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(The HEH copy has differences in the adv. at end.)
AAS copy.

The COMPLEAT HOUSEWIFE:

OR,

Accomplish'd Gentlewoman's COMPANION:

Being a Collection of several Hundred of the most approved Receipts in

COOKERY,	CAKES,
PASTRY,	CREAMS,
CONFECTIONARY,	JELLIES,
PRESERVING,	MADE WINES,
PICKLES,	CORDIALS.

AND ALSO

BILLS of FARE for every Month in the Year.

To which is Added,

A Collection of near Two Hundred Family Receipts of MEDICINES; *viz. Drinks, Syrups, Salves, Ointments*, and many other Things of sovereign and approved Efficacy in most Distempers, Pains, Aches, Wounds, Sores, &c. never before made Publick in these Parts; fit either for private Families, or such publick-spirited Gentlewomen as would be beneficent to their poor Neighbours.

By *E. SMITH.*

Collected from the FIFTH EDITION.

WILLIAMSBURG:
Printed and Sold by WILLIAM PARKS. 1742.

PREFACE.

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

COOKERY, Confectionary, &c. like all other Sciences and Arts, had their Infancy, and did not arrive at a State of Maturity but by slow Degrees, various Experiments, and a long Tract of Time: For in the Infant Age of the World, when the new Inhabitants contented themselves with the simple Provision of Nature, viz. the vegetable Diet, the Fruits and Productions of the teeming Ground, as they succeeded one another in their several peculiar Seasons, the Art of Cookery

PREFACE.

it was unknown; Apples, Nuts, and Herbs were both Meat and Sauce, and Mankind stood in no need of any additional Sauces, Ragoes, &c. but a good Appetite; which a healthful and vigorous Constitution, a clear, wholsome, odoriferous Air, moderate Exercise, and an Exemption from anxious Cares, always supplied them with.

WE read of no pall'd Appetites, but such as proceeded from the Decays of Nature, by reason of an advanced old Age; but on the contrary, a craving Stomach, even upon a Death-bed, as in Isaac; *nor no Sicknesses but those that were both the first and the last, which proceeded from the Struggles of Nature, which abhorred the Dissolution of Soul and Body; no Physicians to prescribe for the Sick, nor no Apothecaries to compound Medicine for two Thousand Years and upwards. Food and Physick were then one and the same Thing.*

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

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

SO that Seasonings of some Sort were then in Use; though whether they were Salt, savoury Herbs, or

Roots

Roots only; or Spices, the Fruits of Trees, such as Pepper, Cloves, Nutmegs; Bark, as Cinamon; Roots, as Ginger, &c. *I shall not determine.*

AS for the Methods of the Cookery of those Times, boiling or stewing seems to have been the Principal; broiling or roasting the next; besides which, I presume, scarce any other were used for two Thousand Years and more; for I remember no other in the History of Genesis.

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

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

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

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

of Practicalneſs and Uſefulneſs, and ſo within the Compaſs of a Manual that ſhall neither burthen the Hands to hold, the Eyes in reading, nor the Mind in conceiving.

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

THERE are indeed already in the World various Books that treat on this Subject, and which bear great Names, as Cooks to Kings, Princes, and Noblemen, and from which one might juſtly expect ſomething more than many, if not moſt of theſe I have read, perform, but found my ſelf deceived in my Expectations; for many of them to us are impracticable, others whimſical, others unpalatable, unleſs to depraved Palates, ſome unwholſome, many Things copied from old Authors, and recommended without (as I am perſuaded) the Copiers ever having had any Experience of the Palatableneſs, or had any Regard to the Wholſomneſs of them: Which two Things ought to be the ſtanding Rules, that no Pretenders to Cookery ought to deviate from. And I cannot but believe, that theſe celebrated Performers, notwithſtanding all their Profeſſions of having ingeniouſly communicated their Art, induſtriouſly concealed their beſt Receipts from the Publick.

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

THERE

PREFACE.

THESE Receipts are all ſuitable to Engliſh *Conſtitutions and* Engliſh *Palates, wholſome, toothſome, all practicable and eaſy to be perform'd. Here are thoſe proper for a frugal, and alſo for a ſumptuous Table; and if rightly obſerved, will prevent the ſpoiling of many a good Diſh of Meat, the waſte of many good Materials, the Vexation that frequently attends ſuch Miſmanagements, and the Curſes not unfrequently beſtowed on Cooks, with the uſual Reflection, that whereas* God ſends good Meat, the Devil ſends Cooks.

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

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

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

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

THEY are very proper for thoſe Generous, Charitable, and Chriſtian Gentlewomen that have a Diſpoſi-

tion

then to be ſervicable to their poor Country Neighbours, labouring under many of the afflicted Circumſtances mentioned; which by making the Medicines, and generouſly contributing as Occaſions offer, may help the Poor in their Afflictions, gain their Good will and Wiſhes, entitle themſelves to their Bleſſings and Prayers, and alſo have the Pleaſure of ſeeing the Good they do in this World, and have good Reaſon to hope for a Reward (though not by way of Merit) in the World to come.

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

THUS ends the Author's Preface: The Printer now begs Leave to inform the Reader, that he hath Collected the following Volume from a much larger, printed in England, *which contain'd many Recipes, the Ingredients or Materials for which, are not to be had in this Country: He hath therefore collected only ſuch as are uſeful and practicable here, and left out ſuch as are not ſo, which would only have ſerv'd to ſwell out the Book, and increaſe its Price. He has printed the Bills of Fare exactly as they are in the* Engliſh *Edition; becauſe the judicious and experienc'd in ſuch Affairs, may the better know how to ſupply the Place of ſuch Materials as are not to be had, with ſuch ſuitable Things as this Country affords.*

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

For JANUARY.

First Course.

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

Second Course.

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

For FEBRUARY.

First Course.

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

Second Course.

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

For MARCH.

First Course.

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

Second Course.

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

For APRIL.

First Course.

WEſtphalia-Ham and [illegible]
Diſh of boil'd Carps

Biſque

A Bill of Fare for

Biſque of Pigeons
Lumber Pye
Chine of Veal
Grand Sallad
Beef a-la-mode
Almond Florentines
Fricaſy of Chickens
Diſh of Cuſtards.

Second Courſe.

Green Geeſe and Ducklings
Butter'd Crabs, with Smelts fry'd
Diſh of Sucking Rabbits
Rock of Snow and Syllabubs
Diſh of ſouced Mullets
Butter'd Apple-Pye
March-Pane.

For MAY.

Firſt Courſe.

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

Second Courſe.

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

For JUNE.

Firſt Courſe.

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

Second Courſe.

Diſh of young Pheaſants
Diſh of fried Soles and Eels
Potato Pye
Jole of Sturgeon
Diſh of Tarts and Cheeſecakes
Diſh of Fruit of Sorts
Syllabubs.

For JULY.

Firſt Courſe.

COck Salmon with Butter'd Lobſters
Diſh of Scots Collops
Chine of Veal
Veniſon Paſty
Grand Sallad

Roaſted

Roaſted Geeſe and Ducklings
Patty-Royal
Roaſted Pig larded
Stew'd Carps
Diſh of Chickens boiled, with Bacon, *&c.*

Second Courſe.

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

For AUGUST.

Firſt Courſe.

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

Second Courſe.

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

For SEPTEMBER.

Firſt Courſe.

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

Second Courſe.

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

For OCTOBER.

Firſt Courſe.

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

Second Courſe.

Wild-fowl of Sorts
Chine of Salmon broiled

Arti-

A Bill of Fare for &c.

Artichoke Pye
Boiled Eels and Smelts
Salmigondin
Diſh of Fruit
Diſh of Tarts and Cuſtards.

For NOVEMBER.

Firſt Courſe.

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

Second Courſe.

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

For DECEMBER.

Firſt Courſe.

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

Second Courſe.

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

THE Compleat Houſewife:

OR, The Accompliſh'd Gentlewoman's COMPANION.

COOKERY, &c.

To make a Soop.

TAKE a Leg of Beef, and boil it down with ſome Salt, a Bundle of ſweet Herbs, an Onion, a few Cloves, a bit of Nutmeg; boil three Gallons of Water to one; then take two or three Pounds of lean Beef cut in thin Slices; then put in your Stew-pan a Piece of Butter, as big as an Egg, and flour it, and let the Pan be hot, and ſhake it 'til the Butter be brown; then lay your Beef in your Pan over a pretty quick Fire, cover it cloſe, give it a Turn now and then, and ſtrain in your ſtrong Broth, with an Anchovy or two, and a Handful of Spinage and Endive boil'd green, and drained and ſhred groſs; then have Pallets ready boiled, and cut in Pieces, and Toaſted

fry'd and cut like Dice, and forc'd meat Balls fry'd: Take out the fry'd Beef, and put all the reſt t[illegible] with a little Pepper, and let it boil a Quarter of an Hour, and ſerve it up with a Knuckle of Veal, or a Fowl boiled, in the Middle.

Another Gravy Soop.

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

A Faſting-Day Soop.

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

Savoury Balls.

TAKE part of a Leg of Lamb or Veal, and ſcrape it fine, with the ſame Quantity of minc'd Beef-ſuet, a little lean Bacon, ſweet Herbs, a Shallot, and Anchovies,

vies, beat it in a Mortar 'til it is as ſmooth as Wax; ſeaſon it with ſavoury Spice, and make it into little Balls.

A Caudle for Sweet Pyes.

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

A Lear for Savoury Pyes.

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

A Ragoo for made Diſhes.

TAKE Claret, Gravy, ſweet Herbs, and ſavoury Spice, toſs up in it Lamb-ſtones, Cox-combs, boiled, blanched, and ſliced, with ſliced Sweet-Meats, Oyſters, Muſhrooms, Truffles, and Murrels; thicken theſe with brown Butter, uſe it when called for.

To make Plumb Porridge.

TAKE a Leg and Shin of Beef to ten Gallons of Water, boil it very tender, and when the Broth is ſtrong, ſtrain it out, wipe the Pot, and put in the Broth again; ſlice ſix Penny-loaves thin, cutting off the Top and Bottom; put ſome of the Liquor to it, cover it up, and let it ſtand a Quarter of an Hour, and then put it in your Pot; let it boil a Quarter of an Hour, then put in five Pounds of Currants, let them boil a little, and put in five Pounds of Raiſins, and two Pounds of Prunes, and let them boil 'til they ſwell; then put in three Quarters of an Ounce of Mace, Half an Ounce of Cloves, two Nutmegs, all of them beat fine, and mix it with a little Liquor cold, and put them in a very little while, and

take off the Pot, and put in three Pounds of Sugar, a little Salt, a Quart of Sack, and a Quart of Claret, the Juice of two or three Lemons; you may thicken with Sagoe inſtead of Bread, if you pleaſe; pour them into Earthen Pans, and keep them for Uſe.

A Soop or Pottage.

TAKE ſeveral Knuckles of Mutton, a Knuckle of Veal, a Shin of Beef, and put to theſe twelve Quarts of Water, cover the Pot cloſe, and ſet it on the Fire; let it not boil too faſt; ſcum it well, and let it ſtand on the Fire twenty four Hours; then ſtrain it through a Colander, and when it is cold take off the Fat, and ſet it on the Fire again, and ſeaſon it with Salt, a few Cloves, Pepper, a Blade of Mace, a Nutmeg quarter'd, a Bunch of ſweet Herbs, and a Pint of Gravy; let all theſe boil up for Half an Hour, and then ſtrain it; put Spinnage, Sorrel, green Peas, Aſparagus, or Artichoke-bottoms, according to the Time of Year; then thicken it with the Yolks of three or four Eggs; have in Readineſs ſome Sheeps Tongues, Cox combs, and Sweetbreads, ſliced thin, and fried, and put them in, and ſome Muſhrooms, and *French* Bread dried and cut in little Bits, ſome forc'd-meat Balls, and ſome very thin Slices of Bacon; make all theſe very hot, and garniſh the Diſh with Colworts and Spinnage ſcalded green.

To make Peas-Pottage.

TAKE a Quart of white Peas, a Piece of Neck-beef, and four Quarts of fair Water, and boil them 'til they are all to Pieces, then ſtrain them through a Colander; then take a Handful or two of Spinnage, a Top or two of young Colworts, and a very ſmall Leek; ſhred the Herbs a little, and put them into a Frying pan, or Stew pan, with three Quarters of a Pound of freſh Butter, but the Butter muſt be very hot before you put in your Herbs; let them fry a little while, then put in your Liquor, and two or three Anchovies, ſome Salt and Pepper,

per, to your Taſte, a Sprig of Mint rubb'd in ſmall, and let all boil together 'til you think it is thick enough; then have in Readineſs ſome forc'd Meat, and make three or four ſcore Balls, about the Bigneſs of large Peas, fry them brown, and put them in the Diſh you ſerve it in, and fry ſome thin Slices of Bacon, put ſome in the Diſh, and ſome on the Brim of the Diſh, with ſcalded Spinnage; fry ſome Toaſts after the Balls brown and hard, and break them into the Diſh; then pour your Pottage over all, and ſerve to the Table.

To make ſtrong Broth to keep for Uſe.

TAKE part of a Leg of Beef, and the ſcrag End of a Neck of Mutton, and break the Bones in Pieces, and put it to as much Water as will cover it, and a little Salt; and when it boils, ſcum it clean, and put into it a whole Onion ſtuck with Cloves, a Bunch of ſweet Herbs, ſome Pepper, a Nutmeg quartered; let theſe boil 'til the Meat is boiled in Pieces, and the Strength boiled out of it; then put to it two or three Anchovies, and when they are diſſolved, ſtrain it out; and keep it for any ſort of Haſh or Fricaſy.

To make Forc'd Meat.

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

A Lamb Pye.

CUT a hind Quarter of Lamb into thin Slices, ſeaſon it with ſweet Spices, and lay it in the Pye, mix'd with Half a Pound of Raiſins of the Sun ſtoned, Half a Pound of Currants, two or three *Spaniſh* Potatoes boiled, blanched, and ſliced; or an Artichoke Bottom or two, with Prunellas, Damſons, Gooſeberries, Grapes, Citron and Lemon Chips: Lay on Butter, and cloſe the Pye; when 'tis baked, make a Caudle for it.

A Chicken Pye.

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

A Lumber Pye.

TAKE a Pound and Half of a Fillet of Veal, and mince it with the ſame Quantity of Beef ſuet; ſeaſon it with ſweet Spice, five Pippins, an handful of Spinnage, and an hard Lettuce, Thyme and Parſley: Mix it with a Penny grated white Loaf, the Yolks of Eggs, Sack and Orange-flower Water, a Pound and an Half of Currants and Preſerves, as the Lamb Pye, with a Caudle. An Humble Pye is made the ſame way.

A Mutton Pye.

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

A Pigeon

A Pigeon Pye.

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

A Neats-Tongue Pye.

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

To pickle Oyſters.

TAKE a Quart of Oyſters, and waſh them in their own Liquor very well, till all the Gritſtones is out; put them in a Sauce-pan or Stew-pan, and ſtrain the Liquor over them, ſet them on the Fire, and ſcum them; then put in three or four Blades of Mace, a Spoonful of whole Pepper-corns; when you think they are boiled enough, throw in a Glaſs of white Wine; let them have a th rough Scald; then take them up, and when they are cold, put them in a Pot, and pour the Liquor over them, and keep them for Uſe. Take them out with a Spoon.

To Collar Eels.

TAKE your Eel and cut it open; take out the Bones, and cut off the Head and Tail, and lay the Eel flat on a Dreſſer, and ſtrew Sage as fine as poſſible, and mix it with black Pepper beat, Nutmeg grated, and Salt, and lay it all over the Eel, and roll it up hard in little Cloths, and tie it up tight at each End; then ſet over ſome Water with Pepper and Salt, five or ſix Cloves, three or four Blades of Mace, and a Bay-leaf or two; boil it and the Bones and Head and Tail well together; then take

take out the Head and Tail, and put it away, and put in your Eels, and let them boil till they are tender; then take them out of the Liquor, and boil the Liquor longer; then take it off, and when 'tis cold, put it to your Eels, but do not take off the little Cloths till you uſe them.

Hung Beef.

MAKE a ſtrong Brine with Bay-Salt, and Petre-Salt, and Pump Water, and ſteep therein a Rib of Beef for nine Days; then hang it up in a Chimney where Wood or Saw-Duſt is burnt; when 'tis a little dry, waſh the Out-ſide with Blood two or three Times, to make it look black, and when 'tis dryed enough, boil it for Uſe.

To make Collar'd Beef.

TAKE a Flank of Beef, ſalt it with white Salt, and let it lie forty eight Hours; then waſh it, and hang it in the Wind to dry twenty four Hours; then take Pepper, Salt, Cloves, Mace, and Nutmegs, and Saltpetre, all beaten fine, and mix them together, and rub it all over the In-ſide, and roll it up hard, and tye it faſt with Tape; put it in a Pan with a few Bay-leaves, and four Pounds of Butter, and cover the Pot with Rye Paſte, and bake it with Houſhold Bread.

To ſtew Oyſters in French *Rolls.*

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

A Veal

A Veal Pye.

RAISE an high Pye, then cut a Fillet of Veal into three or four Fillets, ſeaſon it with ſavoury Spice, a little minc'd Sage and ſweet Herbs; lay it in the Pye, with Slices of Bacon at the Bottom, and betwixt each Piece, lay on Butter, and cloſe the Pye.

A Turkey Pye.

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

A Florendine of a Kidney of Veal.

SHRED the Kidney, Fat and all, with a little Spinnage, Parſley, and Lettuce, three Pippins and Orange-peel; ſeaſon it with ſweet Spice and Sugar, and a good Handful of Currants, two or three grated Biskets, Sack, and Orange-flower Water, two or three Eggs; mix it into a Body, and put it into a Diſh, being cover'd with Puff Paſte, lay on a cut Lid, and garniſh the Brim.

A Marrow-Pudding.

BOIL a Quart of Cream or Milk, with a ſtick of Cinnamon, a quarter'd Nutmeg and large Mace; then mix it with eight Eggs well beat, a little Salt, Sugar, Sack, and Orange-flower Water; ſtrain it, then put to it three grated Biskets, an Handful of Currants, as many Raiſins of the Sun, the Marrow of two Bones, all in four large Pieces, then gather it to a Body over the Fire; then put it into a Diſh, having the Brim thereof garniſhed with Puff Paſte, and raiſed in the Oven; then lay on the four Pieces of Marrow, Knots, and Paſties, ſliced Citron, and Lemon peel.

A Calves-

A Calves-Feet Pudding.

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

To ſtuff a Shoulder or Leg of Mutton with Oyſters.

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

To boil a Pike.

CUT open a living Pike, gut it, and ſcour the Outſide and Inſide very well with Salt, then waſh it clean, and have in Readineſs a Pickle to boil it in, Water, Venegar, Mace, whole Pepper, a Bunch of ſweet Herbs, and a ſmall Onion; there muſt be Liquor enough to cover it; when the Liquor boils, put in the Pike, and make it boil ſoon, (half an Hour will boil a very large Pike;)

Pike;) make your Sauce with White wine, a little of the Liquor, two Anchovies, ſome Shrimps, or Lobſters, or Crab; beat and mix with it grated Nutmeg, and Butter flower'd to thicken it; pour your Sauce over the Fiſh, garniſh'd with Horſe-raddiſh and ſlic'd Lemon.

To roaſt a Pike.

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

A Ragoo of Sweet-breads.

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

A Ragoo of Oyſters.

PUT into your Stew pan a Quarter of a Pound of Butter, let it boil; then take a Quart of Oyſters, ſtrain them from their Liquor, and put them to the Butter; let them ſtew with a Bit of Eſchalot ſhred very fine, and ſome grated Nutmeg, and a little Salt; then beat the Yolks of three or four Eggs with the Oyſter-liquor and half a Pound of Butter, and ſhake all very well together till

till 'tis thick, and ſerve it up with Sippets; and garniſh with ſliced Lemon.

To ſtew Muſhrooms.

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

To Collar a Calf's Head.

TAKE a Calf's Head with the Skin and Hair upon it; then ſcald it, to fetch off the Hair; then parboil it, but not too much; then get it clean from the Bones while it is hot; you muſt ſlit it on the Fore part, ſeaſon it with Pepper, Salt, Cloves, Mace, Nutmeg, and Sweet-herbs, ſhred ſmall, and all mix'd together with the Yolks of three or four Eggs, and ſpread it over the Head, and roll it up hard. Boil it gently for three Hours, in juſt as much Water as will cover it; when 'tis tender 'tis boiled enough. If you do the Tongue, firſt boil it and peel it, and ſlice it in thin Slices, and likewiſe the Palate, and put them and the Eyes in the In-ſide of the Head before you roll it up. When the Head is taken out, ſeaſon the Pickle with Salt, Pepper, and Spice, and give it a Boil, adding to it a Point of White wine, and as much Vinegar. When 'tis cold, put in the Collar; and when you uſe it, cut it in Slices.

To Collar Cow-Heels.

TAKE five or ſix Cow-Heels or Feet, and bone them while they are hot, and lay them one upon another, ſtrewing ſome Salt between; then roll them up in a coarſe Cloth, and ſqueeze in both Ends, and tie them up very hard; boil it an Hour and a half; then take it out, and when

when it's cold put it into common Souce-drink for Brawn. Cut off a little at each End, it looks better. Serve it in Slices, or in the Collar, as you please.

A Tansy.

BOIL a Quart of Cream or Milk, with a Stick of Cinnamon, quarter'd Nutmeg, and large Mace; when half cold, mix it with twenty Yolks of Eggs, and ten Whites; strain it, then put to it four grated Biskets, half a Pound of Butter, a Pint of Spinnage-juice, and a little Tansy, Sack, and Orange-flower Water, Sugar, and a little Salt; then gather it to a Body over the Fire, and pour it into your Dish, being well butter'd: When it is bak'd, turn it on a Pye-plate; squeeze on it an Orange, grate on Sugar, and garnish it with slic'd Orange and a little Tansy. Made in a Dish; cut as you please.

To stew a Rump of Beef.

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

To make a Pale Fricasy.

TAKE Lamb, Chicken, or Rabbets, cut in Pieces, wash it well from the Blood, then put it in a broad Pan or Stew-pan; put in as much fair Water as will cover it; put in Salt, a Bunch of Sweet herbs, some Pepper, an Onion, two Anchovies, and stew it till 'tis enough; then mix in a Poringer six Yolks of Eggs, a Glass of White-wine, a Nutmeg grated, a little chopp'd Parsley, a Piece of fresh Butter, and three or four Spoonfuls of Cream;

beat all theſe together, and put it into your Stew-pan, and ſhake it together till 'tis thick. Diſh it on Sippets, and garniſh with ſliced Lemon.

To haſh a Calf's Head.

BOIL your Calf's Head almoſt enough, and when 'tis cold, cut the Meat in thin Slices clean from the Bone, and put it into a Stew-pan, with ſome ſtrong Broth, a Glaſs of White-wine, ſome Oyſters and their Liquor, a Bunch of Sweet-herbs, two or three Eſchalots, a Nutmeg quarter'd, and let theſe ſtew on a ſlow Fire till they are enough; then put in two or three Anchovies, the Yolks of four Eggs well beaten, and a Piece of Butter, and thicken it up; then have ready fry'd ſome thin Slips of Bacon, ſome Forc'd-meat Balls, ſome large Oyſters dipp'd in Butter; the Brains firſt boiled, and then fried, ſome Sweet-breads cut in Slices, ſome Lamb-ſtones cut in Rounds; then put your Haſh in your Diſh, and the other things, ſome round and ſome on it. Garniſh the Diſh with ſliced Lemon.

To make Scotch-Collops.

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

A Fricaſy of Chickens.

AFTER you have drawn and waſh'd your Chickens, half boil them; then take them up and cut them in Pieces, and put them into a Frying-pan, and fry them in Butter; then take them out of the Pan and clean it, and put in ſome ſtrong Broth, ſome White-wine, ſome grated Nutmeg, a little Pepper and Salt, a Bunch of Sweet-herbs, and an Eſchalot or two; let theſe, with two or three Anchovies, ſtew on a ſlow Fire and boil up; then beat it up with Butter and Eggs till 'tis thick, and put your Chickens in, and toſs them well together; lay Sippets in the Dish, and ſerve it up with ſliced Lemon and fried Parſley.

Gravy to keep for Uſe.

TAKE a Piece of coarſe Beef, cover it with Water; when it has boiled ſome time, take out the Meat, beat it very well, aud cut it in Pieces to let out the Gravy; then put it in again, with a Bunch of Sweet-herbs, an Onion ſtuck with Cloves, a little Salt, ſome whole Pepper; let it ſtew, but not boil; when 'tis of a brown Colour 'tis enough; take it up, put it in an Earthen Pot, and let it ſtand to cool; when 'tis cold ſcum off the Fat; it will keep a Week unleſs the Weather be very hot. If for a brown Fricaſy, put ſome Butter in your Frying-pan, and ſhake in a little Flour as it boils, and put in ſome Gravy, with a Glaſs of Claret, and ſhake up the Fricaſy in it: If for a white Fricaſy, then melt your Butter in the Gravy, with a little White wine, a Spoonful or two of Cream, and the Yolks of Eggs.

An Amulet of Eggs, the Savoury Way.

TAKE a Dozen of Eggs, beat them very well, and ſeaſon them with Salt, and a little Pepper; then have your Frying-pan ready, with a good deal of freſh Butter in it, and let it be thoroughly hot; then put in

your Eggs with four Spoonfuls of ſtrong Gravy; and have ready Parſley, and a few Chieves cut, and throw them over it, and when 'tis enough turn it; and when done, diſh it, and ſqueeze Orange or Lemon over it.

A Fricaſy of double Tripe.

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

To boil Mullet, or any Sort of Fiſh.

SCALE your Fiſh and waſh them, ſaving their Liver, or Tripes, Rowſes, or Spawn; boil them in Water that is ſeaſoned with Salt, White-wine Vinegar, White-wine, a Bunch of Sweet-herbs, a ſliced Lemon, one or two Onions, ſome Horſe-raddiſh; and when it boils up, put in your Fiſh, and for Sauce, a Pint of Oyſters with their Liquor, a Looſter bruiſed or minced, or Shrimps, ſome White-wine, two or three Anchovies, ſome large Mace, a quarter'd Nutmeg, a whole Onion. Let theſe have a Boil up, and thicken it with Butter and the Yolks of two or three Eggs. Serve it on Sippets, and garniſh with Lemon.

To butter Crabs or Lobſters.

YOUR Crabs or Lobſters being boiled and cold, take all the Meat out of the Shells and Body, break the Claws, and take out all their Meat, mince it ſmall, and put it all together, and add to it two or three Spoonfuls of Claret, a very little Vinegar, a Nutmeg grated; then

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let it boil up till 'tis thorough hot; then put in some Butter melted, with some Anchovies and Gravy, and thicken it up with the Yolks of an Egg or two; and when 'tis very hot, put it in the large Shell, and stick it with Toasts.

To stew a Carp.

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

To Collar Venison.

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

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

To pot Neats-Tongues.

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

To Collar a Breaſt of Veal.

TAKE a Breaſt of Veal and bone it, and waſh it, and dry it in a clean Cloth; then ſhred Thyme, Winter-ſavoury, and Parſley, very ſmall, and mix it with Salt, Pepper, Cloves, Mace, and Nutmeg; then ſtrew it on the Inſide of your Meat, and roll it up hard, begin-

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ning at the Neck End; tie it up with Tape, and put it in a Pot fit to boil it in, ſtanding upright: You muſt boil it in Water and Salt, and a bunch of Sweet-herbs; when 'tis boiled enough, take it off the Fire, and put it in an earthen Pot, and when the Liquor is cold pour it over it, or elſe boil Salt and Water ſtrong enough to bear an Egg; and when that is cold, pour it on your Veal: When you ſerve it to the Table, cut it in round Slices. Garniſh with Laurel or Fennel.

To Collar a Pig.

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

To pot Beef.

TAKE a good Buttock of Beef, and cut out the Bone, and lay it flat, and ſlaſh it in ſeveral Places; then ſalt it well, and let it lie in the Salt three Days; then take it out, and let it lie in running Water with a Handful of Salt three Days longer; then take it out, dry it with a Cloth, and ſeaſon it with Pepper, Salt, Nutmeg, Cloves, Mace, and two Ounces of Salt petre, finely beaten; then ſhred two or three Pounds of Beef ſuet, and one Pound in Lumps, and three Pounds of Butter, put ſome in the Bottom of the Pot you bake it in; then put in your Beef and the reſt of the Butter and Suet on the Top;

Top; cover your Pot over with coarse Paste, and set it in all Night with Beef old bread; in the Morning draw it, and pour off all the Fat into a Pot, and drain out all the Gravy; pull the Meat all to Pieces, Fat and Lean, and work it into your Pots that you keep it in while it is hot, or it will not close to well; then cover it with the clear Fat you poured off; paper it when 'tis cold, it will keep good a Month or six Weeks.

Chickens forc'd with Oysters.

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

A Ragoo of a Breast of Veal.

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

To recover Venison when it stinks.

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

How to force a Fowl.

TAKE a good Fowl, kill, pull, and draw it; then ſlit the Skin down the Back, and take off the Fleſh from the Bones, and mince it very ſmall, and mix it with one Pound of Beef-ſuet ſhred, and a Pint of large Oyſters chopp'd, two Anchovies, an Eſchalot, a little grated Bread, ſome Sweet-herbs; ſhred all theſe very well, and mix them, and make it up with Yolks of Eggs; ſo put all theſe Ingredients on the Bones again, and draw the Skin over again; ſew up the Back, and put the Fowl in a Bladder; ſo boil it an Hour and a Quarter; then ſtew ſome more Oyſters in Gravy, and bruiſe in a little of your Forc'd-meat, and beat it up with freſh Butter; put the Fowl in the Middle; pour on the Sauce, and garniſh with ſliced Lemon.

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

TAKE out all the Meat, and leave the Skin whole; then take the Lean of it and make it into Forc'd-meat thus: To two Pounds of your lean Meat, three Pounds of Beef-ſuet; take away all Skins from the Meat and Suet; then ſhred both very fine, and beat it with a Rolling-pin, till you know not the Meat from the Suet; then mix with it four Spoonfuls of grated Bread, half an Ounce of Cloves and Mace beaten, as much Pepper, ſome Salt, a few Sweet-herbs ſhred ſmall; mix all theſe together with ſix raw Eggs, and put it into the Skin again, and ſew it up. If you roaſt it, ſerve it with Anchovie-ſauce; if you boil it, lay Colliflower or *French* beans under it. Garniſh with Pickles, or ſtew Oyſters and put under it, with Forc'd-meat Balls, or Sauſages fried in Butter.

To fry Oyſters.

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

Beef A-la-mode.

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

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

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

A Leg of Mutton A-la-royal.

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

A brown Fricaſy of Chickens or Rabbets.

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

A white Fricaſy of the ſame.

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

A Fricaſy of Lamb.

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

To fry Cucumbers for Mutton Sauce.

YOU muſt brown ſome Butter in a Pan, and cut the Cucumbers in thin Slices; drain them from the Water, then fling them into the Pan, and when they are fried brown, put in a little Pepper and Salt, a Bit of an Onion and Gravy, and let them ſtew together, and ſqueeze in ſome Juice of Lemon; ſhake them well, and put them under your Mutton.

To make a ſavoury Diſh of Veal.

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

To Collar Beef.

LAY your Flank of Beef in Ham-brine eight or ten Days; then dry it in a Cloth, and take out all the Leather and the Skin; ſcotch it croſs and croſs, ſeaſon it with ſavoury Spice, two or three Anchovies, a Handful or two of Thyme, Sweet-marjoram, Winter-ſavory, and Onions; ſtrew it on the Meat, and roll it in a hard Collar in a Cloth; ſew it cloſe, and tie it at both Ends, and put it in a Collar Cloth, with a Pint of Claret, and Cochineel, and two Quarts of Pump-water, and bake it all Night; then take it out hot, and tie it cloſe at both Ends; then ſet it upon one End, and put a Weight upon it, and let it ſtand till 'tis cold; then take it out of the Cloth, and keep it dry.

To Collar Pig.

SLIT the Pig down the Back, take out all the Bones, waſh the Blood in three or four Waters, wipe it dry, and ſeaſon it with ſavoury Spice, Thyme, Parſley, and Salt,

Salt, and roll it in a hard Collar; tie it cloſe in a dry Cloth, and boil it with the Bones in three Pints of Water, a Handful of Salt, a Quart of Vinegar, a Faggot of Sweet-herbs, whole Spice, a Penny-worth of Iſing glaſs; when it is boil'd tender, take it off; and when cold, take it out of the Cloth, and keep it in this Pickle.

To pot a Swan.

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

To make Weſtphalia *Bacon.*

MAKE a Pickle as followeth: Take a Gallon of Pump-water, a quarter of a Peck of Bay ſalt, as much White-ſalt, a Pound of Petre ſalt, and a quarter of a Pound of Salt-petre, a Pound of coarſe Sugar, and an Ounce of Socho tied up in a Rag; boil all theſe together very well, and let it ſtand till 'tis cold; then put in the Pork, and let it lie in this Pickle a Fortnight; then take it out and dry it over Saw-duſt. This Pickle will do Tongues, but you muſt firſt let the Tongues lie ſix or eight Hours in Pump water, to take out the Slimineſs; and when they have lain in the Pickle, dry them as your Pork.

To salt and dry a Ham of Bacon.

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

To dry Tongues.

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

To salt Hams or Tongues.

TAKE three or four Gallons of Water, put to it four Pounds of Bay-salt, four Pounds of White-salt, a Pound of Petre salt, a quarter of a Pound of Salt petre, two Ounces of Prunella-salt, a Pound of brown Sugar; let it boil a quarter of an Hour; scum it well, and when it is cold, sever it from the Bottom into the Vessel you keep it in.

Let Hams lie in this Pickle four or five Weeks.
A Clod of Dutch-Beef as long.
Tongues a Fortnight.

Collar'd

Collar'd Beef eight or ten Days.
Dry them in a Stove, or with Wood in a Chimney.

To make Dutch-Beef.

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

To ſalt Bacon.

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

To ſtew Pigeons.

SEASON your Pigeons with Pepper, Salt, Cloves, and Mace, and ſome Sweet-herbs; wrap this Seaſoning up in a Bit of Butter, and put it in their Bellies; then tie up the Neck and Vent, and half roaſt them; then put them in a Stew-pan, with a Quart of good Gravy, a little White-wine, ſome pickled Muſhrooms, a few Pepper-corns, three or four Blades of Mace, a Bit of Lemon-peel,

a Bunch of Sweet herbs, a Bit of an Onion, ſome Oyſter-pickle: Let them ſtew till they are enough; then thicken it up with Butter and Yolks of Eggs. Garniſh with Lemon. Do Ducks the ſame Way. You may put Forc'd-meat in their Bellies, or ſtired Thyme wrapp'd up in Butter. Put Forc'd meat Balls in both.

To make a Poloe.

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

To ſtew Cucumbers.

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

To pot Gooſe and Turkey.

TAKE a fat Gooſe, and a fat Turkey; cut them down the Rump, and take out all the Bones; lay them flat, open and ſeaſon them very well with white Pepper, Nutmeg, and Salt, allowing three Nutmegs, with the like Proportion of Pepper, and as much Salt as both the Spices; when you have ſeaſoned them all over, let your Turkey be within the Gooſe, and keep them in Seaſon two Nights and a Day; then roll them up as collar'd Beef very tight, and as ſhort as you can, and bind it very faſt with ſtrong Tape. Bake it in a long Pot, with good ſtore of Butter, till 'tis very tender, as you may feel by the End; let it lie in the hot Liquor an Hour, then take it out, and let it ſtand till next Day; then unbind it, and

place it in your Pot, and melt Butter and pour over it. Keep it for Uſe, and ſlice it out thin.

To make a Fricaſy of Eggs.

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

To ſtew a Turkey.

TAKE a fine young Turkey, kill'd, pull'd, and drawn; fill the Skin on the Breaſt with Forc'd-meat, and lard it on the Sides with Bacon; Put into the Belly half an Eſchalot, two Anchovies, and a little Thyme ſhred ſmall; brown it in a Pan with a little Butter; when 'tis very brown, put it in a Stew pan, with ſtrong Gravy, ſome White wine, or Claret, two or three Anchovies, ſome Mace, Sweet herbs, a little Pepper, and let it ſtew till 'tis thoroughly enough; then thicken the Liquor with Butter and Eggs; fry ſome *French* Loaves dipp'd in Cream, after the Top and the Crumb is taken out; then fill them with ſtew'd Oyſters or Shrimps, or Cockles, and with them garniſh the Diſh, or with ſliced Lemon. A Hen, Gooſe, or Duck, does well this way.

To bake a Rump of Beef.

BONE a Rump of Beef, beat it very well with a Rolling pin; cut off the Sinew, and lard it with large Pieces of Bacon; roll your Lards in Seaſoning, which is Pepper, Salt, and Cloves. Lard athwart the Meat that it may cut handſomely; then ſeaſon it all over the Meat with Pepper and Salt pretty thick; then tie it with Packthred croſs and croſs, and put the Top under the Bottom,

and tie it up tight, and put it in an earthen Pot; break all the Bones, and put in the Sides and over, to keep it faſt that it cannot ſtir; then put in half a Pound of Butter, and ſome Bay leaves, and whole Pepper, an Eſchalot or two, and ſome Sweet herbs; cover the Top of the Pot with coarſe Paſte; put it in the Oven, and let it ſtand eight Hours Serve it up with its own Liquor, and ſome dried Sippets.

To make Veal Cutlets.

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

To dreſs a Calf's Head.

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

To bake Herrings.

TAKE thirty Herrings, ſcale them, cut off their Heads and pull out their Roes, and waſh them very clean, and lay them to drain four or five Hours, and roll them in a dry Cloth; ſeaſon them with Pepper and Salt, and lay them in a long Veniſon Pot at full Length; when you have laid one Row, ſtrew a large Onion very ſmall, and mix with it a little Cloves, Mace, and Ginger cut ſmall, and ſtrew it all over the Herrings; and then another Row of Herrings and Seaſoning, and ſo do till all is in the Pot; let it ſtand ſeaſon'd an Hour before 'tis

put

put in the Oven; then put in a Quart of Claret, and tie it over with Paper, and bake it with Houſhold-bread.

To make Green Peas Soop.

