CLASS

BOOK

THE KATHERINE GOLDEN BITTING COLLECTION ON GASTRONOMY

Presented by A. W. BITTING

"Give us this day our daily bread"

—the universal supplication of all people in all times and places.
THE QUEENS CLOSET OPENED.

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

As they were presented to the

QUEEN

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

Never before published.

With Additions.

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

Vivit post funera virtus.

London, Printed for Nathaniel Brook at the Angel in Cornhill, and William Place at Grays-Inne-gate, 1656.
Katherine Hutchinson
Katherine Hutchinson
she is a very woman as happy
THE
QUEENS Closet opened,
To those persons of Honour and Quality, that presented many of these admirable Receipts at the feet of the Queen's Majesty, the Publisher resigns them with his prostrate service whilst he breathes, and is

W. M.

Generous Reader,
My particular Relation for many years to Her Majesty's service, might easily, should I write my own History, rid thee of all scruples touching the truth of this Collection.
The Epistle.

on, there being few or none of these Receipts presented to her Majesty; which were not transcribed into her Book by my self, the Originall papers being most of them preserved in my own hands, which I kept as so many Reliques, and should sooner have parted with my dearest bloud, then to have suffered them to be publick. But since my Soveraign Mistress her banishment, as also this continued change, being different of the alteration of these times, I could not deny the importunities of a person of Honour, to whom I was obliged, who got a transcript of one of the true copies from me, but by ill fortune, either lent or lost it; which I had never known from himself, but that to my no small amazement, I found no lesse then two other copies abroad: the sad consideration whereof enforced me to consult with my friends, who all of them advised me to dispatch my Original copy.
copy to the Press to prevent those false ones; for otherwise I should not have thought it lesse then Sacrifice, had not the lock been first pickt, to have opened the Closet of my distressed Soveraigne Mistresse without her Royall assent; but since that unfortunate miscarriage, I thought this publication to stand upon no ordinary terms of honour, as it might continue my Soveraigne Ladies remembrance in the breasts and loves of those persons of honour and quality, that presented most of these rare Receipts to her; And now that my age will not suffer me, as I fell with the Court, to remain much longer in this troublesome world, I thought it my duty, if I could not do her Majesty further service, at least to use my best endeavours to prevent all disservices that might be done to her. I make no question, though I have thus faithfully vindicated my self, that there are some persons.
The Epistle.

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

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

Your truly loving friend,

W. M.
THE
QUEENS CABINET
OPENED:
OR,
The Pearl of Practice;
Accurate, Physical, and
Chirurgical Receipts.

Doctor Butler's Preservative against the
Plague.

Take Wood Sorrel, and pick it from the stalk, and pound it very well in a stone Mortar; then take to every pound of beaten Sorrel, a pound of Sugar finely beaten, and two ounces of Mithridate, beat them very well together, and put them in pots for your use, take every
every morning before and after the in-
fection for some time together of the
Comúrve, as much as a Walnut.

Dr. Butlers Cordial water.

Take Pimpernel, Carduus, Angelica, Scordium, Scabious, Dragon, and all these severally in a Rose stil, and when you have a pint of the water of every of these sorts of herbs, then mingle all these together very well, and dissolve it half a pound of Venice Treacle, the stil all these together, and mingle the stronger water with the small, six spoonsfuls of this water, made blood warm, even to one sick of the Plague, drives the venome from the heart: It is excellent to used, for the Smal pox, or for any preyent Fever.

Dr. Butlers Purging Ale.

Take of Sarsaparilla two ounces, Polypody of the Oak, and Sena, to each four ounces, Caraway seed, & Alwick seed, of each half an ounce. Liqueur of two ounces, Maydenhair and Agrimony, of each one little handful; Scurvy taken half a bushel, beat all these grossely, and put them into a coarse Canvas bag, the
Physical and Chirurgical Receipts.

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

Dr. Giffords Amber Pills for a Consumption.

Take of Venice Turpentine one ounce washed, and six grains of the powder of white Amber, mix them together, and let them in a clean pot upon embers, and let it not stand too hot; to try whether it be enough, take a drop and let it cool; if after it is cold it be stiff, and will not cleave to the finger, it is enough; then take of the powders of Pearl, white Amber, and Coral, of each a quantity, as a quarter of an ounce, of the inner bark of an Oak a quarter of an ounce, of Cinnamon and Nutmeggs of each as much, & three ounces of hard white Sugar, make all these into a powder, and steep them, and put the pills into them; before you take them you must be wel purged, after which you must take three of the aforesaid pills wrapped up in the powder, what else you will, and in the morning take the yolk of a new laid Egg warmed a little, and put into it as much of the powder as will lye on a shilling, C2 and
and sup it off; let this be used some time together, and there will be great benefit found by it.

To comfort the Heart and Spirits, and to suppress Melancholy.

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

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

Take a pint of the best Honey, set it on the fire and scum it clean, then put to a bundle of Hyssop bruised small before you tye it up, let it boil well, til the Honey taft of the Hyssop, then strain out the Honey very hard, and put to it the powder of Angelica root the weight of six pence, powder of Elecampane root the weight of 6 pence, Ginger and Pepper, of each the weight of two pence, Liquorish and Aniseed of each the weight of eight pence, all beat en very small severally: put all these into the strained Honey, and let them boil a little space, stirring them well together all the time, then take them from the fire, and pour all into a clean gally pot, stirring it always til it be through cold, and keep it close covered for your use. When any are troubled with stuffing at the Stomack or shortness of breath, let them take of this Electuary with a bruised Liquorish stick, and they shall...
The Pearl of Pratitise. Choise

shall sensibly find much good by it. This was Queen Elizabeth's Electuary for these infirmities.

Mr. Covets Medicine for the Palsy.

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

A Receipt to help Digestion.

Take two quarts of small Al, put to it red mints one handful, as much of red Sage, a little Cinnamon; let it boil softly til half be wasted; sweeten it with Sugar to your taste, and drink thereof a draught morning & evening as a good';
**A singular Cordial.**

Take two ounces of dried red Gil-lyflowers, and put them into a pottle of Sack, put to it three ounces of fine sugar in powder, and half a scruple of Ambre-grisse in powder, put all these in a stone bottle, stop it close with a strong cork and shake it oft. After it hath stood ten days, pass it through a Jelly bagg, & give two or three spoon-tuls of it for a great cordial. This way you may also make Lavender wine for the Palsy and other diseases.

