some long Slips of the Chine-Fat, to mix and lay between every Layer of the beaten Meat; when 'tis thus laid round, and in Order, tie it up hard, and lay a heavy Weight, to press it very hard and close, for three or four Hours: Make your Pie, and when you have laid in the Meat, lay half a Pound of Butter over the Meat: Just as you set it into the Oven, pour in a quarter of a Pint of Claret: When you draw it, if you find it dry, pour in melted Butter.

Scotch Collops, a very good Way.

TAKE a Fillet of Veal, cut away the outside Skin, and cut it out in thin Collops, with the Grain, hack them with the Back of your Knife, lard some of them with Bacon, and season all of them with Salt, Nutmeg, and Thyme, Parsly, and a little Savory;

shred all the Herbs very small, then fry them in a good Quantity of clarify'd Butter, till they look of a fine Yellow; take care they are not burnt black; when they are so done, lay them before the Fire to drain; pour the Butter they were fry'd in, from the Gravy; and put to the Gravy three Anchovies, a little strong Beef-broth, a little Oister-liquor, and Oisters, with a quarter of a Pint of Claret; let your Oisters stew thus, till they are enough, then shake in five or six Ounces of Butter; rub the Pan first with Shallot, put in the Yolks of three Eggs, and take care to stir or shake it constantly, for fear of curdling: Just before you pour it out, squeeze in the Juice of a Lemon, and pour it over the Collops: You must have Forc'd-meat Balls, and Mushrooms, and some fry'd Oisters, with slic'd Lemon, for Garnish.

To Stew Oisters.

TAKE a Quart of Oisters, and clear them well from Bits of Shells and Dross in their own Liquor, then strain that Liquor, and put to it a large Blade of Mace, a small Nutmeg slic'd, and a little Salt; let your Oisters boil in this Liquor, and scum them clean; when they are near enough, put to them some Parsly shred fine, and a little Shallot, if you love it; also shred fine the
Yolks

Yolks of four Eggs, and near half a Pound of Butter: Shake it constantly.

To make Lobster-Pies.

WHEN your Lobsters are boil'd, take them clean out of the Shells, slice the Tails and Claws thin; season them with Pepper, and a little Mace and Nutmeg beat fine; take the Bodies with some Oysters shred, mix it up with a little Onion fine shred, a little Parsly fine shred, and a little grated Bread, and season it as the rest; then take the Yolks of raw Eggs, to roll it up in Balls; lay all into the Pie, with Butter at Bottom and Top of the Fish; when it comes out of the Oven, pour in a Sauce of strong Gravy, Oyster-liquor, and White-wine, thicken'd with the Yolk of an Egg: 'Tis to eat hot.

To boil a Turkey, or any Fowl, with Oyster Sauce.

WASH your Oysters very clean in their own Liquor, which Liquor you must then strain out into a clean Sauce-pan; put in your Oysters, with a Bundle of sweet Herbs, an Onion, some Mace, whole Pepper, and a Bit of Lemon Peel: Then take fifteen, if large, of these Oysters, with a little grated Bread, twice as much Beef-suet, shred small, the Yolks of four hard Eggs, two Anchovies,

chovies, a very little Onion fine-shred, Salt, Pepper, Nutmeg, Thyme, and Winter-savoury; shred all together very fine, and mix it up with a Yolk of raw Egg; stuff the Turkey, or Fowls under the Skin on the Breast; while they boil, set your Oysters, for the Sauce, to stew very gently over the Fire; when they are almost enough, take them out, and put in a quarter of a Pint of White-wine, and half a Pint of strong Gravy, with an Anchovy, Herbs, and Spice, first boil'd in, and strain'd clean out of the Gravy; when all this is boil'd together, put in as much Butter as will make it thick, and well tasted, 'twill take near a Pound to a Quart of Oysters: If you find it so thin as to part, mix a little Flour in a Bit of the Butter, then throw in your Oysters again, the Juice of a Lemon, and some shred Parsly, to look green: Pour it over the Fowl; and garnish with Oysters and Lemon.

*To make Westphalia-Hams; absolutely
the best Way to do them.*

CUT your Leg of fat large Pork, as like a right Ham as you can (black Hogs make the best) hang it up two Days, then beat it very well on the fleshy Side with a Rolling-pin; rub in an Ounce of Salt-petre (finely beaten) in every Place, so let it lie a Day and Night; then take an Ounce of
beaten

beaten Salt-prunel, with two large Handfuls of common Salt, and a Handful of Bay-salt, a Pound of coarse Sugar; mix all these together, and warm them thorough-hot in a Stew-pan, but be sure not to melt it, and while 'tis hot, rub it all over the Ham very well, with two large Handfuls more of Salt; thus let it lie, till it melts to Brine, then turn it every Day twice, and baste it with that Brine, for three Weeks together: Dry it as Bacon.

Note, That your Handfuls of common Salt be very large.

To Pot Neats-Tongues, a better Way than Drying them.

PICKLE them red, as you do to dry; and when you think them salt enough to dry, boil them very tender; take them up, and peel them, and rub them with Pepper, Cloves, and Mace, all over; then turn them round into a Pot to bake: Lay them in single Pots on their Side; you must cut off the Root as well as the Skin, and cover them with Butter: Bake them with brown Bread; when they come out of the Oven, pour out the Gravy, and let the same Butter serve, when clear'd; if there is not enough, add more clarify'd.

To pot Salmon, as at Newcastle.

TAKE a Side of Salmon, scale and wipe it very well and clean; but don't wash it; salt it very well, and let it lie till the Salt be melted, and drain'd from it; then season it with beat Mace, and Cloves, and whole Pepper; lay in three or four Bay-leaves, and cover it all over with Butter: When 'tis well bak'd, take it out, and let it drain from the Gravy; then put it into your Pot to keep, and, when cold, cover it with clarify'd Butter. Thus you may do Carp, Tench, Trout, or any firm Fish.

To Pickle Mackarel, call'd Caveach.

CUT you Mackarel into round Pieces, and divide one into five or six Pieces: To six large Mackarel you may take one Ounce of beaten Pepper, three large Nutmegs, a little Mace, and a Handful of Salt; mix your Salt and beaten Spice together, and make two or three Holes in each Piece, and thrust the Seasoning into those Holes with your Finger; rub the Pieces all over with the Seasoning; fry them brown in Oil, and let them stand, till they are cold; then put them into Vinegar, and cover them with Oil. They will keep, well cover'd, a great while, and are delicious.

To Stew a Rump of Beef.

FIRST boil it more than half enough, then take it off the Fire, and peel the Skin off the Top; have ready some Pepper, beaten Mace, grated Nutmeg, Salt, shred Thyme, Savory, Marjoram, and Parsly; stuff it in large Holes thro' the Fat; lay the rest of the Seasoning all over the Top; and to bind it on, spread over it the Yolk of one or two Eggs. Be sure to save the Gravy that runs out in stuffing, to which add a Pint of Claret, and some Vinegar; put it in a deep Pan that will not be too big, but let the Liquor come up to the Top: Bake it two Hours; and when you put it in a clean Dish, pour the Gravy and Wine it was bak'd in, all over.

To make a good Forc'd-Meat for any Use.

TAKE a Pound of Veal, and full its Weight in Beef-suet, a Bit of Bacon; shred all together, beat it in a Mortar very fine; then season it with sweet Herbs, Pepper, Salt, Cloves, Mace, and Nutmegs; and when you roll it up to fry, add the Yolks of two or three Eggs, to bind it. You may add Oysters or Marrow, on extraordinary Occasions.

To Pot Lamprey.

SEASON your Fish with Pepper, Salt, and Nutmeg, a large Onion stuck with Cloves, three Spoonfuls of Claret; cover it with Butter, and bake it; when 'tis enough, take it out, and strain it from the Liquor; pour off the clear Butter, and add to it as much more as will cover the Fish, in a Pan fit to keep it, and bring to Table. Remember always to clarify all the Butter you pour over potted things.

A Westphalia-Ham Pie.

BOIL your Ham as tender as you usually do to eat when 'tis cold; bone and skin it; season it with Pepper, Cloves, and Mace beaten; put it into very good Crust, or into a Dish cover'd over with Pasty-crust. Before you lid it, lay in Butter; and when it comes out of the Oven, put in clarify'd Butter. 'Tis good either hot or cold.

To Pickle Codlins, like Mangoe.

MAKE a Brine of Salt and Water, strong enough to bear an Egg, into which put half an hundred of the fairest and largest Codlins you can get; they must be full grown, but not full ripe; let them lie in
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this Brine nine or ten Days, shifting the Pickle every other Day, then dry them, and very carefully scoop out the Core: Take out the Stalk so whole, as that it may fit in again; and you may leave the Eye in, if you don't put your Scoop quite thro'; fill it, in the room of the Core, with Ginger slic'd thin, and cut short, a Clove of Garlick, and whole Mustard-seed, as much as it will hold: Put in the Piece, and tie it up tight. Make your Pickle of as much White-wine Vinegar as will cover them, with slic'd Ginger, Cloves of Garlick, and whole Mustard-seed: Pour this Pickle boiling-hot upon them every other Day, for a Fortnight or three Weeks. Stone Jars are best for all Sorts of Pickles.

And this is as good a Way as any for a middling large *Cucumber*; only don't cut them to put the Garlick and Mustard-seed in; for they keep much longer, and eat much crisper, if you let them be whole. But neither *Cucumbers*, *Peaches*, nor *Melons*, are comparable to *Codlins*, for imitating the right *Mangoe*.

To Pickle Wallnuts.

TAKE a hundred of the large *French* Wallnuts, at the Beginning of *July*, before they have a hard Shell; just scald them, that the first Skin may rub off; then throw them into Water and Salt for nine or ten Days,

Days, shifting them every other Day, and keep them close cover'd from the Air; then dry them; and make your Pickle of two Quarts of White-wine Vinegar, Long Pepper, Black Pepper, and Ginger, of each one Ounce; Cloves, Mace, and Nutmegs, of each half an Ounce; beat the Spice, and with it a large Spoonful of Mustard-seed; strew this between every Layer of Wallnuts, and pour your Liquor boiling-hot upon them three or four times, or oftener, if you see Occasion: Be sure to keep them close stopp'd. A Spoonful of this Pickle is good in Fish, or any savoury Sauce. Three or four Cloves of Garlick do well, if you do not dislike the Taste.

To Pickle Mushrooms.

GA THER the smallest Buttons, cut off the Bottom of the Stalk, and throw them into Water and Salt; then rub them with a coarse Cloth or Flannel very clean, and throw them into another Pan of clean Water: Boil them in Milk and Water; take them out upon a clean Cloth: When they are dry, put them into Glasses, with white Pepper-corns, and a good Quantity of Mace; make your Pickle of half White-wine, and half good sharp White-wine Vinegar; many put it to the Mushrooms unboil'd: If you boil it, you must let it stand to be cold, before

fore you pour it to the Mushrooms. Pour good Oil on the Top of the Pickle: It keeps them best; and put them in as small Glasses as you can, because they soon decay, when they have taken Air.

To Pickle Neats-Tongues, very good.

LA Y your Tongues twelve Days in common Salt, and Salt-petre, then boil them very tender, and blanch them; cut off the Root, and lay them into a Pot, and pour over them a Pickle made of good White-wine Vinegar, which you must boil up with Pepper, Cloves, Mace, and a little Ginger; when 'tis ready to take off the Fire, throw in a Piece of Lemon Peel, and three or four Bay-leaves; put it not to the Tongues till cool; tie them close from the Air. A little of the Pickle, with good Oil, is their Sauce.

To Pickle Pigeons.

BONE them neatly, and season them with Salt, Pepper, Cloves, and Mace; sew them up at the Back, and tie the Neck and Rump; boil them in two Quarts of Water, a Pint of White-wine, and as much White-wine Vinegar; put into it a small Faggot of sweet Herbs, and a Bit of Lemon Peel. When the Pigeons are enough, take them off the Fire: When they are out, boil
and

and scum the Pickle very clean; pour it not to the Pigeons, till 'tis cold.

To Pickle Smelts.

GUT, and wash them clean, then lay them in Rows, and put Pepper, Nutmeg, Cloves, Mace, and Salt, between every Layer of Fish, and four or five Bay-leaves, powder'd Cochineal, and Petre-salt, beat and mix'd with the Spice: Boil (as much as will cover them) good Red-wine Vinegar, and put to them when cold. They exceed *Anchovies.*

To Pickle Oysters.

TAKE a Peck of very large Oysters; when carefully open'd without cutting, wash them three or four Times in their own Liquor; strain the Liquor, and put that into a Skillet: When it boils, put in your Oysters, with half an Ounce of White Pepper, and five or six Blades of Mace: Let them boil, till they begin to shrivel up; then take them out of the Liquor, and cover them close, while the Spice and Liquor boil a quarter of an Hour longer; then pour it on the Oysters; and always keep them as much from the Air as you can, to keep their Colour.

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An Apple-Pudding to Bake, very good.

TAKE twelve fair large Pippins, coddle them over the Fire very slowly, that they do not crack; when they are soft, peel and core them, and pulp them through a Cullender: Add to this three Spoonfuls of Orange-flower Water, ten Eggs well beat and strain'd, half a Pound of very good Butter melted; make it very sweet, the Apples require it: Add candy'd Orange, Lemon, or Citron Peel: Put a Sheet of Puff-paste into a Dish, and pour in your Pudding; bake it with Care: 'Tis done in half an Hour.

The best Orange-Pudding that ever was tasted.

PARE the yellow Rind of two fair *Seville* Oranges, so very thin, that no Part of the White comes with it; shred and beat it extremely small in a large Stone Mortar; add to it, when very fine, half a Pound of Butter, half a Pound of Sugar, and the Yolks of sixteen Eggs; beat all together in the Mortar, till 'tis all of a Colour; then pour it into your Dish in which you have laid a Sheet of Puff-paste. I think grating the Peel saves Trouble, and does it finer and thinner, than
you

you can shred, or beat it: But you must beat up the Butter and Sugar with it, and the Eggs with all, to mix them well.

A Rice-Pudding.

GRIND, or beat half a Pound of Rice to Flour; mix it, by Degrees, with three Pints of Milk, and thicken it over the Fire with Care, for fear of burning, till 'tis like a Hafty-pudding; when 'tis so thick, pour it out, and let it stand to cool: Put to it nine Eggs, (but half the Whites) three or four Spoonfuls of Orange-flower Water: Melt almost a Pound of good Butter, and sweeten it to your Taste. Add Sweet-meats, if you please.

White Hogs-Puddings.

TAKE a Quart of Cream, and fourteen Eggs, (only half the Whites) beat them but a little; and when the Cream boils, put in the Eggs; keep them stirring on a gentle Fire, till 'tis all a thick Curd: After 'tis almost cold, put to it a Pound of grated white Bread, two Pounds of Suet shred very fine, two Nutmegs grated, some Citron cut small, half a Pound of Almonds beat small, with Orange-flower Water, Salt, and Sugar to your Taste: To this you may put three
quarters

quarters of a Pint of Cream, when you go to filling.

A Neats-Foot Pudding.

TAKE to a Pound of Neats-foot finely shred, three quarters of a Pound of Suet shred as small, a whole Nutmeg grated, candy'd Orange minc'd, some Salt, and some Currants, a little grated Bread, and some Eggs (leave out half the Whites); flour the Bag, and let it boil two Hours and a half at least. The Sauce is Sack, Sugar and Butter melted.

Custards, very good.

BOIL a Quart of Cream, then sweeten it with fine powder'd Sugar; beat eight Yolks of Eggs, with two Spoonfuls of Orange-flower Water; stir this in the Cream, and strain all thro' a Sieve: Fill your Cups or Crust, and bake them with Care.

Orange Cheese-Cakes, very good.

BLANCH half a Pound of sound Sweet Almonds, beat them very fine, with two Spoonfuls of Orange-flower Water, half a Pound of Sugar beat and sifted, three quarters of a Pound of melted Butter: Put to the rest, when almost cold, eight Eggs, leav-
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ing out half the Whites; beat and strain them: Boil the Peel of a *Seville* Orange, till the Bitterness is out, beat it fine, and mix it with the rest; put it into very light Crust: 'Tis an incomparable Cheese-cake without the Orange.

*Another Cheese-cake, without Curd,
very good.*

TAKE a Quart of Cream, and seven Eggs, Yolks and Whites; beat three of the Eggs, and put as much Rice-flour to them, as will make them thick as a Paste; then put in the other four Eggs, being a little beaten, and stir all well together; set on your Cream to boil, and put in your Eggs and Rice, stirring it all the time, till 'tis a pretty thick Curd: When 'tis cold, season one Part with a Spoonful or two of Sack, Nutmeg, Sugar, and Currants; and the other with Orange-flower Water, Ambergreece, and Sugar: Put them in a very good Crust: A little Time bakes them.

A good Cheese-cake, with Curd.

TO a Pound and half of Cheese-curd, put ten Ounces of Butter; beat both in a Mortar, till all looks like Butter; then add a quarter of a Pound of Almonds, beat with Orange-flower Water; a Pound of Sugar, eight

eight Eggs, half the Whites, a little beaten Mace, and a little Cream, beat all together: A quarter of an Hour bakes them in Puff-crust, and in a quick Oven.

Thin Cream Pan-cakes, call'd a Quire of Paper.

TAKE to a Pint of Cream, eight Eggs, leaving out two Whites, three Spoonfuls of fine Flour, three Spoonfuls of Sack, and one Spoonful of Orange-flower Water, a little Sugar, a grated Nutmeg, and a quarter of a Pound of Butter, melted in the Cream; mingle all well together, mixing the Flour with a little Cream at first, that it may be smooth: Butter your Pan for the first Pan-cake, and let them run as thin as you can possibly, to be whole; when one Side is colour'd, 'tis enough; take them carefully out of the Pan, strew some fine-sifted Sugar between each; lay them as even on each other as you can: This Quantity will make twenty.

An Almond-Pudding.

BEAT half a Pound of good sweet Almonds, with Orange-flower Water, grated Biskets, three or four, as they are for Size, half a Pound of Butter, and four large Spoonfuls of Sack, eight Eggs, leaving out
D 2 half

half the Whites, and a Quart of Cream, with Sugar to your Taste; put a Puff-paste at the Bottom of the Dish; and garnish the Edge with Paste; so pour it in, and bake it: Those that love not Orange-flower Water, may put a grated Nutmeg instead of it, and beat the Almonds with fair Water, for fear of oiling.

Orange-Pudding.

TAKE three fair Oranges, cut them, and squeeze off the Juice into a clean Pan; boil the Peels in two or three Waters, 'till the Bitterness is off; then pick out the Pulp and Strings, and beat the Peel very fine in your Mortar, with Orange-flower Water, then mix it up with the strain'd Juice; add to it nine Eggs, leaving out four Whites, half a Pound of Butter, and Sugar to your Taste; put a Puff-paste at the Bottom of the Dish, and garnish the Edge of the Dish with Paste: Some People only grate in the Peels raw, and leave out the Juice; but I think the above-written Way is the most grateful and pleasant. *Note*, You must beat all in the Mortar, a full Hour at least, till the Ingredients look all alike.

A Custard Sack-Poffet.

TAKE a Quart of Cream, boil it, and season it well with Sugar; then take ten Eggs, with two Whites, beaten very well,

well, strain them to half a Pint of Sack, stir the Eggs and Sack with Care over the Fire, till 'tis very hot; then pour in the Cream, holding it very high, and stir all very well together; cover it close, and set it over a Kettle of Water, till 'tis come as thick and smooth as a Custard: 'Tis by much the best Sort of Poffet that is made.

Cheese-Curd Pudding.

TAKE the Curd of a Gallon of new Milk, drain'd from the Whey, beat it very well in a Mortar, with half a Pound of Butter; then take six Eggs, but three of the Whites, beat them very well, and strain them to the Curd; two grated *Naples* Biskets, or a Half-penny Loaf, if they cannot be had, with half a Pint of Flour; mix all these together, and sweeten it to your Palate: Butter your Patty-pans very well, fill, and bake them; let not the Oven be too hot; turn them out, and pour over them Sack, Sugar, and Butter melted very thick; cut Slips of candy'd Orange Peel, or Citron, to stick up in them; and slice blanch'd Almonds for those that have not Sweet-meats.

A very good Tansy.

TAKE a Pint of Milk, and a Pint of Cream, about a Pint of Juice of Spinage, which must be well dry'd after washing, before you stamp it; strain it, and pour it in; beat fifteen Eggs, with a little Salt, leave out eight Whites, strain them into the other things, put in near a Pint of grated Bread or Bisket; grate in a whole large Nutmeg, and as much Sugar as will make it very sweet; thicken it over the Fire as thick as a Hafty-pudding; put it into a butter'd Dish, and a cool Oven: Half an Hour bakes it.

To make Hogs-Puddings.

TAKE the Hog's Tongue, and some of the Lights, with a Piece of Liver; when all is boil'd tender, grate the Liver, and chop the Tongue and Lights very small; put this to a Gallon of grated Bread, three Pounds of Currants, Mace, Cinnamon, Nutmeg, Salt, and Sugar; nine Eggs, leave out four Whites, three Pounds of Suet finely shred: Wet it with the Top of the Liquor you boil'd your Meat in; it must not be too limber; When 'tis ready, fill your Skins,

Liver-

Liver-Puddings, *very good.*

TAKE the Crumb of a Two-penny white Loaf grated, a Pound of Marrow, or fresh Beef-suet, so finely shred as to go thro' a Cullender; take a Pound of Hogs Liver boil'd, grate and sift that very fine; boil a Quart of Cream with a Blade of Mace, and sweeten it; grate a Nutmeg, and put it to the rest; beat up six Eggs with the Whites, a little Salt, and a Spoonful of Orange-flower Water; mix all together, and fill your Skins: If you like Currants, you must plump them before they go in.

A Sagoe-Pudding.

TAKE half a Pound of Sagoe, and wash it well in three or four hot Waters, then put to it a Quart of new Milk, and let it boil together, till thick as a Hasty-pudding; stir it carefully, for 'tis apt to burn; put in a Stick of Cinnamon, when you set it on the Fire; when 'tis boil'd, take it out: Before you pour it out, stir in near half a Pound of Butter, beat nine Eggs, with four Spoonfuls of Sack, leave out four Whites, stir all together, sweeten it to your Taste, and put in a quarter of a Pound of plump'd Currants;

lay a Sheet of Puff-paste under, and to garnish the Brim.

To Stew Golden-Pippins, a very good Way.

PARE them, and nicely scoop out the Core, with a very small Scoop: Throw them into Water, to preserve their Colour; to a Pound of Pippins thus prepar'd, take half a Pint of double-refin'd Sugar, and one Pint of Water; boil and scum the Syrup, before you put in the Pippins; when the Pippins are in, let them boil apace, to make them clear, and when they are so, put in a Bit of Lemon Peel, and the Juice of Lemon to your Taste.

Harts-Horn, or Calf's-Foot Jelly, the best Way.

TAKE to half a Pound of good Harts-horn, three Quarts of fair Water, let it boil very slowly, till above one Quart be consum'd; if you cannot get Harts-horn, one Set of Calf's-feet will make more in Quantity, and taste almost as well; the Look, with Care, will be the same; strain this Liquor, and let it stand to cool; the stronger you make your Jelly, the more Ingredients you may use; to make it palatable, when it is settled, as it will be the next Day, take
off

off what is clear of the Harts-horn, and of the Calf's-foot Jelly; you must take off the Fat from the Top, as well as leave the Dross at the Bottom; to these two Quarts of strong Jelly, you may put a Pint of Rhenish, and a quarter of a Pint of Canary; beat up the Whites of five Eggs to a Froth; stir all together with Sugar, to make it very sweet; mix it well, and set it on the Fire, and stir it till it melts and curdles; then put in the Juice of five large Lemons, and a Bit of the Peel; let this boil up, then pour it thro' your Jelly-bag, and pass the first Quart or two, over and over again, till 'tis perfectly fine.

To make Almondnet, or White Jelly.

BLANCH half a Pound of Almonds, and beat them very fine, with a little Orange-flower Water, just enough to keep them from oiling; when they are pounded as small as 'tis possible to do them, mix them up with some of your Jelly, that is not so much weaken'd with Wine and Lemon; this will colour a Pint and half of the Jelly; pass this through a very fine Hair-Sieve very often, and stir it till it grows thick, that the Colour of the Almond may not settle to the Bottom; pour it into pretty shap'd Glasses, that it may look handsome, when turn'd out upon *China* Plates. This
Jelly

Jelly must be made very good tasted, tho' you may abate a little of the Wine, and Juice of Lemon, because the Almonds supply that Want; and then being serv'd out of the Glasses, it wants Strength.

Lemon-Cream, the best Way.

TAKE three smooth fair Lemons, pare them, and squeeze out the Juice; cut the Peel in small Pieces, and put it to the Juice; for two or three Hours, cover it close; and when it tastes of the Peel, add to it the Whites of four Eggs, and the Yolks of two; beat this well with two Spoonfuls of Orange-flower Water; then put all these to a Pint of fair Water, strain it, and sweeten it with double-refin'd Sugar; set it over a gentle Fire, and stir it carefully, till 'tis as thick as Cream: Put it into your Jelly-Glasses.

To make Black-Caps, the best Way.

TAKE a dozen and half of very large *French Pippins*, or *Golden-Reinettes*; cut them in half, and lay them with the flat Side down to the Mazarine, which must be large; lay them single, as close by each other as they can lie; squeeze a large Lemon into two Spoonfuls of Orange-flower Water, and pour over them; shred Lemon Peel very fine, and shake between; and grate double-refin'd Sugar

Sugar all over them ; put them into a quick Oven, and they are done in half an Hour.

Almond-Cream.

TAKE half a Pound of good Almonds, blanch and beat them very fine, with Orange-flower Water ; take a Quart of Cream boil'd, cool'd, and sweeten'd ; put the Almonds into it, and when they are mix'd, strain it thro' a Canvas, then stir it over the Fire, till it thickens, and pour it into Glasses ; if you love it richly perfum'd, put in a Grain of Ambergreefe.

To make Orange-Cream.

TAKE four Oranges, and grate the Peels into a Pint of Water ; then squeeze the Juice into the Water ; beat the Yolks of four Eggs very well, and put into the Water ; sweeten it very well with double-refin'd Sugar ; press all hard thro' a strong Strainer ; set in on the Fire, and stir it carefully all one way, till 'tis as thick as Cream ; then pour it into your Glasses.

A very Rich Almond-Cream, to Jelly.

MAKE a very strong Jelly of Harts-horn ; and that it may be so, put half a Pound of good Harts-horn, to a Quart and half

half a Pint of Water; let it boil away near half; strain it off thro' a Jelly-bag; then have ready, beaten to a very fine Paste, six Ounces of Almonds, which must be carefully beat with one Spoonful of good Orange-flower Water, with six or eight Spoonfuls of very thick sweet Cream; then take near as much Cream as you have Jelly, and put both into a Skellet, and strain in your Almonds; sweeten it to your Taste with double-refin'd Sugar; set it over the Fire, and stir it with Care constantly, till 'tis ready to boil; so take it off, and keep it stirring, till 'tis near cold; then pour it into narrow-bottom'd Drinking-glasses, in which let it stand a whole Day: When you would turn it out, put your Glasses into warm Water for a Minute, and 'twill turn out like a Sugar-loaf. This is call'd *Steeple-Cream*.

To make Orange-Poffet.

SQUEEZE the Juice of two *Seville* Oranges, and one Lemon, into a *China* Bason, that holds about a Quart; sweeten this Juice, like a Syrup, with double-refin'd Sugar, put to it two Spoonfuls of Orange-flower Water, and strain it thro' a fine Sieve; boil a large Pint of thick Cream, with some of the Orange Peel in it cut thin: When 'tis pretty cool, pour it into the Bason of Juice through a Funnel, which must be held as high

high as you can from the Bason: It must stand a Day before you use it. When it goes to Table, stick Slips of candy'd Orange, Lemon, and Citron Peel on the Top.

Pistachia-Cream, very good.

TAKE an Ounce of the Kernels of *Pistachia* Nut, beat them small with two Spoonfuls of Orange-flower Water, and four Yolks of Eggs; boil a Quart of Cream, and mix all together: When the Cream is so cool it will not curdle the Eggs, thicken it over the Fire with great Care, and put it into your Glasses.

To make Fry'd Cream.

TAKE a Quart of good new Cream, the Yolks of seven Eggs, a Bit of Lemon Peel, a grated Nutmeg, two Spoonfuls of Sack, as much Orange-flower Water: Butter your Sauce-pan, and put it over the Fire; stir it all the while one way with a little white Whisk, and as you stir, strew in Flour very lightly, 'till 'tis thick and smooth; then 'tis boil'd enough, and may be pour'd out upon a Cheese-plate or Mazarine; spread it with a Knife exactly even, about half an Inch thick, then cut it in Diamond-squares, and fry it in a Pan full of boiling sweet Suet.

To make a very good Barley-Gruel.

OF three Ounces of Pearl-barley make a Quart of Barley-water; shift it once or twice, if 'tis not white; put to it four Ounces of Currants clean pick'd and wash'd; when they are plump'd, pour the Gruel out to cool a little, and beat up the Yolks of three Eggs, and put into it, with half a Pint of White-wine, and half a Pint of new thick Cream, the Peel of a Lemon, and as much Sugar as you like; stir it gently over the Fire, till 'tis as thick as Cream. 'Tis a pretty wholesome Spoon-meat for Suppers.

To make the Thick Square Cream-Cheese, as at Newport.

YOU must get a Vat made a quarter and half high; the Bottom (nor Top) must not be fasten'd in; it must be four-square, with Holes all over; then take two Quarts of good thick Cream, two Quarts of Stroakings, and a Gallon of new Milk; set it with Runnet, as for common Cheese; when 'tis come, take out the Curd with a *China* Saucer, and put it into the Vat; strew a little clean dry Salt in two or three Places, as it is laid in; and as the Curd sinks, fill up the Vat, till all the Cheese is in; press it as other Cheese: Let it stand in the Vat two or three Days,
till

till all the Whey is out, and turn'd often, while 'tis in; salt it two Days: When you take it out, you must let it dry without rubbing; and make it in *May*. If you desire it exactly four-square, let the Vat be full a quarter and half high, and the Square want an Inch of a quarter.

To make a pretty Sort of Flummery.

