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THE KATHERINE GOLDEN BITTING
COLLECTION ON GASTRONOMY

Presented by A. W. BITTING

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dianū da nobis hodie:

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

Eliz: Needham
her Book

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dianū da nobis hodie:

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

Licensed,

Nov. 16.
1669.

Roger L'Estrange.

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THE QUEENE-LIKE CLOSET Or RICH CABINET

Printed for Rich: Chiswell
And Tho: Sawbridge 168[illegible]

The Queen-like Closet:

OR,

RICH CABINET,

Stored with all manner of

RARE RECEIPTS

FOR

Preserving, Candying and Cookery.

Very Pleasant and Beneficial to all Ingenious Persons of the *Female Sex.*

To which is added,

A SUPPLEMENT,

PRESENTED

To all Ingenious LADIES, and GENTLEWOMEN.

By HANNAH WOOLLEY.

The Fifth EDITION.

LONDON:

Printed for *R. Chiswel* at the *Rose* and *Crown* in St. *Paul's Church-Yard*, and *T. Sawbridge* at the *Three Flower-de-Luces* in *Little-Britain*, 1684.

TO THE

TRULY VIRTUOUS

AND

My much Honoured Friend

Mrs. *GRACE BUZBY*,

Daughter to the Late

Sir *HENRY CARY*,

Knight Banneret;

And WIFE to

Mr. *ROBERT BUZBY*,

Gentleman, and Woollen Draper

of *LONDON*.

Madam,

YOUR kind and good Acceptance of my Endeavours in Work for you, and that Esteem You have for what else I can do, make me bold to present this Book to You; which by that time You have

have perused, I doubt not, but you will deem it worthy of the Title it bears; and indeed it was never opened before: If it may yield You any Delight or Benefit, I shall be glad; for as you have a true Love and esteem for me, so I have a very great Love and Honourable Esteem for you; and shall always be

Your most Observant

Servant,

HANNAH WOOLLY.

To all Ladies, Gentlewomen, and to all other of the Female Sex, who do delight in, or be desirous of good Accomplishments.

Ladies and Gentlewomen,

I *Presume those Books which have passed from me formerly, have got me some little credit and esteem amongst you.*

But there being so much time past since they were Printed, that methinks I hear some of you say,

I wish Mrs. *Woolly* would put forth some new Experiments; *and to say the Truth, I have been importun'd by divers of my Friends and Acquaintance to do so.*

I shall not give an apish Example every Day or Week to follow ridiculous and foolish Fancies; nor could I be too like the Spaniard, *always to keep in one Dress: I am not ashamed, nor do I disown what I have already Printed, but some of you being so perfect in your Practises, and I very desirous still to serve you, do now present you with this* Queen-like Closet: *I do assure you it is worthy of the Title it bears, for the very precious things you will find in it.*

Thus

To the Reader.

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

Their Faithful and

Humble Servant,

H. Woolley.

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

Hannah Woolly.

THE Queen-like CLOSET, OR Rich Cabinet.

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

TAke three Pints of Sack, three Pints of White Wine, one quart of the Spirit of Wine, one quart of the juice of Celandine leaves, of Melilot-Flowers, Cardamum-seeds, Cubebs, Galingale, Nutmegs, Cloves, Mace, Ginger, two Drams of each; bruise them and mix them with the Wine and Spirits, let it stand all night in the Still, not an Alembeck, but a Common Still, close stopped with Rye Paste; the next morning make a slow fire in the Still, and all the while it is stilling, keep a wet cloth about the neck of the Still, and put so much white Sugar Candy as you think fit into the Glass where it drops.

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

Take three Pints of Muskadine, boil therein one handful of Sage, and one handful of Rue, until

a Pint be wasted, then strain it out, and set it over the Fire again.

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

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

It is a most excellent Medicine, and never faileth, if taken before the heart be utterly mortified with the Disease; it is also good for the Small Pox, Measles or Surfets.

3. *A very Soveraign Water.*

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

This most excellent Water was from Dr. *Chambers*, which he kept secret till he had done many Cures

Cures therewith; it comforteth the Vital Spirits; it helpeth the inward Diseases that come of Cold; the shaking of the Palsie; it helpeth the Conception of Women that are barren; it killeth the Worms within the Body, helpeth the Stone within the Bladder; it cureth the Cold, Cough, and Tooth-ach, and comforteth the Stomach; it cureth the Dropsie, and cleanseth the Reins; it helpeth speedily the stinking Breath; whosoever useth this Water, it preserveth them in good health, and maketh them seem young very long; for it comforteth nature very much: with this Water Dr. *Chambers* preserved his own life till extreme Age would suffer him neither to go nor stand one whit, and he continued five years after all Physicians judged he could not live; and he confessed that when he was sick at any time, he never used any other Remedy but this Water, and wished his Friends when he lay upon his Death-bed to make use of it for the preservation of their Health.

4. *To make Spirit of Mints.*

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

Loaf Sugar, and you will find it very excellent; you may distil it an ordinary Still if you please; but then it will not be so strong nor effectual.

Thus you may do with any other Herbs whatsoever.

5. *To make the Cordial Orange-Water.*

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

6. *To make Spirit of Oranges or of Limons.*

Take of the thickest rin'd Oranges or Limons, and chip off the Rinds very thin, put these Chips into a Glass-bottle, and put in as many as the Glass will hold, then put in as much Malago Sack as the Glass will hold besides; stop the bottle close that no Air get in, and when you use it, take about half a Spoonful in a Glass of Sack; it is very good for the Wind in the Stomach.

7. *To make Limon Water.*

Take twelve of the faireſt Limons, slice them and put them into two Pints of white Wine, and

put

put to them of Cinamon and Galengale, of each, one quarter of an Ounce, of Red-Rose Leaves, Burrage and Bugloss Flowers, of each one handful, of yellow Sanders one Dram, steep all these together 12 hours, then distill them gently in a Glass Still, put into the Glass where it droppeth three Ounces of Sugar, and one Grain of Ambergreece.

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

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

9. *To make Rosemary Water.*

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

10. *To make a most precious Water.*

Take two Quarts of Brandy, of Balm, of Wood Betony, of Pellitory of the Wall, of sweet Marjoram, of Cowslip-Flowers, Rosemary-Flowers, Sage-Flowers, Marygold-Flowers, of each of these one handful bruised together; then take one Ounce of Gromwell seeds, one Ounce of sweet

Fennel seeds, one Ounce of Coriander seeds bruised, also half an Ounce of Anniseeds, and half an Ounce of Caraway-seeds, half an Ounce of Juniper Berries, half an Ounce of Bay Berries, one Ounce of green Licoras, three Nutmegs, one quarter of an Ounce of large Mace, one quarter of an Ounce of Cinamon, one quarter of an Ounce of Cloves, half an Ounce of Ginger, bruise all these well together, then add to them half a pound of Rasins in the Sun stoned, let all these steep together in the Brandy nine days close stopped, then strain it out, and two Grains of Musk, two of Amber-Greece, one pound of refined-Sugar, stop the Glass that no Air get in, and keep it in a warm place.

11. *Doctor* Butler's *Treacle water.*

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

Then take

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

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

Then take of Epithimum two Ounces and a half, of Cetrarch six Ounces, of Carduus and Balm, of each two handfuls, of Burrage-Flowers, Bugloss

Bugloss-Flowers, Gilli-flowers, of each four Ounces, of Angelica root, Elecampane root beaten to a pap, of each four Ounces, of Andronichus Treacle and Mithridate, of each four Ounces; mix all these together, and incorporate them well, and grind them in a Stone Mortar, with part of the former Liquor, and at last, mix all together, and let them stand warm 24 hours close stopped, then put them all into a glass Still, and sprinkle on the top of *Species Aromatica rosata* and *Diambre*, of the Species of *Diarodon Abatis*, *Diatrion Santalon*, of each six drams; then cover the Still close, and lute it well, and distill the water with a soft fire, and keep it close.

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

12. *The Cordial Cherry Water.*

Take nine pounds of red Cherries, nine pints of Claret Wine, eight Ounces of Cinamon, three Ounces of Nutmegs, bruise your Spice, stone your Cherries, and steep them in the wine, then add to them half a handful of Rosemary, half a handfull of Balm, one quarter of a handful of sweet Marjoram, let them steep in an earthen pot twenty four hours, and as you put them into the Alembeck, to distil them, bruise them with your hands, and make a soft fire under them, and distill by degrees; you may mix the waters at your pleasure when you have drawn them all, when you have thus done, sweeten it with loaf-Sugar, then strain it into another Glass, and stop it close that no Spirits go out; you may (if you please) hang a Bag with Musk and Amber-greece

in it; when you use it, mix it with Syrup of Gilliflowers or of Violets, as you best like it; it is an excellent Cordial for Fainting-fits, for a Woman in travel, or for any one who is not well.

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

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

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

Take a Red Cock, pluck him alive, then slit him down the back, and take out his Intrails, cut him in quarters, and bruise him in a Mortar, with his Head, Legs, Heart, Liver and Gizard; put him into an ordinary Still with a Pottle of Sack, and one quart of Milk new from a red Cow, one pound of blew Currans beaten, one pound of Raisins

Raisins of the Sun stoned and beaten, four Ounces of Dates stoned and beaten, two handfuls of Peniroyal, two handfuls of Pimpernel; or any other cooling Herb, one handful of Mother-thyme, one handful of Rosemary, one handful of Burrage, one quart of red Rose water, two ounces of Harts-horn, two Ounces of China root sliced, two Ounces of Ivory shavings, four Ounces of the flower of French Barley; put all these into your Still and paste it up very well; and still it with a soft fire, put into the Glass where it droppeth one pound of white Sugar-Candy beaten very small, twelve penniworth of Leaf-Gold, seven grains of Musk, eleven grains of Amber-greece, seven grains of Bezoar stone; when it is all distilled, mix all the waters together, aud every morning fasting, and every evening when you go to bed, take four or five spoonfuls of it warm, for about a month together, this hath cured many when the Doctors have given them over.

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

Take green Walnuts in the beginning of *June*, beat them in a Mortar, and distill them in an ordinary Still, keep that Water by it self, then about Midsummer gather some more, and distil them as you did before, keep that also by it self, then take a quart of each, and mix them together, and distill them in a Glass Still, and keep it for your use; the Virtues are as followeth; it will help all manner of Dropsies and Palsies, drank with Wine fasting; it is good for the eyes, if you put one drop therein; it helpeth Conception in Women if they drink thereof one

spoonful at a time in a Glass of Wine once a day, and it will make your skin fair if you wash therewith; it is good for all infirmities of the Body, and driveth out all Corruption, and inward Bruises; if it be drunk with Wine moderately it killeth Worms in the Body: whosoever drinketh much of it shall live so long as Nature shall continue in him.

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

16. *To make Wormwood Water.*

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

17. *A very rare Cordial Water.*

Take one Gallon of white Wine, two Ounces of Mithridate, two Ounces of Cinamon, one handful of Balm, a large handful of Cowslips, two handfuls of Rosemary Flowers, half an Ounce of Mace, half an Ounce of Cloves, half an Ounce of Nutmegs, all bruised, steep these together four days in an earthen Pot, and covered very close, distil them in an ordinary Still well pasted, and do it with a very slow fire; save the first water by it self, and the small by it self, to give

to

to Children, when you have occasion to use it, take a spoonful thereof, sweetned with Loaf-Sugar; this Water is good to drive out any Infection from the heart, and to comfort the Spirits.

18. *Another most excellent Cordial.*

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

16. *To make* Rosa Solis.

Take a Pottle of *Aqua Composita*, and put it into a Glass, then a good handful of *Rosa Solis* clean picked, but not washed, put it to the *Aqua Composita*, then take a pound of Dates stoned and beaten small, half a penniworth of Long Pepper, as much of Grains, and of round Pepper, bruise them small, take also a pound of Loaf-Sugar well beaten, a quarter of a pound of powder of Pearl, and six leaves of Book Gold; put all to the rest, and stir them well together in the Glass, then cover it very close, and let it

stand

ſtand in the Sun fourteen days, ever taking it in at night; then ſtrain it, and put it into a cloſe Bottle; you muſt not put in the Pearl, Gold or Sugar, till it hath been ſunned and ſtrained, neither muſt you touch the Leaves of the *Roſa Solis* with your hands when you pick it; keep it very cloſe.

20. *The Heart Water.*

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

21. *The Plague Water.*

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

22. *The Treacle Water.*

Take one pound of old Venice Treacle, of the Roots of Elecampane, Gentian, Cyprus, Tormentil,

mentil, of each one Ounce, of Carduus and Angelica half an Ounce, of Burrage, Bugloss, and of Rosemary Flowers one Ounce of each: infuse these in three Pints of white Wine, one Pint of Spring Water, two Pints of Red-Rose water; then distil them in an ordinary Still pasted up.

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

23. *The Snail water excellent for Consumptions.*

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

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

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

Harts-

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

24. *To make a rare sweet Water.*

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

25. *A very good Surfet Water.*

Take what quantity of Brandy you please, steep a good quantity of the Flowers of Red Poppies therein, which grow amongst the Wheat, having the black bottoms cut off, when they have been steeped long enough, strain them out, and put in new, and so do till the Brandy be very red with them, and let it stand in the Sun all the while they infuse, then put in Nutmegs, Cloves, Ginger and Cinamon, with some fine Sugar, so much as you think fit, and keep it close stopped; this is very good for Surfets, Wind in the Stomach, or any illness whatever.

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

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

27. *The Melancholly Water.*

Take of the Flowers of Gilliflowers four handfuls, Rosemary flowers three handfuls, Damask Rose leaves, Burrage and Bugloss flowers of each one handful, of Balm leaves six handfuls, of Marigold flowers one handful, of Pinks six handfuls, of Cinamon grosly beaten, half an Ounce, two Nutmegs beaten, Anniseeds beaten one Ounce, three penniworth of Saffron; put them all into a Pottle of Sack, and let them stand two days, stirring them sometimes well together; then distil them in an ordinary Still, and let it drop into a Glass wherein there is two grains of Musk, and eight ounces of white Sugar-candy, and some Leaf Gold; take of this Water three two spoonfuls at a time, and oftner if you find need; distil with soft fire; this is good for Women in Child-bed if they are faint.

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

Take some Rye Leaven, and break it small into some warm Water, let it be a sowre one, for that is best; about two Ounces or more: then take

take a Bushel of Elder Berries beaten small, and put them in an earthen Pot, and mix them very well with the Leaven, and let it stand one day near the Fire; then put in a little Yest, and stir it well together to make it rise, so let it stand ten days covered, and sometimes stir it; then distil it in an Alembeck; keep the first Water by it self, and so the second, and the third will be good Vinegar, if afterward you colour it with some of the Berries.

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

This Water is excellent for the stomach.

29. *To make the Balm water Green.*

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

Take

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

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

Take one Gallon of the best French Spirits, and a Pint of Damask Rose-water, half a Pint of Poppy water, one pound of white Sugar-candy bruised, then take one pound and half of Raisins of the sun stoned, half a pound of Dates stoned and sliced, then take one Ounce of Mace, one Ounce of Cloves, one Ounce of Cinamon, one Ounce of Annifeeds rubbed clean from the dust, then take a quarter of an Ounce of Licoras clean scraped and sliced, and all the spices grosly beaten, let all these steep in spirits four days; then take a quarter of a peck of Red Poppy Leaves fresh gathered, and the black part cut off, and put them in, and when it hath stood four or five days, strain it and put it into your Glass, then put in your Sugar-Candy finely beaten, twelve penniworth of Ambergreece, six penniworth of Musk, keep it close, and shake it now and then, and when you use it, you may put some kind of Syrrup to it, what you please.

31. *To*

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

Take Lavander Flowers stripped from the stalks, and fill a Gallon-Glass with them, and pour on them good spirit of sack, or perfect *Aqua-vitæ* distilled from all Flegm, let the quantity be five quarts, then circulate them for six weeks, very close with a Bladder, that nothing may break out; let them stand in a warm place, then distil them in an Alembeck with his Cooler, then put into the said water, of Sage, Rosemary, and Wood Betony Flowers; of each half a handful of Lily of the Valey, and Burrage, Bugloss, and Cowslip Flowers, one handful, of each; steep these in spirit of Wine, Malmsie, or *Aquâ-vitæ*, every one in their season, till all may be had; then put also to them of Balm, Motherwort, Spike-flowers, Bay leaves, the leaves of Orange trees, with the Flowers, if they may be had, of each one Ounce, put them into the aforesaid distilled Wine all together, and distil it as before, having first been steeped six Weeks; when you have distilled it, put into it Citron Pill, dried Piony seeds hull'd, of each five Drams, of Cinamon half an Ounce, of Nutmegs, Cardamum seeds, Cubebs, and yellow Saunders, of each half an Ounce, of Lignum Aloes one dram, make all these into powder, and put them into the distilled Wine abovesaid, and put to them of Cubebs anew, a good half pound of Dates, the stones taken out, and cut them in small pieces, put all these in, and close your Vessel well with a double Bladder;

Bladder; let them digest six weeks, then strain it hard with a Press, and filtrate the Liquor, then put into it of prepared Pearl, Smaragdus, Musk and Saffron, of each half a scruple, and of Ambergreece one scruple, red Roses dried well, Red and Yellow Saunders, of each one Ounce, hang these in a Sarsnet bag in the water, being well sewed that nothing go out.

The Virtues of this Water.

This Water is of exceeding Virtue in all Swoundings and Weaknesses of the heart, and decaying of spirits in all Apoplexies and Palsies, also in all pains of the Joints coming of Cold, for all bruises outwardly bathed and dipped Clothes laid to; strengtheneth and comforteth all animal, natural and vital spirits, and cheareth the external senses, strengtheneth the memory, restoreth lost speech, and lost Appetite, all weakness of the stomach, being both taken inwardly, and bathed outwardly; it taketh away the Giddiness of the head, helpeth lost Hearing, it maketh a pleasant Breath, helpeth all cold disposition of the Liver and a beginning Dropsie; it helpeth all cold Diseases of the Mother; indeed none can express its Vertues sufficiently; take morning and evening about half a spoonful with Crums of Bread and Sugar.

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

Take a good handful of French Barley, boil it in several waters till you see the water be clear,

clear, then take a quart of the last-water, and boil in it sliced Licoras, Anniseed bruised, of each as much as you can take up with your four Fingers and your Thumb, Violet Leaves, Strawbery Leaves, five fingred Grass, Maidenhair, of each half a handful, a few Raisins of the Sun stoned; boil these together till it come to a pint, then strain it, and take twelve or fourteen Jordan Almonds blanched and beaten, and when your water is almost cold, put in your Almonds, and stir it together, and strain in; then sweeten it with white Sugar-candy; drink this at four times, in the morning fasting, and at four of the Clock in the afternoon a little warmed; do this nine or ten days together; if you please, you may take a third draught when you go to Bed; if you be bound in your body, put in a little syrrup of Violets; the way to take it, is to suck it through a straw, for that conveys it to the Lungs the better.

33. *To make the best Bisket Cakes.*

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

34. *Per-*

34. *Perfumed Roses.*

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

Or do thus.

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

35. *To make Tincture of Caraways.*

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

Then strain it from the seeds, and add to it as much Rose-water as will make it of a pleasant taste, then hang in your Bottle a little Ambergreece, and put in some Leaf-Gold: this is a very fine Cordial.

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

Quench some Lime in white Rose-water, then shake it very well, and use it at your pleasure; when

when you at any time have washed with it, anoint your face with Pomatum, made with Spermaceti and oyl of sweet Almonds.

37. *To make clouted Cream.*

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

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

Take two quarts of new Milk, a penny white Loaf sliced very thin, then make the Milk scalding hot, then put to it the Bread, and break it, and strain it through a Cullender, then put in four Eggs, a little Spice, Sugar, Raisins, and Currans, and a little Salt, and so bake it, but not too much, for then it will whey.

39. *To make the* Portugal *Eggs.*

Take a very large Dish with a broad brim, lay in it some *Naples* Bisket in the form of a Star, then put so much Sack into the Dish as you do think the Biskets will drink up: then stick them full with thin little pieces of preserved Orange, and green Citron Pill, and strew store of French Comfits over them, of divers colours, then butter some Eggs, and lay them here

and

and there upon the Biskets, then fill up the hollow places in the Dish, with several coloured Jellies, and round about the Brim thereof lay Lawrel Leaves guilded with Leaf Gold; lay them slaunting, and between the Leaves several coloured Jellies.

40. *To Candy Flowers the best way.*

Take Roses, Violets, Cowslips, or Gilli-flowers, and pick them from the white bottoms, then have boiled to a Candy height Sugar, and put in so many Flowers as the Sugar will receive, and continually stir them with the back of a Spoon, and when you see the Sugar harden on the sides of the skillet, and on the spoon, take them off the Fire, and keep them with stirring in the warm skillet, till you see them part, and the Sugar as it were sifted upon them, then put them upon a paper while they are warm and rub them gently with your hands, till all the Lumps be broken, then put them into a Cullender and sift them as clean as may be, then pour them upon a clear Cloth, and shake them up and down till there be hardly any sugar hanging about them; then if you would have them look as though they were new gathered, have some help, and open them with your fingers before they be quite cold, and if any sugar hang about them, you may wipe it off with a fine Cloth; to candy Rosemary Flowers, or Archangel, you must pull out the string that stands up in the middle of the Blossom, and take them which are not at all faded, and they will look as though they were new gathered, without opening.

41. *To*

41. *To pickle Cucumbers.*

Take the leaſt you can get, and lay a layer of Cucumbers, and then a layer of beaten Spices, Dill, and Bay leaves, and ſo do till you have filled your Pot, and let the ſpices, Dill, and Bay leaves cover them, then fill up your pot with the beſt Wine Vinegar, and a little ſalt, and ſo keep them. Sliced Turneps alſo very thin, in ſome Vinegar, Pepper and a little ſalt, do make a very good ſallad, but they will keep but ſix Weeks.

42. *To make Sugar-Cakes.*

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

43. *To make very fine Cream.*

Take a quart of Cream, and put to it ſome Roſe-water and Sugar, ſome large Mace, Cinamon and Cloves, boil it together for a quarter of an

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

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

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

45. *For a Consumption.*

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

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

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

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

47. *To make Cakes of Quinces.*

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

stone,

stone, and set them in the Stove again till the other side be dry, and then keep them in a dry place.

48. *To make Marmalade of Apricocks.*

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

49. *To make Limon Cakes.*

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

50. *To make Wafers.*

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

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

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

52. *To preſerve Rasberries.*

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

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

Take two Gallons of Ale Wort, the ſtrongeſt you can get, ſo ſoon as it is run from the Grounds, ſet it on the fire in a Pipkin, and let it boil gently, and that you do perceive it to be as

though

though it were full of Rags, run it through a strainer, and set it on the fire again, and let it boil until it be thick, and scum it clean, and when it is much wasted, put it into a lesser Pan to boil, or else it will burn; when it is thick enough take it off, and when it is cold put it into Gallipots. Take as much as a Walnut fasting, and as much when you go to bed.

54. *To make a whipt Sillibub.*

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

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

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

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

56. *To boil Samphire.*

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

57. *To make Cabbage Cream.*

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

58. *To make a Trifle.*

Take sweet Cream, season it with Rose-water and Sugar, and a little whole Mace, let it boil a while,

while, then take it off, and let it cool, and when it is luke-warm put it into such little Dishes or Bowls as you mean to serve it in; then put in a little Runnet, and stir it together; when you serve it in, strew on some French Comfits.

59. *To make thick Cream.*

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

60. *To pickle Purslan to keep all the year.*

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

61. *To stretch Sheeps Guts.*

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

62. *To make Cream of Pastes and Jellies.*

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

63. *To make a rare Medicine for the Chin-Cough.*

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

64. *For a Consumption.*

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

65. *To make very rare Ale.*

When your Ale is turned into a Vessel that will hold eight or nine Gallons, and that hath done working, ready to be stopped up, then take a Pound and half of Raisins of the Sun stoned and cut in pieces, and two great Oranges, Meat and Rind, and sliced thin, with the Rind of one Limon, and a few Cloves, one Ounce of Coriander seeds bruised, put all these in a Bag, and hang them in the Vessel, and stop it up close; when

when it hath stood four days, bottle it up, fill the Bottles but a little above the Neck, and put into every one a Lump of fine Sugar, and stop them close, and let it be three Weeks or a Month before you drink it.

66. *To make Ale to drink within a week.*

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

67. *For the Griping in the Guts.*

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

68. *To make a Sack Posset.*

Take twelve Eggs beaten very well, and put to them a Pint of Sack, stir them well that they curd not, then put to them three Pints of Cream, half a pound of white Sugar, stirring them well together, when they are hot over the fire,

put them into a Bason, and set the Bason over a boiling pot of water, until the Posset be like a Custard, then take it off, and when it is cool enough to eat, serve it in with beaten Spice strewed over it very thick.

69. *To make Pennado.*

Take Oatmeal clean picked and well beaten, steep it in water all night, then strain it and boil it in a Pipkin with some Currans, and a Blade or two of Mace, and a little Salt; when it is well boiled, take it off, and put in the Yolks of two or three new laid Eggs beaten with Rosewater, then set it on a soft fire, and stir it that it curd not, then sweeten it with Sugar, and put in a little Nutmeg.

70. *To make Cakes without Fruit.*

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

71. *A Sack Posset without Milk.*

Take thirteen Eggs and beat them very well, and while they are beating, take a quart of Sack, half a pound of fine Sugar, and a Pint of Ale, and let them boil a very little while, then put these Eggs to them, and stir them till they be hot, then take it from the fire, and keep it stirring a while, then put it into a fit Bason, and cover it close with a dish, then set it over the fire again till it arise to a Curd, then serve it in with some beaten spice.

72. *A very fine Cordial.*

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

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

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

74. *To*

74. *To make the Orange Pudding.*

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

75. *To make French Bread.*

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

76. *To make a made Dish.*

Take four Ounces of sweet Almonds blanched, and beaten with Rose water, strain them into some Cream, then take Artichoak bottoms boiled tender, and some boiled Marrow, then boil a quart of Cream with some Rose water and Sugar to some thickness, then take it off, and lay your Artichoakes into a Dish, and lay the Marrow on them, then mix your Almond Cream, and the other together, and pour it over them, and set it on Coals till you serve it in.

77. *To*

77. *To make a Cake with Almonds.*

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

78. *To make a Sillibub.*

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

79. *To make fine Water-Gruel.*

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

80. *To*

80. *To make Limon Cream.*

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

81. *To make rare Cakes with Almonds.*

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

82. *To*

82. *To make* Shrewsbury *Cakes.*

Take four pounds of Flower, two pounds of Butter, one pound and an half of fine Sugar, four Eggs, a little beaten Cinamon, a little Rosewater, make a hole in the Flower, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinamon, and Rosewater together, and then mix them with the Eggs and Flower, then make them into thin round Cakes, and put them into an Oven after the Houshold Bread is drawn; this quantity will make three dozen of Cakes.

83. *To make Goosberry Wine.*

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

84. *To make Damson Wine.*

Take four Gallons of Water and put to every Gallon of Water four Pounds of Malaga Raisins, and half a Peck of Damsons:
Put the Raisins and Damsons into a Vessel without a head,

a head, cover the Vessel and let them steep six days, stirring them twice every day, then let them stand as long without stirring, then draw the Wine out of the Vessel, and colour it with the infused juice of Damsons sweetned with Sugar, till it be like Claret Wine, then put it into a Wine Vessel for a fortnight, and then bottle it up.

84. *To pickle Cucumbers the very best way.*

Take those you mean to pickle, and lay them in water and salt three or four days, then take a good many great Cucumbers, and cut the outsides of them into water, for the insides will be too pappy, boil them in that water, with Dill seeds and Fennel seeds, and when it is cold, put to it some salt, and as much of Vinegar as will make it strong Pickle, then take them out of the Water and Salt, and pour this Liquor over them, so let them stand close covered for a fortnight or three weeks.

Then pour the Pickle from them and boil it, and when it is cold add to it some more Vinegar, and put it to them again, so let them stand one Month longer, and now and then when you see occasion, boil it again, and when it is cold, put it to them, and every time you boil it, put some Vinegar thereto, and lay the seeds and pieces of Cucumbers on the top, and after the first fortnight when you boil it, put in some whole Pepper and some whole Cloves and Mace, and always put the Liquor cold over them.

86. *To make the best Orange Marmalade.*

Take the Rinds of the deepest coloured Oranges, boil them in several Waters till they are tender, then mince them small, and to one pound of Oranges, take a pound of Pippins cut small, one pound of the finest Sugar, and one Pint of Spring-water, melt your Sugar in the Water over the fire, and scum it, then put in your Pippins, and boil them till they are very clear, then put in the Orange Rind, and boil them together, till you find by cooling a little of it, that it will jelly very well, then put in the juice of two Oranges, and one Limon, and boil it a little longer; and then put it up in Gally-pots.

87. *To preserve white Quinces.*

Take the fairest you can get, and coddle them very tender, so that a straw may go through to the Core, then Core them with a scoop or small knife, then pare them neatly, and weigh them; to every pound of Quinces, take one pound of double refined Sugar, and a Pint of the Water wherein thin slices of Pippins have been boiled; for that is of a jellying quality, put your Sugar to the Pippin water, and make a Syrup, and scum it, then put in your Quinces, and boil them very quick, and that will keep them whole and white, take them from the fire sometimes, and shake them gently, keep them clean scummed, when you perceive them to be very clear, put them into Gally-pots or Glasses, then warm the Jelly and put it to them.

88. *To*

88. *To make Conserve of Red Roses.*

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

89. *To make plain Bisket Cakes.*

Take a Pottle of Flower, and put to it half a pound of fine Sugar, half an Ounce of Caraway seeds, half an Ounce of Anniseeds, six spoonfuls of Yest, then boil a Pint of Water or little more, put into it a quarter of a pound of Butter or little more, let it stand till it be cold, then temper them together till it be as thick as Manchet, then let it lie a while to rise, so roul them out very thin, and prick them, and bake them in an Oven not too hot.

90. *To make green Paste of Pippins.*

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

make it into what form you please, and keep them in a stove.

91. *To make Paste of any Plumbs.*

Take your Plumbs, and put them into a Pot, cover them close and set them into a Pot of seething Water, and so let them be till they be tender, then pour forth their Liquor, and strain the Pulp through a Canvas strainer, then take to half a Pound of the pulp of Plumbs half a pound of the Pulp of Pippins, beat them together, and take their weight in fine Sugar, with as much Water as will wet it, and boil it to a Candy height, then put in your Pulp, and boil them together till it will come from the bottom of the Posnet, then dust your Plates with searced Sugar, and so keep them in a stove to dry.

92. *To make Almond Ginger-Bread.*

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

93. *To make Snow Cream.*

Take a Pint of Cream, and the Whites of three Eggs, one spoonful or two of Rose water, whip it to a Froth with a Birchen Rod, then cast it off the

the Rod into a Dish, in the which you have first fastned half a Manchet with some Butter on the Bottom, and a long Rosemary sprig in the middle; when you have cast all the Snow on the dish, then garnish it with several sorts of sweet-meats.

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

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

95. *To make Sugar Plate.*

Take a little Gum-Dragon laid in steep in Rose-water till it be like Starch, then beat it in a Mortar with some searced Sugar till it come to a perfect Paste, then mould it with Sugar, and make it into what form you please, and colour some of them, lay them in a warm place, and they will dry of themselves.

96. *To*

96. *To make Artificial Walnuts.*

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

97. *To make short Cakes.*

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

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

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

99. *A*

99. *A fine Cordial infusion.*

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

100. *For a Cough of the Lungs.*

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

101. *To preserve Grapes.*

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

102. *To make Collops of Bacon in sweet Meats.*

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

103. *To make Violet Cakes.*

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

104. *To preserve white Damsons.*

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

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

105. *To make very good Cake.*

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

106. *To make Paste Royal.*

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

107. *To make Paste of Pippins coloured with Barberries.*

Take the Pulp of Codled Pipins, and as much of the Juice of Barberries as will colour it, then take the weight of it in fine Sugar, boil it to a Candy

Candy height, with a little water, then put in your Pulp beaten very well in a Mortar, boil it till it come from the bottom of the Posnet, then dust your Plate with Sugar, and drop them thereon, and dry them in a Stove or warm Oven.

108. *To preserve Barberries.*

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

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

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

110. *To make a Goosberrie Fool.*

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

111. *To make perfumed Lozenges.*

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

112. *To Candy Eringo roots.*

Take the roots new gathered, without Knots or Joints, wash them clean, and boil them in several Waters till they are very tender, then wash them well, and dry them in a Cloth, slit them, and take out the Pith, and braid them in Braids as you would a Womans Hair, or else twist them, then take twice their weight in fine Sugar,

Sugar, take half that Sugar, and to every Pound of Sugar, one quarter of a Pint of Rosewater and as much fair water, make a Syrup of it, and put in your roots and boil them, and when they are very clear, wet the rest of the Sugar with Rosewater, and boil it to a Candy height, then put in the Roots and boil them, and shake them, and when they be enough, take them off, and shake them till they are cold and dry, then lay them upon Dishes or Plates till they are throughly dry, and then put them up; thus you may do Orange or Limon, or Citron Pill, or Potato Roots.

113. *To preserve Goosberries.*

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

114. *To make Leach and to colour it.*

Take one Ounce of Isinglass and lay it in Water four and twenty hours, changing the Water three or four times, then take a quart of new Milk, boiled with a little sliced Ginger and a stick of Cinamon, one spoonful of Rosewater, and a quarter of a pound of Sugar; when it hath boiled a while, put in the Isinglass, and boil it till it be thick, keeping it always stirring, then

strain it and keep it stirring, and when it is cold you may slice it out, and serve it upon Plates; you may colour it with Saffron, and some with Turnsole, and lay the White and that one upon another, and cut it, and it will look like Bacon; it is good for weak people, and Children that have the Rickets.

115. *To take away the signs of the Small-Pox.*

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

116. *For Morphew, or Freckles, and to clear the skin.*

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

117. *To make Almond Butter to look white.*

Take about two Quarts of Water, the bottom of a Manchet, and a Blade of large Mace, boil it half an hour, and let it stand till it be cold, then take a Pound of sweet Almonds blanched, and beaten with Rosewater very fine, so strain them with this Water many times, till you

you think the virtue is out of them, and that it be a thick Almond Milk, then put it into a Skillet, and make it boiling hot, that it simper, then take a spoonful of the Juice of a Limon, and put into it, stirring of it in, and when you perceive it ready to turn, then take it from the fire, and take a large fine Cloth, and cast your Liquor all over the Cloth with a Ladle, then scrape it altogether into the middle with a Spoon, then tie it hard with a Packthred, so let it hang till the next morning, then put it in a Dish, and sweeten it with Rosewater and Sugar, put a little Ambergreece if you please.

118. *For the Ptisick.*

Take a Pottle of small Ale, one Pound of Raisins of the Sun stoned, with a little handful of Penniroyal, boil these together, and add a little Sugar-candy to it, and take five or six spoonfuls at a time four or five times in a day for a good while.

119. *Marmalade of Apricocks.*

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

120. *Syrup of Turneps.*

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

121. *To make good Jelly.*

Take a lean Pig, dreſs it clean, and boil it in a ſufficient quantity of Fair water, with four Ounces of green Licoras, ſcraped and bruiſed, Maidenhair two handfuls, Colts-foot one handful, Currans half a Pound, Dates two Ounces ſtoned and ſliced, Ivory one Ounce, Hartſ-horn one Ounce, boil theſe to a ſtrong Jelly, and ſtrain it, and take off the Fat, then put to it half a pound of Sugar, and half a Pint of white Wine, and ſo eat it at your pleaſure.

122. *A moſt excellent Cordial proved by very many.*

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

123. *To make the black Juice of Licoras.*

Take two Gallons of running Water, three handfuls of unſet Hyſop, three pounds and half of

of Licoras scraped, and dried in the Sun and beaten, then cover it close and boil it almost a whole day in the Water; when it is enough, it will be as thick as Cream, then let it stand all night, the next morning strain it, and put it in several Pans in the Sun to dry, till it work like wax, then mould it with White Sugar-candy beaten and searced, and print it in little Cakes, and print them with Seals, and dry them.

124. *To make Marchpane.*

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

125. *To preserve Green Pippins.*

Scald some green Pippins carefully, then peel them, and put them into warm water, and co-

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

126. *To preserve Peaches.*

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

127. *Marmalade of Damsons.*

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

128. *Mar-*

128. *Marmalade of Wardens.*

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

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

Scald them as you do to preserve, then stamp them in a Mortar, and take their weight in fine Sugar, boil it to a Candy height with a little water, then boil it and the Pulp together, till it will come from the bottom of the Posnet.

130. *To preserve green Walnuts.*

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

131. *To dry old Pippins.*

Pare them, and bore a hole through them with a little knife or Piercer, and cut some of them in halves, take out the Cores of them as you cut them, then put them into a Syrup of Sugar and Water, as much as will cover them in a broad preserving Pan, let them boil so fast as may be, taking them sometimes from the fire, scumming them clean; when you perceive your Apples clear, and Syrup thick, then take them up, and put them into a warm oven from the Syrup, all night, the next morning turn them, and put them in again, so do till they are dry; if you please to glister some of them, put them into your Candy-pot but one night, and lay them to dry the next day, and they will look like Crystal.

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

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

133. *To preserve Medlars.*

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

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

134. *To make Conſerve of Violets.*

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

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

Take half a pound of refined Sugar, boil it to a Candy height with as much Roſewater as will melt it, then take moulds made of Alabaſter, and lay them in water one hour before you put in the hot Sugar, then when you have put in your Sugar turn the mould about in your hand till it be cool, then take it out of the mould, and colour it according to the nature of the Fruit you would have it reſemble.

136. *To dry Pears without Sugar.*

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

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

137. *To make Rasberry Wine.*

Take Rasberries and bruiſe them with the back of a ſpoon, and ſtrain them, and fill a bottle with the juice, ſtop it, but not very cloſe, let it ſtand four or five days, then pour it from the Grounds into a Baſon, and put as much White Wine or Rheniſh as your juice will well colour, then ſweeten it with Loaf Sugar, then bottle it and keep it, and when you drink it you may perfume ſome of it with one of the Lozenges ſpoken of before.