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

In the moneth of May distil Cow-dung, then take two live Hares, & strang-ble them in their blood, then take the one of them, and put it into an earthen vessel or pot, and cover it wel with a mortar made of horsedung & hay, and bake it in an oven with householde bread, and let it blil in an Oven two or three day: baking a new with any thing, until the Hare be baked or dried to pow-der.
der, then beat it well and keep it for your use. The other Hare you must flea, and take out the guts only, then distil all the rest and keep this water, then take at the new and full of the Moon, or any other time, three mornings together as much of this powder as will dye on six pence, with two spoonfuls of each water, and it will break any stone in the Kidneys.

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

Take the distilled water of Saxifrage, Coriander, Parsley, and cod of broom when they be green, the berries of white Thorn, still'd when they be ripe, they must be stamped stones and all, and then still'd; the green huls of Walnuts when they be ripe still'd, Ray fins of the sun still'd; every one of these waters must be still'd by itself; then take an equal quantity of each, as a pint of Aqua Spiritæ; put them all together, and still them in an ordinary still, or in B. after scum the water nine or ten days; and take of this water for ten or fifteen days, five or six spoonfuls.
fuls a time, in the morning fasting, and use to take it after a day or two once in a moneth.

**Syrup of Turnips.**

First bake the Turnips in a pot with household bread, then press out the liquor between two platters, put a pint of this liquor to half a pint of Hyssop water, and as much brown Sugar candy as will sweeten it, and boil it to the consistence of a syrup. It is very good for a Cold or Consumption.

**Syrup of Citron peels.**

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

C.5.
A Cardinal Syrup to cleanse the blood, of ten obstructions, prevent a Consumption, &c.

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

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

Adrian Gilbert's most sovereign Cordial water.

Take Spearmint, Broomint, Mother Tyme, the blossom tops of garden Tyme, red Pennyroyal, Scabious, Celadine, Wood Sorrel, Wood betony.
The Pearl of Practice. Choose Angelica leaves and stalks, set Wal leaves, Peony leaves, Egrimony, Tormentil, sweet Marjoram, red sage, Rue, Rossolis, Angelica roots, Elecampany roots, set Wal roots, green Pennyroyal, Comfrey blossoms and leaves, Juniper berries, of each a pound, Balm, Carduus Benedictus, Dragon, Feverfew, Wormwood, of each two pounds, steep all these in the Lees of strong pure venient claret Wine for nine dayes, every day twice turning them to mingle the well in the Lees, then distil them in a Limbeck with a red clear head with two pounds of shaved Harts horn, and Ivory twelve ounces; draw as long of it as you may in several pottle glasses: the first is accounted the best and uncompounded, and the perfectest against the Plague, spotted Feavers, small Pocks, ordinary Feavers, divers times experienced by my self, either to prevent, or in the time of these sicknesses. If you will compound it because the water hath an ill tast, then take the first gallon of the water, and mix it with a pottle of the best Malaga tare, and put into them three pounds of Rayfsne, solis stoned, Figs one pound and a half, the flowers of clove Gilly-flowers,
ers, Cowslips and Marygolds, blew Vi-oots, or each two pound, red Rosebuds one pound, Ambergeesse, Bezoar stone, clarified Sugar, Aniseeds, Liquorish, and what else you please.

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

For a swoln face.

Take Oyl of Elder and Plantain wa-ter, of each one ounce, beat them wel together until they be exactly incorpo- rated, and therewith a noint the tume-sed place twice or thrice in a day, until the swelling be chased away.

Cock
Cock water for a Consumption.

Take a running Cock, pull him alive, then kill him, cut him abroad by the back, take out the entrails & wipe him clean, then quarter him and break his bones, then put him into a Rose water still, with a bottle of Sack, Currants, and Raisins stoned, & Figs sliced of each one pound, Dates stoned & cut small half a pound, Rosemary flowers, Wilde Time, Spearmint, of each one handful, Organs or Wilde Marjoram, Buglofs, Pimpinell, of each two handfuls, and a bottle of new Milk from a Red Cow. Distil these with a soft fire, put into the Receiver a quarter of a pound of brown sugar candy beaten small, four grains of Ambergrisse, forty grains of prepared Peal, & half a book of leaf Gold cut very small; you must mingle the strong water with the small, and let the Patient take two spoonfuls of it in the morning, and as much at going to bed.

A precious Cordial for a sick body. 
Take three spoonfuls of Mint water and
and as much of Muscadine and Wormwood water, two or three spoonfuls of fine Sugar, and two or three drops of Cinnamon spirit, beat these well together with two or three spoonfuls of Clove gilly flowers spirit, and give the Patient now and then one spoonful thereof; especially when he or the goes to bed.

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

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

Take Balm leaves and stalks, Burnet leaves and flowers, Rosemary, red sage, Taragon, Tormentil leaves, Rosolils, red Roses, Carnation, Hysop, Thyme, red string that grow upon Savory, red Fennel leaves and roots, red Mints, of each one handful, bruise these herbs and put them in a great earthen pot, & pour on them as much white Wine as will cover them, stop them close, and let them steep for eight or nine days, then put to it Cinnamon, Ginger, Angelica seeds, Cloves and Nutmegs of each one ounce, a little Saffron, Sugar one pound, Raysins solis, stoned one pound, Dates stoned and sliced half a pound, the loyns and legs of an old Coney, fleshy running Capon, the red flesh of the news of a leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a Loaf of white bread cut in tops, and two or three ounces of Mitridate or Treacle, & as much Bastard or Mulcadine as will cover them all. Distil al with a moderate fire, and keep the first, and second waters by them- selves.
selves, and when there comes no more by distilling, put more VVine into the Pot upon the same stufse, and distil it again, and you shall have another good water. This water must be kept in a double glass close stoppt very carefully: it is good against many infirmities, as the Dropse, Palsey, Ague, Sweating, Spleen, VVorms, Yellow & black Jaundies, it strengtheneth the spirits, Brain, Heart, Liver, and stomack. Take two or three spoonfulls when need is by it self, or with Ale, Beer, or VVine mingled with sugar.

Dr. Atkinsons excellent perfume against the Plague.

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

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

Mr. Stepkines water for the Eyes.

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

A precious water to revive the Spirits.

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

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

The Bishop of Worcester's admirably curing powder.

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

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

To make Spirit of Castoreum.

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

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

To make Dr. Stephens water.

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

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

A special water for a Consumption.