PUT three large Handfuls of Oatmeal, ground small, into two Quarts of fair Water; let it steep a Day and Night; then pour off the clear Water, and put the same Quantity of fresh Water to it; strain it thro' a fine Hair-sieve, and boil it till 'tis as thick as Hasty-pudding; stir it all the while, that it may be extremely smooth: And when you first strain it out, before you set it on the Fire, put in one Spoonful of Sugar, and two of good Orange-flower Water. When 'tis boil'd enough, pour it into shallow Dishes, for your Use.

To make Harts-horn Flummery.

PUT a Pound of Harts-horn Shavings to three Quarts of Spring-Water, boil it very gently over a soft Fire, till 'tis consum'd to one Quart; then strain it thro' a fine Sieve into your Bason, and let it stand till cold; then just melt it over the Fire, and put
to

to it half a Pint of White-wine, a Pint of new thick Cream, and four Spoonfuls of Orange-flower Water; scald your Cream, and let it be cold, before you mix it with Wine and Jelly; put in double-refin'd Sugar to your Taste, and then beat it all one way, for an Hour and an half at least; for if you are not thus careful in beating, 'twill neither mix, nor look to please you. Let the Cups you pour it into, be dipp'd in clean Water; for if they are dry, it will not turn out well: Keep it in the Cups a Day before you use it. When 'tis sent to Table, you must turn it out, and stick it all over the Top with blanch'd Almonds cut in Slips. Eat it in Cream, or Wine, which you you like best.

A Whipp'd Syllabub, extraordinary.

TAKE a Quart of Cream, and boil it, let it stand till 'tis cold; then take a Pint of White-wine; pare a Lemon thin, and steep the Peel in the Wine, two Hours before you use it; to this add the Juice of a Lemon, and as much Sugar as will make it very sweet: Put all this together into a Bason, and whisk it all one way, till 'tis pretty thick: Fill your Glassess, and keep it a Day before you use it; 'twill keep good three or four Days. Let your Cream be full Measure, and your Wine rather less. If you like it perfum'd, put in a Grain or two of Ambergreese.

Panada,

Panada, for a Sick or Weak Stomach.

PUT the Crumb of a Penny White-loaf grated into a Quart of cold Water; set both on the Fire together, with a Blade of Mace: When 'tis boil'd smooth, take it off the Fire, and put in a Bit of Lemon-peel, the Juice of a Lemon, a Glass of Sack, and Sugar to your Taste. This is very nourishing, and never offends the Stomach. Some season with Butter and Sugar, adding Currants, which on some Occasions are proper; but the first is the most grateful and innocent.

To make Sagoe.

PUT an Ounce of Sagoe to a Pint of Water, set it over the Fire, and stir it carefully 'till 'tis thick; season it with three Spoonfuls of Sack or White-wine, a Bit of Lemon-peel, and the Juice of a Lemon. Sweeten it to your Taste.

To make Salep.

PUT half an Ounce of Salep to a Pint of Water, set it over the Fire, and stir it 'till 'tis as thick as Chocolate, and season it with Rose-Water, or Orange-flower Water, or Sack: If you like it better, a little Juice of Lemon and Sugar. 'Tis good for Weak or Consumptive People.

To make Orange-Marmalade, very good.

TAKE eighteen fair large *Seville*-Oranges, pare them very thin, then cut them in halves, and save their Juice in a clean Vessel, and set it cover'd in a cool Place; put the half Oranges into Water for one Night, then boil them very tender, shifting the Water 'till all the Bitterness is out, then dry them well and pick out the Seeds and Strings as nicely as you can; pound them fine, and to every Pound of Pulp take a Pound of double-refin'd Sugar; boil your Pulp and Sugar almost to a Candy-height: When this is ready, you must take the Juice of six Lemons, the Juice of all the Oranges, strain it, and take its full Weight in double-refin'd Sugar, all which pour into the Pulp and Sugar; and boil the whole pretty fast 'till it will Jelly. Keep your Glasses cover'd, and 'twill be a lasting wholesome Sweet-meat for any Use. If you would rather have it Jelly, add Pippin-Jelly, and leave out half the Juice of Orange and Lemon.

To make Lemon-Cakes.

TAKE a Pound of double-refin'd Sugar, beat and sift it very fine, wet it with Juice of Lemon, boil it almost to a Candy-height, then drop it on Plates, set it in a warm Place, 'till they will slip off the Plates.
They

They are grateful, and proper to quench Thirst. You may shred the Peel very fine, and boil up with one half, if you like it: but add fresh Juice with that, or 'twill be too thick to drop neatly.

Orange-Chips.

CUT off the Peels of very fine Oranges, not too thin, boil them in a large quantity of Water, shifting them often, that they may not be bitter: When they are tender, dry them, and take their Weight in double-refin'd Sugar; boil the Chips and Sugar, when wet, to a Candy, 'till the Sugar be almost consumed: Lay them thin on Plates to dry.

Jelly of Currants.

TAKE your Currants, and strip them from the Stalks into a Gally-pot, which Pot you must put into a Kettle of Water over the Fire 'till they be enough; strain them through a Flanel Jelly-bag, but don't squeeze it; add to the Liquor its Weight in double-refin'd Sugar, boil both up for a quarter of an Hour very gently, then put it into Glasses.

Apricot-Chips.

TAKE the Weight of the whole Apricot in double-refin'd Sugar, then slice them the long-way, but don't pare them; boil your Sugar to a thin Candy, then put the Fruit in, and let them stand on the Fire 'till scalding-hot; lay them thin on Plates, and set them in the Sun to dry, when they have lain one Night in the Liquor.

To Preserve Apricots in Jelly.

TO a Pound of Apricots, before they are stoned and pared, take a Pound and a quarter of double-refin'd Sugar; stone and pare your Apricots, and have your Sugar finely beat; as you pare them, lay some Sugar under and over them; when the Sugar is pretty well melted, set them on the Fire and boil them; keep some Sugar out to strew on them in the boiling, to keep their Colour; and as the Scum rises, take it off very clean, and sometimes turn them with the Ladle, as you see Occasion: When they are tender, put them into Glassess. Add to your Syrup, a quarter of a Pint of Pipin-liquor, and the Weight of it in Sugar, and let it boil a while; put it to your Apricots: Let your Fire be quick; for the sooner any White-Sweetmeat is done, 'twill look the better. You may

may let the Liquor run through a Jelly-bag, if you would have it delicately clear.

Prawlings, or Fry'd Almonds.

TAKE a Pound of the best *Jordan*-Almonds, rub them very clean from the Dust: Take their Weight in Loaf-sugar, wet it with Orange-flower-water, and boil it to a Syrup; then throw the Almonds into it, and boil them to a Candy, constantly stirring 'till they are dry; then put them into a Dish, and take away the lose Bits and Knobs which will be about them: Put the Almonds again into the Preserving-pan, and set them on a slow Fire, 'till some of their Oil comes from them into the Bottom of the Pan.

To preserve Orange-Flowers.

PICK the Flowers, and little Oranges and Stalks apart, boil the Flowers in clear Water 'till they are tender; boil the little Oranges and Stalks also in several Waters, 'till the Bitterness be quite gone: To a Pound of Flowers take three Pounds of double-refin'd Sugar, wet the Sugar with Water, and boil it to a Syrup; then drain the Flowers from their Water, and put them into the Syrup, boil them a little, and put them into Glasses.

Cakes of Orange-Flowers.

TO a Pound of Flowers take five Pounds of double-refin'd Sugar; dip your Sugar in Water, and lay it in the Preserving-pan to melt; pick the out-side Leaves off, boil the Flowers in Water 'till they are tender, and drain them well: While they boil, you must set your dissolv'd Sugar on the Fire, and boil it to thick Syrup, and be sure to let it stand to be cold, before you put in your Orange-flowers; drop them nicely on Plates, in round Cakes, and dry them in the hot Sun, or a Stove.

*A very good Way to make Conserve of
Roses.*

MAKE a strong Infusion of Red Roses with Red-rose Water, as much as you think will boil the Quantity you intend to make; then take the fresh Buds of Roses, and clip off all the white and withered Leaves; and boil these Buds in the infused Liquor, as soft as may be, 'till they are very tender, and as red as they were at first; then take them out, and weigh them, and put twice the Weight of double-refin'd Sugar, and boil it again, with the Sugar, as fast as can be, 'till it Jellies; when you take it out,
you

you may add either Amber, Pearl, Coral, Gold, or Spirit of Vitriol; these last Additions, are as well made, when 'tis used; because 'tis good for many Distempers, and they may be suited to the Occasion.

A Powder for Digestion.

TAKE a very large Nutmeg, the same Weight in Mace, the same Weight in Anniseeds, and the Weight of all the Ingredients of Angelica-seeds; bake all these in the middle of a small brown Wheaten-Loaf, when 'tis enough take out the Spice and Seeds, and beat them to a very fine Powder, with Powder of Crab's-Eyes, and double-refin'd Sugar, of each a like Quantity, enough to make the Powder palatable; take as much as will lie on a Shilling, after every Meal. I have known it wonderfully relieve a windy, soure, weaken'd Stomach; it must be continued a Month or two.

To Candy any sort of Flowers.

TAKE the best treble refin'd Sugar you can get, break it in Lumps, dip them Piece by Piece in Water; put them in a Silver Sauce-pan, or Bason, melt them over the Fire; when it just boils, strain it through a Muslin, and set it on the Fire again, and let it boil, 'till it draws in Hairs, which you

may see by holding up your Spoon; then put in the Flowers, of any Sort, and set them in Cups or Glasses, and when 'tis of a hard Candy, break it in Lumps, and lay it as high as you please: Dry it in a Stove, or the Sun, and 'twill look like Sugar-candy.

Thick Ginger-Bread.

A Pound and half of Flour takes up one Pound of Treacle, almost as much Sugar, an Ounce of beaten Ginger, two Ounces of Caraway-seeds, four Ounces of Citron, and Lemon-peel candy'd, the Yolks of four Eggs; cut your Sweet-meats, mix all, and bake it in large Cakes, on Tin-plates.

Wafers.

DR Y your Flour, and make it into a thick Batter with Cream, put in Mace very fine beat, a little Sugar to your Taste; Butter your Irons, and let them be hot, then put in a Tea-spoonful of the Batter; so bake them with Care, and roll them off the Iron, on a small Stick.

A good Sort of Portugal-Cakes.

TAKE a Pound of new Butter, and six Eggs, leaving out two Whites; then work it together with your Hand, 'till the
Eggs

Eggs are perfectly mixt in the Butter; to this put one Pound of Loaf-Sugar sifted, a Pound of fine Flour dry'd, half a Pound of Currants, a little beaten Mace, mix all together; Butter the Pans; fill and bake them in an Oven that won't colour a white Paper.

A Caraway-Cake, without Yeast.

TAKE five Pounds of Flour, and four Pounds of single-refin'd Sugar beat, and finely sifted, mix this with a Pound and half of Caraway-seeds; to this Quantity, you must take four Pounds of Butter, which must be work'd in eight Spoonfuls of Orange-flower Water 'till 'tis perfectly mix'd, and looks like Cream; break twenty Eggs, but half of the Whites, beat them well; and in beating, add six Spoonfuls of Sack, strew in the Flour, Sugar, and Seeds, by little and little, into the Eggs and Butter, with a Pound of candy'd Citron, Lemon and Orange-peel: Let the first Fierceness of your Oven be over, before you put the Cake in, for fear of scorching; for the Oven must be hot, and you must keep beating your Cake 'till it goes into the Hoop, which must be just as the Oven is ready.

Note, That half a Pound of the Caraway-seeds may be omitted,

An excellent Plumb-Pudding.

TAKE one Pound of Suet, shred very small and sifted, one Pound of Raisins ston'd, four Spoonfuls of Flour, and four Spoonfuls of Sugar, five Eggs, but three Whites; beat the Eggs with a little Salt: Tie it up close, and boil it four Hours at least.

To make Stone-Cream.

TAKE a Pint and half of thick Cream, boil in it a Blade of Mace, and a Stick of Cinnamon, and six Spoonfuls of Orange-flower Water, sweeten it to your Taste; and boil it 'till thick; then pour it out, and keep it stirring 'till 'tis almost cold; then put in a small Spoonful of Runnet, and put it into your Cups or Glasses: Make it three or four Hours before you use it; 'tis good.

To make Cracknels.

TO a Quart of Flour, take a Pound of Butter, half a Nutmeg grated, the Yolks of four Eggs beat, with four Spoonfuls of Rose-water; put the Nutmeg and Eggs into the Flour, and wet it into a stiff Paste, with cold Water; then roll in the Butter, and make them into shape; put them into a
Kettle

Kettle of boiling Water; when they swim, take them out with a Skimmer, and put them into cold Water; when they are harden'd, lay them out to dry, and bake them on Tin-plates.

A very good Seed-Cake.

TAKE a quarter of a Peck of fine Flour, and dry it before the Fire, with three quarters of a Pound of Sugar; beat a quarter of a Pound of Almonds; to keep them from Oiling, pour in two Spoonfuls of Orange-flower Water, as you beat them, and mix this with the Flour and Sugar; put in the full Weight of a Pound and half of Butter; rub in one half dry, and melt the other in a full Pint of Cream; before you begin to mix, put a Pint of good Ale-yeast, to half a Pint of Sack, and let it rise before the Fire; let your Butter and Cream just melt over a gentle Fire, and when 'tis pretty cool, make a Hole in the middle of your Flour, and pour in the Cream and Butter, the Sack and Yeast, with nine Eggs, leaving out four Whites; beat and strain your Eggs, and mix all well together, and set it to the Fire to rise: When 'tis ready to put into the Hoop, mix in a Pound and a half of smooth Carraways, with half a Pound of Citron, Orange and Lemon-peel candy'd; cut this in long Bits, and strew it in the Middle of your Cake: You may

may put more Sweet-meats, and Ice it, if you desire it very rich.

The London-Wigs.

TAKE a quarter of a Peck of Flour, put to it half a Pound of Sugar, and as much Caraways, smooth or rough, as you like; mix these, and set them to the Fire to dry, then make a Pound and half of Butter hot over a gentle Fire; stir it often, and add to it near a Quart of good Milk or Cream; when the Butter is melted in the Cream, pour it into the middle of the Flour, and to it pour a little Sack, and full a Pint and half of very good Ale-yeast; let it stand before the Fire to rise, before you lay them on your Tin-plates to bake.

Egg Minc'd-Pyes.

TAKE six Eggs, boil them very hard, and shred them small; shred double the quantity of good Suet very fine; put Currants, neatly wash'd and pick'd, one Pound, or more if your Eggs were large; the Peel of one Lemon very fine shred, half the Juice, and five or six Spoonfuls of Sack, Mace, Nutmeg, Sugar, and a little Salt; and Candy'd Citron, or Orange-peel, if you would have them rich.

An extraordinary Plumb-Cake.

TAKE seven Pounds of fine Flour, and two Pounds and half of Butter; put the Butter into the Flour; seven Pounds of Currants, and two large Nutmegs, with half an Ounce of Mace, and a quarter of an Ounce of Cloves, all finely beat and grated; one Pound of Sugar, sixteen Eggs, leaving out four Whites, put in a full Pint and half of Ale-yeast; warm as much Cream as you think will wet it, and pour Sack to your Cream, to make it as thick as Batter; beat also one Pound of Almonds, with Sack and Orange-flower Water; but don't let them be fine, but grossly beat; put in a Pound of candi'd Orange, Lemon, and Citron-peel, or more, if you desire it very rich; mix all, and put it into your Hoop, with a Paste under it, to save the Bottom. This was given by one of the nicest House-wives in *England*; and is as good as ever was made.

Icing for the Cake.

TAKE the Whites of five Eggs, whipt up to a Froth, and put a Pound of double-refin'd Sugar sifted, a Grain of Ambergreese, and three Spoonfuls of Orange-flower Water; whip it all the while the Cake is in the Oven; when it comes out of the
Oven,

Oven, Ice it; but set it in no more: Leave out the Perfume, if it be offensive.

Lemon or Chocolate-Puffs.

TAKE half a Pound of double-refined Sugar, finely beat and sifted, grate into it the yellow Rind of a very fair large Lemon; then whip up the White of an Egg to a Froth, and wet it with this Froth 'till 'tis as stiff as good working Paste; lay it on Papers, and bake it in a very slow Oven; lay some round and some long: If you make Chocolate, grate about an Ounce as you did the Peel.

Almond-Puffs.

BEAT two Ounces of blanch'd Almonds, with a quarter of a Pint of Orange-flower Water, and sifted Sugar, 'till they are fine; whip up the Whites of three Eggs, and mix them with Almonds, Sugar, and Orange-flower Water; then add as much sifted Sugar, as will make it into Paste; lay it in Cakes, and bake it in a cool Oven.

The right Dutch-Wafer.

TAKE four Eggs, and beat them very well, then take a good Spoonful of fine Sugar, one Nutmeg grated, a Pint of
 2 Cream

Cream, and a Pound of Flour, a Pound of Butter melted, two or three Spoonfuls of Rose-water, and two good Spoonfuls of Yeast; mix all well together, and bake them in your Wafer-tongs on the Fire. For the Sauce, take grated Cinnamon, Sack, and melted Butter, sweetned to your Taste.

To make Ratafia-Cakes.

TAKE eight Ounces of Apricot-Kernels, or, if they cannot be had, Bitter-Almonds will do as well, blanch them, and beat them very fine with a little Orange-flower Water, mix them with the Whites of three Eggs well beaten, and put to them two Pounds of single refin'd Sugar finely beaten and sifted; work all together, and 'twill be like a Paste; then lay it in little round Bits on Tin-plates flour'd, set them in an Oven that is not too hot, and they will puff up, and be soon baked.

The Nuns-Bisket.

TAKE the Whites of six Eggs, and beat them to a Froth; take also half a Pound of Almonds, blanch and beat them with the Froth of the Whites of your Eggs as it rises; then take the Yolks, with a Pound of fine Sugar, beat these well together, and mix your Almonds with your Eggs and Sugar; then

then put in a quarter of a Pound of Flour, with the Peel of two Lemons grated, and some Citron finely shred; bake them in little Cake-pans in a quick Oven, and when they are colour'd, turn them on Tins, to harden the Bottoms; but before you set them in the Oven again, strew some double-refin'd Sugar on them finely sifted. Remember to butter your Pans, and fill them but half.

Pancakes, very good.

TAKE a Pint of thick Cream, three Spoonfuls of Sack, and half a Pint of Flour, six Eggs (but three Whites) one grated Nutmeg, a quarter of a Pound of melted Butter, a very little Salt, and some Sugar; fry these thin in a dry Pan.

To make good Fritters.

MIX half a Pint of good Cream, very thick with Flour, beat six Eggs, leaving out four Whites, and to the Eggs put six Spoonfuls of Sack, and strain them into the Batter; put in a little grated Nutmeg, Ginger and Cinnamon, all very fine, also a little Salt; then put in another half Pint of Cream, and beat the Batter near an Hour; pare and slice your Apples thin, dip every Piece in the Batter, and throw them in a Pan-full of boiling Lard.

A Spin-

A Spinage-Tart, very good.

TAKE six Handfuls of Spinage, wash it clean, and dry it, pick it clean from Stalks, and the hard Rib that goes up the Middle of the Leaf, shred it extremely fine, as 'tis possible to be; put to it a Pint of grated Bread, the lightest you can get, a Pint of very thick Cream, nine Eggs (but four of the Whites) three Spoonfuls of Orange-flower Water, a little Salt and Sugar to your Taste; it ought to be pretty sweet: If with your Orange-flower Water, you beat up two Ounces of blanch'd Almonds, 'tis an incomparable Addition to the Taste. Garnish the Brim of your Dish with Paste, and lay Slips cross the Top. Thus you may make *Couflip Tart*; but that being not so juicy, will bear beating in a Mortar. Heat it with Care before it be put into the Dish.

An Almond Tart, very good.

TO half a Pound of Almonds blanch'd, and very finely beat with Orange-flower Water, put a Pint of thick Cream, two large Naples-Biskets grated, and five Yolks of Eggs, near half a Pound of Sugar; put all into a Dish garnished with Paste, and lay Slips in Diamonds cross the Top; bake it in a cool
Fired Oven,

Oven, and when it comes out, stick Slips of candy'd Citron in each Diamond.

To Preserve Golden-Pippins, the best Way.

TAKE to a Pound of Apples, a Pound of double-refin'd Sugar, and a Pint of clear Spring-Water; set it on the Fire; neatly pare the Pippins, and take out the Stalks and Eyes, put them into the Sugar and Water, cover them close, and let them boil as fast as you can, half a quarter of an Hour; then take them off a little to cool; then set them on again, to boil as fast and as long as they did before; do this three or four times, 'till they are very clear: Cover them very close, 'till you make the following Jelly for them.

Codlin or Pippin-Jelly.

SLICE a Pound of Codlins or Pippins into a Pint of clear Spring-Water, let them boil 'till the Liquor takes all the Taste of the Fruit; then strain it out, and to a Pint of this Liquor take a Pound of double-refin'd Sugar, boil'd to Sugar again; then put in your Codlin Liquor, boil it a little together, as fast as you can; then put in your Golden-Pippins, boil them up fast for a little while; just before the last Boiling, squeeze in the Juice of a Lemon; boil it up quick once
2 more;

more; take great care they do not lose Colour: Take the Pippins out, and put them into the Glasses with the Jelly. This is the most grateful way that ever was invented to preserve them.

To make Raisin Elder-Wine.

TAKE six Gallons of Water, and boil it half an Hour; and when 'tis boil'd, add to every Gallon of Water five Pounds of *Malaga* Raisins shred small; pour the Water boiling-hot upon them, and let it stand nine Days, stirring it twice a Day; boil your Berries as you do Currants for Jelly, and strain it as fine; then add to every Gallon of Liquor a Pint of Elder-berry Juice: When you have stirr'd all well together, spread a Toast on both Sides with Yeast, let it work a Day and a Night, then put it into a Vessel, which be sure to fill as it works over; stop it close, when it has done working, till you are sure 'tis fine, then bottle it.

Another, very Wholesome.

TO every Gallon of pick'd Elder-berries, put a full Gallon of Water, boil them together, till the Berries are tender, then strain it off thro' a fine Sieve; let what will run thro', but don't press the Berries; to every Gallon of the Liquor, put two full

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Pounds of good *Lisbon* Sugar: This Sort for present Drinking. What you design to keep some Years, must have two Pounds and a half of Sugar; boil the Liquor and Sugar together, and scum it clean in the Boiling as long as any will rise; when cool, work it with Yeast for a Night and a Day; put it into the Vessel, and when it has done working, stop it close for five or six Months: Bottle it then, if fine. This ought to be the constant Drink for all Gouty People: If well boil'd and work'd, it never ferments in the Bottle or Stomach.

Quince Wine.

CLEAN the Quinces with a coarse Cloth, then grate them on large Graters; then squeeze them through a Linen Strainer, to clear it from the gross Thickness; then squeeze it through a Flannel Strainer, to clear it from all the Thick that remains: To every Gallon of this Liquor, put two Pounds of single Loaf-Sugar; let it dissolve, and pour it off several times, as it settles to the Bottom; do this a Night and a Day: When 'tis fine, put it into your Vessel, but don't stop it down for a Week, nor bottle it in six Months; then you may, if 'tis perfectly fine; if not, draw it into another Vessel, and stop it up again.

Be sure to put all *English* Wines into cool Cellars.

Orange-Wine.

TO six Gallons of Spring-water, put twelve Pounds of single-refin'd Sugar, the Whites of four Eggs well beaten; put these to the Water cold; then let it boil three quarters of an Hour, taking off the Scum as fast as it rises: When 'tis cold, put in six Spoonfuls of Yeast, and six Ounces of Syrup of Lemon, beaten together; put in also the Juice and Rind of fifty large Oranges thin par'd, that no white Part, nor any of the Seeds go in with the Juice, which should be strain'd: Let all this stand two Nights and two Days in an open Vessel, or large Pan, then put it into your close Vessel, and in three or four Days stop it down: When it has stood three Weeks thus, draw it off into another Vessel, and add to it two Quarts of Rhenish or White-wine; then stop it close again, and in a Month or six Weeks, 'twill be fine enough to bottle, and to drink in a Month after. If you desire it should keep, put in Brandy instead of Rhenish.

Birch-Wine, *as made in Suffex.*

TAKE the Sap of Birch fresh drawn; boil it as long as any Scum arises; to every Gallon of Liquor, put two Pounds of good Sugar; boil it half an Hour, and scum

it very clean; when 'tis almost cold, set it with a little Yeast spread on a Toast; let it stand five or six Days in an open Vessel, stirring it often; then take such a Cask as the Liquor will be sure to fill; and fire a large Match dipp'd in Brimstone, and put it into the Cask, and stop in the Smoak, till the Match is extinguish'd, always keeping it shook; then shake out the Ashes, and, as quick as possible, pour in a Pint of Sack, or Rhenish, which Taste you like best, for the Liquor retains it; rince the Cask well with this, and pour it out: Pour in your Wine, and stop it close for six Months; then, if 'tis perfectly fine, you may bottle it.

Black-Cherry Wine.

BOIL six Gallons of Spring-water one Hour; then bruise twenty-four Pounds of Black Cherries, but don't break the Stones; pour the Water boiling hot on the Cherries, stir the Cherries well in the Water, and let it stand twenty-four Hours; then strain it off, and to every Gallon put near two Pounds of good Sugar; mix it well with the Liquor, and let it stand one Day longer; then pour it off clear into the Vessel, and stop it close: Let it be very fine, before you draw it off into Bottles.

Sage-

Sage-Wine, *very good.*

TO twenty-eight Pounds of *Malaga* Raisins pick'd and shred, have twenty-eight Quarts of Spring-water well boil'd, but let it be cool as Milk from the Cow, before you pour it on the Raisins; then put in half a Bushel of Red Sage grossly shred; stir all together, and let it stand six Days, stirring it very well every Day, and cover it as close as you can; then strain it off, and pour it into your Vessel; it will soon be fine, but you may add two Quarts of Sack or White-wine to fine it: Raisins of the Sun will do as well as *Malaga*, if they cannot be had.

Cherry-Wine, *as in Kent.*

WHEN your Red Cherries are full ripe, strip them from the Strigs, and stamp them, as Apples, till the Stones are broke; then put it into a Tub, and cover it up close for three Days and Nights; then press it in a Cyder-press, and put your Liquor again into a Tub, and let it stand close cover'd two Days more; then take off the Scum very carefully, for fear of jogging, and pour it off the Lees into another Tub, and let it stand to clear two Days more, then scum and pour it off, as before. If your Cherries were full ripe and sweet, put only a Pound and a half

of good Sugar to each Gallon of Liquor; stir it well together, and cover it close, and stir it no more till the next Day; then pour it carefully off the Lees, as before; let it stand again, and do the same the next Day into the Vessel you keep it in: You may repeat this oftener, if you see the Lees are gross and like to make it fret. When 'tis settled, stop it up till seven or eight Months are past; then, if 'tis perfectly fine, bottle it; if not, draw it off into another Vessel, and stop it up as much longer: 'Twill keep seven Years, if bottled fine, and had not best be drank, till 'tis a Year old. Our *English* Wines want only Age, to equal, if not exceed all foreign Liquors,

Raspberry-Wine, *very good.*

TO every Quart of Fruit, you must pour, boiling-hot, a Quart of Water; cover it very close, and let it stand twenty-four Hours; then strain it, and to three Quarts of Liquor, put two Pounds of good Sugar; stir it together, and spread a Toast with Yeast: set it to work, and pour it off the Lees; put it into your Vessel, and when it has quite done working, stop it up: If 'tis fine in six or seven Months, you may bottle it, and keep it a Year in Bottles.

Note, You must at first watch all Wines; and if you find them fret, continue to fine them

them off the Lees every Day, for some time, as fast as any settles.

White Mead, *very good.*

TO every Gallon of Water, put a Pint of Honey, and half a Pound of Loaf-Sugar; stir in the Whites of Eggs beat to a Froth, and boil it as long as any Scum arises; when 'tis cold, work it with Yeast, and to every Gallon, put the Juice and Peel of a large Lemon: Stop it up when it has done working, and bottle it ten Days.

To make Apricot-Wine, Incomparable.

TO two Gallons of Spring-water, take eight Pounds of ripe Apricots, slice them into the Water, and add to both five Pounds of Loaf-Sugar; let all boil, and be nicely scumm'd as fast as it rises, but let it boil some time before you begin to scum; take your Scum off into a clean Sieve, and set in a Pot, to save what Liquor comes from it: When the Wine is clear as you can make it from the Dross of the Sugar, pour it hot upon the Kernels, which must be crack'd, and put, with the Shells, into the Pan you design the Liquor to cool in; stir it together, and cover it till cool, then work it with a Toast and Yeast; and

and in two or three Days, when 'tis settled, fine it off into your Vessel: let it work as long as it will; when it has done working, pour in a Bottle of Rhenish, or small White-wine, and stop it up for six Months; then, if very fine, bottle it, and keep it a Twelve-month longer.

Damascen-Wine.

TO every Gallon of Water, puttwo Pounds and a half of Sugar, which you must boil and scum three quarters of an Hour; and to every Gallon, put five Pints of Damascens ston'd; let them boil till 'tis of a fine Colour, then strain it thro' a fine Sieve; work it in an open Vessel three or four Days, then pour it off the Lees, and let it work in that Vessel as long as it will; then stop it up for six or eight Months, when, if fine, you may bottle it: Keep it a Year or two in Bottles.

Cowslip or Marigold-Wine.

TO every Gallon of Water, take two Pounds and a half of Sugar, boil this an Hour, and scum it very well, and pour it boiling-hot upon the Yellow Tops of either Sort of Flowers: To every Gallon of the Liquor put half a Peck of Flowers nicely cut; let this steep all Night, and to each Gallon squeeze in two

two or three Lemons, with a Piece of Peel cut thin: When these have steep'd a Night and a Day, work it with a Toast and Yeast: When you put it in your Vessel, pour it from the Settlement; and when it has work'd as long as it will, pour into every Gallon one Pint of Rhenish, or White-wine. If 'tis fine in six Months, you may bottle it, but 'tis best to drink at three or four Years old. Either Sort is cordial, wholesome, and pleasant.

To Improve Cyder, and make it perfectly Fine.

WHEN 'tis first made, put into a Hog-head six Ounces of Brimstone in the Stone, to colour it; put a Gallon of good *French* Brandy highly tinctur'd with Cochineal; beat one Pound of Allum, and three Pounds of Sugar-candy fine, and put it in, when you stop it up: When 'tis fine, bottle it, which will be in six Months. This great Secret is successfully practis'd by the *Herefordshire* Artists.