TAKE half a Buſhel of the youngeſt Peas, divide the great from the ſmall; boil the ſmalleſt in two Quarts of Water, and the Biggeſt in one Quart; when they are well boiled, bruiſe the Biggeſt, and when the thin is drained from it, boil the Thick in as much cold Water as will cover it; then rub away the Skins, and take a little Spinnage, Mint, Sorrel, Lettuce, and Parſley, and a good Quantity of Marigolds; waſh, ſhred, and boil theſe in half a Pound of Butter, and drain the ſmall Peas; ſave the Water, and mingle all together, and a Spoonful of Pepper whole; then melt a quarter of a Pound of Butter, and ſhake a little Flour into it, and let it boil; put the Liquor to the Butter, and mingle all well together, and let them boil up; ſo ſerve it with dry'd Bread.

To keep green Peas till Chriſtmas.

SHELL what Quantity you pleaſe of young Peas; put them in the Pot when the Water boils; let them have four or five Walms; then firſt pour them into a Colander, and then ſpread a Cloth on a Table, and put them on that, and dry them well in it: Have Bottles ready dry'd, and fill them to the Necks, and pour over them melted Mutton-fat, and cork them down very cloſe, that no Air come to them: Set them in your Cellar, and when you uſe them, put them into boiling Water, with a Spoonful of fine Sugar, and a good Piece of Butter; and when they are enough, drain and butter them.

To make Aſparagus Soop.

TAKE twelve Pounds of lean Beef, cut in Slices; then put a Quarter of a Pound of Butter in a Stew-pan over the Fire, and put your Beef in; let it boil up quick till it begins to brown; then put in a Pint of brown

Ale,

Ale, and a Gallon of Water, and cover it cloſe, and let it ſtew gently for an Hour and a Half; put in what Spice you like in the Stewing, and ſtrain out the Liquor, and ſcum off all the Fat; then put in ſome Vermicelly, and ſome Sallery waſh'd and cut ſmall, half a Hundred of Aſparagus cut ſmall, and Palates boiled tender and cut; put all theſe in, and let them boil gently till tender. Juſt as 'tis going up, fry a Handful of Spinnage in Butter, and throw in a *French* Roll.

Very fine Sauſages.

TAKE a Leg of Pork or Veal; pick it clean from Skin or Fat, and to every Pound of lean Meat put two Pounds of Beef-ſuet, pick'd from the Skins; ſhred the Meat and Suet ſeverally very fine; then mix them very well together, and add a large Handful of green Sage ſhred very ſmall, ſeaſon it with grated Nutmeg, Salt, and Pepper; mix it well, and preſs it down hard in an earthen Pot, and keep it for Uſe. When you uſe them, roll them up with as much Egg as will make them roll ſmooth, but uſe no Flour: In rolling them up, make them the Length of your Finger, and as thick as two Fingers; fry them in clarify'd Suet, which muſt be boiling hot before you put them in. Keep them rolling about in the Pan; when they are fried through they are enough.

A Pickle for either Tongues or Hams.

TAKE what Quantity of Water you pleaſe, and with Bay ſalt and common Salt make it ſtrong enough to bear an Egg; then to every Gallon of this Pickle add half a Pound of Petre-ſalt, a Pound of coarſe Sugar, and two or three Ounces of Salt-petre beat fine; boil it and ſcum it, and when 'tis thorough cold, put in your Hams or Tongues; turn them often; the Hams may lie in the Pickle about a Month, the Tongues three Weeks; then hang them up to dry.

To ſtew Pigeons.

STUFF your Pigeons with Sweet-herbs chopp'd ſmall, ſome Bacon minced ſmall, grated Bread, Spice, Butter, and Yolk of Egg; ſew them up Top and Bottom, and ſtew them in ſtrong Broth, with half a Pint of White-wine to fix Pigeons, and as much Broth as will cover them well, with Nutmeg, whole Pepper, Mace, Salt, a little Bundle of Sweet-herbs, and a Bit of Lemon-peel, and an Onion; when they are almoſt done, put in ſome Artichoke bottoms ready boiled, and fried in brown Butter, or Aſparagus Tops ready boiled; thicken up the Liquor with the Stuffing out of the Pigeons, and a Bit of Butter rolled in Flour: Take out the Lemon-peel, Bunch of Herbs, and Onion. Garniſh the Diſh with ſliced Lemon, and very thin Bits of Bacon toaſted before the Fire.

Strong Broth.

TAKE twelve Quarts of Water, two Knuckles of Veal, a Leg or two Shins of Beef, two Pair of Calves Feet, a Chicken, a Rabbet, two Onions, Cloves, Mace, Pepper, Salt, a Bunch of Sweet-herbs; cover it cloſe, and let it boil till ſix Quarts are conſum'd: Strain it out, and keep it for Uſe.

To pickle Mackrel.

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

To jug a Hare.

CUT a Hair in Pieces, but do not waſh it; ſeaſon it with half an Onion ſhred very fine, a Sprig of Thyme, and a little Parſley all ſhred, and beaten Pepper and Salt, as much as will lie on a Shilling, half a Nutmeg, and a little Lemon-peel; ſtrew all theſe over your Hare, and ſlice half a Pound of Bacon into thin Slices; then put your Hare into a Jug, a Layer of Hare, and the Slices of Bacon on it; ſo do till all is in the Jug; ſtop the Jug cloſe that not any Steam can go out; then put it in a Pot of cold Water, lay a Tile on the Top, and let it boil three Hours; take the Jug out of the Kettle, and put half a Pound of Butter in it, and ſhake it together till the Butter is melted; then pour it in your Diſh. Garniſh with Lemon.

To make Pockets.

CUT three Slices out of a Leg of Veal, the Length of a Finger, the Breadth of three Fingers, the Thickneſs of a Thumb, with a ſharp Penknife; give it a Slit through the Middle, leaving the Bottom and each Side whole, the Thickneſs of a Straw; then lard the Top with ſmall fine Lards of Bacon; then make a Forc'd meat of Marrow, Sweet-breads, and Lamb-ſtones juſt boiled, and make it up, after 'tis ſeaſoned and beaten together, with the Yolks of two Eggs, and put it into your Pockets as if you were filling a Pincuſhion; then ſew up the Top with fine Thread, flour them, and pour melted Butter on them, and bake them; roaſt three Sweet-breads to put between, and ſerve them with Gravy-ſauce.

To make a Summer Cream-Cheeſe.

TAKE three Pints of Milk juſt from the Cow, and five Pints of good ſweet Cream, which you muſt boil free from Smoke; then put it to your Milk; cool it 'tis but blood warm, and then put in a Spoonful of Run-

net;

net; when 'tis well come, take a large Strainer, lay it in a great Cheeſe-fat; then put the Curd in gently upon the Strainer, and when all the Curd is in, lay on the Cheeſe-board, and a Weight of two Pound. Let it ſo drain three Hours, till the Wey be well drained from it; then lay a Cheeſe cloth in your leſſer Cheeſe-fat, and put in the Curd, laying the Cloth ſmooth over it as before, and the Board on the Top of that, and a four Pound Weight on it; turn it every two Hours into dry Cloths before Night, and be careful not to break it next Morning; ſalt it, and keep it in the Fat till the next Day; then put it into a wet Cloth, which you muſt ſhift every Day till 'tis ripe.

To make a Runnet-Bag.

LET the Calf ſuck as much as he will juſt before he is killed; then take the Bag out of the Calf, and let it lie twelve Hours, covered over in ſtinging Nettles till 'tis very red; then take out your Curd, and waſh your Bag clean, and ſalt it within ſide and without, and let it lie ſprinkled with Salt twenty four Hours, and waſh your Curd in warm new Milk, and pick it, and put away all that is yellow and hallow, and keep what is white and cloſe, and waſh it well, and ſprinkle it with Salt, and when the Bag has lain twenty four Hours, put it into the Bag again, and put to it three Spoonfuls of the Stroakings of a Cow, beat up with the Yolk of an Egg or two, twelve Cloves, and two Blades of Mace, and put a Skewer thro' it, and hang it in a Pot; then make the Runnet-water thus:

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

To make a Chedder-*Cheeſe.*

TAKE the new Milk of twelve Cows in the Morning, and the Evening Cream of twelves Cows, and put to it three Spoonfuls of Runnet; and when 'tis come, break it, and whey it; and when 'tis well wheyed, break it again, and work into the Curd three Pounds of freſh Butter, and put it in your Preſs, and turn it in the Preſs very often for an Hour or more, and change the Cloths, and waſh them every Time you change them; you may put wet Cloths at firſt to them, but towards the laſt, put two or three fine dry Cloths to them; let it lie thirty or forty Hours in the Preſs, according to the Thickneſs of the Cheeſe: Then take it out, waſh it in Whey, and lay it in a dry Cloth till 'tis dry; then lay it on your Shelf, and turn it often.

To make Butter.

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

A Cream Cheeſe.

TAKE ſix Quarts of new Milk, warm from the Cow, and put to it three Quarts of good Cream; then Runnet it, and when it comes, put a Cloth in the Cheeſe-mold,

mold, and with your Flitting diſh take it out in thin Slices, and lay it on your Mold by Degrees, 'til it is all in; then let it ſtand with a Cheeſe board upon it 'til it is enough to turn, which will be at Night; then ſalt it on both Sides a little, and let it ſtand with a two Pound weight on it all Night; then take it out, and put it into a dry Cloth, and ſo do 'til it is dry; ripen it with laying it on Nettles; ſhift the Nettles every Day.

All Sorts of PICKLES.

To make Melon Mangoes.

TAKE ſmall Melons, not quite ripe, cut a Slip down the Side, and take out the Inſide very clean; beat Muſtard-ſeeds, and ſhred Garlick and mix with the Seeds, and put in your Mangoes; put the Pieces you cut out into their Places again, and tie them up, and put them into your Pot, and boil ſome Vinegar, (as much as you think will cover them) with whole Pepper, and ſome Salt, and *Jamaica* Pepper, and pour in ſcalding hot over your Mangoes, and cover them cloſe to keep in the Steam; and ſo do every Day for nine Times together, and when they are cold cover them with Leather.

To pickle Walnuts.

TAKE Walnuts about *Midſummer*, when a Pin will paſs through them, and put them in a deep Pot, and cover them over with ordinary Vinegar; change them into freſh Vinegar once in fourteen Days, 'til ſix Weeks be paſt; then take two Gallons of the beſt Vinegar, and put into it Coriander ſeeds, Carraway ſeeds, and Dill ſeeds, of each an Ounce, groſly bruis'd, Ginger ſliced three

Ounces, whole Mace one Ounce, Nutmeg bruiſed two Ounces, Pepper bruiſed two Ounces, give all a Boil or two over the Fire, and have your Nuts ready in a Pot, and pour the Liquor boiling hot over them; ſo do for nine Times.

To pickle Samphire.

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

To mango Cucumbers.

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

An excellent Way to pickle Muſhrooms.

PUT your Muſhrooms into Water, and waſh them clean with a Spunge, throw them into Water as you do them; then put in Water and a little Salt, and when it boils put in your Muſhrooms; when they boil up ſcum them clean, and put them into cold Water, and a little Salt: Let them ſtand 24 Hours, and put them into White-wine Vinegar, and let them ſtand a Week; then take

take your Pickle from them, and boil it very well with whole Pepper, Cloves, Mace, and a little All-ſpice; when your Pickle is cold, put it to your Muſhrooms in the Glaſs or Pot you keep them in; keep them cloſe, and tied down with a Bladder; the Air will hurt them; if your Pickle mothers, boil it again: You may make your Pickle half White-wine, and half White-wine Vinegar.

To pickle Oyſters.

WASH your Oyſters in their own Liquor, ſqueezing them between your Fingers, that there be no Gravel in them; ſtrain the Liquor, and waſh the Oyſters in it again; put as much Water as the Liquor, and ſet it on the Fire, and as it boils ſcum it clean; then put a pretty deal of whole Pepper, boil it a little, then put in ſome Blades of Mace, and your Oyſters, ſtirring them apace, and when they are firm in the Middle part, take them off, pour them quick into an earthen Pot, and cover them very cloſe; put in a few Bay-leaves; be ſure your Oyſters are all under the Liquor; the next Day put them for Uſe, cover them very cloſe: When you diſh them to eat, put a little White-wine or Vinegar on the Plate with them.

To pickle Pods of Radiſhes.

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

To pickle Cucumbers.

WIPE your Cucumbers very clean with a Cloth, then get ſo many Quarts of Vinegar as you have Hundreds of Cucumbers, and take Dill and Fennel, and cut it ſmall, and put it to the Vinegar, and ſet it over the

Fire in a Copper Kettle, and let it boil, and then put in your Cucumbers 'til they are warm through, but not boil while they are in; when they are warm through, pour all out into a deep earthen Pot, and cover it up very close 'til the next Day; then do the same again; but the third Day season the Liquor before you set it over the Fire; put in Salt 'til it is blackish, some sliced Ginger, whole Pepper, and whole Mace; then set it over the Fire again; and when it boils, put in your Cucumbers: When they are hot through, pour them into the Pot, covering it close; when they are cold put them in Glasses, and strain the Liquor over them; pick out the Spice, and put to them; cover them with Leather.

To pickle French Beans.

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

To pickle red Cabbage.

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

To

To pickle Barberries.

TAKE of White wine Vinegar, and fair Water, an equal Quantity, and to every Pint of this Liquor, put a Pound of Six penny Sugar; ſet it over the Fire, and bruiſe ſome of the Barberries and put in it, and a little Salt; let it boil near half an Hour; then take it off the Fire, and ſtrain it, and when it is pretty cold, pour it into a Glaſs over your Barberries; boil a Piece of Flannel in the Liquor and put over them, and cover the Glaſs with Leather.

To make Engliſh *Katchup.*

TAKE a wide mouth'd Bottle, put therein a Pint of the beſt White-wine Vinegar; then put in ten or twelve Cloves of Eſchalot, peeled and juſt bruiſed; then take a quarter of a Pint of the beſt Langoon White-wine; boil it a little, and put to it twelve or fourteen Anchovies waſhed and ſhred, and diſſolve them in the Wine, and when cold put them in the Bottle; then take a quarter of a Pint more of White-wine, and put in it Mace, Ginger ſliced, a few Cloves, a Spoonful of whole Pepper juſt bruiſed; let them boil all a little; when near cold, ſlice in almoſt a whole Nutmeg, and ſome Lemon peel, and likewiſe put in two or three Spoonfuls of Horſe radiſh; then ſtop it cloſe, and for a Week ſhake it once or twice a Day, then uſe it; 'tis good to put into Fiſh Sauce, or any ſavoury Diſh of Meat; you may add to it the clear Liquor that comes from Muſhrooms.

To pickle ſmall Onions.

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

To diſtil Vinegar for Muſhrooms.

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

To make the Muſhroom Powder.

TAKE a Peck of Muſhrooms, waſh and rub them clean with a Flannel Rag, cutting out all the Worms; but do not peel off the Skins; put to them ſixteen Blades of Mace, forty Cloves, ſix Bay leaves, twice as much beaten Pepper as will lie on a half Crown; a good Handful of Salt, a Dozen Onions, a Piece of Butter as big as an Egg, and half a Pint of Vinegar: Stew theſe as faſt as you can; keep the Liquor for Uſe, and dry the Muſhrooms firſt on a broad Pan in the Oven; afterwards put them on Sieves, till they are dry enough to pound all together into Powder. This Quantity uſually makes half a Pound.

To keep Artichoaks in Pickle, to boil all Winter.

THROW your Artichoaks into Salt and Water half a Day; then make a Pot of Water boil, and put in your Artichoaks, and let them boil till you can juſt draw off the Leaves from the Bottom; then cut off the Bottom very ſmooth and clean, and put them into a Pot with Pepper, Salt, Cloves, Mace, two Bay-leaves, and as much Vinegar as will cover them: Then pour melted Butter over them enough to cover an Inch thick; tie it down cloſe, and keep them for Uſe: When you uſe them, put them into boiling Water, with a Piece of Butter in the Water to plump them; then uſe them for what you pleaſe.

To make Gooſe-berry Vinegar.

TAKE Gooſeberries full ripe, bruiſe them in a Mortar; then meaſure them, and to every Quart of Gooſeberries, put three Quarts of Water, firſt boiled, and let ſtand till cold; let it ſtand twenty four Hours; then ſtrain it through a Canvaſs, then a Flannel; and to every Gallon of this Liquor, put one Pound of feeding brown Sugar; ſtir it well, and barrel it up; at three Quarters of a Year old 'tis fit for Uſe; but if it ſtands longer 'tis the better: This Vinegar is likewiſe good for Pickles.

To diſtil Verjuice for Pickles.

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

Sauce for Fiſh or Fleſh.

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

All Sorts of Puddings.

To make an Orange Pudding.

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

To make a Carrot Pudding.

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

To make an Almond Pudding.

TAKE a Pound of the beſt *Jordan*-Almonds blanched in cold Water, and beat very fine with a little Roſe water; then take a Quart of Cream, boiled with whole Spice, and taken out again in, and when 'tis cold, mix it with the Almonds, and put to it three Spoonfuls of grated Bread, and one Spoonful of Flour, nine Eggs, but

three

three Whites, half a Pound of Sugar, a Nutmeg grated; mix and beat theſe well together, put ſome Puff-paſte at the Bottom of a Diſh; put your Stuff in, and here and there ſtick a Piece of Marrow in it. It muſt bake an Hour, and when 'tis drawn, ſcrape Sugar on it, and ſerve it up.

To make a Marrow Pudding.

TAKE out the Marrow of three or four Bones, and ſlice it in thin Pieces; and take a Penny Loaf, cut off the Cruſt, and ſlice it in as thin Slices as you can, and ſtone half a Pound of Raiſins of the Sun; then lay a Sheet of thin Paſte in the Bottom of a Diſh; ſo lay a Row of Marrow, of Bread, and of Raiſins, till the Diſh is full; then have in Readineſs a Quart of Cream boiled, and beat five Eggs, and mix with it; put to it a Nutmeg grated, and half a Pound of Sugar. When 'tis juſt going into the Oven, pour in your Cream and Eggs; bake it half an Hour, ſcrape Sugar on it when 'tis drawn, and ſerve it up.

A baked Bread Pudding.

TAKE a Penny Loaf, cut it in thin Slices, then boil a Quart of Cream or new Milk, and put in your Bread, and break it very fine; put five Eggs to it, a Nutmeg grated, a Quarter of a Pound of Sugar, and Half a Pound of Butter; ſtir all theſe well together; butter a Diſh, and bake it an Hour.

A Lemon Pudding.

TAKE Two clear Lemons, grate off the outſide rinds; then grate Two Naples-biskets, and mix with your grated Peel, and add to it Three Quarters of a Pound of fine Sugar, Twelve Yolks, and Six Whites of Eggs, well beaten, and Three Quarters of a Pound of Butter melted, and half a Pint of thick Cream; mix theſe well together; put a Sheet of Paſte at the Bottom

of

of the Diſh; and juſt as the Oven is ready, put your Stuff in the Diſh; ſift a little double-refin'd Sugar over it before you put it in the Oven; an Hour will bake it.

To make a Calf's-Foot Pudding.

TAKE two Calf's Feet, finely ſhred; then take of Biſket grated, and ſtale Mackaroons broken ſmall, the Quantity of a Penny Loaf; then add a Pound of Beef-ſuet, very finely ſhred, half a Pound of Currants, a quarter of a Pound of Sugar; ſome Cloves, Mace, and Nutmeg, beat fine; a very little Salt, ſome Sack, and Orange-flower-water, ſome Citron, and candied Orange peel; work all theſe well together, with Yolks of Eggs; if you boil it, put it in the Caul of a Breaſt of Veal, and tie it over with a Cloth; it muſt boil four Hours. For Sauce, melt Butter, with a little Sack and Sugar. If you bake it, put ſome Paſte in the Bottom of the Diſh, but none on the Brim; then melt half a Pound of Butter, and mix with your Stuff, and put it in your Diſh, and ſtick Lumps of Marrow in it; bake it three or four Hours; ſcrape Sugar over it, and ſerve it hot.

A Rice Pudding.

SET a Pint of thick Cream over the Fire, and put into it three Spoonfuls of the Flour of Rice; ſtir it, and when 'tis pretty thick, pour it into a Pan, and put into it a Pound of freſh Butter; ſtir it till 'tis almoſt cold; then add to it a grated Nutmeg, a little Salt, ſome Sugar, a little Sack, the Yolks of ſix Eggs; ſtir it well together; put ſome Puff paſte in the Bottom of the Diſh, pour it in; an Hour or leſs will bake it.

To make a French-*Barley Pudding.*

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

French

French barley, that has been boiled tender in Milk; Butter a Diſh and put it in, and bake it. It muſt ſtand as long as a Veniſon Paſty, and it will be good.

A good boiled Pudding.

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

To make a Quaking Pudding.

TAKE a Pint of Cream, and boil it with Nutmeg and Cinamon, and Mace; take out the Spice when 'tis boiled; then take the Yolks of eight Eggs, and four of the Whites; beat them very well, with ſome Sack, and mix your Eggs with your Cream, with a little Salt and Sugar, and a ſtale Half Penny white Loaf, and one Spoonful of Flour, and a Quarter of a Pound of Almonds blanch'd and beat fine, with ſome Roſe water; beat all theſe together, and wet a thick Cloth and flour it, and put it in when the Pot boils. It muſt boil an Hour at leaſt. Melt Butter, Sack and Sugar for the Sauce; ſtick blanched Almonds and candied Orange-peel on the Top.

To make a Cow-heel Pudding.

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

To make a Curd Pudding.

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

Very fine Hogs Puddings.

SHRED four Pound of Beef-ſuet very fine, mix with it two Pounds of fine Sugar powder'd, two grated Nutmegs, ſome Mace beat, and a little Salt, and three Pounds of Currants waſh'd and pick'd; beat twenty four Yolks, twelve Whites of Eggs, with a little Sack; mix all well together, and fill your Guts, being clean, and ſteep'd in Orange flower water; cut your Guts Quarter and Half long, fill them half full; tie at each End; and again thus, coco, Boil them as others, and cut them in Balls when ſent to the Table.

To make a baked Sack Pudding.

TAKE a Pint of Cream, and turn it to a Curd with Sack; then bruiſe the Curd very ſmall with a Spoon; then grate in two Naples-biskets, or the Inſide of a ſtale Penny Loaf, and mix it well with the Curd, and half a Nutmeg grated; ſome fine Sugar, and the Yolks of four Eggs, the Whites of Two, beaten with Two Spoonfuls of Sack; then melt half a Pound of freſh Butter, and ſtir all together 'till the Oven is hot. Butter a Diſh, and put it in, and ſift ſome Sugar in it juſt as it's going into the Oven; half an Hour will bake it.

To make Pancakes.

TAKE a Pint of Cream, and eight Eggs, Whites and all, a whole Nutmeg grated, and a little Salt; then melt a Pound of rare Dish Butter and a little Sack; before you fry them stir it in. It must be made as thick with three Spoonfuls of Flour, as ordinary Batter, and fry'd with Butter in the Pan, the first Pancake, but no more: Strew Sugar, garnish with Orange, turn it on the Backside of a Plate.

To make a Tansy to bake.

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

To make Apple Fritters.

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

To make a Lemon Tart.

TAKE three clear Lemons, and grate off the out ſide Rinds; take the Yolks of twelve Eggs, and ſix Whites; beat them very well, ſqueeze in the Juice of a Lemon; then put in three Quarters of a Pound of fine powder'd Sugar, and three Quarters of a Pound of freſh Butter melted; ſtir all well together, put a Sheet of Paſte at the Bottom, and ſift Sugar on the Top; put it in a briſk Oven, three Quarters of an Hour will bake it: So ſerve it to the Table.

A baked Pudding.

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

To make a Cuſtard Pudding.

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

To make an Almond Tourt.

BLANCH and beat half a Pound of *Jordan* Almonds very fine; uſe Orange flower Water in the beating your Almonds; pare the yellow Rind of a Lemon pretty thick; boil it in Water till 'tis very tender: Beat it with half a Pound of Sugar, and mix it with the Almonds, and

eight

eight Eggs, but four Whites, half a Pound of Butter melted, and almoſt cold, and a little thick Cream; mix all together, and bake it in a Diſh with Paſte at Bottom. This may be made the Day before 'tis uſed.

To make a Sweet-meat Pudding.

PUT a thin Puff paſte at the Bottom of your Diſh, then have of candied Orange and Lemon-peel, and Citron, of each an Ounce; ſlice them thin, and put them in the Bottom on your Paſte; then beat eight Yolks of Eggs, and two Whites, near half a Pound of Sugar, and half a Pound of Butter melted; mix and beat all well together, and when the Oven is ready, pour it on your Sweet-meats in the Diſh. An Hour or leſs will bake it.

To make fine Fritters.

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

To make a fine Bread Pudding.

TAKE three Pints of Milk, and boil it; when 'tis boiled, ſweeten it with half a Pound of Sugar, and a ſmall Nutmeg grated, and put in half a Pound of Butter; when 'tis melted, pour it in a Pan, over eleven Ounces of grated Bread; cover it up. The next Day put to it ten Eggs well beaten, ſtir all together, and when the Oven is hot, put it in your Diſh; three Quarters of an Hour will bake it. Boil a Bit of Lemon peel in the Milk, take it out before you put your other Things in.

All Sorts of PASTRY.

To make a Tureiner.

TAKE a China Pot or Bowl, and fill it as follows: At the Bottom lay some fresh Butter; then put in three or four Beef steaks made with Bacon; then cut some Veal steaks, from the Leg; hack them, and wash them over with the Yolk of an Egg, and afterwards lay it over with Forc'd meat, and roll it up, and lay it in with young Chickens, Pigeons, and Rabbets, some in Quarters, some in Halves; Sweetbreads, Lamb-stones, Cocks-combs, Palates after they are boiled, peeled, and cut in Slices; Tongues, either Hogs or Calves, sliced, and some larded with Bacon; whole Yolks of hard Eggs, Pistachia Nuts peeled, forc'd Balls, some round, some like an Olive, Lemon sliced, some with the Rind on, Barberries and Oysters; season all these with Pepper, Salt, Nutmeg, and Sweet herbs, mix'd together after they are cut very small, and strew it on every Thing as you put it in your Pot: Then put in a Quart of Gravy, and some Butter on the Top, and cover it close with a Lid of Puff paste, pretty thick. Eight Hours will bake it.

To make an Oyster Pye.

MAKE good Puff paste, and lay a thin Sheet in the Bottom of your Pattipan; then take two Quarts of large Oysters, wash them well in their own Liquor, and take them out of it, and dry them, and season them with Salt and Spice, and a little Pepper, all beaten fine; lay some Butter in the Bottom of your Pattipan, then lay in your Oysters, and the Yolks of twelve hard Eggs whole, two or three Sweet-breads cut in Slices, or Lamb-stones,

or

or in Want of these a Dozen of Larks, two Marrow-bones, the Marrow taken out in Lumps, dipped in the Yolks of Eggs, and seasoned as you did your Oysters, and some grated Bread dusted on it, and a few Forc'd meat Balls: When all these are in, put some Butter on the Top, and cover it over with a Sheet of Puff-paste, and bake it: When 'tis drawn out of the Oven, take the Liquor of the Oysters, and boil it and scum it, and beat it up thick with Butter, and the Yolks of two or three Eggs, and pour it hot into your Pye, and shake it well together, and serve it hot.

To make Egg Pyes.

TAKE the Yolks of two Dozen of Eggs boil'd hard, and chopp'd with double the Quantity of Beef suet, and half a Pound of Pippins pared, cored, and sliced; then add to it one Pound of Currants wash'd and dryed, half a Pound of Sugar, a little Salt, some Spice beaten fine, the Juice of a Lemon, and half a Pint of Sack, candied Orange and Citron cut in Pieces, of each three Ounces, some Lumps of Marrow on the Top, fill them full; the Oven must not be too hot; three Quarters of an Hour will bake them; put the Marrow only on them that are to be eaten hot.

To make a Sweet-bread Pasty, to fry or bake.

PARBOIL your Sweet breads, and shred them very fine, with an equal Quantity of Marrow; mix with them a little grated Bread, some Nutmeg, Salt, the Yolks of two hard Eggs bruised small, and Sugar; then mix up with a little Cream and the Yolk of an Egg: Make Paste with half a Pound of the finest Flour, an Ounce of double-refin'd Sugar beat and sifted, the Yolks of two Eggs, and White of one, and fair Water; then roll in half a Pound of Butter, and roll it out in little Pasties the Breadth of your Hand; put your Meat in, close them up well, and fry or bake them. A very pretty Side-dish.

To make little Paſties to fry.

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

To make Cuſtards.

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

To make Cheeſecakes.

TAKE a Pint of Cream and warm it, and put to it three Quarts of Milk warm from the Cow; then put Runnet to it; and when it is come, put the Curd in a Linen Bag or Cloth, and let it drain well from the Whey, but do not ſqueeze it much; then put it in a Mortar, and break the Curd as fine as Butter; then put to your Curd half a Pound of Almonds blanched, and beaten exceeding fine, (or half a Pound of dry Macaroons beat very fine,) if you have Almonds, grate in a Naples biſket; but if you uſe Macaroons, you need not; then add to it the Yolks of Nine Eggs beaten, a whole Nutmeg grated, Two perfumed Biſcuits diſſolved in Roſe or Orange-flower Water, half a Pound of fine Sugar, mix all well together;

together; then melt a Pound and a quarter of Butter, and ſtir it well in it, and half a Pound of Currants plump'd; ſo let it ſtand to cool 'til you uſe it.

Then make your Puff-paſte thus: Take a Pound of fine Flour, and wet it with cold Water, roll it out, and put into it by Degrees a Pound of freſh Butter: Uſe it juſt as it is made.

Another Way to make Cheeſecakes.

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

Take about a Pound of Flour, and ſtrew into it three Spoonfuls of Loaf Sugar beaten and ſifted, and rub into it a Pound of Butter, one Egg, and a Spoonful of Roſe Water, the reſt cold fair Water: Make it into a Paſte, roll it very thin, and put it into your Pans, and fill them almoſt full.

Paſte for Paſties.

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

To make Cheeſecakes without Runnet.

TAKE a Quart of thick Cream, and ſet it over a clear Fire, with ſome quarter'd Nutmeg in it; juſt as it boils up, put in twelve Eggs well beaten, and a

quarter

quarter of a Pound of fresh Butter; stir it a little while on the Fire, 'til it begins to curdle; then take it off, and gather the Curd as for Cheese; put it in a clean Cloth, tie it together, and hang it up that the Whey may run from it; when it is pretty dry, put it in a Stone Mortar, with a Pound of Butter, a quarter of a Pint of thick Cream, some Sack and Orange flower Water, and half a Pound of fine Sugar; then beat and grind all these very well together for an Hour or more, 'til it is very fine; then pass it through a Hair Sieve, and fill your Pattipans but half full. You may put Currants in half the Quantity, if you please: A little more than a Quarter of an Hour will bake them. Take the Nutmeg out of the Cream when it is boiled.

To make Orange or Lemon Tarts.

TAKE six large Lemons, and rub them very well with Salt, and put them in Water for two Days, with a handful of Salt in it; then change them into fresh Water without Salt, every other Day for a Fortnight; then boil them for two or three Hours 'til they are tender; then cut them in half Quarters, and then cut them thus as thin as you can; then take Pippins pared, cored and quartered, and a Pint of fair Water, let them boil 'til the Pippins break; put the Liquor to your Orange or Lemon, and half the Pippins well broken, and a Pound of Sugar, boil these together a quarter of an Hour; then put it in a Gallipot, and squeeze an Orange in it, if it be Lemon; or a Lemon, if it is Orange; two Spoonfuls is enough for a Tart: Your Pattipans must be small and shallow; put fine Puff-paste, and very thin; a little while will bake it. Just as your Tarts are going into the Oven, with a Feather or Brush do them over with melted Butter, and then sift double refined Sugar on them, and this is a pretty Icing on them.

To make Puff-paſte for Tarts.

RUB a quarter of a Pound of Butter into a Pound of fine Flour; then whip the Whites of two Eggs to Snow, and with cold Water and one Yolk make it into a Paſte, then roll it broad, and put in by Degrees a Pound of Butter, flouring it over the Butter every Time, and roll it up, and roll it out again, and put in more Butter: So do for ſix or ſeven Times, 'til it has taken up all the Pound of Butter. This Paſte is good for Tarts, or any ſmall Things.

Apple Paſties to fry.

PARE and quarter Apples, and boil them in Sugar and Water, and a Stick of Cinnamon, and when tender, put in a little White-wine, the Juice of a Lemon, a Piece of freſh Butter, and a little Ambergreaſe or Orange-flower Water; ſtir all together, and when 'tis cold, put it in Puff-paſte, and fry them.

To ſeaſon and bake a Veniſon Paſty.

BONE your Hanch or Side of Veniſon, and take out all the Sinews and Skin; then proportion it for your Paſty, by taking away from one Part, and adding to another, 'til 'tis of an equal Thickneſs; then ſeaſon it with Pepper and Salt, about an Ounce of Pepper; ſave a little of it whole, and beat the reſt, and mix with twice as much Salt, and rub it all over your Veniſon, and let it lie 'til your Paſte is ready. Make your Paſte thus: A Peck of fine Flour, 6 Pounds of Butter, a Dozen of Eggs; rub your Butter in your Flour, beat your Eggs, and with them and cold Water make up your Paſte very ſtiff; then drive it forth for your Paſty; let it be the Thickneſs of a Man's Thumb; put under it two or three Sheets of Paper well floured: Then have two Pounds of Beef ſuet, ſhred exceeding fine; proportion it on the Bottom to the Breadth of your Veniſon, and leave a Verge round your

Veniſon

Veniſon three Fingers broad, waſh that Verge over with a Bunch of Feathers or Bruſh dipped in an Egg beaten, and then lay a Borde of your Paſte on the Place you waſhed, and lay your Venſon on the Suet; put a little of your Seaſoning on the Top, and a few Corns of whole Pepper, and two Pounds of very good freſh Butter; then turn over your other Sheet of Paſte, to cloſe your Paſty. Garniſh it on the Top as you think fit; vent it in the Middle, and ſet it in the Oven It will take 5 or 6 Hours baking: Then break all the Bones, waſh them and add to them more Bones or Knuckles; ſeaſon them with Pepper and Salt, and put them with a Quart of Water, and half a Pound of Butter, in a Pan or earthen Pot; cover it over with coarſe Paſte, and ſet it in with your Paſty; and when your Paſty is drawn and diſhed, fill it up with the Gravy that came from the Bones.

A fine Potato Pye, for Lent.

FIRST make your Forc'd-meat, about two Dozen of ſmall Oyſters juſt ſcalded, and when cold chop ſmall, a ſtale Roll grated, and ſix Yolks of Eggs boiled hard, and bruiſed ſmall with the Back of a Spoon; ſeaſon with a little Salt, Pepper, and Nutmeg, ſome Thyme and Parſley, both ſhred ſmall: Mix theſe together well, and pound them a little, and make it up in a ſtiff Paſte, with half a Pound of Butter and an Egg work'd in it, juſt flour it to keep it from ſticking, and lay it by 'til your Pye is fit, and put a very thin Paſte in your Diſh, Bottom and Sides; then put your Forc'd meat, of an equal Thickneſs, about two Fingers broad, about the Sides of your Diſh, as you would do a Pudding Cruſt, duſt a little Flour on it, and put it down cloſe; then fill your Pye, a Dozen of Potatos, about the Bignels of a ſmall Egg, finely pared juſt boiled a Walm or two, a Dozen Yolks of Eggs boiled hard, a quarter of a Hundred large Oyſters juſt ſcalded in their own Liquor and cold, 6 Morels, 4 or 5 Blades of Mace, ſome whole Pepper, and a little freſh Butter on the Bottom and Top; then lid your Pye, and bake it an Hour; when 'tis drawn, pour in a Caudle made with half a Pint

of your Oyſter Liquor, 3 or 4 Spoonfuls of White wine, and thicken'd up with Butter and Egg; pour it in hot at the Hole on the Top, and ſhake it together, and ſerve it.

Potato, or Lemon Cheeſecakes.

TAKE ſix Ounces of Potatoes, four Ounces of Lemon-peel, four Ounces of Sugar, four Ounces of Butter; boil the Lemon peel till tender; pare and ſcrape the Potatoes, and boil them tender, and bruiſe them; beat the Lemon peel with the Sugar, then beat all together very well, and melt the Butter in a little thick Cream, and mix all together very well, and let it lie till cold: Put Cruſt in your Pattipans, and fill them little more than half full: Bake them in a quick Oven half an Hour, ſift ſome double refin'd Sugar on them as they go in the Oven; this Quantity will make a Dozen ſmall Pattipans.

Sauce for Fiſh in Lent, *or at any Time.*

TAKE a little Thyme, Horſe radiſh, a Bit of Onion, Lemon peel and whole Pepper; boil them a little in fair Water; then put in two Anchovies, and four Spoonfuls of White-wine; then ſtrain them out, and put the Liquor into the ſame Pan again, with a Pound of freſh Butter; and when 'tis melted, take it off the Fire, and ſtir in the Yolks of two Eggs well beaten, with three Spoonfuls of White wine; ſet it on the Fire again, and keep it ſtirring till 'tis the Thickneſs of Cream, and pour it hot over your Fiſh: Garniſh with Lemon and Horſe-radiſh.

To make a ſavoury Lamb Pye.

SEASON your Lamb with Pepper, Salt, Cloves, Mace, and Nutmeg; ſo put it into your Coffin with a few Lamb ſtones, and Sweet breads, ſeaſoned as your Lamb, alſo ſome large Oyſters, and ſavoury Forc'd meat Balls, hard Yolks of Eggs, and the Tops of Aſparagus two Inches long, firſt boiled green; then put Butter all over the Pye, and lid it, and ſet it in a quick Oven an Hour

Hour and a half; then make the Liquor with Oyſter Liquor, as much Gravy, a little Claret, with one Anchovy in it, and a grated Nutmeg. Let theſe have a Boil; thicken it with the Yolks of two or three Eggs; and when the Pye is drawn, pour it in hot.

To make a ſweet Lamb Pye.

CUT your Lamb into ſmall Pieces, and ſeaſon it with a little Salt, Cloves, Mace, and Nutmeg; your Pye being made, put in your Lamb or Veal; ſtrew on it ſome ſtoned Raiſins and Currants, and ſome Sugar; then lay on it ſome Forc'd meat Balls made ſweet, and in the Summer ſome Artichoke Bottoms boiled, and ſcalded Grapes in the Winter. Boil *Spaniſh* Potatoes cut in Pieces; candied Citron, candied Orange and Lemon peel, and 3 or 4 large Blades of Mace; put Butter on the Top, cloſe up your Pye, and bake it. Make the Caudle of White-wine, Juice of Lemon and Sugar: Thicken it with the Yolks of two or three Eggs and a Bit of Butter; and when your Pye is baked, pour in your Caudle as hot as you can, and ſhake it well in the Pye, and ſerve it up.