Take a peck of garden shell snails, wash them in small beer, put them into a great iron drippin pan, and set them on the hot fire of charcoals, and keep them constantly stirring till they make no noise at all, then with a knife and cloth pick them out, and wipe them clean, then bruise them in a stone Mortar, shell and all, then take a quart of Earth worms, rip them up with a knife and scower them with Salt, and wash them clean and beat them in the Mortar; then take a large clean brass pot to distil them in put into it two handfuls of Angelica, on them lay two handfuls of Celandine, a quart of Rosemary flowers, of Betony and Agrimony, of each two handfuls, Bear's foot, red Dock leaves, the bark of Barberries and Wood Sorrel, of each one handful, Rice half a handful, Funugreek and Turnerick, of each
each one ounce, Saffron dried & beaten into powder the weight of 6 pence, Harts horn and cloves beaten, of each three ounces, when all these are in the pot, put the Snails and Worms upon them, & then pour on them three gallons of strong Ale; then set on the Limbeck & paste it close with Rye dough, that no ayr come out or get in, and so let it stand one and twenty hours, and distil it with a moderate fire, & receive the several quarts in several glasses close stoppt. The Patient must take every morning fasting, and not sleep after it, two spoonfuls of the strongest water, and four spoonfuls of the weakest at one time, fasting two hours after it.

*Syrup of Pearmaine good against Melancholy.*

Take one pound of the juyce of Pearmaine, boil it with a soft fire til half be consumed, then put it in a glassse, and there let it stand till it be settled, and put to it as much of the juyce of the leaves and roots of Borage, Sugar half a pound, syrup of Citrons three ounces, let them boil together to the consistence of a syrup.
Tincture of Ambergreese.

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

Dr. Price, and Mr. Fenton the Chirurgeon their excellent Medicine for the Plague after Infection.

Take as soon as you find your self sick as much Diascordium as the weight of a shilling, with ten grains of the powder called Speciei de gemmis, well mingled together, and straight after this let the party drink a good draught of hot Posset ale made with carduus Benedictus, Sorrel, Scabiosa, & Scordium, within eight hours after the first taking of i
the party must take the Diafragum and Posset again as aforesaid, & in like sort the third time within eight hours after, but not above three times, nor the third time if the party mend, after the first or second taking. Doctor Price doth commend much thereof to be taken for the kind of cure for the plague after one is infected; and Mr. Fenton the excellent chirurgeon who hath much experience in the cure of the Plague, doth highly commend it as a thing in his own experience proved very good. The use of a root called Sedour is to be chewed in the mouth, till when one is in the company of such persons as are thought to be infected with the contagion: this root is to be bought at the Apothecaries.

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

Take a pint of Malmsey and burn it, and put thereto a spoonful of grains, being bruised, and take four spoonfuls of the same in a porringer, and put therein a spoonful of Jean Treacle, and give
A Syrup lasting many years good for Swounding and faintness of heart, it comforteth the weak brain and sinews, it may be used as much as half a Nut once at your pleasure.

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

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

Take powder of Cinamon 1 dram, powder of Amber half a dram finely heas
beaten, mingle it with eight spoonfuls of Claret wine, and so let her drink it.

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

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

Doctor Stevens excellent water wherewith be cured many diseases following.

Take one gallon of Gascoign Wine, Ginger, Gallingal, Camomil, Nutmegg, Grains of Paradise, Cloves, Anniseeds, Caroway seeds, of each one dram, then take Sage, Mint, red Roses, Time, Pelligory, Rosemary, Pennyroyal, Montanum, Camomil, Babin, Harts tongue, Lavender, Avance, of each a handful, bray the spices small, and let stand so twelve hours, stirring it divers times, then stil it in a Limbeck, and keep the first by itself for it is best; then will there
The Pearl of Practice. Choose there come a second water which is good, but not so good as the first, for it is fainter. The virtues of this water is to comfort the vital Spirit greatly, and preserve the youth of man or woman, & helps the inward diseases that come of cold, helpeth the shaking of the Palsie, and cur eth contractions of sinews, it strengtheneth the Marrow in the bones, it helpeth the conception of Woman that are barren, it killeth Worms in the body, and cur eth the cold Gowt, and Tooth ache, and it helpeth the Stone in the bladder, and the pain in the reins of the back, and will make one seem young a long time; one spoonful of this Aqua vitae shall do more good to a man that is sick, then four spoonfuls of any other, and this Aqua vitae shall be better if it stand in the Sun all summer long.

For the Falling Sickness.

Take half a peck of Peony roots, cleanse, rub, wash and stamp them, and as you stamp them put in Sherry Sack, let them be beaten very small, and then put to them a bottle of Sherry Sack,
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All well together, and let it stand
close covered twenty four hours, then
pour of the clearest into bottles, & take
thereof a little draught, every change of
the Moon, for three mornings 1 morn-
ing after another.

A Pulse to break a Bile, or
Imposthume.

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

A Remedy for Worms in Children.

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

For Worms. Dr. Wetherborn.

Take Rhubarb one dram, Worm-
wood
wood half a dram, Coralline one scruple, Currants one good handful, beat them all to a Conserve, & mix it with syrup of Violets to an Elixir, and give the child the quantity of a Walnut thereof every morning fasting.

An Oyntment to heal any bruise or wound.

Take Sage, Selfheal, Smallage, Southernwood, Plantain, Tyme, Ribwort, Rue, Parsley, Marygold leaves, Mercury, Wormwood, betony, Scabious, Valerian, Cumfrey, Lions tongue, Buckhorn of each one handful, wash them clean, and put them into a sieve to drain all night, and when they are dry chop them very small, and put to them two pounds of unwashed butter well beaten, then boil it till half be consumed, then strain into the pot you mean to keep it in. It is also good for swollen breasts. May is the best time to make it in.
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For a bruise in a Woman's breast that is hard swollen.

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

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

Take the Navil string of a child which is ready to fall from him, dry it & beat it to powder, and give it to the Patient child Male or Female, in two spoonfuls of small beer to drink fasting in the morning.
Shred two handfuls of Rosemary flowers and boil them in a quarter of a pint of Aqua vitae a little together. At night when you go to bed, and in the morning you must have two little pieces of white Cotton, and take some of this liquor, & set it on the embers in a dish, and put in one of the pieces of cotton, and when it is hot wring out the Liquor, and lay it to the grief. Do thus three times evening & morning; keeping the last piece of Cotton to the grief al night and so al day.

An Electuary for the Liver.

Take Chicory roots, wash and rub them very dry in a cloth, then slit them and take out their pith, and cut them in small pieces, of these roots thus ordered take eight ounces; and beat them small in a Mortar, and put to them two ounces of Currant wel washed and dry rubbed in a cloth, and beat them wel together, put one ounce of the best grated Rhubarb, and half a pound
pound of double refined sugar, beate to
powder, and beat all well together in the
Mortar to the consistence of a well form-
ed Electuary, & keep in a galley pot for
your use close covered. Take as much
thereof as a Walnut in the morning fast-
ing, and as much at four a clock in
the afternoon.