To make Milk-Punch.

TO two Quarts of Water, put two Quarts of good *French* Brandy, a dozen and a half of Lemons, three quarters of a Pound of double-

double-refin'd Sugar, and three Pints of new Milk; mix all together, and strain it thro' a Jelly-bag; put it up often, till it looks perfectly clear and fine. You must make it a Day or two before you use it; for it will not keep long bottled.

To make strong Mead.

TO four Gallons of Water, put eighteen Pounds of Honey; beat the Whites of four Eggs, stir them in with the Honey till it be all melted; scum it well as long as it boils, and be sure it boil an Hour and a half: If you like the Taste, you may put a Sprig of Rosemary in the boiling: When 'tis cold, work it with a Toast spread with Yeast; and when you put it into the Vessel, hang therein one Nutmeg, the Weight of that in Mace; and the same Quantity in Cloves, with four Races of Ginger, in a Piece of Mullin; the Spice must be beaten; put in the Peels of two Lemons. When it has done working, stop it up, and let it stand six Months, before you bottle it.

To make Gooseberry-Wine.

TO four Pounds of Gooseberries full ripe, put a Quart of Water, and to every Gallon of Water, put four Pounds of Sugar; bruise

bruise the Gooseberries well, and let them stand in the Water two Days, stirring it twice or thrice a Day, and then strain it through a fine Hair Bag; then put in the Sugar, and stir it very well 'till it is melted; When it is well mix'd, cover it, and let it stand a while; then strain it through a Flannel Bag into the Vessel: When it has done working, stop it close, and let it stand six Weeks, or two Months, and, if fine, bottle it.

Nothing of Brass must be used about any Wine.

To make Elder-flower Wine.

TO twelve Gallons of Water, put thirty Pounds of single Loaf Sugar, boil it till two Gallons be wasted, scumming it well; let it stand till it be as cool as Wort, then put two or three Spoonfuls of Yeast; when it works, put in two Quarts of Blossoms, pick'd from the Stalks, stirring it every Day till it has done working, which will not be under five or six Days; then strain it and put it into the Vessel: After it is stopt down, let it stand two Months, and then, if fine, bottle it.

To make Ratafia.

TO every Gallon of Brandy, put a Quart of the best Orange-flower Water, and a Quart of good *French* White-wine; you must also take care your Brandy be right and good; to each Gallon of Brandy, you must likewise put four Hundred Apricot-stones, and a Pound and a Quarter of White Sugar-candy; just crack the Stones, and put them in, Shells and all, into a large Bottle, which must be very close stopp'd, and seal'd down; let it stand in the Sun for six Weeks; take it in every Night, and in wet Weather; and shake it when you take it in, or set it out: After this is done, you must let it stand to settle, and rack it off till 'tis perfectly fine.

Cinnamon-Water, very good.

IN two Gallons of extraordinary Brandy, steep a Pound of good Cinnamon bruis'd, there let it lie three or four Days; then put it into your Limbeck, with two Quarts of cold-still'd Plantain-water; you may draw as much off as you put in; and with a Quart of the smallest, boil up two Pounds and an half of double-refin'd Sugar: When 'tis cold, mix all together for your Use. 'Tis a noble Cordial,

A Cor-

A Cordial Orange-Water.

TAKE three Quarts of good Brandy, and the Rinds of a dozen and a half of Oranges, pare them very thin, that none of the White go in, let them steep in the Brandy three Days and Nights close stopt; then take five Pints of fair Water, and a Pound and a half of double-refin'd Sugar: Boil this Syrup half an Hour, and scum it as any rises; then strain it through a Jelly-bag, and let it stand till cold; then mix it with the Brandy, which must be first poured from the Peels, and settled: Keep it for Use.

Thus you may do *Lemons*, which is a pleasanter Cordial.

To make Citron-Water.

TAKE Citrons, and pare off the outward Rinds half a Finger thick, slice them thin; and take the Citron-Kernels, slice them in as you think fit; put as much good Sack as will cover them over the Top; put all into a Stone Jug, and stop it very close; let it stand in a Cellar five Days, then distil it in a Glass Still; let it run into a Bottle wherein is fine Sugar-candy in Powder, and Amber-greese: Draw off in several Runnings, and mix it as you like.

To make Spirit of Clary.

TAKE a Gallon of good Sack, a Pint of the Juice of Clary, a Pound of Clary-flowers, as many Clove-July-flowers, and half as many Archangel-flowers, as many Comfry-flowers, and as many Flowers of Lilies of the Valley; let these steep in the Sack all Night, then put it into a Glass Still; the softer it distils, the stronger 'twill be: You must have great Care to keep in the Spirits, by passing the Still every where; let it drop through a Bag of good Amber-greese upon as much sifted White Sugar-candy as you think will sweeten it. 'Tis a very high Cordial.

To make Spirit of Carraways.

TO a Quart of true Spirit of Sack, put two Pounds of good smooth-sugar'd Carraways, bruise them, and put them into a Bottle, with a Grain of the best Amber-greese; pour the Spirit on them, and seal the Cork very close; set it in the Sun for a Month; strain it off, and keep it always close stopt for Use. One Spoonful does often give Ease in the Cholick.

A Cordial Black-Cherry-Water, very good.

TAKE two Quarts of strong Claret, and four Pounds of Black-Cherries full ripe, stamp them, and put them to the Wine, with one Handful of Angelica, one Handful of Balm, and as much Carduus, half as much Mint, and as many Rosemary-flowers as you can hold in both your Hands, three Handfuls of Clove-July-flowers, two Ounces of Cinnamon cut small, one Ounce of Nutmegs; put all these into a deep Pot, let them be well stirred together, then cover it so close that no Air can get in; let it stand one Day and a Night; then put it into your Still, which you must also paste close; and draw as much as runs good; sweeten it with Sugar-candy to your Taste. 'Tis good in any Melancholy, or for the Vapours.

A very Rich Cherry-Cordial.

TAKE a Stone Pot that has a broad Bottom, and a narrow Top, and lay a Layer of Black-Cherries and a Layer of very fine powder'd Sugar; do this 'till your Pot is full: Measure your Pot, and to every Gallon it holds, put a quarter of a Pint of true Spirit of Wine. You are to pick your Cherries clean

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from Soil and Stalks, but not wash them. When you have thus filled your Pot, stop it with a Cork, and tie first a Bladder, then a Leather over it; and if you fear it is not close enough, pitch it down close, and bury it deep in the Earth six Months or longer; then strain it out, and keep it close stopped for your Use. 'Twill revive, when all other Cordials fail.





A
 COLLECTION
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 I N
Physick and Surgery.

A Strong Palsey-Water.

TAKE the Spirits of five Gallons of the best Old Sherry-Sack, distill'd in a Limbeck; take Cowslip-flowers, the Flowers of Borage and Bugloss, and of the Lilies of the Valley, of each one Handful; take also Rosemary-flowers, Sage and Betony-flowers, of each one Handful; take each Flower in their Season, and so put into some of the Spirits aforesaid, in an open-mouth'd Glass of near a Quart, for that will hold them all, with the Spirits, 'till you are ready to distil the

Water; but this and the rest of the Spirits, must be most carefully stop't till you use it: Take Lavender-flowers in their Season, strip them clean from their Stalks, and fill a wide-mouth'd Gallon Glass, with them; pour into them the Remainder of your Spirits; then stop them close with Cork and Bladder (as before) and let them stand six Weeks to digest in the Sun; then put all together, these and the first steep'd Flowers, with all the Spirits in both Glasses; add also Balm, Motherwort, Spike-flowers, Bay-leaves and Orange-leaves, if to be had, of each an Ounce, cut small, and put to the former Flowers and Spirits: Distil all these together in a Limbeck; make three Runnings of it; first a Quart Glass, which will be exceeding strong; then a Pint Glass, which will be almost as good; lastly, receive from it a Pint Glass-full, or as much as runs strong; for when it runs weak, which you may know by its Taste and Colour, which will be whiter, let it run no longer: Put your three Runnings all together: Then take Citron-peel, the out-side Yellow Rind, or Lemon-peels thin pared, also Pine-seeds hull'd, of each six Drams; of Cinnamon one Ounce; of Nutmegs, Mace, Cardimums, Cucubies, and Yellow Sanders each half an Ounce; of Lignum Aloes one Dram; make all these into a gross Powder, putting among them
also

also half a Pound of Jujubes new and good, being ston'd, and cut small: Put all these Ingredients into a White Sarsenet Bag, to be hung in the Water aforesaid: Take also of Prepar'd Pearls, two Drams; of Prepar'd Smaragd, a Scruple; Ambergreefe, Musk, and Saffron, of each one Scruple; of Red Roses, well dry'd, and sweet, one Ounce: These may be put in a little Bag by themselves, and hung in the Spirit as the other; close it well, that no Air gets in, for six Weeks; then take out the Water, and press the Bags dry; keep the Water in narrow-mouth'd Glasses close stop't.

The Use of the Water.

'Tis so strong and powerful, that it cannot be taken alone, but must be dropt on Crumbs of Bread and Sugar by any one, for Prevention: Take it first and last, and at four in the Afternoon: Fast always before and after it a full Hour at least. 'Tis of exceeding Virtue in all Swoonings, Weakness of Heart, and decay'd Spirits, in all Palseys, Apoplexies, both to help in, and prevent a Fit; 'twill also keep all cold Dispositions off the Liver, restores lost Appetite, and fortifies and strengthens the Stomach; 'twill alone cure a Dropsy, if taken at first, and the Patient be kept from small and cooling Liquors.

A second Palsey-Water, made upon the Ingredients of the first.

WHEN the first Water has run what is strong, there will be some small Water at the Bottom of the Limbeck; pour it out from the Herbs and Flowers, and drain them; put them into a Gallon of the best Sherry; so let them stand close stopp'd, five Weeks; then distil them, and let it run as long as it continues strong; then pour it into the Glass where the Sarsenet-bags are, and let them be in this second Liquor close stopp'd six Weeks; then you may use it, as the former, with Bread and Sugar; for tho' this is not so powerful as the former, 'tis too strong to take alone. Both these are good to bathe outwardly the Part affected with Weakness by Palsy, and generally help any violent Pains or Aches that any Part is vex'd with; but because Bathing wastes most, and this Sort is less costly, they commonly use this second Sort for that.

A very good Snail-Water, for a Consumption.

TAKE half a Peck of Shell-Snails, wipe them, and bruise them, Shells and all, in a Mortar; put to them a Gallon of new Milk; as also Balm, Mint, Carduus, unset
Hyssop,

Hyssop, and Burrage, of each one Handful; Raisins of the Sun ston'd, Figs, and Dates, of each a quarter of a Pound; two large Nutmegs: Slice all these, and put them to the Milk, and distil it with a quick Fire, in a cold Still; this will yield near four Wine-quarts of Water very good: You must put two Ounces of White Sugar-candy into each Bottle, and let the Water drop on it; stir the Herbs sometimes, while it distils, and keep it cover'd on the Head with wet Cloths. Take five Spoonfuls at a time, first and last, and at four in the Afternoon.

A good Water for the Spleen; a Cordial.

TAKE four Ounces of Harts-horn, one Ounce of Cardimums, one Ounce of Cinnamon, one Ounce of Saffron, two Handfuls of Red Sage, as much Balm; steep these twenty-four Hours in two Quarts of Sack, or as much good Brandy, which you please; distil it in a cold Still as quick as you can, and let it drop on four Ounces of Sugar-candy. Drink of this, when low-spirited.

A good Water for the Stone,

TAKE four Quarts of White Thorn-flowers, infuse them in two Quarts of strong White-wine, with two Ounces of Nut-

meg sic'd; let these stand two Days, then distil it in a cold Still. Drink with Sugar, or without, as you like best.

A Drink for any Inward Bruise or Wound.

TAKE one Handful of each of the Herbs following, *viz.* Wormwood, Comfrey, Throatwort, Wood-Betony, Plantain, Mugwort, Bonewort, Scabious, Avens, Wild Honey-suckle, Agrimony, Bramble-buds, Cinquefoil, Spear-mint, Sanicle, White-bottle, Ribwort, Daisy-roots, Dandelion, Bugloss, Hawthorn-buds: Put to these Herbs two Quarts of White-wine, and a Gallon of running Water, and boil it till it be half wasted; then strain it, and add to it a Quart of Honey; let that boil in the Liquor some time: When 'tis cold, bottle it very close, and keep it for Use. 'Twill keep many Years, and is necessary for all Families; two or three Spoonfuls of it taken Morning and Night. 'Tis really good for Sores, Wounds, and Hurts new or old, in Men, Women, and Children: Its Virtues of that kind are too long to mention: It has broken and brought away inward Imposthumes.

An excellent Balsam, call'd, The Fryers Balsam.

TAKE a Quart of Spirit of Sack, infuse in it four Ounces of Sarsaparilla cut short, two Ounces of *China* slic'd thin, one Ounce of *Virginia* Snake-weed cut small; put all these in a two-quart Bottle, and set it in the Sun, shaking it twice or thrice a Day, till the Spirit be tinctur'd as Yellow as Gold; then clear off the Spirit into another Bottle, and put to it eight Ounces of Gum Guaiac; set it in the Sun, as before, shaking it very often, till all the Gum be dissolv'd, except Dregs, which will be in ten or twelve Days; then clear it a second time from the Dregs, and put to it one Ounce of Natural Balsam of *Peru*; shake it well together, and set it in the Sun for two Days; then put in one Ounce of Balm of *Gilead*; shake all well together once more, and set it in the Sun for a Fortnight; 'tis then fit for Use, and will keep many Years. Its Virtues are too long to insert: 'Tis good to take inwardly in most Distempers, and proper for all Sores or Wounds, by pouring in some Drops, and binding Lint thereon. The Dose, taken inwardly, is from half a Spoonful to a whole one, in Sugar, or any liquid Vehicle, for Consumptions, or any inward Ulcer: Use moderate Exercise with it.

An Oil for any Bruise or Wound.

TAKE of the tender Tops of the Bay-Tree, Red Sage, Lavender, Wormwood, Plantain, Rue, Tormentil, Scabious, Comfrey, Broom, Rape, Osmond-royal, Southernwood, Camomile, Charity, St. John's-wort, Solomon-seal, Amber, Rosemary, Adders-spear, Golden-Rod, Herb-Robert, Ground-pine, Sanicle, and Bugle, of each one Handful; shred all these very small, and infuse them in one Quart of Oil-Olive, and three Pints of Neat-Oil; stop them close in a Glass Vessel, and let them stand ten or twelve Days in the Heat of the Sun; stir them every Night, when you take them in; After this, boil it over a gentle Fire, till the Oil is green; then strain it clear from the Herbs, and add to the Oil again half a Handful of the Herbs, as before, shred, with one Ounce of Oil of Turpentine, one Ounce of Natural Balsam, and one Ounce of Oil of Worms: Digest all in the Sun, as before; boil and strain it, and keep it close stopp'd for Use. It must be made in *May*,

A Salve for the King's-Evil.

TAKE one Pint of the best Sallad-Oil, four Ounces of Red Lead finely powder'd, as much White Lead, one Ounce of

Bees-wax thinly ſlic'd, of Frankincenſe and the beſt Maſtick each one Ounce, of *Burgundy* Pitch two Ounces; let all be beaten; boil the Oil and Leads ſome little time together over a gentle Fire; keep the Oil ſtirring, while you add the Wax; then boil theſe together for half an Hour, ſtirring it conſtantly: Take it off the Fire, and ſtir it till the Heat is abated; then add your Maſtick, and keep it from the Fire, till it has done working: Boil it gently again, and put in your Frankincenſe, ſtirring it off the Fire, as you did before; ſet it on again, and then add the *Burgundy* Pitch, as before, with Care; then boil all together, till it looks like Pitch; ſtir it till cold: Leave your Stick in the Middle, and the next Day ſet it on the Fire, to melt the Edges; then take it out, and keep it in an oil'd Paper for Uſe. Let the Party afflicted ſpread a Plaſter as big as the Swelling is, and apply it: If it gather to a Head, and break, after you have waſh'd the Wound with warm Vinegar, apply ſome Lint roll'd in an equal Quantity of the Salve warm'd, and Honey; ſpread a Plaſter of the Salve, and when the Corruption is out, that will heal it. 'Tis incomparable, and ſafely may be us'd for any Swelling.

A Drink for the Evil.

TAKE of White Arch-angel, two Handfuls; of outlandish sweet Fennel-seed bruised, one Ounce; of Liquorice, one Ounce: Boil these together in two Wine-quarts of Spring-Water; stop it close, till half be consumed; when cold, strain it from the Ingredients; add to the Liquor two Ounces of Damask Roses: Let the Party drink of this Liquor, Spring and Fall, five, seven, or nine Days together, as you best find it agree, three times in the Day, a quarter of a Pint, first and last, and at four in the Afternoon.

A Drink for the King's-Evil, and Cancer.

TAKE Guaiacum, one Ounce; Sassafras, Sarsaparilla, sharp-pointed Dock, and Daisy-Roots, of each half an Ounce; Arch-angel Flowers, and Millepedes, of each two large Spoonfuls; Ground-Ivy, and Herb-Robert, of each one Handful: Bruise and shred all these Ingredients, and put them to steep one Night in three Pints of good clear new Ale; strain it, and drink no other Drink for six Weeks, Spring and Fall. You may do a larger Quantity at a time, for Man or Woman; but you must not infuse too much at a time, because the Herbs are apt

to change it. At the same time, if the Swellings are painful, anoint with *Juice of Rue*, prepared as follows:

An Ointment for the Swellings in the King's-Evil.

TAKE two Spoonfuls of Juice of Rue, as much Sallad-Oil, beat them well together; then set it over the Fire, and let it boil slowly half an Hour; add two Ounces of Bees-wax, let it boil a little with this: Pour it out, and keep it close cover'd. 'Tis an incomparable Ointment to use all the Time you take the Diet-drink.

A Milk-Water for Cancer or King's-Evil, for those that cannot drink an Infusion.

TAKE Roots of Daiesies, Burdock, Guaiacum, Sassafras, Sarsaparilla, China, Tormentil, and Hounds-tongue, each two Ounces; Celendine, Yarrow, Plantain, Herb Robert, Agrimony, Speedwel, Ground-Ivy, and Cinquefoil, of each a large Handful; Arch-angel-flowers, one Pint; Sweet-fennel and Coriander-seeds, of each one Ounce; shred and bruise all, and put them to a Gallon of Milk: Draw off as much as runs good, and drink daily a quarter of a Pint every

every four Hours: Into each Draught squeeze the Juice of a small Spoonful of Millepedes:

An Ointment for the Evil, or Rickets:

TAKE Leaves of Ofmond-royal, St. John's-wort, Wormwood, Centaury, White Hore-hound, Germander, Ground Pine, Golden-rod, Carduus, Southernwood, Camomile, Tanfy, Penny-royal, Sage, Mint, Rue, Lilies of the Valley, Angelica, Meadow-Saxifrage, of each an Ounce; shred it small, and add, of Oil, one Quart; Deer-suet, and Claret, of each one Pint; Mace, one Ounce: Boil these till all the watry Part is consum'd: Strain it, and anoint the Belly and Joints with it all the Spring and Fall. This has done great Cures on Weakly Children.

For a Strain.

PUT the Arm or Leg into a Pail of cold Spring-water, and keep it there till the Water be warm; then take it out, and repeat it 'till it be well, which it will be without applying any other Remedy:

A Good

A Good Powder for Worms.

TAKE an Ounce of Worm-feed, and half and Ounce of Rhubarb, beat both to a fine Powder, and take a Quarter of an Ounce of Powder of prepared Coral; mix all three together, and let the Child take as much of this as will lie on a Shilling, for three Mornings together, drinking a Glas of small warm Ale after each Dose.

Another Powder for the Worms.

TAKE an Ounce of Sena, a quarter of an Ounce of whole Worm-feed, a quarter of an Ounce of Tansy-feed, a quarter of an Ounce of Anniseed, a few Leaves of Wood-Betony; dry all these, and beat them together very fine; mix it into a Bolus with Syrup of Turnips. A Child of nine Years old may take a quarter of an Ounce of this Mixture; so, less or more, for any other Age. Drink Water-gruel or Posset-drink in the Working. 'Tis good for Men or Women, as well as Children.

For Worms.

BRUISE a Pound of Worm-feed, and put it into a large Still full of Spear-mint, draw it off as long as it runs good: Let the Child

Child drink three Spoonful of this nine Mornings together.

For the same.

ONE Drop of Oil of Brimstone, in a little warm Ale, for three Mornings together. Do not exceed one Drop for a Child; three are enough for a Man or Woman.

For the same.

TO four Pounds of the Husks of Walnuts, put half a Pound of Worm-feed, and as much Flour of Brimstone: Draw it off in a cold Still, and let a Tea-cup be taken every Morning for a Month. 'Tis an excellent Medicine for *Worms*, or *Jaundice*, and has done great Cures.

For the same.

TAKE one Handful of Spear-mint, as much Plantain, as much Goats Rue, a Spoonful of Plantain-seeds: Stamp all together, and squeeze out the Juice, and take tve Spoonfuls of it in a Glais of Sack, three Mornings together.

For

For the same; well recommended.

HUSK, and dry an Ounce of *Seville* Orange-seeds, beat them to a fine Powder, and give as much as will lie on a Sixpence, in a Spoonful of Syrup of Peach-blossoms; at the same time bind the Leaves of the Peach-tree to the Navel of the Child. If you have no Syrup of Peach-blossoms, use Syrup of Black Cherries.

The Red Powder, for Fevers, Small-Pox, or Surfeits.

TAKE of Carduus, Rue, Red Sage, Lilies of the Valley, Tormentil, Pimpernel, Dragon, Betony, Angelica, Scabious, Speedwel, of each one Handful; Virginia-Snake-weed, one Handful; Wormwood, half a Handful; Agrimony, and Veram, of each a quarter of a Handful: Shred the Herbs very small, and infuse them in two Quarts of White-wine, in a Jug, which you must stop very close, and set nine Days in the Sun: Then strain the Wine from the Herbs, and infuse the same Quantity of fresh Herbs in the same Wine; let it stand, as before, nine Days more: Then take a Pound of Bole-Armoniack finely powder'd; then put as much of the Wine (after it is a second time press'd out) as the Powder will take up, and set it

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in the Sun to dry; and as it dries up, put in more of the Wine, stirring it two or three times a Day, 'till all the Wine be dry'd up in the Powder, so as to be fit to work like Paste: Then put to it one Ounce of Diascordium, and one Ounce of Mithridate, half an Ounce of Cochineal, one Ounce of Powder of Red Coral, one Ounce of prepar'd Saffron, forty Grains of Bezoar, one Ounce of Powder of Crabs-eyes, one Ounce of burnt Harts-horn, and one Ounce of prepar'd Pearl: Mix these in the last Wetting, and work them all together: Make them up in Balls, (when well mix'd) and dry them in the Sun. Take forty or fifty Grains of this for a Dose. Drink Mace-Ale after it.

*Of Gascoign Powder, a good Sort for
the same Uses.*

TAKE prepar'd Crabs-eyes, Red Coral, White Amber very finely powder'd, of each half an Ounce; burnt Harts-horn, half an Ounce; one Ounce of Pearls very finely powder'd; one Ounce of Oriental Bezoar; of the Black Tops of Crabs-claws finely powder'd, four Ounces; grind all these on a Marble Stone, 'till they cast a Greenish Colour; then make it into Balls with Jelly made of *English* Vipers Skin, which may be made, and will jelly like Harts-horn.

A very

A very good Powder for a Dizziness in the Head, and to prevent Apoplectick Fits.

TAKE the Seeds and Roots of single Piony, of each a like Quantity; dry and beat them severally into a fine Powder; take the Weight in Nutmeg, which you must beat, and dry, and beat again; mix fine-sifted Sugar, and take as much as will lie on a Shilling every Morning for a Month constantly.

A Powder to stop the Hickup in Man, Woman, or Child.

PUT as much Dill-seed, finely powder'd, as will lie on a Shilling, into two Spoonfuls of Syrup of Black Cherries, and take it presently.

An Excellent Powder for Convulsion-Fits.

TAKE two Drams of Piony-roots; Mistletoe of the Oak, one Dram; prepar'd Pearl, White Amber prepar'd, and Coral prepar'd, of each half a Dram; Bezoar, two Grains; and five Leaves of Gold; make all these into a very fine Powder, and give as
H 2. much

much of it as will lie on a Three-pence, to a Child of a Month old, and proportionable to a bigger; mix it up with a Spoonful of Black-cherry Water, which sweeten with the Syrup of Black Cherries: Take it three Days together, at every Change of the Moon, to prevent Returns.

A Powder for Digestion.

TAKE Gallinal, and Setwal, of each one Ounce; Long-Pepper, Mace, and Nutmeg, of each two Ounces; Aniseeds, Carraway-seeds, Fennel-seeds, and Angelica-seeds, of each half an Ounce: Put to these, all finely powder'd, the Weight in fine powder'd Sugar; take as much as will lie on a Shilling, after every Meal; and drink a Glass of Simple Carduus Water after it: This has done mighty Cures to weak deprav'd Stomachs.

A Present Remedy for Convulsion-Fits.

MAKE a Draught of an equal Quantity of Piony, and Simple Black-cherry Water; and for a Man put thirty, for a Woman twenty, for a Child five Drops of Spirit of Harts-horn: Drink this in or before a Fit.

Another

Another for the same.

INFUSE Turnips in a Pot close stopp'd, and set them in a Kettle of Water, 'till they are tender enough to squeeze; then take the Liquor clear from them; and take three Spoonfuls of it, in one Spoonful of rich Old Malaga: It has cur'd the Falling-Sickness in grown-up People, but is almost infallible for Children.

A Syrup for Convulsion-Fits.

TAKE one Pint of small Black-cherry Water, two Pounds of Black Cherries; bruise them, Stones and all, in a Mortar; put these with the Water into a Jug, with two Blades of Mace, and four Tops of Spearmint; stop the Jug close, and set it into a Kettle of Water; let it simmer three Hours over the Fire; then strain it out, and let it be boil'd to a Syrup, with a full Pound and half of *Lisbon* Sugar, to each Pint of that Liquor.

For Convulsions, or Vertigo.

TAKE one Ounce of Juniper-Berries; two Ounces of fresh *Seville* Orange-peel; Male-Piony Roots, three Ounces; Peacocks Dung, six Ounces; Sugar-candy, half a Pound: Infuse these in two Quarts of Rhenish, for

twenty-four Hours, in hot Ashes; then let it settle; and take two Spoonfuls of this in a Glass of Angelica-water. It has done great Cures.

A Strong Milk-Water.

TAKE Mint, Sage, and Balm, of each two good Handfuls; Rue, Carduus, Wormwood, and Meadow-sweet, of each one Handful; chop these Herbs together; and put them, with four Quarts of New Milk, and a whole Nutmeg slic'd, into a Copper Limbeck; from this Quantity you may draw two Quarts, if you keep an even slow Fire, 'till that Quantity is drawn off: When you have drawn off what you design, mix it all together, for the Use of any Feverish or Consumptive Person.

The Barley Cinnamon-Water.

PUT two Pounds of Pearl Barley, into four Quarts of Spring-Water; draw it off in a cold Still, as long as it runs sweet; infuse in it half a Pound of Cinnamon, and a Quart of Canary: Sweeten it, and drink a Draught at any time, in a Fever and Looseness,

Walnut-Water.

GATHER a large Quantity of Green Wallnuts, in the Beginning of *June*; break them in a Mortar, and distil them in a cold Still; keep this Water by itself, and at Midsummer do the like, keeping that Water by itself also; about a Fortnight after Midsummer do the like; and so again a Fortnight after that; then put all the four Sorts of Water together, and distil it off; keep it close for Use: Its Perfections are many; 'tis good in Consumptions and Surfeits; drank with Wine in a Morning, 'tis good for a Palsey; a Bottle or two in a Vessel of decay'd Wine, revive it; it's good to wash the Eyes and Temples. I have not met with any Simple Water so well recommended, or by a Person of more Experience.

A very good Snail-Water.

TAKE a Peck of Snails clean wip'd, crack them, and put them into a Gallon of Milk, with a Handful of Balm, as much Mint, and unset Hyssop, half a Pound of Dates, as many Figs, and one Pound of Raisins of the Sun; distil all together, and let it be the constant Drink in a Consumption.

*A good Milk-Water for a Surfeit, or
Worms.*

TAKE of Rue, Wormwood, Carduus, and Mint, each three Handsfuls; cut the Herbs, and steep them all Night in two Quarts of Milk; distil it off next Morning in a cold Still; from this Quantity draw three Pints; then distil this Water over again, with the same Quantity of Milk and Herbs; sweeten it to your Taste, if for Children; but for grown People, 'tis best alone.

Strong Elder-berry Water.

TAKE a Bushel of Elder-berries, and put to them a Quart of Ale-yeast; let them stand nine or ten Days, stirring it two or three times a Day, and then distil it in a Limbeck: 'Tis a very good Cordial in any Illness.

A Cordial Mint-Water.

TAKE one Pound of Mint, stripp'd from the Stalks, and gather'd the Day before you weigh it; a quarter of a Pound of Liquorice, thin slic'd; one Ounce of Aniseeds; one Ounce of Carraway-seeds; one Pound of Raisins of the Sun ston'd: Steep these together, in a Gallon of good strong Claret;

Claret; distil it off in a Limbeck, or cold Still; if you don't like it so hot and strong, let it drop on a little fine Sugar, thro' a Bag of Saffron.

A good Milk-Water.

TAKE one Pound of Carduus, half a Pound of Wormwood, Spear-mint, Balm shred a little; put them in an ordinary Still, with a Gallon of Milk; and distil it off leisurely: 'Tis good in any Thirst.

Another Milk-Water.

CARDUUS, and Wormwood, of each one Handful; Spear-mint, two Handfuls: Pick and cut the Herbs, and pour upon them a Pint of Sack; let them stand all Night, and next Day put them into a cold Still, with a Gallon of New Milk, or New Whey clarify'd: Draw off while it runs good.

*A most excellent Drink for the King's
Evil in the Eyes.*

TAKE Sage, Celendine, Yarrow, Betony, three-leav'd Grass, Cinquefoile, Daisy-roots and Leaves, of each a Handful; Honey-suckles, and Ground-Ivy, the same Quantity: Pick, wash, dry, and bruise them, and put to them a Quart of good White-wine,
or

or Beer; steep them two Nights and Days; press the Herbs out, and drink four Spoonfuls, Morning and Night; just as you drink it, squeeze in the Juice of fifty Millepedes, fresh bruis'd.