138. *To preſerve Oranges in jelly.*

Take the thickeſt rind Oranges chipped very thin, lay them in water three or four days, ſhifting them twice every day, then boil them in ſeveral waters, till you may run a ſtraw through them, then let them lye in a Pan of water all

all night, then dry them gently in a Cloth, then take to every Pound of Oranges one Pound and an half of Sugar, and a Pint of water, make thereof a Syrup; then put in your Oranges and boil them a little, then set them by till the next day, and boil them again a little, and so do for four or five days together, then boil them till they are very clear, then drain them in a sieve, then take to every Pound of Oranges one quarter of a Pint of water wherein sliced Pippins have been boiled into your Syrup, and to every quarter of a Pint of that water, add a quarter of a Pound of fresh Sugar, boil it till it will jelly, then put your Oranges into a Pot or a Glass, and put the jelly over them; you may if you please take all the Meat out of some of your Oranges at one end; and fill it with preserved Pippins; and if you put in a little juice of Orange and Limon into your Syrup when it is almost boiled, it will be very fine tasted.

138. *To make Cristal Jelly.*

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

139. *To make* China-*Broth.*

Take three Ounces of *China* sliced thin, and three Pints of fair water, half an Ounce of

of Hartſ-horn, let it ſteep together twelve hours, then put in a Red Cock cut in pieces and bruiſed, one Ounce of Raiſins of the Sun ſtoned, one Ounce of Currans, one Ounce of Dates ſtoned, one Parſly root, one Fennel-root, the Pith being out, a little Burrage and Bugloſs, and a little Pimpernel, two Ounces of Pearl Barley; boil all theſe together till you think they be well boiled, then ſtrain it out.

140. *To make Court perfumes.*

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

141. *A Syrup for a Cold.*

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

142. *To make white Marmalade of Quinces.*

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

143. *The white juice of Licoras.*

Take one pound of Licoras clean scraped, cut it thin and short, and dry it in an Oven, then beat it fine in a Mortar, then put it into a stone Jugg, and put thereto of the water of Colts-foot, Scabious, Hyssop and Horehound, as much as will stand four fingers deep above the Licoras, then set this Jugg, close stopped, into a Kettle of water, and keep the water boiling, let it be stuffed round with hay that it jog not, let it stand so four hours, and so do every other day for the space of ten days; then strain it into a dish, set the dish over boiling water, and let it vapour away till it be thick, then add to it one pound of fine Sugar-candy, the best and whitest you can get beaten very well, then put it into several dishes and dry it in the Sun, or in a warm Oven, beating it often with bone knives till it be stiff, then take as much Gum-Dragon steeped in Rosewater as will make it pliable to your hand, then make it into little Rolls, and add two grains of Musk or Amber-

greece

greece and a few drops of Oil of Anniseed, and so make them into little Cakes, and print them with a seal and then dry them.

144. *To dry Plumbs naturally.*

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

145. *To dry preserved Pears.*

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

146. *To make little Cakes with Almonds.*

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

147. *To*

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

Take a Quart of fine Flower and the yelks of four Eggs, a quarter of a pound of Sugar, and a little Rosewater, with some beaten Spice, and as much Cream as will work it into a Paste, work it very well and beat it, then rowl it as thin as possible, and cut them round with a Spur, such as the Pastery Cooks do use; then fill them with Currans first plumped a little in Rosewater and Sugar, so put another sheet of Paste over them and and close them, prick them, and bake them, but let not your Oven be too hot; you may colour some of them with Saffron if you please, and some of them you may ice over with Roswater and Sugar, and the White of an Egg beaten together.

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

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

149. *To keep Flowers all the year.*

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

Dip your Flowers very well, and swing it out again, and stick them in a sieve to dry in

in the Sun, some other of them you may dust over with fine Flower, and some with searced Sugar, after you have wetted them, and so dry them.

Either of them will be very fine, but those with Sugar will not keep so well as the other; they are good to set forth Banquets and to garnish dishes, and will look very fresh, and have their right smell.

150. *Conserve of Barberries.*

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

151. *To preserve Barberries without Fire.*

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

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

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

153. *To Candy Carrot Roots.*

Take of the best and boil them tender, then pare them, and cut them in such pieces as you like; then take fine Sugar boiled to a Candy height with a little Water, then put in your Roots, and boil them till you see they will Candy; but you must first boil them with their weight in Sugar and some Water, or else they will not be sweet enough; when they are enough, lay them into a Box, and keep them dry: thus you may do green Peascods when they are very young, if you put them into boiling water, and let them boil close covered till they are green, and then boiled in a Syrup, and then the Candy, they will look very finely, and are good to set forth Banquets, but have no pleasant taste.

154. *To make Syrup of Violets.*

Take Violets clipped clean from the Whites, to every Ounce of Violets take two Ounces of Water,

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

155. *To make Syrup for any Cough.*

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

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

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

157. *The best sort of Harts-horn Jelly to serve in a Banquet.*

Take six Ounces of Harts-horn, put it into two Quarts of Water and let it infuse upon Embers

Embers all night, then boil it up quick, and when you find by the Spoon you stir it with, that it will stick to your mouth, if you do touch it, and that you find the Water to be much wasted, strain it out, and put in a little more than half a Pound of fine Sugar, a little Rosewater, a blade of Mace, and a Stick of Cinamon, the Juice of as many Limons will give it a good taste, with two Grains of Ambergreece, set it over a slow fire, and do not let it boil, but when you find it to be very thick in your mouth, then put it softly into Glasses; and set it into a Stove, and that will make it to Jelly the better.

158. *To make Orange or Limon Chips.*

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

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

Take four Ounces of Jordan Almonds, blanch them in cold water, and slice them thin the long way, then mix them with little thin pieces of Candied Orange and Citron Pill, then take some fine Sugar boiled to a Candy height

height with some water, put in your Almonds, and let them boil till you perceive they will Candy, then with a spoon take them out, and lay them in little lumps upon a Pie-plate or sleeked paper, and before they be quite cold strew Caraway comfits on them, and so keep them very dry.

160. *To make Chips of any fruit.*

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

161. *To preserve sweet Limons.*

Take the fairest and chip them thin, and put them into cold water as you chip them, then boil them in several waters till a straw may run through them, then to every pound of Limon, take a pound and half of fine Sugar, and a Pint of water, boil it together, and scum it, then let your Limon scald in it a little, and set them by till the next day, and every other day heat the Syrup only and put to them; so do 9 times, then at last boil them in the Syrup till they be clear, then take them out, and put them into Pots, and boil the Syrup a little more, and put to them; if you will have them in Jelly, make your Syrup with Pippin water.

162. *To make a Custard for a Consumption.*

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

163. *To make Chaculato.*

Take half a pint of Claret Wine, boil it a little, then scrape some Chaculato very fine and put into it, and the Yolks of two Eggs, stir them well together over a slow Fire till it be thick, and sweeten it with Sugar according to your taste.

164. *To dry any sort of Plumbs.*

Take to every pound of Plumbs three quarters of a pound of Sugar; boil it to a Candy height with a little water, then put in your Plumbs ready stoned and let them boil very gently over a slow fire, if they be white ones they may boil a little faster, then set them by till the next day, then boil them well, and take them often from the fire for fear of breaking, let them lie in their Syrup for four or five days, then

then lay them out upon Sieves to dry, in a warm Oven or Stove, turning them upon clean Sieves twice every day, and fill up all the broken places, and put the skins over them; when they are dry, wash off the clammineſs of them with warm water, and dry them in the Oven, and they will look as though the dew were upon them.

165. *To make Jelly of Quinces.*

Take your Quinces, pare them and core them, and cut them in quarters, then put them into a new earthen pot with a narrow mouth, put in ſome of the cores in the bottom, and then the Quinces, paſte it up and bake it with brown Bread, then run it through a bag of boulting ſtuff as faſt as you can, and cruſh it pretty hard, ſo long as it will run clear, to every pound of it take a pound of fine Sugar, and put into it, and let it ſtand till it be diſſolved, then ſet it over a ſlow fire, and ſcum it well, and keep it ſtirring till it jelly, then put it into Glaſſes and keep it in a ſtove.

166. *To make a Poſſet.*

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

You

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

167. *To make a Sack Posset.*

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

168. *Another way for a Posset.*

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

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

Take of the fairest Pippins, pare them, and slice them into cold water, to every pound of Pippins take a pound of Sugar, and a Pint of water, boil it and scum it, then shake your

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

170. *To preserve Currans in Jelly.*

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

171. *To preserve ripe Apricocks.*

Take them and stone them, then weigh them, and to every Pound of Apricocks take a Pound of fine Sugar beaten small, then pare your Fruit, and as you pare them, strew some Sugar over them, and so do till all be done, then set them on the fire, and let the Sugar melt but gently, then boil them a little in the Syrup and set them by till the next day, then boil them quick, and till they be very clear, then put them in Pots, and boil the Syrup a little more, and put it to them; if you would have them in Jelly, you must put some

some of the infusion of Goosberries, or of Pippins into your Syrup, and add more Sugar to it.

172. *To preserve Cornelions.*

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

173. *To make Marmalade of Cornelions.*

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

174. *To preserve Damsons.*

Take the fairest, not too ripe, and take their weight in Sugar, wet your Sugar with a little water, boil it and scum it, then put in your Damsons and boil them a little, then set them by till the next day, then boil them till they

be very clear, and take them from the Fire sometimes, and let them stand a while to keep them from breaking, when they are clear, take them out, and put them into Glasses, and boil the Syrup to a jelly and pour on them; be very careful how you take them to put them into your Pots or Glasses for fear of breaking them.

175. *To make Orange Marmalade.*

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

176. *To make Jelly of Pippins.*

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

177. *To*

177. *To Candy Angelica.*

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

178. *To make Seed-stuff of Rasberries.*

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

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

Take Clove-gilly-flowers, and cut them from the Whites, then take their weight in Sugar beaten fine, then put a little Sugar into your Gallipot, and then a Lay of Flowers, and then Sugar again, till all be spent and let Sugar be the last, then put in a Clove or two, according to your quantity, and a little Malago Sack, and so tie your Pot up close, and set it into a Pot or Kettle of boiling water, and let them stand till they are infused; then

pour out the Liquor and strain the rest but not too hard, then take this Liquor and vapour it away over seething water till it be of a good thickness, then take your strained Gilly-flowers and put them into a Pot with some White Wine Vinegar, and cover them over with fine Sugar, and so keep them; they are better Sallad than those you pickle up alone; as you make this, you may make Syrup of any Herbs or Flowers.

189. *To make most excellent Cake.*

Take a strik'd Peck of Flower, six pounds of Currans, half an Ounce of Mace, half an Ounce of Cinamon, a quarter of an Ounce of Cloves, as much of Nutmeg, half a pound of fine Sugar, and as much Rosewater as you please; beat your Spice, and put that and your Fruits with a little Salt into your Flower, then take Cream or new Milk as much as you think fit, dissolve thereinto two pounds of fresh Butter, then put it in a Bason with the Sugar and a Pint of Sack, knead it with a Wine-pint of Ale-yest, knead it till it rise under your hand, let all things be ready and your Oven hot, before you go to knead the Cake.

181. *To make Pomatum the best way.*

Take the Caul of a Lamb new killed, pick it clean from the Skin, and lay it in Spring water nine days, shifting it every day twice, then melt it, then take yellow Snails, stamp them, and put them into a Glass with Rosewater four days, stop the Glass and shake it three or four times a day, then take white Lilly roots, stamp them, and strain

strain them, put the Juice of them into the Glass with the Snails, then set a Skillet on the Fire with fair water, and let it boil, then put your tried Lambs Caul into an earthen Bason and let it melt, then take your Glass with Snails and roots, and strain it through a thick cloth, then put it into that tried stuff, then take half an Ounce of white Sugar-candy unbeaten, put it in, and stir it over the fire, till that be dissolved, then take it from the fire and put in it three Ounces of sweet Almonds, keep it boiling and stirring a little longer, then take it off, and let it stand till it be reasonable cool, then beat it with a wooden slice till it be very white, then put in a little Rosewater and beat it a little longer, and then keep it in Gallipots; you must put in a crust of bread when you melt it in the skillet, and when the Sugar-candy goes in, take it out.

182. *To make the Bean Bread.*

Take a pound of the best Jordan Almonds, blanch them in cold water, and slice them very thin the long way of the Almond with a wet knife, then take a pound of double refined Sugar well beaten, and mix with your Almonds, then take the white of one Egg beaten with two spoonfuls of Rosewater, and as the Froth ariseth, cast it all over your Almonds with a spoon, then mix them well together, and lay them upon Wafer sheets, upon flowred Plates, and shape them as you please with your knife and fingers, then strew Caraway Comfits, and Orange and Citron Pill cut thin, or some Coriander Comfits, so set them into an Oven not too hot, and when they have stood about half

an hour, raise them from their Plates, and mend what you find amiss before they be too dry, then set them into the Oven again, and when they are quite dry, break away the Wafers with your Fingers, and then clip them neatly with a pair of scissers and lay on some Leaf-Gold if you please.

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

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

184. *To make Diet Bread or Jumbolds.*

Take a Quart of fine Flower, half a Pound of fine Sugar, Caraway seeds, Coriander seeds and Anniseeds bruised, of each one Ounce, mingle all these together, then take the Yelks of eight Eggs, and

and the Whites of three, beat them well with four spoonfuls of Rosewater, and so knead these all together and no other Liquor, when it is well wrought, lay it for one hour in a linnen cloth before the Fire, then roul it out thin, tie them in knots and prick them with a Needle, lay them upon butter'd plates, and bake them in an Oven not too hot.

185. *To make Cider or Perry as clear as Rock-water.*

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

186. *To make Almond Bread.*

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

187. *To make good Almond Milk.*

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

188. *To make white Leach.*

Take sweet Almonds blanched and beaten with Rosewater, then strained with fair water, wherein hath been boiled Anniseeds and Ginger, put to it as much Cream, wherein pure Isinglass hath been boiled, as will make it stiff, and as much Sugar as you please; let it be scalding hot, then run it through a strainer, and when it is cold, slice it out, it is very good for a weak body.

189. *To make Red Leach or Yellow.*

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

190. *Cinamon or Ginger Leach.*

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

191. *To make Leach of Dates.*

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

192. *To make fine Cakes.*

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

193. *To make Cornish Cakes.*

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

194. *A Cordial Syrup.*

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

195. *For a Consumption.*

Take of Hartstongue and Maiden-hair of each one Handful, Hysop and Balm of each half a handful, Licoras sliced one Ounce, Piony Root one Ounce; boil these together in two Pints and half of Spring water untill it be half consumed, then strain the Liquor from the Herbs, then take four Ounces of Currans washed clean, dried and beaten in a Mortar, boil them in the Liquor a little while, then strain it, and put to the Liquor half a Pound of Sugar, and so boil it to a Syrup, and take often of it.

196. *For*

196. *For a Consumption.*

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

197. *A very good Perfume.*

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

198. *A Cordial to cause sleep.*

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

199. *To perfume Gloves.*

Take four Grains of Musk and grind it with Rosewater, and also eight grains of Civet, then take two spoonfuls of Gum-dragon steeped all night in Rosewater, beat these to a thin Jelly, putting in half a spoonful of Oil of Cloves, Cinamon and Jessamine mixed together, then take a Spunge and dip it therein, and rub the Gloves all over thin, lay them in a dry clean place eight and fourty hours, then rub them with your hand till they become limber.

200. *A very good Perfume to burn.*

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

201. *To preserve Cherries in Jelly.*

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

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

Take Apricocks and take out the Stones, and take Pippins and cut them in halves and core them, let your Apricocks be pared also; lay these fruits in an earthen dish, and strew them over with fine Sugar; set them into a warm Oven, and as the Liquor comes from them put it away, when all the Liquor is

is come away, turn them and ſtrew them thick with Sugar on every ſide, ſet them into the Oven again, and when the Sugar is melted lay them on a dry diſh, and ſet them in again, and every day turn them till they be quite dry. Thus you may dry any ſort of Plumbs or Pears as well as the other, and they will look very clear.

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

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

204. *The Spaniſh Candy.*

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

205. *To make Naples-Bisket.*

Take four Ounces of Pine Apple-ſeeds, two ounces of ſweet Almonds blanched, the Whites of

of two Eggs, one spoonful of Ale-Yest, one spoonful of Rice Flower, one spoonful of sweet Cream, beat all these together in a Mortar, then add to it Musk or Ambergreece, drop it upon a Pie-plate, and make it in what shape you please, and so bake it.

206. *To make Italian Bisket.*

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

207. *To make Hippocras.*

Take to every Gallon of Sack or White-wine, one Pound of Sugar, one Ounce of Cinamon, one Ounce of Ginger, one quarter of an ounce of Nutmegs, a quarter of an Ounce of Coriander seed, with a few Cloves, and a little Long Pepper or a few Grains, let all these steep together four and twenty hours, stir it twice or thrice in that time; then put to every Gallon one Pint of Milk, and run it through a Jelly-Bag, and then bottle it, and let them be stopped very close, set them in a cool place, it will keep a Month.

208. *To make Tuff-Taffity Cream.*

Take a quart of thick Cream, the whites of eight Eggs beaten to a Froth with Rosewater, then take

take off the Froth and put it into the Cream, and boil it and always stir it, then put in the Yelks of eight Eggs well beaten, and stir them in, off the Fire, and then on the Fire a little while, then season it with Sugar, and pour it out, and when it is cold, lay on it Jelly of Currans or Rasberries, or what you please.

209. *Caraway Cakes.*

Take one Quart of Flower, and one pound of Butter, rub your Butter into your Flower very well, then take two Yelks of Eggs and one White, two spoonfuls of Cream, half a Pint of Ale-Yeast, mix them all together, do not knead it, but pull it in pieces, then set it to the fire to rise, and so let it lie almost one hour, turning it often, then pull it in pieces again, and strew in half a pound of Caraway Comfits, mingle them with the Paste, then take it lightly with your hand, fashion it like an Oval, and make it higher in the middle than the sides, let your Oven be as hot as for a Tart, be sure your Oven and Cake be ready both at once, put it upon a double paper buttered, and let it stand almost an hour, when it goes into the Oven, strew it thick with Caraway-Comfits, and lay a paper over lest it scorch.

210. *To Candy Barberries.*

Stone the fairest Bunches you can get, and as you stone them strew in a little Sugar, then take so much water as you think will cover them, and let them boil in it with a little Sugar a little while, then put them into a deep thing that the Syrup may cover them, then boil a little water and Sugar

Sugar to a Candy height, then having your Barberries drained well from the Syrup put them into the hot Candy, stir them gently till the Sugar be dissolved, but do not let them boil in it, then open every branch and lay them upon the brims of the dishes, shift them often on clean dishes and open them every time, then set them into an Oven or Stove to dry.

211. *To make very fine Sillibub.*

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

212. *Fine sweet Powder for the hair.*

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

213. *To make Cakes of Pistachoes.*

Take half a pound of Almonds blanched, half a pound of Pistachoes blanched, four Ounces of Pine-

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

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

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

215. *To make Rasberry Sugar.*

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

216. *To dry Apricocks.*

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

217. *To make rough Marmalade of Cherries.*

Stone your Cherries and infuſe them in a long Gallipot in a Kettle of boiling water, when they are all to pieces, then take their weight in fine Sugar boiled to a Candy height with a little water, then put in your Apricocks and ſtir them over a ſlow fire, but do not let it boil, when it will Jelly, put it into glaſſes.

218. *To make ſmooth Marmalade of Cherries.*

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

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

Take two Eggs beaten very well, Yelks and Whites, two ſpoonfuls of Sack, one ſpoonful of Roſewater, and ſo much flower as will make it into

into a stiff Paste, then roul it thin, and then lay it upon the outsides of Plates well buttered, cut them fit to the Plates, and bake them upon them, then take them forth, and when they are cold, take a pound of double refin'd Sugar beaten and searced, with a little Ambergreece, the White of an Egg and Rosewater, beat these well together, and Ice your Plates all over with it, and set them into the Oven again till they be dry.

220. *To make the Froth Posset.*

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

221. *To make* Banbury *Cakes.*

Make a Posset with Sack and Cream, then take a Peck of fine Flower, half an ounce of Mace, as much of Nutmeg, as much of Cinamon, beat them and searce them, two pounds of Butter, ten Eggs leaving out half their Whites, one Pint and half of Ale-Yeast, beat your Eggs very well and strain them, then put your Yeast and some of the Posset to the Flower, stir them together, and put in your Butter cold in little pieces, but your Posset must be scalding hot; make it into a Paste, and let it lie one hour in a warm Cloth to rise, then put in ten pounds of Currans washed and dried very well, a little Musk and Ambergreece dissolved in Rosewater, put in a little Sugar among your Currans, break your Paste into little pieces, when you go to put in your Currans, then lay a Lay of broken Paste, and then a Lay of Currans till all be in, then mingle your Paste and Currans well together, and keep out a little of your Paste in a warm Cloth to cover the top and bottom of your Cake, you must rowl the Cover very thin, and also the Bottom, and close them together over the Cake with a little Rosewater; prick the top and bottom with a small Pin or Needle, and when it is ready to go into the Oven, cut in the sides round about, let it stand two hours, then Ice it over with Rosewater or Orange Flower and Sugar, and the White of an Egg, and harden it in the Oven.

222. *To make Cambridge Almond Butter.*

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

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

Take a Quart of Ale and half a Pint of Sack, boil them with what spice you please, then take three quarters of a pound of Sugar and twenty Eggs, Yelks and Whites well beaten and strained, then take four Ounces of Almonds blanched and beaten with Rosewater, put them to the Eggs, and put them to the other things in the Posnet upon the fire, and keep them stirring, and when it boileth up, put it into a Bason, and strew on beaten spice and Sugar; you must also sweeten it when the Eggs go in.

224. *To preserve Figgs and dry them.*

To every pound of your large ripe English Figs, take a pound of Sugar, and one pint of Water, boil your Sugar and Water and scum it, then

then put in your Figs, and boil them very well till they are tender and clear, boil them very fast, when they have been in the Syrup a week, boil some Sugar to a Candy height, and put in the Figs, and when you perceive they are enough, lay them out to dry.

225. *To pickle Mushrooms.*

Take them of one nights growth, and peel them inside and outside, boil them in water and salt one hour, then lay them out to cool, then make a pickle of White-wine and White-wine Vinegar, and boil in it whole Cloves, Nutmegs, Mace, and Ginger sliced, and some whole Pepper, when it is cold, put them into it, and keep them for sauces of several Meats; and if you would dress them to eat presently, put them in a Dish over a Chafingdish of Coals without any Liquor, and the fire will draw out their natural Liquor, which you must pour away, then put in whole Spice, Onions and Butter, with a little Wine, and so let them stew a while then serve it in.

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

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

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

Weigh your Quinces and pare them, cut them in quarters and core them, and keep them in cold Water, then take their weight in Sugar, and a little water, and boil it, and scum it, then put in your Quinces, and set them on a slow fire, close covered, till you see it of a good colour, then uncover it, and boil it up very quick till you find that it will jelly very well.

228. *To make Musk Sugar.*

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

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

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

230. *To dry Rose Leaves.*

Pick your Roses, and dry them upon the Leads of a house in a Sun-shine day, and turn them as you

you do Hay, and when they are thorow dry, keep them in broad mouthed glasses close stopped.

231. *To Candy Flowers.*

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

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

Take one pound of double refined Sugar beaten and searced, and three Ounces of pure white Starch beaten and searced, then have some Gum-Dragon steeped in Rosewater, and put some of it with the Sugar and Starch and a little of Ambergreece into a Mortar, and beat them till they come to a perfect Paste, you must also put in a little white of an Egg with the Gum, then mould it with searced Sugar, then dust your moulds with Sugar, then roul out your Paste and lay it into the Mould, pressing it down into every hollow part with your fingers, and when it hath taken impression, knock the Mould on the edge against a Table and it will come out, or you may help it with the point of your knife; if you find you have put in too much Gum, then add more Sugar, if too much Sugar, then more Gum, work it up as fast as you can, when they come out of the Moulds trim them handsomely;

somely; if you would make saucers, dishes or bowls, you must roul it out thin and put your Paste into a saucer, dish, or bowl for a Mould, and let them stand therein till they be very dry, then gild them on the edges with the white of an Egg laid round about the edge with the pencil, and press the Gold down with some Cotton, and when it is dry brush off the superfluous loose Gold with the foot of an Hare, and if you would have your Paste exceeding smooth, as for Cards or the like, then roul your Paste upon a fleecked Paper with a very smooth Rouling pin; if you would colour any of it, you must take the searced powder of any Herbs or Flowers, first dryed, and put to it when you beat it in a Mortar with the Gum.

233. *To make Paste of Almonds.*

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

234. *To make French Bisket.*

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

235. *To make Ginger-bread.*

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

236. *Another sort of Ginger-bread.*

Take half a pound of sweet Almonds blanched and beaten, half a pound of fine Flower first dried in an Oven, one pound of fine Sugar, what sorts of Spices you please, beaten & searced, and also seeds, beat all these together with two Eggs, both Yelks and Whites, then mould it with Flower and Sugar, together, and so bake it in what shape you please.

237. *To make Puff-Paste.*

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

236. *Another way for Puff-Paste.*

Take fine Flower half a Peck, the Yelks of five Eggs and one White, one Pound of Butter, half a Pint of Cream, and a little fair Water, break your Butter in little Bits, and do not mould it too much, but roul it abroad so soon as you can, and let the Butter be seen in spots; for that will make it hollow when it comes into the Oven, then put in your Meat or Fruit, and close it over, and wash it over with the Yelk of an Egg and Cream beaten together, just when you set it into the Oven let your Oven be quick, but do not let it stand too long for that will spoil it.

239. *To make short Paste without Butter.*

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

240. *To*

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

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

Thus you may do with preserved Oranges and Limons, any kinds of Fruits and Flowers, or herbs if you please.

241. *To make very fine Bisket.*

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

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

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

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

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

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

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

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

Take your fairest Grapes without any blemish, then lay some Oats in a Box and then a Lay of Grapes, and then more Oats, and so do till you have laid all in, then cover the Grapes well with Oats, and close your box fast that no air get in.

146. *To dry grapes to keep longer.*

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

247. *To*

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

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

248. *To make green Ginger wet.*

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

249. *To make a Sallad of Limons.*

Take the Rinds of Limons cut in halves, and boil them in several waters, till they are very tender, then take Vinegar, Water and Sugar and make a Syrup, then put in your Limons first cut as

you would an Apple-paring, round and round till you come at the top, boil them a while in the Syrup, then set them by till the next day, then boil them again a little, and do so till you see they be clear, and the Syrup thick; when you serve them to the table, wash them in Vinegar.

250. *To stew Prunes without Fire.*

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

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

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

252. *To make Punch.*

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

253. *To make Limonado.*

Take one Quart of Sack, half a Pint of Brandy, half a Pint of fair Water, the Juice of two Limons,

Limons, and some of the Peel, so brew them together with Sugar, and drink it.

254. *To make Paste of Pomewaters.*

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

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

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

256. *To make Cordial for a sick body both pleasant and Comfortable.*

Take a quart of White-wine, and boil it a while with a blade of large Mace, and a little whole Cinamon, then take four Ounces of sweet Almonds

blanched and beaten with a little Rosewater, then strain your Almonds with the Wine, and set it over the fire again, and when it is scalding hot, put in the Yelks of four Eggs, and as much Sugar as you think fit.

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

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

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

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

You must have a slice of Brass to scrape away the Sugar from the Sides of the hanging Bason if need be.

Having all these things in readiness, do as followeth;

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

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

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

Melt your Sugar in this manner, put in three pounds of Sugar into the Bason, and one pint of Water, stir it well till it be wet, then melt it very well and boil it very softly until it will stream from the Ladle like Turpentine, and not drop, then let it seeth no more, but keep it upon warm

warm Embers, that may run from the Ladle upon the seeds.

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

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

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

For crisp and ragged Comfits make your decoction so high, as that it may run from the Ladle, and let it fall a foot high or more from the Ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits be; also the Comfits will not take so much of the Sugar, as upon a light decoction, and they will keep their raggedness long; this high decoction, must serve for eight or ten Coats, and put on at every time but one Ladle full.

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

See that you keep your Sugar in the Bason always in good temper, that it burn not in Lumps, and if at any time it be too high boiled, put in a spoonful or two of water, and keep it warily with your Ladle, and let your fire be always very clear;

when

when your Comfits be made, set them in dishes upon Papers in the Sun or before the Fire, or in the Oven after Bread is drawn, for the space of one hour or two, and that will make them look very white.

157. *To make fine Cullis or Jelly.*

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

258. *A white Jelly with Almonds.*

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

259. *To make sweet Cakes without Sugar.*

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

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

Take them when they are very fresh, and in the bud, and gathered very dry, dip them in the whites of Eggs well beaten, and presently strew thereon searced Sugar, and put them up in luted Pots, and set them in a cool place, in sand or gravel, and with a Filip of your Finger at any time you may strike off the coat, and you will have the Flower fresh and fair.

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

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

262. *To pickle Quinces.*

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

263. *To keep Artichokes.*

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

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

264. *To*

264. *To make Clove or Cinamon Sugar.*

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

265. *To make Irish* Aquavitæ.

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

266. *To distill Roses speedily.*

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

267. *To make Scotch Brewis.*

Take a Manchet and pare off the crust, then slice it thin and whole round the Loaf, and lay these slices into a deep dish cross ways, one slice lying upon the edge of the other a little, that they may ly quite cross the dish, then fill it up with Cream and put whole Spice therein, so set it over a Casing-dish of Coals very hot, and always cast the Cream all over the Bread with a spoon till

till all be ſpent, which will be above an hour, then take ſome Sack and ſweeten it with Sugar, and pour all over it, and ſerve it to the Table.

268. *To make fine Black Pudens.*

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

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

Take a quart of thick Cream and boil it a while with whole Spice, then put in half a pound of ſweet Almonds blanched and beaten to a paſte with Roſewater, boil theſe together till it will come from the bottom of the Poſnet, continually ſtirring it for fear it burn:

Then

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

270. *To make a Rice Puden to bake.*

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

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

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

272. *To*

272. *To make Puden of Plumb-Cake.*

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

273. *To make Bisket Puden.*

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

274. *To make a dry Oatmeal Puden.*

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

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

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

them as you do the other; or bake it if you please; Currans will do well in it.

276. *To make a Quaking Puden.*

Take Grated bread, a little Flower, Sugar, Salt, beaten Spice, and store of Eggs well beaten, mix these well, and beat them together, then dip a clean Cloth in hot water, and flower it over, and let one hold it at the four corners till you put it in, so tie it up hard, and let your water boil when you put it in, then boil it for one hour, and serve it in with Sack, Sugar and Butter.

277. *To make good Dumplings.*

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

278. *Another way to make Dumplins.*

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

279. *Ano-*

279. *Another way to make Dumplings.*

Take Flower and temper it very light with Eggs, Milk, or rather Cream, beaten Spice, Salt, and a little Sugar, then wet a Cloth in hot water, and flower it, and so boil it for a Puden, or else make it pretty stiff with the Flower and a little grated Bread, and so boil them for Dumplings, then butter them and serve them in.

280. *To make a green Puden to butter.*

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

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

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

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

Take your Liver and boil it in Water and Salt, but not too much;

Then

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

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

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

282. *To make a Rasberry Puden.*

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

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

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

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

284. *To make a Puden to roast.*

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

285. *To make Cream of divers things.*

Take a Quart of Cream and boil it a while, then put in eight yelks of Eggs, and six Whites well beaten, put them in over the fire, and stir them least they turn, then when it is almost enough, put in some Candied Eringo Root, Orange or Limon peel candied, and cut thin, preserved Plumbs without the Stones, Quince, Pippin, Cherries, or the like; if you do not like it so thick put fewer Eggs into it.

286. *To make Cream of Artichoke bottoms.*

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

287. *To pickle Barberries.*

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

288. *To pickle French Beans.*

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

289. *To pickle Oyſters.*

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

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

Dry your Seed very well, then beat it by little and little at a time in a Mortar, and sift it, then put the Powder into a Gallipot, and wet it with Vinegar very well, then put in a whole Onion peeled but not cut, a little Pepper beaten, a little Salt, and a lump of Stone Sugar.

291. *Another sort of Mustard.*

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

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

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

293. *To make Clouted Cream.*

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

294. *An*

294. *An excellent Damask Powder.*

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

The End of the firſt Part.

THE *SECOND PART* OF THE Queen-like CLOSET:

HAVING

An Addition of what hath already been treated of, and directing a very true and excellent way for all manner of Cookery, both *Fish*, *Flesh*, and *Pastry*;

SHEWING.

The true *Seasoning* of all Things for Compleat *Tables*.

ALSO

All Kinds of *Sauces* and *Pickles*, in a very brevious way.

Here is to be noted,

That in divers of these Receipts there are Directions for two or three several things in one, not confounding the Brains with multitudes of Words, to little or no purpose, or vain Expressions of things which are altogether unknown to the Learned as well as to the ignorant: This is really imparted for the good of all the Female Sex.

By *Hannah Wooley*, alias *Chaloner*.

London, Printed for *R. C.* and *T. S.* 1684.

THE Queen-like CLOSET, OR Rich Cabinet.

The Second Part.

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

TAke of your beſt White-wine Vinegar, and put ſuch a quantity of ripe Elder Berries into it as you ſhall think fit, in a wide mouthed Glaſs, ſtop it cloſe, and ſet it in the Sun for about ten days, then pour it out gently into another Glaſs, and keep it for your uſe; thus you may make Vinegar of Red Roſes, Cowſlips, Gilliflowers, or the like.

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

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

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

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

3. *To make Collard Beef.*

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

it

it up one night in the Chimney before you eat it, and so long as you please.

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

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

Take a Quart of Cream, boil it with whole Spice, then take it from the fire, and put in three Naples Biskets, or one penny French Roll sliced thin, and cover it up to scald; when it is cold, put in four Ounces of sweet Almonds blanched, and beaten with Rosewater, the yelks of eight Eggs, and a little Marrow, with as much Sugar as you think fit, and a little Salt; you may boil it, or bake it, or put it into Skins; if it be boiled or baked, put Sugar on it when you serve it in.

5. *To make Barley Cream.*

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

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

6. *To make Cheese-Cakes.*

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

7. *Another way for Cheese-Cakes.*

Take the Curd of four Gallons of new Milk, and put thereto half a pound of Almonds blanched and beaten fine with Rosewater, then put in one pint of Raw Cream, the yelks of ten Eggs, some beaten Spice, a little Salt, one pound and half of plumped Currans, a little Rosewater, and some Sugar, and so mix them very well, and put them into your Crust and bake them.

8. *Another way for Cheese-Cakes.*

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

9. *Ano-*

9. *Another way for Cheese-Cakes.*

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

10. *To make a fresh Cheese.*

Take some very tender Cheese-Curd, stamp it very well in a Mortar with a little Rosewater, wherein whole Spice hath been steeped, then let it stand in a little Cullender about half an hour, then turn it out into your Dish, and serve it to the Table with Cream, Wine, and Sugar.

11. *Another way for a fresh Cheese.*

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

12. *To make Oatmeal Pudden.*

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

13. *Pudens in Balls to ſtew or to fry.*

Take part of a Leg of Veal, parboil it, and ſhred it fine with ſome Beef Suet, then take ſome Cream, Currans, Spice, Roſewater, Sugar, and a little Salt, a little grated Bread, and one handful of Flower, and with the yelks of Eggs make them in Balls and ſtew them between two Diſhes, with Wine and Butter, or you may make ſome of them in the ſhape of Sauſages, and fry them in Butter, ſo ſerve them to the Table with Sugar ſtrewed over them.

14. *To boil Pigeons.*

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

15. *To make an Apple Tanſie.*

Take a Quart of Cream, one Manchet grated, the yelks of ten Eggs, and four Whites, a little Salt, ſome Sugar, and a little Spice, then cut your Apples in round thin ſlices, and lay them in

in your frying-pan in order. Your Batter being hot, when your Apples are fryed, pour in your Butter, and fry it on the one side, then turn it on a Pie-Plate, and slide it into the Pan again, and fry it, then put it on a Pie-plate, and squeeze the Juice of a Limon over it, and strew on fine Sugar, and serve it to the Table.

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

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

If you will not fry it, then butter a Dish, and pour it therein, and set it upon a Pot of boiling water till it be enough; this is the better and easier way.

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

17. *To make an Amulet.*

Take twelve Eggs, beat them and strain them, put to them three or four spoonfuls of Cream, then put in a little Salt, and having your frying-pan ready with some Butter very hot, pour it in, and when you have fryed it a little, turn over

both the sides into the middle, then turn it on the other side, and when it is fryed, serve it to the table with Verjuice, Butter and Sugar.

18. *To make a Chicken Pie.*

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

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

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

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

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

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

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

20. *To souce Veal to eat like Sturgeon.*

Take what part of Veal you like best, and boil it with water and salt, and a bundle of sweet herbs, and a little Limon pill, when it is boiled enough, put into your Liquor so much Vinegar as will make it taste sharp, and a Limon sliced, and when it is cold, put in your Veal, and when it hath lain four or five days, serve it to the Table with Fennel, and eat it with some Vinegar; you must tie it up as you do Brawn.

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

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

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

22. *To make a Pigeon Pye.*

Make your Paste as for the Pasty, roul it thin, and lay it into your baking pan, then lay in Butter, then mix Pepper and Salt and Butter together, and

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

23. *To boil a Capon or Hen with Oysters.*

Take either of them, and fill the belly of it with Oysters, and truss it, then boil it in White-wine, water, the liquor of the Oysters, a Blade or two of Mace, a little Pepper whole, and a little Salt; when it is boiled enough, take the Oysters out of the belly, and put them into a Dish, then take some Butter, and some of the Liquor it was boiled in, and two Anchovies, with the yelks of Eggs well beaten, heat these together over the fire, and then put your Oysters into it; then garnish your Dish with Limon sliced thin, and some of the Oysters, also some pickled Barberries and raw Parsly, then lay your Capon or Hen in the middle of it, and pour the sauce upon the Breast of it, then lay one sliced Limon and serve it in.

24. *To make an Olio.*

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

25. *To*

25. *To make Cracknels.*

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

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

Take the best Prunes and stew them well with White-wine or Claret, and some whole Spice, then strain them into a dish and set it over a Chafing-dish of Coals; put to it a little grated Bread, juice of Limon and a little Salt, then lay your Mutton in a dish, being well boiled with Water and Salt, pour your sawce to it:

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

27. *To roast Pork without the Skin.*

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

28. *To roast a Pig like Lamb.*

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

29. *To make Codling Cream.*

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

30. *A very dainty Summer-dish.*

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

31. *To butter Lobsters, Crabs or Crafish.*

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

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

32. *To make a very good Cheese.*

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

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

33. *To boil a Rump of Beef.*

Take a Rump of Beef a little salted, and boil it in as much Water, as will cover it, and boil a Net full of hard Lettuce with it, and when it is boiled,

boiled, take your hard Lettuce, some Wine, either White or Claret, some Gravie, some Butter, and some Nutmeg, and warm them together; then dish your Meat, and pour your Sauce over it, and garnish your Dish with Parsley.