A Purging Ale for the Liver.

Take Scurvy grass six handfuls,
Brooklime, Water-Cressles, of each three
handfuls, Agrimony, Speedwel, Liver-
wort of each two handfuls, Fennel and
Parsley roots of each three ounces, horse-
radish two ounces, Monks Rhubarb one
pound, all well picked, washed, & bruised,
then put to them Sena five ounces. Po-
lypody of the Oak four ounces, Nut-
megs bruised two ounces, Fennel seed
bruised one ounce, Liquorish slit and
bruised two ounces, Saffafras cut small
three ounces: put all these in a bag or
boulter, and hang it in five or six gal-
rons of second Ale, and after five days
infusion drink thereof half a pint every
morning fasting, and walk upon it.
A Medicine for the Stone.

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

For the whites and heats in the back.

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

Syrup
Syrup of Ale for the same disease.

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

An excellent artificial Balsam.

Take Conduit water and Oyl Olive of each one quart, Turpentine four ounces, liquid Storax six ounces, put them in a basin, and let them stand together all night, the next day melt half a pound of bees wax on the fire, and put to it Rosemary, bays, and sweet Marjoram of each one handful shred small, and also Dragons blood, and Mummey of each one ounce made small, and let them boil in the wax a while; then put into the basin Oyl of Saint Johnswort and Rosewater of each two ounces, and boil it together a little more, then put in some natural balsam.
The Pearl of Practice. Choose

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

The virtues & operations of this balsam,

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

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

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

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

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

And many other cures it doth, &c.
To make the green Oyntment.

Take Rue and Sage, of each one pound, Bay leaves & Wormwood, of each half a pound, Melilot, the Heart and flowers of Camomil, Spike, Rosemary, red rose leaves, Saint John’s wort, and Dil, of each a handful, chop them first very small, then stamp them, & put thereto the like weight of sheeps suet chopped very small, and stamp them all in a stone Mortar to one substance, that albe green and no Suet appear. Then put it into a large earthen pan, & pour on it five pints of pure and sweet Oyl Olive, and work them together with your hands to one substance, then cover the pan with past close that no ayr enter, and let it stand seven dayes, then open it and put it in a fresh pan, and set it, on a soft fire alwayes stirring it til the herbs begin to grow parched, then strain it into a fresh pan, to which put the Oyls of Roses, Camomil, white Lillies, Spike and Violets, of each one ounce, stir them wel together, and keep it in a glass close stoppt for you use.
An Electuary for the passion of the Heart.

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

A drink for a hot Feaver.

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

Take equal portions of Honey and Wine, put them on a fire, and put there-to ground Wheat-meal, and a pretty quantity of bruised Cummin seeds, and as much Sorrel, boil all together for a pretty while, then put them into a linen bag, and apply it to the belly as a plaster. Or take a pretty bundle of Tyme, and boil it with a little slice of Ginger in a pint of Malmsey, till the third part be wasted, and drink thereof as warm as you can.

For Stopping of the Urine.

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

For the Stone in the Kidneys.

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

To make hair grow thick.

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

For the Rhume or Cough in the Stomack.

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

Take a pound of yellow wax six spoonfuls of the juice of marjoram and red sage, two spoonfuls of the juice of onions, aniseeds, cloves, frankincense, mace and nutmegs, of each one pennyworth, and as much turpentine: boil these together to the consistency of a salve, and so apply it.

For the Piles.

Roast quick snails in their shells, pick out their meat with a pin, and beat them in a mortar with some powder of pepper to a salve; then take the dried roots of pilewort in powder, and strew it thin on the plaster, and apply it as hot you can suffer it.

To procure Sleep.

Chop camomile and crumbs of brown bread small, and boil them with white whine vinegar; stir it well and spread it on a cloth, and bind it to the soles of the feet as hot as you can suffer.
fer it. You may add to it dried red Rose leaves, or red Rose cakes with some red Rose water, and let it heat till it be thick, and binde some of it to the Temples, and some to the soles of the feet.

A good Purge.

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

For a Fellon in a joint.

Dry Bay Salt and beat it into powder, and mix it with the yolk of an Egge, and apply it to the grieved place in the beginning before the Fellon be broken: but if it be first broken, then take the juyce of Groundsel, the yolk of an Egge, a little Honey and Ryeflower, mix them well together, and so apply it.
To heal a fresh wound with speed.

Take the leaves of Columbine Nettles, Plantain, Ribwort, wild Tarras, worm-wood, red Roses, Betony, Violets, of each one handful, wash them clean, and beat them well with the white of an Egg, and strain out the juice through a cloth, to which juice put the quantity of two Walnuts of Honey, and halve an ounce of Frankincense, stir them well together, and put it in a box, and use it plaster-wise. Or take Rosin, Wax, fresh Butter, Barrows grease well tried, of each a little quantity, oyl them well, and put it into a basin of cold water, and work it with your hands into little rovels, spread it on a cloath, and apply it. If the wound be deep, tent it with lint.

For the pricking of a Needle or Thorn.

Take boulted Wheat flour, and temper it with red Wine, boil them together to the thickness of a Salve, and lay it on so hot as you can suffer it. This will open the hole, draw out
The Pearl of Præstise. Choose out the filth and ease the pain

For to kill a Corn.

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

For Bruises Swellings, broken Bones.

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

For Burning or Scalding.

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

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

For the Cholick.

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

For the yellow Jaundies.

Take Pimpines, Groundsel, Sheebroom with the tops, of each one handful, boil them in a quart of Ale till half be consumed, then divide it into three draughts, and take it morning and evening.
For the Bloody Flux.

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

A drink to drive the plague from the heart

Take a great Onyon, cut off the top of it, and take out so much of the Core as the bigness of a Walnut, which holde up with Treacle, put on the top again, and wrap the Onyon in a piece of brown or gray paper, roast it throughly, and peel it, and trim it finely, & put it in a clean Linnen cloth, and straine it hard into 3 Porringers, and drink the juyce so straine dout: for it hath been found most excellent by oft: n: proof not only for the expulsion of the Plague, but also for the eradicating of all poyson and venom.
The only Receipt against the plague:

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

This is not only for the Common Plague which is called the Sicknes, but for the Small Pocks, Measles and Scurfies, and divers other diseases.
A good Almond Milk for the bloody Flux.