A good Cere-Cloth.

TAKE one Pint of Oil of Olives; eight Ounces of Red Lead; Virgins-wax, four Ounces; of Ointment of Populion, Oil of Roses, and Oil of Camomile, of each one Ounce; set the Pint of Oil on the Fire, and melt the Wax in it; then put in the Populion, and other Oils; when all is melted, put in the Red Lead, stir all well together, and let them boil 'till they are black; then dip in your Cloth.

An Incomparable Salve for the Eyes.

TAKE two Ounces of *May* Butter, one Ounce of Virgins-wax, half an Ounce of Camphire, one Ounce of Powder of Tutty; you must first put your Wax and Camphire, into a Silver Porringer, and let both melt on a gentle slow Fire together, constantly stirring 'till they be dissolved; some little time after, put in your *May* Butter, and dissolve it with a large Spoonful of Red Rose Water; keep it on the Fire, 'till all be incorporated; then add the Powder of Tutty, and mix all
very

very well; take it from the Air; and when you lie to fleep, gently anoint your Eye-lid with it.

The Smallage-Ointment.

TAKE a Handful of Smallage, as much Mallows, and as much Elder; pick and fhred all fmall; put them into a Skillet, with a Pound of Mutton-fuet fhred fmall; let all boil together: Strain it, and keep it to anoint any Swelling.

*A very good Plaifter for a Stomach fore
with Coughing.*

TAKE of Burgundy-Pitch, Rofin, and Bees-wax, of each one Ounce; melt thefe together: Then take three quarters of an Ounce of coarfe Turpentine, and half an Ounce of Oil of Mace; melt thefe with the other, and keep it for Ufe: When you have Occafion, fpread it on Sheeps-leather, prick'd full of Holes; and when you lay it on, grate fome Nutmeg over it.

To give certain Eafe in the Tooth-ach.

TAKE French Flies, Mithridate, and a few Drops of Vinegar; beat this to a Pafte, and lay a Plaifter on the Check-bone,
or

or behind the Ear; 'Twill blister, but rarely fails to cure.

Plaisters for a Fever.

BEAT two Handfuls of Rue, with as many Currants, till they are fine, and well mix'd; spread it on Cloths, and bind it to the Wrists, and Soles of the Feet: This draws from the Head; and, if laid on in time, does as much good as Pigeons to the Feet, in Extremity.

An Ointment that is good for any Ach, or Swelling, in Man or Beast.

TAKE of unset Hyssop, Goats-Rue, Ad-der-spear, Alehoof, Wormwood, Camo-mile, Ladies-mantle, Plantain, Harts-tongue, Ladder-to-heaven, Southernwood, Red-Sage, Agrimony, Bone-wort, Amber-leaves, Bay-leaves, of each one Handful; shred these, and stamp them together; then mix with them one Pound and a half of Butter without Salt, and make it up in nine Balls, and let it lie nine Days; then boil it over the Fire gently: When it looks very green, strain it off, and keep it for Use.

This Number of Days and Balls seems superstitious and whimsical; but it has been so long approv'd in the Family from whence I had

had it, that I cannot doubt of its Virtues, though I ſmile at the Preparation.

An Ointment for a Burn.

TAKE Houſe-leek, ſmooth Plantain-leaves, and Green Elder, of each one Pound; ſtamp them together ſmall; put to them a quarter of a Pint of Wine-Vinegar, three Spoonfuls of Urine, and four Ounces of old Tallow Candle, with three Pints of Oil-Olive: boil theſe two or three Hours, ſtirring them conſtantly with a Stick: Then ſtrain it through a new Canvas Strainer, and put it on the Fire again, with four Ounces of Yellow Bees-wax ſlic'd thin; let it boil half an Hour this time, and pour it into Pots. 'Twill keep many Years, if ty'd down with Bladders. When you uſe it, rub white Paper till 'tis ſoft; then ſpread it over with the Ointment, and anoint the Burn with the Ointment: Do it with a Feather, and lay the Paper over it: Do this Morning and Night, till 'tis quite well. 'Twill ſkin the Wound, as well as take out the Fire; therefore be ſure to uſe nothing elſe: It will give Eaſe in a quarter of an Hour. 'Tis a certain as well as a quick Cure, if the Vitals are not burn'd; and is recommended on the Experience of a Perſon of great Worth and Charity. A third Part of this Quantity will

will last many Years, and may be made very cheap.

An Ointment, which is a certain Cure for any Scabs, Pimples, or Old Inveterate Itch.

TAKE a quarter of an Ounce of Red Precipitate, grind it on a Marble Stone, till 'tis as fine as the Flour of Brimstone; mix this with an Ounce of Flour of Brimstone, and work both up with three Ounces of Butter without Salt, as it comes from the Churn; mix it very well, and anoint the Place very thin with the Ointment. 'Tis not the Nature of it to check, but draw out the Distemper; and in a Week or ten Days Confinement, will make an absolute Cure.

I should say many Things to recommend this, being sure of its Virtues; but it will not need that, to any Body of Judgment.

A very good Poultis for a Sore Breast, to Break it, if there be Occasion; and also Heal it, without any other Salve.

TAKE of Smallage, Spear-mint, and Wormwood, each a good Handful; boil all these in Milk, and thicken it with
Oat-

Oatmeal: Lay it on as hot as you can bear it, and repeat it when hard or dry.

*An Incomparable Ointment for a Strain,
Weakness, or Shrinking in the
Nerves.*

TAKE Sweet-marjoram, Penny-royal, Rosemary-tops, Camomile-flowers, Lavender-flowers, Sage, and young Bay-leaves, of each a large Handful; a very large Nutmeg, and its Weight in Mace; the Rind of four Lemons, and as many Oranges: Stamp all very fine, and boil it in a quarter of a Pint of rich *Malaga* Wine, and half a Pound of unsalted Butter; let it boil till the Wine is wasted; press it through a fine Sieve, and keep it cool for Use. Rub it Morning and Night before the Fire, on the Part affected.

The French King's Balsam.

TAKE Red Sage, and Rue, of each half a Pound; young Bay-leaves, and Wormwood, of each a quarter of a Pound: Stamp them unwash'd in a Mortar, with a Pound and a half of Sheeps-suet, hot from the Sheep, till 'tis all of a Colour; then add to it a Quart of Oil-Olive, and work that with the rest; then put it into an Earthen Pot well stopp'd, for eight Days; then boil it
on

on a soft Fire: Being ready to take off, pour in three Ounces of Oil of Spike; let it boil a little together; then strain it, and keep it for Use: Take care it do not burn. It must be made in *May*, and will keep many Years: Rubb'd into the small of the Back, it eases the Stone: The Quantity of half a Pea in the Ear, chaf'd in, and stopp'd with black Wool, helps Pains there: It cures Stiffness or Strains in Man or Beast; as also Bruises, Over-stretching of Veins, Felons, Anguish or Swelling of Wounds: It eases the Cramp; and is a good and useful Balsam in all Families.

For the Biting of a Mad Dog.

TAKE four Ounces of Rue, four Ounces of *London Treacle*, four Spoonfuls of scrap'd Pewter, and four Ounces of Garlick; stamp the Garlick, and boil all in a Pottle of stale strong Ale; strain this Drink; let that which is thick, be apply'd to the Wound; and take nine Spoonfuls of the clear, for nine Days together.

An Ointment for a Child that has the Rickets.

TAKE one Ounce of Beef Marrow; as much Oil of Lilies, and Tamarisk; Bees-wax, two Ounces; Gum Ammoniacum
dissolv'd

dissolv'd in Vinegar, half an Ounce; Juice of Briony-roots, Smallage, and Golden-rod, of each one Ounce; let all boil, till the Juice of the Herbs be consum'd: With this anoint the Belly of the Child, rubbing it in with your warm Hand by the Fire, half an Hour every Night. 'Tis good if the Belly is swell'd with Rickets, Worms, or Ague.

An Ointment for the Back of a Weak Ricketty Child.

PICK Snails clean out of the Shells, and prick them full of Holes, hang them up in a Cloth, and put a Bason to catch what drops from them; which you must boil up with Speracity, and Blades of Mace, of each one Ounce: Rub this Ointment along the Back-bone, round the Neck, Wrists, and Ancles; use this constantly Night and Morning, and chafe it in by the Fire: This, with the Drink that follows, has recover'd many weak Children from Sickness, Lameness, and Deformity.

The Ricketty Drink.

PUT an Ounce of Rhubarb, three hundred live Wood-lice, Sassafras, China, and Eringo-Roots, of each three Ounces; Roots of Osmond-royal, two Ounces; Raisins of the Sun stoned, two Ounces; Harts-
I Tongue,

Tongue, two Handfuls: Put these into six Quarts of small Ale, and drink, Spring and Fall, no other Drink; 'tis almost infallible for weak Children.

*A cooling Drink in a Fever or
Pleurisie.*

PUT an Ounce of Pearl-Barley into three Pints of Water; shift it twice; beat half an Ounce of Almonds, with a bit of Lemon-peel, and a Spoonful or two of the Water; when they are very fine, wash the Almond-Milk through your Sieve, with three Pints of Barley-Water; in the last boiling of this, you may put Melon-seeds and Pumpion-seeds, of each half an Ounce; white Poppy-seeds, half a Dram; when these are well boil'd, mix the Liquor with the Almonds, and strain all; sweeten it with Syrup of Lemons, for a Fever, or Syrup of Maiden-hair, and drink four Ounces every three or four Hours.

Another Drink in a Fever.

TAKE a little Sage, a little Balm, and a little Wood-forrel; wash and dry them; slice a small Lemon after you have par'd it clean from the white and bitter Part; to these Herbs and sliced Lemon, pour three Pints of boiling Water: Sweeten

it to your taste, and drink as freely as you please.

Another Drink.

TO three Pints of Barley-water, often shifted, put Harts-horn, and Ivory-shavings, of each three Drams; Quick-grass-Roots, two Ounces; Currants, one Ounce; Red Rose-water, half a Pint; a very little Balm; let it boil, and sweeten it with Syrup of Lemons or Violets. If the Patient is colic, a few Drops of Spirit of Vitriol serve instead of Lemons, when that cannot be had: Of this you may drink freely in a Fever or Quinsie.

Another Sort.

CLEAR Poffet-drink, pour'd on Wood-sorrel only, is good, and allays Thirst better than any other; and Pippins slic'd into Milk, are as good, and better than all, if you have a Lemon to slice in with them, being not sharp enough of themselves to turn it to a pleasant Clearness.

A cold Caudle in a Fever.

BOIL a Quart of Spring-water; let it stand till cold; then add the Yolk of one Egg, the Juice of a small Lemon, six Spoon-

fuls of Sack, and Sugar to your Taste; Syrup of Lemons, one Ounce: If you have not this, fresh Lemons do as well: Brew all together till well mix'd, then drink freely.

Elder-flower Water cold still'd, is an excellent Drink for Heat and Thirst; quicken each Draught with five or six Drops of Spirit of Vitriol, and sweeten it to your Taste.

Walnut-Water, *good in Agues or Fevers.*

TAKE a Pound of Rue, and a Pound of green Walnuts, before the Shell be hard, a Pound of good Figs; bruise all, and distil it: Take a Draught before your Fit, and try to sweat after it.

An excellent Snail-Water in a Consumption.

TAKE a Peck of large Shell-Snails, lay them on a hot Hearth before the Fire; let them lie till they have done hissing and spitting; then wipe them from the Froth, and break them in a Mortar; have a Quart of Earth-worms, slit, and scour'd clean with Salt and Water; beat them with the Snails; then take Angelica, Celendine, Wood-sorrel, Agrimony, Bear-foot, Barberry-bark, Great Dock-roots, of each two Handfuls; Rue half a Handful; Rosemary-flowers, one Quart;
half

half a Pound of Harts-horn; Turmerick, and Fenugreek, of each two Ounces; half an Ounce of powder'd Saffron, and three Ounces of Cloves fresh beat; shred these Ingredients, and infuse all in three Gallons of strong Ale, for twelve Hours; then distil it, and draw off what runs good; and take three Spoonfuls of this in a Glass of Sack or White-wine, an Hour before every Meal; use moderate Exercise with it. 'Tis highly recommended, and has been used with constant Success in Consumptions and Jaundice.

*A Poffet-Drink, to be taken before the
Fit of an Ague.*

POUR a Gallon of clear Poffet-drink upon four large Handfuls of Angelica, shred small; let it infuse, till 'tis very strong; let the Person, if possible, drink all, that the Stomach may be perfectly clear; and go into a warm Bed, as soon as the Vomit has done working: Cover yourself close, and try to sweat. It has seldom fail'd, and is a safe Vomit.

A good Epidemick-Water.

TAKE Rue, Rosemary, Pimpernel, Rosa-Solis, Balm, Scordium, Carduus, Dragon, Marigold-flowers and Leaves, Goats-Rue, Mint, and Angelica, of each two
I 3 Hand-

Handfuls; take the Roots of Elecampane, Piony, Masterwort, and Butter-bur, of each one Pound; Gentian, Tormentil, Scorzonera, and *Virginia* Snake-weed, of each four Ounces; Saffron one Ounce: Infuse all these, when shred, in two Quarts of White-wine, one Quart of Water, and one Quart of *French* Brandy distill'd, and use it in any malignant Distemper.

An admirable Possiet-Drink, in a Pleurisie, or Shortness of Breath.

INFUSE two Ounces of Flax-seed in a Pint of clear Possiet-drink; first bruise the Seeds. Drink this Quantity at a Draught every Morning, and at Night, if very ill.

It has the same Virtues with Linseed Oil; but is not so hard to take.

For an Inflammation in the Throat.

INFUSE one large Handful of Cinquefoil in a Quart of Water; let it boil to a Pint; strain it, and sweeten it with Honey very sweet, and swallow two or three Spoonfuls often. This, though a simple Medicine, has done great Cures, and may be rely'd on. The Herb is otherwise call'd *Five-leav'd Grass*.

For

For a Cough, and Shortnefs of Breath.

TAKE eight Ounces of Colts-foot pick'd clean from the Stalks; beat it to a perfect Conserve, with four Ounces of Brown Sugarcandy, four Ounces of Raisins stoned: When 'tis very fine, and well mix'd, add four Ounces of Conserve of Roses; then add twenty Drops of Spirit of Sulphur, and ten Drops of Spirit of Vitriol: Mix it well, and take as much as a large Nutmeg, as often as you please. I think the Juice of the Colts-foot, mix'd with the Sugarcandy, is better than the Leaves, without straining.

A good Way to make Caudle.

TO four full Quarts of Water, you may put a Pint of whole Oatmeal; let it boil very slow for five or six Hours at least; then strain it out, and put to two Quarts, three large Blades of Mace, a full Pint and a half of White or Rhenish-wine; and make it sweet to your Taste: And just as you take it off the Fire, slice in a Lemon, from which all the White is cut, which is apt, by lying long, to make it bitter; just the Yellow of the Peel may be put in. A little Salt does very well in Caudle, but is not often used.

A very good Purge in a Fever.

TAKE Sena two Drams, Rhubarb one Dram, Tamarinds two Drams; boil these in half a Pint of Water, till two Thirds be wasted; to what remains, add half an Ounce of Cream of Tartar, sweeten'd with one Ounce of Syrup of Succory, or Syrup of Roses solutive; strain and drink it at a Draught; in the Working, drink clarified Whey, rather than Posset-drink. 'Tis good to cool and thin the Blood.

An Incomparable Drink in a Thirsty Fever.

AN Ounce and a half of Tamarinds, three Ounces of Currants, and two Ounces of ston'd Raisins, boil'd in three Pints of Water, till near one Third be consumed; strain and drink this, when you are costive.

A Draught for a Consumption.

TAKE Mint, and Red-Rose Water, of each two large Spoonfuls, Sugarcandy finely beat, one Ounce; warm these together with a little grated Nutmeg; pour to it near half a Pint of Milk just warm from the Cow; drink this twice a Day, for six Weeks, in the Spring. It has recover'd many from Weakness, and faint Sweats.

An excellent Electuary for a Consumption.

TAKE Hore-hound, Harts-tongue, Liver Wort, Maiden-hair, Agrimony, un-fet Hyssop, Germander, and Colts-foot, of each one Handful; boil them in a Gallon of Spring-water, till half be consumed; then take three Pounds of live Honey, half an Ounce of Powder of Elecampane, and an Ounce of Powder of Aniseed; sift them both through a Sieve; boil these together, till it come to the Consistence of an Electuary. Take the Quantity of a Nutmeg fasting in the Morning, and fast an Hour after it: Take the like Quantity at Night, when you go to Bed.

A Poppy-Water for Surfeits.

BREW ten Gallons of strong Ale-wort; when 'tis cool, work it with Yeast, and add as many fresh Red Poppies as the Wort will conveniently wet, so that you may stir it daily; let the Poppies infuse in this Wort three Days and Nights; then draw it off in a Limbeck as quick as you can, till the whole is distill'd off; mix the small and strong together, and take a Glas at any time, with or without Sugar, after a full or disgusting Meal. 'Tis not much stronger than
than

than a simple Water, but has been the only Cordial of an infirm Lady, who has used it ever since Fifteen, and she is now Ninety-seven. This of my own Knowledge.

Another for a Surfeit.

BOIL a Handful of fresh or dry'd Poppies in Ale, with an Ounce of Carraway-seeds bruis'd: Sweeten it, and drink a large Draught. If the Stomach it so sick as to discharge it, repeat it till it does stay, and sleep on it.

A Rich Surfeit Cordial-Water.

TAKE four Pounds of fresh red Poppies, infuse them in four Quarts of Brandy; add to it half a Pound of Dates slic'd, half a Pound of Figs slic'd, a Pound of Raisins stoned; Carraway and Angelica-seeds bruis'd, of each one Ounce; Mace, Cinnamon, Cloves, and Nutmeg, of each a quarter of an Ounce; Marigold-flowers and Balm, of each one Handful; Sugarcandy one Pound, hot Angelica and cold, of each one Pint: Steep all these a Month, stirring them every Day. If you have a convenient Place, let it stand in the Sun.

A whole-

A wholesome Cordial.

TAKE one Pound of Gentian-roots slic'd, common Dock-roots slic'd, half a Pound; Centaury, both Flowers and Leaves, of each half a Pound: Put these into a great Glass, with one Pound of Poppies; pour upon these Ingredients six Quarts of White-wine; let it stand twenty-four Hours to infuse; then draw it off in a Limbeck. 'Tis good and safe in any Illness of the Stomach.

For the Gout.

MAKE a Conserve of Buck-bean, with the Weight in Sugar-candy; beat both fine, and take as much as a large Nutmeg, first and last; and drink a Tea made of the same Herb, every Morning and Afternoon, constantly, for one whole Year.

This alone, without any other Medicine, made a perfect Cure in a Person that had been many Years most grievously afflicted; and is effectual in the *Scurvy*, or *Rheumatick Pains*. Where the Patient is weak and very restless, 'tis best to mix a third Part *Venice Treacle* in the Conserve they take, when going to Rest.

A Drink

A Drink for the Gout.

SARSAPARILLA, eight Ounces; Sassafras, China, and Harts-horn Shavings, of each three Ounces; Angelica-roots, three Ounces; Raisins, one Pound, and the Roots of Sweet-smelling Flag, three Ounces; of candy'd Eringo-root, half a Pound: Hang these in six Gallons of small Ale, when you tun it up; and as soon as 'tis a Fortnight old, drink of it constantly.

'Tis an incomparable *Drink* to sweeten the Blood, and correct those very sharp Humours, that occasion that dismal tormenting Distemper.

For the Head-ach.

DRY Rosemary before the Fire, till 'twill crumble to a very fine Powder; one Pugil of Saffron; and with the Powder of Rosemary and Saffron, made the Yolk of an Egg into a stiff Poulter, and lay it as hot as you can endure it, to the Temples.

For the Stone and Gravel.

TAKE of Cassia newly drawn, one Ounce and a half; choice Rhubarb in Powder, a Dram and a half; *Cyprus* Turpentine well wash'd, seven Drams; spic'd Diatragacanth, one

one Scruple; Powder of Liquorice, half a Dram: Mix it in a good Quantity of Syrup of Marsh-mallows: Take the Quantity of a Walnut in a Morning fasting: Drink a Draught of plain Ale Poffet-drink immediately after it: Then walk an hour: And after that, drink a Pint (if your Stomach will bear it) of White-wine Poffet, sweeten'd with Syrup of Marsh-mallows.

N. B. This was the Prescription of a learned Physician; and has been long kept as a choice Secret in a very charitable Family, who have made numberless Experiments of it with miraculous Success, even to dissolve the Stone.

Another for Stoppage of Water, in the Stone.

TAKE four Spoonfuls of the Juice of Parsley in a Pint of White-wine; sweeten it with Syrup of Marsh-mallows, and (if you can) drink the whole Quantity at a Draught.

For the Stone.

MAKE a very strong Decoction of Mal-lows, thus; put in half a Peck of Leaves into one Gallon of Water; let it boil to near half the Quantity: Then strain it, and add half as many Leaves, and boil it again: Then

Then add Liquorice, ston'd Raisins, and Syrup of Marsh-mallows, of each two Ounces; and drink continually of this Drink: It has given Ease to many in Extremity. Observe to strain it clean, and let it settle from the Thick, before you pour it off.

For the Stone.

TAKE of good White-wine one Pint; Fennel, and Parsley-water, of each one Pint: Into this Mixture put one Ounce of live Wood-lice, well cleansed, one Lemon slic'd thin, and two Ounces of Syrup of Marsh-mallows: Put these into a Jug to infuse for five or six Days: Then strain it out, and let the Patient take four Ounces at a time, twice a Day.

For the Scurvy.

TAKE Scurvy-grass, Garden-Tansy, Wood-forrel, and Golden-rod, of each one Handful; beat these Herbs to a Conserve, with their Weight in Sugar; add to them an Ounce of Powder of Wake Robin: Take as much Syrup of Oranges, as will make this into an Electuary, of which take a Dram three times a Day, for six Weeks together, in the Spring; drinking after it the following *Drink*:

Take

Take Garden Tansey, Garden Scurvy-grafs, of each six Handfuls; Buck-bean, Water-creffes, Brook-lime, and Wood-sorrel, of each four Handfuls; the Peel of six Oranges, and one Ounce of Nutmegs bruised: Infuse these in two Gallons of new strong Alewort; let it work together a Day and a Night; then distil it off in a cold Still as long as it runs good; mix the small, and drink a Wine-glass full after every Dose of the *Electuary*.

This has been taken with great Success, by People who have been much afflicted with *Scurvy-Pains*, and *Spots*. It has, by constant taking, cur'd a *Rheumatism*.

For the same.

ONE Handful of Garden Tansey, as much Sage, and twice as much Scurvy-grafs, steep'd in two Quarts of White-wine, or strong Ale. Drink half a Pint of this, Morning and Night.

For the same.

INTO five Gallons of well-brew'd small Ale, put in a Bag one large Handful of Fir-tree Tops cut small, two Handfuls of Scurvy-grafs, as much Water-creffes, one Pound of Burdock-root scrap'd and slic'd,
the

the Juice and Rinds of twelve *Seville* Oranges; let these be put in while the Ale is working; when it has done, stop it down till 'tis fine; then drink of it for a Month, or six Weeks.

Use the same for a *Dropfy*; adding only a quarter of a Pound of Mustard-seed, and half a Pound of Horse-radish Root.

An excellent purging Ale for a Dropfy.

SENA, four Ounces; Sassafras, and Tartar, of each two Ounces; Jalop, and Liquorice, of each one Ounce; Rhubarb, Coriander, and Aniseed, of each one Ounce; Polypodium eight Ounces; Broom-ashes one Quart; and one Ounce of Cloves; put all in a Bag, with some little Weight to sink it: Take Scabious, and Agrimony, of each three Handfuls; of the Roots of Daneswort, one Handful; Raisins of the Sun ston'd, one Pound, with a little Ginger: Put these Ingredients into sweet Ale-wort, when you put in your Hops, and let all boil together half an Hour; then pour it scalding hot on your Bag of Drugs: When 'tis cold enough, set it to work with Yeast: When it has done working, stop it up for twelve Days, or a Fortnight: Hang the Bag of Drugs in the Vessel.

Veffel. Drink a large Glafs of this in the Morning, and at Four in the Afternoon, unlefs you find it works too much at firft; if fo, leffen your Dofe; but take it daily, 'till you have taken all.

For a Dropfy.

TAKE Broom, and burn it by itfelf, in a clean Oven; fhift the Afhes from the Stalks and Coals that are not quite confum'd, and put two full Pounds of thefe Afhes into a two Quart Bottle; pour on Old Hock, 'till the Bottle is up to the Neck; take care 'tis not too full; if it has not Room to ferment, 'twill be apt to fplit the Bottle: Digest it in hot Afhes by the Fire, or in the Sun, and fhake it often; when it has flood three or four Days, pour off a Quart of the clear Lye: If it is not perfectly fine, decant again and again, 'till it is fo; fill up your Bottle again with Hock, and do as before, 'till all the Strength of the Afhes be out. Drink this firft, and at Four or Five in the Afternoon; continue it for fome time, and 'twill carry off the Dropfical Humours: While you take it, let the Meat you eat be dry roasted; and your Drink, ftrong Ale or Wine.

For the Dropfy.

MIX four Ounces of Syrup of Elderberries, with two Ounces of Oil of Turpentine; incorporate them well together; and take one large Spoonful of this Mixture, first and last, for a Fortnight.

Note, That Sea-bisket, and New Raisins of the Sun (if they can be had) eaten constantly, instead of Suppers, have cur'd that Distemper without Physick, especially if the Party can refrain from small Liquors.

For the Jaundice.

CUT off the Top of a *Seville* Orange, and take out, as well as you can, the middle Core and Seeds, without the Juice; fill the Vacancy with Saffron, and lay the Top on again; then roast it carefully without burning, and throw it into a Pint of White-wine: Drink a quarter of a Pint fasting, for nine Days: It greatly sweetens and clears the Blood.

*To Sweeten the Blood, in Scurvy,
Jaundice, or any Pains in the
Limbs.*

TAKE Scurvy-grass, Maiden-hair, Wild
Germander, Wood-sorrel,, Fumitory,
of each half a Handful; Wild Mercury one
Handful; Damask-Roses two Handfuls; put
these into two Quarts of clarify'd Whey;
let all stand 'till 'tis scalding hot, then strain
it off; and drink half a Pint at a Draught,
four or five times in a Day, for a Month or
five Weeks in the Spring. This is highly
recommended in the Gout.

A good Bitter Wine.

TAKE two Quarts of strong White-wine,
infuse in it one Dram of Rhubarb, a
Dram and half of Gentian Root, Roman
Wormwood, Tops of Carduus, Centaury,
Camomile-flowers, of each three Drams;
Yellow Peel of Oranges, half an Ounce;
Nutmegs, Mace, and Cloves, of each one
Dram; infuse all these two Days and Nights;
strain it, and drink a Glass fasting, and an
Hour before Dinner and Supper: Add Filings
of Steel (if 'tis proper) two Ounces.

*A Pleasant and Safe Medicine, for the
Yellow Jaundice.*

ROAST a large Lemon, 'till 'tis soft; take care it do not break; cut it and squeeze it (while 'tis very hot) upon a Dram of Turmerick slic'd or grated, and half a Dram of Saffron; pour upon these Ingredients a Pint of good White-wine; let all infuse one Night; and in the Morning fasting, take a quarter of a Pint of this Liquor; sweeten it to your Taste with Sugar-candy; or, if your Stomach can bear it, the Sugar-candy may be omitted; repeat this for four Mornings, or longer, if you have Occasion. 'Tis for the most part a certain Cure.

For the Stone.

WASH, dry, and very finely powder, the inner Skin of Pidgeons Gizzards: Take as much as will lie on a Shilling, of this Powder, in a Glafs of White-wine. This does very often give Ease in racking Pain.

Another for the Stone.

DRY and powder the Haw-thorn Berries, and take as much as will lie on a Shilling, in a Glafs of White-wine: This has done great Cures, by constant taking; it
may

may be taken in Ale, if you cannot have Wine: The Virtue is in the Berry, and has been experienc'd, to the great Ease of many poor People, in Ale as well as Wine; but the laſt is beſt; and a Poſſet-Drink turn'd with White-wine, is a proper Vehicle for it; taking it faſting, or when in Pain.

An excellent Drink in the Gout or Rheumatifm.

TAKE ſix Ounces of Saffafras; Sarſaparilla, and China, of each four Ounces; Liquorice and Aniſeeds, of each two Ounces; Sage of Virtue, half a Handful; Candy'd Eringo-root, two Ounces; Raiſins and Figs, of each half a Pound: Put all theſe into four Quarts of Water; let it infuſe over a ſlow Fire, 'till one third is waſted. Strain and drink it conſtantly, to ſweeten the Blood.

A good Mouth-Water, to be us'd Daily in the Scurvey.

TAKE half a Handful of Red-Roſe-Leaves, three Ounces of Black-thorn-Bark ſlic'd, a Bit of Allom; boil theſe in a Pint of Claret, and as much Water, 'till a third is waſted; then put in the Peel of one *Seville* Orange, a Handful of Scurvy-graſs, and as much Powder'd Myrrh as will lie on a Shilling; ſtir all together, and let it boil up;

then strain it, and hold a Mouthful as long as you can, once or twice a Day: It fastens loose Teeth, and makes the Gums grow up to the Teeth.

A Gargle for a Sore Throat.

TAKE Plantain, and Red Rose Water, of each half a Pint; the Whites of Eggs beat into Water, four Spoonfuls; Juice of House-leek, fresh beat, four Spoonfuls; as much of the Water in which Jews-Ears have been boil'd; twenty Drops of Spirit of Vitriol, and an Ounce of Honey of Roses.

For a Canker in the Mouth or Gums.

MIX forty Drops of Spirit of Vitriol, in an Ounce of Honey of Roses; keep the fore Place always moist with this Mixture; and 'tis a certain Cure.

A Gargle in the Palsey.

PUT a large Spoonful of Mustard-seed, bruis'd, into a Pint of White-wine; drop in Spirit of Vitriol, to make it sharp; and wash your Mouth often in a Day; hold it as long at the Root of your Tongue, as you can endure it at a time.

Another

Another Gargle in the Palfey.

POUR a Quart of boiling Water upon a very large Handful of Lavender-flowers; let it infuse in the Ashes, 'till 'tis very strong; strain it, and add a Spoonful of Vinegar, a Spoonful of Hungary-Water, and a Spoonful of Honey. Wash your Mouth often with this: It is a very good Gargle.