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

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

35. *To make an Almond Puden to be baked and iced over.*

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

36. *To souce a Pig in Collars.*

Take the two sides of a large fat Pig and bone them, then take Sage, Salt and grated Nutmeg, a good quantity, and strew all over the sides of them,

them, then roul them up hard, and tie them well with a Tape, then boil them, and also the Head very well in Salt and Water till they be tender; then take them out of the Liquor, and lay them to cool, then put some Vinegar and a Limon sliced into your Liquor, and heat it again, and when it is cold, put in your Collars and Head, and when they have lain a week, serve them to the table with Mustard.

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

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

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

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

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

39. *To boil a large Pike and Eels together.*

Take a large Pike, and gut him and wash him, and be sure to save what is good within him, then take two great Eels and scour them well, throw away their heads, gut them and wash them well, and cut them in pieces, then boil some White-wine and water, salt and sweet herbs together, with some whole Spice, and when it boils apace, put in your Fish, and when it is enough, take some of the Liquor, two Anchovies, some Butter and some Shrimps taken out of their shells, and heat all these together, then put in the yelks of two or three Eggs, and heat all together, then lay some Sippets of French Bread into your Dish, and set over a Chafingdish of Coals, and lay your Fish in order upon them, then pour your Sawce all over it, and garnish your Dish with Shrimps, Barberries, and raw Parsley, so serve it the to Table very hot.

40. *To roast Eels with Bacon.*

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

41. *To make a Pie with Eels and Oisters.*

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

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

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

43. *To dress Artichoke Suckers.*

Take your Suckers of Artichokes, and pare them as you would an Apple, and cast them into water to keep their colour; and to take away the bitterness of them, put also to them the meat which is in the stalks of great Artichokes, then boil

boil Water and Salt together, and when it is boiling apace, put in your Suckers and Stalks tied up in a thin cloth with a blade or two of Mace, and when they are enough, melt some Butter and Vinegar together very thick and hot, and a little Pepper with it, then lay them in a Dish, and pour the Sauce over them, strew on a little Salt, and about the Dishes, and so serve it in.

44. *To boil Cucumbers.*

Take your largest Cucumbers, and wash them, and put them into boiling water, made quick with Salt, then when they are boiled enough, take them up and peel them, and break them into a Cullender, and when the water is well drained from them, put them into a hot dish, and pour over them some Butter and Vinegar, a little Pepper and Salt, strew Salt on your Dish brims, lay some of the Rind of them about the Dish cut in several Fancies, and so serve them to the Table.

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

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

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

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

Also the tender stalks of Sow-thistles done in like manner, are good and wholsome.

47. *To make a Tart of Spinage.*

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

48. *Artichoke Cream.*

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

49. *To*

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

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

50. *To make short Rolls.*

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

Then lay it into a warm Cloth to rise, and when your Oven is hot, make it into Rolls, and prick them, and bake them, and when they are baked, draw them and cover them till they be cold; these also eat very finely, if you butter some of them while they are hot.

51. *To dress Soals a fine way.*

Take one pair of your largest Soals, and flay them on both sides, then fry them in sweet Suet tried up with Spice, Bay-leaves, and Salt, then

then lay them into a Dish, and put into them some Butter, Claret Wine, and two Anchovies, cover them with another Dish, and set them over a Chafing-dish of Coals, and let them stew a while, then serve them to the Table, garnish your Dish with Orange or Limon, and squeeze some over them.

52. *To stew Fish in the Oven.*

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

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

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

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

54. *To make Furmity.*

Take some new Milk or Cream, and boil it with whole Spice, then put in your Wheat or Pearl Barley boiled very tender in several Waters, when

when it hath boiled a while, thicken it with the yelks of Eggs well beaten, and sweeten it with Sugar, then serve it in with fine Sugar on the brims of the Dish.

55. *To make Barley Broth.*

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

56. *To make Barley Broth with Meat.*

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

57. *To make Furmity with Meat Broth.*

Boil a Leg of Beef in water and salt, and put in a little whole Spice, when it is boiled tender, take it up, and put into the broth some Wheat ready boiled, such as they sell in the Market, and when

when that hath boiled a while, put in some Milk, and let that boil a while, then thicken it with a little Flower, or the yelks of Eggs, then sweeten it with Sugar, and eat it.

58. *To make Furmity with Almonds.*

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

59. *To make a Hasty-Puden.*

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

60. *Another way to make a Hasty-Puden.*

Take good new Milk and boil it, then put in Flower, plumped Currans, beaten Spice, Salt and Sugar, and stir it continually till you find it be

enough, then serve it in with Butter and Sugar, and a little Wine if you please.

61. *To make Spanish Pap.*

Boil a quart of Cream with a little whole Spice, when it is well boiled, take out the Spice, and thicken it with Rice Flower, and when it is well boiled, put in the yelks of Eggs, and Sugar and Rosewater, with a very little Salt, so serve it to the Table either hot or cold, with fine Sugar strewed on the brims of the Dish.

62. *To make Gravie Broth.*

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

63. *To make French Pottage.*

Take an equal quantity of Chervil, hard Lettuce and Sorrel, or any other Herb as you like best, in all as much as a Peck will hold pressed down,

down, pick them well, and wash them, and drain them from the Water, then put them into a Pot with half a pound of fresh Butter, and set them over the fire, and as the Butter melts, stir them down in it till they are all within the Butter, then put some water in, and a Crust of Bread, and some whole Cloves and a little Salt, and when it is well boiled, take out the Crust of Bread, and put in the yelks of four Eggs well beaten, and stir them together over the fire, then lay some thin slices of white bread into a deep Dish, and pour it in.

64. *To make Cabbage Pottage.*

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

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

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

66. *To dry a Goose.*

Take a fair fat Goose, and powder it about a Month or thereabouts, then hang it up in a

Chimney as you do Bacon, and when it is throughly dry, boil it well and serve it to the Table with some Mustard and Sugar; Garnish your Dish with Bay leaves: Hogs Cheeks are very good dried thus.

67. *To dress Sheeps Tongues with Oysters.*

Take your Sheeps Tongues about six of them, and boil them in water and salt till they be tender, then peel them, and slice them thin, then put them into a Dish with a quart of great Oysters; a little Claret Wine and some whole Spice, let them stew together a while, then put in some Butter and the Yelks of three Eggs well beaten, shake them well together, then lay some sippets into a dish, and put your Tongues upon them; Garnish your Dish with Oysters, Barberries, and raw Parsly, and serve it in.

68. *To make a Neats-tongue Pie.*

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

69. *A Capon with White Broth.*

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

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

Garnish your Dish with plumped Raisins and prunes, and serve it in.

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

Take six Calves feet tenderly boiled and cut them in halves, then make some Paste with fine Flower, Butter, cold Cream and the yelk and white of one Egg, roul it very thin, and lay it into your baking Pan, then lay some Butter in the bottom, and then your Calves feet with some large Mace, half a pound of Raisins of the Sun, half a pound of Currans, then lay more butter and close it and bake it, then cut it up, and put in the Yelks of three Eggs, some White-wine, Butter and a little Salt, and so serve it to the Table; Garnish your Dish with pretty Conceits made in paste, and baked a little.

71. *To make an Artichoke Pye.*

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

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

72. *To make an Oyster Pie.*

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

73. *To make a Pig-pie.*

Take a large Pig and slit it in two, and bone it, only the two sides, not the head, then having your Paste ready laid in your Pan, and some Butter in the bottom, lay in your Pig, season it with

with Pepper, Salt, Nutmeg and Mace, and one handful of Sage shred small and mixed with the Spice and Salt, then lay in more Butter, close it, and bake it.

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

If you would eat it hot, you must leave out the Pepper and some of the Salt, and put in store of Currans, and when it comes out of the Oven, put in some Butter, Vinegar, and Sugar, and so serve it.

74. *To make a Rasberry Tart.*

Take some puff-paste rouled thin, and lay it into your baking-pan, then lay in your Rasberries and cover them with fine Sugar, then close your Tart and bake it; then cut it up, and put in half a pint of Cream, the yelks of two or three Eggs well beaten, and a little Sugar; then serve it in cold with the Lid off, and Sugar strewed upon the brims of the Dish.

75. *To make a Carp Pie.*

Have your Paste ready laid in your Baking-pan, and some butter in the bottom.

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

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

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

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

Take either of these and cut them into small pieces, then put them into a Frying pan with so much water as will cover them, with a little Salt, whole Spice, Limon-peel, and a bundle of sweet Herbs, let them boil together till the Meat be tender, then put in some Oysters, and when they are plumped, take a little Wine, either White or Claret, and two Anchovies, dissolved therein with some butter, and put all these to the rest, and when you think your Meat is enough, take it out with a little Skimmer, and put it into a Dish upon Sippets; then put into your Liquor, the yelks of Eggs well beaten, and mix them over the fire, then pour it all over your Meat; Garnish your Dish with Barberries, and serve it in; this Dish you may make of raw Meat or of cold Meat which hath been left at Meals.

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

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

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

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

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

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

80. *To make a Calves-head Pie.*

Make your Paste, and lay it into your Pan as before, then lay in Butter, and then your Calves head, being tenderly boiled, and cut in little

thin bits, and seasoned with Pepper, Salt and Nutmeg, then put in some Oysters, Anchovies and Claret Wine with some yelks of hard Eggs and Marrow, then cover it with Butter, and close it and bake it; when it is baked, eat it hot.

81. *To dry Tongues.*

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

82. *To make Angelot Cheese.*

Take some new Milk and strokings together, the quantity of a Pail-full, put some Runnet into it, and stir it well about, and cover it till your Cheese be come, then have ready narrow deep Moats open at both ends, and with your flitting Dish fill your Moats as they stand upon a board, without breaking or wheying the Cheese, and as they sink, still fill them up, and when you see you can

can turn them, which will be about the next day, keep them with due turning twice in a day, and dry them carefully, and when they are half a year old, they will be fit to be eat.

83. *To make a Hare Pie.*

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

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

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

85. *To stew a Pig.*

Lay a large Pig to the fire, and when it is hot, skin it, and cut it into divers pieces, then take some White wine and strong Broth, and stew it therein with an Onion or two cut very small, a little Pepper, Salt, Nutmeg, Thyme and Anchovies, with some Elder Vinegar, sweet butter and Gravie; when it is enough, lay Sippets of French bread in your Dish, and put your Meat thereon. Garnish your Dish with Oranges and Limons.

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

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

87. *To make a Stake Pie with Pudens in it.*

Lay your Paste ready in your Pan, and lay some Butter in the bottom, then lay a Neck of Mutton cut into steaks thereon, then take some of the best of a Leg of Mutton minced small, with as much

much Beef-suet as Mutton; season it with beaten Spice and Salt, and a little Wine, Apples shred small, a little Limon peel, a little Verjuice and Sugar, then put in some Currans, and when they are well mixed, make it into balls with the yelks of Eggs, and lay them upon the steaks, then put in some Butter, and close your Pie and bake it, and serve it in hot.

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

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

89. *To make Loaves to butter.*

Take the yelks of twelve Eggs, and six whites, a little Yeast, Salt, and beaten Ginger, wet some Flower with this, and make it into a Paste, let it lye to rise a while, and then make it into Loaves, and prick them, and bake them, then put in White-wine and Butter and Sugar, so serve it in.

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

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

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

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

91. *To make Rice Cream.*

Boil a quart of Cream, then put in two handfuls of Rice-Flower, and a little fine Flower, as much sugar as is fit, the yelk of an Egg, and some Rosewater.

92. *To make a Pompion Pie.*

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

93. *To fry Pompion.*

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

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

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

95. *To fry Toasts.*

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

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

Take two fair Carps, and scowr them very well from slime with water and a little Salt, then lay them in a Dish and open their bellies, take away their Guts, and save the Blood and Rows in the Dish, then put in a pint of Claret Wine, some whole Spice, and some Salt, with a little Horse-

Horse-Radish Root, then cover them close, and let them stew over a Chafingdish of Coals, and when they are enough, lay them into a Dish which must be rubbed with a Shelot, and Sippets laid in, then take a little of the Liquor, and an Anchovie or two, with a little Butter, heat them together, and pour it over them, then garnish your Dish with Capers, Oranges or Limons, and serve it in very hot.

97. *To make Fritters.*

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

98. *To Pickle Cole-flowers.*

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

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

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

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

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

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

101. *To*

101. *To make good minced Pies.*

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

When they go to Table strew on fine Sugar.

102. *To make a Loaf of Curds.*

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

103. *To make Cheese Loaves.*

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

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

104. *To fry Oysters.*

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

105. *To broil Oysters.*

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

106. *To Roast Oysters.*

Take the largest, and spit them upon little long sticks, and tie them to the Spit, then lay them down to the fire, and when they are dry, baste them with Claret Wine, and put into your Pan two Anchovies, and two or three bay-leaves; when you think they are enough, baste them with butter, and dredge them, and take a little of that liquor in the pan, and some butter, and heat it in a porringer, and pour over them.

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

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

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

108. *To make fine Custards.*

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

109. *To make a Stump Pie.*

Take a pound of Veal and as much Suet, parboil your Veal, and shred them together, but

but not very ſmall, then put in one pound of Raiſins, one pound of Currans, four ounces of Dates ſtoned and ſliced thin, ſome beaten Spice, Roſewater and Sugar, and a little Salt, then take the yelks of Eggs well beaten, and mix amongſt the reſt of the things very well, then having your Pie ready, fill it and preſs it down, then lid it, and bake it.

110. *To make Egg Pies.*

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

111. *To make haſhed Meat.*

Take a Leg or Shoulder of Mutton, lay it down to the fire, and as it doth roaſt, cut it off in little bits, and let it lie in the pan, baſte it with Claret wine and Butter, and a little ſalt, and put two or three Shelots in your pan, when you have cut off ſo much as you can, lay the bones into a Diſh over a Chafingdiſh of Coals, and put your Meat to it with the Liquor, and two Anchovies, cover it, and let it ſtew a while; when it is enough, put in ſome Capers, and ſerve it in with Sippets; garniſh your Diſh with Olives and Capers and Samphire; thus you may do with any cold meat between two Diſhes.

112. *To make a Fricasie of Oysters.*

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

113. *To make a Fricasie of Eels.*

Take a midling sort of Eels, scowr them well, and cut off the heads and throw them away, then gut them, and cut them in pieces, then put them into a Frying-pan with so much White-wine and Water as will cover them, then put in whole Spice, a bundle of sweet herbs and a little salt, let them boil, and when they be very tender, take them up and lay them into a warm dish, then add to their liquor two Anchovies, some Butter and the yelks of Eggs, and pour over them.

Thus you may make Fricasies of Cockles or of Shrimps or Prawns.

Garnish your Dish with Limon and Barberries.

114. *To make an Eel Pye.*

Take your largest Eels, and flay them, and cut them in pieces, then having your Pye ready with Butter in the bottom, season your Eels with Pepper, Salt and Nutmeg, then lay them in, and cover them with Butter, so close it and bake it;

if

if you please, you may put in some Raisins of the Sun, and some large Mace, it is good hot or cold.

115. *To souce an Eel and collar it.*

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

You must roul it up in a Collar and tie it hard with a Tape, and sew it up in a cloth, then put it in to boil; when it hath lain a week, serve it to the Table with a Rosemary branch in the middle and Bay leaves round the dish sides; eat it with Mustard.

116. *To stew Eels.*

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

117. *To make a Herring Pie.*

Take four of the best pickled Herrings, and skin them, then split them and bone them, then having your Pie in readiness with Butter in the bottom, then lay your Herrings in halves in your Pie one lay of them, then put in Raisins, Currans and Nutmeg, and a little Sugar, then lay in more Butter, then more Herrings, Fruit and Spice, and more Butter, and so close it, and bake it; your Herrings must be well watered.

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

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

119. *To boil fresh Salmon.*

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

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

120. *To*

120. *To boil a Cods Head.*

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

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

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

121. *To make Olives of Veal.*

Take thin slices of a Leg of Veal, and have ready some Suet finely shred, some Currans, beaten Spice, sweet Herbs, and hard yelks of Eggs, and a little Salt mixed well together, then strew it on the insides of your slices of Meat, and roul them up hard, and make them fast with a scure, so spit them and roast them, baste them with Butter, and serve them in with Vinegar, Butter and Sugar.

122. *To make an Olive Pye.*

Having your Paste in readiness with Butter in the bottom, lay in some of the forenamed Olives, but not fastned with a scure, then put in Currans, hard Eggs, and sweet Butter, with

some Herbs shred fine; be sure you cover it well with Butter, and put in a little White-wine and Sugar, and close it, and bake it, eat it hot or cold, but hot is better.

123. *To make a Ball to take stains out of Linnen, which many times happens by Cooking or Preserving.*

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

124. *To make a fine Pomander.*

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

125. *A very fine washing-Ball.*

Take three ounces of Orrice, half an ounce of Cypress-wood, two ounces of Calamus Aromat. one ounce of Damask Rose leaves, two ounces of Lavender flowers, a quarter of an ounce of Cloves, beat all these, and search them fine, then take two

two pound and an half of Castle Soap dissolved in Rosewater, and beat all these forenamed things with the Soap in a Mortar, and when they are well incorporated, make it into Balls, and keep them in a Box with Cotton as long as you please.

126. *To make French Broth called* Kink.

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

127. *To make Broth of a Lambs Head.*

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

128. *To season a Chicken Pye.*

Having your Paste rolled thin, and laid in your Baking-pan, lay in some Butter; then lay

in your Chickens quartered, and seasoned with Pepper, Nutmeg, and a little salt, then put in Raisins, Currans, and Dates, then lay butter on the top, close it and bake it, then cut it up, and put in clouted Cream, Sack and Sugar.

129. *To make an Herb Pye.*

Take Spinage, hard Lettice, and a few sweet herbs, pick them, wash them, and shred them, and put them into your Pye with butter, and nutmeg and sugar, and a little salt, so close it and bake it; then draw it, and open it, and put in clouted Cream, Sack and Sugar, and stir it well together, and serve it in.

130. *To roast Lobsters.*

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

131. *To make a Pumpion Pye.*

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

132. *To make an Artichoke Pudding.*

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

133. *To pickle Sprats like Anchovies.*

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

134. *To keep Artichokes all the year.*

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

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

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

Roul it thin, and lay it in your Bake-pan, then take part of a Jole of Ling well boiled, and cut it all in bits, then lay some Butter into your Pasty, and then the Ling, then some grated Nutmeg, slic'd Ginger, Cloves and Mace, Oysters, Muscles, Cockles, and Shrimps, and the yelks of raw Eggs, a few Comfits perfumed, Candied Orange peel, Citron peel, and Limon peel, with Eringo roots.

Then put in White-wine, and good store of Butter, and put on a thick lid, when it is baked, open it, and let out the steam.

136. *To make French Servels.*

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

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

137. *To make a Pallat Pye.*

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

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

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

139. *To make Oat-Cakes.*

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

140. *To make a rare Lamb Pye.*

Take a Leg of Lamb, and take the meat clean out of it at the great end, but keep the skin whole, then press the Meat in a cloth, and mince it small, and put as much Beef-Suet to it as the Meat in weight, and mince it small, then put to it Naples Bisket grated fine, season it with beaten Spice, Rosewater, and a little Salt, then put in Candied Limon peel, Orange peel, and Citron peel shred small, and some Sugar, then put part of the Meat

Meat into the skin, then having your Pie in readiness, and Butter in the bottom, lay in this Meat, then take the rest of your Meat, and make it into Balls or Puddings with yelks of Eggs, then lay them into the Pye to fill up the Corners, then take Candied Orange, Limon and Citron peel, cut in long narrow slices, and strew over it; you may put in Currans and Dates if you please, then lay on Butter, and close up your Pye and bake it, and leave a Tunnel: when it is baked, put in Sack, Sugar, yelks of Eggs and Butter heat together; if you put in Marrow it will be the better.

141. *To fry Garden Beans.*

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

142. *To make a Sorrel Sallad.*

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

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

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

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

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

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

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

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

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

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

Coddle them with White-wine and Water, and cover them with sliced Pippins in the Codling.

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

Make some Paste with cold Water, Butter and Flower, with the yelk of an Egg, then roul it out in little thin Cakes, and lay one spoonful of any

any kind of sweet Meats you like best upon every one, so close them up and fry them with butter, and serve them in with fine Sugar strewed on.

149. *To boil a Capon after the French fashion.*

Boil your Capon in water and salt, and a little dusty Oatmeal to make it look white, then take two or three Ladles full of Mutton broth, a Faggot of sweet herbs, two or three Dates cut in long pieces, a few parboiled Currans, and a little whole Pepper, a little Mace and Nutmeg, thicken it with Almonds, season it with Verjuice, Sugar, and a little sweet Butter, then take up your Capon, and lard it well with preserved Limon, then lay it in a deep Dish, and pour the broth upon it; then garnish your dish with Suckets and preserved Barberries.

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

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

151. *To*

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

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

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

Take a Leg of Mutton, and pare off all the skin as thin as you can, then lard it with sweet Lard, and stick it with Cloves; when it is half roasted, cut off three or four thin pieces, and mince it with sweet herbs, and a little beaten Ginger, then put in a Ladleful of Claret wine, and a little sweet Butter, two spoonfuls of Verjuice and a little Pepper, a few Capers, then chop the yelks of two hard Eggs in it, then when these have stewed a while in a Dish, put your bonie part which is roasted into a Dish, and pour this on it, and serve it in.

153. *To roast a Neats Tongue.*

Chop sweet herbs fine with a piece of raw Apple, season it with Pepper and Ginger, and the yelk of an Egg made hard and minced small, then stuff your Tongue with this, and roast it well, and baste it with butter and Wine; when it is enough, take Verjuice, Butter, and the Juice of a Limon, and a little Nutmeg; then dish your Tongue, and pour this Sauce over it, and serve it in.

154. *To*

154. *To boil Pigeons with Rice.*

Take your Pigeons and truss them, and stuff their bellies with sweet herbs, then put them into a Pipkin with as much Mutton broth as will cover them with a blade of Mace and some whole Pepper; boil all these together until the Pigeons be tender and put in Salt.

Then take them from the fire, and scum off the Fat very clean, then put in a piece of sweet Butter, season it with Verjuice, Nutmeg and a little Sugar, thicken it with Rice boiled in sweet Cream; Garnish your Dish with preserved Barberries and Skirret Roots boiled tender.

155. *To boil a Rabbit.*

Take a large Rabbit, truss it, and boil it with a little Mutton Broth, White-wine and a blade of Mace, then take Lettice, Spinage and Parsly, Winter-Savory and sweet Marjoram, pick all these, and wash them clean, and bruise them a little to make the Broth look green, thicken it with the crust of a Manchet first steeped in a little Broth, and put in a little sweet Butter, season it with Verjuice and Pepper, and serve it to the Table upon Sippets; Garnish the Dish with Barberries.

156. *To boil a Teal or Wigeon.*

Parboil either of these Fowls, and throw them into a pail of fair water, for that taketh away the Rankness, then roast them half, and take them from the fire, and put sweet herbs in the bellies

of

of them, and ſtick the Breaſts with Cloves, then put them in a Pipkin with two or three ladles full of Mutton broth, very ſtrong of the Meat, a blade of whole Mace, two or three little Onions minced ſmall; thicken it with a Toaſt of Houſhold bread, and put in a little butter, then put in a little Verjuice, ſo take it up, and ſerve it.

157. *To boil Chickens or Pigeons with Goosberries or Grapes.*

Boil them with Mutton Broth and White-wine, with a blade of Mace, and a little Salt, and let their Bellies be filled with ſweet Herbs, when they are tender, thicken the Broth with a piece of Manchet, and the yelks of two hard Eggs, ſtrained with ſome of the Broth, and put it into a deep Diſh with ſome Verjuice and Butter and Sugar, then having Goosberries or Grapes tenderly ſcalded, put them into it, then lay your Chickens or Pigeons into a Diſh and pour the Sauce over them, and ſerve them in.

158. *A made Diſh of Rabbits Livers.*

Take ſix Livers, and chop them fine with ſweet herbs, and the yelks of two hard Eggs, ſeaſon it with beaten Spice and Salt, and put in ſome plumped Currans, and a little melted Butter, ſo mix them very well together, and having ſome Paſte ready rouled thin, make it into little Paſties, and fry them, ſtrew Sugar over them and ſerve them.

159. *To*

159. *To make Florentine with the Brawn of a Capon, or the Kidney of Veal.*

Mince any of these with sweet Herbs, then put in parboiled Currans, and Dates minced small, and a little Orange or Limon peel which is candied, shred small, season it with beaten spice and sugar, then take the yelks of two hard Eggs, and bruise them with a little Cream, a piece of a short Cake grated, and Marrow cut in short pieces; mix all these together with the forenamed meat, and put in a little salt and a little Rosewater, and bake it in a Dish in Puff-paste, and when you serve it in, strew Sugar over it.

160. *A Fryday-Pye without Fish or Flesh.*

Wash a good quantity of green Beets, and pluck out the middle string, then chop them small, with two or three ripe Apples well relished, season it with Pepper, Salt, and Ginger, then add to it some Currans, and having your Pie ready, and Butter in the bottom, put in these herbs, and with them a little Sugar, then put Butter on the top, and close it and bake it, then cut it up, and put in the juice of a Limon and Sugar.

161. *To make Umble Pies.*

Boil them very tender, and mince them very small with Beef Suet and Marrow, then season it with beaten Spice and Salt, Rosewater and Sugar, and a little Sack, so put it into your Paste with Currans and Dates.

162. *To bake Chickens with Grapes.*

Scald your Chickens and truss them, and season them with Pepper, Salt, and Nutmeg, and having your Pye ready, and Butter laid in the bottom, put in your Chickens, and then more Butter, and bake them with a thin Lid on your Pye, and when it is baked, put in Grapes scalded tender, Verjuice, Nutmeg, Butter and Sugar, and the Juice of an Orange; so serve it in.

163. *To make a good Quince Pye.*

Take your fairest Quinces, and Coddle them till a straw may run through them, then core them and pare them, then take their weight in fine Sugar, and stuff them full of Sugar, then having your Pye ready, lay in your Quinces, and strew the rest of your Sugar over them, and put in some whole Cloves and Cinamon, then close it, and bake it; you must let it stand in the Oven four or five hours; serve it in cold, and strew on Sugar.

164. *To make Tarts of Pippins.*

Having some Puff-paste ready in a dish or pan, lay in some preserved Pippins which have Orange peel in them, and the Juice of Orange or Limon, so close them, and bake them a little.

165. *To make a good Pye of Beef.*

Take the Buttock of a fat Ox, slice it thin, mince it small, and beat it in a Mortar to a Paste, then

then lard it very well with Lard, and season it with beaten Spice, then make your Pye, and put it in with some Butter and Claret Wine, and so bake it well, and serve it in cold with Mustard and Sugar, and garnish it with Bay-Leaves.

166. *To bake a Swan.*

Scald it and take out the bones, and parboil it, then season it very well with Pepper Salt and Ginger, then lard it, and put it in a deep coffin of Rye-paste with store of Butter, close it and bake it very well, and when it is baked, fill up the Vent-hole with melted Butter, and so keep it; serve it in as you do the Beef-Pye.

167. *To bake a Turkey or Capon.*

Bone the Turkey, but not the Capon, parboil them, and stick Cloves on their breasts, lard them, and season them well with Pepper and Salt, and put them in a deep Coffin with good store of Butter, and close your Pye, and bake it, and soak it very well; when it is baked, fill it up with melted Butter, and when it is quite cold, serve it in and eat it with Mustard and Sugar: Garnish it with Bay-leaves.

168. *To make Fritters.*

Take the Curds of a Sack Posset, the yelks of six Eggs, and the whites of two, with a little fine

fine flower to make it into a thick Batter, put in also a Pomegranate cut in small pieces, some beaten Spice, warm Cream, and a spoonful of Sack, and a little strong Ale; mingle all these very well, and beat them well, then fry them in very hot Lard, and serve them in with beaten spice and fine Sugar.

169. *To bake Woodcocks, Blackbirds, Sparrows or Larks.*

Truss and parboil them, then season them with Pepper and Salt, and put them into a Pie with good store of Butter, and so bake them, then fill them up with Butter.

170. *To bake a Goose.*

Bone your Goose and parboil it, and season it with Pepper and Salt, and lay it into a deep Coffin with good store of Butter top and bottom, then bake it very well, and when it is baked, fill up the Pie at the vent-hole with melted Butter, and so serve it in with Mustard and Sugar and Bay-Leaves.

171. *To make Pancakes so crisp as you may set them upright.*

Make a dozen or a score of them in a little Frying-pan, no bigger than a Sawcer, then boil them in Lard, and they will look as yellow as Gold, and eat very well.

172. *To*

172. *To make blanched Manchet.*

Take six Eggs, half a pint of sweet Cream, and a penny Manchet grated, one Nutmeg grated, two spoonfuls of Rosewater, and two ounces of Sugar, work it stiff like a Pudding, then fry it in a very little Frying-pan, that it may be thick.

Fry it brown, and turn it upon a Pie-plate; cut it in quarters, and strew Sugar on it, and serve it in.

173. *To make a fierced Pudding.*

Mince a Leg of Mutton with sweet herbs, and some Suet, make it very fine, then put in grated Bread, minced Dates, Currans, Raisins of the Sun stoned, a little preserved Orange or Limon, and a few Coriander seeds bruised, Nutmeg, Ginger and Pepper, mingled altogether with Cream and raw Eggs, wrought together like a paste, and bake it, and put for Sauce the yelk of an Egg, Rosewater, Sugar and Cinamon, with a little Butter heat together; when you serve it in, stick it with Almonds and Rosemary; you may boil it also if you please, or roast some of it in a Lambs Cawl.

174. *To make a Fricasie of Eggs.*

Beat twelve Eggs with Cream, Sugar, beaten Spice and Rosewater, then take thin slices of Pomewater Apple, and fry them well with sweet Butter; when they are enough, take them up, and cleanse your pan, then put in more Butter, and make it hot, and put in half your Eggs, and fry them;

them; then when the one side is fryed, lay your Apples all over the side which is not fryed, then pour in the rest of your Eggs, and then turn it, and fry the other side, then serve it in with the Juice of an Orange and Butter, and Sugar.

175. *To make a* Cambridge *Pudding.*

Take grated bread searced through a Cullender, then mix it with fine Flower, minced Dates, Currans, beaten Spice, Suet shred small, a little Salt, Sugar, and Rosewater, warm Cream and Eggs, with half their whites; mould all these together with a little Yeast, and make it up into a Loaf, but when you have made it in two parts ready to clap together, make a deep hole in the one, and put in Butter, then clap on the other, and close it well together, then butter a Cloth, and tie it up hard, and put it into water which boils apace, then serve it in with Sack, Butter and Sugar.

You may bake it if you please in a Baking-pan.

176. *To make a Pudding of Goose-blood.*

Save the Blood of a Goose, and strain it, then put in fine Oatmeal steeped in warm Milk, Nutmeg, Pepper, sweet Herbs, Sugar, Salt, Suet minced fine, Rosewater, Limon peel, Coriander seeds, then put in some Eggs, and beat all these together very well, then boil them how you do like, either in a buttered cloth or in skins, or rost it within the Neck of the Goose.

177. *To*

177. *To make Liver Puddings.*

Take a Hogs Liver boiled and cold, grate it like bread, then take new Milk and the Fat of a Hog minced fine, put it to the bread and the Liver, and divide it into two parts, then dry herbs, or other if you can, minced fine, and put the Herbs into one part with beaten Spice, Anniseeds, Rosewater, Cream and Herbs, Sugar and Salt, so fill the Skins and boil them.

To the other part put preserved Barberries, sliced Dates, Currans, beaten Spice, Salt, Sugar, Rosewater, Cream and Eggs; so mix them well together, and fill the Skins and boil them.

178. *To make a Chiveridge Pudding.*

Take the fattest Guts of your Hog clean scoured, then stuff them with beaten Spice and sliced Dates, sweet Herbs, a little Salt, Rosewater, Sugar, and two or three Eggs to make it slide; so fill them, tie them up like Puddings, and boil them; when they are enough, serve them.

179. *To make Rice Puddings in Skins.*

Take two quarts of Milk, and put therein as it is yet cold, two good handfulls of Rice clean picked and washed, set it over a slow fire, and stir it often but gently; when you perceive it to swell, let it boil apace till it be tender and very thick, then take it from the fire, and when it is cold, put in six Eggs well beaten, some Rosewater and Sugar, beaten Spice and a little Salt, preserved Barberries

berries and Dates minced small, some Marrow and Citron peel; mingle them well together, and fill your Skins.

180. *To make a stewed Pudding.*

Take the yelks of three Eggs, and one White, six spoonfuls of sweet Cream, a little beaten Spice, and a quarter of a pound of Suet minced fine, a quarter of a pound of Currans, and a little grated Bread, Rosewater, Sugar and Salt; mingle them well together, and wrap them up in little pieces of the Caul of Veal, and fasten them with a little stick, and tie each end with a stick, you may put four in a Dish, then take half a pint of strong Mutton broth, and six spoonfuls of Vinegar, three or four blades of large Mace, and one ounce of Sugar, make this to boil over a Chafingdish of Coals, then put in your Puddings, and when they boil cover them with another dish, but turn them sometimes, and when you see that they are enough, take your Puddings, and lay them in a warm Dish upon Sippets, then add to their Broth some Sack, Sugar, and Butter, and pour over them; garnish your Dish with Limons and Barberries.

181. *To make a* Suffex *Pudding.*

Take a little cold Cream, Butter and Flower, with some beaten Spice, Eggs, and a little Salt, make them into a stiff Paste, then make it in a round Ball, and as you mould it, put in a great piece of Butter in the middle, and so tie it hard up in a buttered Cloth, and put it into boiling water, and

and let it boil apace till it be enough, then serve it in, and garnish your Dish with Barberries; when it is at the Table, cut it open at the top, and there will be as it were a pound of Butter, then put Rosewater and Sugar into it, and so eat it.

In some of this like Paste you may wrap great Apples, being pared whole in one piece of thin Paste, and so close it round the Apple, and throw them into boiling Water, and let them boil till they are enough, you may also put some green Goosberries into some, and when either of these are boiled, cut them open, and put in Rosewater, Butter and Sugar.

182. *To make* French *Puffs.*

Take Spinage, Parsley and Endive, with a little Winter-Savory, and wash them, and mince them very fine; season them with Nutmeg, Ginger and Sugar, wet them with Eggs, and put in a little Salt, then cut a Lemon in thin round slices, and upon every slice of Limon lay one spoonful of it.

Then fry them, and serve them in upon some Sippets, and pour over them Sack, Sugar and Butter.

183. *To make Apple-Puffs.*

Take a Pomewater, or any other Apple that is not hard or harsh in taste, mince it with a few Raisins of the Sun stoned, then wet them with Eggs, and beat them together with the back of a spoon, season them with Nutmeg, Rosewater, Sugar, and Ginger, drop them into a Frying-pan with a spoon into hot butter, and fry them, then serve

serve them in with the juice of an Orange and a little Sugar and Butter.

184. *To make Kickshaws, to bake or fry in what shape you please.*

Take some Puff-paste, and roul it thin, if you have Moulds, work it upon them with preserved Pippins, and so close them, and fry or bake them, but when you have clos'd them, you must dip them in the yelks of Eggs, and that will keep all in; fill some with Goosberries, Rasberries, Curd, Marrow, Sweet-breads, Lambs-stones, Kidney of Veal, or any other thing that you like best, either of them being seasoned before you put them in, according to your mind; and when they are baked or fryed, strew Sugar on them, and serve them in.

185. *To make an* Italian *Pudding.*

Take a penny white Loaf, and pare off the crust, then cut it like Dice, then take some Beef-suet shred small, and half a pound of Raisins of the Sun stoned, with as many Currans, mingle them together, and season them with beaten spice and a little salt, wet them with 4 Eggs, and stir them gently for fear of breaking the bread, then put it in a Dish with a little Cream and Rosewater and Sugar, then put in some Marrow and Dates, and so butter a dish and bake it, then strew on Sugar and serve it.

186. *To hash Calves Tongues.*

Boil them tender, and peel them, then lard them with Limon peel, and lard them also with fat Bacon, then lay them to the fire, and half roast them; then put them into a Pipkin with Claret wine, whole spice, and sliced Limon, and a few Caraway seeds, a little Rosemary, and a little Salt, boil all together, and serve them in upon Toasts. Thus you may do with Sheeps Tongues also.

187. *To boil a Capon.*

Take strong Mutton Broth, and truss a Capon, and boil him in it with some Marrow and a little Salt in a Pipkin, when it is tender, then put in a pint of White-wine, half a pound of Sugar, and four ounces of Dates stoned and sliced, Potato Roots boiled and blanched, large Mace and Nutmeg sliced; boil all these together with a quarter of a pint of Verjuice, then dish the Capon and add to the Broth the yelks of six Eggs beaten with Sack, and so serve it; garnish your Dish with several sorts of Candied Peels and preserved Barberries, and sliced Limon with Sugar upon every slice.

188. *To boil a Capon with Rice.*

Truss your Capon and boil him in water and salt, then take a quarter of a pound of Rice, first boiled in Milk, and put it in with some whole spice and a little salt, when it is almost enough, put in a little Rosewater and half a pound of Almonds blanched and beaten, strain them in, and put in some

Cream and Sugar, then when your Capon is enough, lay it in a dish, and pour the Broth thereon; Garnish your dish as you please, and serve it.

189. *To boil a Capon with Pippins.*

Parboil your Capon after it is trussed, then put it into a Pipkin with Mutton Broth and Marrow, and a little Salt, with a quart of White-wine, a little Nutmeg and Dates stoned and sliced, then put in a quarter of a pound of fine Sugar, then take some Pippins stewed with Sugar, Spice and a little water, and put them in, then lay your Capon into a Dish, and lay some Naples Biskets for Sippets, then bruise the yelks of eight hard Eggs, and put in your broth, with a little Sack, and pour it over your Capon; Garnish your Dish, and serve it in.

190. *To boil Chickens with Lettuce the very best way.*

Parboil your Chickens, and cut them in quarters, and put them into a Pipkin with some Mutton broth, and two or three Sweet-breads of Veal, and some Marrow and some Cloves, and a little Salt, and a little Limon peel; then take good store of hard Lettuce, cut them in halves and wash them, and put them in; then put in Butter and Sack, and White-wine, with a little Mace and Nutmeg, and sliced Dates: Let all these stew upon the Fire, and when they be enough, serve them in with Toasts of white Bread for Sippets; Garnish the Dish with Limon and Barberries, and what else you please. Thus you may do Pigeons.