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

To take Fish by Angling.

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

For an Ache, or Swelling.

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

For a Child's Navel that comes out with much crying.

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

For Women's sore Paps or Breasts.

Take Bean-flowers two handfuls, Wheaten bran, and powder of Fenu-greek, of each one handful, one pound of white Wine Vinegar, three spoon-fuls of Honey, three yolks of Egges, boil all till they be very thick, and lay it warm to the Breast. This will both break and heal it. Crush out the matter when you change the plaister. Or take Oyl of Roses, Bean-flower, and the yolk of an Egge with a little Vinegar, set it on the fire till it be Luke-warm.
For an Ague in Women's Breasts.

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

To draw Rhume from the Eyes back into the Neck:

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

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

To make a sweet breath.

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

For an old sore Legg.

Take the whitest hard soap you can get, scrape a quantity thereof into a Sawcer, put to it some Deer suet, and boil.
The Pearl of Practice. Choose boyl them on the fire, then spread it on a clean Linnen cloth, and lay it to the fore morning and evening, and in a short time it will heal.

For a Stitch in the side.

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

A most excellent Salve for a Wound.

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

A Pultes to ripen any Boyl. or Imposthume.

Take a Lilly root and roast it in the
Embers in a brown paper, then take figs and pound them small, and Fenu-greek, and Linseed of each a like quantity: when the Lilly root is roasted, pound it very well, then boil all therein new milk from the Cow, til it be so thick that a spoon may stand upright in it, and stir it always in the boiling and put to it some Barrows grease and apply it to the place grieved.

To increase woman's Milk:

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

To keep iron from rusting:

Take Lead filed very small and put so much Oyl Olive upon it as will cover it in a pot, then make your iron very clean first and anoynt the iron with the said
The Pearl of Practice. Choose said Oyl, after it hath stood nine days, and it will never rust.

To make golden colour without Gold

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

To make golden Letters without Cold.

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

To make Silver Letters without Silver.

Take Tin one ounce, Quick-silver two ounces, melt them together, then beat
beat them well with Gum water, and so write with it.

To make the Face fair.

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

A Wound Drink.

Take Southernwood, Wormwood, Bugle, Mugwort, White bottle, Sainicle, Plantane, Dandelion, Cinquefoil, Ribwort, Wood Betony, Clary roots, Avens called Herb Bennet, Hawthorn buds, Agrimony, Oak leaves and buds, Bramble buds, wild Angelica, Mints, Scabious, Strawberry leaves, Violet leaves, Comfrey, of each twenty handfuls, gather them in May, & dry them in a room without much fire, turn them often that they may not become musty, and when they are dry put them up in Canvas baggs severally. Then take of these several hearbs so dryed, of each three handfuls, and put them into two quarts of running water, and one quart of white Wine, boil them to three pints, strain the liquor from the hearbs and
and put thereto one pint of Honey, which boil again, taking away the froth, then strain it, and keep it in glass bottles close stopped, and take thereof in the morning fasting, and at night last, two or three spoonfuls at one time. This water will not continue good above three or four weeks at the most. It cureth old soars, green wounds, Imposthumes, Fistulas, and stancheth bleeding. Tent no wound, but search and cleanse it in a tent, and cover the place with a clean cloth. During the cure, the Patient must keep a spare Diet, and abstain from Wine and strong drink.

For Worms in Children.

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

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

A Receipt for the Kings Evil, Fistula, sore Breasts, Legs, or other Sores.

Take Sawplant, Agrimony, Avens, wild Bugle, red Dandelion, Wood Betsy, Ribwort, wild Clary roots and leaves, Mugwort, Plantain, Wormwood and Bugle beaten and bruised, of each two handfuls, boil them in six quarts of white Wine until their virtue be extracted very softly, then with your
The Pearl of Practice. Choose your hand squeeze all the juice out of them into the Wine, then strain the liquor out, and set it on the fire, and clarify it with so much Honey as will make it dainty pleasant, and not sharp; then let it boil a little more, and when it is cold, put it in bottles close stopped, and it will last a year, whereof give the Patient six spoonfuls at a time in the morning fasting, & at 4 a clock in the afternoon.

To ease Women's Childbed throes that are taken with cold a week or two after their Delivery.

Take one or two spoonfuls of Oyl of Sweet Almonds newly drawn, either in posset drink, or in a Caudle warm morning and evening. It will help.

For Women's swounding fits after delivery of Child.

Take the powder of white amber as much as will lie on a threepence, and give it in Mace Ale warm.
An approved Medicine to speed a Woman's Delivery in difficult Travel, and to send out the after-burden safely.

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

An approved Medicine for the Megrum.

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

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

To cure a Shock Dogg that hath the Mangie.

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

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

For any pain in the Stomach.

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

For the wind in the Veins.

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

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

Take one pint of Olive Oil, red lead eight ounces, Virgins Wax four ounces, Oyntment of Popnleon four ounces, the Oyls of Roses and Camomil, of each one ounce, set the Oyl on the fire, then melt the Wax in it, then put in the Popnleon and Oyls, and when
when all are molten put in the red lead, stir them well together, and let it boil til it be black, then dip in your clothes, and apply them to the places ill-affect-
ed.

Mr. Lumleys Pippen drink for a Consumption.

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

An approved Medicine for the Spleen.

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

A rare Balsom.

Take Venice Turpentine one pound,
H 2 wash
wash it four times with fair water, and as many times in Damask Rose water, till it be white as snow, then take an earthen pot of a Gallon, make a hole in the bottom of it, which stop with a cork and a rag, and tie a string about the cork, into which pot put five pintes of pure Oyl Olive, and three pintes of Spring water, boyl this halfe a quarter of an hour, then melt eight ounces of yellow Waxe in a Skillet, which put to the Turpentine in the pot, take it off the fire and stir them together with a spoon, till they be well mingled, then pluck the kork out of the earthen pot, and let out all the Water in a platter, and the Oyl and the Turpentine into the Waxe in a large bason, and set them over the fire stirring them well, then poure all out into a large earthen pan, and when it is through cold, melt it againe one the fire, so that it will slip out, then poure out the water in the bottom, and melt it again on the fire, stirring all well together, and so put it up into gaily pots for your use, and you have a most excellent Balsam made by decoction, whose effects follow.
The virtues of it.

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

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

3. It cures all burnings and scallings.

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

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

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

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

8. It is good against Cancers and Worms applied as before for a cut.

9. It helps digestion and keepeth from
The Pearl of Practice. Choise

as often dry it, after this make a Gely

as followeth.