A constant Daily Wash for your Teeth.

TO one Quart of Claret put an Ounce of Bole-Armoniack, half an Ounce of Myrrh, one Dram of Allom, Salt of Vitriol ten Grains, an Ounce of Hungary-Water, and two Ounces of Honey of Roses; when these have stood in a warm Sun, or near the Fire for three Days, set it by to settle; and pour a Spoonful of it into a Tea-cup of Water, with which wash your Teeth: It preserves them sound, and makes them white.

To clean very foul Spotted Teeth.

MAKE a Skewer very sharp at one End, over which wind a Bit of fine Rag, tie it on very hard, and cut it very sharp, that it may be like a fine Pencil for Painting; dip this in Spirit of Salt, take it out immediately, and dip it then into a Cup

of fair Water, in which hold it for a Moment; with this Rag, so carefully wet, rub your Teeth, and take care you do not touch your Lips or Gums; have a Cup of cold Water ready to wash your Mouth, that the Rag has not been dipp'd in: With this you may make any furr'd Teeth as white as Snow; but you must not use it often or carelessly. When they are once thus clean, the Claret-wash will preserve them so.

A Mucilage in a Sore Throat.

TAKE four Drams of Quince-seed, decoct it in a quarter of a Pint of Rose or Plantain-water, 'till 'tis a strong Jelly; add a Spoonful of the White of an Egg beat to Water; and sweeten it with Syrup of Mulberries or Rasberries,

*To Cure a Cough and Shortness of
Breath.*

TAKE Elecampane-roots, and boil them very tender, and pulp them fine thro' a Sieve; take their Weight in the Pulp of coddled Pippins; if you have a Pound Weight of both together, boil it in a Pint and half of clarify'd Honey, for half an Hour; then take one Ounce of Powder of Liquorice, and as much Powder of Aniseeds; mix all well together,

together, and take a Dram Morning and Night, and in the Afternoon: 'Tis an excellent Medicine in an Asthma.

Another for a Cough.

ROAST a large Lemon very carefully without burning; when 'tis thorough hot, cut and squeeze it into a Cup, upon three Ounces of Sugar-candy finely powder'd; take a Spoonful whenever your Cough troubles you: 'Tis as good as 'tis pleasant.

For the same.

TAKE two Ounces of Syrup of Poppies, as much Conserve of Red Roses; mix and take one Spoonful for three Nights, when going to Rest.

For the same, with a Hoarseness.

SYRYP of Jujubes and Althea, of each two Ounces, Lohoch Sanans one Ounce; Saffron and Water-flag powder'd, of each a Scruple: Lick it off a Liquorice-stick, when you cough.

For

For a Hoarseness.

TAKE every Night, going to Rest, half a Pint of Mum, as warm as you can drink it at a Draught, for three Nights together.

For a Hooping-Cough, very good.

TAKE a Quart of Spring-water, put to it a large Handful of Chin-cups that grow upon Moss, a large Handful of unset Hyssop; boil it to a Pint; strain it off, and sweeten it with Sugar-candy. Let the Child, as oft as it coughs, take two Spoonfuls at a time.

For a Cough.

MAKE a strong Tea of Ale-hoof, sweeten it with Sugar-candy, pour this upon a white Toast, well rubb'd with Nutmeg, and drink it first and last.

For a Consumptive Cough.

TAKE half a Pound of double-refin'd Sugar finely beat and sifted, wet this with Orange-flower Water, and boil it up to a Candy-height; then stir in an Ounce of Cassia-Earth finely powder'd. If you love

Per-

Perfume, a Grain of Amber-greafe does well; drop it in little Cakes on a Mazarine that has been butter'd and wip'd.

This has cur'd those that have spit Blood.

A very good Pectoral Drink for the same.

TAKE Quitch-grafs-roots, two Ounces, Eringo-roots one Ounce, Loris two Drams, Harts-horn one Ounce, Raisins ston'd two Ounces, six Figs, one Spoonful of Pearl-Barley, Colts-foot and Sage of Jerusalem, of each one Handful; boil these in three Pints of Water, 'till a third Part is wasted; strain it, and dissolve therein two Drams of Sal-prunella, and one Ounce of Syrup of Violets. Drink a quarter of a Pint often, when you cough, or are dry.

Pills for Shortness of Breath.

TAKE a Quarter of an Ounce of Powder of Elecampane-root, half an Ounce of Powder of Liquorice, as much Flower of Brimstone, and Powder of Aniseed, and two Ounces of Sugar-candy powder'd; make all into Pills with a sufficient Quantity of Tar: Take four large Pills when going to Rest.

This is an incomparable Medicine for an *Asthma*.

Another

Another for the same.

HALF a Pint of the Juice of Stinging Nettles; boil, and scum it, and mix it up with as much clarify'd Honey: Take a Spoonful first and last. It has done mighty Cures.

For an Asthma.

TAKE Hyssop-water, and Poppy-water, of each five Ounces: Oxymel of Squills three Ounces, Syrup of Maiden-hair one Ounce: Take one Spoonful, when you find any Difficulty of Breathing.

A good Drink in a Consumption.

TAKE of St. John's-wort, the Great Daisy-flowers (call'd Ox-eyes) and Scabious, of each two Handfuls; boil these in a Gallon of Spring-water, 'till half be wasted; then strain it, and sweeten it with clarify'd Honey to your Taste: Take a quarter of a Pint of this in half a Pint of New Milk; make your Liquor just so warm; and take it in a Morning, and at Four in the Afternoon.

This *Drink* is highly recommended, and that too upon long Experience.

A Pow-

A Powder for a Consumption.

TAKE twelve Dozen of the smallest Grigs you can get, wipe them very clean; bake them in a well-glaz'd Pan all Night; set it into the Oven again, 'till they are dry enough to powder; then make them into a very fine Powder, and take as much as will lie on a Half-Crown, three times a Day, drinking with it a Glas of Old Malaga, or Canary.

'Tis restorative, and well approv'd by many who have try'd it with Success.

For Sweating in the Night, in a Consumption.

DRINK a Glas of Tent, or Old Malaga, with a Toast, every Morning early, and sleep an Hour after it.

This is good for Consumptive Persons, or such as are weak, in recovering a long Sickness.

For a Shortness of Breath.

TAKE Flower of Brimstone, and Elecampane-root finely powder'd, of each an equal Quantity; mix this into an Electuary with clarify'd Honey, and take it whenever you cough, or find it difficult to breathe.

For

For an Asthma, Incomparable.

TAKE Juice of Hyssop, Juice of Elecampane-root, of each one Pound; boil these to a Syrup, with double their Weight in Honey or Sugar-candy: Take one Spoonful of this Syrup, in two Spoonfuls of Hyssop-water, and one Spoonful of compound Briony-water: Take this three times a Day.

For a Cough and Shortness of Breath.

TAKE Elecampane-roots, one Ounce; Saffron, a quarter of an Ounce; Ground-Ivy and Hyssop, of each one Handful; boil this in two Quarts of Water, 'till 'tis above half consum'd; strain it out, and sweeten it with Sugar-candy, and take three Spoonfuls often.

Another for the same.

SYRUP of Garlick two Spoonfuls, or the Cloves of Garlick preserv'd; either of them very good; but if the Breath be very bad, 'tis best to lose nine or ten Ounces of Blood, if the Patient can bear it, before you begin to take so hot a Medicine.

Another

Another for the same.

TAKE one Spoonful of Linfeed-Oil new drawn, First and Last: This is good in a Pleurisy, or any other Cough; and may be us'd safely at any Age.

For a Chin-Cough.

DRY the Leaves of Box-Tree very well, and powder them small; and give the Child of this fine Powder, in all its Meat and Drink, that it can be disguis'd in: 'Tis excellent in that Distemper.

An admirable Electuary for a Cough.

TAKE Syrup of Hore-hound, Ground-Ivy, and White Poppies, of each one Ounce, Crabs-eyes, one Dram, and Spermaceti, half a Dram; mix and beat these very fine, and take a little Spoonful, when your Cough is troublesome, and at going to Rest.

For the Pleurisy.

TAKE Broom-tops, Dandelion, Red Poppies, and Hyssop, of each two Handfuls shred; Flax-seed bruis'd, two Ounces; four Ounces of fresh Orange-peel, and nine large
Balls

Balls of fresh Stone-horse-Dung; to these Ingredients, put a Gallon of Milk, and distil it in a cold Still: 'Tis an incomparable Water, and may be drank freely of. If you think it too cold, add a Spoonful of Sack or White-wine, in every Glass.

Another.

MAKE a Posset-Drink pretty clear, with small Ale and White-wine; and to a Quart of that, put three Balls of Horse-dung, and one Ounce of Angelica-seeds; let it infuse three Hours; strain and drink often, half a Pint at a time: This has the same Virtue, and is sooner prepar'd; but 'tis so very nauseous, that many Stomachs cannot bear it.

An excellent Water for the Stone-Cholick.

PUT four Pounds of Haw-berries bruis'd, into four Quarts of strong White-wine; let it steep twenty-four Hours; then draw off, in a cold Still, two Quarts of very strong; and what runs after, keep by itself: A quarter of a Pint of the Strongest has given Ease in very bad Fits at once taking; but if it comes up, you must repeat it, 'till it does stay.

For

For the Cholick.

SLICE one Ounce of the very best Rhubarb you can get, into a Quart of Sack; let it infuse twelve Hours at least; then drink four large Spoonfuls, and fill your Bottle up again: Drink this Quantity once a Day, for six Weeks, or two Months, at least: When your Rhubarb has lost its Virtue, you must put fresh. This has cur'd some People, who could not find Ease in Opiates, or the Bath: It must be constantly continued, till the Bowels and Blood are strengthen'd: It has done such miraculous Cures, where even Laudanum could not, that 'tis impossible to praise it so much as it deserves.

I do therefore advise every Person so afflicted, for their own Sakes, to make the harmless Experiment.

For the Cholick.

TAKE a Quart of double-distill'd Aniseed-water; infuse in it one Ounce of Hiera-picra; stop it very close, and keep it near a Fire, where it must stand some Days; shake the Glass twice every Day: Take three or four Spoonfuls of this in a Fit, when 'tis new; less will serve after it has stood a Year or two.

For a Convulsive Cholick.

TAKE Yellow transparent Amber,
grossly powder'd; Ginger minc'd; mix,
L and

and fill a Pipe; smoke three or four, while in Pain, and always going to Rest.

Another for the Cholick.

BOIL four Spoonfuls of right good *Iris* Usquebaugh, in half a Pint of Ale, slice in a little Ginger, and sweeten with Syrup of Rhubarb: This is a pretty certain Cure, and seldom fails to give present Ease.

For the Cholick.

TAKE the thin Peel that comes off the Kernels of a ripe Walnut, dry'd, and beat to Powder; the thin Yellow Peel of Orange powder'd; of each a like Quantity: Mix it in a Cup of hot Ale, and drink it up. A small Spoonful of the Powders, mix'd, is a Dose.

For a Stitch in the Side.

TAKE Powder of Angelica-seed, and a large Acorn dry'd and powder'd, of each a like Quantity; drink after it a Glass of Black Cherry Water.

A Poffet-Drink for a Cough.

TAKE one Handful of Hyssop, four Sprigs of Minth, as much Savoury and Angelica, one Handful of ston'd Raisins, and twelve Figs; infuse all these in three Pints of clear Poffet-drink; add, when strain'd, one Ounce of Syrup of Maiden-hair, as much Syrup of Violets: Drink often.

To Cure Deafneſs.

TAKE clean fine Black Wool, and dip it in Civet, put it into the Ear; as it dries, which in a Day or two it will, dip it again; and keep it moiſten'd in the Ear for three Weeks or a Month.

Another.

TAKE an equal Quantity of good *Hungary* Water, and Oil of bitter Almonds; beat them together, and drop three Drops in the Ears, going to Bed; ſtop them with Black Wool, and repeat this nine Nights at leaſt.

Another for a Pain in the Ear.

THE Juice of Mountain Sage, Oil of Fennel, Oil of bitter Almonds, Oil of Olives; take an equal Quantity of each, and mix them well together; drop into the pain'd Ear three Drops, for three Nights. 'Twill eaſe and draw out any Impoſthume, if that be the Cauſe.

For a Pain in the Ear.

TAKE half a Pint of Claret, a quarter of a Pint of Wine-Vinegar; put in Sage, Rue, and Roſemary; let it boil up; put it into a new Mug, and hold your Ear cloſe, ſo that the Steam may be ſure to go in: As it cools, heat it again and again; and when

the Strength is pretty well wasted, wrap your Head very warm, and go into Bed.

For a violent Cholick Pain in the Side.

MIX an equal Quantity of Spirit of Lavender, Spirit of Sal-Armoniack, and Hungary-water; rub it in with a very hot Hand, and lay a Flannel on as hot as you can bear it. Repeat this often.

For a Blow, or Hurt in the Eye.

BEAT the Leaves of Eye-bright with a rotten Apple; lay it on the Eye as a Poultis: Repeat it as it grows dry. I think the Juice of the Eye-bright is best.

A certain Remedy to take Fire out of a Burn.

BEAT an Apple with Sallad Oil, 'till 'tis a Poultis pretty soft; bind it on the Part; and as it dries, lay on fresh. You must be sure to pare, core, and beat your Apple well, for fear of breaking the Skin of the Burn: But if the Skin be off, there is not any thing in Nature so sure to take out the Fire.

An excellent Ointment for a Pain in the Side.

BEAT two Ounces of Cummin-seed very fine; sift it, and put to it two Spoonfuls of Capon-grease, and two Spoonfuls of Linseed Oil; make it hot over the Fire, and
anoint

anoint the Side with it: Dip a Flannel in the Ointment, and lay it on as hot as you can endure it.

For a Pleurisy and Fever.

AFTER Bleeding once or twice, as there is Occasion, let the Patient take an Ounce of Linseed Oil new drawn; sweeten it with Syrup of Lemons; shake them together 'till they mix; and let this Quantity be take every four Hours: At going to Rest, let them take thirty Grains of *Gascoign* Powder, with a composing Draught. They must forbear Malt Drink, and take care they do not catch Cold.

This has done great Cures, when taken in time, and will prevent the Distemper falling upon the Lungs.

For a Looseness.

TAKE two Drams of Ipecacuana; decoct it in an equal Quantity of Claret and Water; let it boil more than half in half away; strain it, and add one Spoonful of Oil; give it in a Clyster to the Party afflicted. If the Patient is weak, or a Child, you must infuse less of the Root; two Drams being a full Quantity for a strong Man.

It has cur'd the most violent Illness of that Sort, and was recommended on the Experience of a worthy and ingenious Physician.

The best Way of burning Claret for a Looseness.

TAKE a large Quart Bottle, that will hold more than a Quart of Wine; put to that Quantity half an Ounce of Cinnamon, four large Blades of Mace, and a large Nutmeg slic'd; put a Cork into the Bottle, to keep in the Steam; but don't stop it close or hard, for fear of breaking; set this Bottle of Wine and Spice into a Skellet of cold Water, and let it simmer till the Wine is a little wasted; sweeten it with Loaf-Sugar, and drink often, if the Patient have a cold decay'd Stomach, and no Fever.

For a Looseness.

TAKE an Ounce of Cinnamon, and as much Ginger; slice both small, and strew it on a Chafing-dish of Coals, over which let the Patient sit as long as the Fume lasts.

For a Looseness.

TAKE three large Nutmegs, and the Weight of them in Cinnamon; grate and beat the Spice extremely fine; make it into a moist Paste with new-laid Eggs, dry them in little Cakes, in a Shovel, over a gentle Fire: Eat the Bigness of a Half Crown, first and last, and at four in the Afternoon.

Another

Another for a Loofenefs.

TAKE a Quart of new Milk, and fet it on the Fire 'till it boil; then scum it, and let it boil; and scum it again, as long as any Scum rises; when 'tis almost cold, to the clear Milk, put Two-penny-worth of Aqua-Vitæ, and let it stand: 'Twill jelly, and keep (in a cool Vessel and Place) two or three Days. It has done great Cures.

Cinnamon-Water, for a Loofenefs and Fever.

BOIL a Pound of Pearl-Barley, and six Ounces of Plantain-seed, in six Quarts of Water; when both are tender, pour it upon eight Ounces of Cinnamon; let it infuse all Night, and next Day draw it off in a cold Still; let the Patients drink of this as often as they please: If they like it sweet, put in double-refin'd Sugar.

For a Loofenefs and Gripes.

MIX up twenty Grains of Rhubarb, three Drops of Oil of Cinnamon, and three Drops of Oil of Juniper, in near a Dram of good *Venice Treacle*; make it into a Bolus, and take it all over Night. Next Morning, in the working, drink warm Possiet-drink, in which Mallows have been infus'd.

This has done great Cures, when the Dis-temper has been very dangerous.

Another for a Looseness and Gripes.

INFUSE a Pound of Poppies, in half a Pint of Spirit of Wine; take a large Spoonful of this Liquor, with six Drops of Oil of Juniper, in a Glass of Black Cherry Water, sweeten'd with double-refin'd Sugar. 'Twill give Ease in extreme Pain and Torture.

Note, You must mix your Oil with the powder'd Sugar, before you put it into the Liquor, or 'twill swim on the Top, and not mix.

For the same.

PUT a large Spoonful of good Plantain-feed into half a Pint of Spring-water; boil it half away, and strain it out; sweeten it with double-refin'd Sugar, and drink it all.

It often cures at once; but must be repeated, if there be Occasion.

To help a Hot and Costive Habit of Body.

PRESERVE green Wallnuts, before the Shell is hard; after they have lain a Day and a Night in Water, first prick'd full of Holes; boil and shift the Water often, 'till they are tender; stick in each a Bit of candy'd Orange Peel, and take their Weight in a sweet *Lisbon* Sugar; boil them up, and take two, three, or four of these, when going to Rest.

They are a gentle, wholesome, and certain Purge.

Another.

Another.

DISTIL a Quantity of Wood-forrel Water in the Spring, and sweeten it with Syrup of Violets: An Ounce of Syrup to a quarter of a Pint of Water, is a Dose for any body, and may be safely taken, even in a Fever, or Lying-in: A less Quantity for a Child.

Another.

ROASTED Apples, with Carraway-Comfits, eaten constantly every Night, have been the Method of a Gentleman of Four-score, who has hardly ever taken other Phyfick, or omitted this, for Fifty Years, and never felt the Gout, or Stone, or any other Distemper incident to old Age.

Another.

BOIL a few Mallows in one Porringer of Water-gruel; strain it out, and instead of Salt, put in a Pugil of Cream of Tartar: Let this be your Morning's Draught.

Another.

ONE Spoonful of Syrup of Peach-Blossoms, taken in a Glass of the Water distill'd from the Leaves, or in which the Leaves and Worm-seed have been decocted, is a most safe and certain Medicine for the Worms in Children.



ADDITIONS to PART I.

*To make Catchup, that will keep good
Twenty Years.*

 TAKE a Gallon of strong stale Beer; one Pound of Anchovies, wash'd, and clean'd from the Guts; half an Ounce of Mace; half an Ounce of Cloves; a quarter of an Ounce of Pepper; three large Races of Ginger; one Pound of Shallots; one Quart of flap Mushrooms, well rubb'd and pick'd: Boil all these over a slow Fire, 'till 'tis half wasted; then strain it thro' a Flannel Bag; let it stand 'till 'tis quite cold; then bottle and stop it very close. This is thought to exceed what is brought from *India*; and must be allow'd the most agreeable Relish, that can be given to Fish Sauce: One Spoonful to a Pint of melted Butter, gives Taste and Colour, above all other Ingredients.

Note, That the stronger and staler the Beer is, the better the Catchup will be.

To make Catchup of Mushrooms.

TAKE a Stew-pan full of the large flap Mushrooms, and the Tips of those you
wipe

wipe for Pickling; set it on a flow Fire, with a Handful of Salt; they will make a great deal of Liquor, which you must strain, and put to it a quarter of a Pound of Shallots, two Cloves of Garlick, some Pepper, Ginger, Cloves, Mace, and a Bay-leaf; boil, and scum it very well; when 'tis quite cold, bottle, and stop it very close.

Paris Pies.

TAKE a Capon, and parboil it a little; bone, and skin it; then shred it extremely fine; shred also as small, one Pound of Beef-suet; beat a Pound of blanch'd Almonds, with so much Sack, and Orange-flower Water, as will keep them from oiling; season all with Nutmeg, Cloves, and Mace, a little Salt, and twice as much fine Sugar, as there is Spice and Salt; mix all very well together, and make them into little puff-paste Patties, to bake or fry: Before you close them, you must lay candy'd Orange, Lemon, and Citron Peel, in thin Slices, with Bits of Marrow, and the Kernels of Pistachia Nuts.

Note, That large Chicken does as well as Capon, and is an exact Quantity for half the Suet and Almond.

A Steake Florendine.

CUT a Neck of Mutton into Steakes, take off the Skin, and some of the Fat at the thick End; season it with Pepper and Salt; put

put into the Dish one Anchovy shred small, a little Nutmeg slic'd thin, and a little Thyme shred fine; lay in the Steakes, and a Pint of Oysters, fifty Balls of Forc'd-meat, half a Pint of Claret, and as much Water; cover the Dish with a Puff-crust, and bake it.

Beef A-la-mode, to eat hot.

TAKE the Round of a Buttock of Beef from the Under-side, let it be about three Inches thick; if you like it red, let it lie a Day and Night rubb'd over with Salt-Petre; when that is done, take off the Fat, and chop it with Parsly, Thyme, Sweet-marjoram, and a little Onion, (if you like it) add to this Pepper, Salt, Cloves, and Mace; work it up in Form of Sausages; then cut some fat Bacon into Slips of the same Thickness, and cover it over with the Salt and Spice, without the Herbs; cut the Beef into Holes, about two Inches distant from each other, and quite thro' the Beef; stuff into one the spic'd Slips of Bacon, and into the other the Forc'd-meat, 'till all are full; strew Salt all over it; put it into your Stew-pan, with half a Pound of Butter; set it on a quick Fire, that it may be brown, and harden on the Outside; turn and flower it, that both Sides may be alike; then put half a Pint of Water to it, and cover it close; put it over a slow Fire, that it may stew leisurely seven or eight Hours;

Hours; when it grows dry, add a Cup of Water or Gravy. The Liquor 'tis stew'd in, if clear'd from Fat, and shook up with Claret, is the Sauce to it; to which you may add Mushrooms, Sweetbreads, Artichoke-bottoms, or what you please for Ornaments; but the Gravy and Claret are sufficient to make it as savoury a Dish as can be eat, and 'tis as good to slice cold as eat hot.

Pan-Puddings, to fry.

TO a full Pint of Milk, you may put near three quarters of a Pound of Flour; six Ounces of Beef-suet, shred very fine, and sifted thro' a Cullander; six Ounces of Currants, pick'd, wash'd, and plump'd; a little Salt, a little Nutmeg, and a little Sugar, if you like it, but they are lightest without; three or four Eggs, beat and strain'd: Mix all well together, fry them in a large Quantity of Lard or Dripping, and make them little bigger than Fritters.

ASpanish Potatoe or Parsnip Fritter.

TAKE two large *Spanish* or *Portugal* Potatoes; boil, peel, and scrape them; beat them with four Eggs, leave out two of the Whites, a large Spoonful of Cream, and as much Sack as Cream, a little grated Nutmeg: Beat all for one Hour, till they are very light, and fry them in a large Quantity of Lard. The Sauce that is ordered for

for them, is melted Butter, Sack, and Sugar; but Lemon and Sugar give more Quickness to the Fritter, and are less apt to disagree with the Stomach. *Note*, That Parsnips are as good as Potatoes.

To boil Garden-Things green.

YOU must be sure the Water boils, when you put in your Peas, Greens, French-beans, or Asparagus; when they are in, make it boil very fast again; you need not cover them, but watch them, and may be assur'd they are enough, when they begin to sink to the Bottom, provided they have boil'd all the time: Take them out as soon as they sink, or they immediately change Colour.

To Pickle Lemons.

TAKE large Lemons, and grate off a little of the yellow Rind; make eight Scores in the Peel long-ways; then lay them in the Sun, and take care no Rain comes to them for six Weeks, when they will be dry; put them into a Jar, when you have fill'd them with Mustard-seed; pour Mustard-seed, and White-wine Vinegar over them, with some slic'd Ginger in it; put as much of this Pickle as will cover them.

To Pickle Artichoke-Bottoms.

TAKE Artichokes, before they are at their full Growth; boil them fit to eat,
then

then pull off the Leaves quick, and put the Bottoms into cold Water; shift them twice, let them lie twelve Hours in the third Water; then wipe dry, and put them into Jars, and cover them with a Pickle made of White-wine, and White-wine Vinegar, one Part Wine, two Parts Vinegar; half an Ounce of Mace; as much Cloves and Pepper, all whole: Boil it up, and let it stand 'till 'tis cold, before you put it to the Bottoms.

To keep Wallnuts good all the Year.

PUT them into a Jar, on a Layer of Sea Sand; strew Sand again, and so another Layer of Nuts, 'till 'tis full, and be sure they do not touch each other in any of the Layers; when you would use them, lay them in warm Water, shifting it as it cools, for an Hour; then rub them dry, and they will peel well, and eat sweet. Lemons will keep thus cover'd with Sand, longer than any other way you can try.

To keep Gooseberries for Tarts all the Year.

GATHER them at their full Growth, before they turn from the green Look; top and tail them; then put them into large-mouth'd Bottles; put Corks in the Bottles, and set them into a Kettle of Water up to the Neck; but take care the Cork be not wet;

wet; let the Water heat over a slow Fire, 'till the Gooseberries begin to look white or break; set the Bottle on a Cloth, when they come hot out of the Kettle, because 'tis apt to break: When they are cold, drive the Corks hard in, and pitch them down.

To keep White-Bullice or Pear-Plumbs.

GATHER them when full grown, and before they turn; pick out the largest, and to the small ones, put as much cold Water as will make Liquor to cover the fine ones; let these boil gently 'till they are soft, then strain the Liquor from them, and let it stand 'till 'tis cool enough to bear your Finger; then put your large ones into this Pickle, 'till they are quite cold; then you must put them into large-neck'd Bottles, or small Jars, and lay Paper, cut fit, upon them, over which pour melted Butter, or rather sweet Oil: If you are careful in taking it off, this Method seldom fails.

To keep Damascens for Tarts.

YOU must make a Syrup of a Pound and half of Sugar, to a Quart of Water; boil and scum it very clear; when cold, put them into the Syrup, set them down on a soft Fire, and keep them down in the Syrup, and gently stirring 'till they are scalding hot; then set them off 'till cold; put them into little Pots or Jars, such as you can use at once;

for

for when any of these Fruits are exposed to the Air, they spoil in a Day or two, unless such Sweet-meats as you preserve with full Weight of Sugar: Cover these over as the other, with melted Butter or Oil; Beef-suet is hard, and apter to crack at the Edge in Winter.

M E D I C I N E.

Dr. Wadenfield's Remedy for Lunacy, with which a Person of Quality cured Threescore.

TAKE of Ground-Ivy three large Handfuls shred small, boil it in two Quarts of White-wine, 'till two Parts in three be consumed. Strain, and add to it six Ounces of the best Sallad Oil, boil it up to an Ointment; let the Patient's Head be shaved, rub and chafe it with the Ointment made warm. Then take fresh Herbs, bruised and applied plaisterwise, tying it on the Top of the Head very hard. Repeat this every other Day, ten or twelve times; give the Patient three Spoonfuls of the Juice of Ground-Ivy every Morning fasting, in a Glas of Beer for the first ten Days.

The Infallible Powder for Shortness of Breath, especially in Young Ladies.

TAKE of Carraway and Aniseed, each one Ounce, Liquorice half an Ounce, one large Nutmeg, one Ounce of prepared
M Steel,

Steel, and two Ounces of double-refin'd Sugar; reduce all to a very fine Powder, and take as much as will lie on a Shilling, in the Morning fasting, and at five in the Afternoon, using Exercise.

A Consumptive Syrup.

TAKE a Score of Shell-Snails, wash them clean, and crack the Shells, put them into a large Jelly-bag, with half a Pound of White Sugar-candy beat and strew'd among them; let this hang twelve Hours at least, 'till all the Sugar-candy be melted and drop out, of which you must take a large Teaspoonful first and last, and whenever your Cough is troublesome. This is a quicker and more effectual Medicine than Snail-water.

The Famous French Method for the Bite of a Mad Dog.

TAKE the Leaves of Rue, Vervain, the lesser Sage, Plantain, Polypody, Common Wormwood, Mint, Motherwort, Balm, Betony, St. John's-wort, and the lesser Centaury of each an equal Quantity; gather these in *June*, tie them up in little Bundles, which are to be wrapp'd up in Papers, and hung in the Air where 'tis shady; when wanted, you are to pound them so fine as to sift through a Silk or Lawn Sieve. The Dose is from two, to three Drams of this Powder, with half a Dram of the Powder of Vipers-

Vipers-flesh, in a Glafs of good White-wine, in a Morning fasting, for fifty-two Days together; if the Bite is near the Head or Face, you must double the Dose. In this you are cautioned against washing the Wound with Water, which contradicts our *English* Practice of going to the Sea for that Purpose. However, since 'tis necessary to cleanse off the Foam or Blood, Camphirated Spirit, or Spirit of Myrrh is better to wash with: I set down this because highly recommended; but am, from late Experience, convinc'd, that no Remedy is so sure, as the Liver of the Dog; dry and powder it immediately, and give from three to six Ounces of it, in Wine, Syrup, or any way you can best get the Patient to swallow it. And depend upon it, 'tis the best Medicine yet discovered for that sad Malady. Take the Quantity within twenty-four Hours, if possible.

An outward Application for a Chin-Cough.

MIX an equal Quantity of Spirit of Hart's Horn, and Oil of Amber, not exceeding half an Ounce at a Time, because, in often opening, it decays. With this anoint the Palms of the Hands, Pit of the Stomach, and Soles of the Feet, for a Month together; and let no Water come nigh any of the Parts anointed: The Fingers and Backs of the Hands may be wip'd with a wet Cloth.

For St. Anthony's Fire.

TAKE one Part fine Spirit or Oil of Turpentine, and one Part finely rectify'd Spirit of Wine; mix and shake the Glass, when you use it, anointing the Face gently with a Feather, or your Finger, not covering it. Do it often, and it cures in a Day or two; but take care not to come near your Eyes. It softens and heals, tho' at first you think it inflames. You may put more or less Spirit, of Wine, as you like.