191. To

191. *To boil a Rabbit with Grapes or with Gooſberries.*

Truſs your Rabbit whole, and boil it in ſome Mutton Broth till it be tender.

Then take a pint of White-wine, and a good handful of Spinage chopt, the yelks of hard Eggs cut in quarters, put theſe to the Rabbit with ſome large Mace, a Fagot of ſweet herbs, and a little Salt, and ſome Butter, let them boil together a while, then take your Rabbit and lay it in a Diſh, and ſome ſippets, then lay over it ſome Grapes or Goosberries, ſcalded with Sugar, and pour your Broth over it.

192. *To boil a Rabbit with Claret Wine.*

Boil a Rabbit as before, then ſlice Onions and a Carrot root, a few Currans, and a Fagot of ſweet herbs, and a little Salt, minced Parſly, Barberries picked, large Mace, Nutmeg and Ginger, put all theſe into a Pipkin with the Rabbit, half a pound of Butter, and a pint of Claret wine, and let them boil together till it be enough, then ſerve it upon ſippets.

193. *To boil a wild Duck.*

Truſs and parboil it, then half roaſt it, then carve it, and ſave the Gravy, then take Onions and Parſly ſliced, Ginger and Pepper, put the Gravy into a Pipkin, with Currans, Mace, Barberries, and a quart of Claret Wine, and a little Salt, put your Duck with all the forenamed things into it,

and let them boil till it be enough, then put in Butter and Sugar, and serve it in upon Sippets.

194. *To boil a tame Duck.*

Take your Duck and truss it, and boil it with water and salt, or rather Mutton Broth, when it hath boiled a while, put in some whole Spice, and when it is boiled enough, take some White-wine and Butter, and good store of Onions boiled tender in several waters, with a little of the Liquor wherein the Duck hath boiled, and a little salt: put your Duck into a Dish, and heat these things together, and pour over it, and serve it; garnish the Dish with boiled Onions and Barberries.

195. *To boil Pigeons with Capers and Samphire.*

Truss your Pigeons, and put them into a Pipkin with some Mutton broth and White-wine, a bundle of sweet herbs, when they are boiled lay them into a Dish, then take some of the Broth with some Capers and Limon sliced, and some Butter, heat these together, and pour over them; then fry thin slices of Bacon, and lay upon them, and some Samphire washed from the salt, and some slices of Limon; Garnish your Dish with the same and serve it.

196. *To boil Sausages.*

Take two pounds of Sausage, and boil them with a quart of Claret wine and a bundle of sweet herbs, and whole Cloves, and Mace; then put in a little Butter; when they are enough, serve

serve them in with this Liquor and some Mustard in sawcers.

197. *To boil Goose Giblets.*

Boil them with water and salt, and a bundle of sweet herbs, Onions and whole spice when they are enough, put in Verjuice and Butter, and some Currans plumped, and serve them upon Sippets.

Thus you may dress Swans Giblets.

198. *To boil Giblets with Roots and good Herbs.*

Boil them in a quart of Claret, Ginger and Cloves, and a Fagot of sweet herbs, Turneps and Carrots sliced, with good store of Spinage and a little Salt; when they are enough, serve them upon sippets.

And add to the Broth some Verjuice and yelks of Eggs; garnish your Dish with Parsly and pickled Barberries.

199. *To smoor a Neck of Mutton.*

Cut your Steaks, and put them into a Dish with some butter, then take a faggot of sweet herbs, and some gross Pepper and a little salt, and put to them; cover your Dish, and let them stew till they are enough, turning them sometimes, then put in a little Claret Wine and Anchovies, and serve them upon sippets.

200. *To smoor Veal.*

Cut thin slices of Veal, and eack them over with the back of a Knife, then lard them with Lard, and fry them with strong Beer or Ale till they be enough, then stew them in Claret Wine with some whole Spice and Butter, and a little Salt.

Garnish your Dish with Sausages fryed, and with Barberries to serve them in.

201. *To smoor Steaks of Mutton another way.*

Cut part of a Leg of Mutton into steaks, and fry it in White-wine and a little Salt, a bundle of Herbs, and a little Limon peel, then put it into a Pipkin with some sliced Limon, without the Rind, and some of the Liquor it was fryed in, and Butter and a little Parsly, boil all together till you see it be enough; then serve it in, and garnish your Dish with Limon and Barberries.

202. *To smoor Chickens.*

Cut them in Joints, and fry them with sweet butter, then take White-wine, Parsly, and Onions chopp'd small, whole Mace and a little gross Pepper, a little Sugar, Verjuice and Butter, let these and your fryed Chickens boil together, then fry the Leaves of Clary with Eggs, put a little salt to your Chickens, and when they are enough, serve them in this fryed Clary, and garnish your Dish with Barberries.

203. *To fry Muscles, or Oysters, or Cockles, to serve in with Meat, or by themselves.*

Take any of these and parboil them in their own Liquor, then dry them, flower them, and fry them, then put them into a Pipkin with Claret wine, whole Spice, and Anchovies, and a little Butter, so let them stew together, and serve them in either with a Duck, or by themselves, as you like best.

204. *To dress Calves Feet.*

Take Calves feet tenderly boiled, and slit them in the middle, then put them in a Dish with sweet Butter, Parsly, Onions chopped, a little Thyme, large Mace, Pepper, with a little Wine Vinegar, and a little salt, let all these stew together till they are enough, then lay your Calves feet in a dish, and pour the Sauce over them, then strew some raw Parsly and hard Eggs chopped together over them with slices of Limon and Barberries.

205. *To dress Neats Tongues.*

Boil them, and blanch them, and slice them thin, then take Raisins of the Sun, large Mace, Dates sliced thin, a few blanched Almonds, and Claret Wine with a little salt; boil all these together with some sweet Butter, Verjuice and Sugar; when they are enough serve them in, and thicken the sauce with yelks of Eggs; garnish your Dish with Barberries.

206. *Another way to hash Neats Tongues.*

Boil Neats Tongues very tender, peel them, and slice them thin, then take strong Meat broth, blanched Chesnuts, a Faggot of sweet herbs, large Mace, and Endive, a little Pepper and whole Cloves, and a little salt; boil all these together with some Butter till they be enough; garnish your dish as before.

207. *To boil Chickens in White-broth.*

Take three Chickens and truss them, then take two or three blades of Mace, as many quartered Dates, four or five Lumps of Marrow, a little Salt and a little Sugar, the yelks of three hard Eggs, and a quarter of a pint of Sack; first boil your Chickens in Mutton broth, and then add these things to them, and let them boil till they are enough, then lay your Chickens in a Dish, and strain some Almonds blanched and beaten into it, serve it upon sippets of French Bread; garnish your Dish with hard Eggs and Limons.

208. *To boil Partridges.*

Put two or three Partridges into a Pipkin with as much Water as will cover them, then put in three or four blades of Mace, one Nutmeg quartered, five or six Cloves, a piece of sweet Butter, two or three Toasts of Manchet toasted brown, soke them in Sack or Muskadine, and break them, and put them into the Pipkin with the rest, and a little salt; when they are enough, lay them in a Dish,

Dish, and pour this Broth over them, then garnish your Dish with hard Eggs and sliced Limon, and serve it in.

209. *To boil a Leg of Mutton.*

Take a large Leg of Mutton, and stuff it well with Mutton-suet, Salt and Nutmeg, boil it in water and salt, but not too much, then put some of that Broth into another Pot, with three or four blades of Mace, some Currans and Salt, boil them till half be consumed, then put in some sweet butter, some Capers, and a Limon cut like Dice with the Rind on, a little Sack, and the yelks of two hard Eggs minced; then lay your Mutton into a Dish upon Sippets, and pour this Sauce over it; scrape Sugar on the sides of your Dish, and lay on slices of Limon and Barberries.

210. *To stew Trouts.*

Put two Trouts into a fair dish with some White-wine, sweet Butter, and a little whole Mace, a little Parsly, Thyme and Savory minced, then put in an Anchovie, and the yelks of hard Eggs; when your Fish is enough, serve it on Sippets, and pour this over it, and garnish your dish with Limon and Barberries, and serve them in; you may add Capers to it if you please, and you may may do other Fish in this manner.

211. *To boil Eels in Broth to serve with them.*

Flay and wash your Eels, and cut them in pieces about a handful long, then put them into a

pot with so much water as will cover them, a little Pepper and Mace, sliced Onions, a little grated Bread, and a little Yeast, a good piece of sweet Butter, some Parsley, Winter-Savory and Thyme shred small, let them boil softly half an hour, and put in some Salt, with some Currans, when it is enough, put in Verjuice and more Butter, and so serve it; Garnish your Dish with Parsly, Limon and Barberries, put Sippets in your Dish.

212. *To boil a Pike with Oysters.*

Take a fair Pike and gut it and wash it, and truss it round with the tail in the mouth, then take white-wine, water, and salt, with a bundle of sweet herbs, and whole spice, a little Horse-radish; when it boils, tie up your Pike in a Cloth, then put it in, and let it boil till it swims, for then it is enough; then take the Rivet of the Pike, and a pint of great Oysters with their Liquor, and some Vinegar, large Mace, gross Pepper, then lay your Pike in a dish with Sippets, and then heat these last named things with some Butter and Anchovies, and pour over it; garnish your Dish as you please.

213. *To make a Grand Sallad.*

Take a fair broad brimm'd Dish, and in the middle of it lay some pickled Limon peel, then lay round about it each sort by themselves, Olives, Capers, Broom-buds, Ash-keys, Purslane pickled, and French Beans pickled, and little Cucumbers pickled, and Barberries pickled, and Clove-Gilliflowers,

flowers, Cowslips, Currans, Figs, blanched Almonds and Raisins, Slices of Limon with Sugar on them, Dates stoned and sliced.

Garnish your Dish brims with candied Orange, Limon and Citron peel, and some candied Eringo roots.

214. *To roast a Pig with a Pudding in his belly.*

Take a fat Pig and truss his head backward, looking over his back, then make such Pudding as you like best, and fill his belly with it; your Pudding must be stiff, then sew it up, and roast your Pig, when it is almost enough, wring upon it the Juice of a Limon, and when you are ready to take it up, wash it over with yelks of Eggs, and before they can dry, dredge it with grated bread mixed with a little Nutmeg and Ginger; let your Sauce be Vinegar, Butter and Sugar, and the yelks of hard Eggs minced.

215. *To roast a Leg of Mutton with Oysters.*

Take a large Leg of Mutton, and stuff it well with Mutton-suet, with Pepper, Nutmeg, Salt and Mace, then roast it, and stick it with Cloves, when it is half roasted, cut off some of the under side of the fleshy end, in little thin bits, then take a pint of Oysters, and the Liquor of them, a little Mace, sweet Butter and Salt, put all these with the bits of Mutton into a Pipkin till half be consumed, then dish your Mutton, and pour this Sauce over it, strew Salt about the Dish side, and serve it in.

216. *To make a Steak-Pye.*

Cut a Neck of Mutton in Steaks, then season it with Pepper and Salt, lay your Paste into your Baking-pan, and lay Butter in the bottom, then lay in your Steaks, and a little large Mace, and cover it with Butter, so close it, and bake it; and against it is baked, have in readiness good store of boiled Parsly minced fine, and drained from the Water, some White-wine and some Vinegar, sweet Butter and Sugar, cut open your Pye, and put in this Sauce, and shake it well, and serve it to the Table, it is not so good cold as hot.

217. *To roast a Haunch or Shoulder of Venison, or a Chine of Mutton.*

Take either of these and Lard it with Lard, and stick it thin with Rosemary, then roast it with a quick fire, but do not lay it too near; baste it with sweet Butter: then take half a pint of Claret wine, a little beaten Cinamon and Ginger, and as much Sugar as will sweeten it, five or six whole Cloves, a little grated Bread, and when it is boiled enough, put in a little sweet Butter, a little Vinegar, and a very little Salt, when your Meat is roasted, serve it in with Sauce, and strew salt about your Dish.

218. *To roast a Capon with Oysters and Chesnuts.*

Take some boiled Chesnuts, and take off their shells, and take as many parboiled Oysters, then spit your Capon, and put these into the Belly of

of it, with some sweet Butter, roast it, and baste it with sweet Butter, save the Gravie, and some of the Chesnuts, and some of the Oysters, then add to them half a pint of Claret wine, and a piece of sweet Butter and a little pepper, and a little salt, stew these all together till the Capon be ready, then serve them in with it; Garnish your dish as you please.

219. *To roast a Shoulder or Fillet of Veal with farcing Herbs.*

Wash your Meat and parboil it a little, then take Parsly, Winter-Savory and Thyme, of each a little minced small, put to them the yelks of three or four hard Eggs minced, Nutmeg, Pepper and Currans, and Salt, add also some Suet minced small; work all these with the yelk of a raw Egg; and stuff your Meat with it, but save some, and set it under the Meat while it doth roast; when your meat is almost roasted enough, put to these in the Dish, a quarter of a pint of White-wine Vinegar, and some Sugar; when your Meat is ready, serve it in with this sauce, and strew on salt.

220. *To make boiled Sallads.*

Boil some Carrots very tender, and scrape them to pieces like the Pulp of an Apple; season them with Cinamon, Ginger and Sugar, put in Currans, a little Vinegar, and a piece of sweet Butter, stew these in a Dish, and when they begin to dry, put in more Butter and a little Salt, so serve them to the Table; thus you may do Lettuce or Spinage or Beets.

221. *To*

221. *To boil a Shoulder of Veal.*

Take a Shoulder of Veal, and half boil it in water and salt, then slice off the most part of it, and save the Gravie; then take that sliced meat, and put it in a pot with some of the Broth that boiled it, a little grated Bread, Oyster Liquor, Vinegar, Bacon scalded and sliced thin, a pound of Sausages out of their skins, and rolled in the yelks of Eggs, large Mace and Nutmeg, let these stew about one hour, then put in one Pint of Oysters, some sweet herbs, and a little Salt, stew them together, then take the bone of Veal and broil it and dish it, then add to your Liquor a little Butter, and some minced Limon with the Rind, a Shelot or two sliced, and pour it over, then lay on it some fryed Oysters; Garnish your Dish with Barberries and sliced Limon, and serve it in.

222. *To boil a Neck of Mutton.*

Boil it in water and salt, then make sauce for it with Samphire and a little of the Broth, Verjuice, large Mace, Pepper and Onion, and the yelks of hard Eggs minced, some sweet herbs and a little salt, let these boil together half an hour or more:

Then beat it up with Butter and Limon; then dish your Meat upon Sippets, and pour it on: garnish your Dish with the hard Whites of Eggs and Parsly minced together, with sliced Limon, so serve it: thus you may dress a Leg or a Breast of Mutton if you please.

223. *To stew a Loin of Mutton.*]

Cut your Meat in Steaks, and put it into so much water as will cover it; when it is scummed, put to it three or four onions sliced, with some Turneps, whole Cloves, and sliced Ginger; when it is half stewed, put in sliced Bacon and some sweet Herbs minced small, some Vinegar and Salt, when it is ready, put in some Capers, then dish your Meat upon Sippets, and serve it in, and garnish your dish with Barberries and Limon.

224. *To boil a Haunch of Venison.*

Boil it in water and salt, with some Cole-flowers and some whole Spice, then take some of the Broth, and a little Mace, and a Cows Udder boiled tender, and sliced thin, a little Horse-Radish root searced, and a few sweet Herbs, boil all these together, and put in a little Salt; when your Venison is ready, dish it, and lay your Cows Udder and the Coleflowers over it, then beat up your Sauce, and pour over it: then garnish your Dish with Limon and Parsly and Barberries, and so serve it: this Sauce is also good with a powdered Goose boiled, but first larded.

225. *To make White Broth with Meat or without.*

Take a little Mutton Broth, and as much Sack, and boil it with whole Spice, sweet Herbs, Dates sliced, Currans, and a little Salt; when it is enough, or very near, strain in some blanched Almonds, then thicken it with the yelks of Eggs beaten

beaten and sweeten it with sugar, and so serve it in with thin slices of white Bread,

Garnish with stewed Prunes, and some plumped Raisins.

This may be served in also with any meat proper for to be served with white Broth.

226. *To make good Stewed Broth.*

Take a hinder Leg of Beef, and a pair of Marrow bones, boil them in a great Pot with water and a little salt, when it boils and is skimmed, put in some whole spice, and some Raisins and Currans, then put in some Manchet sliced thin, and soaked in some of the broth, when it is almost enough put in some stewed Prunes, then dish your Meat, and put into your Broth a little Saffron or red Saunders, some White-wine and sugar, so pour it over your Meat, and serve it in; Garnish your Dish with Prunes, Raisins and fine Sugar.

227. *To stew Artichokes.*

Take the bottoms of Artichokes tenderly boiled, and cut them in quarters, stew them with White-wine, whole spice and marrow, with a little salt;

When they are enough, put in sack and sugar, and green Plumbs preserved, so serve them; garnish the dish with Preserves.

228. *To stew Pippins.*

Take a pound of Pippins, pare them and core them, and cut them in quarters.

Then

Then take a pint of water and a pound of fine ſugar, and make a ſyrup, and ſcum it, then put in your Pippins and boil them up quick, and put in a little Orange or Limon Peel very thin; when they are very clear, and their ſyrrup almoſt waſted, put in the Juice of Orange and Limon, and ſome Butter; ſo ſerve them in upon ſippets, and ſtrew fine ſugar about the diſh ſides.

229. *To make a Sallad with freſh Salmon.*

Your Salmon being boiled and ſouced, mince ſome of it ſmall with Apples and Onions, put thereto Oyl, Vinegar, and Pepper, ſo ſerve it to the Table: Garniſh your Diſh with Limon and Capers.

230. *To roaſt a Shoulder of Mutton with Oyſters.*

Take a large Shoulder of Mutton, and take ſweet herbs chopped ſmall, and mixed with beaten Eggs, and a little ſalt, take ſome great Oyſters, and being dried from their Liqnor, dip them in theſe Eggs, and fry them a little, then ſtuff your Meat well with them, then ſave ſome of them for ſauce, and roaſt your Mutton, and baſte it with Claret wine, Butter and ſalt; ſave the Gravie, and put it with the Oyſters into a Diſh to ſtew with ſome Anchovies and Claret wine; when your Meat is enough, rub the Diſh with a ſhelot, and lay your Meat in it, and then put ſome Capers into your ſauce, and pour over it, ſo ſerve it in; Garniſh your Diſh with Olives, Capers, and Samphire.

231. *To*

231. *To roast a Calves Head with Oysters.*

Split your Calves Head as to boil, and let it lie in water a while, then wash it well, and cut out the Tongue, then boil your Head a little, also the Tongue and Brains, then mince the Brains and Tongue with a little Sage, Oysters and Marrow put amongst it when it is minced, three or four Eggs well beaten, Ginger, Pepper, Nutmeg, grated Bread and Salt, and a little Sack, make it pretty thick, then take the Head and fill it with this, and bind it close, and spit it and roast it, and save the Gravie which comes from it in a Dish, baste it well with Butter, put to this Gravie some Oysters, and some sweet Herbs minced fine, a little White-wine, and a sliced Nutmeg; when the Head is roasted, set the Dish of Sauce upon hot Coals with some Butter and a little Salt, and the Juice of an Orange, beat it up thick, and dish your Head, and serve it in with this Sauce; Garnish your Dish with stewed Oysters and Barberries.

232. *Sauce for Woodcocks or Snites.*

When you spit your Fowl, put an Onion in the Belly, when it is roasted, take the Gravie of it, and some Claret Wine, and an Anchovie with a little Pepper and Salt, so serve them.

233. *To make Sauce for Partridges.*

Take grated Bread, Water and Salt, and a whole Onion boiled together, when it is well boiled, take out the Onion, and put in minced Limon,

Limon, and a piece of Butter, and serve them in with it.

234. *To roast Larks with Bacon.*

When your Larks are pulled and drawn, wash them, and spit them with a thin slice of Bacon, and a Sage Leaf between the Legs of every one, make your Sauce with the Juice of Oranges and a little Claret Wine, and some Butter, warm them together, and serve them up with it.

235. *To make Sauce for Quails.*

Take some Vine Leaves dried before the Fire in a Dish, and mince them, then put some Claret Wine and a little Pepper and Salt to it, and a piece of Butter, and serve them with it.

This Sauce is also for roasted Pigeons.

236. *To roast a whole Pig without the Skin, with a Pudding in his Belly.*

Make ready the Pig for the Spit, then spit it, and lay it down to the fire, and when you can take off the Skin, take it from the fire and flay it, then put such a Pudding as you love into the Belly of it, then sew it up, and stick it with Thyme and Limon peel, and lay it down again, and roast it and baste it with Butter, and set a Dish under it to catch the Gravie, into which put a little sliced Nutmeg, and a little Vinegar, and a little Limon and some Butter; heat them together: when your Pig is enough, bread it, but first froth it up with Butter and a little Salt, then serve it in with this Sauce to the Table with the Head on.

237. *To*

237. *To fry Artichokes.*

Take the bottoms of Artichokes tenderly boiled, and dip them in beaten Eggs and a little Salt, and fry them with a little Mace shred among the Eggs, then take Verjuice, Butter and Sugar, and the Juice of an Orange; Dish your Artichokes, and lay on Marrow fryed in Eggs to keep it whole, then lay your Sauce, or rather pour it on, and serve them in.

238. *To make Toasts of Veal.*

Take a roasted Kidney of Veal, cold and minced small, put to it grated Bread, Nutmeg, Currans, Sugar and Salt, with some Almonds blanched and beaten with Rosewater, mingle all these together with beaten Eggs and a little Cream, then cut thin slices of white Bread, and lay this Compound between two of them, and so fry them, and strew Sugar on them, and serve them in.

239. *To make good Pancakes.*

Take twenty Eggs with half the Whites, and beat them well, and mix them with fine Flower and beaten Spice, a little Salt, Sack, Ale, and a little Yeast, do not make your Batter too thin, then beat it well, and let it stand a little while to rise, then fry them with sweet Lard or with Butter, and serve them in with the Juice of Orange and Sugar.

240. *To fry Veal.*

Cut part of a Leg of Veal into thin slices and hack them with the back of a knife, then season them with beaten Spice and Salt, and lard them well with Hogs Lard, then chop some sweet herbs, and beat some Eggs and mix together, and dip them therein, and fry them in Butter, then stew them with a little White-wine and some Anchovies a little while, then put in some Butter, and shake them well, and serve them in with sliced Limon over them.

241. *To make good Paste.*

Take to a peck of fine Flower, three pound of Butter, and three Eggs, and a little cold Cream, and work it well together, but do not break your butter too small, and it will be very fine crust; either to bake meat in, or fruit, or what else you please.

It is a very fine Dumplin, if you make it into good big Rolls, and boil them, and butter them, or roul some of it out thin, and put a great Apple therein, and boil and butter them, with Rosewater, Butter and Sugar.

242. *To make good Paste to raise.*

Take to a Peck of Flower two pounds of Butter and a little tried Suet, let them boil with a little Water or Milk, then put two Eggs into your Flower, and mix them well together, then make a hole in the middle of your Flower, and put in the top of your boiling Liquor, and so much of the rest

rest as will make it into a stiff Paste, then lay it into a warm Cloth to rise.

243. *Paste for cold Baked Meats.*

Take to every Peck of Flower one pound of Butter or a little more, with hot Liquor as the other, and put a little dissolved Isinglass in it, because such things require strength; you may not forget Salt in all your Pastes, and work these Pastes made with hot Liquor much more than the other.

244. *To make a Veal-Pye in Summer.*

Take thin slices of a Fillet of Veal, then having your Pye ready and Butter in it, lay in your Veal seasoned with a little Nutmeg and Salt, so cover it with Butter, and close it and bake it, then against it be drawn, scald some Goosberries or Grapes in Sugar and Water as to preserve, and when you open your Pie, put in pieces of Marrow boiled in White-wine with a little blade of Mace.

Then put these Grapes or Goosberries over all, or else some hard Lettuce or Spinage boiled and buttered.

245. *To make a Pye of Shrimps or of Prawns.*

Pick them clean from their shells, and have in readiness your Pye with Butter in the bottom, then lay in your Fish with some large Mace and Nutmeg, and then butter it again, and so bake it.

Then cut it up, and put in some White-wine and an Anchovie or two, and some Butter, and so

so serve them in hot; thus you may do with Lobsters or Crabs, or with Crafish.

246. *To make a Pie of Larks or of Sparrows.*

Pluck your Birds and draw them, then fill the Bellies of them with this mixture following, grated bread, sweet Herbs minced small, Beef-suet or Marrow minced; Almonds blanched and beaten with Rosewater, a little Cream, beaten spice, and a little salt, some Eggs, and some Currans, mix these together, and do as I have said, then have your Pye ready raised or laid in your baking-pan, put in Butter, and then fill it with Birds.

Then put in Nutmeg, Pepper and Salt, and put in the yelks of hard Eggs, and some sweet herbs minced, then lay in pieces of Marrow and cover it with Butter, and so close it and bake it; then cut it open, and wring in the Juice of an Orange and some Butter, and serve it.

247. *To make a Lettuce Pye.*

Take your Cabbage-Lettuce, and cut them in halves; wash them and boil them in water and salt very green, then drain them from the water, so having your Pye in readiness, put in Butter, then put in your boiled Lettuce, with some Marrow, Raisins of the Sun stoned, Dates stoned and sliced thin, with some large Mace, and Nutmeg sliced, then put in more Butter, close it and bake it; then cut it open, and put in Verjuice, Butter and Sugar and so serve it.

248. *To stew a Neck of Mutton.*

Put your Neck of Mutton cut in steaks into so much Wine and Water as will cover it, with some whole spice, let it stew till it be enough, then put in two Anchovies, and a handful of Capers, with a piece of sweet Butter, shake it very well, and serve it upon sippets.

248. *To make a Pye of a roasted Kidney of Veal.*

Mince the Kidney with the Fat, and put to it some sweet herbs minced very small, a quarter of a pound of Dates stoned, and sliced thin and minced, season it with beaten Spice, Sugar and Salt, put in half a pound of Currans, and some grated bread, mingle all these together very well with Verjuice and Eggs, and make them into Balls, so put some Butter into your Pye, and then these Balls, then more Butter, so close it, and bake it; Then cut it open, and put in Verjuice, Butter and Sugar, made green with the Juice of some Spinage; add to it the yelks of Eggs.

249. *To make a Potato Pye.*

Having your Pye ready, lay in Butter, and then your Potatoes boiled very tender, then some whole Spice and Marrow, Dates and the yelks of hard Eggs, blanched Almonds, and Pistacho Nuts, the Candied peels of Citron, Orange and Limon, put in more Butter, close it and bake it, then cut it open, and put in Wine, Sugar, the yelks of Eggs and Butter.

250. *To make a Pig Pye.*

Spit a whole Pig and roast it till it will flay, then take it off the Spit, and take off the Skin, and lard it with Hogs Lard, season it with Pepper, Salt, Nutmeg and Sage, then lay it into your Pye upon some Butter, then lay on some large Mace, and some more Butter, and close it and bake it: It is either good hot or cold.

251. *To make a Carp Pye.*

Take a large Carp and scale him, gut and wash him clean, and dry him well, then lay Butter into your Pye, and fill your Carps belly with this Pudding, grated Bread, sweet Herbs, and a little Bacon minced small, the yelks of hard Eggs and an Anchovie minced, also a little Marrow, Nutmeg, and then put in a little Salt, but a very little, and make some of this up in Balls, then lard the Carp, sew up his Belly, and lay him into your Pye, then lay in the Balls of Pudding, with some Oysters, Shrimps and Capers, and the yelks of hard Eggs, and little slices of Bacon, then put in large Mace and Butter, so close it and bake it, then cut off the Lid, and stick it full of pretty conceits made in Paste, and serve it in hot.

252. *To make an Almond Tart.*

Take a Quart of Cream, and when it boils, put in half a pound of sweet Almonds blanched and beaten with Rosewater, boil them

together till it be thick, always stirring it for fear it burn; then when it is cold, put in a little raw Cream, the yelks of twelve Eggs, and some beaten Spice, some candied Citron peel and Eringo Roots sliced, with as much fine Sugar as will sweeten it; then fill your Tart, and bake it, and stick it with Almonds blanched, and some Citron peel, and strew on some small French Comfits of several colours, and garnish your Dish with Almonds blanched, and preserved Barberries.

253. *To make a dainty White-Pot.*

Take a Manchet cut like Lozenges, and scald it in some Cream, then put to it beaten Spice, Eggs, Sugar and a little Salt, then put in Raisins and Dates stoned, and some Marrow; do not bake it too much for fear it whey, then strew on some fine Sugar and serve it in.

254. *To make a Red Deer Pye.*

Bone your Venison, and if it be a Side, then skin it, and beat it with an Iron Pestle, but not too small, then lay it in Claret Wine and Vinegar, in some close things two days and nights if it be winter, else half so long, then drain it and dry it very well, and if lean, lard it with fat Bacon as big as your finger, season it very high with all manner of spices and salt, make your Pye with Rye-Flower, round and very high, then lay store of Butter in the bottom and Bay-leaves, then lay in your Venison with more Bay-leaves and Butter; so close it, and make a Tunnel in the middle, and bake it as long as you do great Loaves, when it

it is baked, fill it up with melted Butter, and so keep it two or three months, serve it in with the Lid off, and Bay-leaves about the Dish; eat it with Mustard and Sugar.

255. *To make a Pye of a Leg of Pork.*

Take a Leg of Pork well powdred and stuffed with all manner of good Herbs, and Pepper, and boil it very tender, then take off the Skin, and stick it with Cloves and Sage Leaves, then put it into your Pye with Butter top and bottom, close it and bake it, and eat it cold with Mustard and Sugar.

256. *To make a Lamprey Pye.*

Take your Lamprey and gut him, and take away the black string in the back, wash him very well, and dry him and season him with Nutmeg, Pepper and Salt, then lay him into your Pye in pieces with Butter in the bottom, and some Shelots and Bay-leaves and more Butter, so close it and bake it, and fill it up with melted Butter and keep it cold, and serve it in with some Mustard and Sugar.

257. *To make a Salmon Pye.*

Take a Joll of Salmon raw, and scale it, and lay it into your Pye upon Butter and Bay-leaves, then season it with whole Spice and a little Salt, then lay on some Shrimps and Oysters with some Anchovies, then more Spice and Butter, so close the Lid and bake

it, but first put in some White-wine, serve it hot then if it wants, put in more Wine and Butter.

258. *To make a Pudding of French Barley.*

Take French Barley tenderly boiled, then take to one pint of Barley half a Manchet grated, and four Ounces of sweet Almonds blanched and beaten with Rosewater, half a Pint of Cream and eight Eggs with half the Whites, season it with Nutmeg, Mace, Sugar and Salt, then put in some Fruit, both Raisins and Currans, and some Marrow, mingle these well together, and fill Hogs Guts with it.

259. *To make a Hasty-Pudding in a Bag or Cloth.*

Boil a Quart of thick Cream with six spoonfuls of fine Flower, then season it with Nutmeg and Salt, then wet a Cloth, and flower it and butter it, then boil it, and butter it, and serve it in.

260. *To make a Shaking Pudding.*

Take a Quart of Cream and boil it, then put in some Almonds blanched and beaten, when it is boiled and almost cold, put in eight Eggs, and half the Whites, with a little grated Bread, Spice and Sugar, and a very little Salt.

Then wet Flower and Butter, and put it in a Cloth and boil it, but not too much, serve it in with Rosewater, Butter and Sugar, and strew it with small French Comfits.

261. *To make a Haggus Pudding.*

Take a Calves Chaldron well scowred, boiled, and the Kernels taken out, mince it small, then take four or five Eggs, and half the Whites, some thick Cream, grated Bread, Rosewater and Sugar, and a little Salt, Currans and Spice, and some sweet Herbs chopped small, then put in some Marrow or Suet finely shred, so fill the Guts, and boil them.

262. *To make an Oatmeal Pudding.*

Take the biggest Oatmeal and steep it in warm Cream one night, then put in some sweet Herbs minced small, the yelks of Eggs, Sugar, Spice, Rosewater and a little Salt; with some Marrow, then butter a Cloth, and boil it well, and serve it in with Rosewater, Butter and Sugar.

263. *To make Puddings of Wine.*

Slice two Manchets into a Pint of White-wine, and let your Wine be first mulled with Spice and with Limon Peel, then put to it ten Eggs well beaten with Rosewater, some Sugar and a little Salt, with some Marrow and Dates, so bake it a very little, strew Sugar on it, and serve it: instead of Manchet you may use Naples Bisket, which is better.

264. *To make Puddings with Hogs Lights.*

Parboil them very well, and mince them small with Suet of a Hog, then mix it with bread grated,

and some Cream and Eggs, Nutmeg, Rosewater, Sugar, and a little Salt, with some Currans, mingle them well together, and fill the Guts and boil them.

265. *To make Stone Cream.*

Boil a quart of Cream with whole Spice, then pour it out into a Dish, but let it be one quarter consumed in the boiling, then stir it till it be almost cold, then put some Runnet into it as for Cheese, and stir it well together, and colour it with a little Saffron, serve it in with Sack and Sugar.

266. *To make a Posset Pye with Apples.*

Take the Pulp of roasted Apples and beat it well with Sugar and Rosewater to make it very sweet, then mix it with sweet Cream, and the yelks of raw Eggs, some Spice and Sack, then having your Paste ready in your Bake-pan, put in this stuff and bake it a little, then stick it with Candied peels, and so serve it in cold.

267. *To dry Pippins about* Christmas *or before.*

When your Houshold Bread is drawn, then set in a Dish full of Pippins, and about six hours after take them out and lay them in several Dishes one by one, and flat them with your hands a little, so do twice a day, and still set them into a warm Oven every time till they are dry enough; then lay them into Boxes with Papers between every Lay.

268. *To make Snow Cream.*

Take a Quart of Cream, and four Ounces of blanched Almonds, beaten and strained, with half a pint of White-wine, a piece of Orange peel and a Nutmeg sliced, and three sprigs of Rosemary, mix these things together, and let them stand three hours, then strain it, and put the thick part into a deep Dish, and sweeten it with Sugar, then beat some Cream with the whites of Eggs till it be thick Froth, and cast the Froth over it to a good thickness.

269. *To boil Whitings or Flounders.*

Boil some White-wine, Water, and Salt, with some sweet Herbs and whole Spice; when it boils, put in a little Vinegar, for that will make Fish crisp, then let it boil apace, and put in your Fish, and boil them till they swim, then take them out and drain them, and make Sauce for them with some of the Liquor and an Anchovie or two, some Butter and some Capers, heat them over the fire, and beat it up thick, and pour it over them; garnish your Dish with Capers and Parsly, Oranges and Limons, and let it be very hot when you serve it in.

270. *To make a Pye of a Gammon of Bacon.*

Take a Westphalia Gammon, and boil it tender with hay in the kettle, then take off the Skin, and stick it with Cloves and strew it with Pepper, then make your Pye ready, and put it therein with

butter at the bottom then cover your Bacon with Oysters, parboiled in Wine and their own Liquor, and put in Balls made of Sausage meat, then put in the Liquor of the parboiled Oysters, some whole Spice and Bay Leaves, with some Butter, so close it and bake it and eat it cold, you may put into it the yelks of hard Eggs if you please; serve it with Mustard Sugar and Bay Leaves.

271. *To bake a Bullocks cheek to be eaten hot.*

Take your Cheek and stuff it very well with Parsley and sweet herbs chopped, then put it into a Pot with some Claret wine and a little strong Beer, and some whole Spice, and so season it well with salt to your taste, and cover your Pot and bake it, then take it out, and pull out the Bones, and serve it upon toasted bread with some of the Liquor.

272. *To bake a Bullocks Cheek to eat cold as Venison.*

Take a Bullocks Cheek, or rather two fair fat Cheeks, and lay them in water one night, then take out every bone, and stuff it very well with all manner of Spice and Salt, then put it into a Pot, one Cheek clapped close together upon the other, then lay it over with Bay-leaves, and put in a quart of Claret wine, so cover the Pot and bake it with Houshold Bread, when you draw it pour all the Liquor out, and take only the fat of it and some melted Butter, and pour in again, serve it cold with Mustard and Sugar, and dress it with Bay-leaves, it will eat like Venison.

273. *To*

273. *To make a Bacon Froize.*

Take eight Eggs well beaten, and a little Cream, and a little Flower, and beat them well together to be like other Batter, then fry very thin slices of Bacon, and pour some of this over, then fry it, and turn the other side, and pour more upon that, so fry it and serve it to the Table.

274. *To make fryed Nuts.*

Take Eggs, Flower, Spice and Cream, and make it into a Paste, then make it into round Balls and fry them, they must be as big as Walnuts. be sure to shake them well in the Pan and fry them brown, then roll some out thin, and cut them into several shapes, and fry them, so mix them together, and serve them in with Spice beaten and Sugar.

275. *To make a* Sussex *Pancake.*

Take only some very good Pye Paste made with hot Liquor, and roll it thin, and fry it with Butter, and serve it in with beaten Spice and Sugar as hot as you can.

276. *To make a Venison Pasty.*

Take a Peck of fine Flower, and three pounds of fresh Butter, break your Butter into your Flower, and put in one Egg, and make it into a Paste with so much cold Cream as you think fit, but do not mould it too much, then roll it pretty

thin and broad, almost square, then lay some Butter on the bottom, then season your Venison on the fleshy side with Pepper grossly beaten, and Salt mixed, then lay your Venison upon your Butter, with the seasoned side downward, and then cut the Venison over with your knife quite cross the Pasty to let the Gravie come out the better in baking, then rub some seasoning in those Cuts, and do not lay any else because it will make it look ill favoured and black, then put some paste rolled thin about the Meat to keep it in compass, and lay Butter on the top, then close it up and bake it very well, but you must trim it up with several Fancies made in the same Paste, and make also a Tunnel or Vent, and just when you are going to set it into the Oven, put in half a pint of Claret Wine, that will season your Venison finely and make it shall not look or taste greasie; thus you may bake Mutton if you please.

277. *To make a brave Tart of several Sweet Meats.*

Take some Puff paste, and roll it very thin, and lay it in the bottom of your Baking-pan, then lay in a Lay of preserved Rasberries, then some more Paste very thin to cover them, then some Currans preserved, and then a sheet of Paste to cover them, then Cherries, and another sheet to cover them, then any white Sweet Meat, as Pippins, white Plumbs or Grapes, so lid it with Puff-paste, cut in some pretty Fancy to shew the Fruit, then bake it, and stick it full of Candied peels, and serve it in cold.