Take a Viper alive in May or June, cut off his head and tail, above the navil, pull off his skin, and with a clean cloth rub it dry, and so you may hang them up and take two of those skins and slice them small with a little Hart's horn; and make a Gely of them, you need not make much, then when your powder is dry wet it three or four times with this gely, and as often dry it, and at last put no more Gely then will moisten the powder, then make it up in bals as big and as little as you please, and dry them in a stove; and so keep them all the year.

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

Certain Plasters, and their uses.

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

2. Emplast: Mellilot two pound; it is good for all sorts of green Wounds or bru-
bruises or swellings, or to breed flesh being wanting.

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

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

Certain Oyntments, and their use.

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

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

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

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

5. Unguentum tutix two ounces, good for watring sore eyes.

6. Unguentum Basilicon seven ounces, good
good to fill hollow Ulcers with flesh, and apply plaiter on the top of it.

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

A Receipt of the Oyl of Johnswort.

Take a quart of the best white Wine, infuse therein pickt flowers of Saint Johnswort, then stew those flowers very dry, and put in more into the same Wine, infuse them again, so long that the Wine be very strong and red coloured with the Saint Johnswort, then straine out the Wine clear from the flowers, put thereto a pinte of the best Sallet Oyl, a quarter of an ounce of Cinamon bruised, a quarter of Cloves bruised, one race of very good Ginger sliced, one good handful of the yellow flowers of Saint Johnswort pickt very clean, boil all these on a very soft fire, till the Wine be almost evaporated, when it is almost boiled put in one good spoon ful of pure Oyl of Turpentine, let that boil in it a little, to keep it for your use, the elder the better.
Take Plantain and Ribwort, distil them in an ordinary Rohe fil, when you have occasion to use it, take Pip Loaf, rag, the weeter the better, take thereof halfe a pinte when you goe to bed, and this doe nine or ten nights to-gether, especially when you feel an heat.
For the Teeth.

If you will keep your Teeth from rotting or aking, wash the mouth continually every morning with juice of Lemons, and afterward rub your teeth with a Sage leaf, and vwash your teeth after meat with fair water.

To cure the Tooth-ach.

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

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

FINIS,
A Queens Delight:

OR,

The ART

OF

Preserving, Conserving, and Candying;

AS ALSO,

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

Never before Published.

Printed for Nathaniel Brook, at the Angel in Cornhill, 1656.
A

Queens Delight:

OF

Conserves and Preserves;
Candying, and Distilling Waters.

To preserve white Pear-plums, or green.

Take the Plums, and cut the stalks off, and wipe them, then take the just weight of them in Sugar, then put them in a skillet of water and let them stand in and scald, being close covered till they be tender, they must not sceth, when they be soft lay them in a dish, and cover them with a cloth, and new some of the
the Sugar in the Glasse bot tom e, and put in the Plums strewing the Sugar over til all be in, then let them stand all night, the next day put them in a pan, and let them boyl apace, keeping them clean scummed, and when your plums look clear, your syrup will gelly, and they are enough. If your plums be ripe, peel off the skins before you put them in the glasse; they will be the better and clearer a great deal to dry, if you will take the plums white; if green, do them with the Rynes on.

To preserve Grapes.

Take the Grapes when they be almost through-ripe, and cut the stalks off, and stone them in the side, and as fast as you can stone them strew Sugar on them; you must take to every pound of Grapes three quarters of a pound of Sugar, then take some of the sour Grapes, and wring the juice of them, and put to every pound of Grapes two spoonfuls of juice, then set them on the fire, and still lift up the pan and shake it round, for fear of burning to, then set them on again, and when the Sugar is melted,
ted boyl them as fast as you can possibly, and when they look very clear, and the syrup somewhat thick, they are enough.

To preserve Quinces white.

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

To preserve Respasse.

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

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

To preserve Fruits green.

Take Pippins, Apricocks, Pear-plums, or Peaches when they be green, scald them in hot water, and peel them or scrape them, put them into another water not so hot as the first, then boil them very tender, take the weight of them in Sugar, put to it as much water as will make a syrup to cover them, then boil them something leisurely, and
and take them up, then boyl the syrup till it be somewhat thick, that it will batten on a dish side, and when they are cold put them together, &c.

To preserve Oranges and Limmons the best way.

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

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

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

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

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

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

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

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

Set your Elecampane roots, being clean scraped, and shifted in their boilings a dozen times, then dry them in a fair cloth, and so boil them as is above
A Queens Delight.

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

To preserve Quinces white or red.

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

To preserve Grapes.

Take the Clusters and stone them as
you do Barberries, then take a little
more Sugar then they weigh, put to it
as much Apple water as will make a
syrup.
syrup to cover them, then boil them as you do Cherries, as fast as you can, till the syrup be thick, and being cold, pot it. Thus may you preserve Barberries or English Currants, or any kind of Berries.

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

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

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

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

Take your Apricocks and Pear-plums, and boyle them tender, then take as much Sugar as they do weigh, and take as much water as will make the syrup, take your green Peaches before they be stoned, and thrust a pin through them, and then make a strong water of ashes, and cast them into the hot standing lye to take off the fur from them, then wash them in three or four waters warm, so then put them into so much clarified Sugar as will candy them; so boyl them and put them up, &c.
To dry Pippins or Pears without Sugar.

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

To make syrup of Clove Gillyflowers.

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

Take a handful of Hyssop, of Figs, Raisins, Dates, of each an ounce, of Gollipint half an handful, French Barley one ounce, boil therein three pints of fair water to a quart, strain it and clarify it with two whites of Eggs, then put in two pound of fine Sugar, and boil it to a syrup.

To make Orange Water.

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

To dry Cherries.

Take a pound of Sugar, dissolve it in thin fair water, when it is boiled a little while, put in your Cherries after they are stoned, four pound to one pound of
of Sugar, let them lie in the Sugar three
dayes, then take them out of the syrop
and lay them on Sives one by one, and
let them before the Sun upon stools, turn
them every day; else they will mould,
when they look of a dark red colour,
and are dry, then put them up. And so
you may do any manner of fruit. In the
Sun is the best drying of them; put into
the syrup some juyce of Rasps.

To make juyce of Liquorice.