A most excellent Bitter, not inferior to Stoughton's Drops.

TAKE two Ounces of Gentian-root, the Rinds of nine Oranges, they must be of the largest right *Seville*, and par'd very thin, two Drams of Saffron, and two Drams of Cochineal; infuse all in one Quart of Brandy, for forty eight Hours, in the hottest Sun; then philter it thro' whited-brown Paper: After this you may take from twenty Drops to a Tea-spoonful, in Wine, Beer, Tea, or any Liquor you like.

The best Way to prepare Gum Ammoniacum.

TO half a Pint of choice Spirit of Wine, put one Ounce of Gum Ammoniacum, nicely powder'd and sifted; set it in an hot Sun

Sun for six Weeks, shaking the Glass often, till within three Days of pouring it off; then let it stand to settle, and decant it as clear as you can, without taking any of the Powder: A Tea-spoonful of this Spirit, with twenty Drops of Tincture of Castor, in what Sort of Liquor you like, gives immediate Relief in an Asthma; four Spoonfuls of Spring-water, and two of Sack, are as proper as any.

An Infusion for the Cure of Melancholy.

TAKE two Drams of Aniseed, two Drams of Myrrh, one Dram of Cochineal, two Drams of Hiera-picra; infuse all in a Quart of White-wine; let it stand three Days, then philter it, and give the Patient five Spoonfuls in a Morning fasting, and at four in the Afternoon, till they have taken two Quarts.

An Infusion for a Dropsy.

PUT six Spoonfuls of the Juice of Garlick, a Pint of the best Arrack, with one Dram of Cochineal; let it stand twenty-four Hours, then philter it, and give four Spoonfuls twice a Day, till the whole be taken. 'Tis a most nauseous Medicine; but has done mighty Cures; especially when the Throat or Breath is much affected by the Distemper,

A Preservative against the Pestilence.

TAKE of Rue, Sage, Mint, Rosemary, Wormwood and Lavender, of each one Handful; infuse them in a Gallon of the best White-wine Vinegar, put all into a Stone Bottle closely cover'd and pasted; set the Bottle, thus clos'd, upon warm Ashes for eight Days together. After which, strain it through a Flannel, and put the Liquor into Bottles, and to every Quart put an Ounce of Camphire; then cork the Bottles very close, and it will keep some Years. With this Preparation, wash your Mouth, rub your Temples, and your Loins every Day; snuff a little up your Nostrils when you go into the Air, and carry about you a Sponge dipt in the same, when you desire to refresh the Smell upon any Occasion, especially when near to any Place or Person that is infected. From a Physician in the Duke of *Berwick's* Army, in the Year 1721, we were told, That four Malefactors, who used to rob the infected Houses, &c. had own'd at their Execution, That they preserved themselves from the Contagion by using this Medicine only. And the Truth having been since confirmed by a Gentleman then present, I thought it deserv'd a Place here; especially since the Ingredients are so well chosen for that Purpose, as to need no Recommendation but their own Virtue.

To cure a Quinsey.

WHEN Bleeding has fail'd, take a Swallow's Nest, as whole as you can get it down; boil it in Milk 'till 'tis soft; then wrap it in a Cloth, and apply it to the Throat as hot as the Patient can bear it. This excellent Poultis has very often cured, when other Remedies have been used to no Effect.

Another present Remedy.

TAKE fresh Cow's-dung, mix it well with Hog's Lard over the Fire, apply it by way of Poultis as hot as it can be borne; shift it as it cools, and continue it 'till the Person is eased. It draws the Humour outward, and opens the Passage of the Gullet.

An admirable Snuff for the Head.

TAKE of Sage, Rosemary, Lilies of the Valley, the Tops of Sweet-marjoram, of each half an Ounce, of Nutmeg, and of Asarabacca-roots, each one Dram; dry them, and reduce them to a very fine Powder.

The END of the FIRST PART.



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F I N I S.



A
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RECEIPTS
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MDCCLVI.



A
COLLECTION
OF
RECEIPTS
IN
COOKERY, &c.

PART II.

To make Plumb-Porridge.



B OIL a large Leg of Beef to Rags, and make as much Broth as will jelly when cold; when 'tis enough, strain it; let it stand to be cold, that you may take off all the Fat, then put it over the Fire again; and to every Gallon of Broth, put near a Pound of Currants, and half a Pound of Raisins, clean wash'd and pick'd: Stew also two Pounds of Prunes, and when they are
N plump'd,

plump'd, take out the fairest to put in whole, and pulp the rest thro' a Cullender, and wash the Stone and Skins clean with some of the Broth; take also the Crumb of a Penny white Loaf grated, to every Gallon; and to four Gallons, you may put about two Nutmegs, the Weight of that in Cloves and Mace, and the Weight of all in Cinnamon; let all the Spice be finely beat and grated; add Salt and Sugar to your Taste; when the Fruit is plump, 'tis enough; but just before you take it from the Fire, squeeze in the Juice of four or five Lemons, and throw in the Peel of two; four Gallons will require a Quart of Claret, and a Pint of Sack, which must be put in with the Fruit.

To make Calves-Foot Broth.

BOIL your Feet in as much Water as will make a good Jelly; when 'tis enough, strain it, and set the Liquor on the Fire again, with two or three Blades of Mace; if 'tis two Quarts, about half a Pint of Sack, half a Pound of Currants, clean wash'd, and pick'd; when they are plump, beat up the Yolks of two Eggs, and mix them with a little of the cool Liquor; so thicken it with great Care, over a gentle Fire, put Salt and Sugar to your Taste, and stir in a Bit of Butter; a little before you take it off the Fire, put in
the

the Juice and Peel of a fresh Lemon: This, tho' old-fashion'd, is a pretty Supper-Dish.

Calves-Feet, another Way.

BOIL two Calves-Feet, a Bit of Veal, a Bit of Beef, and the Bottom of a white Loaf; add no Seasoning, but two or three Blades of Mace, a sliced Nutmeg, and some Salt; have some boil'd Rice to stir in after you have strain'd it from the Bones and Skins; put a boil'd Chicken in the middle, and Sippits in the Dish. This is very nourishing, and less offensive to weak Stomachs, than any Soup that is made.

To Dress a Cod's Head.

WHEN you have wash'd and pick'd it extremely clean, tie it up tight with a broad Filleting, that it may keep together, and take out as whole as 'tis possible; let the Liquor you boil it in, be one Pint of Vinegar, and the rest Water, enough to cover it; put into this three Onions quarter'd, some whole Pepper, Mace, and Sweet-herbs; and when it boils, throw in a Handful of Salt; 'tis apt to discolour it, if put in at first; when 'tis clean scumm'd, and tastes well of the Spice, put in the Head, let it simmer at least half an Hour; then take it out, and place it on your Dish, over a hot Chafing-dish

of Coals; that it may be sure to drain very dry, prick the Eyes, and other Parts of the Head, to let out the Liquor, and soak up all with a Sponge; the Sauce must be made with a Pint of White-wine, almost as much Water, six or eight Anchovies, a large Onion, a Nutmeg, four or five Blades of Mace, some whole Pepper, and a Bit of Lemon-peel and Horse-radish, if you like it; when the Anchovies are dissolv'd, strain it, and add the Liver of the Cod bruis'd, the Body of a Lobster, and at least a Pound of extraordinary Butter; work a little Flour with a Bit of the Butter, that it may mix, and be all of a Colour; let the last thing be the Juice of a Lemon or Vinegar, the rest of the Lobster cut in Dice, some Shrimps and Oysters fry'd and scalded, and fry'd flattish round the Head.

To Broil Chickens.

LET your Chickens be very fat, slit them down the Back, and season them with Salt and Pepper, lay them on a very clear Fire, and at a great Distance, and let the Inside lie next the Fire, that the fleshy Side be not scorch'd or discolour'd; when they are half done, you may turn them often, and baste them mightily; strew on some Raspings of a *French Roll*; that it may be crisp, it must be finely grated; shred Parsley,
and

and melted Butter, is a good and a ready Sauce: But I am ordered to set down what follows as extraordinary; take a large Handful of Sorrel, dip it in scalding Water, then drain it, and have ready half a Pint of strong Broth or Gravy, a Shallot shred small, a little Thyme, a little Parsley, a Bit of burnt Butter to thicken it; lay the Sorrel in Heaps, and pour the Sauce over it: Garnish with sliced Lemon.

To Stew Wild-Fowl.

HALF roast them, and cut them in Pieces, set them over a Chafing-dish of Coals, with half a Pint of Claret, as much good Gravy, which must be first boil'd and season'd with Shallot and Spice; let it stew in this Liquor, 'till 'tis high colour'd and well mix'd, and they eat better than off the Spit.

A good Gravy, to keep ready for any Use.

BURN an Ounce of Butter in your Frying-pan, but always take care to do it at such a Distance from the Fire, that as you strew in the Flour to the Butter, it may be brown, but not black; put to it two Pounds of coarse lean Beef, a Quart of Water, and half a Pint of Wine, Red or White,

as you like the Colour; put three Anchovies two Shallots, some whole Pepper, Cloves and Mace, three or four Mushrooms, or as many pickled Wallnuts, let it stew gently near an Hour, then strain it; it will keep some Time, and is proper for any savoury Dish.

To Roast Pike or Mackarel.

TAKE one large Pike, or four large Mackarel, draw and wash them clean, make the Seasoning of four Anchovies, a Pint of Oysters, or Shrimps, Nutmegs, Cloves and Mace, a little Parsley, an Onion, or Shallot, if you like it; shred and grate all these very small, and mix it up with full half a Pound of good Butter; fill the Bellies of the Fish with this Seasoning, and strew some on the Outside of them; with flat large Skewers and a broad Tape, tie them on to the Spit, baste it as it roasts with Claret or Butter (I prefer the last); let your Sauce be Wine, Oyster-Liquor, Anchovy, Spice, Butter, and Vinegar, which is always to be the last Ingredient; when you stir in your Butter, take Care you stir in no more Flour than will make it mix well, because the Seasoning thickens it.

To Roast a Haunch of Venison.

MAKE up a substantial Fire before you lay it down, then baste and flour it, and with very fine Skewers fasten a Piece of Veal-Cawl over the fat Part; if that cannot be had, the White of an Egg, or Paper well butter'd will serve. A Haunch of 12 Pounds weight will take up three full Hours to be well soak'd: Your Sauce must be Gravy, with a great deal of Claret in it; the fashionable sweet Sauce, is Jelly of Currants made hot. What was formerly used, was a Pap-Sauce made of white Bread boil'd in Claret, with a large Stick of Cinnamon, and when boil'd 'till smooth, take out the Cinnamon, and add Sugar. It is difficult to give general Rules about Roasting and Boiling, because Cooks are apt to neglect a Fire, and not mind the Distance, that it may neither scorch nor pawl; but as to Time, I will venture to say, that, allowing a quarter of an Hour to every Pound of Meat, at a steady Fire, your Expectations shall hardly ever fail, from a Fowl to a Sirloin of the largest Ox. And the same Method may be followed in Boiling.

To Roast Eels.

SKIN and wash the finest large Eels you can get, cut them in three, four, or five Pieces, according as they are for Size; make a Seasoning of grated Nutmeg, beaten Pepper and Salt, a little Thyme and Sage, a little Lemon-peel, the Crumb of white Bread; let all these be finely grated and shred, and strew'd on the Eels, stick them cross each other on Skewers, and tie the Skewers to your Spit, and let them roast 'till they begin to crack, and are white at the Bone: Be sure to baste them well, as they roast; melted Butter and Juice of Lemon is the best Sauce, because the Seasoning gives them as good a Relish as they can have: They fry or broil, as well as roast, so season'd.

*A Sweet Sause for Boil'd Mutton,
very good.*

TAKE a quarter of a Pint of the Broth your Mutton was boil'd in, put to it four Spoonfuls of the Pickle of Capers or Samphire, set it on the Fire to boil; then shred a Carrot, which has been first boil'd tender, and four Spoonfuls of Capers or Samphire shred: Put this into the Liquor; when it boils, stir in four Ounces of Butter, and shake
a very

a very little Flour, sweeten it, and pour it over the Meat: 'Tis a grateful, tho' old-fashion'd Sauce.

To make a Paſty of Beef or Mutton, as good as Veniſon.

BONE a ſmall Rump, or a Piece of a Sirloin of Beef; or, if you like Mutton better, let it be a Loin or a Shoulder of Mutton, but Beef is beſt; when your Meat is boned, beat it very well with your Rolling-Pin, then rub ten Pounds of this Meat with four Ounces of Sugar, and let it lie twenty-four Hours, then wipe it very clean, or waſh it off with a Glaſs of Claret, and ſeaſon it high with Pepper, Nutmeg, and Salt; lay it in your Cruſt, and cover ſo much Meat with full two Pounds of Butter; put on the Cruſt, and bake it as much as Veniſon; ſet the Bones into the Oven, with no more Water than will cover them, that you may have a little good Gravy, to put into the Paſty, if it wants it when drawn. Let no one diſlike the laying it in Sugar, 'till they have try'd it, for how prepoſterous an Ingredient ſoever it may ſeem in a ſavoury Pie, I muſt beg Leave to aſſure the Reader, that nothing gives ſo certain a Shortneſs and Tenderneſs to the Meat, as Sugar; and, if carefully waſhed or wiped off, it leaves a Delicacy that is equal to Veniſon. And ſince
I have

I have Occasion to mention Sugar, 'tis my Opinion, that in our common *English* Bacon, 'tis as effectual in the Cure of it as Salt; and whereas abundance of Salt makes it hard and dry, the Addition of Sugar gives a Tenderneſs almoſt equal to right *Westphalia*, and preſerves it good all the Year, with half the Quantity of Salt we formerly uſed.

A Shrimp Pie.

TAKE a Quart of Shrimps, clean pick'd from the Shells; if they are very ſalt in the boiling, ſeaſon them only with a little Cloves and Mace, but if they want Salt, ſhred two or three Anchovies very fine, and mix them with the Spice, and ſeaſon the Shrimps; you may make a good Cruſt, becauſe they don't want much baking; put a pretty deal of Butter over and under them, one Glaſs of White-wine, and ſet it in the Oven: Where Shrimps are to be had, this is not an expenſive, but a very delicious Diſh.

A Hare Pie.

BONE the Hare, and ſhred the Meat ſmall, take almoſt the Weight in freſh Beef-ſuet, ſhred that ſmall then too, beat both in a Marble Mortar, 'till 'tis ſo finely mix'd you cannot diſcover the Meat from the Suet; if
the

the Hare was large, 'twill take up two Ounces of Salt, two small Nutmegs, their Weight in Cloves and Mace, and add also a little fine Pepper; mix the Spice well with the Meat, and put it into a good Crust and bake it; 'tis good hot or cold.

A very pretty Crust for Tarts.

TAKE three Eggs and beat them well together, put to them three Spoonfuls of cold Water, then break in a Pound of Butter; while you are working it all together, let some Flour be shak'd in, and work it together, still strewing in more Flour, 'till 'tis a pretty stiff Paste, then roul it out for Tarts; it keeps crisper and longer than Puff-Crust for most Uses.

A Green-Goose Pie.

TAKE two fat Green-Geese, bone them, and season them pretty high, with Nutmegs, Cloves, Mace, Pepper and Salt, and, if you like it, two whole Onions; lay them upon each other, and fill the Sides, and cover them with Butter: Let them be well bak'd, and they eat delicately hot or cold.

To Pot Cheshire-Cheefe.

TAKE three Pounds of Cheshire-Cheefe, and put it into a Mortar, with half a Pound of the best fresh Butter you can get; pound them together, and in the beating, add a Glass or two of rich Canary, and half an Ounce of Mace, so finely beat and sifted that it may not be discern'd; when all is extremely well mix'd, press it hard down into a Gallipot, cover it with melted Butter, and keep it cool; a Slice of this exceeds all the Cream Cheeses that can possibly be made, and is generally more acceptable.

To make a Cold Hash, or Sallid-Magundy.

TAKE a cold Turkey, two cold Chickens, or, if you have neither, a Piece of fine white Veal will do; cut the Breasts of these Fowls into fair Slices, and mince all the rest; to the Quantity of two Chickens, you must take eight or ten large Anchovies, wash and bone them, eight large pickled Oysters, ten or twelve fine green pickled Cucumbers, shred the Oysters, the Anchovies, the Cucumbers, and one whole Lemon, small; mix them with the shred Meat, lay it in the middle of the Dish, lay the Slices of the
white

white Part round the Dish, with halv'd Anchovies, whole pickled Oysters, quarter'd Cucumbers, slic'd Lemon, whole pickled Mushrooms, Capers, or any Pickle you like; cut also some fine Lettuce, and lay round among the Garnish; but put not Oil and Vinegar to the minc'd Meat, till it comes to Table.

To Souse a Turkey, in Imitation of Sturgeon.

TAKE a fine large Turkey, dress it very clean, dry, and bone it, then tie it up, as you do Sturgeon; put into the Pot you boil it in, one Quart of White-wine, one Quart of Water, and one Quart of good Vinegar, and a very large Handful of Salt; let it boil, and scum it well, and then put in the Turkey; when 'tis enough, take it out, and tie it tighter; let the Liquor boil a little longer; and if it wants more Vinegar or Salt, add it when 'tis cold; pour it upon the Turkey, 'twill keep some Months; you eat it with Oil and Vinegar, or Sugar and Vinegar; 'tis more delicate than Sturgeon, and makes a pretty Variety, if that is not to be had; cover it with Fennel, when it is brought to the Table.

A very

*A very pretty Way to eat cold boil'd
Beef.*

SLICE it as thin as 'tis possible, slice also an Onion, or a Shallot, and squeeze on it the Juice of a Lemon or two, then beat it between two Plates, as you do Cucumbers; when 'tis very well beaten, and tastes sharp of the Lemon, put it into a deep *China* Dish, pick out the Onion, and pour on Oil, shake in also some shred Parsly, and garnish with sliced Lemon; 'tis very savoury and delicious.

*To make excellent Meat of a Hog's
Head.*

TAKE the Head and split it, take out the Brains, cut off the Ears, and lay it in Water one Day, then boil it 'till all the Bones come out, then take off the Skin as whole as you can, for that is to be laid over and under it: Chop it small, as fast as you can, while it is hot; season it with Pepper, Salt, Mace, Nutmeg, or *Jamaica* Pepper, if you like it, instead of Mace; press is down into a Pudding or Venison-pan, lay the Skin over and under it, cover and press it down very close, and when 'tis quite cold 'twill turn out, and cut as close as a Cheese; you may add Salt and Vinegar to some of
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the Liquor 'twas boil'd in, and keep it in that Pickle: 'Tis eat with Vinegar or Mustard, and is better than Brawn, if the Head you make it of be large and fat.

A very good Way to keep Tongues in Pickle for Boiling, to eat Hot or Cold.

CLEAN them well, and rub them very dry, then lay them flat in a Tray, and salt them well with common Salt; let them lie two Days, then beat an Ounce of Salt-petre for every Tongue, and strew it on the Top of the Tongue; let it lie two or three Days, and then salt it again with common Salt, after this turn them often, and put fresh Salt when wanted; these need never be dried, but kept always in the Pickle, and boil'd, when you have Occasion, out of the Pickle.

An admirable Pickle, in Imitation of India Bamboo, exactly as that is done.

TAKE the largest and youngest Shoots of Elder, which put out the middle of *May*, the middle Stalks are most tender and biggest, the small are not worth doing; peel

peel off the outward Peel or Skin, and lay them in a strong Brine of Salt and Water for one Night, and then dry them in a Cloth, Piece by Piece; in the mean time, make your Pickle of half White-wine, and half Beer-Vinegar; to each Quart of Pickle you must put an Ounce of White or Red Pepper, an Ounce of Ginger sliced, a little Mace, and a few Corns of *Jamaica* Pepper: When the Spice has boil'd in the Pickle, pour it hot upon the Shoots, stop them close immediately, and set the Jar two Hours before the Fire, turning it often; 'tis as good a way to green this or any other Pickle as often boiling, though either way is certain, if you keep it scalding hot; always use Stone Jars for any Sort of Pickle, if they can be got; the first Charge is inconsiderable, and they do not only last longer than Earth, but keep the Pickle better, because Vinegar will penetrate through all Earthen Vessels, and Glass will not bear the Fire: This is a very crisp pretty-tasted Pickle.

To Pickle Small Onions.

TAKE small Onions, peel off the outward Skin, and put them in Salt and Water all Night, pour that away, and put a fresh Pickle of Salt and Water, made stronger than the first; set them on the Fire in this, and let them just boil, scum them

them well, and take them off the Fire, set them by to cool, and make a Pickle of White-wine Vinegar, Pepper, Mace, and a little Ginger; let all stand to be cold, then dry the Onions from the Brine, and put them into the Pickle; if you add Mustard-seed, they will keep some Time: They taste and look very pretty among green Pickles.

To Pickle Cucumbers in Slices.

TAKE thirty large Cucumbers, cut them in Slices, but not too thin; put them in a broad Pan, and lay with them some small Onions peel'd; let them stand twenty-four Hours; then put them into a Cullender to drain; boil two Quarts of Vinegar, with whole Pepper, large Mace, and Ginger; put the Cucumbers into a Jar, and pour the Pickle boiling hot upon them, stop them very close that Moment; set them by for two Days, and then boil the Pickle again, as before, till they are green'd.

Note, That they keep best unpar'd, and the whole small Onion may be kept in the Pickle with them.

An Incomparable Way to make Mustard.

TAKE a Quart of the best Mustard-seed you can get, let it be well dried, finely beat and sifted, then put to mix it, two Parts White-wine Vinegar, and one Sack, also one Spoonful of double-refined Sugar; stop it close, and 'twill keep a Year: If you are curious in your Seed, this Way of making it, gives a very agreeable Quickness and Flavour, that is not so disgusting in the Breath, as when Garlick is kept in the Jug.

To Stew Cucumbers to eat Hot.

TAKE six large Cucumbers, pare them, and cut them in Slices, not too thin, put them into your Sauce-pan, with some Salt, and a whole Onion, not too large; let them stew in their own Liquor a little, then drain all that Liquor away, as dry as you can; and put to them, when you have taken out the Onion, one Anchovy, two or three Blades of Mace, a Spoonful of Gravy, and a quarter of a Pint of Claret; when the Anchovy is dissolved, shake in a Bit of burnt Butter to thicken it; 'tis a Sauce generally liked with Venison or Mutton, and is indeed very savoury; some People add
Ale,

Ale, rather than Wine, and 'tis very good, where Wine cannot be had.

To keep Artichoak Bottoms for Sauce.

TAKE your Artichoaks about *Michaelmas*, they may be the small Plant Sort; boil them so much, as to take off all the Leaves, and the Choak; then put them on Tin Plates, and set them into your Oven, after your other things are out, when 'tis so cool as not to discolour them in the least; do this till they are very dry; then put them into an Earthen Pot to keep; tie them down close, and keep them in a dry Place; when you would use them, put them into some scalding Water, till they are tender, cut them in large Dice; they look white, and eat very sweet all Winter.

*To keep Mushrooms without Pickle,
for Sauce.*

TAKE large Mushrooms, peel them, and take out all the Inside, lay them in Water some Hours; then stew them in their own Liquor, and lay them on Tin Plates, as you do the Artichoak-Bottoms, in a cool Oven; repeat it till they are perfectly dry, tie them down, and keep them dry as the other. I cannot find they will look
O 2 white,

white, take what Care we can; therefore in the stewing, I put some Mace and Pepper, so they eat delicately, and look as well as Truffles.

To Collar Veal.

TAKE the Fillet of a fat Leg of Veal, bone it, and cut the Fat of Slices, to mix well, and roll up in the Collars; make your Seasoning of Pepper, Cloves, Mace, and Salt; shred also Lemon-Thyme extremely small, place the Pieces of Fat, and strew the Seasoning, that it may be in all Places alike; then roll it very tight, and boil it tender in half White-wine and half Water, season'd with Salt and Spice; when 'tis enough, new roll it, and keep it in that Pickle.

A Neat's-Tongue Pudding.

BOIL a small Neat's-Tongue, before 'tis salted; when 'tis enough, blanch it; and when 'tis cold, shred or grate it extremely fine; put to it a Penny Loaf grated, near a Quart of Cream, eight Eggs, but half the Whites, beat and strain the Eggs, then add a Spoonful or two of Sack, a little Salt, beaten Cloves, and Mace, and Sugar to your Taste; a few Currants, and some Citron Peel candy'd; when you have laid a Puff-paste in the Dish, put in the Pudding; and then stick all over with large Pieces of Marrow.

The best way to make the Old English Bread Pudding.

GRATE a Penny Loaf, all but the Crust, and pour upon it a full Pint of boiling Milk; if you can get Cream 'tis better; cover it, and let it stand to scald; for this Quantity beat up five Eggs, leave out two Whites, with a little Salt, and a little Sugar, strain this to the Bread and Milk; when that is pretty cool, grate in a little Nutmeg, and mix all well; pour it into little wooden Dishes that have been butter'd, and are of a Size, tie them up in Cloths, very tight; they require near an Hour to boil, when in Dishes; be sure to flour the Cloth you tie over the Dish, because if you would have your Pudding very good, you must make it almost as thin as Custard; and in the Spring, the Addition of Juice of Spinage, makes it as good as Tansy.

French Bread.

TAKE a Quart of Flour, and put to it three Spoonfuls of Ale-yeast, an equal Quantity of Milk and Water warm'd; about the Bigness of a Wallnut of good Butter, and a little Salt; make them pretty light, and drop them on Tin Plates, set them before the Fire to rise, and bake them in a quick Oven: rasp them: Some People put three
 B 3 Eggs,

Eggs, only one White, to this Quantity; but I think Eggs make it tough, and not so short; but that as you please.

An excellent Oatmeal Pudding.

PUT into a Quart of Milk, just warm, one Pint of whole Oatmeal, very carefully pick'd, let it soak at least two Hours; then add to it a quarter of a Pound of stoned Raisins, half a Pound of Currants, a little Salt, four Ounces of Sugar, and full half a Pound of good Butter; if you bake it, Marrow on the Top is a good Addition; 'tis very good either bak'd or boil'd.

A Rice or Millet Pudding.

TAKE six Ounces of whole Rice, or Millet-seed, to this put full three Pints of new Milk, rather more than a quarter of a Pound of Sugar, a little Salt, and six Ounces, or near half a Pound of Butter; for, unless you have Marrow, Butter is better in all these than Suet; I set down all these without Eggs, because they are generally as well, if not better liked without; but if you would have them of the Custard sort, you may add from four to nine Eggs; beat them well, and leave a little of your Milk to mix and strain with them.

A Pancake Pudding.

TAKE a Quart of Milk, four Eggs, two large Spoonfuls of Flour, a little Salt, and a very little grated Ginger; Butter your Dish, and bake it; pour melted Butter over it when it comes out of the Oven: 'Tis a cheap and very acceptable Pudding, being less offensive to the Stomach than fry'd Pancakes.

Puffs to Fry instead of Fritters.

TAKE a Pint of Milk, and mix as much Flour as will make it a Hasty-Pudding; take care to mix it with a little of the Milk at first, and so more and more, that, when you set it on the Fire to thicken, it may not grow lumpy; pour it out to cool, and then add to it three Eggs, a little Salt and Sugar, beat all in a Mortar; fry them in good Lard over a quick Fire: They are to be dropp'd small, and will be round.

Herb Dumplins.

TAKE the Crumb of a Two-penny Loaf grated, sift it through a Cullender, take almost as much fresh Beef-suet, shred and sifted, put in Thyme, Sweet Marjoram, Savory, and as much Penny-royal as all the other Herbs together; let all be shred extremely small; put in a few Cur-

rants neatly pick'd and wash'd, a little Salt, grated Nutmeg, and a Spoonful of Sugar, beat two Eggs, with two Spoonfuls of Sack, mingle all these; rub a little Flour on your Hands, and roll them up as big as Tennis-Balls; boil them half an Hour; melt your Butter with a Glass of Sack, and strew Sugar over them; 'tis best to let your Water boil before you put them in.

An Orange-Pudding.

BOIL a Quart of Cream, and when 'tis cold, put to it the Whites of seven Eggs new laid, that they may be beat to a Froth, blanch five Ounces of fine *Jordan* Almonds, and beat them small, with a little Orange-flower Water, then mix them with your Cream, and Whites of Eggs; make it pretty sweet with fine Powder Sugar, then lay on the Top some thin Slices of Orange, Lemon, and Citron-peel neatly cut; take Care to bake it in a cool Oven, for when the Crust is bak'd, 'tis enough; you are to lay a thin Crust in the Dish, before you pour it in, and garnish the Brim with the same: This is a very delicate Pudding as can be made, and not very expensive.

To make Mackerons.

BLANCH and beat your Almonds, with Rose or Orange-flower Water; to every Pound of Almonds, put a Pound of
fine

fine Sugar, and the Whites of three large Eggs, beat to a Froth, put all to the Almonds, and beat it together very well in your Mortar; when 'tis small enough, make it scalding hot in your Preserving-pan, then drop it on Wafer-paper, and bake it on Sheets of Tin; be sure the Oven be not scorching.

A Lemon Pudding.

TAKE a quarter of a Pound of Almonds, blanch them, and beat them very fine, with Orange-flower Water, or fair Water will do, to keep them from oiling as they beat; when they are fine, put in half a Pound of Butter, three Quarters of a Pound of fine Sugar; then beat it again, and grate in the Rinds of two large Lemons, and squeeze in the Juice of one, and beat it again; put in the Yolks of twelve Eggs, well beaten, mix it again extremely well; put a Puff-paste at the Bottom of the Dish; put the Pudding in, and cover it with a Puff-paste; three quarters of an Hour will bake it; take Care your Oven be not so hot to scorch it: 'Tis a most delicate Pudding, and a very exact and certain way for either Orange or Lemon.

An Orange Pudding for Skins.

TAKE the Rinds of twelve *Seville* Oranges, boil them in Water, 'till they are very tender, and the Bitterness almost gone, the Water must be shifted several Times; then dry them from the Water, and put them into a Marble Mortar, and beat them pretty small, with half a Pound of *Jordan* Almonds blanch'd, putting in often Sack, and three or four Spoonfuls of Orange-flower Water; grate a Pound of *Naples* Bisket, and a Penny white Loaf, which you must steep in warm Milk, breaking it sometimes, for fear it should gather into Lumps, when cold; put in twenty Eggs well beaten, leave out five Whites, take two full Pounds of Hog's-Lard, which you must scrape very fine with your Spoon; put in a little Salt, and as much fine Sugar as will make it very sweet; put all together when the Bread and Milk is cold, and mix it extremely well with your Hands, that the Fat be not in Lumps: This Fat eats as well as Marrow; fill your Skins, and boil them with great Care.