278. *To*

278. *To make Ice and Snow.*

Take new Milk and some Cream and mix it together, and put it into a Dish, and set it to gather with Runnet as for a Cheese, and stir it together; when it is come, pour over it some Sack and Sugar, then take a pint of Cream and a little Rose-water, and the whites of three Eggs, and whip it to a Froth with a Birchen Rod, then as the froth arises, cast it upon your Cream which hath the Runnet in it, till it lies deep, then lay on bunches of preserved Barberries here and there carelesly, and cast more Snow upon them, which will look exceeding well; then garnish your dish being broad brim'd, with all kind of Jellies in pretty fancies, and several Colours.

279. *To make a Mutton Pye.*

Cut a Loin or Neck of Mutton in steaks, and season it with pepper and salt, and nutmeg, then lay it upon your Pye upon Butter; then fill up your Pye with Apples sliced thin, and a few great Onions sliced thin, then put in more Butter, and close it, and bake it, and serve it in hot.

280. *To poach Eggs the best way.*

Boil Vinegar and Water together with a few Cloves and Mace, when it boils break in your Eggs, and turn them about gently with a Tin slice till the White be hard, then take them up, and pare away what is not handsom, and lay them on Sippets, and strew them over with plumped Currans, then take Verjuice, Butter and Sugar heat together, and pour over, and serve them in hot.

281. *A good Sallad in Winter.*

Take a good hard Cabbage, and with a sharp knife shave it so thin as you may not discern what it is, then serve it with Oyl and Vinegar.

282. *Another Sallad in Winter.*

Take Corn Sallad clean picked and also well washed, and clear from the Water, put it into a Dish in some handsom form with some Horse-Radish scraped, and some Oyl and Vinegar.

283. *To make Sorrel Sops for green Geese or Chickens, or for a Sick Body to eat alone.*

Take a good quantity of French Sorrel clean picked, and stamp it in a Mortar, then strain it into a Dish, and set it over a Chafing-dish of Coals, and put a little Vinegar to it, then when it is thick by washing, wring in the Juice of a Limon and sweeten it with Sugar, and put in a little grated Bread and Nutmeg, then warm another Dish with thin slices of White Bread, and put some Butter to your Sorrel Liquor, and pour over them, serve them in with slices of Limon and fine Sugar.

284. *To make green Sauce for a powdred Leg of Pork, or for a Spring.*

Take a great quantity of French Sorrel, and pick out the Strings and wash it well, and drain it clean from the water, then stamp it in a Mortar till it be extream fine, then put in grated bread and beat it again, then a few Currans and the yelks of hard Eggs, and when it is beaten to a kind of Pap, put in a little Vinegar and Sugar into it; so serve it in upon a Plate with your Meat.

285. *To*

285. *To make* Vin de Molosso, *or Treacle Wine.*

Take fair water, and make it so strong with Molossoes, otherwise called Treacle, as that it will bear an Egg, then boil it with a Bag of all kinds of Spices, and a Branch or two of Rosemary, boil it and scum it, and put in some sweet herbs or flowers, according to the time of the Year, boil it till a good part be consumed, and that it be very clear, then set it to cool in several things, and when it is almost cold, work it with Yeast, as you do Beer, the next day put it into the Vessel, and so soon as it hath done working, stop it up close, and when it hath stood a fortnight, bottle it; this is a very wholesom Drink against any Infection, or for any that are troubled with the Ptisick.

286. *For a Consumption an excellent Medicine.*

Take Shell-snails, and cast Salt upon them, and when you think they are cleansed well from their slime, wash them, and crack their shells, and take them off, then wash them in the distilled Water of Hyssop, then put them into a Bag made of Canvas, with some white Sugar-candy beaten, and hang up the Bag, and let it drop as long as it will, which if you bruise the Snails before you hang them up, it is the better; this Liquor taken morning and evening a Spoonful at a time, is very rare.

287. *A suitable Dish for Lent.*

Take a large Dish with broad brims, and in the middle put in blanched Almonds, round about them Raisins of the Sun, and round them Figs, and beyond them all coloured Jellies, and on the brims Fig cheese.

288. *To make a Rock in Sweet-meats.*

First take a flat broad voiding Basket, then have in readiness a good thick Plum-Cake, then cut your Cake fit to the bottom of the Basket, and cut a hole in the middle of it, that the Foot of your Glass may go in, which must be a Fountain-Glass, let it be as high a one as you can get; put the foot of it in the hole of the Cake edgling, that it may stand the faster, then tie the Cake fast with a Tape to the Basket, first cross one way and then another, then tie the foot of the Glass in that manner too, that it may stand steady, then cut some odd holes in your Cake carelesly, then take some Gum-Dragon steeped in Rosewater, and mix it with some fine Sugar not too thick, and with that you must fasten all your Rock together, in these holes which you cut in your Cake you must fasten some sort of Biskets, as Naples Biskets, and other common Biskets made long, and some ragged, and some coloured, that they may look like great ill-favoured Stones, and some handsome, some long, some short, some bigger, and some lesser, as you know Nature doth afford, and some of one colour and some of another, let some stand upright and some aslaunt, and some quite along, and fasten them all with your Gum, then put in some better Sweet-meats, as Makeroons and Marchpanes, carelesly made as to the shape, and not put on the Rock in a set form, also some rough Almond Cakes made with the long slices of Almonds, (as I have directed before;) so build it up in this manner, and fasten it with the Gum and Sugar, till it be very high, then in some places you must put whole Quinces Candied, both red and white, whole Orange peels and Limon peels Candied; dried Apricocks,

Apricocks, Pears and Pippins Candied, whole Peaches Candied, then set up here and there great Lumps of brown and white Sugar-candy upon the stick, which much resembles some clusters of fine Stones growing on a Rock; for Sand which lies sometimes among the little Stones, strew some brown Sugar; for Moss, take Herbs of a Rock Candy; then you must make the likeness of Snakes and Snails and Worms, and of any venomous Creature you can think of; make them in Sugar Plate, and colour them to their likeness, and put them in the holes that they may seem to lurk, and some Snails creeping one way and some another; then take all manner of Comfits, both rough and smooth, both great and small, and colour many of them, some of one colour and some of another, let some be white and some speckled, then when you have coloured them, and that they are dry, mix them together, and throw them into the Clefts, but not too many in one place, for that will hide the shape of your work, then throw in some Chips of all sorts of Fruit Candied, as Orange, Limon, Citron, Quince, Pear and Apples, for of all these you may make Chips; then all manner of dryed Plumbs, and Cherries, Cornelions dryed, Rasps and Currans, and in some places throw a few Prunelles, Pistacho Nuts, blanched Almonds, Fine Kernels, or any such like, and a pound of the great round perfumed Comfits; then take the lid off the top of the Glass, and fill it with preserved Grapes, and fill another with some Harts-horn Jelly, place these two far from one another, and if you set some kind of Fowl, made in March-panes, as a Peacock, or such like, and some right Feathers gumm'd on with Gum-arabick, let this

Fowl

Fowl ſtand as though it did go to drink at the Glaſs of Hartſ-horn Jelly, and then they will know who ſee it, that thoſe two liquid Glaſſes ſerve for reſemblance of ſeveral Waters in the Rock

Then make good ſtore of Oyſter-ſhells and Cockle-ſhells of Sugar Plate, let ſome be pure white as though the Sea-water had waſhed them, ſome brown on the out-ſide, and ſome green, ſome as it were dirty, and others worn away in ſome places, ſome of them broke, and ſome whole, ſo ſet them here and there about the Rock, ſome edgling, and ſome flat, ſome the hollow ſide upward, and ſome the other, then ſtick the Moſs, ſome upon the ſhells, and ſome upon the ſtones, and alſo little branches of Candied Fruit, as Barberries, Plumbs, and the like, then when all is done, ſprinkle it over with Roſewater, with a Grain or two of Muſk or Ambergreece in it; your Glaſs muſt be made with a reaſonable proportion of bigneſs to hold the Wine, and from that, in the middle of it, there muſt be a conveyance to fall into a Glaſs below it, which muſt have Spouts for the Wine to play upward or downward, then from thence in another Glaſs below, with Spouts alſo, and from thence it hath a conveyance into a Glaſs below that, ſomewhat in form like a Sillibub-pot, where the Wine may be drunk out at the Spout; you may put ſome Eringo Roots, and being coloured, they will ſhew very well among the other Sweet-meats; tie your Basket about with ſeveral ſorts of ſmall Ribbons: Do not take this for a ſimple Fancy, for I aſſure you, it is the very ſame that I taught to a young Gentlewoman to give for a Preſent to a Perſon of Quality.

TO

To the Reader.

Courteous Reader,

I Think it not amiss, since I have given you, as I think, a very full Direction for all kinds of Food both for Nourishment and Pleasure, that I do shew also how to eat them in good order; for there is a Time and Season for all things: Besides, there is not any thing well done which hath not a Rule; I shall therefore give you several Bills of Service for Meals, according to the season of the Year, so that you may with ease form up a Dinner in your Mind quickly; afterwards I shall speak of ordering of Banquets; but these things first, because Banquets are most proper after Meals.

All you who are knowing already, and vers'd in such things, I beseech you to take it only as a Memorandum; *and to those who are yet unlearned, I presume they will reap some benefit by these Directions; which is truly wished and desired by*

Hannah Woolly *alias* Chaloner.

A Bill of Service for extraordinary Feasts in the Summer.

1. A Grand Sallad.
2. A boiled Capon or Chickens.
3. A boiled Pike or Bream.
4. A Florentine in Puff-paste.
5. A Haunch of Venison roasted.
6. A Lomber-Pye.
7. A Dish of Green Geese.
8. A Fat Pig with a Pudding in the belly.
9. A Venison Pasty.
10. A Chicken Pye.
11. A Dish of young Turkies.
12. A Potato Pye.
13. A Couple of Caponets.
14. A Set Custard.

The second Course.

1. A Dish of Chickens roasted.
2. Souced Conger or Trouts.
3. An Artichoke Pye.
4. A cold baked Meat.
5. A souced Pig.
6. A Dish of Partridges.
7. An Oringado Pye.
8. A Dish of Quails.
9. Another cold baked Meat.

10. Fresh

10. Fresh Salmon.
11. A Dish of Tarts.
12. A Joll of Sturgeon.

The Third Course.

1. A Dish of fryed Perches.
2. A Dish of green Pease.
3. A Dish of Artichokes.
4. A Dish of Lobsters.
5. A Dish of Prawns or Shrimps.
6. A Dish of Anchovies.
7. A Dish of pickled Oysters.
8. Two or three dried Tongues.

Another Bill of Fare for Winter Season.

1. A Collar of Brawn.
2. A Capon and White Broth.
3. A boiled Gurnet.
4. A Dish of boiled Ducks or Rabbits.
5. A roasted Tongue and Udder.
6. A made Dish in Puff-paste.
7. A Shoulder of Mutton with Oysters.
8. A Chine of Beef.
9. A Dish of Scotch Collops of Veal.
10. Two Geese in a Dish.
11. An Olive Pye.
12. A Pig.
13. A Loin of Veal.
14. A Lark Pye.
15. A Venison Pasty.
16. A Dish of Capons, two in a Dish or three.
17. A Dish of set Custards.

The Second Course.

1. Young Lamb cut in Joints, three Joints in a Dish Larded.
2. A Couple of fat Rabbits.
3. A Kickshaw fryed or baked.
4. A Dish of roasted Mallards.
5. A Leash of Partridges.
6. A Pigeon Pye.
7. Four Woodcocks in a Dish.
8. A Dish of Teal, four or six.
9. A cold baked Meat.
10. A good Dish of Plover.
11. Twelve Snites in a Dish.
12. Two dozen of Larks in a Dish.
13. Another cold baked Meat.

The third Course.

1. An Oyster Pye hot.
2. A Dish of fryed Puffs.
3. Three or four dried Neats Tongues.
4. A Joll of Sturgeon.
5. Laid Tarts in Puff-paste.
6. Pickled Oysters.
7. A Dish of Anchovies and Caveare.
8. A Warden Pye or Quince Pye.

Note, That when your last Course is ended, you must serve in your Meat-Jellies, your Cheeses of several sorts, and your Sweet-meats.

A Bill of Fare for lesser Feasts.

1. AN Almond Pudding boiled or baked.
2. A Dish of boiled Pigeons with Bacon.
3. A Leg of Mutton boiled, with good Sauce; or a Leg of Pork.
4. A Dish of roasted Olives of Veal.
5. A Dish of Collops and Eggs.
6. A piece of roasted Beef.
7. A Dish of Scotch Collops.
8. A Loin of Veal.
9. A fat Pig roasted.
10. Two Turkies in a Dish.
11. A Venison Pasty.
12. A Dish of Pheasants or Partridges.
13. A Dish of Custards in little China-pots.

The second Course.

1. Three or four Joints of Lamb roasted asunder, though never so small.
2. A couple of Rabbits.
3. A Dish of Mallard, Teal or Widgeon.
4. A Leash of Partridges or Woodcocks.
5. A Pigeon Pye.
6. A Dish of Plovers or Snites.
7. A Dish of fat Chickens roasted.
8. A Warden or Quince Pye.
9. A souced Pig.
10. A Dish of Tarts of several sorts.
11. A Dish of Lobsters or Sturgeon.
12. A Dish of pickled Oysters.

A Bill of Fare for Fish Days and Fasting-Days in Ember-week, or in Lent.

1. A Dish of Butter newly Churned.
2. A Dish of Rice-Milk or Furmity.
3. A Dish of buttered Eggs.
4. A Dish of stewed Oysters.
5. A Dish of Gurnets boiled.
6. A boiled Sallad.
7. A boiled Pike or two Carps stewed.
8. A Dish of buttered Loaves.
9. A pasty of Ling.
10. A dish of buttered salt Fish.
11. A Dish of Smelts.
12. A dish of white Herrings broiled.
13. A Potato Pye or Skirret Pye.
14. A dish of Flounders fryed.
15. An Eel Pye or Carp Pye.
16. A dish of fryed Whitings.
17. A dish of salt Salmon.
18. A dish of Custards.
19. A Joll of Sturgeon.
20. A dish of Pancakes or Fritters.

The second Course.

1. A dish of Eels spichcockt.
2. A Fricasie of Eels.
3. A dish of fryed puffs.
4. A dish of Potatoes stewed.
5. A dish of fryed Oysters.
6. A dish of blanched Mancher.
7. An Oyster Pye with Parsnips.

8. A Pippin-pye buttered.
9. A dish of buttered Shrimps.
10. Two Lobsters roasted.
11. A dish of Tarts of Herbs.
12. A dish of souced Fish.
13. A dish of pickled Oysters.
14. A dish of Anchovies and Caveare.

A Bill of Fare without Feasting; only such a number of Dishes as are used in Great and Noble Houses for their own Family, and for familiar Friends with them.

The first Course in Summer-season.

1. A Fine Pudding boiled or baked.
2. A dish of boiled Chickens.
3. Two Carps stewed, or a boiled Pike.
4. A Florentine in Puff-paste.
5. A Calves Head, the one half hashed, and the other boiled.
6. A Haunch of Venison roasted.
7. A Venison Pasty.
8. A Couple of fat Capons, or a Pig, or both.

The second Course.

1. A dish of Partridges.
2. An Artichoke-Pye.
3. A dish of Quails.
4. A cold Pigeon Pye.
5. A Souced Pig.
6. A Joll of fresh Salmon.
7. A Dish of Tarts of several sorts.
8. A Westphalia Gammon, and dried Tongues about it.

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A Bill of Fare in winter in great Houses.

1. A Collar of Brawn.
2. A Capon and White Broth, or two boiled Rabbits.
3. Two roasted Neats Tongues and an Udder between them.
4. A Chine of Beef roasted.
5. A made Dish in Puff-paste.
6. A Shoulder of Mutton stuffed with Oysters.
7. A fine Sallad of divers sorts of Herbs and Pickles.
8. An Eel Pye or some other Pye.
9. Three young Turkies in a dish.
10. A dish of souced Fish, what is most in season.

The second Course in Winter in great houses.

1. A Quarter of Lamb roasted, the Joints Larded with several things, and roasted asunder.
2. A Couple of Rabbits.
3. A Kickshaw fryed.
4. A dish of Mallard or Teals.
5. A cold Venison Pasty, or other cold baked Meat.
6. A dish of Snites.
7. A Quince or Warden Pye.
8. A dish of Tarts.
9. A Joll of Sturgeon.
10. A dish of pickled Oysters.

A Bill of Fare for Fish-Days in great Houses, and at Familiar times.

1. A Dish of Milk, as Furmity or the like.
2. A Dish of stewed Oysters, or buttered Oysters.
3. A boiled Gurnet, or such like.
4. A Dish of Barrel Cod buttered.
5. A Dish of buttered Loaves, or fryed Toasts.
6. A Pasty made of a Jole of Ling.
7. A Potato Pie, or Skirret Pie.
8. A Dish of Plaice or Flounders.
9. A Piece of Salt Salmon.
10. A Carp Pie cold, or Lamprey Pie.

The second Course to the same.

1. A Dish of Eels spichcockt.
2. A Chine of Salmon broiled.
3. A Dish of Oysters fryed.
4. An Apple-Pie buttered.
5. A Dish of fryed Smelts.
6. A Dish of buttered Shrimps.
7. A Dish of Skirrets fryed.
8. Two Lobsters in a Dish.
9. A Dish of Pickled Oysters.
10. A Dish of Anchovies.

When all these are taken away, then serve in your Cheeses of all sorts, and also your Creams and Jellies, and Sweet-meats after them, if they be required.

Thus I have done with the Bills of Fare in Great Houses, although it be impossible to name half which are in season for one Meal; but this will serve you for the number of Dishes, and any Person who is ingenious, may leave out some, and put in others at pleasure.

A Bill of Fare for Gentlemens Houses of lesser Quality, by which you may also know how to order any Family beneath another, which is very requisite.

The First Course in Summer-season.

1. A Boiled Pike or Carp stewed.
2. A very fine Pudding boiled.
3. A Chine of Veal, and another of Mutton.
4. A Calves Head Pie.
5. A Leg of Mutton rosted whole.
6. A couple of Capons, or a Pig, or a Piece of roste Beef, or boiled Beef.
7. A Sallad, the best in season.

For the second Course to the same:

1. A Dish of fat Chickens roasted.
2. A cold Venison Pasty.
3. A Dish of fryed Pasties.
4. A Jole of fresh Salmon.
5. A couple of Lobsters.
6. A Dish of Tarts.
7. A Gammon of Bacon or dry'd Tongues.

After

After these are taken away, then serve in your Cheese and Fruit.

Note, That this Bill of Fare is for Familiar Times.

A Bill of Fare for Gentlemens Houses at Familiar Times in Winter Season.

The First Course.

1. A Collar of Brawn.
2. A rosted Tongue and Udder.
3. A Leg of Pork boiled.
4. A piece of rosted Beef.
5. A Venison Pasty or other Pie.
6. A Marrow Pudding.
7. A Goose, or Turkie, or Pig.
8. A Sallad of what's in season.

The second Course to the same.

1. Two joynts of Lamb rosted.
2. A couple of Rabbits.
3. A Dish of wild Fowl or Larks.
4. A Goose or Turkie-pie cold.
5. A fried Dish.
6. Sliced Venison cold.
7. A Dish of Tarts or Custards.
8. A Gammon of Bacon, or dried Tongues, or both in one Dish.

When these are taken away, serve in your Cheese and Fruit as before I have told you.

A Bill of Fare for Gentlemens Houses upon Fish-Days, and at Familiar Times.

1. A Dish of buttered Eggs.
2. An Almond Pudding buttered.
3. A Dish of Barrel Cod buttered.
4. A Sallad of what's in season.
5. A Dish of fresh Fish boiled.
6. A Dish of Eels spitchcockt.
7. An Oyster-Pye or Herring Pie.
8. A Fricasie of Eels and Oysters.
9. A Carp Pie cold, or Lamprey Pie.

The second Course to the same.

1. An Apple-Pie buttered, or some Pancakes or Fritters.
2. A Dish of fryed Smelts.
3. A Dish of broiled Fish.
4. A Dish of buttered Crabs.
5. A Dish of Lobsters and Prawns.
6. A Jole of Sturgion or fresh Salmon.
7. A Dish of Tarts or Custards.
8. A Dish of Anchovies or pickled Herring,

When these are taken away, serve in your Cheese and Fruit as before I have told you.

NOw because I would have every one compleat who have a desire to serve in Noble or Great Houses, I shall here shew them what their Office requires; And,

First, *For the Kitchin, because without that we shall look lean, and grow faint quickly.*

THe Cook, whether Man or Woman, ought to be very well skill'd in all manner of things, both Fish and Flesh, also good at Pastry business, seasoning of all things, and knowing all kinds of Sauces, and pickling all manner of pickles, in making all manner of Meat-Jellies; also very frugal of their Lords, or of their Masters, Ladies or Mistresses Purse; very saving, cleanly and careful, obliging to all Persons, kind to those under them, and willing to inform them, quiet in their Office, not swearing nor cursing, nor wrangling, but silently and ingenuously to do their Business, and neat and quick about it; they ought also to have a very good Fancy; such an one, whether Man or Woman, deserves the Title of a fit Cook.

For a Maid under such a Cook.

SHe ought to be of a quick and nimble Apprehension, neat and cleanly in her own Habit, and then we need not doubt of it in her Office; not to dress her self, specially her Head, in the Kitching, for it is abominable sluttish, but in her Chamber before she comes down, and that to be at a fit hour, that the Fire may be made, and all things prepared for the Cook against he or she comes in; she must not have a sharp Tongue, but humble, pleasing, and willing to learn, for ill words may provoke blows from a Cook, their Heads being always filled with the contrivance of their business, which may cause them to be peevish and froward, if provoked to it; this Maid ought also to have a good Memory, and not to forget from one day to another what should be done, not to leave any manner of thing foul at night, neither in the Kitchin nor Larders, to keep her Iron things and others clean scowred, and the Floor clean, as well as places above them; not to sit up junketing and gigling with Fellows when she should be in Bed, such an one is a consumer of her Masters goods, and no better than a Thief; and besides, such Behaviour savoureth much of Levity. But such an one that will take the Counsel I have seriously given, will not only make her Superiors happy in a good Servant, but she will make her self happy also; for by her Industry she may come one day to be Mistress over others.

Now to the Butler.

HE ought to be Gentile and neat in his Habit, and in his Behaviour, courteous to all people, yet very saving of his Masters Goods, and to order himself in his Office as a faithful Steward, charge and do all things for the honour of his Master or Lady, not suffering their Wine or strong Drink to be devoured by ill Companies, nor the small to be drawn out in waste, nor pieces of good Bread to lie to mould and spoil; he must keep his Vessels close stopped, and his Bottle sweet, his Cellars clean washed, and his Buttery clean, and his Bread-bins wholesome and sweet, his Knives whetted, his Glasses clean washed, that there be no dimness upon them when they come to be used, all his Plate clean and bright, his Table, Basket and Linnen very neat; he must be sure to have all things of Sauce ready which is for him to bring forth, that it may not be to be fetched when it is called for, as Oyl, Vinegar, Sugar, Salt, Mustard, Oranges and Limons, and also some Pepper; he must also be very neat and handy in laying the Clothes for the chief Table, and also the Side-boards, in laying his Napkins in several fashions, and pleiting them, to set his Glasses, Plate, and Trencher-plates in order upon the Side-Boards, his Water-glasses, Oranges or Limons; that he be careful to set the Salts on the Table, and to lay a Knife, Spoon and Fork at every Plate, that his Bread be chipped before he brings it in; that he set Drink to warm in due time if the Season require, that he observes a fit time to

ſet Chairs or Stools, that he have his Ciſtern ready to ſet his Drink in, that none be ſpilt about the Room, to waſh the Glaſſes when any one hath drunk, and to wait diligently on them at the Table, not filling the Glaſſes too full; ſuch an one may call himſelf a Butler.

To the Carver.

IF any Gentleman who attends the Table, be employed or commanded to cut up any Fowl or Pig, or any thing elſe whatſoever, it is requiſite that he have a clean Napkin upon his Arm, and a Knife and Fork for his uſe, and that he take that Diſh he ſhould carve from the Table, till he hath made it ready for his Superiors to eat, and neatly and handſomly to carve it, not touching of it ſo near as he can with his Fingers; but if he chance unawares to do ſo, not to lick his Fingers, but wipe them upon a Cloth, or his Napkin, which he hath for that purpoſe; for otherwiſe it is unhandſome and unmanerly; the neateſt Carvers never touch any Meat but with the Knife and Fork; he muſt be very nimble, leſt the Meat cool too much, and when he hath done, return it to the Table again, putting away his Carving-Napkin, and take a clean one to wait withal; he muſt be very Gentile and Gallant in his Habit, leſt he be deemed unfit to attend ſuch Perſons.

To all other Men-Servants or Maid-Servants, who commonly attend such Tables.

THey must all be neat and cleanly in their Habit, and keep their Heads clean kembed, always ready at the least Call, and very attentive to hear any one at the Table, to set Chairs or Stools, and not to give any foul Napkin, but see that every one whom their Lord or Master is pleased to admit to their Table, have every thing which is fit for them, and that they change their Plates when need shall be, also that they observe the eyes of a Stranger what they want, and not force them still to want because they are silent, because it is not very modest for Inferiors to speak aloud before their Betters, and it is more unfit they should want, since they have leave to eat and drink. They must wait diligently, and at a distance from the Table, not daring to lean on the Chairs for soiling them, or shewing Rudeness; for to lean on a Chair when they wait, is a particular favour shewn to any superior Servant, as the chief Gentleman, or the Waiting Woman when she rises from the Table: they must not hold the Plates before their Mouths to be defiled with their Breath, nor touch them on the right side. When the Lord, Master, Lady, or Mistress, shew that favour to drink to any Inferior, and command them to fill for them to pledge them, it is not modesty for them to deny Strangers that favour, as commonly they do, but to fulfil their Commands, or else they dishonour the Favour.

When any Dish is taken off the Table, they must not it set down for Dogs to eat, nor eat it themselves by the way, but haste into the Kitchin with it to the Cook, that he may see what is to be set away, and what to be kept hot for Servants; when all is taken away, and Thanks given, they must help the Butler out with those things which belong to him, that he may not lose his Dinner.

They must be careful also to lay the Cloth for themselves, and see that nothing be wanting at the Table, and to call the rest of the Servants to Meals, whose Office was not to wait at the Table, then to sit down in a handsome manner, and to be courteous to every Stranger, especially the Servants of those Persons whom their Lord or Master hath a kindness for.

If any poor Body comes to ask an Alms, do not shut the Door against them rudely, but be modest and civil to them, and see if you can procure somewhat for them, and think with your selves, though you are now full fed, and well cloathed, and free from care, yet you know not what may be your condition another day: So much to inferiour Servants.

To the Gentlewomen who have the Charge of the Sweet-meats, and such like Repasts.

Gentlewomen,

PErhaps you do already know what belongs to serving in fine Cream Cheeses, Jellies, Leaches or Sweet-meats, or to set forth Banquets as

as well as I do; but (pardon me) I speak not to any knowing Person, but to the Ignorant, because they may not remain so; besides really there are new Modes come up now adays for Eating and Drinking, as well as for Clothes, and the most knowing of you all, may perhaps find somewhat here which you have not already seen; and for the Ignorant, I am sure they may ground themselves very well from hence in many Accomplishments, and truly I have taken this pains to impart these things for the general good of my Country, as well as my own, and have done it with the more willingness, since I find so many Gentlewomen forced to serve, whose Parents and Friends have been impoverished by the great Calamities, *viz.* the late Wars, Plague, and Fire, and to see what mean Places they are forced to be in, because they want Accomplishments for better.

I am blamed by many for divulging these Secrets, and again, commended by others for my Love and Charity in so doing; but however I am better satisfied with imparting them, than to let them die with me; and if I do not live to have the comfort of your thanks, yet I hope it will cause you to speak well of me when I am dead: The Books which before this I have caused to be put in Print, found so good an acceptance, as that I shall go on in imparting what I yet have, so fast as I can.

Now to begin with the ordering those things named to you.

If it be but a private Dinner or Supper in a Noble House, where they have none to honour above themselves, I presume it may be thus:

In

In Summer time, when the Meat is all taken away, you may present your several sorts of Cream Cheeses; one Meal, one Dish of Cream of one sort, the next of another; one or two Scollop Dishes with several sorts of Fruit, which if it be small Fruit as Rasps or Strawberries, they must be first washed in Wine in a Dish or Bason, and taken up between two Spoons, that you touch them not.

With them you may serve three or four small dishes also with Sweet-meats, such as are most in season, with Vine Leaves and Flowers between the Dishes and the Plates, two wet Sweet-meats, and two dry, two of one colour and two of another, or all of several colours.

Also a Dish of Jellies of several colours in one Dish, if such be required.

If any be left, you may melt them again, and put them into lesser Glasses, and they will be for another time.

If any dry ones be left, they are soon put into the Boxes again.

If any persons come in the Afternoon, if no greater, or so great as the Person who entertain them, then you may present one or two dishes of Cream only, and a whipt Sillibub, or other, with about four Dishes of Sweet-meats served in, in like manner as at Dinner, with dishes of Fruit, and some kind of Wine of your own making. At Evenings, especially on fasting Days at Night, it is fit to present some pretty kind of Creams, contrary from those at Dinner, or in instead of them some Posset, or other fine Spoon Meats, which may be pleasant to the Taste, with some wet and dry Sweet-meats, and some

some of your fine Drinks, what may be most pleasing.

At a Feast, you may present these things following.

So soon as the Meat is quite taken away, have in readiness your Cream Cheeses of several sorts and of several colours upon a Salver, then some fresh Cheese with Wine and Sugar, another Dish of clouted Cream, and a Noch with Cabbage Cream of several Colours like a Cabbage; then all sorts of Fruits in season, set forth as followeth.

First, you must have a large Salver made of light kind of Wood, that it may not be too heavy for the Servitor to carry; it must be painted over, and large enough to hold six Plates round about, and one larger one in the middle; there must be places made in it to set the Plates in, that they may be very fast and sure from sliding, and that in the middle the seat must be much higher than all the rest, because that is most graceful; your Plates must not be so broad as the Trencher Plates at Meat, and should be either of Silver or China.

Set your Plates fast, then fill every one with several sorts of Fruits, and the biggest sort in the middle, you must lay them in very good order, and pile them up till one more will not lie; then stick them with little green Sprigs and fine Flowers, such as you fancy best; then serve in another such Salver, with Plates piled up with all manner of Sweet-meats, the wet Sweet-meats round about, and the dry in the middle, your wet Sweet-meats must be in little Glasses, that you may set the more on, and between

every

every two Glasses another above the first of all, and one on the top of them all; you must put of all sorts of dried Sweet-meats in the middle Plate, first your biggest and then your lesser, till you can lay no more; then stick them all with Flowers and serve them: and in the Bason of Water you send in to wash the Hands or Fingers of Noble Persons, you must put in some Orange Flower Water, which is very rare and very pleasant.

In Winter you must alter, as to the Season, but serve all in this manner; and then dried Fruits will also be very acceptable; as dried Peares and Pippins, Candied Oranges and Limons, Citrons and Eringoes, Blanched Almonds, Prunels, Figs, Raisins, Pistachoes and blanched Walnuts.

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Postscript.

NOw good Readers, here are three hundred and ten choise Receipts added for a Second Part of the *Queen-like Closet*, and you may, I am sure, make many more of them if you observe how many I have taught in one; if I had not taken that course, only for brevity sake, and that it might not be tedious and impertinent to you, I might have enlarged this Volume very much.

A SUPPLEMENT TO THE *QUEEN-LIKE* CLOSET, OR A LITTLE OF EVERY THING.

PRESENTED

To all Ingenious Ladies, and Gentlewomen.

By HANNAH WOOLLEY.

LONDON:

Printed for *R. Chiſwel* at the *Roſe* and *Crown* in St. *Paul's Church-Yard*, and *T. Sawbridge* at the *Three Flower-de-Luces* in *Little-Britain*, 1684.

To all Ingenious

Ladies and Gentlewomen.

LADIES, *The last I sent unto your view,*
The Queen-like Closet *I presented you:*
And in it such rare Secrets I may say,
In no Book you will find (though read you may.)
'Tis twelve years past since first in print I came,
More for my Countries good, than to get fame.
My study was to impart to others free,
What God and Nature hath informed me.
I must not hide that Talent God me gave,
Content I am, others a share should have
To practice what I teach, if pains they'l take,
Amends for all my care they will me make.
Servant to Ingenuity I'le be,
Such Ladies *shall command all Arts from me.*
Nothing from them I'le hide that's in my heart,
To wait on them I think it is my part.
And to confirm to them what I have writ,
Fearing no Censures 'mongst them that have Wit.
If any one that Honour will me give,
To see me in the place where I do live,
I will them satisfie in every thing
That they desire, and vindication bring
Unto my self, who have been much abus'd
By a late printed Book, my Name there us'd:

I was far distant when they printed it,
Therefore that Book to own I think not fit.
To boast, to brag, tell stories in my praise,
That's not the way (I know) my Fame to raise.
Nor shall I borrow any Pen or Wit
(Innocence will hide what faults I do commit.)
My true intent is for to serve you all;
To work, to write, to come when you do call.
Nor would I seem as dead while I do live,
No commendation to me would that give:
Nor like the idle Drone my time to pass,
But as the Bee, suck Honey from Flower and Grass.
The Quintessence of what I have I send;
Accept it really, as I intend,
For to accomplish those who want the skill,
Their Tables to adorn and Closets fill.
To those of riper judgment I submit,
To commend or to censure want I've writ.
Thus Ladies, *I take leave, desiring still,*
Your pleasures and your fancies to fulfil.

H. W.

TO

TO THE

READER.

YOU find in my former Books, Instructions for *Cookery*, *Preserving* rare *Waters*, both Cordial and pleasant; *Cakes*, *Jellies*; several excellent Remedies for those in *Consumptions*, and for the *Stone*.

I shall now give you some Directions for washing Black and White *Sarsnets*, or coloured *Silks*; washing of *Points*, *Laces*, or the like; starching

of *Tiffanies*, making clean *Plate*, cleaning of *Gold* and *Silver Lace*, washing *Silk Stockings*, adorning of *Closets* with several pretty Fancies; things excellent to keep the *Hands* white, and *Face* and *Eyes* clear; how to make *Transparent Work*, and the *Colours* thereto belonging; also *Puff-Work*: Some more Receipts for *Preserving* and *Cookery*: Some Remedies for such *Ailments* as are incident to all People; as *Corns*, *Sore Eyes*, *Cut Fingers*, *Bruises*, *Bleeding at Nose*; all these you may help by my Directions, with a small matter of Cost;

where-

whereas elſe, you may be at a great Charge and long trouble, and perhaps endanger your *Eyes* or *Limbs*. I ſhall give you none, but ſuch things as I have had many years Experience of with good ſucceſs, I praiſe God.

As you dare confide in me, I pray make uſe of them: I hope you will not fear, ſince what I have already imparted hath been found true, and hath benefited many.

Some are of that mind, that they value nothing but what is *far fetcht*, *dear bought*, or *hard to be had*, and will rather prize thoſe things which

are kept ſecret, though if known, are but ſimple: And ſuch are apt to ſlight what is made known to them, not regarding the *reality* of the Friend who doth impart it to them, meerly out of their Good-will, and to ſave their Purſes. Such is the *vanity* of this wicked World, that whatſoever one doth out of a ſincere and Chriſtian-like mind, yet it is ſlighted. I may compare it to thoſe words in the *Goſpel*, which ſays, *Caſt not Pearl before Swine*. And if *Galen*, and *Hippocrates* and *Paracelſus* were alive, or any of the wiſeſt Philoſophers, and ſhould declare

clare in Writing all their Skill, and lay those Writings down to the view of every Eye, not one in ten would believe it. For my part, I am of that mind, never to condemn any man till I prove it false; nor publickly to commend any thing, till I find it good. You may believe me if you please, and as you find the Truth, so trust me.

I have been *Physitian* and *Chyrurgion* in my own House to many, and also to many of my Neighbours, eight or ten Miles round. I think it not amiss to recite some of those Cures I have done, the Pla-

ces where I have done them, and upon whom; but cannot particularly tell you with what, where the Cure is difficult; becauſe there is in thoſe caſes a good Judgment required; and I uſe thoſe things in thoſe Caſes which are not common Receipts, which may as well Kill as Cure; but ſuch things as I find proper to take away the Cauſe of the Diſtemper; Experience with much Reading muſt give that underſtanding. I dare not therefore adventure to teach, but only thoſe things wherein People cannot eaſily err, and by which

which they may receive good.

For the reſt of what I have ſpoken, and for many other things which I cannot in few words relate, if any perſon will come to me, I will ſatisfie them to their content; and be

Their Friend,

and Servant,

H. Woolley.

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A SUPPLEMENT TO THE *Queen--like Closet:* OR, A little of every thing.

Imprimis: *To starch Tiffany.*

DO not soap your Tiffany, save only on the Hems or Laces, with Crown Soap, then wash them very well in three Ladders pretty hot, and let your last Ladder be made thin of the Soap, do not wrinse them nor wring them hard, then dry them over Brimstone, and keep them all the time from the Air, for that will spoil them.

Then make your Starch of a reasonable thickness, and blew it according to your likeing, and

to a quarter of a pound of Starch, put as much Allom as an Hasel Nut; boil it very well and strain it, and while it is hot, wet your Tiffanies with it very well, and lay them in a Cloth to keep them from drying, then wash your hands cleen and dry them, then hold your Tiffanies to a good fire till they be through hot, then clap them and rub them between your hands from the fire till you see they be very clear, then shape them by a piece of Paper cut out by them before they were washed, and iron them with a good hot Iron, and they will look glossie like new Tiffany.

Thus you may starch Lawns; but observe to iron them on the wrong side, and upon a Cloth wetted and wrung out again. Sometimes (if you please) in stead of Starch you may lay Gum-Arabick in water, and when it is dissolved, wet your Lawns in that instead of Starch, and hold them to the fire as before directed, clapping them and rubbing them till they are very clear.

To make clean Points or Laces.