A ſweet Chicken Pye.

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

Another Chicken Pye.

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

To make an Olie Pye.

MAKE your Pye ready; then take the thin Collops of the But-end of a Leg of Veal, as many as you think will fill your Pye; hack them with the Back of a Knife, and ſeaſon them with Pepper, Salt, Cloves, and Mace; waſh over your Collops with a Bunch of Feathers dipped in Eggs, and have in Readineſs a good Handful of Sweet-herbs ſhred ſmall; the Herbs muſt be Thyme, Parſley, and Spinage; and the Yolks of eight hard Eggs minced, and a few Oyſters parboiled and chopt; ſome Beef-ſuet ſhred very fine. Mix theſe together, and ſtrew them over your Collops, and ſprinkle a little Orange-flower Water on them, and roll the Collops up very cloſe, and lay them in your Pye, ſtrew the Seaſoning that is left over them; put Butter on the Top, and cloſe up your Pye; when 'tis drawn, put in Gravy, and one Anchovy diſſolved in it, and pour it in very hot: And you may put in Artichoak bottoms and Cheſnuts, if you pleaſe, or ſliced Lemon, or Grapes ſcalded, or what elſe is in Seaſon; but if you will make it a right ſavoury Pye, leave them out.

To make a Florendine of Veal.

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

Another made Diſh.

TAKE half a Pound of Almonds, blanch and beat them very fine; put to them a little Roſe or Orange-flower Water in the beating; then take a Quart of ſweet thick Cream, and boil it with whole Cinamon and Mace, and quartered Dates; ſweeten your Cream with Sugar to your Taſte, and mix it with your Almonds, and ſtir it well together, and ſtrain it out thro' a Sieve. Let your Cream cool, and thicken it with the Yolks of ſix Eggs; then garniſh the deep Diſh, and lay Paſte at the Bottom, and then put in ſliced Artichoke-bottoms, being firſt boiled, and upon that a Layer of Marrow, ſliced Citron, and candied Orange; ſo do 'til your Diſh is near full; then pour in your Cream, ſo bake it without a Lid; when 'tis baked, ſcrape Sugar on it, and ſerve it up hot. Half an Hour will bake it.

To make an Artichoke Pye.

BOIL the Bottoms of eight or ten Artichokes, ſcrape and make them clean from the Core; cut each of them into ſix Parts; ſeaſon them with Cinamon, Nutmeg, Sugar, and a little Salt; then lay your Artichokes in your Pye. Take the Marrow of four or five Bones, dip your Marrow in Yolks of Eggs, and grated Bread, and

and ſeaſon it as you did your Artichokes, and lay it on the Top and between your Artichokes; then lay on ſliced Lemon, Barberries, and large Mace; put Butter on the Top, and cloſe up your Pye; then make your Lear of White-wine, Sack, and Sugar; thicken it with Yolks of Eggs, and a bit of Butter; when your Pye is drawn, pour it in, ſhake it together, and ſerve it hot.

To make a Chervil or Spinage Tart.

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

To make Lemon Cheeſecakes.

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

A Fiſh Pye.

TAKE of Soles or thick Flounders, gut and waſh them, and juſt put them in ſcalding Water to get off the black Skin; then cut them in Scollops or indented, ſo that they will join and lie in the Pye, as if they were whole. Have your Pattipan in Readineſs with Puff paſte in the Bottom, and a Layer of Butter on it; then ſeaſon your Fiſh with a little Pepper and Salt,

Cloves, Mace, and Nutmeg, and lay it in your Pattipan, joining the Pieces together, as if the Fiſh had not been cut; then put in Forc'd-balls made with Fiſh, Slices of Lemon with the Rind on, whole Oyſters, whole Yolks of hard Eggs, and pickled Barberries; then lid your Pye and bake it; when 'tis drawn, make a Caudle of Oyſter-liquor and White wine, thicken'd up with Yolks of Eggs, and a Bit of Butter: Serve it hot.

To make Marrow Paſties.

MAKE your little Paſties the length of your Finger, and as broad as two Fingers; put in large Pieces of Marrow, dipped in Eggs, and ſeaſoned with Sugar, Cloves, Mace, and Nutmeg; ſtrew a few Currants on the Marrow. Bake or fry them.

To make Mince-pyes of Veal.

FROM a Leg of Veal cut off four Pounds of the fleſhy Part in thick Pieces, and put them in ſcalding Water, and let it juſt boil; then cut the Meat in ſmall thin Pieces, and skin it: It muſt be four Pounds after it is ſcalded and skinned; to this Quantity put nine Pounds of Beef-ſuet well skinned, and ſhred them very well and fine with eight Pippins pared and cored, and four Pounds of Raiſins of the Sun ſtoned; when 'tis ſhred very fine, put it in a large Pan or on a Table to mix, and put to it 1 Ounce of Nutmegs grated, half an Ounce of Cloves, as much Mace, a large Spoonful of Salt, above a Pound of Sugar, the Peel of a Lemon ſhred exceeding fine; when you have ſeaſoned it to your Palate, put in ſeven Pounds of Currants, and two Pounds of Raiſins of the Sun ſtoned and ſhred. When you fill your Pies, put into every one ſome ſhred Lemon with its Juice, ſome candied Lemon-peel and Citron in Slices, and juſt as the Pies go into the Oven, put into every one a Spoonful of Sack and a Spoonful of Claret, ſo bake them.

To make Cheeſecakes without Curd.

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

To make a Cabbage-Lettuce Pye.

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

To make the light Wigs.

TAKE a Pound and half of Flour, and half a Pint of Milk made warm; mix theſe together, and cover it up, and let it lie by the Fire half an Hour; then take half a Pound of Sugar, and half a Pound of Butter; then work theſe in the Paſte, and make it into Wigs, with as little Flour as poſſible. Let the Oven be pretty quick, and they will riſe very much.

To make little Plumb-Cakes.

TAKE two Pounds of Flour dried in the Oven, and half a Pound of Sugar finely powdered, four Yolks

of Eggs, two Whites, half a Pound of Butter waſhed with Roſe water, 6 Spoonfuls of Cream warmed, a Pound and half of Currants unwaſhed, but picked and rubbed very clean in a Cloth; mix all together, and make them up in Cakes, and bake them up in an Oven almoſt as hot as for Manchet. Let them ſtand half an Hour 'til they be coloured on both Sides; then take down the Oven-lid, and let them ſtand a little to ſoak.

To make Puff-Paſte.

TO a Peck of Flour, you muſt have three quarters the Weight in Butter; dry your Flour well, and lay it on a Table; make a Hole, and put in a Dozen Whites of Eggs well beaten, but firſt break into it a third Part of your Butter; then with Water make up your Paſte; then roll it out, and by Degrees put in the reſt of your Butter.

To make a Hare Pye.

SKIN your Hare, waſh her, and dry her, and bone her; ſeaſon the Fleſh with Pepper, Salt, and Spice, and beat it fine in a Stone Mortar. Do a young Pig at the ſame Time, and in the ſame Manner; then make your Pye, and lay a Layer of Pig, and a Layer of Hare, 'til 'tis full; put Butter at the Bottom and on the Top. Bake it three Hours; 'tis good hot or cold.

To ice Tarts.

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

To make an Olio Pye.

TAKE a Fillet of Veal, cut it in large thin Slices, and beat it with a Rolling pin. Have ready ſome Forc'd-meat, made with Veal and Suet, grated Bread, grated

grated Lemon-peel, ſome Nutmeg, the Yolks of two or three hard Eggs; ſpread the Forc'd meat all over your Collops, and roll them up, and place them in your Pye with Yolks of hard Eggs, Lumps of Marrow, and ſome Water: So lid it and bake it; and when it is baked, put in a Caudle of ſtrong Gravy, White-wine, and Butter.

To make very good Wigs.

TAKE a Quarter of a Peck of the fineſt Flour, rub into it 3 quarters of a Pound of freſh Butter, 'til it is like grated Bread; ſomething more than half a Pound of Sugar, half a Nutmeg, and half a Race of Ginger grated; three Eggs, Yolks and Whites beaten very well, and put to them half a Pint of thick Ale-yeaſt, and 3 or 4 Spoonfuls of Sack. Make a Hole in your Flour, and pour in your Yeaſt and Eggs, and as much Milk juſt warm, as will make it into a light Paſte. Let it ſtand before the Fire to riſe, half an Hour; then make it into a Dozen and Half of Wigs; waſh them over with Eggs, juſt as they go into the Oven; a quick Oven, and half an Hour, will bake them.

To make Almond Cheeſe-cakes.

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

To make a Lumber Pye.

PARBOIL the Umbles of a Deer, clear all the Fat from them, and put more than their Weight in Beef-

Suet,

ſuet, and ſhred it together very ſmall; then put to it half a Pound of Sugar, and ſeaſon with Cloves, Mace, Nutmeg, Salt to your Taſte; and put in a Pint of Sack, and half as much Claret, and two Pounds of Currants, waſhed and picked; mix all well together, and bake it in Puff or other Paſte.

To make Lemon Cheeſecakes.

TAKE two large Lemons, grate off the Peel of both, and ſqueeze out the Juice of one; add to it half a Pound of fine Sugar; twelve Yolks of Eggs, eight Whites well beaten; then melt half a Pound of Butter in four or five Spoonfuls of Cream; then ſtir it all together, and ſet it over the Fire, ſtirring it 'til it begins to be pretty thick; then take it off, and when 'tis cold, fill your Pattipans little more than half full; put a fine Paſte very thin at the Bottom of the Pattipans; half an Hour, with a quick Oven, will bake them.

To make Cream Cheeſe with old Cheſhire.

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

All Sorts of CAKES.

To make a rich great Cake.

TAKE a Peck of Flour well dried, an Ounce of Cloves and Mace, half an Ounce of Nutmegs, as much Cinnamon, beat the Spice well, and mix them with your Flour, and a Pound and half of Sugar, and a little Salt, and thirteen Pounds of Currants well waſhed, picked, and dried, and three Pounds of Raiſins ſtoned and cut into ſmall Pieces; mix all theſe well together; then make five Pints of Cream almoſt ſcalding hot, and put into it four Pounds of freſh Butter; then beat the Yolks of twenty Eggs, three Pints of good Ale-yeaſt, a Pint of Sack, a quarter of a Pint of Orange-flower Water, three Grains of Muſk, and ſix Grains of Ambergreaſe: Mix theſe together, and ſtir them into your Cream and Butter; then mix all in the Cake, and ſet it an Hour before the Fire to riſe, before you put it into your Hoop; mix your Sweetmeats in it, two Pounds of Citron, and one Pound of candied Orange and Lemon-peel cut in ſmall Pieces: You muſt bake it in a deep Hoop, butter the Sides, and put two Papers at the Bottom, and flour it and put in your Cake; it muſt have a quick Oven; four Hours will bake it: When 'tis drawn, ice it over the Top and Sides. Take two Pounds of double refin'd Sugar, beat and ſifted, and the Whites of ſix Eggs beaten to a Froth, with three or four Spoonfuls of Orange-flower Water, and three Grains of Muſk and Ambergreaſe together; put all theſe in a Stone Mortar, and beat them with a wooden Peſtle, 'til 'tis as white as Snow, and with a Bruſh or Bunch of Feathers, ſpread it all over the

the Cake, and put in the Oven to dry; but take Care the Oven does not diſcolour it; when 'tis cold paper it; it will keep good five or ſix Weeks.

A Plumb-Cake.

TAKE ſix Pounds of Currants, five Pounds of Flour, an Ounce of Cloves and Mace, a little Cinnamon, half an Ounce of Nutmegs, half a Pound of pounded and blanched Almonds, half a Pound of Sugar, three quarters of a Pound of ſliced Citron, Lemon and Orange peel, half a Pint of Sack, a little Honey-water, and a Quart of Ale-yeaſt, a Quart of Cream, a Pound and half of Butter melted and poured into the middle thereof; then ſtrew a little Flour thereon, and let it lie to riſe; then work it well together and lay it before the Fire to riſe, then work it up 'til 'tis very ſmooth; then put it in an Hoop with a Paper floured at the Bottom.

A good Seed Cake.

TAKE five Pounds of fine Flour well dried, and four Pounds of ſingle refin'd Sugar beaten and ſifted; mix the Sugar and Flour together, and ſift them through a Hair Sieve; then waſh four Pounds of Butter in eight Spoonfuls of Roſe or Orange-flower Water; you muſt work the Butter with your Hand, 'til 'tis like Cream; beat twenty Eggs, half the Whites, and put to them ſix Spoonfuls of Sack; then put in your Flour a little at a Time, keeping ſtirring with your Hand all the Time; you muſt not begin mixing it 'til the Oven is almoſt hot; you muſt let it lie a little while before you put your Cake into the Hoop; when you are ready to put it into the Oven, put into it eight Ounces of candied Orange-peel ſliced, and as much Citron, and a Pound and half of Carraway-comfits; mix all well together, and put it in the Hoop, which muſt be prepared at Bottom, and buttered; the Oven muſt be quick; it will take two or three Hours baking. You may ice it if you pleaſe.

Another

Another Seed Cake.

TAKE ſeven Pounds of fine Flour well dried, and mix with it a Pound of Sugar beaten and ſifted, and three Nutmegs grated, and rub three Pounds of Butter into the Flour; then beat the Yolks of eight Eggs, the Whites of but four, and mix with them a little Roſe water, and a Quart of Cream blood warm, and a Quart of Ale-yeaſt, and a little Salt; ſtrain all into your Flour, and put a Pint of Sack in with it, and make up your Cake, and put it into a butter'd Cloth, and lay it half an Hour before the Fire to riſe; the mean while fit your Paper, and butter your Hoop; then take a Pound and three Quarters of Biſket-comfit, and a Pound and a half of Citron cut in ſmall Pieces, and mix theſe in your Cake, and put it into your Hoop, run a Knife croſs down to the Bottom; a quick Oven, and near three Hours, will bake it.

A Plumb Cake.

TAKE five Pounds of fine Flour, and put to it half a Pound of Sugar; and of Nutmegs, Cloves, and Mace finely beaten, of each half an Ounce, and a little Salt, mix theſe well together; then take a Quart of Cream, let it boil, and take it off, and cut into it three Pounds of freſh Butter, let it ſtand till 'tis melted, and when 'tis blood warm mix with it a Quart of Ale-yeaſt, and a Pint of Sack, and twenty Eggs, ten Whites well beaten; put ſix Pounds of Currants to your Flour, and make a Hole in the Middle, and pour in the Milk and other Things, and make up your Cake, mixing it well with your Hands; cover it warm, and ſet it before the Fire to riſe for half an Hour; then put it in the Hoop; if the Oven be hot, two Hours will bake it; the Oven muſt be quick; you may perfume it with Ambergreaſe, or put Sweetmeats in it, if you pleaſe. Ice it when cold, and paper it up.

An ordinary Cake, to eat with Butter.

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

A French *Cake, to eat hot.*

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

To make Portugal *Cakes.*

TAKE a Pound and Quarter of fine Flour well dried, and break a Pound of Butter into the Flour and rub it in, add a Pound of Loaf Sugar beaten and ſifted, a Nutmeg grated, four perfumed Plumbs, or ſome Ambergreaſe, mix theſe well together, and beat ſeven Eggs, but four Whites, with three Spoonfuls of Orange flower Water; mix all theſe together, and beat them up an Hour; butter your little Pans, and juſt as they are going into the Oven, fill them half full, and ſearch ſome fine Sugar over them; little more than a Quarter of an Hour will bake them. You may put a Handful of Currants into ſome of them; take them out of the Pans as ſoon as they are drawn, keep them dry, they will keep good three Months.

To make Jumbals.

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

To make March-pane.

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

To make Almond Puffs.

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

To make little hollow Biskets.

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

To make Wigs.

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

To make Ginger-bread.

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

Another

Another sort of Ginger-bread.

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

To make Dutch *Ginger-bread.*

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

To make Buns.

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

To make French *Bread.*

TAKE half a Peck of fine Flour; put to it ſix Yolks of Eggs, and four whites, a little Salt, a Pint of good Ale-yeaſt, and as much new Milk made a little warm, as will make it a thin light Paſte; ſtir it about with your Hand, but by no Means knead it; then have ready ſix wooden Quart Diſhes, and fill them with Dough; let them ſtand a quarter of an Hour to heave, and then turn them out into the Oven; and when they are baked, raſp them. The Oven muſt be quick.

To make Wigs.

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

To make Ginger-bread.

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

To make Shrewsbury-*Cakes.*

TAKE to one Pound of Sugar, three Pounds of the fineſt Flour, a Nutmeg grated, ſome beaten Cinamon; the Sugar and Spice muſt be ſifted into the Flour, and wet it with three Eggs, and as much melted Butter as will make it of a good Thickneſs to roll into a Paſte; mould it well and roll it, and cut it into what Shape you pleaſe. Perfume them, and prick them before they go into the Oven.

To make Almond Cakes.

TAKE a Pound of Almonds, blanch and beat them exceeding fine with a little Roſe or Orange flower Water; then beat three Eggs, but two Whites, and put to them a Pound of Sugar ſifted, and then put in your Almonds, and beat all together very well; butter Sheets of white Paper, and lay the Cakes in what Form you pleaſe, and bake them. You may perfume them, if you like it; bake them in a cool Oven.

To make Drop Bisket.

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

To make little Cracknels.

TAKE three Pounds of Flour finely dried, three Ounces of Lemon and Orange peel dried and beaten to a Powder, and an Ounce of Coriander ſeeds beaten and ſearced, and three Pounds of double refin'd Sugar beaten fine and ſearced; mix theſe together with fifteen Eggs, half of the Whites taken out, a quarter of a Pint of Roſe-water, as much Orange flower Water. Beat the Eggs and Water well together; then put in your Orange-peel and Coriander-ſeeds, and beat it again very well with two Spoons, one in each Hand; then beat your Sugar in by a little and little, then your Flour by a little at a Time, ſo beat with both Spoons an Hour longer; then ſtrew Sugar on Papers, and drop them the Bigneſs of a Walnut, and ſet them in the Oven; the Oven muſt be hotter than when Pyes are drawn. Do not touch them with your Fingers before they are baked. Let the Oven be ready for them againſt they are done; be careful the Oven does not colour them.

To make the thin Dutch *Biſket.*

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

To make an ordinary Seed-Cake.

TAKE ſix Pounds of fine Flour, rub into it a Thimbleful of Carraway-ſeeds finely beaten, and 2 Nutmegs grated, and Mace beaten; then heat a Quart of Cream

Cream, hot enough to melt a Pound of Butter in it, and when 'tis no more than Blood-warm, mix your Cream and Butter with a Pint of good Ale yeaſt, and then wet your Flour with it; make it pretty thin; juſt before it goes into the Oven, put in a Pound of rough Carraways, and ſome Citron ſliced thin. Three quarters of an Hour, in a quick Oven, will bake it.

To make ordinary Wigs.

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

A good Seed-cake.

TAKE two Pounds of the fineſt Flour well dried, two Pounds of freſh Butter rubbed well in; ten Eggs, leave out five Whites; three Spoonfuls of Cream, four Spoonfuls of good Yeaſt; mix all well together, and ſet it to the Fire, not too near; when 'tis well riſen, put in a Pound of Carraway-comfits. An Hour and a quarter will bake it.

To make the Marlborough *Cake.*

TAKE eight Eggs, Yolks and Whites, beat and ſtrain them, and put to them a Pound of Sugar beaten and ſifted; beat it three Quarters of an Hour together; then put in three Quarters of a Pound of Flour well dried, and two Ounces of Carraway ſeeds; beat it all well together, and bake it in a quick Oven in buttered Tin Pans.

Another

Another Sort of little Cakes.

TAKE a Pound of Flour and a Pound of Butter. Rub the Butter into the Flour, two Spoonfuls of Yeast, and two Eggs. Make it into a Paste, stick white Paper, roll your Paste out the Thickness of a Crown, cut them out with the Top of a Tin Canister; sift fine Sugar over them, and lay them on the sticked Paper. Bake them after Tarts an Hour.

To make the White Cake.

TAKE three Quarts of the finest Flour, a Pound and half of Butter, a Pint of thick Cream, half a Pint of Ale yeast, half a quarter of a Pint of Rose water and Sack together, a quarter of an Ounce of Mace, nine Eggs, abating four Whites. beat them well; five Ounces of double-refin'd Sugar; mix the Sugar and Spice, and a very little Salt with your dry Flour, and keep out half a Pint of the Flour to strew over the Cake; when 'tis all mix'd, melt the Butter in the Cream when 'tis a little cool, strain the Eggs into it, Yeast, &c. Make a Hole in the midst of the Flour, and pour all the Wetting in, stirring it round with your Hand all one Way, 'til well mixed. Strew on the Flour that was saved out, and set it before the Fire to rise, covered over with a Cloth; let it stand to a quarter of an Hour. You must have in Readiness three Pounds and half of Currants wash'd and picked, and well dried in a Cloth; mingle them in the Paste without kneading; put it in a Tin hoop; set it in a quick Oven, or it will not rise; it must stand an Hour and half in the Oven.

To make another Sort of Gingerbread.

TAKE a Pound and half of *London* Treacle, 2 Eggs beaten, a Pound of Butter melted, half a Pound of brown Sugar, an Ounce of beaten Ginger; and of Cloves, Mace, Coriander seeds, and Carraway seeds, of each half an Ounce; mix all these together, with as much Flour as will

will knead it into a Paste; roll it out, and cut it into what Form you please. Bake it in a quick Oven on Tin-plates; a little Time will bake it.

To make Biskets.

TO a Quart of Flour, take a quarter of a Pound of Butter, and a quarter of a Pound of Sugar, 1 Egg, and what Carraway seeds you please, wet the Milk as stiff as you can; then roll them out very thin; cut them with a Glass Bake them on Tin plates, your Oven must be slack. Prick them very well just as you set them in, and keep them dry when baked.

To make brown French *Loaves.*

TAKE a Peck of coarse Flour, and as much of the Raspings of Bread, beaten and sifted, as will make it look brown; then wet it with a Pint of good Yeast, and as much Milk and Water warm as will wet it pretty stiff; mix it well, and set it before the Fire to rise; make it into six Loaves; make it up as light as you can, and bake it well in a quick Oven.

To make the hard Bisket.

TAKE half a Peck of fine Flour, one Ounce of Carraway-seeds, the Whites of two Eggs, a quarter of a Pint of Ale-yeast, and as much warm Water as will make it into a stiff Paste; then make it in long Rolls Bake it an Hour; the next Day pare it round; then slice it in thin Slices about an Inch thick; dry it in the Oven; then draw it and turn it, and dry the other Side; they will keep the whole Year.

To make Whetstone *Cakes.*

TAKE half a Pound of fine Flour, and half a Pound of Loaf-sugar searced, a Spoonful of Carraway-seeds dried, the Yolk of one Egg, the Whites of three, a little

Rose-

Rose-water, with Ambergrease dissolved in it; mix it together, and roll it out as thin as a Wafer; cut them with a Glass; lay on them flour'd Paper, and bake them in a slow Oven.

To make a good Plumb-cake.

TAKE four Pounds of Flour, put to it half a Pound of Loaf sugar beaten and sifted, of Mace and Nutmegs half an Ounce beaten fine, a little Salt. Beat the Yolk of thirty Eggs, the Whites of fifteen, a Pint and half of Ale-yeast, three Quarters of a Pint of Sack, with two Grains of Ambergreate, and two of Musk steeped in it 5 or 6 Hours; then take a large Pint of thick Cream, set it on the Fire, and put in two Pounds of Butter to melt, but not boil; then put your Flour in a Bowl, make a Hole in the midst, and pour in your Yeast, Sack, Cream, and Eggs. Mix it well with your Hands, make it up, not too stiff, set it to the Fire a quarter of an Hour to rise; then put in seven Pounds of Currants picked and washed in warm Water, then dried in a coarse Cloth, and kept warm 'til you put them into your Cake, which mix in as fast as you can, and put candied Lemon, Orange, and Citron in it; put it in your Hoop, which must be ready buttered and sixed; set it in a quick Oven; bake it two Hours or more, when 'tis near cold, ice it.

Another Plumb-cake.

TAKE four Pounds of Flour, four Pounds of Currants, and twelve Eggs, half the Whites taken out, near a Pint of Yeast, a Pound and half of Butter, a good half Pint of Cream; three quarters of a Pound of Loaf-sugar, beaten Mace, Nutmegs, and Cinamon, half an Ounce beaten fine; mingle the Spices and Sugar with the Flour; beat the Eggs well, and put to them a quarter of a Pint of Rose-water, that had a little Musk and Ambergreate dissolved in it; put the Butter and Cream into a Jug, and put it in a Pot of boiling Water to melt; when you have mixed the Cake, strew a little Flour over it.

Cover

Cover it with a very hot Napkin, and ſet it before the Fire to riſe; butter and Flour your Hoop, and juſt as your Oven is ready, put your Currants into boiling Water to plump. Dry them in a hot Cloth, and mix them in your Cake. You may put in half a Pound of candied Orange, Lemon, and Citron; let not your Oven be too hot, two Hours will bake it, three if 'tis double the Quantity. Mix it with a bread Pudding-ſtick, not with your Hands; when your Cake is juſt drawn, pour all over it a Gill of Brandy or Sack; then ice it.

Another Plumb-cake with Almonds.

TAKE four Pounds of fine Flour dried well, five Pounds of Currants well picked and rubbed, but not waſhed; five Pounds of Butter waſhed and beaten in Orange flower Water and Sack; two Pounds of Almonds beaten very fine four Pounds of Eggs weighed, half the Whites taken out; three Pounds of double refin'd Sugar, three Nutmegs grated, a little Ginger, a quarter of an Ounce of Mace, as much Cloves finely beaten, a quarter of a Pint of the beſt Brandy: The Butter muſt be beaten to Cream; then put in your Flour, and all the reſt of your Things, beating it 'til you put it in the Oven; 4 Hours will bake it, the Oven muſt be very quick; put in Orange, Lemon-peel candied, and Citron, as you like.

A rich Seed-cake, called the Nun's Cake,

TAKE four Pounds of your fineſt Flour, and three Pounds of double-refin'd Sugar beaten and ſifted; mix them together, and dry them by the Fire 'till you prepare your other Materials.

Take four Pounds of Butter, beat it in your Hands till 'tis very ſoft like Cream; then beat thirty five Eggs, leave out ſixteen Whites, and ſtrain out the Treddels of the reſt, and beat them and the Butter together till all appears like Butter, put in four or five Spoonfuls of Roſe or Orange-flower Water, and beat it again; then take your Flour and Sugar, with ſix Ounces of Caraway-ſeeds, and ſtrew

it

it in by Degrees, beating it up all the Time for 2 Hours together; you may put in as much Tincture of Cinamon or Ambergreaſe as you pleaſe; butter your Hoop, and let it ſtand three Hours in a moderate Oven.

To ice a great Cake.

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

Another Seed-cake.

TAKE a Pound of Flour, dry it by the Fire, add to it a Pound of fine Sugar beaten and ſifted; then take a Pound and a Quarter of Butter and work it in your Hand till 'tis like Cream; beat the Yolks of ten Eggs, the Whites of ſix; mix all theſe together with an Ounce and half of Carraway-ſeeds, and a quarter of a Pint of Brandy; it muſt not ſtand to riſe.

CREAMS and JELLIES.

Lemon Cream.

TAKE five large Lemons, and ſqueeze out the Juice, and the Whites of ſix Eggs well beaten, ten Ounces of double refin'd Sugar beaten very fine, and twenty Spoonfuls of Spring-water; mix all together, and ſtrain it through a Jelly-bag; ſet it over a gentle Fire, ſcum it very well, when 'tis as hot

as

as you can bear your Finger in it, take it off, and pour it into Glasses; put Shreds of Lemon-peel into some of the Glasses.

Another Lemon Cream.

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

To make Orange Cream.

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

To make Gooseberry Cream.

TAKE two Quarts of Gooseberries, put to them as much Water as will cover them; let them boil all to mash, then run them through a Seive with a Spoon; to a Quart of the Pulp, you must have six Eggs well beaten, and when the Pulp is hot, put in an Ounce of fresh Butter, sweeten it to your Taste, and put in your Eggs, and stir them over a gentle Fire 'til they grow thick; then set it by, and when 'tis almost cold, put into it two Spoonfuls of the Juice of Spinage, and a Spoonful of Orange-flower Water or Sack, stir it well together, and put it into your Basons; when 'tis cold, serve it to the Table.

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

To make Barley Cream.

TAKE a ſmall Quantity of Pearl-Barley, and boil it in Milk and Water 'til 'tis tender; then ſtrain the Liquor from it, and put your Barley into a Quart of Cream, and let it boil a little; then take the Whites of five Eggs, and the Yolk of one beaten with a Spoonful of fine Flour, and two Spoonfuls of Orange-flower Water; then take the Cream off the Fire, and mix the Eggs in by Degrees, and ſet it over the Fire again to thicken; ſweeten it to your Taſte, pour it into Baſons; and when 'tis cold, ſerve it up.

To make Steeple Cream.

TAKE five Ounces of Hart's-horn, and two Ounces of Ivory, and put them into a Stone Bottle, and fill it with fair Water to the Neck, and put in a ſmall Quantity of Gum-arabick, and Gum-dragant; then tie up the Bottle very cloſe, and ſet it into a Pot of Water with Hay at the Bottom; let it boil 6 Hours, then take it out, and let it ſtand an Hour before you open it, leſt it fly in your Face; then ſtrain it in, and it will be a ſtrong Jelly; then take a Pound of blanched Almonds, and beat them very fine, and mix it with a Pint of thick Cream, and let it ſtand a little; then ſtrain it out, and mix it with a Pound of Jelly; ſet it over the Fire 'til 'tis ſcalding hot, ſweeten it to your Taſte with double-refin'd Sugar; then take it off, and put in a little Amber, and pour it out into ſmall high Gallipots like a Sugar-loaf at Top; when 'tis cold turn them out, and lay whipt Cream about them in Heaps.

To make Blanch'd Cream.

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

To make Quince Cream.

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

To make Almond Cream.

TAKE a Quart of Cream, boil it with Nutmeg, Mace, and a bit of Lemon-peel, and ſweeten it to your Taſte; then blanch ſome Almonds, and beat them very fine; then take nine Whites of Eggs well beaten, and ſtrain them to your Almonds, and rub them very well through a thin Strainer; ſo thicken your Cream; juſt give it one boil, and pour it into *China* Diſhes; and when 'tis cold, ſerve it up.

To make Ratafia Cream.

TAKE ſix large Laurel-leaves, and boil them in a Quart of thick Cream; when 'tis boiled, throw away the Leaves, and beat the Yolks of five Eggs with a little cold Cream, and Sugar to your Taſte; then thicken your Cream with your Eggs, and ſet it over the Fire a-

g t., but let it not boil; keep it ſtirring all the while and pour it into *China* Diſhes; when 'tis cold, 'tis fit for Uſe.

To make Sack Cream.

TAKE the Yolks of two Eggs, and three Spoonfuls of fine Sugar, and a quarter of a Pint of Sack; mix them together, and ſtir them into a Pint of Cream; then ſet them over the Fire 'til 'tis ſcalding hot, but let it not boil. You may toaſt ſome thin Slices of white Bread, and dip them in Sack or Orange-flower Water, and pour your Cream over them.

To make Rice Cream.

TAKE three Spoonfuls of the Flour of Rice, as much Sugar, the Yolks of two Eggs, two Spoonfuls of Sack, or Roſe or Orange flower Water; mix all theſe together, and put them to a Pint of Cream, ſtir it over the Fire 'til 'tis thick, then pour it into *China* Diſhes.

To make Hart's-horn Jelly.

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

To make Calf's-foot Jelly.

TO four Calf's feet take a Gallon of fair Water, cut them in Pieces, and put them in a Pipkin cloſe covered, and boil them ſoftly 'til almoſt half be conſumed; then run it through a Sieve, and let it ſtand 'til 'tis cold; then with a Knife take off the Fat, and Top and Bottom,

and

and the fine Part of the Jelly melt in a Preſerving-pan or Skillet, and put in a Pint of Rheniſh wine, the Juice of four or five Lemons, double-refin'd Sugar to your Taſte, the Whites of eight Eggs beaten to a froth; ſtir and boil all theſe together near half an Hour; then ſtrain it thro' a Sieve into a Jelly bag; put into your Jelly-bag a Sprig of Roſemary, and a Piece of Lemon-peel; paſs it through the Bag till 'tis as clear as Water. You may cut ſome Lemon-peel like Threads, and put in half the Glaſſes.

To make whipt Cream.

TAKE a Quart of thick Cream, and the Whites of eight Eggs beaten with half a Pint of Sack; mix it together, and ſweeten it to your Taſte with double refin'd Sugar: You may perfume it if you pleaſe with ſome Musk or Ambergreaſe tied in a Rag, and ſteeped a little in the Cream; whip it up with a Whisk, and a bit of Lemon-peel tied in the middle of the Whisk; take the Froth with a Spoon, and lay it in your Glaſſes or Balons.

To make whipt Syllabubs.

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

To make a freſh Cheeſe.

TAKE a Quart of Cream, and ſet it over the Fire 'till 'tis ready to boil, then beat nine Eggs Yolks and Whites very well; when you are beating them put to them as much Salt as will lie on a ſmall Knife's Point;

put them to the Cream, and ſome Nutmeg quartered, and tied up in a Rag; ſo let them boil till the Whey is clear; then take it off the Fire, and put it in a Pan, and gather it as you do Cheeſe; then put it in a Cloth, and drain it between two; then put it in a Stone Mortar, and grind it, and ſeaſon it with a little Sack, and Orange-flower Water, and Sugar, and then put it in a little earthen Colander, and let it ſtand two Hours to drain out the Whey; then put it in the Middle of a *China* Diſh, and pour thick Cream about it: So ſerve it to the Table.

To make Almond Butter.

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

To make Ribbon Jelly.

TAKE out the great Bones of four Calves-Feet, and put the Feet into a Pot with ten Quarts of Water, three Ounces of Hart's-horn, three Ounces of Iſing-glaſs, a Nutmeg quartered, four Blades of Mace; then boil this till it comes to two Quarts, and ſtrain it through a fine Flannel Bag; let it ſtand twenty-four Hours; then ſcrape off all the Fat from the Top very clean; then heat it, and put to it the Whites of ſix Eggs beaten to a Froth; boil it a little, and ſtrain it again through a Flannel Bag; then run the Jelly into little high Glaſſes; run every Colour as thick as your Finger; one Colour muſt be thorough cold before you put another on, and that you run on muſt

muſt not be blood warm for fear it mixes together; you muſt colour red with Cochineel, green with Spinage, yellow with Saffron, blue with Syrup of Violets, white with thick Cream, and ſometimes the Jelly by itſelf.

To make Cream of any preſerv'd Fruit.

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

To make a Snow Poſſet.

TAKE a Quart of new Milk, and boil it with a Stick of Cinamon and quartered Nutmeg; when the Milk is boiled, take out the Spice, and beat the Yolks of ſixteen Eggs very well, and by Degrees mix them in the Milk 'til 'tis thick; then beat the Whites of the ſixteen Eggs with a little Sack and Sugar into a Snow; then take the Baſon you deſign to ſerve it up in, and put in it a Pint of Sack; ſweeten it to your Taſte; ſet it over the Fire, and let one take the Milk, and another the Whites of Eggs, and ſo pour them together into the Sack in the Baſon; keep it ſtirring all the while 'tis over the Fire; when 'tis thorough warm take it off, cover it up, and let it ſtand a little before you uſe it.

To make a Jelly Poſſet.

TAKE twenty Eggs, leave out half the Whites, and beat them very well; put them into the Baſon you ſerve it in, with near a Pint of Sack and a little ſtrong Ale; ſweeten it to your Taſte, and ſet it over a Charcoal Fire, keep it ſtirring all the while; then have in Readineſs a Quart of Milk or Cream, boiled with a little Nutmeg and Cinamon, and when your Sack and Eggs is hot enough to ſcald your Lips, put the Milk to it boiling hot;

then

then take it off the Fire, and cover it up half an Hour; ſtrew Sugar on the Brim of the Diſh, and ſerve it to the Table.

To make Flummery Caudle.

TAKE a Pint of fine Oat meal, and put to it two Quarts of fair Water; let it ſtand all Night, in the Morning ſtir it, and ſtrain it into a Skillet, with three or four Blades of Mace, and a Nutmeg quartered; ſet it on the Fire, and keep it ſtirring, and let it boil a quarter of an Hour; if it is too thick, put in more Water, and let it boil longer; then add a Pint of Rheniſh or White-wine, three Spoonfuls of Orange flower Water, the Juice of two Lemons and one Orange, a Bit of Butter, and as much fine Sugar as will ſweeten it; let all theſe have a walm, and thicken it with the Yolks of two or three Eggs. Drink it hot for a Breakfaſt.

To make Tea Caudle.

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

A fine Caudle.

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

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

TAKE a Pair of Calves Feet, boil them with ſix Quarts of fair Water to maſh; it will make three Quarts of Jelly; then ſtrain it off, and let it ſtand till 'tis cold, take off the Top, and ſave the Middle, and melt it again and ſcum it; then take 6 Whites of Eggs beaten to a Froth, half a Pint of Rheniſh-wine, and one Lemon juiced, and half a Pound of fine powdered Sugar; ſtir all together, and let it boil, then take it off, and put to it as much Spirit of Vitriol as will ſharpen it to your Palate, about one Penny-worth will do, let it not boil after the Vitriol is in; let your Jelly-bag be made of thick Flannel, then run it through till 'tis very clear; you may put the Whites of the Eggs that ſwim at the Top into the Bag firſt, and that will thicken the Bag.

To make Oat-meal Candle.

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

To make Salop.

TAKE a Quart of Water, and let it boil a quarter of an Hour; then put in a quarter of an Ounce of Salop finely powdered, and let it boil half an Hour longer, ſtirring it all the while; then ſeaſon it with White-wine and Juice of Lemons, and ſweeten it to your Taſte; drink it in *China* Cups as Chocolate; 'tis a great Sweetner of the Blood.

Boil

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

To make Lemon Syllabubs.

TAKE a Quart of Cream, half a Pound of Sugar, a Pint of White-wine, the Juice of two or three Lemons, the Peel of one grated; mix all theſe, and put them in an earthen Pot, and milk it up as faſt as you can 'til it is thick; then pour it into your Glaſſes, and let them ſtand 5 or 6 Hours: You may make them over Night.

To make white Leach.