White Lemon Cream.

TAKE almost a Pint of Water, and the White of nine Eggs very well beaten, and the Juice of four large Lemons, or five if they are not large; then strain it through a Jelly Bag, and put to it half a Pound of
double-

double-refin'd Sugar; beat and sifted; set it on a soft Fire, and keep it constantly stirring all one Way, 'till 'tis as thick as Jelly; pour it out quick.

A Rice White-Pot, very good, indeed.

TAKE one Pound of Rice, boil it in two Quarts of Milk, 'till 'tis thick and tender, then beat it very well in your Mortar, with three or four Ounces of blanch'd Almonds, boil two Quarts of Cream, with Crumbs of white Bread, and Blades of Mace; put all together, with the Yolks of eight Eggs, some Rose-water, and Sugar to your Taste; when 'tis in the Oven, lay in some candy'd Orange and Citron-peels, cut thin in handsome Pieces: This is very good, and half the Quantity, or a quarter, makes a very pretty China Bason full: Be very careful in the Baking; 'tis soon spoil'd, if too hot.

Cream Flummery.

TAKE a Pint of Cream, three Spoonfuls of Rice Flour, very fine ground or beat, and sifted 'till it is small, three Ounces of Sugar, and two Ounces of Almonds, beat small, beat with some Spoonfuls of Milk, for fear of oiling, the Whites of three Eggs, beat; strain the Cream and Eggs to the Almonds, and set it on the Fire, and stir it all one Way, 'till 'tis thick and smooth as a Custard;

Custard; then pour it into deep Glassess, that, when 'tis cold, it may turn out in picked Shapes; blanch and cut some Almonds in Slips to stick upon it.

Currant clear Cakes.

INFUSE your Currants in a Stone Pot or Jug, that you may keep it close covered in a Kettle of Water, to boil till they are tender, then pass them while they are hot through your Jelly-bag; to a Pound of this Liquor, put a Pound of double-refin'd Sugar, boil'd to a thick Candy, 'till 'tis almost Sugar again; then put in your Liquor, and make it scalding hot, but it must not boil; then put it into Glassess, the Thickness you would have your Cakes of, and put them into your Stove, with a moderate Heat, 'till they are a strong Jelly; then turn them out upon Glass Plates, sift a little Sugar on the Top of them; keep them turned and stoved 'till they are candy'd. White Currants and Pear Plumbs are done the same way.

Raspberry Cakes.

INFUSE your Raspberries as you do the Currants, and let the Liquor run out; then put to the Pulp of the Raspberries as much or more of the Currant Liquor as ran out of the Raspberries; put the Weight in Sugar, and boil it to a Candy, exactly as you did the other.

Note,

Note, That the Seeds of the Raspberry are not to be mix'd, therefore 'tis best to strain them thro' a thin strong Cloth, that you may get all the Pulp, and leave only the dry Seeds hard press'd. Quinces and Apricot clear Cakes, are made the same way, only they are scalded in fair Water, till tender, and not by Infusion, as this small liquid Fruit is.

Raspberry Jam.

YOU are to infuse your Raspberries as before, but must be very careful to pick your Fruit from the dead and maggotty ones; when they are tender, take out some of their Liquor, and put the same Quantity of Currant Liquor to what is left; put the Weight in Sugar, and boil it up together; put it into your Glasses, to eat with Cream all the Year.

I believe this general Rule will never fail you, because the Person who sent it, excels in Sweet-Meats; the Raspberry Liquor that you take out, may be boil'd up for Syrup, which no Family should be without; but some Currant Liquor, put to the Raspberries, makes it Jelly; so that it looks better, and tastes quicker.

To make Red Quince Marmalade in Jelly.

SCALD as many fair large Quinces as you would use; then grate as many of the small ones, as will make a Pint or a Quart of
Juice,

Juice, according to the Quantity you shall want; let this Juice settle, after you have press'd it thro' a coarse Cloth; then strain it thro' a Jelly-bag, that what you use, may be perfectly clear; to every Pint of this Liquor, put a Pound and half of Sugar, and a Pound and half of the scalded Quinces, which must be par'd and cor'd, before they are weigh'd; set it all at first on a pretty brisk Fire, when it begins to boil, make it slower; and when you see it begins to turn Red, cover it with a Pie-plate tied up in a Cloth; when 'tis a fine bright Red, take it off, and fill your Glasses: You must carefully watch the Colour, because it turns muddy and black in a Moment, and the Colour is as delicate as the Taste, in this and all Sweet-Meats.

To Preserve Cherries.

TO a Pound of Cherries, after they are pick'd and ston'd, put a quarter of a Pint of the Juice of White Currants, (first infus'd and pass'd thro' a Jelly-bag) and the Weight of both Liquor and Cherries in double-refin'd Sugar; sift your Sugar, and strew it as you put them into your Preserving-Pan; boil and scum it, till the Cherries look clear from the Scum; then put them into your Glasses: Some put in Gooseberry-Liquor so strain'd; but Currants are better, if they are White, and full ripe.

A most

A most admirable Way to Dry Cherries.

TO every five Pounds of Cherries ston'd, put one Pound of double-refin'd Sugar; put the Cherries into the Preserving-Pan, with a very little Water; make both just scalding hot, take them immediately out of this Liquor, and dry them; then put them into the Pan again, strewing the Sugar between every Layer of Cherries; let it stand to melt, and then set it on the Fire, and make it scalding hot, as before, which must be done twice or thrice with the Sugar; then drain them from this Syrup, and lay them singly to dry in the Sun, or in your Stove; when they are dry, throw them into a Bason of cold Water, and take them out again the same Moment, and dry them with a Cloth; set them once more into the hot Sun, and keep them all the Year in a dry Place: This is not only the best way to give them a good Taste, but also for Colour and Plumpness; I never found any way so certain.

To Preserve Green Apricots.

TAKE your Apricots before the Stones are hard, put them into a coarse Cloth, with a large Handful of Salt, rub them well in it; then put them into scalding hot Water; set them on the Fire, and keep them scalding on a gentle Fire, till they are green; then

then let them boil 'till they are tender; put to a Pound of Apricots, a Pound of Sugar double-refin'd; boil your Sugar to a thick Syrup; and when the Apricots are drain'd and cold, and the Syrup is cold, you may put them together; what you design for Tarts will keep some Time with half their Weight in single refin'd Sugar: When you are to boil your Sugar to Syrup, you may wet it more than when 'tis to Candy.

To make Marmalade of ripe Apricots.

PARE, stone, and cut your Apricots into thin Slices; then to a Pound of Fruit, put a Pound of double-refin'd Sugar, and a quarter of a Pint of strong Codlin Liquor; boil it as fast as you can, and when the Fruit is tender, and clear from the Scum, which you are carefully to take off, then set it off the Fire, and break what Pieces you think too big; then fill your Glasses, and paper them when cold.

To make a Marmalade of Orange-Flowers.

PICK your Orange-Flowers, Leaf by Leaf, and then boil them tender, in as much Water as will quite cover them; then take twice their Weight in double-refin'd Sugar; take a quarter of the Sugar, and beat with the Leaves in a Mortar; wet the rest
of

of the Sugar, and boil it up almost to a Candy Height; put the Flowers into it, and stir it in the Syrup, till 'tis well mix'd; boil it just up after 'tis mix'd, and fill your Glasses; it may be turn'd out, and sifted with Sugar, and dry'd in Cakes, or kept in deeper Glasses, to eat wet: A Spoonful of this gives a fine Flavour in Almond Cream, or Cream Plumery, or any made Dish that wants Perfume.

To make Apricot Cakes.

TAKE a Pound of your ripest Apricots, scald them, peel them, and take out the Stones; then mash them to Pieces with the Back of your Spoon; then take half a Pound of double-refin'd Sugar, and a Spoonful of Water, boil it to a Candy; then put in the Pulp of your Apricots; let it stand a quarter of an Hour on the Fire, and boil a little, stirring it well; then pour it into shallow flat Glasses, that it may easily turn out; let it stand two Days in the Glasses; then lay them on Glass Plates, stove them, and turn them daily.

You may do Quince Cakes thus, only allow more Sugar; but if your Apricots are full ripe, this, by that time they are skinn'd and ston'd, is a fit Quantity; and will keep them all the Year.

To Preserve Currants, Red and White.

PICK out all the little Seeds with a Quill; to half a Pound of these ston'd Currants, put a Pound of the Currant Liquor, infus'd, and pass'd thro' a Jelly-bag; and put the Weight of both in double-refin'd Sugar; put all together into your Preserving Pan, boil them all together on a quick Fire, till they look clear, and the Scum has done rising; then put them into your Glassses, and paper them close.

To Preserve Grapes.

SKIN and stone your Grapes; and to every Pound, put a Pound of double-refin'd Sugar, beat and sifted; strew some between and over the Grapes, as you put them carefully into your Preserving Pan, and keep out one quarter of the Sugar, to strew on them in boiling; set them on a quick Fire; cover them with a Silver or Earthen Plate; strew on the remaining Sugar, as they boil up; when they look clear, take them off the Fire; let it stand off the Fire, cover'd, a little while; then scum them clean, and put them into Glassses.

To Dry Plumbs.

TAKE half the Weight of the Plumbs in Sugar; boil it to a Syrup, not too thick; slit your Plumbs down the Seam, and put them

them into this Syrup; set them on the Fire, and keep them scalding hot, till they are tender, and be sure to let the Syrup cover them, that they may keep their Colour; let them lie a Day in this Syrup; then make a thick Syrup of near the Weight in Sugar, boil'd almost to a Candy; when 'tis cold, drain your Plumbs out of the first Syrup, and put them into this; they must also be cover'd with this Syrup, and set on the Fire to scald, till they look clear; set them by three Day in this last Syrup; then lay them on Glass Plates, and dry them in the Sun, or your Stove, turning them often; if green, they must be first rubb'd in Salt, and scalded green, as green Apicots.

*An excellent Way to Preserve or Candy
Orange or Lemon Peels.*

BOIL the Peels very tender, shifting the Water four or five times in the boiling, more or less, as you chuse the bitterish Flavour; then put them in Water two or three Days; but if they are well boil'd, this last Watering is best let alone, tho' 'tis the Direction of a very nice Confectioner; but I leave it to the Judgment of the Experienc'd: Then take half their Weight in Sugar; and to each Pound of Sugar, put a Quart of Water; boil and scum it very clean; then put in your Peels; let them lie a Fortnight; heat them

once a Day; then take a little more than half their Weight in Sugar again; and to each Pound of this Sugar, put a Pint of Water; boil this Syrup as before; put in your Peels, and heat them, till they look clear, but never let them boil; you may keep them all the Year for Use in this last Syrup, if you sometimes heat it; 'tis best so for most Uses, as Apple-Pies, Cakes, &c. but if you want it candy'd, boil a little double-refin'd Loaf-Sugar to a Candy Height, and throw them in to boil up; lay them out to dry in the Sun, or in your Stove: Thus you may do Orange Chips.

To make a pretty Sort of Lemon-puffs.

TO a Pound of double-refin'd Sugar, finely beat and sifted; take the Juice of two Lemons, beat them together in a Bowl; and as you beat them, put in White of Egg, first beat to a very high Froth, till 'tis white as Snow; when you have beat all together some time, and put in the Quantity of Egg you design, which must be three at least to every Pound of Sugar; then add the Rind of two fair Lemons, finely grated; beat it till all is well mix'd; sift your Papers with Sugar, and drop on the Puffs in small Drops; you may add any Perfume you like; but they are very good without.

To make Savoy Biskets.

TAKE twelve Eggs, and leave out half the Whites; beat them up with a small Whisk; put in two or three Spoonfuls of Rose or Orange-flower Water; and as you beat it up, strew in a Pound of double-refin'd Sugar, that is first beat and sifted very fine; when these Eggs and Sugar are as thick and white as Cream, take a Pound and two Ounces of the finest Flour, that is dry'd, and mix it in; then lay them in long Cakes, and bake them in a cool Oven.

To season a Venison-Pasty.

IF your Venison be the Side of a large Buck, you may take off a fine Neck to roast; then bone and skin what remains, which will make as large a Pasty, as the whole Side of a Doe; but if you would bake all the Side of the Buck, your Seasoning must be an Ounce and quarter of beaten Pepper, and full as much Salt as twice the Bigness of the Heap of Pepper; rub all over the Meat, and then lay your Meat, of an equal Thickness, into a very large Soup-dish, without any Crust at Bottom; (for thus stewing in its own Gravy, is a great Improvement upon the old-fashion'd Way of a Bottom Crust, and stred Suet upon that, to keep it moist.) This full Quantity of Meat

will require near three Pounds and a half of Butter to lay over it, unless your Venison be exceeding fat; put a Roll of Paste quite round the Meat, that it may serve for Pudding-crust, and to fasten the Lid to, which make by the Rule in the next Receipt; let the Lid be thick, and wet the inside Roll, that you may close it fast; put what Ornaments you please on the Top; but the fewer there are, the better your Crust will rise; make a Hole on the Top; and put in a quarter of a Pint of Water, just as it goes into the Oven; this will take six Hours to be well soak'd. The Bones and Skins must be season'd, and put into a Pan just cover'd with Water, and bak'd at the same Time, lest the Pastry should want Liquor.

Note, You must, at Discretion, abate of this Quantity of Seasoning and Butter, as the Venison is in Quantity; this is in full for the largest Side.

Paste for the Pastry.

TO seven Pounds of Flour, put three Pounds and a half of Butter, and six Eggs, leaving out half the Whites, which are apt to make the Crust tough; put in one Pound of the Butter, with the Eggs and Water, into the Middle of the Flour, (which should be always of the finest Sort); wet it pretty stiff, then roll it out, and work in the Remainder of the Butter, by sticking it on in Bits,

Bits, and shaking on Flour; so double and roll, and stick on more, till the whole is taken up. This for all Meat-Pasties is fat enough; but if you make it for Fruit-Tarts, where the Crust is to be very thin, you must allow full three quarters of a Pound of Butter, and one Egg, to every Pound of Flour.

Icing for Tarts.

TAKE a quarter of a Pound of fine Loaf-Sugar, beat it very fine, and sift it; put it into your very clean Mortar, with the White of one Egg, and two Spoonfuls of Rose or Orange-flower Water; stir it all one Way, till your Tarts are bak'd, and almost cold; then strike them all over the Top, with a small Bunch of Feathers dipp'd in this Icing, and set them into your cool Oven again, till they are harden'd; take care they do not grow discolour'd by standing too long.

To make Orange-Tarts.

TAKE twelve of the fairest *Seville* Oranges; pare off the Rinds as thin as 'tis possible, that some of the Yellow may remain on the Orange; put them into fair Water as you pare them; then cut them in halves, and squeeze the Juice into a clean Bason; still throw your Oranges into clean Water; when all your Juice is out, put to it half a Pint of fair Water; cover it, and set it by till you have boil'd your Oranges tender, in

so many Waters as are requisite to take off the Bitterness; when this is done, take out the Skin, and stringy Part that is in the Inside, still throw them into Water; then cut them into Slices, and dry them in a clean Cloth; strain out the Juice and Water from the Seeds, which will be pretty thick, like Jelly; put four or five Spoonfuls into every Tart; one Orange will fill a Tart; your Sugar must be fine Loaf powder'd, and about a Pound and a quarter will season the twelve Tarts; when the Crust is bak'd, they are enough, and will look very clear; if you like Apple, you may mix the Apple and Orange; and if your Oranges are not very juicy, you may add the Juice of a Lemon; these are a very proper Tart for Winter.

To make a good Ginger-bread without Butter.

TAKE two Pounds of Treacle; candy'd Orange, Lemon and Citron Peel, of each a quarter of a Pound; as much candy'd Ginger, all slic'd thin; one Ounce of Carraway-seed, and one Ounce of Coriander-seed, with one Ounce of beaten Ginger; mix in as much Flour as will make it a soft Paste; lay it in Cakes on Tin Plates, and bake it in a quick Oven; keep it dry, and it will be good some Months.



A
COLLECTION
OF
RECEIPTS
IN
Physick and Surgery.

PART II.

*The true Way of making Barbados
Water.*

YOU must pare your Citrons extremely thin, and dry these Yellow Peels in the Sun, if possible; then grate the white Part of the Citron, till you come to the Pulp or Juice; take this that is grated, and put it into a cold Still, and distil as much of that simple Water as you can draw off good with,

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with a pretty quick Fire; in the mean time, you are to put one Pound of those dry'd Peels into one Quart of Brandy, let it be the very best you can get; when these Peels are soak'd enough, put to each Quart of that Brandy, one Quart of *Madera* Wine; then distil that Brandy, and Wine, and Peels, in a cold Still; and put one Pint of the simple Water to a Quart of the other strong Water; make a Syrup of double-refin'd Sugar; put to each Pound of Sugar, almost three Pints of Water, and the Whites of three Eggs; let it boil, and then pass it thro' your Jelly-bag, till 'tis extremely fine; put half a Pint of this Syrup to each Quart of the mix'd Water, more or less, as you love it for Sweetness; and to each Quart, put a Bit of Allum, as big as a Pea; when you see it perfectly clear and fine, rack it off into other Bottles; and put into each Bottle some of the Citron Flowers.

I did with great Difficulty procure this Receipt so exact, because either Lemons or Oranges do as well, and are very often what we want to dispose of, when we have had Occasion to use large Quantities of the Juice; and having try'd it, you may be convinced, that of fresh thick-rin'd Lemons you may at any time make a Liquor as good as they do in *Barbados*; especially where the Green-house affords you Orange or Lemon Flowers.

*An excellent Poppy-Water for an
Asthma.*

FILL a large Glafs full of fresh Poppies; pour to it one Quart of Hyffop Water, one Pint of Damask Rose Water, one Pint of Penny-royal Water, and two Quarts of Compound Briony Water; put in alfo eight Ounces of ftion'd Raifins, four Ounces of slic'd Figs, two Ounces of Sugar-candy, two Ounces of Syrup of Maiden-hair, two Ounces of Syrup of Ground-Ivy, two Ounces of slic'd Liquorice, Carraway-feeds, and Ani-feed, of each three Ounces bruif'd; let thefe ftand fix Weeks in the Sun; then ftain it off; and when the Breath is very bad, drink four Spoonfuls: In Extremity you may mix half an Ounce of Oxymel of Squils with every Dofe.

A Pleasant Medicine for a Cough.

PUT two large Lemons over a gentle Fire, to coddle, as you do an Apple; when they are foft, take them out before they burft, (which they will be very apt to do, if your Fire be fierce); cut them, and take out the Juice and foft Pulp from the Seeds, Strings, and Rind; put to this Pulp four Ounces of Sugar-candy finely beat; four Ounces of Oil of fweet Almonds, and two Ounces of Syrup of Poppies; mix all well together, and take a large Spoonful whenever your Cough is troublefome.

An easy Medicine for a dry Husking Cough.

DRINK near a Pint of Spring Water, as hot as you can, the last thing you do, going to Rest.

This is recommended by one whose Integrity may be depended on; and tho' 'tis seemingly a trifling Prescription, it has done very wonderful Cures.

An admirable Medicine for the Piles.

TAKE a Handful of the Leaves of Mullein, and boil it in a Pint of Milk; sweeten this with an Ounce of Syrup of Violets, and drink it every Night, going to Rest, for five or six Weeks, and it will certainly take away the Cause.

Lozenges for the Piles, as us'd in the West-Indies.

TWO Ounces of Flour of Sulphur; of fine Sugar pounded, with Mucilage of Gum-Tacamahaca, and Red Rose Water, four Ounces: Make it into Lozenges, and dry them before the Fire, or in an Oven, after the Things are drawn; take about the Quantity of one Dram daily. This is a most valuable Medicine.

*An Excellent Remedy for the Stone
Cholick.*

TAKE, three Mornings together, six Spoonfuls of Milk-Water cold distill'd, and as much good White-wine; and before you drink it, slice a Spoonful of Ginger very thin; wet it with some of this Mixture, swallow it, and drink the rest after it; do this for three Mornings; and the three following Mornings, take two Spoonfuls of the best Sallad Oil you can get; stew a little Sugar upon it, and swallow it down, drinking after it a Draught of warm Ale, sweeten'd with Honey; take these two Medicines interchangeably for nine Mornings together: This has been very often approved with admirable Success in violent Fits.

*For a Cholick attended with painful
Vomitings.*

TAKE a large Chicken, and fill it with Manna as full as it will hold; put it into two Gallons of Water, with a quarter of an Ounce of Mace; let it boil as quick as possible, till two or three Quarts be wasted, the Manna consum'd, and the Fowl boil'd to Rags; then strain it, and let the Patient drink at least one Gallon of it; and as fast

as one Porringer comes up, let him drink another, till it works downwards; when he has drank all, and the Operation is over, let him take the following Julep.

The Composing Draught for the Cholick.

TAKE two large Spoonfuls of Mint-Water, two of Hysterick-Water, one of Oil of sweet Almonds, and one Ounce of Syrup of Diacodium; if 'tis for a Man, add ten Drops of liquid Laudanum, and twenty Drops of Spirits of Harts-horn; if for a Woman, only twenty Drops of Tincture of Castor; add also for either, two or three Drops of Oil of Juniper; drink this Draught, and, under God, you may absolutely depend on Rest and Ease, and a safe Cure; for the Manna does so gently make its Passage, as, by Repetition, is sure to carry off that sharp Humour that was the Cause of this Tumult in the Bowels; and then an Opiat may be safely given, when this Operation is over; but before, 'tis dangerous: I would very earnestly recommend this Method, because 'twas thirty Years the successful Practice of an excellent Apothecary, and given me as a very valuable Specifick on this Occasion.

For the Stone.

TAKE Millepedes, and white Amber, of each a like Quantity, finely powder'd; half as much Nutmeg, finely grated; as much Chio Turpentine as will beat: Mix them in a warm Mortar into a Mass for Pills; let your Millepedes die in White or Rhenish Wine; a little more Turpentine than all the rest weigh, is sufficient; take fasting the Quantity of five large Peas, in Tea, or any such Thing.

For the Gravel.

TAKE half a Pint of Ale, boil it, and scum it very clean; then set it off the Fire, till you beat up the Yolks of two new-laid Eggs with one Spoonful of Honey; mix it with the Ale, when 'tis cold enough to mix without curdling: Drink this Draught nine Mornings.

To stop a violent Bleeding immediately.

DIP a Piece of black Bays in the sharpest Vinegar you can get, and lay it to the Groin of the Patient; as it grows warm, dip it again: It gives a sudden Check, and is the Practice in the *West-Indies*, among the Blacks, who are subject to this Distemper, and

and often lost by the Violence of it: And this does seldom fail in Extremity.

For a Looseness and Bloody Flux.

TAKE the Yolks of two new-laid Eggs, and put them into a Glass of strong Cinnamon Water, and drink it all; Brandy, Rum, Rosa-folis, or indeed any strong spirituous Liquor, will do as well as Cinnamon Water, and does very seldom fail: But I think such hot Things, how well soever recommended, should never be us'd, but in the greatest Extremity; because chewing of Rhubarb is as certain, and carries off the Cause; and of all the sudden Cures, I prefer *Venice Treacle*.

An excellent Ale for the Scurvy.

TAKE one Peck of Garden Scurvy-grass; of Water-creffes, and Brooklime, each four Handfuls; dry'd Fumitory, Ground-Ivy, Liverwort, Tops of Fir, and Tamarisk, of each two Handfuls; Roots of sharp-pointed Dock slic'd, four Ounces; Horse-radish Roots, Sassafras, and Daucus Seed, each one Ounce; two large *Seville* Oranges slic'd: Put all, being gently bruis'd, into a Canvas Bag, and hang it into six Gallons of Ale; when it is fine, drink a Draught in a Morning, or at any Time in the Day: This was
order'd

order'd by Sergeant *Barnard*, and is an incomparable Ale for that Purpose; but where the Scurvy and Dropfy meet, and the Legs swell, if the Stomach can bear it, the Juices of the Herbs, with *Seville* Orange Juice, are a more speedy and effectual Method.

A very good Purging Diet-Drink for the same.

TAKE new Wort, nine Gallons; boil in it one good Handful of Fir, with a few Hops; then strain it, and work it in the Barrel, as for other Ale; then take Scurvy-grass, Water-creffes, and Brooklime, of each four Handfuls; Harts-tongue, Liver-wort, of each two Handfuls; Dock-root, and Polypody of the Oak slic'd, of each two Handfuls; Rhubarb, Gentian, Sassafras, and Senna, of each two Ounces: Cut your Herbs very small, and mix them all together; slice in four *Seville* Oranges, and bruise two Ounces of Carraway and Cardimum-seeds; put all into a Bag; let it work together; when it has been stopp'd down a Week, 'tis fit to drink.

For a Dropfy.

TAKE the Leaves of Ash-trees, as soon as they begin to come out, and double distil them; give nine Spoonfuls of this Water, with one Spoonful of Mustard-seed, in
Q the

the Morning; and at four or five in the Afternoon, give a Spoonful of Mustard-seed, in the like Quantity of White-wine: This is recommended as never failing. When the Distemper is taken at first, rest from taking it for ten Days, and then begin again.

A most incomparable Spring Water to sweeten the Blood, and ease all wandering Pains.

TAKE the Leaves both of the Garden and Sea Scurvy-grass, wash and pick all clean, of each six Pounds; press out the Juice of the Sea Scurvy-grass, put also the Juice of Brook-lime, and Water-creffes, of each one Quart; of the best White-wine, one Gallon; twelve *Seville* Oranges; of Irish and Briony-roots slic'd, one Pound; Horse-radish Roots, two Pounds; Winter Bark slic'd, half a Pound; Nutmegs bruis'd, a quarter of a Pound; let all these steep four Days, and then distil them in a Limbeck: Take six Spoonfuls every Morning, and at four in the Afternoon.

An excellent Purging Elixir.

TAKE an Ounce of good Rhubarb; two Ounces of Senna; half an Ounce of Liquorice; Juniper, Aniseed, and Carraway-seed,

feed, of each half an Ounce; Cochineal, Myrrh, and Saffron, of each a quarter of an Ounce; Raisins ston'd, two Ounces: Bruise the Seeds, slice the Rhubarb and Liquorice, and put all the Ingredients into a Quart of good Brandy, and half a Pint of Compound Briony-Water; I also add long Pepper, and Cinnamon, of each half an Ounce: When it has stood a Month to infuse, strain it out, and add half a Pint of the purging Syrup of Roses. Take six Spoonfuls of this, whenever you fear a Fit of the Cholick, or find a Sicknes and Loathing in your Stomach.

A Syrup for an old Cough, and to cleanse the Breast.

TAKE Liquorice, and Maiden-hair, of each two Ounces; dry'd Hyssop, one Ounce; Aniseeds, two Drams: Infuse all one Day and Night, in two Quarts of Spring Water; let them boil on a soft Fire, 'till half be consum'd; strain it hard, and put to it a Pound and half of clarify'd Honey, and good White-wine Vinegar, as much as will make it pretty sharp; then boil it again, 'till 'tis a thick Syrup; keep it for Use; and if you would add a grateful Taste, drop in three or four Drops of Oil of Cinnamon: This is not only safe, but very highly recommended to be taken first and last.

A most excellent Process in a Consumption.

The Conserve.

CONSERVE of Hips, six Ounces.

The Milk-Water.

Take dry'd Mint, one Handful; Ground-Ivy, three Handfuls; six Nutmegs slic'd; one Quart of Snails, clean'd, and bruis'd; distil these in a Gallon of Milk, and a Quart of White-wine.

The Syrup.

Take Balsam of Tolu, half an Ounce; boil it in two Pints of Barley-Water, 'till half be boil'd away; strain, and add to it as much Sugar, as will make it a weak Syrup.

The Pectoral Pills.

Take Pill of Storax, and of Hounds-tongue, each half a Dram; mix them, and make it into twelve Pills.

The Purging Pills.

Take Pill Rufus, two Drams; Salt of Tartar, half a Scruple; Chymical Oil of Marjoram, three Drops; as much Syrup of Rhubarb as will make it into Pills.

The

The Powder.

Take Powder of Crabs-Eyes, one Ounce; prepar'd Pearl, a quarter of an Ounce; white Sugar-candy, one Ounce; mix these all into a fine Powder.

The Directions how to take All.

Take as much of the Powder as will lie on a Sixpence, in half a Pint of Ass's, or Cow's Milk, and Barley-Water, every Morning; take as much of the Conserve, as a Chesnut, thrice every Day, and drink after it some of the Milk-Water, sweeten'd with the Balsamick Syrup; take three of the Pectoral Pills, going to Rest; and repeat the Dose, if your Cough disturbs your Rest; and once a Week take four of the Purging Pills at Night; make an Issue in the Arm; and once in a Month, or six Weeks, take three or four Ounces of Blood away.

This is so safe and valuable a Method, that I shall only say, that every good Judgment must approve it; and it was as highly recommended to me, as, on Experience, I find it deserved to be.

*An Excellent and Approv'd Proceſs for
the Eyes, if the Rheum be violent,
and they have Specks.*

TAKE Hemlock, two Ounces; pound it in a Wooden Bowl, and add one Thimble full of Bay-salt, and as much Bole-Armoniack, as will ſerve to ſpread it on a thick Cloth; lay it to the Wriſt, and renew it every twelve Hours, as long as you have Occaſion: If but one Eye is affected, lay it to the contrary Wriſt.

Red-Roſe Water, one Ounce; Tutty, and white Sugar, finely powder'd, of each one Ounce; ſhake them well, and let it ſettle, and waſh your Eye with a fine Rag, three or four times a Day.

*A moſt excellent Salve for the ſame
Purpose; which will do without
the other, when the Rheum is not ſo
violent.*

TAKE of the beſt Sallad-Oil, one Pound; Yellow Wax, twelve Ounces; put them on the Fire in a new Pipkin, ſtirring the Wax 'till 'tis melted; then add white Lead, half a Pound; and let it boil half an Hour; then put in Myrrh, finely powder'd, Olibanum,
Maſtick,

Maffick, of each two Ounces; Camphire, one Ounce; each of them by themfelves, in the Order here nam'd, ftirring and mixing them well, before you put in the other; let all boil softly, 'till 'tis blackifh; you muft ftir it all the time 'tis on the Fire, and alfo after 'tis taken off, 'till it be cold enough to make into Rolls, working it like Dough: Take great Care in the well mixing, and that it be not over or under boil'd; 'tis to be apply'd to the Temples, and behind the Ears, for the Eyes, to lie there 'till it grows moift, and falls off. It will keep a long time, and is a fweet and clean Plaiiter; a moft admirable Diffolvent, and therefore good for Swellings, as alfo for Cuts, and cures almoft any Sore that does not need much drawing.