Take White Bread of half a day old, and cut it in the middle, and pare the Crust round the edge, so that you may not hurt your Points when you rub them, then lay them on a Table upon a clean Cloth, and rub them very well with the White Bread all over, then take a clean little brush and rub over the Bread very well, till you think you have rubbed it very clean, then take your Point or Lace and shake the Bread clean off, then brush it very well from the Bread, and take a clean linnen Cloth and gently flap it over oft-times.

Thus

Thus you may get the soil off, from white Satten, Tabby, Taffety, or any coloured Silk; provided it be not greasie nor too much soiled.

To wash and starch Points.

Take your Points and put them into a tent, then make a strong ladder with the best Soap you can get; then dip a Brush in that ladder and soundly rub your Point on both sides; so do till you have washed it in four ladders, then wash it in fair water alone, then with blew water; and when you have so done, take Starch made thin with Water, and with your Brush on the wrong side wash it over with it, so let it dry: then lay your tent upon a Table, and with an Ivory Bodkin made for the purpose, run into every close and narrow part of it, to open it betwixt the gimp or over-cast; likewise into every Ilet hole to open them.

For the Laces after you have pulled them out well with your hands, you must iron them on the wrong side.

Let your water be warm wherewith you make your ladder.

When you take them out of the tent, iron them on the wrong side: let not the water be too blew with which you wash them.

To wash white Sarsnets.

Lay them very smooth and straight upon a Board, and if there be any dirty plats, soap them a little, then take a little hard Brush and soap it well, then dip that Brush in water, and with

it make a pretty thick ladder, then take the Brush and rub your Sarsnet well, the right way of the Sarsnet sideways of the Brush, and when you have washed one side well, turn it and wash the other.

Then have a clean ladder scalding hot, and cast your Hoods in double into it, and cover it, and still as fast as you wash them, cast them into that; you must give them three good washes upon the Board, and after the first ladder let the other be very hot, and cast them into a Scald every time; then take up a scalding hot ladder, into which put some Gum-Arabick, steeped before in water, and some Smalt to blew it a little, let them lye doubled up in that close covered for an hour; when you come to take them out, be sure you dip them very well all over, and then fold them up to a very little compass, and squeeze them smooth betwixt your hands, then smoak them over Brimstone, then draw them between your hands every way till they be little more than half dry, then smooth them with good hot Irons the same way you did wash them, and upon the right side of the Sarsnet.

To wash Coloured Silk.

They are done the same way with the White, only there must be no blew, nor smoaking over Brimstone.

To wash Black Sarsnets.

They are washed the very same way with the other, only wrinsed in strong Beer cold, without any Gum, and iron'd upon the wrong side, and on a Woollen Cloth.

To wash Silk Stockings.

Make a good strong ladder with Soap, and pretty hot, then lay your Stockings on a Table, and take a piece of such Cloath as the Sea-men use for their Sails, double it up and rub them soundly with it; turn them first on one side, and then on the other, till they have past through three ladders, then wrinse them well, and hang them to dry with the wrong sides outward; and when they are near dry, pluck them out with your hands, and smooth them with an Iron on the wrong side.

To make clean Gold and Silver Lace.

Take the Lace off from your Garment, and lay it upon a Table, and with a Brush rub it all over very well with burnt Alom beaten fine, till you find it to become of the right colour; then shake it very well, and wipe it very well with a clean linnen Cloth often-times over.

To get spots of Ink out of any linnen Cloth.

Before that you suffer it to be washed, lay it all night in Urine, the next day rub all the Spots

in the Urine, as if you were washing in water, then lay it in more Urine another night, and then rub it again, and so do till you find they be quite out.

To get the stains of Fruit out of any Linnen Cloth.

Take them before they are washed, and with a a little Butter rub every spot very well, then let the Cloth lye in scalding hot Milk a while, and when it is a little cooled, rub the spotted places in the Milk till you see they are quite out, and then wash it in Water and Soap.

To take out any greasie Spots out of Silk Stuff, or Cloth.

Take a linnen rag and wet it very well in fair water, then with a pair of Tongs put a live Sea-coal or Wood-coal upon the wet rag, and hastily close the rest of the Rag about the Coal, and presently lay it upon the greasie spot while it is smoaking hot; and when you do perceive it to be cool, do so again, and so do till you find they are quite taken out.

To make clean Plate.

Wash your Plate first in Soap-suds and dry it, then if there be any spots, rub them out with Salt and Vinegar.

Then when you have so done, annoint your Plate all over with Vinegar and Chalk, and lay it in the Sun or before the Fire to dry, then rub it off with warm clean linnen Cloths very well, and it will look like new.

To

To keep the Hair clean, and to preserve it.

Take two handfuls of Rosemary, and boil it softly in a quart of Spring water till it comes to a pint, and let it be covered all the while, then strain it out and keep it; every morning when you comb your Head, dip a spunge in this water and rub up your Hair, and it will keep it clean and preserve it; for it is very good for the brain, and will dry up Rheum.

To wash the Face.

There is no better thing to wash the face with, to keep it smooth and to scour it clean, then to wash it every night with Brandy, wherein you have steeped a little flower of Brimstone, and the next day wipe it only with a Cloth.

To make a Salve for the Lips.

Take two ounces of white Bees-wax and slice it thin, then melt it over the fire with two ounces or more of pure sallad Oyl and a little white Sugar-candy; and when you see that it is well incorporated, take it off the fire, and let it stand till it be cold. Then set the Skillet on the fire again till the bottom is warm, and so turn it out; annoint your Lips or sore Nose, or sore Nipples with this, and it will heal.

To keep the Teeth clean and sound.

Take common white Salt one ounce, as much of Cuttle-bone, beat them together, and rub your Teeth with it every Morning, and then wash them with fair water.

I have spoken enough concerning your Cloaths, and Face and Hands, now I will give you direction for to be your own Chirurgions and Physicians, unless the case be desperate: but before I begin to teach, be pleased to take notice of what Cures I have done, that you may be assured of my ability.

FIrst, take notice that my Mother and my elder Sisters were very well skilled in Physick and Chirurgery, from whom I learned a little, and at the age of seventeen, had the fortune to belong to a Noble Lady in this Kingdom, till I Married, which was at twenty four years (those seven years I was with her) she finding my genius, and being of a Charitable temper to do good amongst her poor Neighbours, I had her Purse at command to buy what Ingredients might be required to make Balsoms, Salves, Oyntments, Waters for Wounds, Oyls, Cordials, and the like; besides she procured such knowledge for me from her Physicians and Chirurgions (who were the best that all *England* could afford) and also bought many Books for me to read, that in short time, with the help of those worthy men before mentioned, I soon became a Practitioner, and did begin with Cut-fingers, Bruises, Aches, Agues,

Head-

Head-ach, Bleeding at the Nose, Felons, Whitloes on the Fingers, Sore Eyes, Drawing of Blisters, Burnings, Tooth-ach, and any thing which is commonly incident; and in all those Cures God was pleased to give me good success.

When I was about the age of two and twenty years, I was sent by this Noble Lady to a Woman in hard labour of Child, who being quite wearied out with her pains, she fell into strong Convulsion fits, which greatly endangered both her self and the Child, but by Gods help those Remedies which I gave her, caused her Fits to cease, and a safe Delivery followed.

When I was Married to Mr. *Wolley*, we lived together at *Newport Pond* in *Essex* near *Saffron Walden* seven years; my Husband having been Master of that Free-School fourteen years before; we having many Boarders, my skill was often exercised amongst them, for oftentimes they got mishaps when they were playing, and oftentimes fell into distempers; as *Agues*, *Feavers*, *Meazels*, *Small-Pox*, *Consumptions*, and many other Diseases; in all which, unless they were desperately ill, their Parents trusted me without the help of any Physician or Chirurgion: likewise the Neighbours in eight or ten miles round came to me for Cure.

A Woman who had had a sore Leg one and twenty years I quite cured.

Another being kicked by a churlish Husband on her Leg, so that a Vein was burst, whereby she lost at the least a pottle of Blood; I stayed the Blood and cured her Leg.

A young Maid as she was cutting Sticks with an Ax, by chance cut her Leg sorely, she having

ing long time been afflicted with the Green-sickness and Dropsie; not only cured her Leg, but also her other Distempers at the same time.

A Gentleman having got a Bruise on his Leg by the Lash of a Whip, and being in a desperate condition with it, so that he was in danger of his life, I in a competent time did cure.

Many of the Convulsion-fits, and Rickets among Children I did cure.

One being bitten with a Mad Dog, I in very short time did cure him.

Several Women who had sore Breasts and sore Nipples, I cured.

Many who had violent fits of the Stone I eased them.

A Man being much bruised with the fall of a Cart upon him, I Cured.

One being much bruised by Rogues, meeting him on the way, and after they had beaten him down, kicked him on one side of his Head, so that his Ear was swelled you could see no shape it had, and withal, fell into a Feaver: I, by Gods help did cure.

A Woman who for divers Months had a very great Flux upon her, I speedily cured.

A Man lying sick of the Meazels, and being all struck in, so that it was thought he could not possibly have lived, I gave him a Cordial which brought them forth again and recovered him.

A Child of a year old being taken with the shaking Palsie, I cured.

A Man having a Pitch-fork run into the corner of his Eye, I cured.

A Woman having a Stick run into the corner of her Eye, I cured.

A little Boy falling from a Bridge into a little River, cut his Head so with a stone, that while I had it in Cure, there came forth a sliver of the Skull; I cured.

A Man taken suddenly with an Apoplex, as he walked the Street, his Neighbours taking him into a House, and as they thought he was quite dead, I being called unto him, chanced to come just when they had taken the Pillow from his Head, and were going to strip him; but I caused him to be set upright, and his Mouth to be opened by force, then did I give him something out of a little glass, and caused him to be rubbed and chafed, and Air to be given him, so that in a little time he came to himself and knew every one: He lived about ten hours after, and gave God and me thanks, that he was not taken away in that condition, but gave him sense to make his peace with God, and to order what he had left. I willed him to send for a Physician; which he did, who did approve of what I had done, but could not save his life.

A Woman being struck with a staff upon the Lip, so that it was cut asunder with the blow: I in short time cured.

Many I did cure in that Town, which were burned with fire, and some scalded, and none of them had a Scar.

A Girl about twelve years of Age being taken with a Lethargy, and after I had brought her out of it she fell into strong and strange Convulsion fits, which in few weeks I did perfectly cure.

After

After these Seven years were past, we lived at *Hackney*, near *London*, where we had above threescore Boarders; and there I had many more Trials for my Skill both at home and abroad.

I cured my own Son of an Impostume in the Head, and of a deep Consumption, after the Physicians had given him over.

I cured a Woman of threescore years old, who had lain Bed-ridden half a year of a Timpany, and was not able to help her self: This Cure I did in three days.

I cured a Man-servant to a Gentleman, who had a sore Leg by a fall from an high place, and it was grown so dangerous, that it was thought incurable.

I cured a Bricklayer, who had a sore Leg by the fall of Timber, and because he was poor, his Chirurgion gave it over.

I cured a Shoe-maker of a sore Leg, who had spent three pounds on it before he came to me.

I cured a poor Woman of a sore Leg, who was advised by a Chirurgion to have it cut off.

A Cancer in the Nose I have cured.

Cancers in the Mouth and Throat.

The Green-sickness in many. *Dropsie*, *Jaundies*, *Scurvey*, *Siatica*, *Griping* of the *Guts*, *Vomitting* and *Looseness*.

And for the Palsie, whether Dead or Shaking, I am sure none can give better Remedies, nor know it better than I do, having bought my Experience at a dear rate; there is none who have been more afflicted with it than my self, and (I hum-

humbly bless God for it) there is no Person more freer from it than my self, nor from any other Disease, and that is very much, I being now in my Two and fiftieth year.

Much more I could say, but I think I need not; for they who do believe any thing I write, will, I hope, have confidence to make use of these Receipts I shall give them without any fear. It is altogether as necessary that you should know how to keep your Bodies in health, to preserve your Eye-sight and your Limbs, as it is to Feed or Cloath your self. Therefore the more fully to accomplish you, let me perswade you not to slight, but to value what I shall teach, and give God the Glory; who out of so mean things as I shall name, he should, of his goodness to us, create in them so great a vertue. I do not attribute any thing, but to his alone power, and give him praise when he pleaseth to make me an Instrument of doing good.

For any Ague whatever.

TAke of the dried leaves of Lawrel which is esteemed in Gardens: Take of the fine powder thereof as much as will lye upon a sixpence by heap, mix it with any liquid thing, and take it one hour or two before the Fit comes; do this three times and go to bed, and keep warm.

The best thing to give it in is Treacle-water, Cardus-water, or Dragon-water.

For

For the Falling-Sickneſs.

Take a live Mole, and cut the throat of it into a Glaſs of White-wine, and preſently give it to the party to drink at the New and Full of the Moon (*viz.*) the day before the New, the day of the New, and the day after, and ſo at the Full.

This will cure abſolutely, if the Party be not above forty years of age.

For an extream Rhume falling from the Head.

Take ſome *Lucatelia* Balſom, and ſpread it thin upon the ſmooth ſides of red Sage leaves, take five or ſix of theſe leaves with the other ſide downward, upon a few embers of Wood Coals, and take the ſmoak through a paper tunnel in your mouth; thus do every morning till you find a Cure.

For Worms a miraculous Cure.

Let the party drink their own Water with a little Methridate mingled therein, for three days together in the morning faſting, and walk after it.

A most excellent Oyntment for a all manner of swellings and sores, and for the Kings Evil, it will dissolve it if it be to be dissolved, it will both break and heal; it is good also for sore Eyes if anointed therewith.

Take one pint of the juice of *Cellondine*, and boil it in one pound and half of new Butter never salted, till you may by your judgment think it to be enough, so keep it in a Gally-pot for your use, and when you apply it let it be warm, and bathe the place well, if it be not broken; but if it be broken, then dip fine linnen Cloths in it and lay on twice in the day, anoint sore Eyes gently with a Feather, every night till they are well.

A most excellent Balsom for Wounds.

Take a pint of the purest sallad Oyl, and put to it four ounces of common Brimstone beaten fine, and set it in the Sun for three weeks or more before you use it.

If the Wound be inflamed, spread some conserve of Red Roses upon a linnen Cloth, and lay it on over night, the next morning bathe it well with Brandy, and then lay on this Balsom with a Feather warm, use the Conserve of Roses till you find the Inflamation to be quite gone, and if you perceive proud flesh to grow in the Wound, then lay in a little burnt Allom after you have washed it, before you lay on the Balsom.

Conserve of Red Roses is also very good to lay upon inflamed Eyes, moistned first with a few drops of Plantain Water, and then spread upon

upon Lawn, and so laid on the Eye-lids with a Lawn between, bind it on all night, and the next day wash it off with a little Red-rose water, and a little white Sugar-Candy.

For a Cancer in the Breast; or to cure sore Eyes.

There is no better thing in the World than to take inwardly Sows or Woodlice, in this manner following.

Take about sixscore of them alive, and wash them in a little White-wine, then bruise them well in a Porringer with the back of a Spoon, then pour in some clean White-wine into them, and strain the juice of them into a quart of White-wine or Ale, but White-wine is better; keep it in a Glass-bottle, and every morning fasting, and at four of the Clock in the afternoon drink one quarter of a pint of it, so long as you find you need it. Then take a quart of Spring-water that rises in the East, and boil therein two handfuls of Red-sage till half your water be consumed, then strain it out and put in a little Roch-Allom, and then some Honey, heat them together over the fire, and then put it in a Glass for your use: lay nothing to your Breast but linnen Cloths dipped in some of this Sage-water warmed, Morning and Evening. It is the Wood-lice which doth the Cure, for any drink which is made of them, especially if it be in White-wine, doth not only cure a Cancer in the Breast, but also sore Eyes, Scurvey, drowsiness in the Brain, Convulsion-fits in Children or in older People, or any manner of Obstructions, for they will carry out all evil and venomous Humors out of the Body.

For

For any Spots in the Face.

Take a piece of the After-birth of a Womans first Child, and rub your Face with it over night, the next morning wash it off with a little new Milk warm from the Cow; do so three or four times and it will help.

To cure one who pisseth their Bed.

Take of the After-birth of a Woman, and dry it in an Oven, and beat it to powder, and give as much as will lie on a sixpence in a little Wine or Syrup, for a week together, every morning fasting, and nothing is better.

For Madness, and for Fumes in the Head.

Rub the souls of the Feet with the Spirit of Brandy every night, and apply the Herb Henbane, bruised with a little Nutmeg and Whitewine Vinegar to the Temples; it will ease pain in the Head, and cause the Party to sleep.

For pain in the Bones.

Anoint the place grieved with Dogs Grease every night by the fire, and wear Socks cut out of a Bears Skin in their Shoes every day, and their pain will be gone.

For the Leproſie, or any other venomous Humor.

Swallow every twelve hours a bullet of Gold, and ſtill as you void one waſh it in Treacle-water, and at the due hour ſwallow it again; continue doing this a long time and it will cure.

To kill Rats.

Fry a Spunge in Butter and hang it by a ſtring, and the Rats will forſake the Room.

To cure a Horſe of a Cold, though he hath had it never ſo long a time.

Take two new laid Eggs, put them into an Earthen-pot, and then put in as much White-wine Vinegar as will cover them, then cover them cloſe, and put them into a Horſe-dunghill, and cover it over with the dung, ſo let it ſtand twelve hours, then pour it down the Horſes throat ſhells and all, and gallop him after it, and cloath him very warm; be ſure you give it him three or four times, but there muſt be a day between every time.

For a Cow that ſtales Blood.

Take a good handful of the Herb called Peruwincle and bruiſe it, and boyl it in a quart of Ale till it come to a pint, then ſtrain it and give it her to drink; do ſo three times. Peruwinckle hath alſo an excellent vertue to ſtench bleeding at the Noſe in Chriſtians if it

it be made into a Garland and hung about the Neck.

An excellent Medicine for the Cold Gout.

Take Stone-pitch three drams, pound it to dust, and set it over the fire; Venice Turpentine so much as being mingled with the Pitch, will make it spread when the Pitch is cold; the best Turmerick, five or six Races beaten to powder, Letharge of Gold half an once; mix all these together when you have warmed the Pitch, and work them together that all may become one Substance, and use it for your Plaister, following the Gout as it shall remove.

For the Hot Gout, a most admirable Medicine.

Take the Bones of a Horses Legs, break them, and take the Marrow out of them, and wash it clean, it must be the whitest Marrow, wash the Bones also, and put both the Marrow and them into a Kettle with running water, and set them a boyling, skim off the first rising for that will be froth, then skim of all the rest that ariseth and save it, as you do the Neats-foot Oyl; then take of Hyssop, Time, Camomile, Rosemary, and six leaves of red Sage (of all) the quantity of a handful, and when you have got as much Oyl as you can, then boyl the Herbs in it for a quarter of an hour, then strain it and keep it in a Gally-pot or Glass; the quantity of a small Nut will go a great way; you must strip the Rosemary and Time upwards, and be sure you put in none of the stalks; put in as much Sothernwood-tops and

of

of Lavender-Cotton, as you did of each of the other Herbs, and boyl them with the other, keep it well from the Air.

An excellent Glister to Cool and Bind.

Take a quart of new Milk, and a handful of Knot-grass, as much of Bramble, as much of small Plantain; boil these together in the Milk, then strain it, and put in six penny weight of Bolearmoniack, and administer it blood-warm.

For the running Gout, or any hot Tumor.

Take Mallows, Violet Leaves, Marsh-Mallows, Melilot, of each two handfuls, Linseeds beaten two ounces, crumbs of Bread as much; boyl these in Milk and make a Poultis therewith; then put into it a little Oyl of Roses, and apply it to the grieved place very warm twice a day.

To Cure a Deafness which is caused by the stoppage of the Ears by Wax.

If it hath been long, then drop into the Ear a little of Bitter-Almonds warmed, for a week together every Night; when the Party is in Bed, then take a little warmed Sack, with as much of the best white Anniseed-water, and seringe the Ears with it once a day for three days together, and keep them stopped with black Wooll. If they have been deaf but a little while, then the Wine with the Anniseed-Water will be sufficient, without the Oyl of Almonds.

For

For the falling down of the Mother.

Take Smiths Water and Oaken Leaves, or the Bark of Oak, and boyl them well in a Pewter dish close covered, then strain it through a Cloth; wet Cloaths therein and apply them hot two or three times in a Night when you go to Bed: Thus do for a week together, and keep your self warm in the day time.

A most excellent Plaister for the Gout, wherewith a Gentleman as I knew was cured after all the Chirurgions had given him over.

Take half a pound of unwrought Wax, half a pound of Rosin, one ounce of Olibenum, four ounces of Letharge of Gold, three quarters of a pound of White-Lead finely beaten and searced; then take a pint of Neats-foot Oyl, set it on the fire with the Wax and Rosin, and when it is melted, put thereto the other Powders, and stir it fast with a stick till you find it be enough: so make it up in Rolls, and keep it for your use, and when you feel any pain apply it upon Linnen.

For the Biting of a Mad-dog, taught by Doctor Matthias.

Take of Rue, of Garlick, of scraped Pewter, of each two ounces, of Venice-Treacle one ounce, of Muscadine one quart; put all these into it, stop it close and boyl it in a Kettle of water for the space of two hours, then pour off the cleerest, and apply some of the dregs to the place bitten, and

and give the Patient two ſpoonfuls to drink of the Liquor, Morning and Evening for nine days together. This never failed Man nor Beaſt.

To make Oyl of Charity.

Take Roſemary, Sage, Lavender, Camomile, the leſſer Valerian, of each one handful; cut them ſmall and put them into Oyl-Olive, let it be very thick with the Herbs, let it infuſe ſeven days in the Sun; then take the Glaſs wherein they are, and wind about the bottom a little Hay, and ſet it into a Kettle of ſeething water, and let it ſtand two hours; then ſtrain it out and put in Herbs, and do as before, ſo do three times; then put in Valerian alone, and do as before, then ſtrain it and let the Oyl ſettle: keep the cleareſt for Chriſtians, and the grounds and Herbs for Beaſts.

The Vertues.

It healeth Green-Wounds and Bruiſes (if inwardly:) Take a ſpoonful of the cleareſt Oyl in a little warm Poſſet-drink, and go to Bed and ſweat after it. It cureth the Tooth-ach if it comes of a cold Rheum, dipping Clothes in it and lay to the Cheek. It is good for all Aches that come of Cold. It is good for Deafneſs, if it be dropped into the Ear warm; if firſt the head be carefully opened with the ſteam of Red-Sage and Milk boyled together. It will alſo cure or knit together a broken Rib.

To Cure a Timpany. Proved by me.

Take Shell-Snails, crack their shells and take them off, then put the Snails into a Cullender for a little while to drain, then beat them in a Wooden Boul or Mortar till you find they are well beaten; then warm it a little in a stone Pan and spread it upon Sheeps-leather, and lay it all over the Belly when the Party goes to Bed, and bind it on: the next Morning take it off, and lay instead thereof a warm Cloth. Thus do three Nights together.

To make the Black Water, to cure a Thistolow Woolf; Noli me tangere; or any Tetter or Scald; or any other Sores.

Take the fattest Wooll about the Cod of a Sheep, dry it in an Oven after Houshold-Bread is drawn; then beat it into fine powder; put to it a sufficient quantity of White Rose-Water, with a little Mercury sublimate, and so apply it to the grieved places, by wetting linnen Rags and lay it on warm.

A most excellent Diet-Drink for any Disease, caused by sharp or foul Humours.

Take Sasa-perilla four ounces, Sasafras-Wood four ounces, and China-Root one ounce, four handfuls of Egrimony, four handfuls of Colts-foot, four handfuls of Scabious, two penny worth of Marsh-Mallow-root, one handful of Betony, one handful of Ladies-Mantle, one handful of Sanicle,

Sanicle, and one Root of Columbine; shread the Roots aboveſaid, and put them together with the Herbs into three gallons of running water; boyl it to two Gallons, then ſtrain it, and put to the water one gallon more of Water, and boyl it until it be half conſumed; then ſtrain this drink, and put thereto one Pottle of Whitewine, and one pint and half of Honey, boyl it a little again and ſcum it very clean, then take it from the fire, and put in two ounces of Sena, and three quarters of an ounce of Rubarb; drink a draught thereof Morning and Evening: It is good for Dropſie and Scurvey.

For a Film in the Eye.

Take *Engliſh* Honey, and the Marrow of a Gooſe wing, of each a like quantity, warm them together, and lay them on the Eye-lid with a Feather, and let it go into the Eye, dreſs it twice a day till it be well. It will cure thoſe films which do come of the Small-Pox.

To cure ſore Nipples, or for a bruiſe which comes by a Fall.

Take Parſly and ſhred it, and boyl it in Cream till you ſee an Oyl on the top of it, then take that Oyl and boyl with a little Loaf Sugar and ſo apply it.

For the Stone and Choler.

Half an ounce of Caſſia in the Cane, taken from the point of a knife, and preſently after it half

an

an ounce of Manna dissolved in Posset-drink, and two hours after that drink Limmon posset-drink: This you must do three days together.

To make Thistolow Water.

Take of Bolearmoniack four ounces, Camphire four ounces, white Coperas one ounce; slice the Camphire thin and beat the Coperas fine; then boyl them two together in an Earthen-Pan never used, they will melt of themselves without any thing to them; when they are melted, stir them together with a little stick till they are hard, then beat them in a Mortar to a Powder, and then beat your Bolearmoniack and mix with them very well, and keep it tied up in a Bladder (it will keep seven years) when you use of it, take a quart of Spring Water and make it boyling hot, then put in one good spoonful of the Powder and stir it about, and when it is cold put it into a Glass, and cover it: When you dress any Wound or Thistolow with it, you must warm it very hot, and bathe the place well with it, then double some soft rags and wet them in it, having before a little Honey in the heating of it; so lay on your wetted Rags, and bind them on: thus do twice a day till it be well. This heals very fast, if the Wound be fit to be healed; but if there be any inflamation in it, it is not for it.

If you use it for the Eyes, you must warm it, and drop it in. I did cure a Gentlewoman of a Thistolow in the Eye with it, which she had by the Small-Pox: and several sore Legs I have cured with it.

It is very good for the Itch (and for Gald-Horſe backs) only you muſt double your quantity of Powder, and always put in Honey when you heat it; for that doth cleanſe and help to heal.

For Rheum in the Eyes.

Dragons Blood, Bole-Armoniack, and Maſtick beaten and fearc'd, of each a like quantity; mix them with the white of an Egg well beaten: then ſpread it on a piece of Leather, and lay it on the Forehead from one Temple to another, and let it lie till you be cured; which with Gods bleſſing, will be in three days.

To ſtench Bleeding at the Noſe, or in Wounds.

Take of Frankinſence one dram, Aloes half a dram, beat them into fine Powder; then beat the white of an Egg and mix with it, let it be of the thickneſs of Honey; dip the Wooll of a Hare in it, and apply it to the Wound, and bind it on: if to the Noſe, ſpread it upon a linnen Cloth, and lay it to it.

For Kibed Heels.

Take the Wooll of a Coney, and the White of an Egg beaten together, and ſpread it upon a linnen Cloth and lay it on; but if they are broken, then take a live Mouſe and flea it, and lay the skin on while it is warm.

For the Rickets in Children.

Take of the inner Bark of Ivy, the inner Bark of Ash, Harts-tongue leaves, branches of Tamarisk, boil them in four Gallons of middle-wort, and put in so many of Hops as you think will keep it: when it is cold enough, work it up with Yeast as you do other drink, have one Vessel under another, and let the Child drink no other drink for a quarter of a year, I have cured many with this drink, and a plaister of Paracelsus upon Sheeps leather to the small of the back.

An excellent Remedy for the Stone.

Take White-wine and quench a blake Flint in it five several times, then sweeten it with Syrup of Marsh-Mallows, and take it Morning and Evening for three days.

An excellent Cordial Electuary.

Take of Conserve of Sage-flowers, Rosemary-flowers, Marigold flowers, and of red-Roses, of each one ounce, mix them together with one ounce of Syrup of Clove Gilly-flowers, and fix sheets of leaf-Gold; keep it in a Gally-Pot, and take every night when you go to bed as much as a little Walnut. It is very good for any weak Body.

For the Bloody-flux or any other Loosness.

Take two or three Races of Ginger and slice them thin, and lay some of them over a Chafing-

dish of Coals; then sit over the heat and smoak of it and take heed you catch no cold: Do this Morning and Evening for three or four days.

For the Worms in Children.

Take of the Tops of unset-Leeks, with the lower part also of them, one handful, as much of the tops of Wormwood, chop them small; then set them on the fire with a little fresh Butter, and a little White-wine Vinegar, and boil them till the Herbs be soft, and that it be reasonable thick; then put it between to linnen Cloths sewed like a Bag, and lay it warm all over the Belly of the Child at Night, and bind it on with a Cloth. The next Morning take it off and put a warm Cloth instead thereof.

Thus do three or four nights together and it will cause them to void the Worms. It doth also draw Wind and infection out of the Body.

To make a black-Salve very good for Corns, or for any Sore old or new.

Take a pint of Sallad Oyl, and half a pound of Red-lead, and put them into a Skillet that will hold three pints, or near; for fear of boiling over, stir it all the while, and let it boil softly till you perceive it to look black, and that it leave boiling and doth smoak: then take it from the fire and let it stand till it be quite cold, then warm the bottom of the Skillet and turn it out.

An excellent Water for a Canker in the Mouth or for any Sore.

Take of Rosemary, Sage, Plantain and Scurvy-grass, of each one handful, one little branch of Herb of Grace, and a little Sweet-bryer; boil these in a quart of Water, and a quart of White-wine, and put therein a bright shining Sea-coal as big as an Egg, one that was never burned; let them boil softly over a slow fire, close covered, till half be consumed, then strain it out and put in some Roach-allom, make it sharp with it; then make it very sweet with Hony, and set it over the fire again till it be boiling hot; then when it is almost cold, put it into a Glass Bottle, and keep it for use; when you use it, wash your Mouth with it very hot, three or four times in a day; and then take a little warm Hony in your Mouth to ease the smart: Bathe Wounds with it very hot and well, then dip linnen Cloths in warm Hony and lay on. Dress it twice a day.

A very fine Poultis to lay on any Sore, to take the inflamation out of it; or to lay to a sore Breast to break, or to dissolve it if it will not break: It will also heal it if broken.

Take a quart of Milk, and boil it with two slight handfuls of Oat-meal, and one good handful of white-Lilly leaves (I mean the green leaves of the white Lillies cut small) when it is boil'd enough, put in as much of the best Sallad Oil as will make it very soft and moist: according to the bigness of your Sore, spread some of it upon a

linnen Cloth, and lay over it as hot as you can suffer it Morning and Evening when you dress it wash it with a little Brandy and Butter.

For a tickling Rheum and Cough.

Take of Conserve of Fox-lungs two ounces, Syrup of Colts-foot, Syrup of Maiden-hair, Syrup of Hore-hound, Syrup of Hyssop, Syrup of Violets, of each one ounce; mix them well together, and take them often in the day or night, upon a Liquorish stick.

An excellent Balsom for inward bruises, for outward Wounds, and for the Stone.

Take of Oyl-Olive, Oyl of Turpentine, and of the best White-wine, of each one quart, put into them three good handfuls of the tops of *St. Johns* Wort, with the flowers and seeds, let them stand in a Glass in the Sun ten days; then put them into a long Gally-pot, and set that Pot into a Kettle of Water, and fasten it with Hay; let the water seeth for two hours, then take it out and set it by, always keep it covered.

If you take it for the Stone, take a spoonful of it at a time, in a Glass of White-wine, in the Morning fasting for three days together at the new and full of the Moon; but if you should be suddenly taken, then take it when your self is in pain.

For Sores, warm it a little, and after you have well washed the Wound with Brandy, lay on the Balsom with a Feather, and dip Lint in it and lay into it, and a piece of Hoggs-bladder over that, that the linnen you bind it up with, may not soak

soak it up, dress your Wounds Morning and Evening.

If you take it for an inward Bruise, take two spoonfuls of it in a Glass of White-wine, and go to bed and sweat, do so three nights together; be sure to jumble the pot well together when you take any, or else the Oyls will be at the top, and the Wine at the bottom; the Herbs and Flowers applyed stench bleeding in Wounds, or at the Nose.

A most admirable Drink for a Cough, it also expelleth any congealed Blood, Impostume, or other filthy Humour. It healeth all inward Ulcers, and cooleth inflamed Lungs, and also healeth Ulcers in them.

Take two pounds of quick-Lime and put it into ten quarts of *S*pring-water in an Earthen pot; let it stand twenty four hours; then you will see as it were a thin Ice on the top of it, which you must take off very clean with a Scummer, then pour off all that is clear into another pot, and put into it these things following.

Of Blew Figgs slit in two half a pound, of Raisons of the *S*un stoned half a pound, of Liquorish scraped and sliced thin four ounces, of China Root sliced thin two ounces, of Anniseed bruised one ounce, of the shavings of Ivory four ounces, of Maiden-hair one handful, of Burrage, of Pimpernal, of Balm, of Penyroyal, of Colts-foot, *S*cabious, Hore-hound, of *S*t *Johns* Wort, of each one handful, and half a handful of Marigold flowers; then put in four ounces of Earth-

worms, ſlit and cleanſed from their filth with White-wine.

Let all theſe ſteep in that Water 24 hours; then take it and ſtrain it gently and keep it in Glaſs Bottles; drink thereof Morning and Evening a good draught (or if you pleaſe) oftner, and you will find a great benefit.

Take two pounds more of quick-Lime, and put it into the ſame quantity of *S*pring-water, and do as you did before, only you may uſe the ſame Ingredients as you made the other, without any new.

For a Pin and Web in the Eye.

Take of Red-roſe-water one quarter of a pint, put it into two pennyworth of Maſtick finely powdered, and one quarter of an ounce of white *S*ugar-Candy; then have in readineſs of Burnt-Allom, and white *S*ugar-Candy, of each a like quantity beaten fine and ſearced, and mixed well together: When you dreſs the Eye, firſt waſh it well with the Water, and then blow in ſome of the Powder with a quill, and held your hand over it till the ſmart be gone: the next Morning let ſome Breaſt-Milk be milked into it, and do nothing elſe in the Morning; and every Evening uſe the other: ſo do till your Eye be well.

Do not put any Cloth, or ſilk before your Eye, for that poyſons it, by cauſing the venemous humour to return.

This Water is very good for other *S*ore-Eyes, if it be well waſhed with it Morning and Evening, and if the Rheum be very much in the Eyes; then lay a plaiſter of Burgundy Pitch to the Nape of the Neck, and let it lye as long as it will ſtick.

For

For the Tooth-ach.

Anoint that side of the Face on which the Tooth-ach is, from the Temple down to the lower part of the Ear (upon all those Veins which carry the Rheum to the Teeth) with a few drops of Oil of Amber; work it well with your hand and gently, then spread a black Ribbon two penny broad with Mastick, and lay it up on the place which you did anoint and keep it on.

For a Thrush in a Childs mouth.

Wash it Morning and Evening with a little Verjuyce and Hony, warmed a little, and then blow in some white Sugar-Candy beaten fine with a quill.

For the Itch.

Take some common Brimstone beaten fine, and mix a little beaten Ginger with it; then tie it up in Tiffany or Lawn, and let it lie in strong Whitewine Vinegar with some Roach-Allom; when it hath lien all night you may begin to use it, but the longer it lies the better it will be; when you use it, take up the Cloth wherein the Brimstone is tyed, and rub all your Joynts with it very well every night when you go to bed; then take a little Mithridate before you go to bed, so do till you are Cured. It is a dangerous thing to cure the Itch, and not to drive it out, for that strikes it in, and many times it falls upon the Lungs; sometimes it causes Convulsion fits, Appoplexies or Lethargies if not driven out.

It

It is also very necessary when you have quite killed and cured it, to purge the Party very well, to prevent further mischief.

For a Bruise where no skin is broken.

There is no better thing than to bath it well with Oil of Spike, Morning and Evening.

For a Sinew-strain.

Take strong Beer or Ale and boil it till it be very thin, then spread it upon Leather, and lay it on as hot as you can suffer it, and let it stay on.

For a Consumption or other weakness.

Take a Gallon of strong Ale-wort, and put therein two ounces of Liquorish scraped clean and sliced thin, and one ounce of Anniseeds bruised; boil them together till it be very thick, then strain it while it is hot, and keep it in a Gally-pot, and take thereof every Morning and Evening: it is a very good Remedy.

For a Burn.

Take the juyce of a great Onion, and put to it three spoonfuls of fair Water and as much pure Sallad Oil, and beat it together very well with two or three Feathers tied together; beat it till it be thick and white, and lay it on with a Feather; then lay on very thin Raggs dipped therein; dress it three times in a day, for you must not let it be dry;

dry; and when you do dress it, anoint the Cloth with some of it before you take them off that they may come easily: the pulling of them off when they are hard and dry, is that which makes a *Scar*.

When you perceive the fire to be quite out, then leave out the juyce of Onion and use only the Oyl and Water, and be sure you anoint it eight or ten days after it is quite well.

I have cured many Burnings, and some with Gunpowder, without a *Scar*, with this Medicine.

For the Shingles:

Take a Cat, and cut off her Ears, or her Tail, and mix the Bloud thereof with a little new-Milk, and anoint the grieved place with it Morning and Evening for three days; and every night when the Party goes to Bed give her or him two spoonfulls of Treacle-water, to drive out the venom.

To take away the pain in the Huckle-Bone, or for any Old ach.

Take of Burgundy-Pitch, Oxicrosium, and Paracelsus, of each a like quantity; melt them together in an Earthen Porringer, and spread them upon *Sheeps*-leather; then anoint the grieved place with Oil of Amber, and lay on your Plaister.

This is very good also for any *Sprain*.

For one who is ſuddenly taken with a Numbneſs in any Limb.

Take Brandy and Muſtard, and warm them well together, and bathe the place very well with it twice a day for a week together, and it will work a wonderful effect.

To take away any extream pain in the Head in any Sickneſs.

At your going to reſt, let a linnen Cloth be dipped in Aquavite, and laid all over the Forehead from one Temple to another, then dip little linnen Rags in Cinnamon-water and put up the Noſtrils, let them not be too ſhort for fear the breath draw them into the Head.

For an Impoſtume in the Ear.

Take a great Onion and roaſt it in a Paper wetted (in Wood Embers) when it is enough, put to it two pennyworth of Saffron, and a little ſpoonful of Sallad-Oyl, and work them well together with the back of a Spoon; then apply it on a linnen Cloth to the hole of the ear as hot as the Party can ſuffer it, at the time of going to reſt, and the next day when you take it off, put a warm Cloth inſtead thereof; thus do three Nights together, and when you find that it is broken and well drawn out, ſeringe the Ear with a little warm Sack and Betony-Water for three days together, twice a day.