TAKE half a Pound of Almonds, blanch and beat them with Roſe-water and a little Milk; then ſtrain it out, and put to it a Piece of Iſing glaſs, and let it boil on a Chafing-diſh of Coals half an Hour; then ſtrain it into a Baſon, and ſweeten it, and put a Grain of Muſk in it, and let it boil a little longer, and put to it two or three Drops of Oil of Mace or Cinamon, and keep it 'til 'tis cold; eat it with Wine or Cream.

To make White-wine Cream.

TAKE a Quart of Cream, ſet it on the Fire, and ſtir it 'til 'tis blood warm; then boil a Pint of White-wine with Sugar 'til it is Syrup: So mingle the Wine and Cream together; put it in a *China* Baſon, and when it is cold, ſerve it up.

To make Strawberry or Raſpberry Fool.

TAKE a Pint of Raſpberries, ſqueeze and ſtrain the Juice with Orange-flower Water; put to the Juice five Ounces of fine Sugar; then ſet a Pint of Cream over the

the Fire, and let it boil up; then put in the Juice, give it one ſtir round, and then put it into your Baſon; ſtir it a little in the Baſon; and when 'tis cold uſe it.

To make Sack Cream.

TAKE a Quart of thick Cream, and ſet it over the Fire, and when it boils take it off; put a Piece of Lemon-peel in it, and ſweeten it very well; then take the *China* Baſon you ſerve it in, and put into the Baſon the Juice of half a Lemon, and nine Spoonfuls of Sack; then ſtir in the Cream into the Baſon by a Spoonful at a Time, 'til all the Cream is in, when 'its little more than blood-warm; ſet it by till next Day, ſerve it with Wafers round it.

To make Ratafia Bisket.

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

To make a Hart's-horn Flummery.

TAKE three Ounces of Hart's horn, and put it to boil with two Quarts of Spring-water; let it ſimmer over the Fire ſix or ſeven Hours 'til half the Water is conſumed, or elſe put it in a Jug, and ſet it in the Oven with Houſhold-bread; then ſtrain it through a Sieve, and beat half a Pound of Almonds very fine, with ſome Orange-flower Water in the beating; and when they are beat, mix a little of your Jelly with it, and ſome fine Sugar; ſtrain it out, and mix it with your Jelly; ſtir it together 'til 'tis little more than blood-warm; then pour it into half-pint Baſons, fill them but half full; when you uſe them, turn them out of the Diſh as you do Flummery;

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if it does not come out clean, hold the Bason a Minute or two in warm Water, eat it with Wine and Sugar.

Put six Ounces of Hart's-horn in a glazed Jug, with a long Neck, and put in three Pints of soft Water; cover the Top of the Jug close, and put a Weight on it to keep it steady; set it in a Pot or Kettle of Water 24 Hours; let it not boil, but be scalding hot; then strain it out and make your Jelly.

A Sack Posset without Eggs.

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

A Sack Posset without Cream or Eggs.

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

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

TAKE a Quart of Cream, and mix with it a Pint of Ale, then beat the Yolks of 10 Eggs, and the Whites of four; when they are well beaten, put them to your Cream and Ale; sweeten it to your Taste, and slice some Nutmeg in it; set it over the Fire, and keep it stirring all the while, and when 'tis thick, and before it boils, take it off, and pour it into the Bason you serve it in to the Table.

To

To make the Pope's Poſſet.

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

To make very fine Syllabubs.

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

To make an Oatmeal Sack Poſſet.

TAKE a Pint of Milk, and mix in it two Spoonfuls of Flour of Oatmeal, and one of Sugar, put in a Blade of Mace, and let it boil till the Rawneſs of the Oatmeal is gone off: In the mean Time have in Readineſs three Spoonfuls of Sack, and three of Ale, and two of Sugar, ſet them over the Fire till ſcalding hot; then put them to your Milk, give one ſtir, and let it ſtand on the Fire a Minute or two, and pour it in your Baſon; cover your Baſon with a Pye plate, and let it ſtand a little to ſettle.

Preſerves, Conſerves, and Syrups.

To preſerve Oranges whole.

TAKE the beſt *Bermudas* Oranges, and pare them with a Penknife very thin, and lay your Oranges in Water three or four Days, ſhifting them every Day; then put them in a Kettle with fair Water, and put a Board on them to keep them down in the Water, and have a Skillet on the Fire with Water, that may be in Readineſs to ſupply the Kettle with boiling Water; as it waſtes it muſt be filled up three or four Times while the Oranges are doing, for they will take up ſeven or eight Hours in boiling, for they muſt be ſo tender that a Wheat-ſtraw may be thruſt through them; then take them up and ſcoop the Seeds out of them, making a little Hole on the Top; then weigh them, and to every Pound of Orange, take a Pound and three Quarters of double-refind Sugar, finely beaten and ſifted; fill up your Oranges with Sugar, and ſtrew ſome on them, and let them lie a little while; then make your Jelly for them thus:

Take two Dozen of Pippins, and ſlice them into Water, and when they are boiled tender, ſtrain the Liquor from the Pulp, and to every Pound of Orange, you muſt have a Pint and half of this Liquor, and put to it three Quarters of the Sugar you left in filling the Oranges; ſet it on the Fire, and let it boil and ſcum it well, and put it in a clean earthen Pan till 'tis cold; then put it in your Skillet, and put in your Oranges, and with a ſmall Bodkin job the Oranges as they are boiling to let the Syrup into them; ſtrew on the reſt of your Sugar while they

are

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

To preſerve whole Quinces white.

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

To preſerve Gooſeberries.

TAKE of the beſt *Dutch* Gooſeberries before they are too ripe, ſtone them, and put them in a Skillet with ſo much fair Water as will cover them; ſet them on a Fire to ſcald, and when they are tender, take them out of the Liquor and peel off the outer Skin as you do Codlins, and throw them into ſome double-refin'd Sugar, powdered and ſifted; put a Handful more of Gooſeberries into that Water, and let them boil a little; then run the Liquor through a Sieve; take the Weight of your peeled Gooſeberries in double-refin'd Sugar; break the Sugar in Lumps, and wet the Lumps in the Liquor that the Gooſeberries were ſcalded in, and put your Sugar in a Preſerving-pan over a clear Fire, and let it boil up and ſcum it well; then put in your Gooſeberries, and let them boil till they look clear; then place them in your Glaſſes, and boil the Liquor a little longer, and pour it on your

Gooſeberries in the Glaſſes; when they are cold, paper them

To preſerve Raſpberries in Jelly.

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

To preſerve Apricocks.

TAKE your Apricocks, ſtone and pare them, and take their Weight in double-refin'd Sugar beaten and ſifted, and put your Apricocks in a Silver Cup or Tankard, and cover them over with the Sugar, and let them ſtand ſo all Night; the next Day put them in a Preſerving-pan, and ſet them on a gentle Fire, and let them ſimmer a little while; then let them boil till they are tender and clear, taking them off ſometimes to turn and ſcum; keep them under the Liquor as they are doing, and with a ſmall clean Bodkin or great Needle, job them ſometimes that the Syrup may penetrate into them; when they are enough take them up, and put them in Glaſſes. Boil and ſcum the Syrup, and when it is cold put it on your Apricocks.

To preserve Damsons whole.

TAKE some Damsons and cut them in Pieces, and put them in a Skillet over the Fire with as much Water as will cover them; when they are boiled, and the Liquor pretty strong, strain it out; add for every Pound of your whole Damsons wiped clean, a Pound of single-refin'd Sugar; put the third Part of the Sugar in the Liquor, and set it over the Fire, and when it simmers put in your Damsons. Let them have one good Boil, and take them off for half an Hour, covered up close; then set them on again, and let them simmer over the Fire, often turning them; then take them out and put them into a Bason, and strew all the Sugar that was left on them, and pour the hot Liquor over them, and cover them up, and let them stand till the next Day; then boil them up again till they are enough; take them up, and put them in Pots; boil the Liquor till it jellies, and pour it on them when 'tis almost cold, so paper them up

To parch Almonds.

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

To dry Apricocks.

TAKE to a Pound of Apricocks a Pound of double-refin'd Sugar; then stone them and pare them, and put them into cold Water, and when they are all ready put them into a Skillet of hot Water and scald them till they are tender; then drain them very well from the Water, and put them into a Silver Bason; and have in Readiness your Sugar boiled to Sugar again, and pour the Sugar over your Apricocks, and cover them with a Silver Plate; and let them stand all Night; the next Day set

them over a gentle Fire, and let them be ſcalding hot, turning them often; you muſt do them twice a Day, till you ſee them begin to candy; then take them out and ſet them in your Stove or Glaſſes to dry, heating your Stove every Day till they are dry.

To preſerve green Plumbs.

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

To make Sugar Plates.

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

To clear Sugar.

TAKE two or three Whites of Eggs, and put them into a Baſon of Water, and with a very clean Hand lather that as you do Soap; take nothing but the Froth, and when your Syrup boils, with a Ladle cover it with it; do this till your Syrup is clear, making ſtill more Froth, and covering the Syrup with it; it will make the worſt Sugar as clear as any, and fit to preſerve any Fruit.

To

To preſerve green Plumbs.

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

To preſerve black Pear Plumbs, or any black Plumb.

TAKE a Pound of Plumbs, give them a little Slit in the Seam; then take ſome of your worſt Plumbs, and put them in a Gallipot cloſe covered, and ſet them in a Pot of boiling Water, and as they yield Liquor ſtill pour it out. To a Pint of this Liquor, take a Pound and quarter of Sugar; put them together, and give them a boil and a ſcum, after which take it off to cool a little; then take your Pound of Plumbs, and as you put them in, give every one of them a prick or two with a Needle, ſo

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ſet them again on a ſoft Fire a pretty while; then take them off, and let them ſtand 'til the next Day, that they may drink up the Syrup without breaking the Skin; the next Day warm them again once or twice 'til you ſee the Syrup grow thick, and the Plumbs look of the right black, ſtill ſcumming them, and when they will endure a boil, give them 2 or 3 walms, and ſcum them well, and put them in your Glaſſes. Be ſure you keep ſome of the Syrup in a Glaſs, that when your Plumbs are ſettled and cold you may cover them with it. The next Day paper them up, and keep them for uſe.

To make white Jelly of Quinces.

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

To make clear Cakes of the Jelly of any Fruit.

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

To make clear Cakes of any Fruit.

TAKE your Gooſeberries, or other Fruit, and put them in an earthen Pot ſtopt very cloſe, and put them in a Kettle of Water, and let them boil 'til they break; then take them out, and run them through a Cloth; take the Weight of the Liquor in Sugar; boil the Sugar candy-height; then put in your Juice, and let it ſtand over a few Embers to dry 'til 'tis thick like Jelly; if you fear it will change Colour, put in 3 or 4 Drops of Juice of Lemon; pour it out into clear Cake Glaſſes, and dry them with a little Fire.

To make brown Sugar.

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

To make Paſtils.

TAKE double-refin'd Sugar beaten and ſifted as fine as Flour; perfume it with Muſk and Ambergreaſe; then have ready ſteeped ſome Gum arabick in Orange-flower Water, and with that make the Sugar into a ſtiff Paſte; drop into ſome of it 3 or 4 Drops of Oil of Mint, or Oil of Cloves, or Oil of Cinamon, or of what Oil you like, and let ſome only have the Perfume; then roll them up in your Hand like little Pellets, and ſqueeze them flat with a Seal. Dry them in the Sun.

To fricaſy Almonds.

TAKE a Pound of *Jordan* Almonds; do not blanch them, or but one Half of them; beat the White of an Egg very well, and pour it on your Almonds, and wet them

them all over; then take half a Pound of double refin'd Sugar, and boil it to Sugar again; and put your Almonds in, and ſtir them 'til as much Sugar hangs on them as will; then ſet them on Plates, and put them into the Oven to dry after Bread is drawn, and let them ſtay in all Night. They will keep the Year round if you keep them dry, and are a pretty Sweetmeat.

To make Almond Cakes.

BOIL a Pound of double-refin'd Sugar up to a thin Candy; then have in Readineſs half a Pound of Almonds blanched, and finely beaten with ſome Roſe or Orange-flower Water, the Juice of one Lemon, the Peels of two grated into the Juice, put all theſe together, ſtir them over a gentle Fire 'til all the Sugar is well melted, but be ſure it does not boil after the Lemon is in; then put it into your clear Cake Glaſſes; perfume them, and when they are a little dry, cut them into what Shape you pleaſe.

To make Orange Cakes.

PARE your Oranges very thin, and take off the white Rinds in quarters; boil the white Rinds very tender, and when they are enough, take them up, and ſcrape the Black off, and ſqueeze them between two Trenchers; beat them in a Stone Mortar to a fine Pulp with a little Sugar, pick the Meat out of the Oranges from the Skins and Seeds, and mix the Pulp and Meat together, and take the Weight and half of Sugar; boil the Sugar to a candy-height, and put in the Oranges, ſtir them well together, and when 'tis cold, drop them on a Pye-plate, and ſet them in a Stove. You may perfume them. To the Rinds of 6 Oranges put the Meat of 9 Lemons. Cakes are made the ſame Way, only as many Rinds as Meat, and twice the Weight of Sugar.

To make March-pane unboiled.

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

If you have a mind to have your March-pane large, cut it when 'tis rolled out by a Pewter plate, and edge it about the Top like a Tart, and bottom with Wafer-paper, and set it in the Oven, and ice it as aforesaid; when the Icing rises, take it out and strew colour'd Comfits on it, or serve Sweetmeats on it.

To preserve Cherries.

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

To preserve Currants in Jelly.

TAKE your Currants and strip them, and put them in an earthen Pot; tie them close down, and set them in a Kettle of boiling Water, and let them stand 3 Hours, keeping the Water boiling; then take a clean flaxen Cloth, and strain out the Juice, and when it has settled, take a Pound of double-refin'd Sugar beaten and sifted.

ſifted, and put to a Pint of the clear Juice: Have in Readineſs ſome whole Currants ſtoned, and when the Juice boils, put in your Currants, and boil them 'til your Syrup jellies, which you may know by taking ſome in a Spoon; then put it in your Glaſſes. This way make Jelly of Currants, only leaving out the whole Currants; when it is cold, paper them up.

To preſerve Barberries.

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

To preſerve whole Pippins.

TAKE *Kentiſh* Pippins, or Apple-Johns, pare them and ſlice them into fair Water; ſet them on a clear Fire, and when they are boiled to maſh, let the Liquor run through a Hair Sieve. Boil as many Apples thus, till you have the Quantity of Liquor you would have. To a Pint of this Liquor you muſt have a Pound of double refin'd Sugar in great Lumps; wet the Lumps of Sugar with the Pippin Liquor, and ſet over a gentle Fire, and let it boil, and ſcum it well, and while you are making the Jelly, you muſt have your whole Pippins boiling at the ſame Time; they muſt be the faireſt and beſt Pippins you can get; ſcoop out the Cores, and pare them neatly, and put them into fair Water as you do them. You muſt by all means make a Syrup ready to put them into the Quantity

Quantity as you think will boil them in clear; you muſt make that Syrup with double-refin'd Sugar and Water; tie up your whole Pippins in a Piece of fine Muſlin ſeverally, and when your Sugar and Water boils put them in; let them boil very faſt; ſo faſt, that the Syrup always boils over them; ſometimes take them off, and then ſet them on again, and let them boil 'til they are tender; then take off the Tiffney or Muſlin they were tied up in, and put them into Glaſſes that will hold but 1 in a Glaſs; then ſee if your Jelly of Apple Johns be boiled to Jelly enough; if it be, ſqueeze in the Juice of two Lemons, and put Musk and Ambergreaſe in a Rag, and let it have a boil; then ſtrain it through a Jelly-bag into the Glaſſes your Pippins were in: You muſt be ſure to drain your Pippins well from the Syrup they were boiled in; before you put them in your Glaſſes, you may, if you pleaſe, boil Lemon-peel in little Pieces in Water 'til they are tender, and then boil them in the Syrup your Pippins were boiled in; then take them out, and lay them about the Pippins before the Jelly is put in; when they are cold, paper them up.

To make Pippin Jelly.

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

To candy Angelica.

TAKE Angelica that is young, and cut it in fit Lengths, and boil it 'til 'tis pretty tender, keeping it cloſe covered; then take it up and peel off all the Strings; then put it in again, and let it ſimmer and ſcald 'til 'tis very green; then take it up and dry it in a Cloth, and weigh it, and to every Pound of Angelica take a Pound of double-refin'd Sugar beaten and ſifted; put your Angelica in an earthen Pan, and ſtrew the Sugar over it, and let it ſtand two Days; then boil it 'til it looks very clear, put it in a Colander to drain the Syrup from it, and take a little double-refin'd Sugar and boil it to Sugar again; then throw in your Angelica, and take it out in a little Time, and put it on glaſs Plates. It will dry in your Stove, or in an Oven, after Pyes are drawn.

To make Jelly of white Currants.

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

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

To make white Marmalade.

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

To make red Quince Marmalade.

PARE, core, and quarter your Quinces, then weigh them, and to a Pound of Quince allow a Pound of ſingle-refin'd Sugar beaten ſmall; and to every Pound of Quince a Pint of Liquor; make your Liquor thus: Put your Parings and Cores, and 3 or 4 Quinces cut in Pieces, into a large Skillet, with Water proportionable to the Quantity of Quinces you do; cover it, and ſet it over the Fire; and let it boil 2 or 3 Hours, then put in a Quart of Barberries, and let them boil an Hour, and ſtrain all out; then put your Quince and Liquor, and a quarter of your Sugar into a Skillet or large Preſerving-pan, and let them boil together over a gentle Fire, cover it cloſe, and take care it does not burn; ſtrew in the reſt of your Sugar by Degrees, and ſtir it often from the Bottom, but do not break the Quince 'til 'tis near enough; then break it in Lumps as ſmall as you like it; when 'tis of a good Colour and very tender, try ſome in a Spoon, if it jellies 'tis enough; then take it off, and put it in Gallipots; when 'tis cold, paper it up.

To make Marmalade of Cherries.

TAKE four Pounds of Cherries, ſtone them, and put them in a Preſerving-pan, with a Quart of Juice of Currants; ſet them on a Charcoal Fire, and let the Fire dry away moſt of the Juice; break or maſh them, and boil 3 Pounds of Sugar candy-high, and put

the Cherries to it, and ſet it on the Fire again, and boil it 'til it comes to a Body; ſo put it in Glaſſes, and when 'tis cold, paper it up.

To make white Quince Paſte.

SCALD the Quinces tender to the Core, and pare them, and ſcrape the Pulp clean from the Core, beat it in a Mortar, and pulp it through a Colander; take to a Pound of Pulp a Pound and two Ounces of Sugar, boil the Sugar 'til 'tis candy-high; then put in your Pulp, ſtir it about conſtantly 'til you ſee it come clear from the Bottom of the Preſerving-pan; then take it off, and lay it on Plates pretty thin: You may cut it in what Shape you pleaſe, or make Quince Chips of it; you muſt duſt it with Sugar when you put it into the Stove, and turn it on Paper in a Sieve, and duſt the other Side; when they are dry, put them in Boxes with Papers between. You may make red Quince Paſte the ſame Way as this, only colour the Quince with Cochineel.

To dry Pears or Apples.

TAKE poppering Pears, and thruſt a piked Stick into the Head of them beyond the Core, then ſcald them, but not too tender; then pare them the long Way; put them in Water, and take the Weight of them in Sugar, and clarify it with Water, a Pint of Water to a Pound of Sugar, ſtrain the Syrup and put in the Pears; ſet them on the Fire, and boil them pretty faſt for half an Hour; cover them with Paper, and ſet them by till the next Day; then boil them again, and ſet them by till the next Day; then take them out of the Syrup, and boil it till 'tis thick and ropy; then put the Pears in your Preſerving-pan, and put the Syrup to them, and if it will not cover them, add ſome Sugar to them, ſet them over the Fire and let them boil up; then cover them with Paper, and ſet 'em in a Stove twenty four Hours; then take 'em out and lay them on Sieves to dry; then lay them on Plates, and duſt them with Sugar, and ſet them into your Stove to dry;

and

and when one Side is dry, lay them on Papers, and turn them, and duſt the other Side with Sugar; ſqueeze the Pears flat by Degrees; if 'tis Apples ſqueeze the Eye to the Stalk; when they are quite dry put them in Boxes with Papers between.

To dry Pears or Pippins without Sugar.

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

To candy any ſort of Flower.

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

To make Syrup of any Flower.

CLIP your Flowers, and take their Weight in Sugar; then take a high Gallipot, and put a row of Flowers, and a ſtrewing of Sugar, till the Pot is full; then put in two or three Spoonfuls of the ſame Syrup or ſtill'd Water; tie a Cloth on the Top of the Pot, and put a Tile on that, and ſet your Gallipot in a Kettle of Water over a gentle

Fire, and let it infuſe till the Strength is out of the Flowers, which will be in four or five Hours; then ſtrain it thro' a Flannel, and when 'tis cold bottle it up.

To candy any ſort of Fruit.

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

To preſerve Gooſeberries in Hops.

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

To preserve Gooseberries whole, without stoning.

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

To make Conserve of red Roses, or any other Flowers.

TAKE Rose-buds, and pick them, and cut off the white Part from the red, and put the red Flowers, and sift them through a Sieve to take out the Seeds; then weigh them, and to every Pound of Flowers take two Pounds and half of Loaf-Sugar, beat the Flowers pretty fine in a Stone Mortar; then by Degrees put the Sugar to them,

them, and beat it very well 'til 'tis well incorporated together; then put it into Gallipots, and tie it over with Paper, and over that Leather, and it will keep 7 Years.

To ſtew Apples.

TAKE to a Quart of Water a Pound of double-refin'd Sugar beaten fine, boil and ſcum it, and put into it a Pound of the largeſt and cleareſt Pippins, pared, and cut in Halves, and cored. Let them boil, covered with a continual Froth 'til they be as tender and clear as you would have them; then put in the Juice of two Lemons, and a little Peel cut like Threads. Let them have 5 or 6 walms after the Lemon is in; then put them in the *China* Diſh or Silver you ſerve them in; they ſhould be done two Hours before uſed.

To make Sugar of Roſes.

CLIP off all the Whites from the Red roſe Buds, and dry the Red in the Sun; and to one Ounce of that finely powdered, you muſt have a Pound of Loaf Sugar; wet the Sugar in Roſe water, (but if in the Seaſon, Juice of Roſes;) boil it to a candy-height; then put in your Powder of Roſes, and the Juice of a Lemon; mix it well together; then pour it on a Pye-plate, and cut it into Lozenges, or what Form you pleaſe.

To preſerve ſmall Cucumbers green.

TAKE ſmall Cucumbers, boil them, but not very tender; when you take 'em out of the Water, make a Hole thro' every one with a large Needle; then pare and weigh them, and to every Pound allow a Pound of Sugar, which make in a Syrup, with a Pint of Water to every Pound of Sugar; you muſt green them before you put them into the Sugar; then let them boil, keeping them cloſe covered, then put them by, and for 3 or 4 Days boil them a little every Day put into the Syrup the Peel of a freſh Lemon. Then make a freſh Syrup with

with double-refin'd Sugar; you muſt have three quarters of a Pound to a Pound of Cucumbers, and a quarter of a Pint of fair Water, the Juice of a Lemon, and a little Amber-greaſe boiled in it; ſo do them up for Uſe; paper them when cold.

To preſerve Mulberries whole.

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

To make Roſe Drops.

THE Roſes and Sugar muſt be beat ſeparately into a very fine Powder, and both ſifted; to a Pound of Sugar, an Ounce of red Roſes; they muſt be mixed together, and then wet with as much Juice of Lemon as will make it into a ſtiff Paſte. Set it on a ſlow Fire in a Silver Porringer, and ſtir it well; and when 'tis ſcalding hot quite through, take it off, and drop it on Paper. Set them near the Fire the next Day; they'll come off.

A fine way to preſerve Raſpberries.

TAKE the Juice of red and white Raſpberries and Codlin Jelly; to a Pint and half, two Pounds of double refin'd Sugar; boil it, and ſcum it, and then put in three quarters of a Pound of large pick'd Raſpberries; let them boil very faſt 'til they jelly, and are clear; don't take them off the Fire, that will make them hard, a quarter

ter of an Hour will do them when they begin to boil; then put your Raſpberries in the Glaſs firſt, and ſtrain the Seeds from the Jelly, and put it to them, and when they begin to cool, ſtir them gently, that they may not all lye on the Top of the Glaſs, and when cold, lay Papers cloſe on them, firſt wet the Papers, and dry them in a Cloth.

To make a ſtrong Apple Jelly.

LET your Water boil in the Pan you make it in, and when the Apples are pared and quartered, put them into your boiling Water; let there be no more Water than will juſt cover them, and let it boil as faſt as poſſible, and when the Apples are all to Pieces, put in about a Quart of Water more, and let it boil half an Hour longer, then run it through a Jelly-bag, and uſe it as Occaſion for any Sort of Sweetmeat; in the Summer Codlins are beſt, in the Winter Golden Runnets or Winter Pippins.

To preſerve Raſpberries whole.

TAKE the full Weight of your Raſpberries in double refin'd Sugar, beaten and ſifted; lay your Raſpberries ſingle in the Bottom of your Preſerving-pan, and put all your Sugar over them; ſet them on a ſlow Fire, 'til there is ſome Syrup in the Bottom of the Pan; then ſet them on a quick Fire 'til all the Sugar be thoroughly melted, give them 2 or 3 walms, ſcum them, and take them up, and put them in Glaſſes.

To make Biſket.

TAKE the Whites of four Eggs, the Yolks of ten, beat them a quarter of an Hour with four Spoonfuls of Orange-flower Water; then add to it one Pound of Loaf Sugar beaten and ſifted; then beat them together an Hour longer; then ſtir in half a Pound of dry Flour, and the Peel of a Lemon grated off; mix it well together, then butter the Pans and fill them, ſtrew ſome Sugar over them

as

as you put them in the Oven; when they are riſen in the Oven, take them out and lay them on a clean Cloth, and when the Oven is pretty cool, put them in again on Sieves, and let them ſtand 'til they are dry, and will ſnap in breaking.

To make Chocolate Almonds.

TAKE a Pound of Chocolate finely grated, and a Pound and half of the beſt Sugar finely ſifted; then ſoak Gum dragant in Orange flower Water, and work them into what Form you pleaſe. The Paſte muſt be ſtiff, dry them in a Stove.

To make Lemon Puffs.

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

To make Almond Loaves.

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

To make Lemon Biſket.

TAKE ſix yellow Rinds well beat, with a Pound of double-refin'd Sugar, and Whites of four Eggs, till come to a Paſte; lay them on Waſer-paper, ſo bake them on Tins.

To

To make Orange-Chips criſp.

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

To make Syrup of Orange-peel.

TO every Pint of Water in which the Orange-peels were ſteep'd, put a Pound of Sugar, boil it, and when it has boil'd a little, ſqueeze in ſome Juice of Lemon, and make it more or leſs ſharp to your Taſte; filter the Lemon-juice through Cap paper, as it boils, ſcum it clear; and when boiled enough to keep take it off the Fire, and when cold bottle it. When your Orange-peels are dried on one Side, turn the other, and ſo do till they are criſp; bruſh the Sugar from them, then take a Cloth dipp'd in warm Water and wipe off all that remains of Sugar on the Rind Side; then lay them on the Sieve again, and in an Hour they will be dry enough to put into your Boxes to keep.

To make Orange Marmalade.

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

To make Orange Cakes.

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

To make Lemon Cakes.

GRATE off the yellow Rind of your Lemon, and squeeze your Juice to that Peel; take two Apples to every Lemon, pare and core them, and boil them

clear, then put them to your Lemon; to a Pound of this put two Pound of double-refin'd Sugar, then order it as the Orange.

To make clear Candy.

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

To keep Fruit in Syrup to Candy.

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

To dry Apricocks like Prunello's.

TAKE a Pound of Apricocks, being cut in halves or quarters, let them boil till they be very tender in a thin Syrup; let them ſtand a Day or two in the Stove; then take them out of the Syrup, and lay them drying till they be as dry as Prunello's, then box them: You may

may make your Syrup red with the Juice of red Plumbs; if you pleaſe you may pare them.

To preſerve green Cucumbers.

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

To make clear Cakes of Gooſeberries.

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

To preſerve Cherries.

GATHER your Cherries of a bright red, not too ripe; weigh them, and to every Pound of Cherries put three quarters of a Pound of double-refin'd Sugar beaten fine; ſtone them, and ſtrew ſome Sugar on them, as you ſtone them; to keep their Colour, wet your Sugar with fair Water near half a Pint, and boil and ſcum it, then put in three ſmall Spoonfuls of the juice of Currants, that was infuſed with a little Water; give it another boil, and ſcum, and put in your Cherries; boil them till they are tender, then pour them into a *China* Baſon, cover them with Paper, and ſet them by twenty four Hours, then put them in your Preſerving-pan, and boil them till they look clear; put them in your Glaſs clear from the Syrup, and put the Syrup on them ſtrain'd through Muſlin.

To preſerve green Apricocks.

BEFORE the Stones are hard, wet them and lay them in a courſe Cloth and put to them two or three Handfuls of Salt, and rub them till the Roughneſs is off, then put them in ſcalding Water, and ſet them over the Fire till almoſt boil'd, then ſet them off till almoſt cold; do this two or three Times; after this let them be cloſe cover'd, and when they look to be green, let them boil till they begin to be tender; weigh them and take their Weight in double-refin'd Sugar, to a Pound of Sugar half a Pint of Water; make the Syrup, and when almoſt cold put in your Apricocks, boil them well till clear, warm the Syrup two or three Times till thick, or put them in cold Jelly, or dry them as you uſe them.

To Candy Orange Chips.

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

To ſcald Fruit for preſent Uſe.

PUT your Fruit into boiling Water, as much as will almoſt cover them, ſet them over a ſlow Fire, keep it in a ſcald till tender, turning the Fruit where the Water does not cover; when tender, lay a Plate cloſe on it, let it ſtand till cold; to a Pound of Fruit, put half a Pound

Pound of Sugar; let it boil, but not fast, till it looks clear; all Fruit done whole but Pippins, and they in halves, with Orange or Lemon peel and Juice of Lemon; cut your Peel very thin, like Threads, and strew them on your Pippins.

To make Marmalade of Apricocks.

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

To make a Gooseberry Gam.

GATHER your Gooseberries full ripe, but green; top and tail them, and weigh them; a Pound of Fruit to three quarters of a Pound of double refin'd Sugar, and half a Pint of Water; boil them till clear and tender, then put it in Pots.

To make white Quince Marmalade.

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

To make red Quince Marmalade.

PARE and core a Pound of Quince, beat the Parings and Cores and some of your worst Quinces, and strain out the Juice; and to every Pound of Quince, take ten or

twelve Spoonfuls of that Juice, and three quarters of a Pound of Loaf-ſugar, put all into your Preſerving-pan, cover it cloſe, and let it ſtew over a gentle Fire two Hours; when 'tis of an Orange-red, uncover and boil it up as faſt as you can; when of a good Colour, break it as you like it, give it a boil, and pot it up.

To make Syrup of Marſh-mallows.

TAKE of Marſh-mallow-Roots four Ounces, Graſs-Roots Aſparagus-Roots, Liquoriſh, ſtoned Raiſins, of each half an Ounce, the Tops of Marſh-mallows, Pellitory, Pimpernel, Saxifrage, Plantan, Maiden hair white and black, of each a Handful, red Sifers one Ounce; the four greater and four leſſer cold Seeds of each three Drachms; bruiſe and boil all theſe in three Quarts of Water till it comes to two; then put to it four Pounds of white Sugar till it comes to a Syrup; put to every Pint the White of an Egg to clarify it.

To make Syrup of Saffron.

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

A Syrup for a Cough or Aſthma.

TAKE of Hyſſop and Pennyroyal Water of each a quarter of a Pint, ſlice into it a ſmall Stick of Liquoriſh and a few Raiſins of the Sun ſtoned; let it ſimmer together a quarter of an Hour, and then make it into a Syrup with brown Sugar candy, boil it a little, and then put in four or five Spoonfuls of Snail water; give it a

walm,

walm, and when 'tis cold bottle it: Take one Spoonful Morning and Night, with three Drops of Ballam of Sulphur in it: You may take a little of the Syrup without the Drops once or twice a Day. If the Party is ſhort-breath'd a Bliſter is very good.

To make Syrup of Balſam for a Cough.

TAKE one Ounce of Balſam of *Tolu*, and put to it Quart of Spring water; let them boil together two Hours, then put in a Pound of white Sugar candy finely beaten, and let it boil half an Hour longer; take out the Balſam, and ſtrain the Syrup through a Flannel bag twice; when 'tis cold put it in a Bottle. This Syrup is excellent for a Cough; take a Spoonful of it as you lie down in your Bed, and a little at any Time. When your Cough troubles you, you may add to it two Ounces of the Syrup of red Poppies, and as much of Raſpberry Syrup.

A Syrup for a Cough.

TAKE a Handful of Oak-Lungs, a Handful of *French* Moſs, a Handful of Maiden hair; boil all theſe in three Pints of Spring-water till it comes to a Quart; then ſtrain it out and put to it ſix Pennyworth of Saffron tied up in a Rag, and two Pounds of brown Sugar-candy; boil it up to a Syrup, and when 'tis cold bottle it: Take a Spoonful of it as often as your Cough troubles you.

For a Cough.

TAKE three Quarts of Spring-water, and put it in a large Pipkin, with a Calf's foot, and four Spoonfuls of Barley, and a Handful of dried Poppies; boil it together till one Quart be conſumed, then ſtrain it out and add a little Cinamon and a Pint of Milk, and ſweeten it to your Taſte with Loaf-ſugar; warm it a little and drink half a Pint as often as you pleaſe.

To make Conſerve of Hips.

GATHER the Hips before they grow ſoft, cut off the Heads and Stalks, ſlit them in halves and take out all the Seed and White that is in them very clean; then put them in an earthen Pan, and ſtir them every Day, elſe they will grow mouldy; let them ſtand till they are ſoft enough to rub through a coarſe Hair ſieve; as the Pulp comes, take it off the Sieve; they are a dry Berry, and will require Pains to rub it through; then add its Weight in Sugar, and mix it well together without boiling; keep it in deep Gallipots for Uſe.

To preſerve Apricocks ripe.

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

To make Jelly of Currants.

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

To make Apricock Chips.

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

To make a ſweet Bag for Linen.

TAKE a Pound of Orris-roots, a Pound of ſweet Calamus, a Pound of Cypreſs-roots, a Pound of dried Lemon-peel, a Pound of dried Orange-peel, a Peck of dried Roſes, make all theſe into a groſs Powder; Coriander-ſeeds four Ounces, Nutmegs one Ounce and half, an Ounce of Cloves; make all theſe into fine Powder, and mix with the other; add Muſk and Ambergreaſe; then take four large Handfuls of Lavender-flowers dried and rub'd, a Handful of Sweet-marjoram, a Handful of Orange-leaves, a Handful of young Walnut-leaves, all dry'd and rub'd; mix all together with ſome bits of Cotton perfum'd with Eſſences, and put it up into ſilk Bags to lay with your Linen.

To make the burning Perfume.

TAKE a quarter of a Pound of Damask-roſe Leaves, beat them by themſelves, one Ounce of Orris-root ſliced very thin, and ſteeped in Roſe-water. Beat them well together, and put to it 2 Grains of Muſk, as much Civet, two Ounces of *Benjamin*, finely powdered; mix all together, and add a little powder'd Sugar, and make them up in little round Cakes, and lay them ſingly on Papers,

Papers to dry; set them in a Window where the Sun comes, they will dry in two or three Days; make them in *June*.

All Sorts of Made Wines.

To make Apricock Wine.

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

To make Damson Wine.

GATHER your Damsons, dry and weigh them, and bruise them with your Hand, put them into an earthen Stean that hath a Fosset; put a Wreath of Straw before the Fosset; to every 8 Pound of Fruit a Gallon of Water; boil the Water, and scum it, and put it to your Fruit scalding hot, and let it stand two whole Days; then draw it off, and put it into a Vessel fit for it, and to every Gallon of Liquor put two Pound and half of fine Sugar: Let the Vessel be full, and stop it close, the longer it stands the better; it will keep a Year in the Vessel; bottle it out; the small Damson is the best; you may put a very small Lump of double-refin'd Sugar in every Bottle.

To make Gooſeberry Wine.

TAKE to every four Pound of Gooſeberries a Pound and a quarter of Sugar, and a Quart of fair Water; bruiſe the Berries and ſteep them 24 Hours in the Water, ſtirring them often; then preſs the Liquor from them, and put your Sugar to your Liquor; then put it in a Veſſel fit for it, and when it has done working, ſtop it up, and let it ſtand a Month, then rack it off into another Veſſel, and let it ſtand 5 or 6 Weeks longer; then bottle it out, putting a ſmall Lump of Sugar into every Bottle; cork your Bottles well, and at 3 Months end it will be fit to drink. In the ſame manner is Currant and Raſpberry Wine made; but Cherry Wine differs, for the Cherries are not to be bruiſed, but ſtoned, and put the Sugar and Water together, and give it a boil and a ſcum, and then put in your Fruit, and let it ſtew with a gentle Fire a quarter of an Hour; then let it run through a Sieve, without preſſing; and when 'tis cold put it in a Veſſel, and order it as your Gooſeberry or Currant Wine. The only Cherries for Wine are the great Bearers, Murrey Cherries, Morellos, black *Flanders*, or the *John Treduſkin* Cherries.

Pearl Gooſeberry Wine.

TAKE as many as you pleaſe of the beſt Pearl Gooſeberries, and bruiſe 'em, and let them ſtand all Night; the next Morning preſs or ſqueeze them out, and let the Liquor ſtand to ſettle 7 or 8 Hours; then pour off the Clear from the Settling, and meaſure it as you put it into your Veſſel; and to every three Pints of Liquor put a Pound of double-refin'd Sugar; break your Sugar in ſmall Lumps, and put it in the Veſſel with a bit of Iſing glaſs, and ſtop it up, and at 3 Months end bottle it out, putting into every Bottle a Lump of double-refin'd Sugar; this is the fine Gooſeberry Wine.

To make Cherry Brandy.

TAKE ſix Dozen Pounds of Cherries, half red and half black, and maſh or ſqueeze them with your Hands to Pieces, and put to them three Gallons of Brandy, and let them ſtand ſteeping 24 Hours; then put the maſh'd Cherries and Liquor a little at a Time into a Canvas Bag, and preſs it as long as any Juice will run; ſweeten it to your Taſte, and put it into a Veſſel fit for it, and let it ſtand a Month, and bottle it out; put a Lump of Loaf Sugar into every Bottle.

To make Cherry Wine.