THESE RECEIPTS cost a Gentleman fifteen hundred Pounds, who had them of a Jefuit, who came from *Rome*, to cure his Daughter's Eyes; and they have been often try'd with great Succels: Value thefe as choice Receipts.

The Sum is fo confiderable, that I fhould not have mention'd it, if I had not receiv'd it thus, Word for Word, from a moft generous Contributor, whofe Veracity and Goodnefs make it perfectly unqueftionable.

To draw out a Thorn.

TAKE a little black Soap, and chew some Nut-kernels, to mix with the Soap; and lay it on the Place grieved; repeat it 'till the Thorn comes out,

For the Canker.

TAKE a quarter of a Pound of Honey; the Quantity of a Walnut, of Allum beat fine; take Woodbine Leaves, Columbine Leaves, Briar Leaves, and Red Sage, Sorrel and Violet Leaves, of each one Handful; two or three Sprigs of Rue; stamp all the Leaves; strain the Juice, and boil it with the Honey and Allum; scum it clean, and wash the Mouth often with it,

To draw an Imposthume out of the Ear.

TAKE Camomile, and burn it between two Tiles, and put it in a Cloth; apply it as hot to the Ear, as it can be suffer'd; repeat it 'till you find Ease.

A Medicine for the Jaundice.

TAKE Two-penny-worth of Saffron, finely powder'd; twice the Weight in Turmerick, finely powder'd; a Nutmeg grated; as much powder'd Egg-shell as will lie on half a Crown; an Ounce and half of Sugar finely powder'd and sifted; mix all these Powders together, and divide them into three Parts; and take one Part in nine Spoonfuls of White-wine, in the Morning, fasting; fast two Hours after it; do this for three Mornings.

Another for the same, that is recommended as never-failing.

TAKE Cellandine, and Yarrow, of each one Handful; twenty Earth-worms, scour'd in Ashes; pound all together in a Stone Mortar; put to them a Pint of Ale or White-wine; stir all together well; then strain it, and let it boil softly, and put to it two Spoonfuls of the Powder of Harts-horn; as much Saffron, fresh dry'd and powder'd, as will lie on half a Crown; the Patient must drink nine Spoonfuls of it Morning and Evening, being first warm'd; do this for three Days. This Medicine is not pleasant, nor do I find one that is, except Steel Wine, or Water, which, I think, is allow'd infallible.

A very

A very good Drink for a Consumptive Cough.

TAKE Comfrey, and Marsh-mallow-roots, of each three Ounces; let them be first well dry'd; Scorzonera, and Orange-root candy'd, of each two Ounces; cut all these very small; mix them well together; then divide them into several Parts; that is, an Ounce in each Paper; take a Quart of Spring Water, and put in one Ounce of these Ingredients; let it boil gently; then add a Pint of Milk, and let all boil gently, 'till it comes to a Quart; when 'tis cool, drink half; do this twice a Day for some Time.

For a Pleuritick Cough, or Pain in the Side.

TAKE two Ounces of Oil of Turnip-feed, new drawn; the Syrups of Lemons and Maiden-hair, each half an Ounce; of Syrup of Violets, one Ounce; beat all these with one Ounce of Sugar-candy; take a Spoonful as often as you can, and be sure you mix it well when you take it, being apt to separate.

Note, That Oil of Turnips, in any malignant Case, exceeds all other Oils that can be drawn; and can always be had.

In a strong Fit of the Asthma.

TAKE three Ounces of Linseed Oil, cold drawn; one Ounce of the Syrup of Balsam of Tolu, shook well together; drink all, or as much of this as you can, fasting; 'twill cause a little Vomit, and perhaps a Stool; but has often reliev'd, when Squils and Bleeding have fail'd; tho' Squils in Extremity are almost a Specifick for that Distemper.

Lozenges for the Heart-burn.

TAKE calcin'd Oister-shells, as found on the Sea-coast; let them be so well wash'd by Time, as to be as white within and without, as Mother of Pearl; dry them well by the Fire, and let them be beat, and sifted as fine as 'tis possible; with half a Pound of this Powder, mix half a Pound of Sugar well beat and sifted; wet this with a Spoonful or two of Milk and Water, to make it a very stiff Paste; then mould them into Lozenges neatly, and bake them very dry, in an Oven that is not too hot, for fear of discolouring them; they do best when every thing is drawn: This does so effectually sweeten that sour Humour in the Stomach, that causes this Distemper, that it not only prevents it, but helps Digestion,
and

and secures you from all the ill Effects that are the Consequences of it; and it was recommended on the Experience of a very worthy Gentleman, who had suffer'd extremely, 'till this Specifick was discover'd; And indeed this Medicine may be reasonably supposed to work the Cure 'tis prescribed for; if we will be at the Pains to try its immediate Power over the sharpest Vinegar.

A Powder for the Worm-Fever in Children.

TAKE Crabs-Eyes, and Corraline, of each two Drams; Cream of Tartar, one Dram; make all into a very fine Powder, and give as much as will lie on a Sixpence, three times a Day, in a Spoonful of Milk-Water, and drink two or three Spoonfuls after it; if this does not keep it from being costive, give sometimes a Glister of Milk and Sugar; and if the Weakness continues, Rhubarb steep'd in small Beer, drank constantly for three Weeks or a Month, will certainly effect a perfect Cure, and strengthen as well as sweeten the Blood: This Powder must be taken at the Full and Change of the Moon.

*The Milk-Water, proper to take with
the Powder.*

TAKE Shell-Snails bruis'd, one Quart;
Earth-worms, one Pint; Ale-hoof,
Betony, Penny-royal, Sage, Mint, Scabious,
of each one Handful; Comfrey Leaves and
Roots, two Handfuls; Foxfern-roots, two
Handfuls; six Whites of Eggs; a Gallon of
New Milk; a Quart of Canary: Bruise the
Herbs, slice the Roots, and distil all in a
cold Still; sweeten it with Sugar-candy.

A good Drink in the Rickets.

TAKE Currants, and Raisins of the Sun
ston'd, of each one Handful; Maiden-
hair, Yarrow, and Speedwell, of each one
Handful; a large Handful of Liver-wort; a
Handful of Dragons Leaves; nine Leaves
of Harts-tongue; a Spoonful of Aniseeds,
and an Ounce of Liquorice slic'd; boil all
these in three Quarts of small Ale, 'till half
be consum'd; then strain it, and put it in
little Bottles, and drink a Draught of it every
Morning, and at four in the Afternoon.

Another

Another for the Rickets.

TAKE of French Barley, one Ounce; Buds of Fern, two Ounces; of the Leaves of Agrimony, Liver-wort, Harts-tongue, Betony, Maiden-hair, of each of these half a Handful; Raisins of the Sun ston'd, one Handful; eight Figs; Liquorice slic'd, half an Ounce; Aniseeds bruis'd, one Ounce: Boil these in three Pints of Spring Water, 'till a third be wasted; strain it, and mix with it an Ounce and half of Sugar-candy, and ten Drops of Spirit of Sulphur: This Medicine seldom fails, if you give four Spoonfuls twice a Day.

An admirable Method for Convulsion Fits.

TAKE Onions, and black Pepper, of each a like Quantity; stamp both pretty small, and lay it to the Soles of the Feet; keep it on seven Hours; while the Party is in the Fit, force them not to take any thing, but anoint the Wrists, the Palms of the Hands, and the Temples with Mithridate, if 'tis a Child; and Spirit of Amber, if a Man or Woman: Between the Fits, give Black-Cherry Water, sweeten'd with Syrup of Male-Piony, and Syrup of Clove July-flowers; and for a Week after the Fit, give
this

this constantly twice a Day; let it wear a Necklace of Male Piony-root about the Neck.

Another for Convulfions.

GIVE the Child five or fix Drops of King's Drops, or Spirit of Harts-horn, in two Spoonfuls of Black-Cherry Water, sweeten'd with Syrup of Male-Piony; repeat this whenever you fee it coming, and twice in a Day, before and after every Change of the Moon; purge the Child once in ten Days, or a Fortnight, with a Spoonful or two of Syrup of Rhubarb, or with Manna, after this Method; take an Ounce of Manna, difsolve it in four Ounces of Barley-Water; ftrain it, and give the Child two Spoonfuls at a time, every third Hour, 'till it begins to work; then defift, and give thin Chicken-Broth, or Water-Gruel, in the working; the Child may purge thus, before the Drops are given; if the Child ftart, or grow pale, that you apprehend a Fit, lay a Blifter behind and below the Ear, and give it a Glifter of Milk and Sugar, with a very few Camomile Leaves, and Ani-feeds, and put as big as a fmall Nutmeg of Diafcordium, into the Glifter; then ftrain and give it; when you purge with the Manna, add to it one Ounce of Oil of fweet Almonds, newly drawn, which be fure to mix well

well with the Barley-Water and Manna, that it may work off smoothly, and take off all Gripings.

An admirable Powder for any Sore Mouth, Thrush, or Canker.

TAKE of Red Sage, Red Fennel, Plantain, Woodbine, and Rue, of each one Handful; and of Allum, four Ounces; shred the Herbs, and beat the Allum; then heat all in a clean Shovel; keep them continually stirring; and when they are very well mix'd, and seem quite dry from all Juice, spread them to cool; and when they are cold, beat them to a very fine Powder, which you must sift; you may use it dry, or mix it with Honey. 'Tis recommended as infallible, to cure any Sort of Sore Mouth.

A most Incomparable Salve, to break any Swelling, and heal it; and good for a Burn.

TAKE a quarter of a Pint of Sallad Oil, or, for Want of it, as much unsalted Butter; five Ounces of the best Turpentine, six Ounces of Honey, three Ounces of Bees-wax, two Ounces of Rosin; put the Turpentine, Rosin, and Bees-wax, and
Honey,

Honey, into a new Pipkin, and let them simmer together, 'till all be melted; then put in your Oil, and let all boil together a little while softly; then put it into Pots for Use.

This was sent as a very choice necessary Salve for all Families, and almost for all Uses: And indeed I have seen almost a miraculous Cure on a very bad Breast by this alone; and therefore am oblig'd to do it this Justice.

For Sore Nipples, or Kibe Heels.

TAKE a Pint of the best Sallad Oil, half a Pound of Red Lead, one Ounce of Red Sealing-wax, and an Ounce of Rosin, six Ounces of Bees-wax; put all these together, and let them boil to a Salve; as soon as ever it turns black, 'tis enough; then put it out presently, or 'twill be too hard: When you use it, you must melt it, and anoint the Place griev'd, with your Finger, spread it on a Cloth, and keep a Plaister on it: This may be very good; but I think nothing so effectually cures Kibe Heels, as doing them with Camphiriz'd Spirits, before they break.

To Camphirize Spirit of Wine.

PUT four Ounces of Camphire into a Quart of highly-rectify'd Spirit of Wine; set it in the Sun, and always keep it close stopp'd; as soon as 'tis dissolv'd, 'tis fit
R almost

almost for all Uses, as Kibes, Chilblains, for Head-aches, many Sorts of Sores, that want drying; therefore is sometimes dissolv'd in good Hungary-Water: It ought always to be in a Family.

A good Salve for Sore Lips or Nipples.

TAKE two Ounces of Bees-wax, as much good Sallad Oil; set it over the Fire, colour it with Alcany-roots; when 'tis boil'd, and of a fine Red, strain it, and drop in Six-penny-worth of Balsam of Peru; then pour it into the Bottoms of Tea Cups that it may come out in little Cakes.

Another for the same.

TAKE four Ounces of fresh Beef-mar-row, or unsalted Butter, three Ounces of Virgins-wax, Alcany-roots half an Ounce, as much Storax, and as much Gumben, one sliced Pippin, half an Ounce of Loaf-sugar, six Spoonfuls of Claret, and four of Sack; let all boil 'till it is of a good Colour; then pour it into Cups to cool; and when you take them out, dry the Bottoms of the Cakes from the Liquid Part.

A pretty Medicine for Sore Nipples.

INFUSE Quince-seeds in White Rose-Water, 'till it is a Jelly; strain it thro' a Muslin, and wash the Sore Part often with it.

An

*An Ointment for the Piles, when
Swell'd and Painful.*

INFUSE Elder-flowers in Linseed Oil; let them stand in the Sun a Month; then strain it, and take two Spoonfuls of this Oil, an Ounce of Bees-wax, half an Ounce of Turpentine, the Yolk of an Egg; beat all together in a Mortar; spread it on a Cloth, and apply it to the Piles.

Another for the same.

TAKE an Ounce of Virgins-wax, two Ounces of Linseed Oil, half an Ounce of Camphire, and as much Sperma-ceti, and one Dram of Oil of Amber; melt these together, and spread it on Plaisters; when you are in Pain, both these are very good; but the most effectual way to prevent coming to Extremity, is, to keep the Body always open with Lenitive Electuary, and Flower of Brimstone, Syrup of Roses, or any gentle cooling Medicines; among which Number, stew'd Prunes, tho' out of Fashion, must not be despis'd.

For an Apoplectick Pain in the Head.

BEAT Ground-Ivy, and strain out the Juice; put to this a Spoonful of Powder of Marum, but not enough to thicken the Juice; then take a Leaf of Tobacco, and

wet it very wet in this Juice, roll it up in Pellets, and put it up your Nostrils; as fast as it hardens, put up a fresh one; 'twill give present Relief, and is much better than either Liquid or dry Snuff.

*An Incomparable Medicine for the
Scurvy in the Teeth.*

TAKE a Quart of good White-wine Vinegar, heat a Piece of Steel red hot, and quench it eight or ten times in the Vinegar, as fast as you can heat it; then add to this Liquor an Ounce of powder'd Myrrh, and half an Ounce of Mastick powder'd; wash your Teeth twice or thrice a Day.

*A certain and immediate Cure for a
Bruise.*

MAKE a Poultis of Bran and Urine, apply it as hot as you can bear it; if 'tis very bad, repeat it as it cools, and do it as soon as you can, to prevent its swelling, which the Air is apt to occasion.

*To Cure Deafness and Noise in the
Head.*

PUT your own Urine into a Pewter-Dish, and cover it with another; then put some Coals under; and when 'tis hot, brush off the clear Water that hangs on the
upper

upper Dish with a Feather, and drop it into the Ear: This has done great Cures.

A Mouth-Water to cure a Canker.

TAKE of Juice of Sage and Honey-suckle, of each six Spoonfuls; of White-wine Vinegar, two Spoonfuls; Roch Allum, one Ounce; take double the Weight of the whole in Honey; boil it to a thick Syrup; scum it very clean, and when 'tis cold, put it up for your Use: This, with Syrup of Mulberries, is good for any sore Mouth.

A good Cere-Cloth.

TAKE a Pint and half of Sallad Oil, half a Pound of Red Lead, a quarter of a Pound of White Lead, a quarter of a Pound of Castle Soap, two Ounces of Bees-wax, two Ounces of Oil of Bays, two Ounces of Barrows-grease; boil the Leads in the Oils, 'till they look brown; then put in the rest, keeping it stirring 'till it works; then make it into Rolls, first oiling your Hands: This should boil five Hours.

A most admirable Balsam, for outward or inward Sores, Fistula's, Ulcers, &c.

TAKE an equal Quantity of Linseed and Sallad Oil; to three Pints of this put

one Pound of Chio Turpentine, well wash'd an Red Rose-Water, half a Pound of Red Sanders, half an Ounce of Mastick, half an Ounce of Cochineal, half a Pound of good Yellow Bees-wax, one Pint of Spirit of Sack; these must simmer over a slow Fire, 'till all are incorporated; then keep it close stopp'd for your Use: Half this Quantity will last many Years,

I could not, in Gratitude to the Generous Communicator, and Justice to the World, omit inserting this; because it promises Miracles in all inward Ulcers, as it does outward, if anointed; but as to my own particular, I believe no Balsam that was ever made exceeds that call'd the *Fryar's Balsam*, in the first Part of this Book: You may take the Bigness of a Nutmeg of this, always fasting an Hour before and after.

A Tincture of the Bark.

TAKE an Ounce of the finest Bark you can procure, put it in large Pieces, to four Ounces of Spirit of Sal-Armoniack; let it be close stopp'd and set it in the Sun, or warm Embers, 24 Hours; then pour it off clear, and keep it for Use. It is to be given in Agues, or Fevers; from ten to forty Drops, according to the Age and Strength of Man, Woman, or Child, in Wine and Water; it must be repeated every four Hours, as other Doses of the Bark. Here I am oblig'd to make a
most

most grateful Acknowledgment for this Receipt, which I take to be the safest and most effectual Medicine that was ever publish'd to the World.

A Draught of the Salts in a Fever.

TAKE Black Cherry Water, two Ounces; Compound Piony Water, one Ounce; Salt of Harts-horn, one Scruple; Salt of Wormwood, half a Dram; Salt of Amber, three Grains; Spirit of Sulphur, fifteen Drops; take this Draught every six Hours, 'till you have taken eight or ten Draughts: This has done very great Cures without the Bark, where the Fever was occasion'd by a great Cold; it sweetens and cools the Blood, and revives the Spirits and Head to Admiration.

A very pleasant Poffet in a Fever.

PUT two Ounces of Preserv'd Barberries into one Quart of Milk; let it boil, and strain it; drink when you are thirsty.

A Milk-Water, for a Hooping-Cough.

TAKE of Ground-Ivy, Rosemary, and Hyssop, of each one Handful; distil them in a Quart of new Milk, and let it drop on a Quarter of a Pound of Sugar-candy: Take a Spoonful Night and Morning, and as often as you please.

An excellent Remedy for a Sore Throat, which, taken in Time, will prevent a Quinsy.

TAKE five Spoonfuls of Syrup of Elderberries, and mix with one Spoonful of Honey, and as much Salt Prunel (in Powder) as will lie on a Shilling: Take a Teaspoonful of this as often as you can.

For Convulsion Fits.

GET a Dozen of Live Moles, when with young; stick them with a Knife in the Throat, 'till they are dead; then open them, and take out all the Intrails; put them in an Earthern Pan, and by Degrees dry them in an Oven, 'till they are fit to powder; then powder and sift them thro' a fine Sieve; give the Child as much as will lie on a Half Crown, in Black-Cherry Water, once in three Hours, for three Times; then every Night going to Rest, for three Times. If you fear a Return, give it three Nights before the Full and New of the Moon.

I dare say this is an approv'd Receipt, because I had it from a very choice Hand; but I should fear 'twould be impossible to make a young Child take so much of so loathsome a Thing as this Powder must needs be.

Another

Another for the ſame.

TAKE half a Pound of the Roots of ſingle Piony, ſlice them thin, four Ounces of Gentian-Root ſlic'd thin, a Peck of Juniper Berries bruis'd, Cummin-ſeeds, Coriander-ſeeds, Carraway-ſeed, Pine-ſeed, Grommle-ſeed, of each two Ounces bruis'd, Sage, Pimpernel Roots, Rue, Roſemary, Balm, of each two Handfuls; a good Quantity of Clove July-flowers, Lily of the Valley, Sage-flowers, if they can be got, Roſemary-flowers you may always keep dry; add a Handful of each of theſe; Cloves, Ginger, Nutmegs, Gallingal, Cardimums, Cubebs, of each two Drams, bruife them; then take a Handful of dry'd Betony-flowers, half a Handful of Egrimony, chop all theſe Herbs, and put them in to ſteep in three Gallons of Ale, not too new; let it lie one Night or better in Steep; then diſtil it, and draw it down pretty low, ſo mingle ſmall and ſtrong together; if it be too ſtrong for a little Child, put to a Spoonful of this Water one Spoonful of Black-Cherry Water.

A Salve for a Rupture.

MELT a Pound of Deer-ſuet, and put to it a Handful of Solomon-ſeal, as much Comfrey-roots, and as much Mouſe-ear,

ear, stamp all the Herbs and Roots; strain and boil them with the Suet; when 'tis well mix'd, and consum'd to half of the Quantity, then add four Ounces of Adders-spear, and an Ounce of fine Bole-Armoniack, well powder'd and sifted; mix all, and keep it for Use: When you lay it on the Part, bind it hard. For a Rupture in the Throat, lie always in a Neckcloth tied hard.

An excellent Way to make the Purging Syrup of Roses.

TAKE Damask-Roses, before they are full blown, cut off the White, then pour upon them two Quarts of Succory Water boiling; let this infuse in the Embers an Hour; then strain it very dry, and pour that Liquor upon as many more Roses, so cut, as it will cover; let this infuse as before; then strain it, and to every Pint of this Liquor, put near two Pounds of Sugar; 'tis the best Purging Syrup, for almost all Uses, that is made.

A very good Electuary for an Asthma.

TAKE four Cloves of Garlick, roast them 'till they are soft; then bruise out the Pulp, and put it into six Spoonfuls of Honey, two Spoonfuls of the Powder of Elecampane; of Liquorice, Aniseeds, and Cori-

Coriander-seeds, all finely powder'd and sifted, one Spoonful and a half; mix all well together, and take the Bigness of a Nutmeg Morning and Night.

A most Incomparable Steel Electuary.

TAKE two Ounces of Conserve of Brook-lime, Conserve of Water-creffes, and Scurvy-grafs, each two Ounces; the Yellow Rind of a *Seville* Orange grated, two large Nutmegs grated, and an Ounce of Prepar'd Steel; mix up all with Syrup of Poppies, and take the Bigness of a Walnut in the Morning, and at five in the Afternoon.

A bitter Tincture for a Pain in the Stomach.

TAKE a Handful of Roman Worm-wood, as much Ground-Ivy, two Drams of Gentian, one Dram of Gallinjal-root, four Ounces of the thin Yellow Rind of Oranges, one Dram of Cardimums the less, Saffron one Dram, Cochineal one Dram; infuse all these in one Quart of Brandy, set them in the Sun, or in warm Embers, 'till 'tis well tinctur'd; strain it, and take one Spoonful in a Glass of any Wine; 'Tis an incomparable Bitter.

A Me-

A Medicine for any one that has been bit by a Mad Dog.

TA K E a Handful of the Herb call'd Ladies Bed-straw, bruise it in a Mortar; then roll up the Leaf and Juice, with a Lump of Butter, and make the Party swallow it. 'Tis sent me as an immediate Cure for Man or Beast.

A very good Way to prevent the Nail growing into the Toe.

IF the Nail of your Toe be hard, and apt to grow round, and into the Corners of your Toe, take a Piece of broken Glass and scrape the Top very thin, do this whenever you cut your Nails, and by constant Use, it makes the Corners fly up, and grow flat; so that 'tis impossible they should give you any Pain.

To make the Hair grow thick.

TA K E Rosemary, Maiden-hair, Southern-wood, Myrtle-Berries, Hazel-Bark, of each two Ounces; burn these to Ashes on a clean Hearth, or in an Oven; put these Ashes in White-wine, to make a strong Lye, and wash the Hair daily at
the

the Root; keep it cut pretty ſhort: It kills the Worm which is at the Root, and is more effectual then Bears Greafe, or any Sort of Pomatum, which rather feeds than deſtroys that Enemy to the Hair.

A Salve for a Burn or Scald, which will effectually take out the Fire.

TAKE a Pint of Sallad Oil, half a Pound of White-Lead, and a quarter of a Pound of Virgins Wax; boil all together ſoftly, 'till it looks of a dark brown Colour, then roll into Rolls.

An excellent Way to make the Salve Gratia Dei, which is to be made about Midſummer.

TAKE Vervain, Betony, and Pimpernel, of each one Handful; ſtamp them and boil them in three Quarts of White-wine, 'till half be conſum'd; then ſtrain it thro' a Linen Cloth, and ſet it over the Fire again; put to it one Pound of the beſt Roſin, well beaten, four Ounces of Virgins Wax, or Yellow Wax, diſſolv'd in Woman's Milk, and one Ounce of Maſtick well powder'd; boil all in the Wine, 'till it be melted, ſtirring well and faſt; then take it
from

from the Fire and put to it a Pound of Turpentine, stirring it 'till it be cold; then the Salve will rise above the rest, which you must take out, and labour with your Hands, as Shoemakers do their Wax, and you may make it in Rolls, or keep it all together in a Pan. This was omitted in the first Part; but is sent me again from the same charitable Family, on whose repeated Experience, I dare set down some of its many Virtues: 'Tis good for all Sorts of Wounds, new and old; it cleanses and heals; eateth off Dead Flesh, and generateth New; it mollifies Boils, draws out Thorns, breaks Imposthumes; is good in the Canker, and a Fistula, Bruises on the Sinews, St. *Antony's* Fire, and it assuageth Swellings.

*An Ointment for St. Antony's
Fire.*

GA THER Elder-flowers in the Spring, and fill a Bottle as full as it can hold; then wet them with Linseed Oil, and set them in the Sun; press out this very hard, and put to four Ounces of this, half a Dram of Saffron, an Ounce of soft Soap, and boil it to an Ointment; just before you take it off the Fire, stir in an Ounce of Ceruse; when

when you use it, make it warm, and anoint the Place; dip soft Paper in the Ointment, and cover it when you dress it, which must be twice a Day; wash it with Spirit of Wine, in which a little *Venice Treacle* has been mix'd.

To make Extract of Amber.

TAKE two Drams of good Ambergrease, as much Sugar-candy, twelve Grains of Musk, and six Grains of Civet; beat all small together, and put this Mixture into a Bottle that has a Glass Stopper; pour upon these Ingredients four Ounces of highly Rectify'd Spirit of Wine; set it in warm Embers for twenty-four Hours; while 'tis warm, separate the Clear from the Dross: This Extract is much better for all Sorts of Use, than Ambergrease; five or six Drops in any Thing give a most noble Perfume; half this Quantity will last a great many Years; but 'tis proper in all Families distant from *London*, because often prescrib'd in Cordials.

To make a Sweet Water.

TAKE half a Bushel of Damask-Roses, not over-blown, pick them into a broad Pan, and put in two good Handfuls
of

of Lavender Tops, when it has just shot the Ear; put in also four Ounces of Cloves, and stir all together, putting in three Pints of Rose-Water, and cover them with a Pewter Dish and a Napkin close; let them stand a Day and a Night, stir them twice or thrice in a Day, and then distil them in a cold Still; put into the Bottle four Grains of Musk, and a Pebble Stone tied in a Rag.

The End of the SECOND PART.



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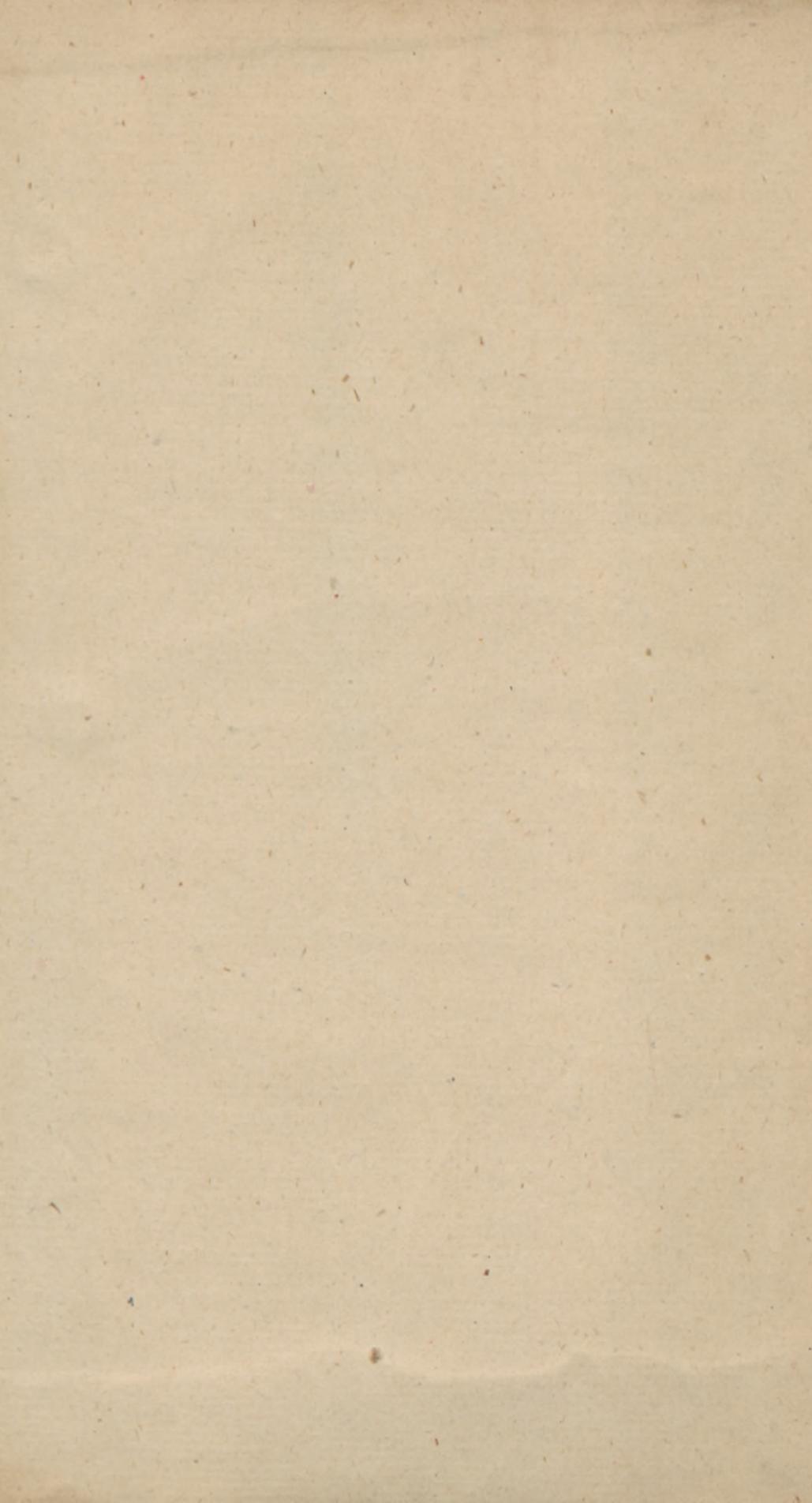
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