Take English Liquorice and stamp it
very clean, bruise it with a hammer, and
cut it in small pieces; to a pound of Li-
quorice thus bruised, put a quart of
Hyslop water, let them soak together
in an earthen pot a day and a night,
then pull the Liquorice into small
pieces, and lay it in soak again two
dayes more; then strain out the Liquo-
rice, and boyl the liquor a good while.
Stir it often, then put in half a pound
of Sugar-candy, or loaf Sugar finely
beaten, four grains of Muske, as much
Ambergreese, bruise them small with a
little Sugar, then boyl them together
till it be good and thick, still have a care
you
burn it not; then put it out in glasse plates, and make it into round rowls, and set it in a drying place till it be stiff, that you may work it into rowls to be cut as big as Barley corne, and so lay them on a place again: If it be needful strew on the place a little Sugar to prevent thickning, so dry them still if there be need, and if they should be too dry, the heat of the fire will soften them again.

A perfume for Clothes, Gloves.

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

To make Almond Biskes.

Take the whites of four new laid Eggs
A Queens Delight.

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

To make Conserve of Roses boyled.

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

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

To dry Apricocks.

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

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

To make Quinces for Pies.

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

The best way to break sweet Powder.

Take of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Cives a quarter of an ounce, Cloves a quarter of
of a pound, Musk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter of a pound, Ambregrasie a quarter of an ounce. To every pound of Roses put a pound of Powder; the bag must be of Taffaty, or else the Powder will run through.

To make excellent perfumes.

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

To make a very good Pomatum.

Take the fat of a young Dog one pound, it must be kild well that the blood
blood sete not into the fat, then let the outer skin be taken off before it be open, lest any of the hair come to the fat, then take all the fat from the inside, and as soon as you take it off fling it into Conduit water; and if you see the second skin be clear, peel it and water it with the other; be sure it cools not out of the water: you must not let any of the flesh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs caule, and put it to the other in the water, and when you see it is cold, drain it from the water in a Napkin, and break it in little pieces with your fingers, and take out all the little veins, then take eight ounces of Oyl of Tartar, and put in that first, stirring it well together, then put it into a Gallon of Conduit water, and let it stand till night; shift this with so much Oyl and Water morning and evening seven days together, and be sure you shift it constantly; and the day before you mean to melt it, wring it hard by a little at a time, and be sure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you shift it; then put
put in three pinctes of Rose-water; let it stand close covered twelve hours, then wring out that and put in a pinte of fresh Rose-water into a high Gally pot with the feces: then tie it close up and let it in a pot of water, and let it boil two hours, then take it out and strain it into an earthen pan, let it stand till it is cold; then cut a hole in it, and let out the water, then scrape away the bottom, and dry it with a cloth, and dry the pan; melt it in a Chafing-dish of coals, or in the Gally pots; beat it so long, till it look very white and shining; then with your hand fling it in fine Cakes upon white paper, and let it lie till it be cold, then put it into Gally pots. This will be very good for two or three years.

To make Raisin Wine.

Take two pound of Raisins of the Sun shrèd, a pound of good powdered Sugar, the juice of two Lemons, one pill; put these in a earthen pot with a top, then take two gallons of water, let it boil half an hour, then take it hot from the fire and put it into the pot, and cover
cover it close for three or four days, stirring it twice a day, being strained put it into bottles, and stop it very close; in a fortnight or three weeks it may be drunk; you may put in Cloves, Gillyflowers, or Cowslips, as the time of the year is when you make it; and when you have drawn this from the Raysins, and bottled it up, heat two quarts of water more, put it to the Ingredients, and let it stand as aforesaid. This will be good, but smaller than the other, the water must be boyled as the other.

To make Rasberry Wine.

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

The best way to preserve Cherries.

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

**A Tincture of Ambergrease.**

Take Ambergrease one ounce, Musk two drams, Spirit of Wine half a pinte, or as much as will cover the Ingredients two or three fingers breadth, put all into a Glass, stop it close with a Cork and Bladder, let it in Horse dung ten or twelve
twelve dayes, then pour off gently the spirit of Wine, and keep it in a glasse close stoppt, then put more spirit of Wine on the Ambergrease, and do as before, then pour it off, after all this the Ambergrease will serve for ordinary uses. A drop of this will perfume any thing, and in Cordials it is very good.

To make Usquebath the best way.

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

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

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

To make Gelly of Pippins.

Take Pippins and pare them and quarter them, and put as much water to them as will cover them, and let them boyl till all the vertue of the Pippins are out, then strain them, and take to a pinte of that liquor a pound of Sugar, and cut long threads of Orange peels, and boil in it, then take a Limon and pare and slice it very thin, and boyl it in your liquor.
liquor a little thin; take them out, and lay them in the bottom of your glass, and when it is boyled to a gelly, pour it on the Limons in the glass. You must boyl the Oranges in two or three waters before you boyl it in the gelly.

To make Apricot Cakes:

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

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

To make Lozings of red Roses.

Boil your Sugar to Sugar again, then put in your red Roses being finely beaten and made moist with the juice of a Limon, let it not boil after the Roses are in, but pour it upon a Pye-plate, and cut it into what form you please.
To make Chips of Quinces.

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

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

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

To make Syrup of Limons or Citrons.

Pare off all the rindes, then slice your Limons very thin, and lay a lare of Sugar
A Queen's Delight.

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

To make Jumbals of Apricocks or Quinces.

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

To make Cherry water.

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

To make Orange Cakes.

Take Oranges and pare them as thin as you can, then take out the meats clean, and put them in water; let them lie about an hour; shift the water and boil them very tender in three or four waters, then put them up and dry them on a cloth: mince them as small as you can, then put them into a dish, and squeeze all the juice of the meat into them, and let
let them stand till the next day, take to every pound of these a pound and a quarter of double refined Sugar. Boyl it with a spoonfull of water at the bottom to keep it from burning till it be Sugar again; then put in your Oranges, and let them stand and dry on the fire, but not boyl; then put them on glass plates, and put them in a Stove, the next day make them into Cakes, and so dry them as fast as you can.

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

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

To preserve green Plums.