PULL the Stalks off the Cherries, and maſh them without breaking the Stones; then preſs them hard through a hair Bag, and to every Gallon of Liquor put a Pound and half of Six-penny Sugar; the Veſſel muſt be full, and let it work as long as it makes a Noiſe in the Veſſel; then ſtop it up cloſe for a Moth or 6 Weeks; when 'tis fine, draw it into Bottles, put a Lump of Loaf Sugar into every Bottle; and if any of them fly, open them all for a Moment, and cork them well again; 'twill not be fit to drink in a quarter of a Year.

To make Currant Wine.

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

To make strong Mead.

TAKE of Spring-water what Quantity you please, and make it more than Blood warm, and dissolve Honey in it till 'tis strong enough to bear an Egg, the breadth of a Shilling; then boil it gently near an Hour, taking off the Scum as it rises; then put to about nine or ten Gallons, seven or eight large Blades of Mace, three Nutmegs quartered, twenty Cloves, three or four Sticks of Cinnamon, two or three Roots of Ginger and a quarter of an Ounce of *Jamaica* Pepper; put these Spices into the Kettle to the Honey and Water, a whole Lemon, with a Sprig of Sweet briar, and a Sprig of Rosemary; tie the Briar and Rosemary together, and when they have boiled a little while, take them out and throw them away; but let your Liquor stand on the Spice in a clean earthen Pot till the next Day; then strain it into a Vessel that is fit for it; put the Spice in a Bag, and hang it in the Vessel, stop it, and at three Months draw it into Bottles. Be sure that 'tis fine when 'tis bottled; after 'tis bottled six Weeks 'tis fit to drink.

To make small White Mead.

TAKE three Gallons of Spring-water and make it hot, and dissolve it in three Quarts of Honey and a Pound of Loaf Sugar; then let it boil about half an Hour, and scum it as long as any rises; then pour it into a Tub, and squeeze in the Juice of four Lemons; put in the Rinds of but two; twenty Cloves, two Races of Ginger, a Top of Sweet briar, and a Top of Rosemary. Let it stand in a Tub till 'tis but Blood warm; then make a brown Toast and spread it with two or three Spoonfuls of Ale yeast, put it into a Vessel fit for it; let it stand four or five Days, then bottle it out

To make Raiſin Wine.

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

To make Shrub.

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

To make Orange Wine.

PUT twelve Pounds of fine Sugar, and the Whites of eight Eggs well beaten into ſix Gallons of Spring water; let it boil an Hour, ſcumming it all the Time; take it off, and when 'tis pretty cool, put in the Juice and Rinds of fifty Sevil Oranges, and ſix Spoonfuls of good Ale-yeaſt, and let it ſtand two Days; then put it into your Veſſel with two Quarts of Rheniſh-wine, and the Juice of twelve Lemons. You muſt let the Juice of Lemons and Wine, and two Pounds of double refin'd Sugar ſtand cloſe cover'd ten or twelve Hours before you put it in the Veſſel to your Orange Wine, and ſcum off the Seeds before you put it in. The Lemon-peels muſt be put in with the Oranges, half the Rinds muſt be put into the Veſſel; it muſt ſtand ten or twelve Days before 'tis fit to bottle.

To make Birch Wine.

IN *March* bore a Hole in a Tree, and put in a Faucet, and it will run two or three Days together without hurting the Tree; then put in a Pin to ſtop it, and the next Year you may draw as much from the ſame Hole; put to every Gallon of the Liquor a Quart of good Honey and ſtir it well together; boil it an Hour, ſcum it well, and put in a few Cloves and a piece of Lemon-peel; when 'tis almoſt cold, put to it ſo much Ale yeaſt as will make it work like new Ale, and when the Yeaſt begins to ſettle, put it in a Runlet that will juſt hold it: So let it ſtand ſix Weeks or longer if you pleaſe; then bottle it, and in a Month you may drink it. It will keep a Year or two. You may make it with Sugar, two Pounds to a Gallon, or ſomething more, if you keep it long. This is admirably wholeſome as well as pleaſant, an Opener of Obſtructions, good againſt the Pothiſick, and good againſt the Spleen and Scurvy, a Remedy for the Stone; it will abate Heat in a Fever or Thruſh, and has been given with good Succeſs.

To make Sage Wine.

BOIL Twenty-ſix Quarts of Spring-water a quarter of an Hour, and when 'tis Blood warm, put Twenty five Pounds of *Malaga* Raiſins pick'd, rubb'd, and ſhred into it, with almoſt half a Buſhel of red Sage ſhred, and a Poringer of Ale-yeaſt; ſtir all well together, and let it ſtand in a Tub covered warm ſix or ſeven Days, ſtirring it once a Day; then ſtrain it out, and put it in a Runlet. Let it work three or four Days, ſtop it up; when it has ſtood ſix or ſeven Days, put in a Quart or 2 of *Malaga* Sack, and when 'tis fine bottle it.

To make Raſpberry Wine.

TAKE your Quantity of Raſpberries and bruiſe them, put them in an open Pot 24 Hours; then ſqueeze

out the Juice, and to every Gallon put three Pounds of fine Sugar, and two Quarts of Canary, put it into a Stean or Veſſel, and when it hath done working, ſtop it cloſe; when 'tis fine bottle it. It muſt ſtand two Months before you drink it.

To make Raſpberry Wine another Way.

POUND your Fruit, and ſtrain them through a Cloth; then boil as much Water as Juice of Raſpberries, and when 'tis cold put it to your Squeezings: Let it ſtand together five Hours; then ſtrain it and mix it with the Juice, and to every Gallon of this Liquor put two Pounds and half of fine Sugar: Let it ſtand in an earthen Veſſel cloſe covered a Week; then put it in a Veſſel fit for it, and let it ſtand a Month, or till 'tis fine; bottle it off.

To make Morella Cherry Wine.

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

To make Quince Wine.

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

To make Lemon Wine.

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

To make Elder Wine.

TAKE Twenty-five Pounds of *Malaga* Raisins, rub them and shred them small, then take five Gallons of fair Water, boil it an Hour, and let it stand till it is but Blood-warm, then put it in an earthen Crock or Tub with your Raisins; let them steep ten Days, stirring them once or twice a Day, then pass the Liquor through a hair Sieve, and have in readiness five Pints of the Juice of Elderberries drawn off as you do for Jelly of Currants; then mix it cold with the Liquor and stir it well together, and put it in a Vessel, and let it stand in a warm Place; and when it has done working stop it close. Bottle it about *Candlemas*.

To make Barley Water

TAKE of Pearl-barley four Ounces, put it in a large Pipkin and cover it with Water; when the Barley is thick and tender, put it in more Water and boil it up again, and so do till 'tis of a good Thickness to Drink; then put in a Blade or two of Mace, or a Stick of Cinnamon. Let it have a warm or two and strain it out, and

Squeeze in the Juice of two or three Lemons, and a bit of the Peel, and ſweeten it to your Taſte with fine Sugar; let it ſtand till 'tis cold, and then run it thro' a Bag and bottle it out, it will keep three or four Days.

To make Barley Wine.

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

To make Plumb Wine.

TAKE twenty Pounds of *Malaga* Raiſins, pick, rub, and ſhred them, and put them into a Tub; then take four Gallons of fair Water and boil it an Hour, and let it ſtand till 'tis blood warm; then put it to your Raiſins; let it ſtand nine or ten Days, ſtirring it once or twice a Day, ſtrain out your Liquor, and mix it with two Quarts of Damſon Juice, put it in a Veſſel, and when it has done working, ſtop it clo-; at four or five Months bottle it.

To make Ebulum.

TO a Hogſhead of ſtrong Ale, take a heap'd Buſhel of Elder-berries, and half a Pound of Juniper-berries beaten; put in all the Berries when you put in the Hops, and let them boil together till the Berries break in Pieces; then work it up as you do Ale; when it has done working, add to it half a Pound of Ginger, half an Ounce of Cloves, as much Mace, an Ounce of Nutmegs, and as much Cinamon groſly beaten, half a Pound of Citron, as much Ering-o, and likewiſe of candied Orange peel;

let

let the Sweetmeats be cut in Pieces very thin, and put with the Spice into a Bag, and hang it in the Vessel when you stop it up. So let it stand till 'tis fine, then bottle it up, and drink it with Lumps of double refin'd Sugar in the Glass.

To make fine Milk Punch.

TAKE two Quarts of Water, one Quart of Milk, half a Pint of Lemon Juice, and one Quart of Brandy, Sugar to your Taste; put the Milk and Water together a little warm, then the Sugar, then the Lemon Juice, stir it well together, then the Brandy, stir it again and run it through a flannel Bag till 'tis very fine, then bottle it; it will keep a Fortnight, or more.

To make Clary Wine.

TAKE twenty four Pounds of *Malaga* Raisins, pick them and chop them very small, put them in a Tub, and to each Pound a Quart of Water; let them steep ten or eleven Days, stirring it twice every Day; you must keep it covered close all the while; then strain it off, and put it into a Vessel, and about half a Peck of the Tops of Clary when 'tis in Blossom; stop it close for six Weeks, and then bottle it off; in two or three Months 'tis fit to drink. 'Tis apt to have a great Settlement at Bottom, therefore 'tis best to draw it off by Plugs, or tap it pretty high.

To recover Wine that is turn'd sharp.

RACK off your Wine into another Vessel, and to ten Gallons put the following Powder; take Oyster-shells, scrape and wash off the brown dirty Out side of the Shell, then dry them in an Oven till they will powder, a Pound of this Powder to every nine or ten Gallons of your Wine; stir it well together, and stop it up, and let it stand to settle two or three Days, or till 'tis fine; as soon as 'tis fine bottle it off, and cork it well.

To fine Wine the Lisbon *way.*

TO every twenty Gallons of Wine take the Whites of ten Eggs, and a ſmall Handful of Salt, beat it together to a Froth, and mix it well with a Quart or more of the Wine, then pour it in the Veſſel, and in a few Days it will be fine.

To clear Wine.

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

To make Cyder.

PULL your Fruit before 'tis too ripe, and let it lie but one or two Days to have one good Sweat; your Apples muſt be Pippins, Pearmains, or Harveys, (if you mix Winter and Summer Fruit together 'tis never good;) grind your Apples and preſs it, and when your Fruit is all preſs'd, put it immediately into a Hogſhead where it may have ſome Room to work; but no Vent, but a little Hole near the Hoops, but cloſe bung'd; put 3 or 4 Pounds of Raiſins into a Hogſhead, and two Pounds of Sugar, it will make it work better; often racking it off is the beſt Way to fine it, and always rack it into ſmall Veſſels, keeping them cloſe bung'd, and only a ſmall Vent-hole; if it ſhould work after racking, put into your Veſſel ſome Raiſins for it to feed on, and bottle it in *March.*

To make the fine Clary Wine.

TO ten Gallons of Water, put twenty five Pounds of Sugar, and the Whites of twelve Eggs well beaten; ſet it over the Fire, and let it boil gently near an Hour, ſcum it clean and put it in a Tub, and when 'tis near cold, then put into the Veſſel you keep it in about half a Strike of Clary in the Bloſſom, ſtript from the Stalks, Flowers and

and little Leaves together, and a Pint of new Ale-yeast; then put in the Liquor and stir it two or three Times a Day for three Days; when it has done working stop it up, and bottle it at three or four Months old, if 'tis clear.

To make Currant Wine.

GATHER your Currants full ripe, strip 'em and bruise 'em in a Mortar, and to every Gallon of the Pulp put two Quarts of Water, first boil'd and cold; you may put in some Raisps if you please; let it stand in a Tub twenty four Hours to ferment; then let it run through a hair Sieve. Let no Hand touch it; let it take its Time to run; and to every Gallon of this Liquor put two Pounds and a half of white Sugar; stir it well, and put it in your Vessel, and to every six Gallons put in a Quart of the best rectified Spirit of Wine; let it stand six Weeks and bottle it; if 'tis not very fine, empty it into other Bottles; or at first draw it into large Bottles, and then after it has stood a Fortnight, rack it off into smaller.

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

TAKE two Quarts of Brandy, and one Quart of Spring water, half a Pound of double-refin'd Sugar, and the Rinds of sixteen Lemons; put them together in an earthen Pot, and pour into it twelve Spoonfuls of Milk boiling hot, stir it together, and let it stand 3 Days; then take off the Top, and pass the other two or three Times through a Jelly-bag; bottle it. 'Tis fit to drink, or will keep a Year or two.

To make strong Beer.

TO a Barrel of Beer take two Bushels of Malt and half a Bushel of Wheat just crack'd in the Mill, and some of the Flour sifted out of it; when your Water is scalding hot, put it in your Mashing-fat; there let it stand 'til you can see your Face in it; then put your Malt upon

upon it, then put your Wheat upon that, and do not ſtir it; let it ſtand two Hours and a half; then let it run into a Tub that has 2 Pounds of Hops in it, and a Handful of Roſemary-flowers; and when 'tis all run put it in your Copper and boil it two Hours; then ſtrain it off, ſetting it a cooling very thin, and ſet it a working very cool; clear it very well before you put it a working, put a little Yeaſt to it; when the Yeaſt begins to fall, put it into your Veſſel, and when it has done working in the Veſſel, put in a Pint of whole Wheat and ſix Eggs; then ſtop it up, let it ſtand a Year, and then bottle it. Then maſh again, ſtir the Malt very well in, and let it ſtand two Hours, and let that run, and maſh again, and ſtir it as before; be ſure you cover your Maſhing-fat well up, mix the firſt and ſecond Running together, it will make good Houſhold Beer.

To make Elder Ale.

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

All Sorts of Cordial Waters.

Plague Water.

TAKE Roſa-ſolis, Agrimony, Betony, Scabious, Centaury-tops, Scordium, Balm, Rue, Wormwood, Mugwort, Celandine, Roſemary, Marigold-leaves, brown Sage, Burnet, Carduus, and Dragons, of each a large Handful; and Angelica-roots, Peony-

Peony roots, Turmentil-roots, Elecampane-roots, and Liquoriſh, of each one Ounce; cut the Herbs, and ſlice the Roots, and put them all into an earthen Pot, and put to them a Gallon of White wine, and a Quart of Brandy, and let them ſteep two Days cloſe covered; then diſtil it in an ordinary Still with a gentle Fire: You may ſweeten it, but not much.

Dr. Stevens's *Water.*

TAKE a Gallon of the beſt *Gaſcoigne* Wine or Sack; then take of Ginger, Galengal, Cinamon, Nutmegs, Cloves, Mace, Anniſeeds, Carraway-ſeeds, Coriander-ſeeds, of every of theſe one Drachm; then take Sage, Mint, red Roſe-leaves, Thyme, Pellitory of the Wall, Pot-marjoram, Roſemary, Pennyroyal, wild Thyme, common Lavender, of each of theſe one Handful; bruiſe the Spice and Seeds, and ſtamp the Herbs, and put them all into the Wine, and let it ſtand cloſe covered twelve Hours, ſtirring it often; then ſtill it in an Alembick, and mix it as you pleaſe.

To make Aqua Mirabilis.

TAKE Cubebs, Cardamums, Galengal, Cloves, Mace, Nutmegs, Cinamon, of each two Drachms, bruiſed ſmall; then take of the Juice of Celandine one Pint, the Juice of Spearmint half a Pint, the Juice of Balm half a Pint, Melilot flowers, Cowſlip flowers, Roſemary flowers, Borage, and Buglos-flowers, and Marigold flowers, of each three Drachms; Fennel-ſeed, Coriander ſeed, and Carraway-ſeed, of each two Drachms, two Quarts of the beſt Sack; one Quart of White wine, one Pint of Brandy, one Pint of the ſtrongeſt Angelica water, and one Pint of red Roſe-water; bruiſe the Spices and Seeds, and ſteep them with the Herbs, Flowers, Juices, Waters, Sack, White-wine and Brandy all Night; in the Morning diſtil it in a common Still, paſſed up; from this Quantity draw off a Gallon at leaſt, ſweeten it to the Taſte with Sugar-candy; bottle it up and keep it in Sand, or very cool.

To make Orange or Lemon Water.

TO one Hundred Oranges or Lemons, you muſt have three Gallons of Brandy and two Quarts of Sack. Pare off the outer Rinds very thin, and ſteep them in the Brandy one Night; the next Day diſtil them in a cold Still, a Gallon with the Proportion of Peels is enough for one Still, and of that you may draw off between three and four Quarts; draw it off 'til you taſte it begin to be ſouriſh; ſweeten it to your Taſte with double refin'd Sugar; mix firſt, ſecond, and third Running together; if 'tis Lemon water it ſhould be perfum'd; put 2 Grains of Ambergreaſe and one of Muſk ground fine, tie it in a Rag, and let it hang 5 or 6 Days in a Bottle, and then put it in another, and ſo for a great many, if you pleaſe, or elſe you may put 3 or 4 Drops of Tincture of Ambergreaſe in it; cork it very well; the Orange is an excellent Water for the Stomach, and the Lemon is a fine entertaining Water.

King Charles II's *Surfeit Water.*

TAKE a Gallon of the beſt *Aqua-vitæ* and a Quart of Brandy, and a Quart of Anniſeed-water, a Pint of Poppy-water, and a Pint of Damask Roſe-water; put theſe in a large glaſs Jar, and put to it a Pound of fine powder'd Sugar, a Pound and half of Raiſins ſtoned, a quarter of a Pound of Dates ſtoned and ſliced, one Ounce of Cinnamon bruiſed; Cloves one Ounce, four Nutmegs bruiſed, one Stick of Liquoriſh ſcrap'd and ſlic'd; let all theſe ſtand 9 Days cloſe covered, ſtirring it 3 or 4 Times a Day; then add to it three Pounds of freſh Poppies, or three Handfuls of dried Poppies, a Sprig of Angelica, two or three of Balm; ſo let it ſtand a Week longer, then ſtrain it out and bottle it.

A Cordial-water that may be made in Winter.

TAKE three Quarts of Brandy, or Sack, put two Handfuls of Rosemary and two Handfuls of Balm to it, chopt pretty small, one Ounce of Cloves, 2 Ounces of Nutmegs, 3 Ounces of Cinamon; beat all the Spices grosly, and steep them with the Herbs in the Wine, then put it in a Still pasted up close; save near a Quart of the first Running, and so of the second, and of the third; when 'tis distil'd mix it all together, and dissolve about about a Pound of double-refin'd Sugar in it, and when 'tis settled bottle it up.

The Golden Cordial.

TAKE two Gallons of Brandy, two Drachms and a half of double perfum'd Alkermes, a quarter of a Drachm of Oil of Cloves, one Ounce of Spirit of Saffron, three Pounds of double-refin'd Sugar powder'd, a Book of Leaf-Gold. First put your Brandy into a large new Bottle, then put three or four Spoonfuls of Brandy into a *China* Cup, mix your Alkermes in it, then put in your Oil of Cloves and mix that, and do the like to the Spirit of Saffron, then pour all into your Bottle of Brandy, then put in your Sugar and cork the Bottle, and tie it down close; shake it well together, and so do every Day for two or three Days and let it stand about a Fortnight; you must set the Bottle so that when 'tis rack'd off into other Bottles it must only be gently tilted; put into every Bottle two Leaves of Gold cut small; you may put one or two Quarts to the Dregs, and it will be good, tho' not so good as the first.

The Fever Water.

TAKE of *Virginia* Snake-root six Ounces, Carduus seeds four Ounces, and Marigold flowers four Ounces, twenty green Walnuts, Carduus Water still'd two Quarts, as much hot Poppy-water, two Ounces of Hart-

horn; ſlice the Walnuts and ſteep all in the Waters a Fortnight; then add to it an Ounce of *London* Treacle, and diſtil it all in an Alembick paſted up; three Drops of Spirit of Amber in three Spoonfuls of this Water will deliver a Woman of a dead Child.

To make the beſt Liquid Laudanum.

TAKE a Quart of Sack, and half a Pint of Spirit of Wine, and four Ounces of Opium, two Ounces of Saffron; ſlice the Opium, and pull the Saffron, and put it in a Bottle with the Sack, and Spirit of Wine, and one Ounce of Salt of Tartar, and of Cinamon, Cloves, and Mace, of each a Drachm; cork and tie down the Bottle, and ſet it in the Sun or by the Fire twenty Days, pour it off the Dregs, and 'tis fit to uſe; ten, fifteen, twenty, or twenty five Drops.

A fine Cordial Water.

BEAT two Pounds of double-refin'd Sugar very well, and put to it a Gallon of the beſt Brandy, ſtirring it a good while all one way; then put Confection of Alkermes one Drachm, Oil of Cloves one Drachm, Spirit of Saffron one Ounce, then ſtir it one Way for a quarter of an Hour, then add three Sheets of Leaf Gold and bottle it up, it will keep as long as you pleaſe.

To cure the Spleen or Vapours.

TAKE an Ounce of the Filings of Steel, two Drachms of Gentian ſliced, half an Ounce of Carduus ſeeds bruiſed, half a Handful of Centaury-tops, infuſe all theſe in a Quart of White-wine four Days, and drink four Spoonfuls of the clear every Morning, faſting two Hours after it, and walking about; if it binds too much, take once or twice a Week ſome little purging Thing to carry it off.

Hyſterical

Hysterical Water.

TAKE Zedoary, Roots of Lovage, Seeds of wild Parsnips, of each two Ounces, Roots of single Piony 4 Ounces, of Mistletoe of the Oak 3 Ounces, Myrrh a quarter of an Ounce, Castor half an Ounce; beat all these together, and add to them a quarter of a Pound of dried Millipedes, pour on these three Quarts of Mugwort water, and two Quarts of Brandy. Let them stand in a close Vessel eight Days, then distil it in a cold Still pasted up; you may draw off nine Pints of Water, sweeten it to your Taste, and mix all together: This is an excellent Water to prevent Fits, or to be taken in Faintings.

A Stone Water.

TAKE Beans in Pod, and cut them in small Pieces, fill good Part of an ordinary Still with them, and put to them two good Handfuls of Yarrow, and distil them together in a cold Still; let the Party drink a Glass when in Pain, and at the Changes of the Moon.

To make Cherry Brandy.

TO every 4 Quarts of Brandy, put 4 Pounds of red Cherries, two Pounds of black, and one Quart of Raspberries, a few Cloves, a Stick of Cinamon, and a bit of Orange-peel; let these stand a Month close stopped, then bottle it off, and put a Lump of Sugar into every Bottle.

To make Citron Water.

TO a Gallon of Brandy take ten Citrons, pare the outside Rinds of the Citrons, dry the Rinds very well, then beat the remaining Part of the Citrons all to mash in a Mortar; then put it into the Brandy, stop it close, and let it stand nine Days; then distil it, then take the Rinds that are dry and beat them to Powder, and infuse

them nine Days in the Spirit, and diſtil it over again; ſweeten it to your Taſte with double-refin'd Sugar, let it ſtand in a large Jug for three Week; then rack it off into Bottles. This is the true *Barbados* Receipt for Citron Water.

Stitch Water.

TAKE a Gallon of new Ale-wort, and put to it as much Stone-horſe Dung from the Horſe as will make it pretty thick, add to this a Pound of *London* Treacle, two Penny-worth of Ginger ſliced, and ſix Penny worth of Saffron; mix theſe together, and diſtil it off in a cold Still. Take three or four Spoonfuls at a Time.

To make Carraway Brandy.

STEEP an Ounce of Carraway-ſeeds, and ſix Ounces of Sugar in a Quart of Brandy, let it ſteep nine Days, and clear it off: 'tis a good Cordial.

The Saffron Cordial.

FILL a large Still with Marigold Flowers, and ſtrew on it an Ounce of Caſe Nutmegs, that is, the Nutmegs that have the Mace on them; beat them groſly, and take an Ounce of the beſt *Engliſh* Saffron, pull it, and mix it with the Flowers; then take three Pints of Muſcadine or Tent, or *Malaga* Sack, and with a Sprig of Roſemary daſh it on the Flowers; then diſtil it off with a ſlow Fire, and let it drop on white Sugar candy; draw it off till it begins to be ſour, ſave a Pint of the firſt Running to mix with other Waters on an extraordinary Occaſion; mix the reſt together to drink by itſelf. This Cordial is excellent in fainting, and for the Small pox or Ague; take five or ſix Spoonfuls at a Time.

Black

Black Cherry Water for Children.

TAKE six Pounds of black Cherries, and bruise them small; then put to them the Tops of Rosemary, Sweet marjoram, Spearmint, Angelica, Balm, Marigold-flowers, of each a Handful; dried Violets one Ounce; Aniseeds and sweet Fennel-seeds, of each half an Ounce bruised. Cut the Herbs small, and mix altogether, and distil them off in a cold Still. This Water is excellent for Children, giving them two or three Spoonfuls at a Time.

To make Gripe Water.

TAKE two dozen Bunches of Penny-royal, shred grossly, then take Coriander seeds Aniseeds, sweet Fennel-seeds, Carraway-seeds; bruise them all, and put them to the Herbs in an earthen Pot; mix them together, and sprinkle on them a Quart of Brandy; let them stand all Night; the next Day distil it off, and take six seven, or eight Spoonfuls of this Water sweeten'd with Syrup of Gilliflowers. Drink it warm, and go to Bed; cover very warm, to sweat if you can; and drink some of it as long as the Gripes continue.

To make the Dropsy Water.

TAKE a Bushel of pick'd Elderberries, put them in a large Tub; put in as much Water or strong Beer as will cover them, and put in a Quart of Ale yeast, and a Piece of Leaven as big as a Penny Loaf; break it to Pieces, and stir it together once or twice a Day, for eight Days together; then put them in a Pot, and distil it off in an Alembick: Draw off a Gallon of Water from this Quantity. It must be drank three Times a Day; in the Morning fasting, before Dinner, and last at Night, till you have drank up the Quantity.

To make Vertigo Water.

TAKE the Leaves of red Sage, Cinquefoil, Sandine and Wood Betony, of each a good Handful; boil them in a Gallon of Spring-water, till it comes to a Quart; when 'tis cold, put into it a Penny-worth of Roch-Allum, then bottle it up. When you uſe it, put a little of it in a Spoon, or in the Palm of your Hand, and ſnuff it up. Go not into the Air preſently; it muſt be made between the firſt and tenth of *May*.

Dr. Burgeſs's *Antidote againſt the Plague.*

TAKE three Pints of Muſcadine, and boil therein one handful of Sage, as much Rue, Angelica Roots one Ounce, Zedoary roots one Ounce, *Virgina* Snake-root half an Ounce, Saffron twenty Grains. Let all theſe boil till a Pint be conſumed; then ſtrain it, and ſet it over the Fire again, and put therein two Penny-worth of long Pepper, half an Ounce of Ginger, as much Nutmegs. Beat all the Spices, and let them boil together a little, and put thereto a quarter of an Ounce of Mithridate, and as much *Venice*-Treacle, and a quarter of a Pint of the beſt Angelica-water: Take it warm both Morning and Evening, two Spoonfuls if already infected; if not infected, one Spoonful is enough for a Day: Half a Spoonful in the Morning and as much at Night. This had great Succeſs, under God, in the Plague; 'tis good likewiſe againſt the Small-pox, or any other peſtilential Diſeaſe.

The Lady Onſlow's *Water for the Stone.*

TAKE as much Saxifrage, as being diſtill'd will yield two Quarts of Water; then take a Peck of Hogs haws, and bruiſe them well; then take Filipendula and Parſley, of each three Handfuls, Parſley of Breakſtone and Mother thyme, of each two Handfuls; Marſh-mallow roots, Parſley roots, of each one Handful; 4

large

large Horse radish-roots, red Nettle-seed, and Burdock-seed, of each one Ounce; bruise the Seeds, cut the Herbs, and slice the Roots, and mix 'em well together with three Quarts of White-wine, and as much new Milk from the Cow. So distil them and the Saxifrage water together in a cold Stil, and draw it off as long as any Water will come; the Saxifrage must be distill'd in *May*, and the other Water the latter end of *September* or *October*, when the Haws are ripe. Let the Person when the Fit of the Stone cometh, take three or four Spoonfuls of White-wine, and as much of this Water mix'd together; if the Distemper abate not, take six Spoonfuls of this Water once in two Hours till 'tis remov'd; you may if you please, sweeten it with Syrup of Marshmallows.

To make Hiera-picra.

TAKE a Drachm of Hiera-picra, and a Drachm of Cochineal, and two Drams of Annaseeds, beat them all very fine; then put them into a Bottle with a Pint of the best Sack, and a Pint of Brandy; shake them well together five or six Days; then let it stand to settle 12 Hours, to pour it off into another Bottle clear from the Dregs, and keep it for use. 'Tis very good against the Cholic or Stomach-ach, and removes any thing that offends the Stomach; take four Spoonfuls of it fasting, and fast two Hours after it. You must take it constantly three Weeks or a Month, and 'tis well to drink the following Drink after it.

Take new lay'd Eggs and break them; save the Shells, and pull off the Skin that is in the Inside; dry the Shells and beat 'em to Powder; sift them, and put six Spoonfuls of this Powder into a Quart of these Waters, half a Pint of Fennel water, half a Pint of Parsley-water, half a Pint of Mint water, half a pint of black Cherry water. Take a quarter of a Pint at a time, shaking the Glass when you pour it out. Take this three times a Day, at eleven in the Morning, at three in the Afternoon, at eight at Night; and you should take it as long as you take the Hiera-picra.

To

To make Lime Water.

TAKE a Pound of unſlack'd Lime, and put it into an earthen Jug well glazed, and put to it a Gallon of Spring water boiling hot; cover it cloſe till 'tis cold; then ſcum it clean, and let it ſtand two Days; then pour it clear off into Glaſs Bottles, and keep it for Uſe. The older the better; the Virtues are as follows.

For a Sore, warm ſome of the Water and waſh Sore well with it for half an Hour; then lay a Plaiſter on the Sore of ſome gentle Thing, and lay a Cloth over the Plaiſter four or five Doubles, wet with this Water, and as it dries wet it again, and it will Heal it.

For a Flux or Looſeneſs, take two Spoonfuls of it cold in the Morning, and two at Night, as you go to Bed; do this ſeven or eight Days together, for a Man or Woman, but if for a Child one Spoonful at a Time is enough, and if very Young half a Spoonful at a Time. It will keep Twenty Years, and no one who has not experienced it, knows the Virtues of it.

A Milk-water for a Cancerous Breaſt.

TAKE ſix Quarts of new Milk, and four Handfuls of Cranes-bill, that Sort of it that has little Buds on it, and is long in the Stalk, and four Hundred of Woodlice, Diſtil this in a cold Still with a gentle Fire. Then take one Ounce of Crabs Eyes, and half an Ounce of White Sugar-Candy both in fine Powder; mix them together, and take a Drachm of the Powder in a quarter of a Pint of the Milk-water in the Morning, at Twelve at Noon, and at Night. Continue taking this three or four Months, 'tis an excellent Medicine.

Cock-water for a Conſumption.

TAKE an old Red Cock from a Barn-Door, pull him alive, then Kill him and Quarter him, and with clean Cloths wipe the Blood from him; then put the

the Quarters into a Cold Still, and part of a Leg of Veal, and put to them two Quarts of old *Malaga* Sack, a Handful of Thyme, as much Sweet-marjoram and Roſemary, two Handfuls of Pimpernel, four of Dates ſtoned and ſliced, one Pound of Currants, as many Raiſins of the Sun ſtoned, a Pound of Sugar-candy finely beaten; when all is in, paſte up the Still. Let it ſtand all Night, the next Morning ſtill it, and mix the Water together, and ſweeten it to your Taſte with white Sugar-candy. Drink three or four Spoonfuls an Hour before Dinner and Supper. Diſtil this Water in *May*.

Another Water againſt a Conſumption.

TAKE a Pound of Currants, and of Harts-Tongue, Liver-wort, and Speedwell, of each a large Handful; then take a Peck of Snails, lay them all Night in Hyſop, the next Morning rub and bruiſe them, and Diſtil all in a Gallon of new Milk; ſweeten it with white Sugar-Candy, and drink of this Water two or three Times a Day, a quarter of a Pint at a Time. It has done great Good.

A Water to ſtrengthen the Sight.

TAKE Roſemary flowers, Sage, Betony, Rue, and Succory, of each one Handful; infuſe theſe in two Quarts of Sack, and diſtil them in an Alembick. The Doſe is a Spoonful in the Morning faſting, till the Water is done.

Rue-water, good for Fits of the Mother.

TAKE of Rue, green Walnuts, of each a Pound, Figs a Pound and a half; bruiſe the Rue and Walnuts, ſlice the Figs in thin Slices and lay them between the Rue and Walnuts, and diſtil it off; bottle it up and keep it for Uſe. Take a Spoonful or two when their is any Appearance of a Fit.

An opening Drink.

TAKE Pennyroyal, red Sage, Liver-wort, Horehound, Maiden-hair, Hyſop, of each two Handfuls; Figs one Pound, Raiſins ſtoned one Pound, blue Currants half a Pound, Liquoriſh, Anniſeeds, Coriander-ſeeds, of each two Ounces; put all theſe in two Gallons of Spring-water, and let it boil away two or three Quarts; then ſtrain it, and when 'tis cold put it in Bottles. Drink half a Pint in the Morning, and as much in the Afternoon; keep warm, and eat little.

For a Diſtemper got by an ill Husband.

TAKE two Penny-worth of Gum-dragant, pick and clean it, and put it in an earthen Pot, put to it as much red Roſe-water as it will drink up; ſtir it two or three Times a Day till 'tis all diſſolved into a Jelly; then put in three grated Nutmegs, and double refin'd Sugar to your Taſte, finely powder'd, and a little Cinamon-water, no more than will leave it in a Jelly: Take the Quantity of a Nutmeg in the Morning faſting, and laſt at Night; but firſt prepare the Body for it, by taking ſix Penny-worth of *Pulvis Sanctus* in Poſſet-drink, and drink Broth in the Working.

For a Cough ſettled on the Stomach.

TAKE half a Pound of Figs, as many Raiſins of the Sun ſtoned, a Stick of Liquoriſh ſcrap'd and ſliced, a few Anniſeeds, a few ſweet Fennel-ſeeds, and ſome Hyſop waſh'd. Boil all theſe in a Quart of Spring-water 'til it comes to a Pint, ſtrain it and ſweeten it very well with white Sugar-candy. Take 2 or 3 Spoonfuls of it Morning and Night, and when you pleaſe.

To make Hungary Water.

TAKE four Ounces of Rosemary-flowers, and a Pint of Spirits of Wine, infuse it 12 Hours, and draw it off in a Glass Still.

A Drink to preserve the Lungs.

TAKE three Pints of Spring-water, put to it one Ounce of flower of Sulphur, and let it boil on a slow Fire 'til half is consumed; then let it stand to settle, and strain it out, and pour it on one Ounce of Liquorish scraped, and a Drachm of Coriander seeds, and as many Aniseeds bruised. Let it stand to settle, and drink a quarter of a Pint Morning and Night.

An excellent Snail Water.

TAKE of Comfry and Succory roots, of each four Ounces, Liquorish three Ounces, the Leave of Harts-Tongue, Plantane, Ground Ivy, red Nettles, Yarrow, Brooklime, Water-Cresses, Dandelion, and Agrimony, of each 2 large Handfuls: Gather these Herbs in dry Weather, and do not wash them, but wipe them clean with a Cloth; then take 500 of Snails cleansed from their Shells, but not scoured, and of Whites of Eggs beat up to a Water one Pint, four Nutmegs grosly beaten, the yellow Rind of one Lemon and one Orange; bruise all the Roots and Herbs, and put them together with the other Ingredients in a Gallon of new Milk, and a Pint of Canary; let them stand close covered 48 Hours, and then distil them in a common Still with a gentle Fire; this Quantity will fill your Still twice; it will keep good a Year, and is best when made Spring or Fall, but 'tis the best when new; you must not cork up the Bottles in 3 Months, but cover them with Paper: It is immediately fit for Use; and when you use it, take a quarter of a Pint of this Water, and put to it as much Milk warm from the Cow, and drink it in the Morning, and at 4 o'Clock

in

in the Afternoon, and faſt two Hours after it. To take Powder of Crabs eyes with it, as much as will lie on a Six-pence, mightily aſſiſts to ſweeten the Blood. When you drink this Water, be very regular in your Diet, and eat nothing ſalt or ſour.

To make Briony-water.

TAKE Orris root ſliced two Ounces, white Copperas finely beaten one Ounce, put them in three Pints of running Water, ſhake it well three or four Days, and then uſe it; if a watry Eye, you may add a Bit of Bole-Armoniack.

Eye Water.

TAKE twelve Pounds of Briony-root, pound it to maſh, then take one Quart of the Juice of Rue, one Quart of the Juice of Mugwort-Leaves, of Savin three Handfuls, ſweet Baſil two Handfuls, Mother of Thyme, Nepp and Pennyroyal, of each three Handfuls, Dittany of *Crete*, and dry'd Orange peel, of each four Handfuls, Myrrh two Ounces, Caſtor one Ounce, both powdered, and likewiſe the Orange-peel; diſtil this off in an Alembick: Firſt cut your Herbs and put them in the Bottom of your Still, then put in your Briony root, then mix your Powders in a *China* Diſh with ſome Sack, then pour in 6 Quarts of Sack. Cloſe up your Still, and draw it off.

A Water to take after taking Balſam of Tolu.

TAKE a Pint of Whites of Eggs beaten to a Froth, five Nutmegs bruiſed, two Handfuls of dry'd Spearmint, two Handfuls of unſet Hyſſop, add to theſe a Gallon of new Milk, and diſtil it off in a cold Still. You may draw off about 3 Pints, take 6 Spoonfuls of this Water at a Time with Sugar-candy in it.

To make the true Daffy's *Elixir.*

TAKE five Ounces of Anniſeeds, three Ounces of Fennel-ſeeds, four Ounces of Parſley-ſeeds, ſix Ounces of *Spaniſh* Liquoriſh, five Ounces of Sena, one Ounce of Rhubarb, three Ounces of Elecampane, ſeven Ounces of Jallap, 21 Drams of Saffron, ſix Ounces of Manna, two Pounds of Raiſins, a quarter of an Ounce of Cochineal, two Gallons of Brandy; Stone the Raiſins, Slice the Roots, bruiſe the Jallap, put them altogether, keep them cloſe cover'd 15 Days, then ſtrain it out.

For any Man or Beaſt bitten by a mad Dog.