For

For Deafness in Young or Old.

Take Brine which comes from Beef at the first salting, and boil it very well, and scum it well, and keep it in a Glass for your use.

Then take the Kidney-Suit of a Loin of Mutton, and shave it very thin, and when the Party goes to Bed fill up the hole of the Ear that is grieved with some of the Suit, and stop it with black Wool, and let him lie on the other side that it fall not out, and as he sleeps it will melt into the Ear; thus do for a Week every Night: When that is done, then take three or four drops of the Brine in a Spoon and warm it a little, and drop into the Ear for a Week.

This hath done very much good to one of Fourscore years Old.

For the Emroides or Piles.

Take of Unguentum Album, which you have at the Apothecaries commonly; melt it over the fire with a little Sallad-Oyl, and put in a little of the best Bolearmoniack; apply it upon a linnen Cloth every Night when you go to Bed till you are well.

For to Cure Heart-burning.

Take prepared Crabs-Eyes, and mix Leaf-Gold therein, & keep them in a Box; & when you find your Heart begin to burn, lick two or three times of the Powder, and it will Cure you for that time,

and

and be a means to keep it away for the future. Also a draught of Milk never at all boiled doth help it; but the other Medicine is much better.

For passion of the Heart.

Take as much Confection of Alkermes as a Pea, in a drop or two of Syrup of Clove-Gilly-flowers, and it will ease you in such an instant, as you cannot but admire; it is beyond all things that ever I used, and not of much cost. Take heed that it be good Alkermes, for there is much of deceipt used in it.

For the Cramp in the Legs.

Take a lock of black Thred, about half an ounce, and dip it in such Oyl as they greaze Wool withal; then draw it through your hands very well, that the Oyl may not drop from it; then wind it about your thighs, and tye it, and keep it on Day and Night. Eel-skins are also good to tie about the thighs; but first they must be made gentle and easie.

And that which is as good as either of these, is to anoint the grieved parts with Oyl of Spike a Week together. The same perfectly Cures a Crick in the Neck, in two or three times using. I like the latter best.

To Cure a Scabbed-Head, and to kill the Lice.

Take the Yelks of six hard Eggs, and bruise them well with a Spoon; then put one pound of new

new Butter to them that was never ſalted; boil them together till you find it to be enough, which will be in an hours ſpace, upon a ſlow Fire; let it look blackiſh when you take it off the Fire; then ſtrain it and keep it for your uſe; anoint the Head very well with it twice a day, and it will ſoon deſtroy both Scabs and Lice in a ſhort time, to much admiration.

For Chilblanes on the Hands.

So ſoon as you find your Fingers begin to itch, ſpread ſome Burgundy Pitch upon Leather, and lay round about your Arms; let the Plaiſters be four Fingers above your Hand.

They will ſoon abate the itching, and draw forth the humour where they lie; not ſuffering it any more to fall into your Hands. Waſh your Hands every day with right Venice *Soap*; and that will help you in the Cure. This is a very certain Remedy to my knowledge. It alſo Cureth ſore Hands that are crackt and chopt with a ſharp humour, if you lay the Plaiſters round about the upper-part of your Arm above the Elbow, and waſh with the ſame Soap.

To kill the Scurvy before you purge.

Take of Scurvygraſs, of Wormwood and Sage, of each half a handful, with a little Rue; put them into a pint of White-wine, and let them boil till half be conſum'd cloſe covered; then ſtrain it, and put in as much Saffron as will well colour it.

Di-

Divide this into three parts, and take every Morning one; then take this Purge following.

Take five Gallons of Ale, put into it a quarter of a peck of Garden-Scurvygrass bruised, two great handfuls of Sage, two ounces of Horse-Raddish-root scraped and sliced very thin, Red-Dock-root sliced very thin two ounces, Anniseeds bruised one ounce and an half, Liquorish scraped and sliced thin four ounces, Sena two ounces, Figs sliced thin half a pound. When your Ale hath done working, put in all these things and stop it, when it hath been four days, then drink every Morning a pint, and again at four in the Afternoon, till you have drunk all the Ale. With this I have Cured many who were very bad.

For a Squinacy, or other Sore Throat.

Take the whitest dung of a Dog, which he hath dunged abroad in *May*, let it dry in the Sun very well, and when you have occasion to use it, beat it fine and searce it, and give the Party thereof a slight Spoonful in a Glass of White-wine; and mix some with Honey, and spread it, and lay to the Throat: let the Plaister lie on, and take the other three Nights and it will cure you.

For a Red Face.

Every Night wash your Face with this following: Take Fumitory-water half a pint, a little lump of Allom, and a little white Sugar-Candy, with the juyce of one Lemmon, and as much common Brimstone beaten fine as will lye upon an half Crown heaped

heaped. Do not wipe your Face when you have washed it; but let it dry in.

Every Morning drink a Glass of old *Malago*-Sack, and eat a little Toast dipped therein.

It will be very good for you to Purge every Spring, if you find much heat in it, which you may know by a dry hot hand, and inward heat.

To help one who but begins to be Crooked.

Let the Party sit down with her Bodice off, and her Shift stripped off from her Shoulders, by a good Fire; then take pure Sallad Oyl, and dip your Fingers in it, and stroak the Party well all along the Back-bone, on that side which is weak; first gently, and then harder, and chiefly the Sinews adjoyning to the Back-bone: rub always your hand downward: Thus do for one hour at least every Morning; it will both supple the Bones, and bring the Blood into the weak part.

In the mean time the Party is anointing, let her drink a draught of any Broth which is made with strengthening things.

For the Kings-Evil, when it is broken, or if it be not.

Here is two excellent Medicines taught me, by both those that were Cured by them, when the King was absent from us.

Take Neats-foot Oyl, and Verjuyce, of each a like quantity; mix them well together, and dip Cloths therein, and lay on Morning and Evening.

The

The other Medicine,

Take of the fineſt Wheat-flower, and the pureſt Sallad Oyl; blend them together very well, and ſpread it upon a linnen Cloth, and lay to the places grieved Morning and Evening.

Let their drink be midling-Ale, wherein there is laid in ſteep, Angelico-leaves and ſtalks, Elder-leaves, and the inward Bark of it, Hounds-tongue leaves, and Plantain-leaves, of each three handfuls to four Gallons of Ale: drink of it two or three times in a day a good draught.

They who have been touched by his Majeſty, ought to do ſomething beſides. (I commend this to them.)

For a Botch or Boil.

Take Shoomakers-Wax and lay it to it, ſpread upon Leather; that will both break it, and alſo heal it: When you dreſs it after it is broken, you muſt waſh it every time with Brandy and Butter before you lay on your Plaiſter; and do not lay a new one too often, becauſe it will draw too much; and nothing makes a greater Scar then ſo doing: yet you muſt be ſure to ſhift them often, till the Coar be drawn out.

For a Plague Sore.

Take Figgs half a pound, and of Honey as much; beat them together extreamly well; then ſpread ſome of it upon a Burdock-leaf, if you can have one,

one, or else upon a linnen Cloth: dress it twice a day; this will both break and heal it. Use it till it be quite well.

An excellent Medicine prescribed by a Worthy Physician; against the Plague and Pestilence.

Take of strong White-wine Vinegar half a pint, of Spring-Water one quarter of a pint; mix them together, and put thereto one ounce of Venice-Treacle: Take of this every Morning two Spoonfuls, and anoint your Nostrils with a little Methridate; for that will not suffer any Infection to pass that way.

To kill Worms which breed about the Nose.

Wash it often with Vinegar, Allom, and Brimstone, till you find they are killed: and then use Pomatum every Night to smooth the skin.

For Childrens Scabbed Faces.

Take Mallow-leaves, and the leaves of Red-dock, of each a like quantity; shred them small, and put as much Sallad Oyl to them as will just stand even with them, then boil them on a soft fire till you find the Herbs begin to be crispy; then presently take it off and strain it out and keep it: Anoint the Face with it twice in a day, and every time before you dress it, wash off that you laid on before with Butter and Beer. This is very good to Heal and cleanse.

For

For Cheſt-Worms.

Take a quarter of a Pint of New Milk, and when it boils put in a piece of Allom, and ſtir it about till you ſee that the Milk be well turned, then take out the Allom, and take off the Curd very clean, and give the Party the Cleer drink to drink in the Morning faſting: Do ſo three Mornings together and it will kill all the Worms, but then it will be neceſſary for to purge them with theſe things following:

Take a pound of Prunes, and ſtew them leiſurely in fair Water; and take half an ounce of Sena, and tie it up in a piece of Tiſſany, with half an ounce of Liquoriſh ſcraped and ſliced thin, and a quarter of an ounce of Anniſeeds bruiſed; let theſe ſtew in the Pipkin with the Prunes till they are enough; then every Morning faſting give four or five, or more of the Prunes, according to the Age of the Party, and alſo two or three ſpoonfuls of the Liquor: do ſo, ſo long as you ſee fitting. I have given this with very good ſucceſs.

A fine Julip for one in an Ague or Fever.

Take four ounces of French-Barley and waſh it well, then boil it in three quarts of Water till half be conſumed; then ſtrain the Barley from it, and put into the Water the juyce of two Limmons, and as much white Sugar-Candy as will well ſweeten it; then put in two ounces of Syrrup of Violets, and nine ſheets of Leaf-Gold cut very ſmall; give the ſick Party of this three or four times in a day, four or five ſpoonfuls at once; it is both cordial, and very pleaſant.

I Think I have said enough concerning those things which I have already written in this little Book: I will now give you some Directions for several sorts of Work, which may pleasure you in your Chambers and Closets.

And if any of you shall desire to be further informed than I can possibly direct in Writing; or to confirm themselves in what they have already made tryal of, if you please to give your selves the trouble as to come to me, I shall give you the best assistance I can in any of those things which I profess to teach, and for a competent gratuity.

I have set down every thing as plain as I can; and I know there are many who have done things very well by my Books only: but you may imagine that if you did learn a little by sight of my doing, you would do much better; For if my Pen can teach you well, how much better would my Tongue and Hands do? The one to make answer to any Objection or Question; the other to order, or to shape any thing. So that in my opinion you would not lose by having some personal Acquaintance with me; neither would I willingly lose my time and labour in informing you: Therefore I beseech you let it be thus;

Be pleased to afford me some of your Mony;
And
I will repay you with my Pains and Skill.

That I Judge to be fair on both sides.

Impri-

Imprimis: *To make Transparent Work.*

BOil all in Earth, and let your Pipkin be three quarts full of Isinglass, such as you have at the Apothecaries, broken into small pieces, and a small quantity of Gum-Dragon amongst it; then fill it up with fair Water, and Boil it till you find it be enough, which you may well know by dipping your Wyer therein, which must be shaped according to the Leaves or Flowers you intend it for; strain it while it is hot.

Now for the COLOURS.

First, *For Red.*

Take the shavings of Brazil-wood, and fill your Pipkin half full with them, then fill it up with Water, and put in a little Roach-Allom; set it over the fire, and when it boils strain it out. This and Oyl-Tarter makes a Purple: do not mix it too hot for that will spoil it.

For Sea-Green.

Take one ounce of Verdigreace, and a pint of White-Wine, and let it but just boil together; then let it drop through a double Brown Paper, and it will be a perfect Sea-green.

For White.

Take of the best Cerus, and dissolve it in some of the best Isinglass-liquor and it is done: So must you mix all your Colours, as you do use them, with some of that Liquor, and put them into Gallypots.

For Yellow.

Take Saffron and tie it in a Rag, and put it into some of your Liquor; to which you must add Gum-arabick and Fair-Water; two parts of Gum, and one of Water: When you use them, you must warm them, and lay them on with a Pencil, on the wrong side of the Flowers.

For Primrose Colour.

Yellow and White makes it very right: You may make it as Deep or as Pale as you will; some will do well a little Deeper than the other,

Flesh Colour.

Vermillion and White makes Flesh Colour.

Damask-Rose Colour.

Vermillion, and Brazil, and Purple and White makes the Damask-rose Colour.

Grass-Green.

The Yellow added to the Sea-green makes a perfect Grass-green, and very beautiful.

Grass

Blew

You must put in some Smalt into your Liquor, and strain it very well; and when you will have it Pale, mix a little White with it.

Clove-Colour.

Take Logwood and boil as you do the Brazil.

Tauney.

Mix the Clove-Colour and red together.

To make the Puff-work.

Take two ounces of white Vellom cut in pieces, and steep it in a pint and half of Water all night; the next day boil it half away, and strain it, and dip your leaves in it while it is hot. The manner of dipping of your Leaves, both for the Transparent Work, and this is thus: After you have shaped your Leaves or Flowers, you must hold them by that part of the Wier which is to be the stalk, and dip them in the hot Liquor, and take them out, and wave them up and down in your hand till they be cool; for you must dip them one by one though never so small; and as they begin to cool that you see it is fixed fast in the Wier, and looks Transparent; then bend the end of the Wier a little, and hang them on a line of Packthread till they be very cold.

To make the Puffs.

Take one ounce of Isinglass, and boil it in a pint of fair Water, with a piece of Allom as big as a Wallnut; then take a little Porringer full of that you

you boiled before, and scrape as much White Lead as a little Nutmeg into it; then set it by and let it cool; then heat it again, and stir it well; then put in two spoonfuls of cold Water; then strain your Isinglass Liquor and that together; then brew it with the Whites of two Eggs well beaten; beat it and brew it very well, and if you find any white specks in it, strain it again.

Colour them with such Colours as you make for the Transparent Work: lay this puff Stuff on the right side of your Flowers or Leaves.

How to stain Sattin for a Face; or for other things what you fancy besides.

Take Red-Sanders, and steep it in the Spirit of Sack, and it will make a perfect blush: shadow the Face first with a black-Lead Pencil, then lay on this with a Pencil of Hogs-Brissels; and if you would have a dark Complection, you must add a little to the rest (of Saffron.)

For Scarlet.

The Canker-flowers being stampt and strained, dry the juice of them, and mix it with the Spirit of Sack, and it will be a pure Scarlet

Purple.

Take Scutcheneal, and the Juice of Lemmon.

Blew.

Take Indico and mix with the Spirit of Sack, and when your Stains are thorow dry, rub them over with White-bread, and wipe it off again with a ſoft clean linnen Cloth.

A moſt excellent Black Dye for any Stuff or Stockens.

Take one peck and half of black Alder-Bark, and break it indifferently ſmall; then ſteep it three days in three pails full of water, and if you have any ruſty Iron ſteep it with it; then boyl it with a pound of green Copperas, for the ſpace of an hour and half; if you can get them, put alſo one ounce of Nut-galls beaten, to boil with the reſt; then ſcum off all the Bark, and let it boil up again; then put your Stuff in, which you mean to dye, and ſtir it down altogether as near as you can, and keep ſtirring of it down for a quarter of an hour; then take it out and drain it, and let it be half dry, then put it in again, and do as before; then let it be quite dry, and when it is ſo, waſh it ſo long as it will blaze the Water, then dry it well.

To make clean Glaſs-Windows.

Firſt bruſh them with a Cobwebbing-Broom, then take ſome Spaniſh Whiting and warm water, and waſh them all over very well, and rub them every where; then waſh it off again with cold water very well, and rub them with clean Rags till they are very dry.

To

And if you would paint the Woodden bars of your Windows white or red, take Red-lead, or White-lead, and grind it with a little Linseed-Oyl, and then lay it on with a Brush; but first you must let them be very clean: do it over twice, but let the first be dry before you lay on the second.

To make pretty Frames for slight Pictures in Black only.

Cut Past-board plain, without form, but only long narrow pieces about two fingers breadth, and fasten them together at the corners with a little Glew; then wash them over with a Brush, with a little Lamb-black and Size mixed well together; then presently before it be dry, strew it all over with French-Frost, of what Colour you please; then put on some shells with Bees-wax and Rosin melted together.

To make Frames for Pictures in work of Satten, Stitch, and the like.

Let a handsome plain Frame be made of Deal-wood, fit for your piece of Work; then black it over as you did the other, and Frost it; then have in readiness some Bones out of the Heads of Whitings, Frosted over first; do them over with a Feather, with some water wherein Gum-Arabick hath been steeped, and put on your Frost, and let some be of one Colour and some of another. Make some little Flowers of several Colours upon round pieces of Cards, with small Satten-Ribbond, and fasten some Wier for

the ſtalks; get ſome ſhells and ſome Mother-Pearl; ſome Corral and ſome Amber; ſome little kind of Creatures make in Wax, as Frogs, and ſuch like; pieces of old Neck-Laces and Pendants, with a little Moſs. When you have got all your things ready, put on your ſhells firſt in ſeveral Fancies with Bees-wax and Roſin, and do them quick, and cruſh them on hard; then put on the Mother-pearl, and then as you pleaſe the reſt of the things, till you have put on all. It will look like a Frame of great price, but it will not coſt any great matter.

To adorn a Room with Prints.

Buy of your Prints only black and white, of ſorts what are good, and cut them very exactly with a ſmall pair of Ciſſars from the Paper, put them into a Book as you do cut them; then let your Room be done with plain Deal, but Wainſcot faſhion, and let it be painted all over with White-Lead and Linſeed Oyl, ground together, and ſome little ſtreaks imitating Marble; then lay your Prints upon a ſmooth board with the wrong ſide upwards, then with a knife take ſome Gum Dragon, ſteeped well in fair water, ſpread them all over as thin as you can, and ſtill as you do them, take them up with your knife, and ſo turn them into your hand, and clap them upon the Wainſcot, but let it be dry firſt; cloſe them well on with your fingers, that they be not hollow in any place; and obſerve to put them in proper places, or elſe it will be ridiculous; be ſure to put the things flying above, and the walking and creeping things below; let the Houſes

and

and Trees be set sensibly, as also Water with Ships sailing, as you put them on, observe that thy have a relation one to another.

If you employ your fancy well, you may make fine Stories, which will be very delightful and commendable; also Gardens and Forrests, Landskips, or indeed any thing you can imagine; for there is not any to be named, but you may find it in Prints, if you go to a Shop that is well stored, nor no Pencil can shadow more rare than that will shew; it makes a Room very lightsom as well as fine: as for those in Colours I do not esteem for this purpose, for they look childishly, and too gay.

If you mean to make Stories, you must buy good store of Figures; the coloured ones are good to put upon white Plates and Flower-pots for Closets.

To dress up Glass-Plates, on which you may lay dry Sweetmeats or Bi.kets.

Take your Glass-Plates, and lay the rightsides downward upon a Table; then have in readiness some coloured Prints finely cut, and lay them on with Gum, with their right sides to the wrong side of the Plates; then take some spanish Whiting mixt with Size which is purely clear, let it be as Batter for a Pudding; order it so that there may be no knots in it, but that it may be very smooth; then spread the same all over upon the Prints (not too thick) and when they are very dry, wipe the right side clean, and set them up in your Closet to use at your pleasure.

Fine Hangings for Closets.

Make some plain Net with Brown thread, and a good round Pin, let the Panes be as long and as broad as you think fit; when they are done, wash them and starch them very stiff, and pull them out against the fire till they are quite dry, then put one of them into a long Tent, and let it be very streight; then have in readiness a Paper drawn with Leaves, or Flowers and Leaves together, or any other things you like; take it at the corners under the Net, and so flourish it according to the Paper.

To make Feathers of Woosted which do look very like natural Feathers, for the Corners of Beds.

About four pounds of French Woosted will serve your turn; three pounds of that colour your bed is wrought with, and one pound of White.

First, buy three quarters of a pound of Wier of sixteen pence the pound, burn it in the fire till it be red hot; then take it out and cool it, then cut it into pieces; twenty of them must be a yard long, and sixteen something shorter, and twelve must be but a quarter of a yard long, or a little more; double all these Wiers in the middle and twist them slightly; then take your woosted and open it, and cut every Skean twice; then comb it well with a horn Comb, then cut it in whole locks as it is in pieces, about a quarter of a yard long, or something less, and comb every one of them; then take three Brown threads,

turn

turn a large Stool the bottom upwards, and tie these brown threds from one foot of the Stool to the other very streight; then take a long double brown thred in a needle, and then take one of your short locks of Cruel, or Woosted, and cast over your Threds which you have tied to the Stool; hang them even, then sew them fast to the tied string; which that you may the better do, be sure to hold the ends of the Woosted in one hand, and sew with the other; for if you do not sew the tied Thred fast in, your Feather will not hold, but come to pieces: and one thing you must be sure of, that as you sew them, to clap another lock on before you have done that you begun, or else there will be gaps in your Feathers: In every Feather you must put three locks of white, or more if you please, but not too much in a lock: When you have thus sewed them, then take your Wiers, fasten a Needle and double Brown-thred to the bolt end of it, and begin at one end of your Woosted you have sewn, and sew the Wier very fast to it; you must leave at the other end as much Wier as may be convenient to bind them up in a Plume, when you have done them all. When you have done thus, then take some double white Woosted, and sew over all that so thick, that nothing may be discovered that you have done before; then cut the Feather from the tied string and lay it on your Lap, or a Table, and comb it; then take it by the stalk, and with a Bodkin part it as right in the middle as you can; then comb it upwards toward the tip, and you will quickly perceive it to look like a natural Feather, then with your Cissers cut it in shape, and then comb it a little again: the little ones of all must be made

with Wooſted not above half a quarter of a yard long, for they are for the ſprigs which ſtand up in the middle; and there muſt be three in every ſprig. The twenty large Feathers are for every Corner five, and the other ſixteen are for every Corner four.

When you bind them up, firſt bind thoſe three together which are for the ſprig, and turn the right-ſides inward; then put on the four with the right-ſides inwards, and then the five; and bind the Wires very faſt.

Then put them into the Cups and turn the Feathers quite back, and bow them down as you would have them be.

I have given you as full a direction as I can in writing; but you may imagine, that if you were with me but one hour you would learn perfectly. For theſe kind of Feathers I have taken many a pound.

Some count it folly in me to declare ſo many things, and rather wiſh me to keep them ſecret; But I am of that humour that I muſt and will impart all, what may be beneficial to others; For we are not born for our ſelves alone. God made us to ſerve him, and to keep his Commandments; and I am ſure it is part of my duty to be kind to my Neighbour, and what is kindneſs more ſhewed in, than by giving good counſel, and good inſtructions; and when we are not near, then to expreſs our ſelves in writing. So do I do by you all, and do beſeech you to practice what I direct you to.

How to save much work, and to make a Suit of Chairs which be very noble.

Let what Draught you please be drawn upon a very course French Canvas; then have your Chairs cut out as you would have them, either of Camlet or Paragon; put your stuff into a Tent, and then take your Canvas streight upon it; so work it in Cross-stitch, and take heed that you do not cleave the threds of the Canvas in the working, nor work your Woosted or Silk too full; and when you have done, cut your Canvas between your Leaves and Flowers, and pluck out every Thred one by one, and there will be your Work very brave upon your stuff, and it will look very high; then form it about with what coloured Gimp you fancy best.

And if you want skil to shadow, desire the Drawer to direct you in the drawing of it; but then you must get an Embroiderer to draw it, for no other can direct you right; and you had better not work, than that which is ridiculous.

This way saves the grounding, or cutting out to Embroider, and is much better and not common; therefore to be more esteemed.

Another way for Chairs.

Let your Draught be drawn upon Stuff or Sattin, what else you please, and work it with Woosted or Silk, or both together, which doth better than Silk alone if it be upon Stuff; but if upon Silk, then Silk alone doth best: work it in Satten-stitch, and as many other stitches as you know, or can

deviſe; and when you bring off one ſhadow take a bright one from another, and that will much quicken and enliven your work; for one ſhadow ſimply of it ſelf looks very faint: Obſerve when you walk abroad and find a dead Leaf, or beginning but to wither, how many ſhadows there is mixed together; alſo what Bark of a Tree, what Flie, Worm, or Snale do we admire but thoſe which are extraordinary for their Colours: it is in thoſe things, and as much difference as is between a beautiful Lady and a Cinder-woman (the one hath lovelineſs to their dying hour, the other are never comely) there are alſo ſome Leaves which be of a perfect Graſs-green, ſome Willow, ſome Sea-green, which are in themſelves very pleaſant; and ſome of the dulleſt colours you muſt put in, and then your work will ſhew the more naturally; and whatſoever you do, be ſure to let your ſhadow be very dark, for without a dark ſhadow you can make no lively work.

Now for the folds of your Leaves or Flowers there muſt be a place for ſhadow, but that muſt be begun with a midling colour, and fall very light, with ſome other ſhadow among thoſe you begin with; but be ſure not to chooſe your Colours too near in ſuch a caſe, but skip a Colour, or ſometimes two, and you will find it very fine work; when you have done one piece, form it about with a Back-ſtitch, and let it be purely wrought, and of ſuch a Colour, ſad or light, as may agree with the Leaf or Flower you work: Let the ſtalks of all be of one ſhadow, Hair-colour or Aſh-colour will ſuit with any thing.

You muſt be ſure to ſhadow your ſtalks with Black, where you find any part of any thing to lie

lie over it, and in all dark places be sure to begin your shadow with Black.

This kind of Work I have wrought often upon Demities; and have wrought thereon with Wooſted, Cruel, and Mohair, in all sorts of Stitches, all kinds of Shadows, and many fancies which were after my own fancy, not at all to imitate others; for there is nothing which I hate more, than to work as a Child doth after a Sampler: That brain that can invent nothing, is good for nothing; for there is nothing which I more love than Invention.

One Bed thus wrought, with Chairs belonging to it, is worth a hundred Guinnies before the Upholsterer comes to touch it; and may, if it be cleanly wrought, be used several years before it be washed; as hath been proved.

It will not be amiss to give you some directions for the washing of it.

First make a strong ladder with Soap and good Water, reasonable warm; then lay one of your Curtains upon a Table, and with a Brush and some of this ladder, rub it very well all over, and do so till three Ladders are spent; then pour on good store of fair Water to Rinse it very well; then hang it to dry from the the Sun, with the wrong-side outward, and as it dries, pluck it out and smooth it, and fold it up, and then hang it out again, and so do till it be quite dry: There is no Colour but will hold, if you do wash it after this manner; but if you do rub the Soap upon it; that will change the Colours.

The best Lining for these Beds is changeable Sarsnet, or Ducape, for that will agree with any of your shadows, and it is as cheap as any thing.

To embroider Petty-coats, Bodices, or Belts.

When your Pattern is drawn, form it about with black Gimp, or other, which you do fancy best, and fill the Leaves and under-parts of the Flowers with Satten-stich, some dark and some lighter: then for the upper-parts, and seeds of Flowers, let them be done with high-work, as Purple-stich, and such like, and let your stalks be all alike with a great Gimp twisted: your Flowers may be of all manner of shadows as you fancy, and if you shadow them well, they will look very naturally, thus you may go fine, and with less cost than if you bought good Lace.

It is more commendable a great deal to wear ones own Work, than to be made fine with the Art of others; and though one may be envied for it, yet none can have so just a quarrel against them, because it is their Ingenuity; and besides it argues that Person not to be idle, but rather a good Housewife. Any fool may be made fine with Cost, but give me those who can be neat and nobly habited with but a reasonable charge. The World is grown very fine of late years, but it is with so much charge (together with so ill a phansie some have in choosing things) that they look more like Stage-players than fit to come into any Church, or Civil places: Some will plead Ignorance, not knowing how to do these things, but that's a bare Excuse; for if they know not already, they may learn, in a weeks time I dare undertake to teach any Ingenious Person to Embroider any of these things; therefore if any of you have a desire to Learn, I shall be willing to wait on you at your Houses, and

and to teach you and your Servants; and for my Work, what I shall do, and for Teaching of you I shall expect four shillings the day, and, I hope, you will judge it reasonable: for you may imagine, that the mean while I am with you, I am wholly sequestred from all profits and benefits which might happen. Likewise if any Gentlewoman would learn to Preserve, if she please to give me forty shillings in hand, she shall have the liberty to come so oft as she pleases, and bring her materials with her, and at any time if there be any new thing to be learned, at any time, for seven years, I will direct her, or give her a Receipt, if at a distance.

I think it will not be amiss if I give you some direction what stiches to put into a Bed which is wrought only with one Colour, therefore observe this following:

Form it all with a double Back-stich, and on the one side of the Stalks work a broad Gold-stich, and bring it off by degrees with powdering, first pretty big stiches, and so smaller and smaller; work the Veins of the leaves with Bread-stick, Chain-stich, open Chain-stich, and any other that you can think on, or devise; then sprig them thick with several Fancies, and let the folds of your Leaves be the thinnest work, and be sure you put a shadow under every fold.

If your Leaves be great, let them be the fuller of Work, or else you had as good do nothing; for how will the Ground shew if the work be too thin.

I saw a very fine Bed once wrought in this manner following

The Ground was an Ash-colour Paragon; and drawn

drawn all over with Clouds, some of one sort and some of another, and wrought to resemble the Clouds of Night; some very dark, some lighter, and here and there between were Stars made with eyes, which you must be sure to have them good; or else they will change, else they will hold as long as your other work will last.

I have often been desired to give some directions for work in Print, and truly I have so done as plain as I can: I heartily wish I could infuse all that I can do, into those who are desirous to learn; it would do them good and me no harm; for I am still, and shall be all my life time improving my self: still as I do purchase new things, I shall impart them to you.

I shall now give you something of Cookery, and such as hath not yet been Printed.

Imprimis: *To pot Fowl to carry to Sea; or to keep to be spent in your House.*

TAke a good company of Duck and Mallard, pluck them, and draw them, and lay them in a Tub with a little Pepper and Salt for twenty four hours, then truss them and roast them; and when they are roasted let them drain from their Gravy, for that will make them corrupt; then put them handsomly into a Pot, and take the Fat which came from them in the roasting, and good store of Butter, and melt together in a Pot, set into a Kettle of boiling-water, put therein good store of Cloves bruised a little, some sliced Nutmeg, Mace, Bay-leaves, and Salt, and let them stew

ſtew in the Butter a while; then while it is hot pour it over your Fowls in the Pot, and let the Pot be filled, ſo that the Fowls may be covered; then lay a Trencher in upon them, and keep them down with a weight or ſtone till they are cold; then take of the ſame kind of Spice which you did put into your Butter, beat it very fine, and ſtrew over it, and lay ſome Bay-leaves on the top, ſo cover it up; they will keep a good while. Drain your Fowl from the Gravy twenty four hours before you put them into your Pot.

A very fine way to pot Neats-Tongues.

Take the largeſt Neats-Tongues you can get, and ſalt them very well; two days after pour away the bloody-Brine, and Salt them again, and let them lie in that ſalt a month; then take ſome Salt-Peter, and a little Roach-Allom beaten together, and rub them over with that, and let them lie one Week; then boil them till they be tender, with ſome Hay on the top of them, then take them out of the Kettle, and pull off the skins; then hang them up in a Chimney where Wood is burnt for four days and nights; then melt ſome Butter with Spice, as you do for the Potted-fowl, and put your Tongues in a pot and pour that over them; and when they have been Potted one Month, take out one, and eat it with Muſtard and Sugar, or Muſtard alone, Theſe will look very red, and eat pleaſantly.

To boil Beef or Mutton to eat ſavourly.

Take any piece of good Beef, and ſet it on the fire

fire with as much water as will cover it; put in such a quantity of Salt as you think fit; let it boil, and skim it very well; then put in a little whole Pepper, Lemmon-Peel, a blade or two of Mace, some sliced Nutmeg, a few Cloves, and a little Time and Winter-Savory; so let them stew together close-covered upon a slow-fire till your meat begin to be tender; then put in good store of Herbs, as Parsley, Spinage, Lettice, Cheveril, Radish-tops, Sorrel, or any other Herb you love: and when the Herbs are boiled, and the Meat thoroughly tender, put some sliced Bread into the bottom of the Dish, and lay your Meat on it, then pour your Broth thereon; and serve it to the Table. One drop of this broth will be better than twenty which is made the plain way.

If they who are to eat it do love Onion or Shelot, it will do very well to put some in.

To Boil, or rather to Stew a Leg of Veal, a very savory Dish.

Take a large white Leg of Veal, and stuff it with some fat Bacon and Sage shred small together, with a little Sage and Nutmeg; cover it with Water, put in some Salt, let it boil, and skim it well; then put in some sweet Herbs and some Spice, such as you love, and let it boil leisurely close-covered; then when you find that the Knuckle begins to be tender, put in a pound of Sausages cut one by one, and let them stew with it for a while; when you find it is enough, put in a piece of fresh Butter, and serve it in with the Broth upon sliced Bread, and lay the Sausages on the top: Garnish the Dish with Collops of Bacon and Sausages.

To

To fry Clary the best way.

Take the Yolks and Whites of Eggs beaten together very well; then put a little grated Nutmeg, and beaten Cinnamon therein; then having your Butter very hot in the Frying-pan; take a Leaf by the stalk end and dip it therein, and lay it into the Pan, and so another as fast as you can, till your Pan be full; fry them brown with a very quick fire, and serve them in with a little Butter: Forget not a little Salt amongst your Eggs when you beat them.

To dress a Leg of Mutton; a very savory Dish.

Boil your Mutton in Water and Salt for the space of an hour; then cut it in thin slices, and put it into a Dish over a Chafing-dish of Coals, without any Liquor, and in a little time you will find the Gravy will be Liquor enough; then put in a little Salt, and a little grated Nutmeg, one Onion, or two or three Shelots sliced, a sprig of Time, and Winter-Savory and one Anchovy; let it stew between two Dishes till it be almost enough; then put in a piece of fresh Butter, and when it hath stewed a little longer, take it up and serve it in: Garnish your Dish with pickled Barberries, and pickled Oysters.

To stew Muscles, or Cockles.

Take any of them, and wash them very well, and put them into boiling Water and Salt, and let them boil till they gape; then take them up, and take

take them out of their ſhells, and put them into a Diſh over a Chafing-diſh of Coals with a little White-wine, a blade or two of Mace, and a little Nutmeg and whole Pepper; let them ſtew a while; then put in a piece of Butter and ſhake them together; then put your Fiſh into a hot Diſh, and take the yolks of two or three Eggs well beaten, and thicken the Sauce with them over the fire; you muſt let them be but a little time over the fire, and ſtir it well for fear it turn, Garniſh your Diſh with Parſley, Salt, and pickled Barberies.

To ſtew Parſnips: A good Diſh.

Boil the tendereſt Parſnips very well, then ſcrape them very clean, and cut them in two, and then ſlit them in half; put them in a Diſh with ſome White-wine, whole Mace, grated Nutmeg and a little Salt; when they have ſtewed cloſe-covered one hour, then put in ſome pieces of Marrow, and a little Sugar; then ſtew them very well, and a little before you take them up, put in a little Butter, and ſhake them well together, and ſerve them in. Garniſh your Diſh with thin ſlices of boiled Parſnips, and fine Sugar beaten and ſearced.

To make a good Pye of Beef.

Take of the tendereſt piece of Beef and cut it in thin ſlices, and beat it very well with a Rouling-pin, and lay it in a little quantity of Claret-wine all night, with a little grated Nutmeg, and cracked Pepper; in the Morning make your Pye, and lay ſome Butter in the bottom; then lay in your Meat, but firſt Salt it a little; then lay ſome more

Butter

Butter on the top, and pour in that Wine in which it lay, and so close it up, and let it Bake three hours, or more: So serve it in hot.

To dress red Beet-Roots.

Wash them and boil them very well, slice them in round slices, and eat them with Butter, Vinegar and Salt; and you may if you please eat them cold with Oyl, and Vinegar and Salt, it is a very Pleasant Sallad,

To make a good Pidgeon Pye.

Pluck your Pidgeons very well; then cut them in halves, wash them and dry them; cleanse their Livers and Gizzards also, and let them go with them; season them with Pepper, Salt, and Nutmeg: When your Pye is raised, lay in some Butter in the bottom, then lay in your Pidgeons, with the cut-side downward; and the Yolks of hard Eggs, and a little Time stripped from the stalks; then lay on some more Butter on the top, and put in a glass-full of Claret-wine: So lid your Pye, and let it bake one Hour.

To boil a Cock, and to make good Broth with him.

Pluck and Draw your Fowl, wash him very well, and bruise his Leggs; boil him in a little Water and Salt for one hour; then add some Water wherein Mutton hath been boiled, and put in a quarter of a pound of French-Barley, or Rice, which you please, with some Time, Winter-savoury, and a little Lemmon-Peel, a little large Mace and sliced Nutmeg, with a Clove or two.

When

When it is clean scummed, let it only stew till it be enough; then take up the Cock for a while, and boil the Broth very well; then put him in again and heat him throughly, then serve it to the Table, and garnish your dish with Limmon and Barberries.

Be sure to truss your Fowl handsomely. This Dish is very good for weak People.

To boil a Fore-Loyn of Pork, with good Sauce to it.

Let your Pork be reasonably well salted, and boil it very well, then have in readiness a good quantity of Sorrel stripped from the Stalks, and beaten in a Mortar as fine as possible you can; then put in a few Crumbs of Bread, the yolks of hard Eggs, with a little Mustard, and a little Salt: so serve in your Pork with this Sauce, and garnish your Dish with Parsly, or any other Green Leaves.

To stew Rabbits.

When they are flead cut them in pieces, and put them into a Pot with as much Water as will well cover them, put in some Salt and let them boil, and scum them well, then put in a faggot of Sweet-herbs, and let them stew close covered; then peel a good quantity of great Onions, and boil them in several Waters till they be tender; put them also into the Pot with your Rabbits and let them stew till the Rabbits be very tender: a little before you take them up, put a good quantity of fresh Butter, and a little Vinegar, and stir it about very well; and then Dish them for the Table, and garnish your Dish with Onion, Salt, and green Leaves.

To

To boil Green Peaſe.

When they are ſhealed put them into a long Galley-Pot, and ſet it into a Pot of Seething-water, and cover the Gally-pot very well, and in a ſhort time you will find the Peaſe to be fine and tender; then put them out into a Diſh, and ſtrew ſome Salt upon them, and put in a good quantity of Butter, and ſo ſhake them well between two Diſhes; then put them into a hot Diſh, and ſerve them to the Table. If they who are to eat them do love Sparemint, put in a ſprigg into the Pot with them.

Theſe are far more pleaſant and ſweet, than thoſe which are boiled in Water.

To preſerve Green-Peaſe a while.

When they are ſheal'd and pickt, put them into a long Gally-pot, and take ſome Butter, and cover them with it, and cloſe it down upon them with your hand; your Butter muſt not be melted but cold; then cover your Pot very well and ſet it in a cool place.

To dreſs Old Beans.