The greatest wheaten Plum is the best, which will be ripe in the midst of July.
July, gather them about that time, or later, as they grow in bignesse, but you must not suffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the space of 12 hours, and when you gather them wipe them with a clean linnen cloth, and cut off a little of the stalks of every one; then set two skillets of water on the fire, and when one is scalding hot put in your plums, and take them from the fire, and cover them, and let them rest for the space of a quarter of an hour, then take them up, and when your other skillet of water doth boil put them into it; let them but stay in it a very little while, and so let the other skillet of water wherein they were first boiled be set to the fire again, and make it to boil, and put in your plums as before, and then you shall see them river over, and yet your plums very whole; then while they be hot you must with your knife scrape away the rivetting; then take to every pound of Plums a pound and two ounces of Sugar finely beaten, then set a pan with a little fair water on the fire, and when it boils put in your plums, and let them seethe half
a quarter of an hour till you see the colour wax green, then set them off the fire a quarter of an hour, and take a handful of Sugar that is weighed, and strow it in the bottom of the pan wherein you will preserve, and so put in your plums one by one, drawing the liquor from them, and cast the rest of your Sugar on them; then set the pan on a moderate fire, letting them boyl continually but very softly, and in three quarters of an hour they will be ready, as you may perceive by the greenness of your plums and thickness of your syrup, which if they be boyled enough will gelly when it is cold; then take up your plums and put them into a gally pot, but boyl your syrup a little longer, then strain it into some vessel, and being blood-warm, pour it upon your plums, but stop not the pot before they be cold. Note also, you must preserve them in such a pan as they may lie one by another and turn of themselves, and when they have been five or six days in the syrup, that the syrup grow thin, you may boyl it again with little Sugar, but put it not to your plums till they be cold. They must have three scalings and one boyling.
An admirable water for sore eyes.

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

A Snail water for weak Children and old people.

Take a bottle of Snail, and wash them well in two or three waters, and then in small Beer, bruise them thes and all, then put them into a gallon of red Cows Milk, red Rose leaves dried, the whites cut off, Rosemary, sweet Mar-
Marjoram, of each one handtull, and to distill them in a cold still, and let it drop upon powder of white Sugarcandy in the receiver; drink of it first and last, and at four o'clock in the afternoon, a Wine glasse full at a time.

Clary water for the back, stomach, &c.

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

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

Aqua Mirabilis Sir Kenelm Digbies way.

Take Cubebs, Galingale, Cardamus, Melilot flowers, Cloves, Mace, Ginger, Cinnamon, of each one dram bruised small, Juyce of Celandine one pinte, Juyce of Spearmint half a pinte, Juyce of Balm half a pinte, Sugar one pound, Flower of Cowslips, Rosemary, Borage
Borage, Buglosse, Marigolds, of each two drams, the best Sack three pinte, strong Angelica water one pinte, red Rose water half a pinte, bruise the Spices and Flowers, and steep them in the Sack and juyces one night, the next morning distill it in an ordinary or glasse Still, and first lay Harts tongue leaves in the bottom of the Still.

The virtues of the precedent water.

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

A water for fainting of the Heart.

Take Buglosse and red Rose water,
of each one pinte, Milk half a pinte, Anniseeds and Cinamon grossely bruised of each half an ounce, Maiden hair two handfuls, Harts tongue one hand- full, both shred, mix all together, and distill it in an ordinary Still, drink of it morning and evening with a little Sugar.

A Surfeit water.

Take half a bushelel of red Corn Poppy, put it into a large dish, cover it with brown Paper, and lay another dish upon it, set it in an Oven after brown bread is baked divers times till they be dry, which put into a pottle of good Aqua vitæ, to which put Ray- fins solis stoned half a pound, six Figs sliced, three Nutmegs sliced, two flake of Mace bruised, two races of Ginger sliced, one stick of Cinamon bruised, Liquorice sliced one ounce, Anniseed; Fennill seed, and Cardamums bruised, of each one dram; put all these into a broad glass body, and lay first some Poppy in the bottom; then some of the other Ingredients, then Poppy again, and so till the glaffe be full; then
then put in the Aqua vitæ, and let it infuse till it be strong of the spices, and very red with the Poppy, close covered, of the which take two or three spoonfuls upon a Surfeit, and when all the liquor is spent, put more Aqua vitæ to it, and it will have the same effect the second time, but no more after.

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

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

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

The admirable and most famous Snail water.

Take a peck of garden shell Snails, wash them well in small Beer, and put them in a hot Oven till they have done making a noise, then take them out, and wipe them well from the green froth that is upon them, and bruise them theirs and all in a stone Mortar, then take a quart of Earth worms, scowre them with Salt, slit them and wash them well with water from their filth, and in a stone Mortar beat them to pieces, then lay in the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary flowers, Bears foot, Agrimony, red Dock roots, Bark
Bark of Barberries, Betony, wood Sorrel, of each two handfuls, Rue one handful; then lay the Snails and Worms on the top of the hearbs and flowers, then pour on three Gallons of the strongest Ale, and let it stand all night, in the morning put in three ounces of Cloves beaten, six penny worth of beaten Saffron, and on the top of them six ounces of shaved Harts horn, then set on the Limbeck and close it with paste, and so receive the water by pints, which will be nine in all, the first is the strongest, whereof take in the morning two spoonfuls, in four spoonfuls of small Beer, and the like in the afternoon; you must keep a good diet, and use moderate exercise to warm the blood.

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

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

Distillings.

A most excellent Aqua Coelestis taught by Mr. Philips Apothecary.

Take of Cinnamon one dram, Ginger half a dram, the three sorts of Saunders, of each of them three quarters of an ounce, Mace and Cubebs of each of them one dram, Cardamon the bigger and
and leffer, of each three drams, Setwell roots half an ounce, Anniseed, Fennel-seed, Basil-seed, of each two drams, Angelica roots, Gillyflowers, Thyme, Calamint, Liquorice, Calamus Masterwort, Pennyroyall, Mint, Mother of Thyme, Marjoram, of each two drams, red Rose seed, the flowers of Sage and Betony, of each a dram and a half, Cloves, Galangall, Nutmegs, of each two drams, the flowers of Stechados, Rosemary, Borage, and Buglosse flowers, of each a dram and half, Citron rindes three drams, bruise them all, and put in these Cordiall powders, Diamber Aromaticum, Diamuscum, Diachoden, the spieces made with pearl, of each three drams; infuse all these in twelve pints of Aqua vitæ, in a glasse close stopped, for fifteen dayes, often shaking it, then let it be put in a Limbeck close stopped, and let it be distilled gently; when you have done, hang it in a cloth, two drams of Musk, half a dram of Ambergreese, and ten or twelve grains of gold, and so receive it to your use.
Hypocras taught by Dr. Twine for minde in the stomach.

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

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

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

A Water good for Sun-burning.

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

The Lady Giffords Cordiall Water.

Take four quarts of Aqua vitæ, Borage and Poppy water, of each a pint, two pound of Sugar-candy, one pound of Figges sliced, one pound of Raylins of the Sun stoned, two handfuls of red Roses, clipped and dryed, one handful of red Mint, half a handful of Rosemary, as much of Hysope, a few Cloves, put all these in a great double glasse cloze stopped, and set it in the Sun three Months, and so use it.
A water for one Pensive and very sick, to comfort the heart very excellent.

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

To perfume Water.

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