TAKE Sage Leaves and Rue, of each a good Handful, two or three Heads of Garlick, four Pennyworth of the beſt Treacle, a Handful of the ſmalleſt Shavings of Tin or Pewter, boil all theſe in a Quart of Strong Ale in a Pipkin, or Stone Crock, cloſe ſtopp'd and paſted over, and ſet it to boil in a Kettle of hot Water, and put it over the Fire for two Hours: It will be apt to fly up, therefore put a Pye-plate and Bricks upon the Top of the Paſte. Give, or rather pour it into the Party Bitten by five or ſix Spoonfuls at a Time, according to the Strength of the Party Bitten, whether it be Man or Dog, or other Creature. This muſt be given three Days before the Full or New Moon next happening after the Party has been Bitten,

Milk Water.

TAKE two good Handfuls of Wormwood, as much Carduus, as much Rue, four Handfuls of Mint, as much Balm, half as much Angelica, cut theſe a little, put them into a cold Still, and put to them three Quarts, of Milk; let your Fire be quick till your Still drops then a little Slower. You may draw off two Quarts; the firſt Quart will keep all the Year; this is extraordinary good in Fevers, ſweeten'd with Sugar or Syrup of Cloves.

A Powder to cure a Rupture.

IN the latter End of *March* get half a Pound of Knots of Scurvy grals before they are quite blown; one Pound of Comfry roots, half a Pound of Fern-roots, one Ounce of Juniper berries, one Ounce of Dragon's blood, half a Pound of the Roots of Solomon-seal, a quarter of an Ounce of Nutmegs, a quarter of an Ounce of Mace; ſcrape your Roots very clean, and ſlice them thin, and put every ſort by themſelves in a clean Paper Bag; lay them on a clean earthen Diſh, and let them be put in a ſlow Oven till they are dry enough to powder: You muſt do the like to your Scurvy grals, that they may be all finely powdered, and mix'd togther, and kept up cloſe in a Glaſs with Paper round it. You may in any Liquor give as much of this Powder to a young Child as will lie on a Six pence, Morning and Night; to one of ſeven Years, more, to a Man or Woman as much as will lie on a Shilling: Put the Powder in a Spoon and wet it to mix, and take it three Weeks.

A very good Remedy for a hollow aching Tooth.

TAKE of Camphire and crude Opium, of each four Grains; make them into three Pills, with as much Oil of Cloves as is convenient, roll them in Cotton, apply one of them to the aching Tooth, and repeat if there is Occaſion.

A Method to cure the Jaundice, which has been try'd with great Succeſs.

IN the firſt Place, give the Patient a Vomit of the Infuſion of Crocus Metallorum, and Oxymel of Squils, according to his Conſtitution; then take of Aloes and Rhubarb, of each two Scruples, of prepar'd Steel one Drachm, Cream of Tartar one Scruple; make Pills with Syrup of Horehound, of which give four every Night.

Take

Take of the Roots of Turmerick, half an Ounce, Tops of Centaury the leſſer, *Roman*-Wormwood and Horehound, of each a Handful, Roots of the greater Nettle two Ounces; boil them in three Pints of Water, to the Conſumption of half; when it is almoſt boil'd enough, add to it Juniper-berries an Ounce, yellow Sanders and Goose-dung made into a Nodolous, of each three Drachms, Saffron two Scruples, Rhenish-wine a Pint; when it is boil'd enough ſtrain it, and add to it compound Water of Snails and Earth-worms, of each two Ounces. Take three Ounces of it after each Time of taking the following Electuary.

Take of the Conſerve of Sea-wormwood, of the outward Rind of Orange-peels, of each two Ounces, of Species of Diacurcumæ, and prepar'd Steel, of each three Drachms, of prepar'd Earth-worms and Rhubarb, of each two Drachms, Flowers of Sal-Armoniack and Salt of Amber, of each two Scruples, of Saffron powder'd one Scruple, with a ſufficient Quantity of Syrup of Horehound; make an Electuary, of which take the Quantity of a large Nutmeg twice a Day, drinking three Ounces of the bitter Tincture after it.

For a Rheumatiſm, or Pain in the Bones.

TAKE a Quart of Milk, boil it and turn it with three Pints of ſmall Beer, then ſtrain the Poſſet on ſeven or nine Globules of Stone horſe Dung tied up in a Cloth, and boil it a quarter of an Hour in the Poſſet drink; when 'tis taken off the Fire, preſs the Cloth hard, and drink half a Pint of this Morning and Night hot in Bed. If you pleaſe you may add White wine to it. This Medicine is not good if troubled with the Stone.

To make Treacle-water.

TAKE Juice of green Walnuts four Pounds, and of Rue, Carduus, Marigolds, and Balm, of each three Pounds, Roots of Butter-bur half a Pound, Roots of Burdock one Pound, Angelica and Maſter-wort, of each

half a Pound, Leaves of Scordium ſix Handfuls, *Venice*-Treacle, and Mithridate, of each half a Pound, old Canary-wine two Pounds, White wine Vinegar ſix Pounds, Juice of Lemons ſix Pounds; diſtill this in an Alembick, and on any Illneſs take four Spoonfuls going to Bed.

To make Uſquebaugh.

TO three Gallons of Brandy put four Ounces of Anniſeeds bruiſed; the next Day diſtil it in a cold Still paſted up; then ſcrape four Ounces of Liquoriſh, and pound it in a Mortar, dry it in an Iron Pan, do not burn it, put it in the Bottle to your diſtill'd Water, and let it ſtand ten Days: Then take out the Liquoriſh, and to every ſix Quarts of the Spirits put in Cloves, Mace, Nutmegs, Cinamon, and Ginger, of each a quarter of an Ounce, Dates ſtoned and ſliced four Ounces, Raiſins ſtoned half a Pound: Let theſe infuſe ten Days, then ſtrain it out, and tincture it with Saffron, and bottle it and cork it well.

An approv'd Medicine for the Dropſy.

TAKE about three Spoonfuls of the beſt Muſtard-ſeed, and about a Handful of Bay-berries, the like Quantity of Juniper-berries, one Ounce of Horſe-radiſh, and about half a Handful of Sage of Virtue, as much Wormwood Sage, and half a Handful of Scurvy-graſs, and a quarter of a Handful of ſtinking Orach, and a little Sprig of Wormwood, a Sprig of green Broom, and half an Ounce of Gentian root; ſcrape, wipe, and cut all theſe, and put them into a Bottle that will hold a Gallon; then fill the Bottle with the beſt ſtrong Beer you can get; then ſtop it cloſe, and let it ſtand three or four Days, and drink every Morning faſting half a Pint.

A Re-

A Remedy for Rheumatick Pains.

TAKE of Sena, Hermodacts, Turperhum, and Scammony, of each two Drachms; of Zedoary, Ginger, and Cubebs, of each one Drachm; mix them and let them be powdered; the Dole is from one Drachm to two, in any convenient Vehicle. Let the Parts affected be annointed with this Liniment: Take Palm Oil two Ounces, Oil of Turpentine one Ounce, Volatile Salt of Hartſhorn two Drachms; afterward lay on a Plaiſter of Mucilaginibus. Some that have been very much troubled with Rheumatick Pains, have, by taking of Hartſhorn in compound Water of Earth worms, found mighty Benefit.

An excellent Medicine for the ſpotted, and all other malignant Fevers.

TAKE of the beſt *Virginia* Snake-Weed, and Root of Contrayerva finely powder'd, of each half a Scruple, *Goa* ſtone half a Scruple, Caſtor and Camphire, of each five Grains; make them into a Bolus, with a Scruple of *Venice* Treacle, and as much Syrup of Peony as is ſufficient; to repeat the Bolus every ſix Hours, drinking a Draught of the following Julep after it:

Take of Scorzonera roots two Ounces, Butterbur-roots half an Ounce, of Balm and Scordium of each an Handful, of Coriander-ſeeds three Drachms, of Liquoriſh, Figs, and Raiſins, of each an Ounce; let them boil in three Pints of Conduit water to a Quart, then ſtrain it, and add to it compound Peony Water three Ounces, Syrup of Raſpberries an Ounce and a half. Let the Patient drink of it plentifully.

A ſpecifick Cure for ſtopping Blood.

TAKE two Ounces of clarified Roch Allum; let it be finely powder'd, and melt it in a Silver Ladle then add to it half an Ounce of Dragon's blood in Powder, and mix them well together; then take it off the

Fire, keeping it ſtirr'd till it come to the Conſiſtence of a ſoft Paſte, fit for making up into Pills; make your Pills into the Bigneſs of a large Pea; and as the Paſte cools, warm it again to ſuch a Degree, as the whole Quantity may be made into Pills. This Medicine is proper in all Caſes of violent Bleeding, without Exception. The ordinary or uſual Doſe is half a Grain; to be taken once in four Hours, till the Bleeding ſtops; taking a Glaſs of Water or Ptiſan after it, and after every Doſe; and another of the ſame Liquor a quarter of an Hour after. In violent Caſes, give half a Drachm for a Doſe.

To make Stoughton's *Elixir.*

PARE off the Rinds of ſix Sevil Oranges very thin, and put them in a Quart Bottle, with an Ounce of Gentian ſcrap'd and ſlic'd, and ſix Pennyworth of Cochineal; put to it a Pint of the beſt Brandy; ſhake it together two or three Times the firſt Day, and then let it ſtand to ſettle two Days, and clear it off into Bottles for Uſe. Take a large Tea Spoonful in a Glaſs of Wine in a Morning, and at four in the Afternoon: Or you may take it in a Diſh of Tea.

An Electuary for a Cough.

TAKE Conſerve of red Roſes two Ounces, Conſerve of Hips one Ounce; *Lucatellus*'s Ballam half an Ounce; Spices of Hiatragacanth frigid one Drachm, Syrup of Ballam three Drachms; mix all together well; take the Quantity of a ſmall Bean three Times a Day.

Exeellent Lozenges for a Cough.

TAKE a Pound of brown Sugar-candy, and a Pound of Loaf-ſugar; beat and ſearce them through a fine Sieve. Take an Ounce of the Juice of Liquoriſh, and diſſolve it in three or four Spoonfuls of Hyſop water over a gentle Fire; then mix your Sugar and Sugar candy with one Drachm of Orris-powder, one Drachm of the Powder

der of Elicampane, of Gum-dragant powder'd half a Drachm; add one Drachm of the Oil of Anniſeeds, and one Grain of Muſk. Mix all theſe together, and work it into a Paſte; and roll them into Lozenges the Bigneſs of a Barley-corn, or ſomething larger.

For a Burn or Scald.

TAKE Laurel Leaves, chop them in Hog's Greaſe; ſtrain it, and keep it for Uſe.

To make Necklaces for Children, in cutting Teeth.

TAKE Roots of Henbane, of Orpin and Vervain; ſcrape 'em clean with a ſharp Knife, cut them in long Beads, and ſtring them green; firſt Henbane, then Orpin, then Vervain; and ſo do till 'tis the Bigneſs of the Child's Neck. Then take as much red Wine as you think the Necklace will ſuck up, and put into it a Drachm of red Coral, as much ſingle Peony-root finely powder'd. Soak your Beads in this 28 Hours, and rub the Powder on the Beads. Syrup of Lemons, and Syrup of ſingle Peony, is excellent to rub the Child's Gums with very frequently.

A Medicine for the Cholick, which not only gives Eaſe in the moſt violent Fits, but alſo, being often uſed, prevents their returning.

TAKE of the beſt Manna, and Oil of ſweet Almonds, of each an Ounce and a half; of Camomile flowers boiled in Poſſet-drink, an Handful; let the Poſſet drink be ſtrained from the Flowers, and mingled very well with the Oil of Almonds and Manna; let the Patient take it three Days ſucceſſively, and afterwards every third Day for a Fortnight.

A Receipt for a Conſumptive Cough.

TAKE of the Syrup of white and red Poppies of each three Ounces, of Barley, Cinamon-water, and red Poppy-water, of each two Ounces, of Tincture of Saffron one Ounce, Liquid Laudanum forty Drops, and ſo much Spirit of Sulphur as will make it acid. Take three or four Spoonfuls of it every Night going to Bed; increaſe or diminiſh the Doſe, according as you find it agrees with you.

To make the Eye Salve.

TAKE of freſh Butter out of the Churn unſalted and unwaſhed, two Pounds; ſet it in a glaſs Jar in the Sun to clarify three Months; then pour very clear off about a quarter of a Pound, and put to it an Ounce of Virgin Wax; when 'tis melted, put it into Roſe water to cool, and beat it in the Water half an Hour, then take it out from the Water, and mix it with half an Ounce of reſtified Tutty finely powder'd, and two Scruples of Maſtick beaten and bruiſed as well as poſſible; mix all well together, and put it in Pots for uſe; take a very little in your Fingers when in Bed; ſhut your Eye, and rub it over the Lid and Corner of your Eye.

An excellent Medicine for the Pain in the Stomach.

TAKE of Tinctura Sacra (or Tincture of Savory) one Ounce in the Morning, faſting an Hour, then drink a little warm Ale; do this twice or three Times a Week till you find Relief.

For a Pain in the Stomach.

TAKE a quarter of a Pound of blue Currants, wipe them clean and pound them in a Mortar with an Ounce of Anniſeeds bruiſed; before you put them to the Currants,

A Stay to prevent a ſore Throat in the Small-Pox.

TAKE Rue, ſhred it very fine, and give it a bruiſe; mix with it Honey and Album Græcum, and work it together; put it over the Fire to heat, ſew it up in a Linen Stay, and apply it to the Throat pretty warm: As it dries repeat it.

To prevent Pitting, and to take off Redneſs.

TAKE Rue and chop it, boil it in Hogſ-lard 'til 'tis green; ſtrain it out and keep it for Uſe. Warm a little in a Spoon, and with a Feather anoint the Face as they begin to ſhell off; do it as often as convenient.

An admirable Sear-Cloth.

TAKE a Pound of Frankincenſe beaten fine, and a Pound of Roſin beaten, a Pound of black Pitch, and four Ounces of Cummin-ſeeds powder'd, four Pennyworth of Saffron dried and powdered, four Pennyworth of Mace beaten and ſifted, four Pennyworth of Cloves beaten fine, an Ounce of Liquid Laudanum, and a Pound of Deer-ſuet.

Seaſon a new Pipkin: firſt lay it in cold Water, then boil Water in it, and ſet it by 'til 'tis cold; then dry it and put in your Deer-ſuet, and let it melt, ſhaking it about as you do for melting Butter; then put in your Frankincenſe, Roſin, Pitch, Cummin ſeed, Saffron, Mace, Cloves, and ſet them over the Fire, and let them have a boil or two; then take them off and ſet it by a little, and then ſprinkle in your Liquid Laudanum; let it ſimmer a little, take it off, and when 'tis fit to ſpread, ſpread it on the thickeſt brown Paper, and uſe it on Occaſion. 'Tis good for Bruiſes, Aches, Pains, Burns, Scalds, and ſore Breaſts; wipe the Plaiſter every Day, and put it on again; one or two Plaiſters will do.

A Recipe

Currants, make this into a Bolus with a little Syrup of Clove-gilliflowers. Take every Morning the Quantity of a Walnut, and drink Roſemary Tea inſtead of other Tea for your Breakfaſt; if the Pain returns, repeat it.

For a Stitch in the Side.

TAKE Roſin, pound and ſift it, and with Treacle mix it into an Electuary, and lick it up often in the Day or Night.

To cure an intermitting Ague and Fever, without returning.

TAKE Jeſuits Bark in fine Powder one Ounce, Salt of Steel and *Jamaica* Pepper, of each a quarter of an Ounce, Treacle, or Molaſſes four Ounces, mix theſe together, and take the Quantity of a Nutmeg three Times a Day when the Fit is off, and a Draught of warm Ale or White-wine after it.

Dr. Hall's *Plaiſter for an Ague.*

TAKE one Pennyworth of black Soap, one Pennyworth of Gun-powder, one Ounce of Tobacco Snuff, and a Glaſs of Brandy; mix theſe in a Mortar very well together, ſpread Plaiſters in Leather for the Wriſts, and lay them on an Hour before you expect the Fit.

Exeellent for a Burn or Scald.

TAKE of Oil of Olive three Ounces, white Wax two Ounces, Sheeps Suet one Ounce and half, Mimium and Caſtle-ſoap, of each half an Ounce; Dragon's Blood and Camphire, of each three Drachms, make them into a Salve by melting them together; anoint with Oil to take out the Fire, then put the Plaiſter on; dreſs it every Day.

A Stay

A Recipe for the Cure of the Stone and Gravel, whether in the Kidneys, Ureters, or Bladder.

TAKE Marſh Mallow Leaves, the Herb Mercury, Saxifrage, and Pellitory of the Wall, of each freſh gathered, 3 Handfuls; cut them ſmall with a pair of Sciſſars, and mix them together, and pound them in a clean Stone Mortar, with a Wooden Peſtle, till they come to a Maſh, then take them out, ſpread them thin, in a broad glaz'd Earthen Pan, and let them lie, ſtirring them about once a Day, till they are thoroughly dry, (but not in the Sun) and then they are ready, and will keep good all the Year long. Of ſome of theſe Ingredients ſo dried, make Tea, as you do common Tea, with boiling hot water, as ſtrong as you like to drink it, but the ſtronger the better, and drink 3, 4, or more Tea Cups full of it Blood-warm, ſweeten'd with coarſe Sugar, every Morning and Afternoon, putting into each Cup of it, at leſt half a Spoonful, or rather more, of the expreſs'd Oil of Beech-Nuts, freſh drawn, (which in this Caſe has been experienced to be vaſtly preferable to Oil of Almonds, or any other Oil) ſtirring them about together, and ſo to continue it for as long as you ſee Occaſion.

This Medicine, how ſimple ſoever it may ſeem to ſome, is yet a fine emollient Remedy, is perfectly agreeable to the Stomach, (and ſo the Beech Oil be freſh drawn) and will be found to ſheathe and ſoften the Aſperity of the Humours in general, particularly thoſe that generate the Gravel and Stone, and will relax and ſupple the Solids, at the ſame Time: And it is well known by all Phyſicians, that emollient Medicines do lubricate, widen and moiſten the Fibres, ſo as to relax them into their proper Dimenſions without forcing the Parts, whereupon Obſtructions of the Reins and Urinary Paſſages are opened, and by their ſeveral Properties, as is this Medicine, cleared of all Sediments of ſandy Concretions, Gravel, and poſſible Stones, and made to yield better to the Expulſion of whatever may plug or ſtop them up, and likewiſe

wife takes away, as this does, all Heat and Difficulty of Urine and Stranguries, and withal, by its ſoft mucilaginous Nature, cools and heals the Rein, Kidneys and Bladder, giving preſent Eaſe in the Stone Cholick, breaks away Wind, and prevents its Return, as it always keeps the Bowels laxative.

A late modern College Phyſician of our own, a Man of Learning and Probity, and who for his great Ingenuity and Sincerity, was much eſteemed and reſpected by every Member of that venerable Body, ſays, in his Writings about the *Stone* and *Gravel*, of one of the Ingredients in this Medicine, that *ſome People have extolled it prodigiouſly for its* Lithontriptick *or Stone breaking Qualities; and in Favour of ſuch an Opinion, ſay, that a certain Perſon, who had a very large Stone in his Bladder, which was taken from him by Cutting, made a Cup of it, which he uſually drank out of; but as he once had ſome Beer put into it, which had that Ingredient boiled in it, the Cup fell to Pieces in his Hands, which ſudden Diſſolution of it was attributed to the ſaid Ingredient.* But whether this Relation be real or feigned, or all or either of the Ingredients capable of making frangible or mouldring into Fragments, the Stone bred in human Bodies, (as are the Virtues aſcribed to them, and to one of them more particularly) or whether it be poſſible for any Thing in Nature to do it, I ſhall not undertake to determine; but this is certain, that all the Ingredients that enter the Compoſition of this Medicine are particularly noted and preſcribed, tho' in different Ways, as Occaſions offer, by all ancient and modern Phyſicians, both in their Writings and Practice, in all Caſes of Gravel, Stone, Strangury, Stoppage of Urine, &c. with great Succeſs.

Such as know not where to get the TRUE NUT OIL, may have the right Sort, and very good, at Mrs *Goddard's*, at the *Golden-Ball* in *Burleigh-ſtreet*, near *Exeter-Exchange*, in the *Strand*, at One Shilling and Six Pence the Vial.

An excellent Vomit.

TAKE a quarter of a Pound of clear Allum, beaten and ſifted as fine as Flour, divide it into three Parts, the firſt the biggeſt; put a quarter of a Pint of Water in a Saucepan, and put in your biggeſt Paper of Allum, and let it ſimmer over the Fire, but not boil; take it off, cool it to Blood-warm; drink it off, but take nothing after it; ſit ſtill 'til it has work'd once, keep very warm, nor take nothing in the working; but you may walk about after it has work'd once; take it three Mornings together, or more, if there be Occaſion, 'til the Stomach is clear. There is no Caſe where a Vomit is proper, but this is good.

A fine Purge.

TAKE an Ounce of Liquoriſh, ſcrape it and ſlice it thin, and a Spoonful of Coriander-ſeeds bruiſed, put theſe into a Pint of Water and boil it a little; then ſtrain this Water into an Ounce of Sena, let it ſtand ſix Hours; ſtrain it from the Sena, and drink it faſting.

A purging Diet-drink in the Spring.

TAKE 6 Gallons of Ale, 3 Ounces of Rhubarb, 12 Ounces of Sena, 12 Ounces of Mader-roots, 12 Ounces of Dock roots, 12 Handfuls of Scabious, 12 Handfuls of Agrimony, 3 Ounces of Anniſeed; ſlice and cut theſe, put them in a Bag, and let it work in the Ale: Drink of it 3 or 4 Times a Day.

For a ſore Mouth in Children.

TAKE half a Pint of Verjuice, ſtrain into it 4 Spoonfuls of the Juice of Sage, boil this with fine Sugar to a Syrup, and with a Feather anoint the Mouth often, touch it not with a Cloth, or rub it: The Child may lick it down, it will not hurt it.

To create a good Appetite, and ſtrengthen the Stomach.

TAKE of the Stomatick pill with Gums, Extractum Rudij, of each a Drachm, Raſin of Jalap half a Scruple, Tartar vitriolated one Scruple, Oil of Ammi-cdis four Drops; mix with Syrup of Violets, and make it into Pills, of which take 4 or 5 over Night; they are of excellent Uſe in the Megrims and Vertigo, by reaſon they carry the Humour off from the Stomach, which fumes up into the Head.

A very good Medicine for the Bloody-Flux.

TAKE of the beſt Rhubarb finely powder'd half an Ounce, of red Sanders two Drachms, Cinnamon one Drachm, Crocus Martis Aſtringent 3 Drachms, of *Lucatellus*'s Ballam what ſuffices; make a Maſs of Pills, of which take 3 every Night and Morning for a Fortnight. This has cur'd ſome that have loſt a vaſt Quantity of Blood, after other Remedies had proved ineffectual.

For red or ſore Eyes.

TAKE a quarter of an Ounce of white Copperas, and an Ounce of Bole-Armoniack, beat them to a fine Powder, and beat an Ounce of Camphire groſly in an Iron Mortar; ſet two Quarts of Spring-water on the Fire, when it boils take it off, and let it ſtand 'til 'tis Luke-warm, then put in your Powders, ſtirring 'til cold: Drop the clear in the Eye.

For a Pain in the Stomach, or Heavineſs of Heart.

TAKE a Pint of Roſe-water, put to it ſome double-refin'd Sugar, and a Pennyworth of Saffron ty'd up in a Piece of Lawn; let it ſtand 2 or 3 Days, and then at any Time take 3 Spoonfuls.

For

For Fits from Wind or Cold.

TAKE three Drops of Oil of Amber in ſome burnt Wine, or Mace Ale. If 'tis given in black Cherry-water, 'tis good to forward Labour in Childbed.

To make Elixir Proprietatis.

TAKE of Myrrh four Drachms, Aloes four Drachms, Saffron four Drachms, infuſe them in a Pint of the beſt Brandy; firſt put in the Saffron, and let it ſtand 12 Hours, then the Myrrh and Aloes; ſet it by the Fire 3 or 4 Days, ſhaking it very often; then ſtrain it off. Take 60 or 70 Drops, more or leſs, in a little White wine, in a Morning faſting, for a Week or 10 Days together; 'tis good for any Illneſs in the Stomach, or in the Bowels. 'Tis the beſt of Phyſick for Children.

To cure a Pimpled Face.

TAKE an Ounce of live Brimſtone, as much Roch-Allum, as much common Salt; white Sugar candy two Drachms, *Sperma-Cete* two Drachms; pound and ſift all theſe into a fine Powder, and put it into a Quart Bottle; then put to it half a Pint of Brandy, 3 Ounces of white Lilly-water, and three Ounces of Spring water; ſhake all theſe well together, and keep it for Uſe. When you uſe it, ſhake the Bottle and bath the Face well, and when you go to Bed dip Rags in it, and lay it all over the Face, in 10 or 12 Days it will be perfectly cured.

A Purge for Hoarſeneſs, or any Illneſs on the Lungs.

TAKE four Ounces of the Roots of Sorrel, of Hyſop and Maiden hair, of each half a Handful; Raiſins a quarter of a Pound ſtoned, Sena half an Ounce, Barley-water two Quarts; put all theſe in a Jug, and infuſe 'em in a Kettle of Water 2 Hours, ſtrain it out and take a Quarter of a Pint Morning and Night.

An Electuary for a Cold, or windy Stomach.

TAKE Gum-Ganicum one Ounce, Cubebs a quarter of an Ounce, Cardamums a quarter of an Ounce, beat and ſift all theſe, and mix it with Syrrup of Gilliflowers into an Electuary. Take Night and Morning the Quantity of a Nutmeg; drink a little warm Ale after it.

An Electuary for a Pain in the Stomach.

TAKE Conſerve of Wood-ſorrel and Mithridate an equal Quantity, mix it well together, and take Night and Morning the Quantity of a Nutmeg; ſo do for fifteen Days together.

To make Ink.

GET one Pound of the beſt Galls, half a Pound of Copperas, a quarter of a Pound of Gum-arabick, a quarter of a Pound of white Sugar-candy; bruiſe the Galls, and beat your other Ingredients fine, and infuſe them all in 3 Quarts of White-wine or Rain-water, and let them ſtand hot by the Fire 3 or 4 Days; then put all into a new Pipkin, ſet it on a ſlow Fire, ſo as not to boil; keep it frequently ſtirring, and let it ſtand 5 or 6 Hours 'til one quarter is conſumed, and when cold ſtrain it thro' a clean coarſe Piece of Linen; bottle it and keep it for Uſe.

To waſh Gloves.

TAKE the Yolk of an Egg and beat it, and egg the Gloves all over, and lay them on a Table, and with a hard Bruſh and Water rub them clean; then rinſe them, and ſcrape white Lead in Water pretty thick, and dip the Gloves in; let them dry, and as they begin to dry ſtretch and rub them 'til they be limber, dry, and ſmooth; then gum them with Gum dragant ſteep'd in ſweet Water, and let 'em dry on a marble Stone. If you colour 'em, ſcrape ſome of the following Colours amongſt the white Lead:

The

The dark Colour is Umber; the brick Colour red Lead; for a Jessamy yellow Oaker; for Copper-colour red Oaker; for Lemon-colour Turmerick.

To make Paste for Hands.

BLANCH and beat a Pound of bitter Almonds, and in the beating put in two Handfuls of stoned Raisins, and beat them together 'til they are very fine; then take 3 or 4 Spounfuls of Sack or Brandy, as much Ox Gall, 3 or 4 Spoonfuls of brown Sugar, the Yolks of 3 Eggs, beat it well together; set it over the Fire and give it 2 or 3 boils; when 'tis almost cold mix it with the Almonds, put it in Gallipots; the next Day cover it close, and keep it cool, and it will be good five or six Months.

MEDICINES and SALVES.

To cure the Rickets.

OPEN a Vein in both Ears between the Junctures, mix a little *Aqua-vitæ* with the Blood, and with it anoint the Breast, Sides, and Neck; then take three Ounces of the green Ointment, and warm a little of it in a Spoon and anoint the Wrists and Ancles as hot as it may be endured; do this for nine Nights just before Bed time; shift not the Shirt all the Time. If the Veins do not appear, rub it with a little Lint dipp'd in *Aqua vitæ*, or else cause the Child to cry, and that will make the Veins more visible and bleed the better.

To make the Drink.

Take a Quart of Spring water, of Liver wort 1 Handful, Liquorish, Anniseeds, Coriander-seeds, sweet Fennel-seeds, and Hartshorn, of each an equal Quantity; forty Raisins of the Sun stoned, fourteen Figs; boil all these together 'til one half is consumed; then put in 3 Spoon-

ſuls of Honey, and boil it a little more; let it ſtand 'til 'tis cold and ſtrain it out, and put in two Spoonfuls of Syrup of Gilliflowers, and bottle it up. Take 2 or 3 Spoonfuls Morning and Evening.

The Green Ointment.

TAKE Rue, Camomile, Hyſop, Hog's Fennel, red Fennel, Roſemary, Bays, Lady's Mantle, Paul's Betony, Water Betony, Balm, Nepp, Valerian, Mallows, Night-ſhade, Plantane, Comfry, Adder's-Tongue, *Roman* Wormwood, common Wormwood, Vervain, Clary, Agrimony, red Sage, Ground Ivy, Featherfew, Self-heal, Melilot, Bramble-tops, Marſh mallows, Sanicle, Rib wort, May-weed, of each of theſe 2 large Handfuls; pick and chop them, then take 4 Pounds of Butter unwaſhed, and 3 Pounds of Boar's-greaſe; melt them together, and put in the Herbs, and let it boil 2 Hours; then ſtrain it out, let it ſtand a little, and put it in Pots for Uſe.

To make Charity-Oil.

TAKE Poplar Buds in the Beginning of *May* one Handful, and put them into a Pint and half of Oil, and half a Pint of Aqua-vitæ, and cover them cloſe, and let them ſtand till the following Herbs are in ſeaſon; then add to your Buds Betony, Charity, Sanicle, the Tops of St. *John*'s wort, when blown; Adder's Tonge, Comfry, Self heal, Balm, Southern-wood, Pennyroyal, Flowers of red Sage, Parſley, Clown's All heal, Balſam, Knot graſs, Sweet marjoram, Lavender Cotton, red Roſe buds, Camomile, Lavender-tops when blown, of each of theſe Herbs a ſmall Handful; but of Poplar-buds, red Roſe-buds, and Adder's-Tongue, double the Quantity; gather the Herbs in dry Weather, and wipe them clean with a Cloth; bruiſed them pretty groſly before you put them in, ſo let them ſteep in a Stone Pot; when all is in, cover it very cloſe; then ſet them on the Fire in a Skillet, let them ſimmer with a ſlow Fire 5 or 6 Hours, then ſtrain it out. This Oil is good for any green Wound, Bruiſe, Burn,

Burn, or Ach, and for Bruises inward, taking a Spoonful in a little warm Sack; and for any outward Swelling warm it, and anoint the Part affected.

An excellent Plaister for any Pain occasion'd by a Cold or Bruise.

TAKE of the Plaister of red Lead and Oxycroceum, of each equal Parts; of the best *Theban* Opium one Scruple, spread it on Leather, and lay it to the Part that aches, after you have well anointed with this Ointment: Take of Ointment of Marsh-mallows one Ounce, Oil of *Exeter* half an Ounce, Oil of Spike and Spirit of Hartshorn, of each a Drachm.

For a Dropsy.

TAKE of Horseradish-roots sliced thin, and sweet Fennel seeds bruised, of each two Ounces, Smallage and Fennel roots sliced, of each an Ounce, of the Tops of Thyme, Winter-savory, Sweet marjoram, Water cresses, and Nettles, of each a Handful; bruise the Herbs, and boil them in three Pints of Sack, and three of Water, to the Consumption of half; let it stand close cover'd for three Hours, then strain it, and drink a Draught of it twice in a Day, sweeten'd with Syrup of Fennel, fasting two Hours after it.

For the Gripes.

TAKE a Glass of Sack warmed, and dissolve in it as much *Venice*-Treacle, or *Diascordium* as a Hazel-Nut, drink it off going to Bed; cover warm.

To stay a Looseness.

TAKE a very good Nutmeg, and prick it full of Holes, and toast it on the Point of a Knife; then boil it in Milk till much be consum'd; then eat the Milk with the Nutmeg powder'd in it; in a few Times it will stop.

For

For the Strangury.

TAKE half a Pint of Plantane water, one Ounce of white Sugar candy, finely powder'd, two Spoonfuls of Sallad Oil, and the Juice of a Lemon; beat all theſe together very well, and drink it off.

For a Drought in a Fever.

TAKE of Sal-prunella one Ounce, and diſſolve it in Spring water, and put as much Sugar to it as will ſweeten it; ſimmer it over the Fire till 'tis a Syrup, and put ſome into Poſſet-drink, and take it two or three Times a Day, or when very thirſty.

A Plaiſter for an Ague.

TAKE right *Venice* Turpentine, and mix with it the Powder of white Hellebore-roots, till 'tis ſtiff enough to ſpread on Leather. It muſt be laid all over the Wriſt, and over the Ball of the Thumb ſix Hours before the Fit comes.

For a Chin-Cough.

TAKE a Spoonful of Wood-lice and bruiſe 'em, and mix them with Breaſt Milk, and take them three or four Mornings, according as you find Benefit. It will cure; but ſome muſt take it longer than others.

An admirable Tincture for green Wounds.

BALSAM of *Peru* one Ounce, Storax Calamita two Ounces, Benjamin three Ounces, Aloes Socatrina, Myrrh, Electuary pure, and Frankincenſe, of each half an Ounce, Angelica-roots and Flowers of St. *John's* wort, of each half an Ounce, Spirit of Wine one Pint; beat the Drugs, ſcrape and ſlice the Roots, and put it into a Bottle, ſtop it well, and let it ſtand in the Sun *July*, *Auguſt*,

Auguſt, and *September*, and then ſtrain it through a fine Linen Cloth; put it in a Bottle, ſtop it cloſe, and keep it for Uſe. Apply it to a green Wound, dip a Feather in it and annoint the Wound; then dip Lint in it, and put on it, and bind it up with a Cloth; but let no Plaiſter touch it; twice a Day wet the Lint with a Feather, but not take it off till 'tis well.

To take off Blackneſs by a Fall.

RUB it well with a cold Tallow-Candle as ſoon as 'tis bruiſed, and this will take off the Blackneſs.

To break a Boil.

TAKE the Yolk of a new-laid Egg, ſome Honey and Wheat-flour, and mix it well together, and ſpread it on a Rag, and lay it on cold.

A Poultice for a hard Swelling.

BOIL the fineſt Wheat flour in Cream till 'tis pretty thick, then take it off and put in Mallows chopt, ſtir it, and apply it as hot as can be endured; dreſs it twice a Day, and make freſh every Time.

To ſtay Vomiting.

TAKE Aſh leaves, and boil them in Vinegar and Water, and apply them hot to the Stomach; do this often.

A Poultice for a ſore Breaſt, Leg, or Arm.

BOIL Wheat-flour in ſtrong Ale very well, and pretty thick, then take it off and ſcrape in ſome Boar's-Greaſe; let it not boil after the Greaſe is in, ſtir it well, and apply it hot.

A Salve for a Blaſt, Burn, or Scald.

TAKE *May* Butter freſh out of the Churn, neither waſh'd nor ſalted, and put into it a good Quantity of the green inner Rind of Elder, and put it in a Pipkin, and ſet that in a Pot of boiling Water; let it infuſe a Day or two, then ſtrain it out, and keep it in a Pot for Uſe.

An excellent Remedy for Agues, which has been often tried with very great Succeſs.

TAKE of black Soap, Gun-powder, ſtinking Tobacco, and Brandy, of each an equal Quantity, mix them well together, and three Hours before the Fit comes apply it to the Patient's Wriſt; let this be kept on for a Fortnight.

To cure the Biting of a mad Dog.

TAKE two Quarts of ſtrong Ale, two Pennyworth of Treacle, two Garlick heads, a Handful of Cinquefoil, Sage, and Rue: Boil them altogether to a Quart; ſtrain it, and give the Patient three or four Spoonfuls twice a Day: Take Dittany, Agrimony, and ruſty Bacon, beaten well together, and apply to the Sore to keep it from feſtering.

For ſpitting Blood.

TAKE of Cinnaber of Antimony one Ounce, and mix it with two Ounces of Conſerve of red Roſes, and take as much as a Nutmeg Night and Morning.

To know if a Child has Worms or not.

TAKE a Piece of white Leather, and peck it full of Holes with your Knife, and rub it with Wormwood, and ſpread Honey on it, and ſtrew the Powder of Aloes Socratina on it; lay it on the Child's Navel when he goes

goes to Bed, and if he has Worms, the Plaister will stick fast, and if he have not, it will fall.

To stop Vomiting.

TAKE half a Pint of Mint-water, an Ounce of Syrup of Violets, a quarter of an Ounce of Mithridate, and half an Ounce of Syrup of Roses; mix all these well together, and let the Party take two Spoonfuls first, and then one Spoonful after every Vomiting till 'tis stay'd.

To cure the Tooth-ach.

LET the Party that is troubled with the Tooth-ach lie on the contrary Side, and drop three Drops of the Juice of Rue into the Ear on that Side the Tooth acheth, and let it remain an Hour or two and it will remove the Pain. If a Needle is run thorough a Woodlouse, and immediately touch the aching Tooth with that Needle, it will cease to ach.

A rare Mouth-Water.

TAKE Rosemary, Rue, Celandine, Plantane, Bramble leaves, Woodbine leaves, and Sage, of each an Handful; beat them and steep them in a Quart of the best White-wine Vinegar two Days and Nights, then press it well and strain it, and put to it 6 Ounces of Allum, and as much Honey, and boil them a little together softly till the Allum is consum'd; when 'tis cold keep it for Use.

To make Lozenges for the Heart-burn.

TAKE of white Sugar Candy one Pound, Chalk three Ounces, Bole-armoniac five Scruples, Crabs-Eyes one Ounce, red Coral four Scruples, Nutmegs one Scruple, Pearl two Scruples; let all these be beaten and sifted, and make all into a Paste with a little Spring-water, roll it out and cut your Lozenges out with a Thimble,

ble, lay them to Dry. Eat four or five at a Time as often as you pleaſe.

To make Syrup of Garlick.

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

To prevent After-Pains.

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

To cure the Tooth-ach.

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

To cure the Jaundice.

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

To ſtop bleeding at Mouth, Noſe, or Ears.

IN the Mouth of Man take a clean Linnen Cloth, and wet it in the Spawn of Frogs nine Days, drying it every Day in the Wind; lay up that Cloth, and when you

have Need, hold it to the Place where the Blood runs, and it will ſtop.

An excellent Medicine for Shortneſs of Breath.

TAKE half an Ounce of Flour of Brimſtone, a quarter of an Ounce of beaten Ginger, and 3 quarters of an Ounce of beaten Sena, and mix all together in 4 Ounces of Honey; take the Bigneſs of a Nutmeg Night and Morning for 5 Days together; then once a Week for ſome Time; then once a Fortnight.

To cure a pimpled Face, and ſweeten the Blood.

TAKE Sena one Ounce, put it in a ſmall Stean Pot, and pour a Quart or more of boiling Water on it; then put as many Prunes as you can get in; cover it with Paper, and ſet it in the Oven with Houſhold bread, and take of this every Day, one, two, or three, or more of the Prunes and Liquor, according as it operates. Continue this always, or at leaſt half a Year.

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

TAKE *Engliſh* Orris-roots, Squills, and Elecampane-roots, each 1 Ounce; Hyſop and Horehound leaves, each one Handful, the inner Rind of green Elder and dwarf Elder, of each one Handful, Sena one Ounce and half, Agarick two Drachms, Ginger one Drachm; cut the Roots thin and bruiſe the Leaves, and put them into two Quarts of the beſt *Liſbon* Wine; let theſe boil an Hour and half on a gentle Fire in an earthen Mug very cloſe ſtopp'd with a Cork, and tied down with a bladder that no Air come to it, and ſo ſet it in a large Pot of boiling Water; ſet it ſo that no Water get into the Mug, which muſt hold three Quarts, that all the Ingredients may have room to go in; when 'tis almoſt cold, ſtrain it out very hard; you muſt ſcrape the Elder downwards. Take this for a Week together, if you can, and then miſs a Day;

and if that does not do, go on with your other Bottle of the ſame; take it in a Morning faſting, ten Spoonfuls at a Time, without any Poſſet-drink, 'twill both vomit and purge you; 'tis an unpleaſant Taſte, therefore take a Lump of Sugar after it; when 'tis quite cold, after 'tis ſtrain'd off, let it ſtand in a Flaggon to ſettle a Night and a Day; then bottle it up clear and fine for your Uſe. 'Tis an admirable Medicine.

To ſtop Bleeding.

TAKE a Pint of Plantane-water, put to it 2 Ounces of Iſing-glaſs, and let it ſtand 24 Hours to diſſolve; pour it from the Dregs, and put in a Pint of good red Port-wine, and add to it 3 or 4 Sticks of Cinamon, and 2 Ounces of double-refin'd Sugar; give it a boil or two, and pour it off; let the Party take 2 or 3 Spoonfuls 2 or 3 Times a Day.

To cure a Cancer.

TAKE a Drachm of the Powder of Crabs-claws finely ſearced, and made into Paſte with Damask Roſe-water, and dried in Pellets of Lozenges; powder the Lozenges as you uſe them, and drink the Powder in Whey every Morning faſting. If there be a Sore, and 'tis raw, anoint it with a Salve made of Dock-roots and freſh Butter, make a Seaton or Iſſue in the Neck; keep a low Diet, keep from any thing that is ſalt, ſour, or ſtrong.

To cure the Joint Evil.

TAKE good ſtore of Elder-leaves, and diſtil them in a cold Still; let the Perſon drink every Morning and Evening half a Pint of this Water, and waſh the Sores with it Morning and Evening, firſt warming it a little, and lay freſh Elder-leaves on the Sores, and in a little Time you will find they will dry up; but be ſure to follow it exactly, it has cured when all other Remedies have failed.

For

For the Green Sickneſs.

TAKE Centaury the leſs, and Wormwood and Roſemary-flowers, of each one Handful; Gentian root one Drachm, Coriander ſeeds two Drachms; boil theſe in a Quart of Water, ſweeten it with Syrup of Steel, and take four or five Spoonfuls in the Morning, and as much in the Afternoon.

To take off Freckles.

TAKE Bean-flower Water, or Elder-flower Water, or *May* Dew gather'd from Corn, of either the Quantity of 4 Spoonfuls, and add to it 1 Spoonful of Oil of Tartar very new drawn; mix it well together, and often waſh the Face with it: Let it dry on.

To make Pomatum.

TAKE almoſt a Drachm of white Wax, 2 Drachms of Sperma-Cete, one Ounce of Oil of bitter Almonds, ſlice your Wax very thin, and put it in a Gallipot, and put the Pot in a Skillet of boiling Water; when the Wax is melted, put in your Sperma-Cete, and juſt ſtir it together; then put in the Oil of Almonds; after that take it off the Fire, and out of the Skillet, and ſtir it 'til cold with a Bone Knife; then beat it up in Roſe-water 'til 'tis white; keep it in Water, and change the Water once a Day.

A Salve for a Sprain.

TAKE a quarter of a Pound of Virgin's Wax, a quarter of a Pound of Frankincenſe, half a Pound of Burgamy Pitch, melt them well together, ſtirring them all the while 'til they are melted, then give them a good boil, and ſtrain them into Water; work it well into Rolls, and keep it for Uſe; the more 'tis work'd the better it is. Spread it on Leather.

A rare green Oil for Aches and Bruiſes.

TAKE a Pottle of Oil of Olives, and put it into a Stone Pot of a Gallon, with a narrow Mouth; then take Southernwood, Wormwood, Sage, and Camomile, of each 4 Handfuls, a quarter of a Peck of red Roſe-buds, the White cut from them; ſhred them together groſly, and put them into the Oil, and once a Day for 9 or 10 Days ſtir them well, and when the Lavender ſpike is ripe, put 4 Handfuls of the Tops in, and let it ſtand 3 or 4 Days longer, and cover'd very cloſe; then boil them an Hour upon a ſlow Fire, ſtirring it often; then put to it a quarter of a Pint of the ſtrongeſt Aqua-vitæ, and let it boil an Hour more; then ſtrain it thro' a coarſe Cloth, and let it ſtand 'til 'tis cold, and keep it in Glaſſes for Uſe; warm a little in a Spoon or Saucer, and bath the Part affected.

To take out Spots of the Small-Pox.

TAKE half an Ounce of Oil of Tartar, and as much Oil of bitter Almonds, mix it together, and with a fine Rag daub it often on the Face and Hands before the Air has penetrated into the Skin or Fleſh.

For the Cholick.

TAKE a Drachm and half of Dr. *Holland*'s Powder, and mix it in a little Sack, and take it and drink a Glaſs of Sack after it. It gives preſent Eaſe.

An approved Remedy againſt ſpitting of Blood.

TAKE of the Tops of ſtinging Nettles, Plantane-leaves, of each a like Quantity; bruiſe them and ſtrain the Juice out, and keep it cloſe ſtopp'd in a Bottle, of which take 3 or 4 Spoonfuls every Morning and Evening, ſweeten'd with Sugar of Roſes. The Juice of Comfry-roots drank with Wine is alſo very good; let the Patient

tient be blooded at first, and sometimes gently purged. But if there happens to be any inward Soreness, occasioned by Straining, this Electuary will be very convenient, *viz.* Take an Ounce of *Lucatellus*'s Balsam, of Conserve of Roses 2 Ounces, 12 Drops of Spirit of Sulphur, to be made into a soft Electuary with Syrup of white Poppies; the Dose is the Quantity of a Nutmeg every Morning and Evening.

For the Scurvy.

TAKE a Pound of Guiacum-bark, and half a Pound of Sassafras, and a quarter of a Pound of Liquorish; boil all these in 3 Quarts of Water 'til it comes to 3 Pints, and when 'tis cold, put it in a Vessel with 2 Gallons of Ale; in 3 or 4 Days 'tis fit to drink; and drink no other Drink for 6 or 12 Months, according to the Violence of the Distemper. It will certainly cure.

For Corns on the Feet.

TAKE the Yeast of Beer (not of Ale) and spread it on a Linen Rag, and apply it to the Part affected; renew it once a Day for 3 or 4 Weeks. It will cure.

For Chillblains.

ROAST a Turnip soft, beat it to mash, and apply it as hot as can be endured to the Part affected; let it lie on 2 or 3 Days, and repeat it 2 or 3 Times.

To stop Bleeding inwardly.

TAKE two Drachms of Henbane-seed, and the like of white Poppy-seed, beat them up with Conserve of Roses, and give the Quantity of a Nutmeg at a Time; or take 12 Handfuls of Plantane-leaves, and 6 Ounces of fresh Comfry-roots; beat these and strain out the Juice, and add to it some fine Sugar, and drink it off.

To kill a Tetter.

TAKE Flour of Brimſtone, Ginger, and burnt Allum, a like Quantity; mix it with freſh Butter unſalted, anoint as hot as can be endured at Bed time; in the Morning waſh it off with Celandine water heated; while this is continued, the Party muſt ſometimes take Cordials to keep the Humour from going inward.

An Ointment for a Blaſt.

TAKE Velvet-leaves and wipe them clean, and chop 'em ſmall, and put 'em to unſalted Butter out of the Churn, and boil 'em gently 'til the Goodneſs is out of the Leaves, then ſtrain it into a Gallipot, and keep it for Uſe. Lay Velvet-leaves over the Part after 'tis anointed.

A Poultice to ripen Tumours.

TAKE half a Pound of Figs, two Ounces of white Lilly-roots, two Ounces of Bean Flour or Meal; boil theſe in Water 'til it comes to a Poultice; ſpread it thick on a Cloth, apply it warm, and ſhift it as often as it grows dry.

For the Teeth.

TAKE a Pint of Spring-water, put to't ſix Spoonfuls of the beſt Brandy, waſh the Mouth often with it, and in a Morning roll a Bit of Allum a little while in the Mouth.

For a Draught in a Fever.

MAKE Barley water, ſweeten it with Syrup of Violets, and tincture it with Spirit of Vitriol; let 'em drink ſometimes of this; put Sal prunella in Beer or Poſſet-drink, and ſometimes drink of that; and if they are ſick or faint, give a Spoonful of Cordial in a Diſh of Tea.

A Poul-

A Powder that has restored Sight when almost lost.

TAKE of Betony, Celandine, Saxifrage, Eye-bright, Pennyroyal and Levisticum, of each one Handful; of Annisseeds and Cinamon of each half an Ounce; take also of Grains of Paradice, Ginger, Hyssop, Parsley, Origany, Osier of the Mountain, of each one Drachm, Galengal and Sugar, of each one Ounce: Make all into a fine Powder, and eat of it every Day with your Meat such a Quantity as you used to eat of Salt, and instead of Salt, Osier, you must have that at the Physick Garden.

For a Cough settled on the Stomach.

TAKE half a Pound of Figs sliced, Raisins of the Sun stoned as many, and a Stick of Liquorish scraped and sliced; a few Annisseeds and some Hyssop wash'd clean: Put all these in a Quart of Spring-water; boil it till it comes to a Pint; then strain it, and sweeten it with white Sugar Candy. Take 2 or 3 Spoonfuls Morning and Night, and when the Cough troubles you.

An excellent Method to cure the Dropsy.

TAKE a good Quantity of Black Snails, stamp them well with Bay Salt, and lay to the Hollow of the Feet, putting fresh twice a Day. Take likewise a Handful of Spearmint and Wormwood, bruise them, and put them in a Quart of Cream, which boil till it comes to an Oil, then strain and anoint those Parts which are swelled. Take of the Tops of green Broom, which after you have dried in an Oven, burn upon a clean Hearth to Ashes, which mingle very well with a Quart of White-Wine, let it stand all Night to settle, and in a Morning drink half a Pint of the clearest, at four in the Afternoon, and at Night going to Bed do the same. Continue laying the Poultice to your Feet, and drinking the White-Wine for three Weeks together; this Method has been often used with Success.

An

An experienced Eye-Water to strengthen the Sight, and prevent Cataracts.

TAKE of Eyebright-tops two Handfuls, of Celandine, Vervain, Betony, Dill, Ground-pine, Clary, Avens, and Pimpernel, of each an Handful, Rosemary-Flowers an Handful, of Capon's Gall, and Alloes bruised, of each half an Ounce, of long Pepper one Drachm; infuse Twenty-four Hours in two Quarts of White-Wine, then draw it off in a Glass Still; drop the Water with a Feather into the Eye often.

For Stuffing in the Lungs.

TAKE white Sugar candy powder'd and sifted two Ounces, China-roots powder'd and sifted 1 Ounce; Flower of Brimstone one Ounce. Mix these with Conserve of Roses, or the Pap of an Apple; and take the Bigness of a Walnut in the Morning, fasting an Hour after it; and the last at Night, an Hour after you have Eaten or Drank.

To give Ease in a violent Fit of the Stone.

TAKE a Quart of Milk, and two Handfuls of dried Sage, a Pennyworth of Hempseed, one Ounce of white Sugar candy: Boil all these together a quarter of an Hour, and then put in half a Pint of Rhenish-wine. When the Curd is taken off, with the Ingredients, put it in a Bag, and apply it to the grieved Part; and of the Liquor drink a good Glass full. Let both be as Hot as can be endured. If there is not Ease the first Time, warm it again, and use it: It seldom fails.

To procure easy Labour.

TAKE half a Pound of Figs, half a Pound of Raisins of the Sun stoned, four Ounces of Liquorish scraped and sliced; one Spoonful of Anniseeds bruised; boil

boil all these in 2 Quarts of Spring-water 'til one Pint is wasted; then strain it out, and drink a quarter of a Pint of it Morning and Evening 6 Weeks before the Time.

To procure steedy Delivery when the Throws are gone.

TAKE half a Drachm of Borax powder'd, and mixed with a Glass of White-wine, some Sugar, and a little Cinamon water; if it does no good the first Time, try it again 2 Hours after, so likewise the third Time.

To bring the After-Birth.

GIVE thirty or thirty five Drops of Oil of Juniper in a good Glass of Sack.

To prevent After Pains.

TAKE half an Ounce of large Nutmegs and toast them before the Fire, and one Ounce of the best Cinamon, and beat them together; then mix it with the Whites of two Eggs, beating it together in a Portinger, and take every Morning in Bed as much as will lie on the Point of a Knife, and so at Night; and drink after it the following Caudle.

Take a quarter of a Pint of *Alicant* Wine or Tent, a quarter of a Pint of red Rose-water, and a quarter of a Pint of Plantane water; mingle all three together, and beat three new laid Eggs, Yolks and Whites, and make a Caudle of them; put into it two Ounces of double refin'd Sugar, a quarter of an Ounce of Cinamon; you must boil the Cinamon in the Wine and Water before the Eggs are in; and after all is mixed, put to it half a Drachm of the Powder of Knot-grass; take of this six Spoonfuls Morning and Evening after the Electuary.

To ſtop Floodings.

TAKE the White of an Egg, and beat it well with four or five Spoonfuls of red Roſe-water, and Drink it off Morning and Night, nine Mornings together; it has cured when all other Things have failed.

Let the Party often take Iſing-glaſs boiled, or diſſolved in Warm New-milk, a Pint at a Time.

A Plaiſter for a Weakneſs in the Back.

TAKE Plantane, Comfry, Knot-graſs, Shepherd's-Purſe, of each one Handful; Stamp them ſmall, and boil them in a Pound of Oil of Roſes, and a little Vinegar; when 'tis well boil'd Strain it, and ſet it on the Fire again, and put into it four Ounces of Wax, one Ounce of Chalk, Bole-Armoniac one Ounce, and Terra-ſigillata one Ounce; boil all well, keeping it ſtill ſtirring, then cool it, and make it into Rolls, and keep it for Uſe; ſpread it on Leather when you lay it to the Back.

A Drink for the ſame.

Take four Roots of Comfry, and of Knot-graſs and Clary one Handful, a Sprig of Roſemary, a little Galengal, a good Quantity of Cinamon and Nutmeg ſliced, the Pith of the Chine of an Ox. Stamp and boil all theſe in a Quart of Muſcadine, then ſtrain it, and put in ſix Yolks of Eggs; ſweeten the Caudle to your Taſte with double-refin'd Sugar, and Drink a good Draught Morning and Evening. Take of Crocus Martis and Conſerve of red Roſes mixed together three or four Times a Day.

For a Flux.

TAKE a Pint of New-milk, and diſſolve in it half a quarter of a Pound of Loaf-Sugar, as much Mithridate as the bigneſs of a Walnut; give this for a Clyſter moderately warm; repeat it once or twice if their be Occaſion.

For

For the falling down of the Fundament.

TAKE Ginger and slice it, and put it in a little Pan, heat it by clear well kindled Coals, and put it in a Close stool. Let the Party sit over it, and receive the Fume; cast in the Ginger by little and little, and keep warm.

To increase Milk in Nurses.

MAKE Gruel with Lentils, and let the Party Drink freely of it; or else boil them in Posset drink, which they like best.

A good Purge.

INfuse an Ounce of Sena in a Pint of Water till half be consumed; when 'tis cold, add to it one Ounce of Syrup of Roses, and one Ounce of Syrup of Buckthorn; mix them well together. This Quantity makes 2 strong Purges for either Man or Woman, and 4 for a Child.

To prevent Miscarrying.

TAKE of Dragon's-blood the Weight of a silver Two-pence, and a Drachm of red Coral, the Weight of two Barley-corns of Ambergreale, the Weight of three Barley-corns of *East-India* Bezoar; make all these into a very fine Powder, and mix them well together, and keep them close in a Box; and if you are frighted, or need it, take as much at a Time as will lie on a Penny, and keep very still and quiet. Take it in a Caudle made with Muscadine or Tent, and the Shucks of Almonds dried and beaten to Powder, and thicken it with Yolks of Eggs. Take it in a Morning fasting, and at Night going to Bed; this do 'til you are out of Danger, and lay the following Plaister to the Back;

Take *Venice* Turpentine, and mix with it Bole-Armoniac, and spread it on black brown Paper the Length and Breadth of a Hand, and lay it to the Small of the Back, keeping Bed.

To

To procure a good Colour.

TAKE Germander, Rue, Fumitory, of each a good Handful, one Pennyworth of Saffron tied up in a Rag, half a Pound of blue Currants bruiſed; ſtamp the Herbs, and infuſe all theſe Ingredients in 3 Pints of Sack over a gentle Fire 'til half be conſumed, drink a quarter of a Pint Morning and Evening, and walk after it; repeat this Quantity once or twice.

You may add a Spoonful of the following Syrup to every Draught. Take 3 Ounces of the Filings of Steel, and put it in a glaſs Bottle with a Drachm of Mace, and as much Cinamon, pour on them a Quart of the beſt White-wine, ſtop it up cloſe, and let it ſtand 14 Days, ſhaking the Bottle every Day; then ſtrain it out into another Bottle, and put 2 Pounds of fine Loaf Sugar to it finely beaten; let it ſtand 'til the Sugar is diſſolv'd without ſtirring it; then clear it into another Bottle, and keep it for Uſe.

A Receipt for the Gout.

THE following Preſcription of the celebrated Meſſieurs *Boerhaave* and *Oſterdyke*, for the Cure of the Gout, has been tried with ſo much Succeſs by a Gentleman who was afflicted with that Diſtemper from the Age of 15 to upwards of 40, and is now, as he hopes, perfectly cured of it, and is returning (with all proper Caution) to his uſual (temperate) Manner of living; and it has beſides done ſo much Good to ſeveral others to whom the Salutary Regimen has been communicated, that he thinks he cannot do a more acceptable Service to the Publick, nor make a better Acknowledgment for the Benefit he has received by it, than to publiſh the ſame for the general Good of his Fellow Creatures: And tho' he cannot anſwer for it, that it may have the ſame happy Effects on every Conſtitution that it has had with him, yet he doubts not that the Innocence of the Method preſcribed, and the diſintereſted Manner in which he offers it to

the

the Publick, will be a ſufficient Juſtification of his good Intentions, and a better Recommendation of its Genuineneſs and Efficacy, than any Thing he can ſay further on this Subject.

Profeſſors BOERHAAVE *and* OSTERDYKE's *Regimen preſcrib'd for the Gout.*

THEY are of Opinion that the Gout is not to be cured by any other Means but a Milk Diet, which will in twelve Months Time alter the whole Maſs of Blood; and in order thereto, the following Directions muſt be ſtrictly obſerv'd and follow'd:

I. You muſt not taſte any Liquor, only a Mixture of one Third Milk and two Thirds Water, your Milk as new as you can get it, and to drink it as often as you have Occaſion for it, without adding any other to it. A little Tea and Coffee is likewiſe permitted with Milk.

II. In a Morning aſſoon as awake, and the Stomach has made a Digeſtion, you muſt drink eight Ounces of Spring-water, and faſt two Hours after; then eat Milk and Bread, Milk portage, or Tea with Milk, with a little Bread and freſh Butter.

III. At Dinner you muſt not eat any Thing but what is made of Barley, Oats, Rice, or Millet-ſeeds, Carrots, Potatoes, Turnips, Spinage, Beans, Peaſe, &c. You may likewiſe eat Fruit when full ripe, baked Pears or Apples, Apple-Dumplins; but above all Milk and Biſket is very good, but nothing ſalt or ſour, not even a Sevil Orange.

IV. At Supper you muſt eat nothing but Milk and Bread.

V. It is neceſſary to go to Bed betimes, even before nine o'Clock, to accuſtom yourſelf to ſleep much, and uſe yourſelf to it.

VI. Every Morning before you riſe, to have your Feet, Legs, Arms, and Hands, well rub'd with Pieces of Woollen Cloth for half an Hour, and the ſame going to Bed. This Article muſt be ſtrictly obſerved, for by this Means the Humours, Knobs, and Bunches, will be diſſipated, and prevent their fixing in the Joints, by which they become uſeleſs.

VII. You muſt accuſtom yourſelf to Exerciſe, as riding on Horſeback, which is beſt, or in any Coach, Chaiſe, *&c.* the more the better; but take care of the cold Weather, Winds, and Rain.

Laſtly, In caſe a Fit of the Gout ſhould return, and be violent, which they are of Opinion will not, then a little Opium or Laudanum may be taken to compoſe you; but no oftner than Neceſſity requires. They are of Opinion, that your Father or Mother having the Gout, is of no Conſequence, if you will reſolve to follow the foregoing Directions ſtrictly.

For the Piles.

TAKE of the Tops of Parſley, of Mullet, and of Elder-buds, of each one Handful; boil in a ſufficient Quantity of freſh Butter 'til it looks green, and has extracted the Smell of the Herbs; ſtrain, and anoint the Place with it 3 or 4 Times a Day.

A bitter Draught.

TAKE of the Leaves of *Roman* Wormwood, the Tops of Centaury, and St. *John*'s wort, of each a ſmall Handful, Roots of Gentian ſliced two Drachms, Carraway-ſeeds half an Ounce; infuſe theſe in half a Pint of Rhenniſh, and 3 Pints of White wine for 4 or 5 Days; take a quarter of a Pint in a Morning, filling up the Bottle, and it will ſerve 2 or 3 Months.

For the Hemorrhoids inflam'd.

LET the Party dip their Finger in Balſam of Sulphur made with Oil of Turpentine, and anoint the Place two or three Times a Day.

For Coſtiveneſs.

TAKE Virgin-Honey a quarter of a Pound, and mix with as much Cream of Tartar as will bring it to a pretty

pretty thick Electuary, of which take the Bigneſs of a Walnut when you pleaſe; and for your Breakfaſt eat Water-gruel with common Mallows boiled in it, and a good Piece of Butter; the Mallows muſt be chopt ſmall, and eaten with the Gruel.

To raiſe a Bliſter.

THE Seeds of Clemmatis Peregrina being bound hard on any Place, will in an Hour or two raiſe a Bliſter, which you muſt cut and dreſs with Melilot Plaiſter, or Colewort Leaves, as other Bliſters.

Likewiſe Leaven mixed with a little Verjuice, and about half a Pennyworth of Cantharides Flies, and ſpread on Leather the Bigneſs you pleaſe, will in 9 or 10 Hours raiſe a Bliſter, which dreſs as uſual.

Plaiſter for the Feet in a Fever.

TAKE of Briony roots one Pound, Tops of Rue an Handful, black Soap 4 Ounces, and Bay-ſalt 2 Ounces; beat all theſe in a Maſh, and out of this ſpread on a Cloth for both Feet, apply it warm, and ſew Cloths over them, and let them lie 12 Hours; if there be Occaſion, renew them 3 Times.

A Drink for a Fever.

TAKE a Quart of Spring-water, and boil in it an Ounce of burnt Hartſhorn, a Nutmeg quartered, a Stick of Cinamon; let it boil a quart of an Hour; when 'tis cold, ſweeten it to your Taſte with Syrup of Lemons or fine Sugar, with as many Drops of Spirit of Vitriol as will juſt ſharpen it. Drink of this when you pleaſe.

A Vomit.

TAKE ſeven or eight Daffodil-roots, and boil them in a Pint of Poſſet drink, and in the working drink Carduus-water a Gallon or more; your Poſſet muſt be

cold when you drink it, and your Carduus Tea muſt be blood-warm; if it works too much, put ſome Salt in a Diſh of Poſſet, and drink it off.

For the Hickup.

TAKE 3 or 4 preſerved Damſons in your Mouth at a Time, and ſwallow them by Degrees.

For the Cramp.

TAKE of Roſemary-leaves and chop them very ſmall, and ſew them in fine Linen, and make them into Garters, and wear them Night and Day; lay a Down-pillow on your Legs in the Night.

For Weakneſs in the Hands after a Palſy.

TAKE of the Tops of Roſemary, bruiſe it and make it up into a Ball as big as a Walnut, and let the Party roll it up and down in their Hand very often, and graſp it in the Hand 'til 'tis hot; do this very often.

For an old Ach or Strain.

TAKE an Ounce of *Lucatellus*'s Balſam, and mix it with 2 Drachms of Oil of Turpentine, gently heat it, anoint the Place, and put new Flannel on it.

For a Burn.

MIX Lime-water with Linſeed Oil; beat it together, and with a Feather anoint the Place, and put on a Plaiſter to defend it.

To cure a Place that is ſcalded.

TAKE Linſeed Oil, and put to it as much thick Cream; beat them together very well and keep it for Uſe. Anoint the Place that is ſcalded twice a Day, and

and it will cure it. Put on it ſoft Rags, and let nothing preſs it.

The bitter Draught.

TAKE of Gentian-root three Drachms; of Camomile-flowers one Ounce; of Roſemary-flowers one Ounce; of Tops of Centaury, Tops of *Roman* Wormwood, Tops of Carduus, of each one Handful. Boil all theſe in two Quarts of Spring-water, 'til it comes to a Quart. You may add a Pint of White-wine to it. Strain it out, and when 'tis cold, bottle it. Drink a quarter of a Pint in the Morning, and as much at 4 o'Clock in the Afternoon.

To draw out a Thorn.

TAKE the Roots of Comfry, and bruiſe them in a Mortar with a little Boar's-greaſe, and uſe this as a Plaiſter.

For a ſcald Head.

TAKE three Spoonfuls of the Juice of Comfry, two Pennyworth of Verdegreaſe, and half a Pound of Hogſ-lard: Melt it together, but let it not boil. Cut off the Hair, and anoint the Place. It will cure it.

For the Falling-Sickneſs.

TAKE the After-birth of a Woman, and dry it to Powder, and drink half an Ounce thereof in a Glaſs of White-wine for ſix Mornings together. If the Patient be a Man, it muſt be the Afterbirth of a Female Child; if a Woman, the contrary.

For the Trembling at the Heart.

MAKE a Syrup of Damask Roſes, and add thereto a ſmall Quantity of red Coral, Pearl, and Amber-greaſe, all finely beaten and powder'd: Take this ſo long as your Pain continues, about a Spoonful at a Time.

For a Pleuriſy, if the Perſon cannot be blooded.

TAKE of Carduus, the Seeds or Leaves, a large Handful; boil them in a Pint of Beer till half is conſum'd; then ſtrain it, and give it the Party warm. They muſt be faſting when they take it, and faſt ſix Hours after it, or it will do them harm.

To draw a Rheum from the Eyes.

ROAST an Egg hard, then cut out the Yolk, and take a Spoonful of Cummin-ſeed, and a Handful of Bears-foot; bruiſe them and put them into the White of the Egg, ſo lay it hot on to the Nape of the Neck; bind it on with a Cloth, and let it lie 24 Hours, ſo lay on freſh again. It will cure in a little Time.

To clear the Eyes.

TAKE the White of Hens dung, dry it very well, and beat it to Powder; ſift, and blow it into the Eyes when the Party goes to Bed.

For a Pin or Web in the Eye.

TAKE the Gall of a Hare and Honey, of each a like Quantity; mix them together, and take a Feather and put a little into the Eye, and it will cure in two or three Days.

If a Hair or Fiſh-bone ſtick in the Throat, immediately ſwallow the Yolk of a raw Egg, it is a very good Thing.

An extraordinary Ointment for Burns and Scalds.

TAKE of red Dock leaves, and Mallow-leaves, of each a large Handful, two Heads of Houſeleek, of green Elder, the Bark being ſcrap'd from it, a ſmall Hand-

Handful; waſh the Herbs and the Elder, which being cut ſmall, boil in a Pint and a half of Cream; boil it till it comes to an Oil, which, as it riſes up, take off with a Spoon; afterwards ſtrain, and put to it three Drachms of White Lead powdered fine.

A very good Drink to be uſed in all Sorts of Fevers.

TAKE two Ounces of burnt Hartſhorn, boil it with a Cruſt of Bread in three Pints of Water to a Quart; ſtrain, and put to it of Barley, Cinamon-water, two Ounces, Cochineal half a Drachm; ſweeten it with fine Sugar, and let the Patient, as often as he is thirſty, drink plentifully of it; rub the Cochineal in a Mortar together with the Sugar.

To cure the yellow or black Jaundice.

TAKE a Quart of White-wine, a large red Dock-root, a Bur-root, that which bears the ſmall Bur, two Pennyworth of Turmerick, a little Saffron, a little of the White of Gooſe-dung that feeds on the Green; boil all theſe together a little while; then let it run thro' a Strainer: Drink it Morning and Evening three Days.

A Plaiſter for the Sciatica.

TAKE of yellow Wax a Pound, the Juice of Marjoram and red Sage, of each ſix Spoonfuls, Juice of Onions two Spoonfuls; let all theſe boil together till the Juice is conſum'd, and when 'tis half cold, put in two Ounces of Turpentine, and of Nutmegs, Cloves, Mace, Anniſeeds, and Frankincenſe, of each one Pennyworth finely powder'd; ſtir it well together, and make a Plaiſter.

A Salve for the King's-Evil.

TAKE a Burdock-root, and a white Lilly root; waſh, dry, and ſcrape them; wrap them in brown Paper, and

and roaſt them in the Embers; when they are ſoft take them out, and cut out the Burn or Hard, and beat them in a Mortar with Boar's-greaſe and Bean-flour; when 'tis almoſt enough, put in as much of the beſt Turpentine as will make it ſmell of it, then put it in a Pot for Uſe.

The Party muſt take inwardly two Spoonfuls of Lime-water in the Morning, and faſt two Hours after it, and do the ſame at four o'Clock in the Afternoon. If there be any Swelling of the Evil, they muſt bathe it with this Water a quarter of an Hour together, a little warmed, and wet a Cloth and bind it on the Place; but if the Skin be broken, only waſh it in the Water, and ſpread a thin Plaiſter of the Salve and lay on it; ſhift it once a Day; if very bad, you muſt dreſs it twice a Day.

To make the Lime-water. Take a Lime-ſtone as big as a Man's Head, it muſt be well burned; put it into ſix Quarts of boiling Water, cover it cloſe, but ſometimes ſtir it; the next Day when 'tis ſettled pour off the clear Water, and keep it in Bottles for Uſe.

To cure Burſtenneſs.

TAKE Hemlock, and bruiſe it a little, heat it pretty well, and apply it twice a Day, without any Truſs, and keep the Party as ſtill as may be. This has cured when many other Things have failed.

A Powder for Burſtenneſs.

TAKE a good Quantity of wild Muſk, Roots and all, pick, waſh, and dry them, then take of Currant-leaves, Vine-leaves and Strings, an equal Quantity; then take almoſt a Quart of Hemp-ſeeds; you muſt lay the Seeds at the Bottom of a Pot, and the Leaves and Roots on the Top; then put it into an Oven, dry them, rub them to Powder, and ſift them together. The Party muſt take as much of this Powder as will lie on a Six Pence, in a little Ale in the Morning, and at four in the Afternoon, and continue it five or ſix Weeks: The Powder ſhould be made in *May* if poſſible.

For

For the Chin-Cough.

TAKE a Spoonful of the Juice of Pennyroyal, mixed with Sugar-candy beaten to Powder. Take this for nine Mornings together.

To cure the Itch without Sulphur.

TAKE a Handful of Elecampane-root, and as much ſharp pointed Dock; ſhred them ſmall, and boil them in two Quarts of Spring-water till it comes to a Pint; ſtrain the Liquor, and with it let the Party waſh his Hands and Face two or three Times a Day.

For the Scurvy or Dropſy.

STAMP and ſtrain the Juice of the Leaves of Elder, and to a quarter of a Pint of Juice put ſo much White-wine; warm it a little and drink it off, and do thus for four or five Mornings together: If it purge you it will certainly do good. Take this in the Spring.

For an Ague.

GIVE as much *Virginia* Snake root dried and pow-der'd, as will lie upon a Shilling, in a Glaſs of Sherry or Sack, juſt before the cold Fit begins; uſe this two or three Times till the Ague is gone.

The yellow Balſam.

TAKE eight Ounces of Burgamy Pitch, three Ounces and a half of yellow Bees-wax ſliced, one Pound of Deers-ſuet, one Ounce of *Venice* Turpentine, beaten up in Plantane-water, half a Pint of red Roſes, a quarter of a Pint of Vinegar of red Roſes, twenty four Cloves of Garlick, and of Salt-petre dried before the Fire half the Quantity of a Nutmeg; bruiſe the Garlick in a Stone Mortar, and ſet the Oil, Vinegar, and Garlick in an earthen

earthen Pipkin over the Fire; let it boil gently half an Hour; then put in the Pitch and Wax, and when that is melted, put in the Suet, and one Ounce of Palm Oil; then let it boil a quarter of an Hour longer; then take it off the Fire, and put in the Turpentine and Salt petre; ſet it over the Fire again for a little while; then take it off, and let it ſtand to cool, then pour it gently into your Gallipots; be ſure you put in no Dregs; the Vinegar will fall to the Bottom; tie the Gallipots down with Leather. 'Tis an excellent Salve for ſore Legs, Boils, Whitlows, ſore Breaſts, and may ſafely be uſed to draw Corruption out of any Sore; put a little of it on Lint, and put a Plaiſter of the following black Salve over it.

The black Salve.

TAKE a Pint of Oil of Cloves, three quarters of a Pound of yellow Wax, two Ounces of Frankincenſe finely beaten and ſearced, two Ounces of the beſt Maſtich, two Ounces of Olibanum, two Ounces of Myrrh, half a Pound of white Lead finely ground, and two Drachms of Camphire: Boil theſe till they are black; then let it ſtand a little; oil a Board and pour it on, and oil your Hand, and make it up in Rolls for Uſe.

For the Falling-Sickneſs.

TAKE of the Powder of a Man's Scull, of Cinnaber, and Antimony, of each one Drachm, of the Root of Male-Peony, and Frog's Liver dried, of each two Drachms, of the Salt of Amber, half a Drachm, Conſerve of Roſemary, two Ounces, Syrup of Peonies, enough to make it into a ſoft Electuary, of which give the Quantity of a large Nutmeg every Morning and Evening, drinking after it three Ounces of the Water of the Lillies of the Valley; take it three Days before the New Moon, and three Days before the Full Moon; to bring the Patient quickly out of the Fit, let his Noſtrils and Temples be rubb'd with the Oil of Amber.

A Calcin'd Water to dry up Ulcers and old Sores.

TAKE of the best *Roman*-Vitriol three Ounces, Camphire one Ounce; beat them into fine Powder, put them into the Bottom of a Crucible, and fix it in hot Embers; cover it with white Paper four double, and put a little Tile on it: Let it be well calcin'd, but not too much; when 'tis cold, beat it into fine Powder, and sift it; then add to it three Ounces of Bole-Armoniac, beaten and sifted; mix all together, and to half an Ounce of this Powder put a quart of Spring or Plantane-water, boil the Water, and when 'tis blood-warm, put in your half Ounce of Powder, and stir it together in a Pewter Bason till 'tis quite cold, then put it in a Bottle for Use. When you use it, shake the Bottle, and pour some out, and use it as hot as can be endured, either by Syringe, or washing the Place twice or thrice a Day, and use the following Plaister or Salve.

The Leaden Plaister.

TAKE of white Lead three Ounces, red Lead seven Ounces, of Bole-Armoniac nine Ounces; beat all into fine Powder, and put to them a Pint of the best Oil-olive, incorporate them over the Fire, and let them boil gently half an Hour, putting in one Ounce of Oil of *Exeter*; stir it continually, and when 'tis enough, make it up in Rolls. This is a drying Plaister.

A Green Salve.

TAKE five Handfuls of Clown's All-heal, stamp it and put it in a Pot, and add to it four Ounces of Boar's-grease, half a Pint of Oil-olive, and Wax three Ounces sliced; boil it 'til the Juice is consumed, which is known when the Stuff doth not bubble at all; then strain it and put it on the Fire again, adding 2 Ounces of *Venice*-Turpentine; let it boil a little and put it in Gallipots for Use.

Use. Melt a little in a Spoon, and if the Cut or Wound be deep, dip your Tents in it; if not,. dip Lint and put on it, and defend the Place with a Leaden Plaister; dress it once a Day.

A Poultice for a Sore Breast before 'tis broken.

BOIL white Bread and Milk to a Poultice, then put to it Oil of Lillies, and the Yolk of an Egg; set it over the Fire again to heat, and apply it as hot as can be endured: Dress it Morning and Night till 'tis broke, then dress it with the Poultice of Raisins.

For a Sore Breast when 'tis Broken.

TAKE a quarter of a Pound of Raisins of the Sun stoned, and beat them very small; then add to it near as much Honey; and beat it together into a Salve; spread it on a Cloth, and make Tents if Occasion. Dress it once a Day; when 'tis well drawn, use the Yellow Balsom, and Black or Leaden Plaister.

To disperse Tumours.

TAKE of yellow Wax, Frankincense and Rosin, of each four Ounces; melt them together, strain it out, and when 'tis cool make it in a Roll, and keep it for Use.

To keep a Cancer in the Breast from increasing.

TAKE of Lapis Calaminaris four Ounces all in one Piece, and having made it Red-hot in a Crucible, 9 Times, quench it every Time in a Pint of White wine; then take two Ounces of Lapis Tutty, and having burnt that Red-hot in a Crucible three Times, quench that every Time in a Pint of Red-rose Water: Then beat the Tutty and the Calaminaris Stone together in a Mortar very fine, and put it in a Glass Bottle, and put the Rose-water and White-wine to it, and shake it three or four Times a Day, for nine Days before you begin to use it. You must keep

keep the Wine and the Roſe-water cloſe covered when you quench the Stone, that the Steam does not go out. When you uſe it ſhake it well, and dip Rags in it, and lay them to the Breaſt; let the Rags remain on till 'tis dreſs'd again: It muſt be dreſs'd twice a Day, Night and Morning. The clear Water is excellent for weak or ſore Eyes.

For a Swelling in the Face.

TAKE a Handful of Damask roſe Leaves, boil them in running Water till they are tender; ſtamp them to a Pulp, and boil white Bread and Milk till 'tis ſoft; then put in your Pulp with a little Hog's-lard, and thicken it with the Yolk of an Egg, and apply it warm.

For a ſore Throat.

MAKE a Plaiſter of *Paracelſus* four Inches broad, and ſo long as to come from Ear to Ear, and apply it warm to the Throat; then bruiſe Houſe-leek and preſs out the Juice, add an equal Quantity of Honey, and a little burnt Allum; mix all together, and let the Party often take ſome on a Liquoriſh-ſtick.

A purging Diet-Drink.

TAKE of Garden Scurvy-graſs ſix Handfuls, Water-creſſes and Brooklime, of each four Handfuls, Peach-bloſſoms four Handfuls, Nettle-tops and Fumitory, of each three Handfuls, Monk's Rhubarb four Ounces, Sena four Ounces, China two Ounces, Sarſaparilla three Ounces, Rhubarb one Ounce, Coriander and ſweet Fennel-ſeeds, of each half an Ounce; cut the Herbs, ſlice the Roots, bruiſe the Seeds, put them in a thin Bag, and hang them in four Gallons of ſmall Ale; after three Days, drink a Pint of it every Morning. Be regular in Diet, eat nothing ſalt or ſour.

Pills to purge the Head.

TAKE of the Extract of Rudium two Drachms, and Pill-Fætida one Drachm; mix theſe well together, and make it into 12 Pills; take 2, or if the Conſtitution be ſtrong, 3 of them at ſix o'Clock in the Morning; drink warm Gruel, or thin Broth, or Poſſet-drink, when they work.

For a Canker in the Mouth.

TAKE Celandine, Columbine, Sage, and Fennel, of each one Handful, ſtamp and ſtrain them, and to the Juice put a Spoonful of Honey, half a Spoonful of burnt Allum, and as much Bole Armoniac beaten fine; mix and beat all theſe together very well, and wrap a little Flax about a Stick, and rub the Canker with it; if it bleeds, 'tis the better.

A Water for ſore or weak Eyes.

TAKE of Ground Ivy, Celandine, and Daſies, of each a like Quantity, ſtamp'd and ſtrain'd, and add to the Juice a little Sugar and white Roſe water; ſhake this together, and with a Feather drop it into the Eyes; this takes away all Manner of Inflammation, Spots, Itching, Smarting, or Web, and is an excellent Thing for the Eyes.

A Clyſter for the Worms.

TAKE of Rue, Wormwood, Lavender-cotton, three or four Sprigs of each, a Spoonful of Anniſeeds bruiſed; boil theſe in a Pint of Milk till the third Part be conſum'd; then ſtrain it out, and add to it as much Aloes finely powder'd, as will lie on a Three-pence; ſweeten it with Honey, and give it pretty warm; it ſhould be given three Mornings together; and the beſt Time is three Days before the New or Full Moon.

Lucatellus's

Lucatellus's *Balſam.*

TAKE of *Venice* Turpentine one Pound, the beſt Oil three Pints, Sack ſix Spoonfuls, yellow Wax half a Pound, natural Balſam one Ounce, Oil of St. *John*'s-wort one Ounce, red Sanders well powder'd, one Ounce; cut the Wax in thin Slices, and ſet it over the Fire in a large Skillet, and when 'tis all melted put in the Turpentine; firſt waſh it three ſeveral Times in red Roſe-water, then ſtir them well together till they boil a little; then take it off from the Fire and let it cool. The next Day take it out of the Skillet and cut it in thin Slices, that all the Water may be got out of it; then ſet it over the Fire again, and when 'tis melted, ſtir it well together; then put in the Oil, and the Oil of St. *John*'s-wort, and the natural Balſam, and the Sack and Sanders, ſtirring them all together very well; then let it boil a little while, and take it off the Fire and ſtir it two Hours all one way. When 'tis cold, put it in Gallipots and cover them with Leather; it will keep good twenty Years, and the older the better.

A Salve for a Sear-cloth, for Bruiſes or Aches.

TAKE a Pint of Oil, nine Ounces of red Lead, two Ounces of Bees wax, a Shilling's worth of Sperma-Cete, two Ounces of Roſin beaten and ſifted; ſet all theſe on a ſoft Fire in a Bell Skillet, ſtirring till it boils, and then try it on a Rag whether it firmly ſticks upon it; when it does ſtick, take it off; and when you have made what Sear cloths you pleaſe, pour the reſt on an oiled Board, and make it up in Rolls. 'Tis very good for a Cut or green Wound.

An excellent Recipe for the Cure of Colds.

TAKE of *Venice*-Treacle half a Drachm, Powder of Snake-root twelve Grains, Powder of Saffron ſix Grains, Volatile Salt of Hartſhorn four Grains, Syrup

of Cloves a ſufficient Quantity to make it into a Bolus. To be taken going to Reſt, drinking a large Draught of Mountain Whey after it. Thoſe who can't afford Mountain Whey, may drink Treacle Poſſet.

To ſuch Conſtitutions as can't be provok'd to ſweat, opening a Vein, or a gentle Purge will be of great Service.

An Ointment for a Cold on the Stomach.

TAKE an Ounce and a half of the Oil of Valentia-Scabioſa, Oil of Sweet-Almonds a quarter of an Ounce, a quarter of an Ounce of Man's Fat, and 4 Scruples of the Oil of Mace; mix theſe together, and warm a little in a Spoon, and Night and Morning anoint the Stomach. Lay a Piece of black or lawn Paper on it.

To make Gaſcoigne's *Powder.*

TAKE of Powder of Pearl, red Coral, Crab's Eyes, white Amber and Hartſhorn, of each one Ounce; beat them to a fine Powder and ſearce them. Then take a Drachm of oriental Bezoar, and a Drachm of Ambergreaſe, and mix with the Powders; then take off the black Toes of Crab's-Claws, beaten to a fine Powder, as much as of all the reſt of the Powders, for this is the Chief; then mix all well together, and make them up in Balls in Jelly of Hartſhorn, and in your Jelly infuſe a ſmall Quantity of Saffron to give them a Colour; when you have rolled them in Balls as big as a Walnut, lay them on a *China* or Silver Plate to dry; when they are fully dry and hard, paper them up, and keep them for Uſe. The Doſe you muſt give at a Time, is, to a Man or Woman 10 or 12 Grains, in Dragon, Carduus, or the Lady *Allen*'s Water; the Party going to Bed and cover'd warm. The Crabs uſed in this Powder muſt be caught in *May* or *September*, and they muſt not be boiled.

A Water to cure red or pimpled Faces.

TAKE a Pint of strong White-wine Vinegar, and put to it Powder of the Roots of Orris three Drachms, Powder of Brimstone half an Ounce, and Camphire two Drachms, stamp with a few blanched Almonds, four oaken Apples cut in the Middle, and the Juice of four Lemons, and a Handful of Bean-flowers; put all these together in a strong double Glass Bottle, shake them well together, and set it in the Sun for 10 Days; wash the Face with this Water, let it dry on, and don't wipe it off. This cures red or pimpled Faces, Spots, Heat, Morphew, or Sunburn. But you must eat the following Diet for three Weeks or a Month.

Take Cucumbers and cut them as small as Herbs to the Pot, boil them in a small Pipkin with a Piece of Mutton, and make it into Pottage with Oatmeal: So eat a Mess Morning, Noon, and Night, without Intermission, for three Weeks or a Month. This Diet and the Water has cured when nothing else would do.

A good Thing to wash the Face in.

TAKE a large Piece of Camphire, the Quantity of a Goose-Egg, and break it so that it may go into a Pint Bottle, which fill with Water; when it has stood a Month, put a Spoonful of it in three Spoonfuls of Milk, and wash in it.

Wear a Piece of Lead, beaten exceeding thin, for a Forehead piece, under a Forehead-cloth; it keeps the Forehead smooth and plump.

A Plaister for Worms in Children.

TAKE two Ounces of yellow Wax, and two Ounces of Rosin, boil them half an Hour, stirring them all the while; scum them well and take it off, and put to it three Drachms of Aloes, and two Spoonfuls of Treacle, and boil it up again; rub a Board with fresh Butter, and

pour the Salve thereon, work it well, and make it up in Rolls; When you make the Plaiſter, ſprinkle it with Saffron, and cut a Hole againſt the Navel.

The Stomach Plaiſter.

TAKE of Burgamy Pitch, Frankincenſe, and Bees-Wax, of each one Ounce, melt them together, then put in one Ounce of *Venice*-Turpentine, and one Ounce of Oil of Mace; melt it together. and ſpread your Plaiſter on Sheep's Leather; grate on it ſome Nutmeg when you lay it on the Stomach.

To make a Quilt for the Stomach.

TAKE a fine Rag four Inches ſquare, and ſpread Cotton thin over it, then take Mint and Sweet marjoram dried and rubb'd to Powder, and ſtrew it over the Cotton pretty thick; then take Nutmeg, Cloves, and Mace, of each a quarter of an Ounce beaten and ſifted, and ſtrew that over the Herbs, and on that ſtrew half an Ounce of Galengal finely powder'd, then a thin Row of Cotton, and another fine Rag, and quilt it together. When you lay it on the Stomach, dip it in hot Sack and lay it on as warm as can be endured. This is very good for a Pain in the Stomach.

A Powder for Convulſion Fits.

TAKE a Drachm and half of ſingle Piony-ſeed, of Miſletoe of the Oak one Drachm, Pearl, white Amber, and Coral, all finely powder'd, of each half a Drachm, Bezoar two Drachms, and five Leaves of Gold; make all theſe in a fine Powder, and give it in a Spoonful of black Cherry-water, or if you pleaſe Hyſterical Water. You may give it to a Child new born, to prevent Fits, as much as will lie on a Three-pence, and likewiſe at each Change of the Moon; and to older People as much as they have Strength and Occaſion.

To

To prevent Fits in Children.

TAKE Saxifrage, Bean pods, Black-cherry, Groundsel, and Parsley-waters; mix them together with Syrup of single Piony. Give a Spoonful very often, especially observe to give it at the Changes of the Moon.

For a Hoarseness with a Cold.

TAKE a quarter of a Pint of Hyssop-water, make it very sweet with Sugar-candy, set it over the Fire, and when 'tis thorough hot, beat the Yolk of an Egg, and brew it in it, and drink it Morning and Night.

A Remedy for a Cough.

TAKE the Yolk of a new-laid Egg, take the Skin of the Yolk, and add six Spoonfuls of red Rose-water; beat it well together, and make it very sweet with white Sugar-candy; drink it six Nights going to Bed.

An excellent Remedy for Whooping Coughs.

TAKE dried Colts-foot Leaves a good Handful, cut them small, and boil them in a Pint of Spring water, 'til half a Pint is boiled away; then take it off the Fire, and when 'tis almost cold, strain it thro' a Cloth, squeezing the Herb as dry as you can; and then throw it away, and dissolve in the Liquor an Ounce of brown Sugar-candy finely powder'd, and then give the Child (if it be about three or four Years old, and so in Proportion) one Spoonful of it, cold or warm, as the Season proves, three or four Times a Day, or oftner, if the Fits of Coughing come frequently, 'til well, which will be in two or three Days, but it will presently almost abate the Fits of Coughing.

This Herb seems to be a Specifick for those Sorts of Coughs, and indeed all others, in Old as well as Young; the *Latin* Name *Tussilago*, from *Tussis*, the Cough, de-

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notes as much; as does alſo the *Latin* Word *Bechium*, from the *Greek* Word BEKION, a Cough; and are the Names given it by the Ancients, perhaps ſome Thouſand Years ago. It has wonderfully eaſed them, when nothing elſe would do it, and greatly helps in Shortneſs of Breath; and in the Aſthma and Phthiſick I have not known any Thing exceed it; likewiſe in Waſtings or Conſumptions of the Lungs, it has been found of excellent Uſe, by its ſmooth, ſoftning, healing Qualities, even where there has been Spitting of Blood, and Rawneſs and Soreneſs of the Paſſages, with Hoarſeneſs, *&c.* in blunting the acrimonious Humours, which in ſuch Caſes are almoſt continually dripping upon them. It is to be queſtioned, whether for thoſe Purpoſes there is to be had in the whole *Materia Medica*, a Medicine ſo innocent, ſo ſafe, and yet ſo pleaſant and effectual, or that can afford Relief ſo ſoon as this will. Grown People may make it ſtronger than for Children.

Get the Herb of the ſame Year's Growth and Drying, that you uſe it in; and the larger the Leaves, as being the fuller grown, the better.

It is beſt to be made freſh and freſh, as you want it; and not too much at a Time, eſpecially in warm Weather.

Pills to purge off a Rheum in the Teeth.

TAKE four Drachms of Maſtick, ten Drachms of Aloes, three Drachms of Agarick; beat the Maſtick and Aloes, and grate the Agarick; ſearce them and make them into Pills with Syrup of Betony. You may make but a quarter of this Quantity at a Time; and take it all out, one Pill in the Morning, and two at Night. You may eat or drink any thing with theſe Pills, and go abroad, keeping yourſelf warm; and when they work, drink a Draught or two of ſomething warm.

An Ointment to cauſe Hair to grow.

TAKE two Ounces of Boar's greaſe, one Drachm of the Aſhes of burnt Bees, one Drachm of the Aſhes of

of Southernwood, one Drachm of the Juice of a white Dilly root, one Drachm of Oil of sweet Almonds, and six Drachms of pure Musk; and according to Art, make an Ointment of these; and the Day before the full Moon shave the Place, and anoint it every Day with this Ointment. It will cause Hair to grow where you'll have it.

Oil of sweet Almonds, or Spirit of Vinegar, is very good to rub the Head with if the Hair grows thin.

To preserve and whiten the Teeth.

TAKE a quarter of a Pound of Honey, and boil it with a little Roch Allum; scum it well, and then put in a little Ginger finely beaten; let it boil a while longer, then take it off, and before 'tis cold, put to it as much Dragon's-blood as will make it of a good Colour. Mix it well together, and keep it in a Gallipot for Use. Take a little on a Rag, and rub the Teeth. You may use it often.

To make Lip Salve.

TAKE a quarter of a Pound of Alkermes-root bruised, and half a quarter of a Pound of fresh Butter, as much Bees wax, and a Pint of Claret; boil all these together a pretty while, then strain it, and let it stand 'til 'tis cold; then take the Wax off the Top, and melt it again, and pour it clear from the Dregs into your Gallipots or Boxes. Use it when, and as often as you please.

To clean and soften the Hands.

SET half a Pint of Milk over the Fire, and put into it half a quartern of Almonds blanch'd and beaten very fine; when it boils, take it off, and thicken it with the Yolk of an Egg; then set it on again, stirring it all the while both before and after the Egg is in; then take it off, and stir in a small Spoonful of sweet Oil; and put it in a Gallipot: It will keep about five or six Days. Take a bit as big as a Walnut, and rub about your Hands,

and

and the Dirt or Soil will rub off, and it will make them very ſoft. Draw on Gloves, juſt as you have uſed it.

A Remedy for Pimples.

TAKE half a quarter of a Pound of bitter Almonds, blanch, ſtamp them, and put them into half a Pint of Spring-water, ſtir it together, and ſtrain it out: Then put to it half a Pint of the beſt Brandy, and a Pennyworth of the Flour of Brimſtone. Shake it well when you uſe it, which muſt be often. Dab it on with a fine Rag.

A Water to waſh the Face.

BOIL two Ounces of *French* Barley in three Pints of Spring water; ſhift the Water three Times; the laſt Water uſe, adding to it a quartern of bitter Almonds blanch'd, beat, and ſtrained out; then add the Juice of two Lemons, and a Pint of White-wine. Waſh with it at Night. Put a bit of Camphire in the Bottle.

To whiten and clean the Hands.

BOIL a quart of new Milk, and turn it with a Pint of *Aqua-vitæ*; then take off the Curd, then put into the Poſſet a Pint of Rheniſh-wine, and that will raiſe another Curd, which take off; then put in the Whites of ſix Eggs well beaten, and that will raiſe another Curd, which you muſt take off, and mix the three Curds together very well, and put them into a Gallipot, and put the Poſſet in a Bottle. Scour your Hands with the Curd, and waſh them with the Poſſet.

A Water for the Scurvy in the Gums.

TAKE two Quarts of Spring water, and one Pound of right Flower-de-luce Root, and a quarter of a Pound of Roch Allum; two Ounces of Cloves, 2 Handfuls of red Roſe-leaves, two Handfuls of Woodbine leaves, two Handfuls of Columbine-leaves, two Handfuls of brown

brown Sage, and one of Roſemary; eight Sevil Oranges, Peel and all, only take out the Seeds. Set theſe over the Fire, and let them boil a Quart away; then take it off, and ſtrain it, and ſet it over the Fire again, and put to it three Quarts of Claret, and a Pint of Honey: Let them boil half an Hour; ſcum it well, and when 'tis cold, bottle it for Uſe. Waſh and gargle your Mouth with it two or three Times a Day.

To take away Morphew.

TAKE Briony-roots, and Wake-Robin, ſtamp them with Brimſtone, and make it up in a Lump, wrap it in a fine Linen Rag, and dip it in Vinegar, and rub the Place pretty hard with it, and it will take away the Morphew Spots.

The Italian *Waſh for the Neck.*

TAKE a Quart of Ox-gall, two Ounces of Roch-Allum, two Ounces of white Sugar-candy, two Drachms of Camphire, half an Ounce of Borax; beat all theſe in a Mortar, and ſift them through a fine Sieve; then mix them well in the Quart of Ox-gall; put all together into a three Pint ſtone Bottle well cork'd; ſet it to infuſe in the Sun, or by the Fire, ſix Weeks together, ſtirring it once a Day; then ſtrain it from the Bottom, and put to every quarter of a Pint of this Liquor a Quart of Spring-water, otherwiſe it will be too thick; ſet it a little to clarify, and bottle it, put ſome Powder of Pearl in the Bottle: Waſh with it.

For a Cold, Dr. Ratcliff's *Receipt.*

MAKE ſome Sack-whey, with Roſemary boil'd in it; mix a little of it in a Spoon, with twenty Grains of *Gaſcoigne* Powder; then drink half a Pint of your Sack whey, with twelve Drops of Spirit of Hartſhorn in it, go to Bed, and keep warm; do this two or three Nights together.

A Re-

A Receipt for the Gravel.

PUT two Spoonfuls of Lint-ſeeds juſt bruiſed, into a Quart of Water, and a little Stick of Liquoriſh; boil it a quarter of an Hour; then ſtrain it through a Sieve, and ſweeten it to your Taſte with Syrup of Althea.

Excellent for Worms in Children.

FEnegrig-ſeeds, and Wormwood-ſeeds mix'd, one Pennyworth, beat and ſearced; mix it well in a Halfpennyworth of Treacle; let the Child take a ſmall Spoonful in a Morning faſting, and faſt two Hours after it; do this three or four Days.

For a Cold.

TAKE Roſemary and ſliced Liquoriſh, and boil it in ſmall Ale, and ſweeten it with Treacle, and drink it going to Bed four or five Nights together.

To ſtop Bleeding in the Stomach.

TAKE Oil of Spike, natural Balſam, Bole-Armoniac, Rhubarb, and Turpentine; mix theſe together, and take as much as a large Nutmeg three Times a Day.

The Tar-Pills, for a Cough.

TAKE Tar, and drop it on Powder of Liquoriſh, and make it up into Pills; take two every Night going to Bed, and in the Morning drink a Glaſs of fair Water that Liquoriſh has been three or four Days ſteeped in. Do this for nine or ten Days together, as you find Good.

For a Purge.

TAKE half an Ounce of Sena, boil it in a Pint of Ale till half be conſumed; cover it cloſe till the next Day, then boil it again till it comes to two Spoonfuls; ſtrain it, and add to it two Spoonfuls of Treacle, and drink it warm; drink Gruel, or Poſſet, or Broth after it; keep your ſelf very warm while 'tis Working. Or elſe two Ounces of Syrup of Roſes, and drink warm Ale after it in the working.

For the Itch.

TAKE Elecampane-roots, or Dock-roots, dried and beaten to Powder, and a little beaten Ginger, both ſearced very fine; mix it up with freſh Butter, and anoint with it in the Joints.

For a Cough.

TAKE Conſerve of Roſes two Ounces, Diaſcordium half an Ounce, Powder of Olibanum half a Drachm, Syrup of Jubebs half an Ounce; mix theſe, and take the Quantity of a Nutmeg Three times a Day; in the Morning, at Four, and at Night.

To make Caſhew Lozenges.

TAKE half an Ounce of Balſam of *Tolu*, put it in a Silver Tankard, and put to it three quarters of a Pint of Fair Water; cover it very cloſe, and let it ſimmer over a gentle Fire 24 Hours; then take ten Ounces of Loaf Sugar finely Powder'd, and half an Ounce of *Japan* Earth finely powder'd and ſifted, and wet it with two parts of *Tolu* Water, and one part of Orange flower Water, and boil it together almoſt to a Candy height; then drop it on Pie plates, but firſt rub the Plates over with an Almond, or waſh them over with Orange flower Water. 'Tis beſt to do but five Ounces at a Time, becauſe it will

cool before you can drop it; after you have dropp'd 'em, ſet the Plates a little before the Fire, they will ſlip off the eaſier. If you would have them perfum'd, put in Ambergreaſe.

For Obſtructions.

PUT two Ounces of Steel filings into a Quart Bottle of White wine, let it ſtand three Weeks, ſhaking it once a Day; then put in a Drachm of Mace, let it ſtand a Week longer, then put into another Bottle three Quarters of a Pound of Loaf ſugar in Lumps, and clear off your Steel wine to your Sugar, and when 'tis diſſolv'd 'tis fit to uſe. Give a Spoonful to a young Perſon, with as much Cream of Tartar as will lie on a Three pence, to one that is older two Spoonfuls; and Cream of Tartar accordingly.

For a Rheumatiſm.

LET the Party take of the fineſt glazed Gunpowder, as much as a large Thimble may hold, wet it in a Spoon with Milk from the Cow, and drink a good half Pint of warm Milk after it; be covered warm in Bed and ſweat. Give it Faſting about ſeven in the Morning, and take this nine or ten Mornings together.

The Bruiſe Ointment.

TAKE of Roſemary, brown Sage, Fennel, Camomile, Hyſſop, Balm, Woodbine leaves, Southernwood, Parſley, Wormwood, Self-heal, Rue, Elder leaves, Clowns-all heal, Burdock leaves, of each one Handful; put them into a Pot with very ſtrong Beer, or Spirits enough to cover them well, and two Pounds of freſh Butter out of the Churn; cover it up with Paſte, and bake it with Bread, and when 'tis baked ſtrain it out: When 'tis cold, ſcum off the Butter and melt it, and put it in a Gallipot for Uſe. The Liquor is very good to dip Flannels into, and bathe any green Bruiſe or Ach, as hot as can be born.

A

A good Vomit.

TAKE two Ounces of the finest white Allum, beat it small, put it into better than half a Pint of New-milk, set it on a slow Fire till the Milk is turn'd clear; let it stand a quarter of an Hour, strain it off and drink it just warm. It will give three or four Vomits, and is very safe, and an excellent Cure for an Ague, taken half an Hour before the Fit; drink good store of Carduus Tea after it. Or else take half a Drachm of Ipecacuana, and Carduus Tea with it.

An Ointment for a Scald Head.

TAKE one Pound of *May* Butter without Salt, out of the Churn, a Pint of Ale not too stale, a good Handful of green Wormwood; let the Ale be hot, and put in the Butter to melt, shred the Wormwood, and let them boil together till it turns green; strain it, and when 'tis cold take the Ointment from the Dregs.

To Cure the Piles.

TAKE two Pennyworth of Litharge of Gold, one Ounce of Sallet Oil, one Spoonful of White-wine Vinegar; put all into a new Gallipot, beat it together with a Knife till 'tis as thick as an Ointment: Spread it on a Cloth, and apply it to the Place; if Inward, put it up as far as you can.

To make the Teeth White.

TAKE three Spoonfuls of Celandine, nine Spoonfuls of Honey, half a Spoonful of burnt Allum; mix these together, and rub the Teeth with it.

A Powder for the Teeth.

HALF an Ounce of Cream of Tartar, and a quarter of an Ounce of Powder of Myrrh; rub the Teeth with it two or three Times a Week.

To make the right Angel-ſalve.

TAKE of Roſin and Parreſin, of each half a Pound; Virgins Wax and Frankincenſe, of each a quarter of a Pound; Maſtich one Ounce, Deer Suet a quarter of a Pound; melt what is to be melted, and powder what is to be powder'd, and ſift it fine; then boil them, and ſtrain them thro' a Canvas bag into a Pottle of White-wine; then boil the Wine with the Ingredients an Hour with a gentle Fire, and let it ſtand till 'tis no hotter than Blood; then put to it two Drachms of Camphire, and two Ounces of *Venice* Turpentine, and ſtir it conſtantly till 'tis Cold. Be ſure your Stuff be no hotter than Blood when you put in your Camphire and Turpentine, otherwiſe 'tis ſpoil'd; make it up in Rolls, and keep it for Uſe. 'Tis the beſt Salve made.

To take out the Redneſs and Scurf after the Small-pox.

AFTER the firſt Scabs are well off, anoint the Face going to Bed with the following Ointment. Beat common Allum very fine, and ſift it thro' a Lawn Sieve, and mix it with Oil, like a thick Cream, and lay it all over the Face with a Feather; in the Morning, have Bran boiled in Water till 'tis Slippery, then waſh it off as hot as you can bear it. So do for a Month, or more, as their is Occaſion.

To make Brimſtone-Lozenges for a ſhort Breath.

TAKE of Brimſtone flour and double-refin'd Sugar beaten and ſifted an equal Quantity; make it in Lozenges with Gum-dragant ſteep'd in Roſe-water; dry them in the Sun, and take three or four a Day.

For a Burn.

TAKE common Allum, beat and ſift it, and beat it up with Whites of Eggs to a Curd; then with a Feather

ther anoint the Place. It will Cure without any other Thing.

To procure the Menses.

TAKE a quarter of an Ounce of pure Myrrh made into fine Powder; mix it with 3 quarters of an Ounce of Conserve of Buglois flowers; two Days before your Expectation take this Quantity at four Times, last at Night, and first in the Morning; drink after each Time a Draught of Posset-drink made of Ale, White-wine, and Milk, and boil in it some Pennyroyal, and a few Camomile Flowers.

To provoke Urine presently when stopped.

IN a Quart of Beer boil a Handful of the Berries of Eglantine till it comes to a Pint; drink it off Lukewarm.

To draw up the Uvula.

TAKE Ground Ivy and heat it well between two Tiles, and lay it as warm as can be born on the top of the Head.

The Blood of a Hare, dry'd and drank in Red-wine, does stop the Bloody-Flux, or any Lask, tho' never so severe.

For a Thrush in Childrens Mouths.

TAKE a hot Sea-Coal, and quench it in as much Spring water as will cover the Coal; wash it with this five or six times a Day.

For the Worms in Children.

TAKE of Mithridate and Honey, of each a Pennyworth, Oil of Mace Two pennyworth; melt them together, and spread upon Leather, cut in the Shape of

an Heart; Oil of Savin and Wormwood, of each ſix Drops, of Aloes and Saffron in Powder, of each one Drachm; rub the Oils, and ſtrew the Powders all over the Plaiſter; apply it, being warm'd, to the Child's Stomach, with the Point upwards.

For a Weakneſs in the Back or Reins.

TAKE an Ounce of *Venice* Turpentine, waſh it in red Roſe-water, work it in the Water till it is white, pour the Water from it, and work it up into Pills with Powder of Turmerick, and one grated Nutmeg; you may put a little Rhubarb, as you ſee Occaſion. Take three in the Morning, and three in the Evening, in a little Syrup of Elder.

An approved Medicine for the Stone.

TAKE ſix Pounds of black Cherries, ſtamp them in a Mortar till the Kernels are bruiſed, then take of the Powder of Amber, and of Coral prepared, of each two Ounces; put them with the Cherries into a Still, and with a gentle Fire draw off the Water; which, if you take for the Stone, mix a Drachm of the Powder of Amber with a Spoonful of it, drinking three or four Spoonfuls after it; if for the Palſy or Convulſion, take four Spoonfuls, without adding any thing in the Morning faſting.

To give Eaſe in Fits of the Stone, and to cure the Suppreſſion of Urine, which uſually attend them.

TAKE of Snails Shells and Bees, of each an equal Quantity, dry them in an Oven with a moderate Heat, then beat them to a very fine Powder, of which give as much as will lie upon a Six pence in a quarter of a Pint of Bean-flower water, every Morning, faſting two Hours after it; continue this for three Days together. This has been often found to break the Stone, and to force a ſpeedy Paſſage for the Urine.

To

To ſtop Flooding.

DISSOLVE a quarter of an Ounce of *Venice* Treacle in four Spoonfuls of Water, and drop in it thirty or forty of *Jones*'s Drops. Take it when Occaſion requires, eſpecially in Child-bed.

An approved Remedy for a Cancer in the Breaſt.

TAKE of the hard Knobs or Warts which grow on the Legs of a Stone-Horſe, dry them carefully, and powder them; give from one Scruple to half a Drachm every Morning and Evening in a Glaſs of Sack. You muſt continue taking them a Month or ſix Weeks, or longer, if the Cancer is far gone.

A Receipt for Colds.

TAKE of *Venice* Treacle half a Drachm; Powder of Snake-root twelve Grains; Powder of Saffron ſix Grains; Volatile Salt of Hartſhorn four Grains; Syrup of Cloves, a ſufficient Quantity to make it into a Bolus. To be taken going to reſt, drinking a large Draught of warm *Mountain* Whey after it.

N. B. Thoſe who can't afford *Mountain* Whey, may drink Treacle-Poſſet.

To ſuch Conſtitutions as can't be provok'd to ſweat, opening a Vein, or a gentle Purge, will be of great Service.

An infallible Cure for the Bite of a mad Dog.

OF all the Diſeaſes incident to Mankind, there is none ſo ſhocking to our Nature, as the *Bite of a mad Dog*; and yet, as terrible as it is, we have known Inſtances of thoſe who choſe rather to hazard the worſt Effects of it, and to die the worſt of Deaths, than to follow the Advice of their Phyſicians, by making uſe of the known Specifick of *dipping in the Sea*, or *Salt-water*. It is for the Sake of People of this unhappy Temper, who may have the Misfortune to be ſo bit, and of thoſe who

may

may have Cattle that are ſo, that we publiſh the following Receipt which has been frequently made uſe of in a neighbouring County, and (as the Gentleman who communicated it ſays) was never known to fail.

Take ſix Ounces of Rue, clean'd, pick'd, and bruis'd; four Ounces of Garlick, peel'd and bruis'd; four Ounces of *Venice* Treacle; four Ounces of fil'd Pewter or ſcrap'd Tin. Boil theſe in two Quarts of the beſt Ale, in a Pan cover'd cloſe, over a gentle Fire, for the Space of one Hour; then ſtrain the Ingredients from the Liquor; give eight or nine Spoonfuls of it warm to a Man or Woman three Mornings faſting, and cold to any Beaſt faſting. Eight or nine Spoonfuls is ſufficient for the ſtrongeſt, a leſs Quantity to thoſe younger, or of a weaker Conſtitution, as you may judge of their Strength; ten or twelve for a Horſe or Bullock; three, four, or five for a Sheep, Hog, or Dog.

This muſt be given within nine Days after the Bite; and it never fails either in Man or Beaſt. If you can conveniently, bind ſome of the Ingredients on the Wound.

DIRECTIONS for Painting Rooms or Pales.

The Price of the Materials in London.

	l.	*s.*	*d.*
One Hundred Weight of Red Lead,	00	18	0
One Hundred Weight of White Lead,	01	02	0
Linſeed Oil, by the Gallon,	00	03	0

A ſmall Quantity of Oil of Turpentine is ſufficient.

THE

THE Red Lead must be ground with Linseed-Oil, and may be used very Thin, it being the priming or first colouring; when 'tis used, some drying Oil must be put to it.

To prepare the drying Oil.

TAKE two Quarts of Linseed-Oil, put it in a Skillet or Sauce-pan, and put to it a Pound of burnt Amber; boil it for two Hours gently; prepare this without Doors for fear of endangering the House; let it settle, and it will be fit for Use; pour the clear off, and use that with the White Lead, the Lees or Dregs being as good to be used with Red Lead.

For the second priming.

TAKE a Hundred Weight of White Lead, with an equal Quantity of Whiting in Bulk, but not in Weight; grind them together with Linseed-Oil pretty stiff; when 'tis used, put to it some of the drying Oil above-mentioned, with a small Quantity of Oil of Turpentine. This is not to be laid on till the first priming is very dry.

To prepare the Putty or Paste to stop all Joints in the Pales or Wood, that no Water may soak in.

TAKE a Quantity of Whiting, and mix it very stiff with Linseed Oil, and drying Oil, of each an equal Quantity; when 'tis so stiff it cannot be wrought by the Hand, more Whiting must be added and beat up with a Mallet 'til 'tis stiffer than Dough; when your second Priming is dry, stop such Places as require with this Putty, and when the Putty is skinn'd over, that is, the Outside dry, then proceed and lay on the last Paint, which is thus to be prepared:

Take

Take of the beſt White Lead, grind it very ſtiff with Linſeed Oil, and when 'tis uſed put to it ſome of the drying Oil, and ſome Oil of Turpentine. Thus will the Work be finiſhed to great Satisfaction; for it will be more clean and more durable than it can be performed by a Houſe-painter, without you pay conſiderably more than the common Rates. Repeat this laſt Preparation once in five Years, and it will preſerve any Outworks that are expoſed to the Weather, Time out of Mind. But for Rooms or Places within Doors, proceed thus:

The Wainſcot Colour for Rooms.

WHEN you mix your laſt Paint, add to your White Lead a ſmall Quantity of Yellow Oaker, and uſe it as above directed. 'Tis now the univerſal Faſhion to paint all Rooms of a plain Wainſcot Colour; and if it ſhould alter, 'tis but mixing any other Colour with the White Lead inſtead of Yellow Oaker. There muſt be bought ſix Chamber pots of Earth, and ſix Bruſhes, and keep them to what they belong to.

To make Yellow Varniſh.

TAKE one Quart of Spirit of Wine, and ſeven Ounces of Seed Lake, half an Ounce of Sandarack, a quarter of an Ounce of Gum-Anime, and one Drachm of Maſtich. Let theſe infuſe 36 or 40 Hours, ſtrain it off, and keep it for Uſe. 'Tis good for Frames of Chairs or Tables, or any Thing black or brown; do it on with a Bruſh 3 or 4 Times, 9 Times if you poliſh it afterwards, and a Day between every doing: Lay it very thin the firſt and ſecond Time, afterwards ſomething thicker.

To make white Varniſh.

TO one Quart of Spirit of Wine take eight Ounces of Sandarack well waſh'd in Spirit of Wine, that Spirit of Wine will make the Yellow Varniſh; then add to it a quarter of an Ounce of Gum-Anime well pick'd, half

an

an Ounce of Camphire, and one Drachm of Maſtich; ſteep this as long as the yellow Varniſh, then ſtrain it out and keep it for Uſe.

To boil Plate.

TAKE twelve Gallons of Water, or a Quantity according to your Plate in Largeneſs or Quantity; there muſt be Water enough to cover it Put the Water in a Copper or large Kettle, and when it boils put in half a Pound of red Argil, a Pound of common Salt, an Ounce of Roch-Allum; firſt put your Plate into a Charcoal Fire, and cover it till 'tis red hot; then throw it into your Copper, and let it boil half an Hour; then take it out and waſh it in cold fair Water, and ſet it before the Charcoal Fire till 'tis very dry.

A Receipt for deſtroying Buggs.

TAKE of the higheſt rectifi'd Spirit of Wine, *viz.* (Lamp Spirits) that will burn all away dry, and leave not the leaſt Moiſture behind, half a Pint; newly diſtil'd Oil, or Spirit of Turpentine half a Pint; mix them together and break into it, in ſmall Bits, half an Ounce of Camphire, which will diſſolve in it in a few Minutes; ſhake them well together, and with a Piece of Spunge, or a Bruſh dip'd in ſome of it, wet very well the Bed or Furniture wherein thoſe Vermin harbour or breed, and it will infallibly kill and deſtroy both them and their Nits, although they ſwarm ever ſo much: But then the Bed or Furniture muſt be well and thoroughly wet with it, (the Duſt upon them being firſt bruſhed and ſhook off,) by which means it will neither ſtain, ſoil, or in the leaſt hurt the fineſt Silk or Damask Bed that is. The Quantity here ordered of this curious neat white Mixture, (which coſts but about a Shilling) will rid any one Bed whatſoever, tho' it ſwarms with Bugs: Do but touch a live Bug with a Drop of it, and you will find it to die inſtantly. If any Bug or Bugs ſhould happen to appear after once uſing it, it will only be for want of well

wetting

wetting the Lacing, &c. of the Bed, or the Foldings of the Linings or Curtains near the Rings, or the Joints or Holes in and about the Bed, Head-board, &c. wherein the Bugs and Nits neſtle and breed, and then their being well wet again with more of the ſame Mixture, which dries in as faſt as you uſe it, pouring ſome of it into the Joints and Holes where the Spunge or Bruſh cannot reach, will never fail abſolutely to deſtroy them all. Some Beds that have much Wood work, can hardly be thoroughly cleared, without being firſt taken down; but others that can be drawn out, or that you can get well behind, to be done as it ſhould be, may.

Note, The Smell this Mixture occaſions, will be all gone in two or three Days, which yet is very wholeſome, and to many People agreeable. You muſt remember always to ſhake the Mixture together very well, whenever you uſe it, which muſt be in the Day-time, not by Candle-light, leſt the Subtilty of the Mixture ſhould catch the Flame as you are uſing it, and occaſion Damage.

To take Mildew out of Linen.

TAKE Soap and rub it on very well; then ſcrape Chalk very fine, and rub that in well, and lay it on the Graſs, and as it dries, wet it a little, and at once or twice doing, it will come out.

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