Lay them in Water one Night; then put them into cold Water, and ſet them over the fire, and let them heat by degrees; and when they are hot, let them boil apace, and with them a piece of Bacon, and ſome Parſley; when they are very tender, take them up and drain them well from the water; pour ſome Butter melted

very

very thick over them, and lay Bacon on each side of them, and serve them to the Table.

To dress Old French-Beans.

Water them as you do the other Old Beans, and boil them after the same manner, but no Bacon with them, and when they are enough, take them up, and drain them well from the water; strew some Salt and grated Nutmey on them, and Butter them well.

To stew Beef, a very fine way.

Slice your Beef in thin slices, and put it into a long Gally-pot, with a sliced Onion, some Pepper, and some Salt, and sweet Herbs, with a little Parsley; cover the Pot close, and set it in a Kettle of seething water; so let it be ten or twelve hours, and put in a little Claret Wine also.

Let the fire be well tended under the Kettle, and you will find a dainty Dish of it.

Your meat must be reasonable Fat: Serve it to the Table upon sippits of Whitebread.

To make rare Pyes of a Calves-Head.

Take a fine fat Calves-Head, and cleanse it well; boil it with Water and Salt till it be very tender, then take it from the Bones and mince it very small, then to a pound of this Meat, take one pound of Currans, washed and pick'd very well, one pound of Raisins of the Sun, a little Salt, some Nutmeg, Cloves, Mace, and Cinnamon beaten fine, a little

a little White-wine, and a little Lemmon-peel shred small, with a little Sugar, and the yolks of four hard Eggs; having your Pye ready raised lay Butter in the bottom: then put in your minc'd Meat, and on the top of it lay some pieces of Marrow, and some Dates cut in thin slices, then lay Butter over that, and lid it and bake it; and when it is baked, cut open the Lid, and put in a little White-wine, Butter and Sugar. This is a very good Pye, and may be eaten hot or cold.

To make a Pudding of cold Meat:

Take any pieces of cold Meat, which is not fit to come to the Table any more, as Veal, Mutton, Lamb, Capon, Chicken, Rabbit, or the like; mince either of these very small, and put some Milk to it, and the yolks and whites of Eggs, with some beaten Spice and Salt, and a little Sugar, make it up with a little Flower, so that you may wrap it in a piece of thin Paste, put it into boiling water, and let it boil two or three hours; then take it up and put it into a Dish, and so cut it in slices, and Butter it; strew Sugar on your Dish and serve it in. This may be called, *The good Houſ-wives Pudding.*

They are fools who cannot tell what to do with scraps of Meat: (Are they any worse than the rest?) If any be too Fat, let them try it up for Suet, else make a Florentine or Pudding with it; and so used, you may bring it (if occasion were) before a Great Person. It is an easie matter here for any that hath Mony, if they have nothing but cold Meat in the House, to go to the Market and buy a joynt of Meat: But, I pray what

what do they in other Countries, where they have not such plenty; Do they not live upon green Herbs, Plants and Roots, as much as any kind of Meat? and who are so weak as our *English* People? for they eat so much of Meat, that they distemper themselves with it: whereas if they did eat Herbs, Roots and Plants more freely, it would be better for them. Observe the Diet of the *French*, *Italian*, *Dutch*, *Spaniards*, *Portugals*, or any other Nation; they make good savory Meat, and do not spend half so much Meat as we do; yet, who so strong as they? you shall hardly ever see a Crooked Person among a thousand of them, nor weak ey'd, so far as to give blemish to them: and I do impute that to their Diet partly. And that they do not Coat their Children too soon, when they are young, but keep them long in their Blankets; that prevents the Rickets, and many other Distempers: but our proud Nurses here must be humour'd, although it be the ruine of a Child; but if there were none would humour them more than I, they would be mute. Let them look well to a Child, and keep it sweet and clean, and then if they have their Wages duly paid them, they have no reason to find fault: If the Child do not go so fine as they would have it, it will be the Parents shame, not theirs. It is better to let a Child, or ones self go plain, than to run in Debt for fine Cloaths. They that will heed what I say; I believe it will do no harm but a great deal of good, for they will find it true what I say.

Did I not see what fools we are made, here in England, both by our Nurses and Servants, and what destruction there is made in many Houses, I should

should not speak; but really there is in some Houses, I know so much Waste, as that it is a great shame and discredit to those who guide the Family, and if they would look a little more into their Affairs, they would be more careful for the future.

Therefore all you who are Mistresses of Families, look narrowly to your Servants, and let them not Spoil or waste your Goods, for which you must take pains and care: Be watchful that they do not sit up beyond their usual time, Juncketing, and making their friends welcome (as they call them) with your Goods; while you are a sleep, and think no harm of them. Suffer not your Children to go too frequently abroad with Servants, lest it cause such an obligation, as you shall pay dearly for the Requital.

If you see your Servant go beyond what you think the Wages you allow her will well maintain, and to lay up somewhat in case of Sickness, or being out of Service you ought to Question her, or him; for either they must run in Debt, or Cheat you, or take some ill Course to maintain their pride and folly; and then of necessity discredit must follow: On the other side; if you find a Servant to be civil, neat, cleanly, and careful to please, I do advise such a Servant may be cherished and encouraged, not only by good Words, but Good Gifts also; for such a Servant cannot be too highly prized: yet too much of Familiarity I do not hold with, for that will breed much Contempt. Keep your distance as you being her Superiour, and shew your love and favour in what may benefit her.

Trust not a Servant too much with Secrets which

concern your Credit, or your Livelyhood, leſt you thereby enſlave your ſelf to them; for I have ſeen very ſad effects from ſuch confidings. You may make the Meſſengers for to carry Letters, but do not truſt them to be your Counſellors.

If any Servant, who hath performed her Duty to you, do ask your advice in Marriage, give her the beſt Counſel you can, and alſo beſtow ſomewhat towards the forwarding of it: If you probably think ſhe may be happy, let the Man who ſhe hath an inclination to, know that you have a Kindneſs for her, and that you will ſhew them all the Favour you can; if they will endeavour honeſtly to live in the World.

If your ability will reach to it, be kind to them upon their Wedding-day; either to give them their Meat; or at leaſt-wiſe, to give them ſomewhat towards their Charges: And when ſhe is gone from you, afford her your Aſſiſtance when ſhe ſtands in need, and grace her with your Company when it is required; for then her Husband will be apt to be the more kind to her, and will have an awful reverence for you.

For Nurſes.

If you find an ill one, take your Child away, and own her no more. Let your ſilence be her ſorrow, and her ſhame: Report not ill of her, leſt it be her ruine, neither commend her, leſt you ruine your own Credit. It is better to be ſilent, and let others find her out, then for you to accuſe her: It is enough, that you have taken your Child away.

If you find a good and faithful Nurſe, one who hath done her duty to you in the care for the Child,

Child, cherish her, nourish her, and never think any thing too much that you can do for her, without prejudice to your self: If she hath been careful of the Childs Cloaths, give her what you can well spare of them for her own Child, or else give her the worth of them to lay out her self; and as your Child grows up, teach it to love the Nurse, and infuse those Principles into it, that when you are dead and gone, your Child may still remember her with a perpetual kindness. This is my own mind: I would have my Children do so, and therefore I commend these Directions to others.

For Preserving I have before given you very many Receipts, and of the very best, for all manner of things; therefore you must not expect that I shall say much as to that Art; yet somethings there be which you have not, as followeth; and a mixture of things, such as cometh into my mind, that I have not yet written,

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Imprimis: *To make very fine Bisket.*

TAke one pound of the yolks of hard Eggs, one pound of the finest Sugar beaten and searced, two ounces of candid Iringo-root, one ounce of canded Cittron-peel, the whites of two Eggs well beaten, one quarter of an ounce of Cinnamon beaten fine, one Nutmeg grated, half a quarter of an ounce of beaten Ginger; beat all these in a Mortar to a Paste, with a little Sack, and one grain of Amber-grease; then mould it up with searsed Sugar; make it into little Cakes, according to your fancy, and lay them upon Wafer sheets,

upon a Tin-plate, and bake them after Bread is drawn.

Another sort of Bisket.

Take half a pound of Naples-Bisket, mix them with a little Sack, when you have sliced them thin, and let them lye in soak in it; then take half a pound of sweet Almonds blanched in cold Water, and beaten to a Paste with a little fair water, to keep them from oyling; then beat that Paste with the Naples-Bisket, and the Yolks of three Eggs, and the Whites of one: when you have mixed them, then put in three quarters of a pound of searced Sugar, a little juyce of Lemmon, and one grain of Amber-grease; of what Spice you like, you may put in a little beaten and searced.

When these are well incorporated, take them out of the Morter, and mould it up with searced Sugar, upon a smooth Board, and make it into what form you please; bake them upon Wafer-sheets on tin Plates after Brown-bread is drawn: do not take them from the Plates till they are cold enough.

To make Syrup of Violets.

Pick your Violets very clean, and beat them well in a Mortar; then strain them, and to one pint of the juice take one quarter of a pint of Spring-water; put it into the Mortar with the stamped Violets which you have strained, stamp them together a while, and strain the Water well from them, and mix them with your other Juyce, then put it into a long Gally-pot, and to each pint of

of juyce put in one pound of double Refined Sugar; let it stand close covered for the space of twelve hours; then put in a little quantity of Juyce of Lemmon, that will make it look purely transparent; then set your Gally-pot into a Kettle of seething-water covered, till you find it to be thick enough; then set it by till it is cold, and then put it up.

Syrup of Roses; a good way.

Fill a great Stone-pot with Damask-Rose leaves, as hard as you can thrust it; then fill it up with Damask-Rose water, and cover it with Stone or Glass, and set it into a Kettle of boiling Water, till you find that the Rose-water be very well coloured, which may be about four hours; then strain it out hard, and put the Liquor into a Gally-pot, and to every pint of it, put two pounds of Sugar; then cover the Pot and set it into a Kettle of seething-Water, and let it stand till it be a thick Syrup: when it is cold put it up and keep it for your use; it will work very kindly, and very effectually.

The best way to preserve Fruits.

Wet the Sugar for them with the juyce of some of the same Fruit, instead of Water, and that will give a full and lively taste, and they will keep the better: The worst of your Fruit will serve for that.

Be pleased to observe my former Books for the ordering of all Fruits in the Preserving, only do not put in Rose-water so generally, as is set down,

because it is not so much used as formerly, unless in Cordial things, or some other particular things; therefore where it is liked use it, or else not, for we have new Modes for Eating and Drinking as well as for Apparel; One cannot so strictly set down any thing, but that in the making of Sauce, dressing of Meat, with Seasoning, preserving several things, and the like, there must be a judgment in those who order them, to leave out, or to add, or else they will please but a few pallets; for some do hate the taste of what others do extreamly love.

To make very fine Jelly for a weak stomach.

Take Calves-Feet, or Sheeps-Trotters cleanly dressed, and split them in half; put them into a Pipkin with as much White-Wine as will cover them, put in a little Salt, make it boil, and scum it well, then put in a blade or two of whole Mace, with a sprig or two of Time, and a little Lemmon-peel; put in a few Dates sliced very thin; cover it close, and let it boil leisurely till the Feet be very tender; then take them up, and eat them if you please; and take the Liquor and strain it, and to a quart of it put in the juyce of one Lemmon, and as much fine Sugar as will well sweeten it, and set it over the fire till the Sugar be thoroughly melted; then keep it in a Gally-pot, and give the Party of it three or four times in a day, as much as they please to take; if you like it, you may put in a little Ambergreace and Rose-water; the one is pleasing and good for a weak stomach, the other for the Brain; Amber-greace is good for the Head (if inwardly taken) but it is not good to smell

to,

to, because it will raise fumes to the head: You observe this, I once did ask a Physician concerning Musk and Amber-greace, Why the smell of either of them did offend so much? He Answered me thus; "The reason (saith he) why either of them "are so offensive, is, because they smell but a lit-"tle, and do only disturb; but if they go into a "shop where store is, and smell to divers pounds "of it, they will find it rather a purge downward "than a raiser of Fumes to the Head.

To Candy White Sugar; excellent good for any Cough or Cold.

Take two pounds of the best powdered Sugar, and put it in a Dish to dry very well in a warm Oven; then beat it fine and search it; mix with this quantity, one ounce of the best prepared Amber; mingle them very well together, and put them into a preserving-Pan, with one pint of Fair-water; melt it over a gentle fire, and when it boils put in the White of an Egg to clarifie it; then scum it very well, and when you perceive it to be as clear as Chrystal, then let it stand in the Pan until it be cold, covered very close: then take fair Running-water about two quarts, and one ounce of the cleerest Roch-Allom beaten to powder, mix them together, and let them stand twenty four hours: When you have so done, take an Earthen-Vessel, or Pot, and some few sticks of the whitest sappy-Firr, splintred from un-wrought Deal, and place your sticks as you do in a Bee-Hive, cross every way; set this Pot over a few Embers empty; then mix your Sugar and your Water in your Preserving-Pan setting them upon the fire;

and so soon as you perceive the Sugar to sink, then pour out the Water, having a Cullender; pour your Sugar into the said Pot very gently through the Cullender; pour your Candy presently in square forms, and that wich falleth to the bottom will be as good as the rest, though perhaps not altogether so clear of colour; as soon as you have poured in all your Sugar, which will rope like Hony; then stop your Pot very close, and let the Pot stand in a Vessel of cold water four daies very well luted; they usually break the Pot when they take the Candy; then break it off the sticks, and keep it in a Box in some dry place.

A most rare Receipt for the Scurvy; for old Catarrhs or Rheums; or for a Consumption.

Take a good quantity of Scurvy-grass, and beat it, and strain it; take the juyce thereof and set it over the fire till it be hot, but let it not boil; so soon as you see a thick scum arise, take it off, and strain it through a linnen Cloth, but never press it between your fingers; as soon as the scum is thrown away, then set it over the fire again, and take clarified Honey three ounces, Butter clarified with three Cloves of Garlick one ounce, Aniseeds half an ounce, Ennulacampane half an ounce, Liquorish half an ounce, powdered very fine, and searced through a lawn Sieve, Saffron one dram finely beaten, White Sugar-candy finely beaten one ounce; Mix all these powders very well together, and strew them carefully into the aforesaid Juyce, with the clarified Butter and Honey, and keep it continually stirring till you have incorporated it fully over the fire; then take

it

it from the fire, and keep it stirring till it be cold: then if you have a mind to keep it for Syrup, you may keep it in a Gally-pot, or you may make it thicker with more Sugar-candy, add a little *Flos Sulphuris*, and you may perfume them if you please; that is, if you stiffen it enough for Lozenges.

An excellent Medicine for any Obstructions.

Take a quarter of a peck of fine Wheat-flower, half an ounce of Cloves beaten very fine, two Nutmegs, and a quarter of an ounce of Mace beaten fine, mix these well with the Flower; as also half a pound of fine Sugar beaten and searced; put in some Juyce of Harts-tongue and Liver-wort, the yolks of six Eggs, and six ounces of fresh sweet Butter, knead it together very well and make it into a Cake, and bake it with Bread; eat of it very often and no doubt but you will find good of it, for it hath done very great Cures upon many who were Obstructed.

Here is a most excellent Plaister, which is called, the Catholick, *and for fear I should forget it, I will not omit it any longer.*

Take of Rosin beaten to powder, two pounds and a half, Heifers Tallow one pound and a quarter, tryed with a gentle fire and cleansed; when it is cold scrape away the dross from the bottom, and melt in a Brass Vessel; then strew in the Rosin by handfuls, and stir it with a Willow Spatula, continually stirring it until it be all stirred in and melted; then have ready a Bason of Pewter, and

in it of Water of Camomile, of *English* Briony-Root, and of Damask Rose-water, of each eight ounces, with powder of Salt of Wormwood, Salt of Tartar, Salt of Scurvy-grass, Vitriol camphonate, of each one ounce and half; then pour in the melted body, and stir it with the Spatula from the East to the West, round continually, until the body have seemingly swallowed up all the Waters and Salt; continue it stirring until the Water appear, and thus work it until the body be as white as Snow; then let it stand a Month in the Water, covered from dust; and when you use it, let it not come near any fire, but work a little at a time, until it be as white as Snow on the brawn of your hand, over against the little-Finger; spread it on a linnen-Cloth, or Leather, for the best *Catholick* Plaister in the World; for the Reins in all Accidents; for all Bruises and great Contusions, and where the Bones are broken into small bits, to ease pains, lest a Gangrene ensue; then twice a day foment the part with hot stroops wrung out of a fomentation, made with a strong Lye of three quarts made with Wood-ashes, then put into the Lye Centuary, St. *Johns* Wort, Mallows; Wormwood, of each a good handful, one root of *Solomons* Seal, if you can get one, or else it may be made without foment with hot stroops wrung out of this liquor of Woollen Cloaths, and apply to the part as hot as may be, and cover it with Blankets to keep in the heat, and before it be quite cold, renew another hot stroop; continue this order one hour Morning and Evening, then presently apply the Plaister a little warmed every time; when you see want, spread it again if you see cause. But when such shatterings are of Bones,

Contused

Contused Wounds Dislocations, roul it not up as other fractures, but have a Box made open at each end, and lay the part on a pillow, and let the strings of binding come about the pillow, and lay the Member in the Box; bind it not hard, and sometimes not at all. This is a very great Secret, and to be valued.

To make fine Jelly of Fruit, which will look transparent.

Take some Isinglass and break it in little bits, and boil it in Water very well, and strain it; then colour it with any sort of Fruit, by putting in the Juyce thereof; then to every pint of it take one pound of the best refined Sugar, boil them together, and scum it very well; and when you find it to be enough, put it into flat Glasses, and keep it in a Cupbord.

You may make Jelly of any Cordial Herb or Flower in this manner, which will be very comfortable and strengthning, and also very pleasant.

A pretty Sweet-Meat of Lettuce-stalks

Boil them in several Waters till they are tender, then wash them in cold water, and dry them well, then take their weight in fine Sugar, just wet it with Water, and boil it to a Candy-height; then put in your stalks; being first stamped in a Mortar very well; boil them together till it be very cleer, and take them from the fire, and put them into Glasses; and if you please you may add a little juyce of a Lemmon to it as it boils, and a little candid peel of

of a Lemmon shred small, for that will give a good taste, and make it look very beautiful.

In like manner you may do with Artychoak bottoms, when they are boiled tender.

To make Marmalade of Damsons.

Take your Damsons and scald them in Water till the skins do crack; then peel them, and take away the stones; then beat them well in a Mortar; then take their weight in fine Sugar, wet it with Water, and boil it to a Candy-height; then put in your Damsons, and boil it, and keep it stirring continually, till it will come from the bottom of the Posnet.

To make Syrup of Snails; most admirable in Consumptions.

Take shell-Snails, and break their shells off, and wash them very well in a Pan with Water and Salt, and then with several Waters alone till they be very clean; then put them into a long Gally-pot, with a blade or two of Mace, and a little quantity of White-wine; cover the Pot, and set it into a Kettle of boiling Water, for the space of two hours or more; then put them out into an Hippocrass Bag, and hang them up to drain, and let them drop into a Glass with a mouth so wide as that it may not drop besides, and when it hath dropped all it will, then to a pint of it take a pound of White Sugar-candy, two spoonfuls of the best Cinnamon water, one quarter of a pint of red Rose-water, one grain of Amber-grease, and twelve sheets of Leaf-Gold; put all these into the Glass,

Glass, and let it stand all night; then set it carefully into a Kettle of Water when it is cold, and fasten it very well about with Hay, and let the Kettle be set on the fire, and by degrees be made to boil; but if you should put in a Pot or Glass into a Kettle of boiling hot Water, the suddain heat would break it, or else not.

Let it stand thus slightly covered, till you find that the Sugar be quite incorporated with the Juyce; when it is taken off and cold, put it up to keep, and give the Party of it two spoonfuls at a time, twice in a day, in the Morning and in the Afternoon, about four of the Clock.

Very fine Lozenges for a Cough of defluxion of Rheum.

Take two ounces of powder of Liquorish, half an ounce of powder of Anniseeds, one quarter of an ounce of powder of Elecampane, one dram of flower of Brimstone, and one dram of prepared red Corral, one pound of double refined Sugar beaten and searced; then with some Gum-Dragon steeped all night in red Rose-water, beat them into a Paste, then mould it up with a little searced Sugar, and make it up into Lozenges; print them with a Seal, and dry them in the Sun, or in some warm place; eat of these often in the day or night, putting one in your mouth, and let it lye till it be quite melted.

To make a Paste very delicate, rich, and very pleasant.

Take one pound of red Quince-Marmalade, which is made very smooth, one ounce of candid Lemmon-

Lemmon-peel, one ounce of candid Cittron-peel, one ounce of candid Iringo-root, one ounce of candid Ginger, one ounce of Dates ſliced thin, and one ounce of Prunels; let all theſe be cut ſmall, and beaten with a little Sack to a Paſte; then put in your Marmalade to them, with four ounces of ſweet Almonds blanched and beaten, and four ounces of fine Sugar beaten and ſearced, and a little Gum-Dragon, ſteeped all night in fair water; when you have beaten them extream well, then take it out and mould it up with ſearced Sugar, and make it into little Cakes, of what form you pleaſe, and dry them upon Wafer-ſheets on Tin-plates in an Oven after Bread is drawn. If you pleaſe you may perfume ſome of them.

To make good Drink to comfort you in a cold Morning.

Take a pint and a halfe of Claret-wine, and half a pint of ſtale ſtrong Beer; boil them with ſuch Spice as you like very well, and a little Lemmon-peel; then take the Yolks of four or five Eggs, and beat them very well; then put ſo much Sugar into your Wine, as you think will well ſweeten it; and after mixing ſome of your hot Wine with the Eggs, brew them and the Wine very well together, and let there be a little piece of Butter in it, Be ſure to brew it apace that it curdle not, for then it is ſpoiled.

To make an excellent Cordial Electuary, for to reſtore one that is weak, or againſt Melancholy

Take of Conſerve of Burrage flowers, Roſemary flowers, of Marigold flowers, of Sage flowers,

of

of Beteny flowers; of each of these one ounce, two ounces of Syrup of Clove-Gilliflowers two ounces of the Syrup of the juyce of Citrons, one dram of Confection of Alkernes, two ounces of the best Cinnamon Water, and twelve or fourteen leaves of Leaf-Gold, with one ounce of prepared Corral, either White or red; mix all these together very well, and take about the quantity of a Walnut every night when you go to Bed.

A very goo Cordial Water without the trouble of a Still.

Take two quarts of Brandy, and keep it in a great Glass with a reasonable narrow mouth; put into it of Cloves, Nutmeg, Cinnamon and Ginger, Cardemon seeds, Coriander seeds, Anniseeds, Liquorish, of each of these half an ounce bruised; Long Pepper and Grains of each one dram bruised, Elecampane one quarter of an ounce bruised; let all these steep in the Brandy a fornight, then pour it out into another Glass softly, so long as it will run clear; then put more Brandy into the Glass where the Ingredients are, and let that stand three weeks; and so long as you find there is any strength in the Ingredients, still put in more Brandy, and let it stand every time longer and longer.

Then take your first two quarts of Brandy which you poured off, and put in it four ounces of White Sugar-Candy, and so much Syrup of Clove-Gilliflowers as will well colour it, with store of Leaf-Gold; give two spoonfuls at a time: It is good in case of any Illness or Swouning, to drive out any infection and venemous humours; it is

good

good for Wind in the Stomach, and to keep out Cold.

A pretty Sweet-meat made of Grapes, very good in Feavors.

Take Grapes and pluck them from their Stalks, and bruiſe them well; then ſtrain them thorough a Strainer made of *French* Canvas; then ſet that juyce in a Gally-pot into a Kettle of boiling Water for three hours; then take the weight of it in fine Sugar, and boil it to a Candy height, then put in your juyce of Grapes, and boil it till it be very clear, and ſcum it well; then put it into Glaſſes, and ſet them into a ſtove for a while.

To make Marmalade with Barberries and Pippins.

Take one pound of fine Sugar, and a pint of Water, and boil them together, and ſcum them very well; then put into that Syrup one pound of the beſt Pippins pared, and cut in quarters and Coared; boil them quick in this Syrup till they are extream clear; then take them and bruiſe them as ſmall as you can with the back of a Spoon; then put to them one pound of Conſerve of Barberries that is curiouſly made and ſtir them well together, and let them boil till they are well incorporated, and then put them into Glaſſes. This is very Cordial and pleaſant in Feavors.

To Candy Fruits after they have lien in Syrup.

Take any ſort of Fruit which you have preſerved; as Apples, Pears, Plumbs, Oranges, Lemmons, Citrons,

Citrons, or any other, and lay them out of their Syrup all night to drain; then lay them upon Sieves and set them into a warm Oven to dry; then wash them over with Water wherein Gum-Arabick hath lien to steep one night, and do it with a Feather; then have in readiness some White Sugar-candy, beaten not fine but grosly, and some small, some bigger; so soon as you have washed your Fruit with Gum-water, then strew it over with this Sugar-candy, so thick as the Gum will hold them on, and lay them upon slicked-Papers to dry in the Sun, and turn them often; and if you see any fault mend it with more Gum-water and Sugar.

This is an extraordinary pretty way, and looks very delicately; and as they lie in the Sun they will sparkle like Diamonds: it is soon done, and with as little Cost as that which taketh up more time.

To make a pretty Toy to hang up in the Kitchin to catch Flies, or rather to keep them from spoyling the Pewter; or troubling People.

Take a square Trencher, and bore a hole at each Corner; then take four Cucumbers of an equal bigness, and not too long, and let them every one have stalks, by which you must tie them with pack-thred to the four holes of the Trencher, and let your Trencher be painted over; and when it is dry wash it over with Gum-water, and strew it thick with French-frost; then take some Barley, and stick your Cucumbers thick with the Corns, with the growing ends outward; then wash them over with Gum-water, and Frost them, and so let them dry as they hang; and on the top of the

Trencher

Trencher set some pretty kinds of Toys, as Babies, Dogs, Birds, or any thing you fancy better, and tie knots of fine Ribbon at every Corner, which may hide the Stalks of the Cucumbers; they do look strangely and prettily, and the sight of them is pleasing to Children to quiet them.

To lay on Leaf-Gold or Silver to any thing you would Gild.

Take Gum-water, made with Arabick, and let it be pretty stiff; then lay it on with your Pencil where you would Gild; then take a little Cushion, made for the purpose, of very smooth Leather, and upon that cut your Gold with a sharp Knife, as you will; and to take it up, draw the edge of your Knife finely upon your Tongue, that it may be only wet, with which do but touch the very edge of your Gold and it will come up, and you may lay it as you list; but before you lay it on, let your Gum be almost dry, or else it will drown your Gold: and when you have laid it, press it down hard with the skut of a Hare, and when it is dry, burnish it over with a Dogs-tooth. This is the right way to lay on either Gold or Silver. You may gild any Wood, or Stone, or Sweet-meats, as what you make in Sugar Plate, or such like.

To dress up a Chimney very fine for the Summer time, as I have done many, and they have been liked very well.

First, take a pack-thred and fasten it even to the inner part of the Chimney, so high as that you can see no higher as you walk up and down the House;

House; you must drive in several Nails to hold up all your work; then get good store of old green Moss from trees, and melt an equal proportion of Bees-wax and Rosin together, and while it is hot, dip the wrong ends of the Moss in it, and presently clap it upon your pack-thred, and press it down hard with your hand; you must make haste, else it will cool before you can fasten it, and then it will fall down; do so all round where the pack-thred goes, and the next row you must joyn to that so that it may seem all in one, thus do till you have finished it down to the bottom: then take some other kind of Moss, of a whitish-colour and stiff, and of several sorts or kinds, and place that upon the other, here and there carelesly, and in some places put a good deal, and some a little; then any kind of fine Snail-shells, in which the Snails are dead, and little Toad-stools, which are very old, and look like Velvet, or any other thing that was old and pretty; place it here and there as your fancy serves, and fasten all with Wax and Rosin. Then for the Hearth of your Chimney, you may lay some Orpan-Sprigs in order all over, and it will grow as it lies; and according to the Season, get what flowers you can, and stick in as if they grew, and a few sprigs of Sweet-Bryer: the Flowers you must renew every Week; but the Moss will last all the Summer, till it will be time to make a fire; and the Orpan will last near two Months. A Chimney thus done doth grace a Room exceedingly.

Another way for Chimneys, very fine; but will not last so long,

Take a fine thin Wainscot-board, about three quarters

quarters of a yard long, and proportionably broad, for what you do intend it; let it be cut in what form beſt pleaſes you.

I have ſeen ſome cut like a Roſe and Crown; ſome a Flower de Luce; ſome other flowers: when it is cut out, let it be all over thick with pieces of Wire ſharped at one end, and drove in about an inch in length, each of them: then lay it upon a Table, and take ſome Clay wetted a little, and lay all over it, till you have quite filled up the Wiers with the Clay, for it is they muſt hold it on: Then round about the edges every where, ſtick it thick with little ſmall ſprigs of green Tamarisk or Cypreſs; or for want of either of theſe, take Yew-ſprigs, and be ſure to ſtick them ſo that not any part of the edges may be diſcovered; then according to the form of the Board you muſt chooſe your Flowers and Herbs.

If it be for a Roſe, then your Flowers muſt be all Red, yet of divers kinds; if there be a Crown, that muſt be all of Yellow flowers; if a Flower de Luce, then Blew, or Purple and Yellow, and ſo to every other: let your Flowers be all picked ready, and every ſort laid by themſelves; then run the Stalks of them into the Clay near to the Flower, and ſo do till you have finiſhed all; and put the Greens alſo in their proper place, as in the leaves and herbs of the Flowers; when you have quite done, ſet it into the Chimney, and let the bottom of it reſt within a great Flower-pot, ſuch as they make for Chimneys: It muſt be lifted by three or four People at once very carefully, or elſe you will ſpoil all; for it will be ſo weighty, and the Board ſo thin, that it is eaſily broke in the moving. When you have ſet it as it ſhould be, then cover

your

your Chimneys-Hearth with Green things, and then with fine flowers; and be sure to cover your Pot also that there may be no discovery; it will be fresh two Months if you sprinkle it with Water.

I have here directed you to many things, which will (no doubt) be pleasant and profitable to you. Give me leave now to treat a little concerning the Behaviour of the Female Sex, and to give Councel to those who need it, because I find there is some need of it. In my Book called *The Ladies Guide*, I did speak very much to them, but most to the Younger sort. My intention was to have inlarged that Book, if Mr. *Newman* had done me that right, as to have let me known when he would print it; but it was his pleasure to employ another; who hath so transformed the Book, that it is nothing like what I had written: It is now about Eight years or more since I writ that *Guide*, which was sold for twelve pence the Book; and it is above twelve Months since the New one came out, which sold for half a Crown the Book. I thought to have sued him for it, but he very cunningly prevented that by taking advantage of me; notwithstanding he must give me leave to say the truth, That that Edition was none of my Writing, I will never disown what I do Write, nor am I willing to own what I write not. He did indeed (after I had Cavelled with him, and shewed him wherein I was abused by his Writer) give me a small matter to look it over, and told me that I should take out, and put in the room of it what I best pleased, and agreed with me by the Sheet what to give me, which I did accordingly: and truly I dealt very friendly with him; for I took away nothing but that which was scandalous, rediculous,

ridiculous, and impertinent, and put in only that which was innocent and harmless: So willing was I to be peaceable with him, and I thought he would have been Civil to me: but when I brought it to him, he did not give me the one half of what I bargain'd for: I asking him why he dealt so unworthily with me? He said it was his humour to give me no more. So now he may take notice that it is my humour to let all People know, that I was abused in that his late printed Book. He told me, he cared not for my Name, he would print it without it, if he do so, I have nothing to do with it. I should not speak so much did I not find a prejudice, for People of worth do wonder why I would Write so; and I have vindicated my self to those who told me of it, with telling the Truth. Now to proceed:

In that Book which was mine (called *The Ladies Guide*) there was as good Instructions to Youth, as I can imagine to give; and also to all manner of Servants, what their duty was each one in their several Employs; and there was the Mistresses part as well as theirs: The Wife to the Husband, the Widow to the World: and indeed when I writ it, I could not tell how to say more. He would do himself much right, as well as me, to print the same *Verbatim*: in the mean time I desire you to observe what I shall say, which may do some of you much good for the future. There are very many at this present time who want Services, both Gentlewomen and others, and some of them very well accomplisht (those I find to be the most humble, and willing to please:) Another sort there be which have little in them, yet none but great Places will serve them; which when they have wearied themselves

themselves to find, and at last miss of what they have propounded to themselves, they are ready to run any extravagant Course still to purchase fine Cloths, than to conform to any Civility or Manners, or to take the Advice of those who would assist them. Some who have apt Wits, and that Dame Nature hath been favourable to, they are courted to be Players: Some other of them to Bawdy-Houses: Some are tempted to Steal. And thus many wickednesses are committed against God and Man, and themselves brought into a most miserable condition of living, or to a shameful end: whilst the first I spake of are diligent to get wherewith to feed and cloth themselves by some honest employ or other, till such time as it shall please God better to provide for them, and keep close to their business (not shewing themselves in the Streets, but when they have just occasion to go forth:) Such as these last shall never want my Assistance, if it lye in my power to help them; for it is a great deal of pity but that all Ingenious and Honest minded Persons should be encouraged. I do love such with my heart, and do beseech them still to trust in him who is able to remedy all, or to give patience in sufferings. I will now tell you several Causes which may bring good Children, and Children of good Parents, many times, to be in Distress; as also, why the other do commonly run into Wickedness, and what may for the future prevent such Miscarriages; with my loving and Christin Advice to both their Parents and them; and some what to those under whose Tuition they are, or may happen under.

The Cauſe why good Children, or the Children of worthy Parents, are oft-times in a diſtreſſed Condition.

IT hapneth oft-times, that a Gentleman having a good Eſtate, but many Children, he, and the care of a good Mother together doth make a very good ſhift to bring them all up (in appearance to the eye of the World) very handſomly; their Attire being ſuch as becomes his and her Children; their Education ſuch as is fitting for, or the beſt which can be attained in that place they live in; this they do till ſome of the Eldeſt are Women grown; and by that time they are conſidering how to beſtow them in the World, finding the Charge to be too great for them. If an Elder one Marry, although there be one leſs in the Family, yet carries more with her, than if ſhe had ſtayed, would have been ſpent upon her: Her Husband perhaps in a ſhort time, by playing the Ill-fellow, is quite ruin'd, and his Wife turn'd home to her Parents again, with a Child or two to provide for. Where, after a while ſhe cannot abide to hear her Husband blamed, neither is ſhe willing to burden her Parents ſo much; ſhe endeavours to get into ſome good Service to be Nurſe, and leaves her Child or Children with them. She hath her affliction, and doth waſte her ſelf with grief and Sorrow. The Parents find themſelves ſo burden'd, that they muſt needs ſend ſome of the reſt out to Service: and here they come to *London*, perhaps to ſome Couſin or ſome Friend, thinking to get ſome place or other quickly,

quickly, but find it a hard business. Their Friends beginning to grumble at their being, their Cloth begining to wear out, and all their Money spent; then do they find themselves in a desperate Condition, and do seek some place or other to Lodge in, and are content to be employed in any honest way to get a penny, till they can procure a Service; being not willing to return to their Parents, to add to their grief. Some men are undone by Surety-ship; some with the Ill-chance of a Die; some by Fire; some by Sea; some by long-sickness; some by Robbery; some by Suits in Law; some by War; and many other wayes there are to bring Men to destruction; and then their Wives and Children must needs be exposed to Misery: The poor Mother, she imployes her self in somewhat or other to maintain her self, and the younger Children, who are not yet able to take care of themselves: and for the Elder ones, they are forced to Service, and are fain to accept for the present, which are but slavish, rather then to follow any Ill-course of Life. All these, you will say, have their Afflictions, and you have sufficient Reasons for the Causes thereof.

The Causes why others do commonly run into Mischief and Wickedness.

They are such whose Fathers have died when they were young, and their Mother perhaps by a second match hath ruined her self, and them; or she hath been left in so miserable a condition, that she hath not been capable of Advising them, nor able to bring them up as she should do in the Fear of God: so that wanting that, they have grown

Refractory to her, and forgot their Duty, and then liable to all Temptations whatever. Some Parents have both died, and left their Children to the Care of some near Friend, and their Estates to be managed by them for their Childrens good; and those Trustees have been neglectful of those in their Charge, and have spent all which was left for them, and then exposed them to the mercy of the World, without Education or Money: And some are naturally inclin'd to Wickedness, and that is worst of all; For it is as hard to bring them to good, as to wash a Black-Moor white, or to make a Fool wise; both which are I think impossible: some for want of good Principles, and which have been left too much to their own Will, to do even what they list, and when they list. God knows our Nature of it self is prone to nothing but Evil; therefore how happy are they that have careful Parents, that are not over-fond to leave them to their own Will, nor cruel to them in their Corrections; but do wisely and soberly, religiously and lovingly Nurture them, and strictly keep them to Church, and Family Duties, such do seldome go astray: for God will certainly bless those Children for the Parents sake.

And how unhappy are those whose Parents are careless of their Childrens Education, and not only so, but do also ruine them by giving an ill Example.

Of all these which I have mentioned, I at this present know some, both Parents and Children, every one of their Conditions in particular, and am truly sorry for their Affliction; for certainly there is no greater Grief than ill Husbands, and ill Wives, cause to one another, or what ill Children

create

create to their Parents or they to them. I thank God, though I have passed through many more Afflictions and Troubles then thousands of my Sex, yet I never had an ill Husband, nor undutiful Children; but (on the contrary) I have been maryed to two Worthy, Eminent, and brave Persons; and I have four sons, as good Children as ever Woman did bear. For my own part, I can say nothing for my self, what Wife or Mother I have been; but if no Accusation come against me, I have no reason to accuse my self, I give thanks and glory to Almighty God, for what benefits I have received from time to time; especially for those Blessings which I do at this present enjoy; The lives and welfare of my Dear Children, The happy choice which two of them have made in their Wives, and that I have lived to see two sweet Babes from their Loyns. Such like comfort as this I wish to all good Christians.

Advice to Parents concerning their Children, and advice to Children concerning their Parents: Also to any Person under whose Tuition they may be; which (if well observed) may prevent much wickedness for the future.

YOU who are the Mothers of Children, I advise you to have an especial Care, first, That they be well-grounded in the principles of true Religion: that they keep duly to Church and to Family Duties: That they Daily ask you Blessing; and make them to know their Distance, by keeping them to all due Reverence: Let them be

lovingly and quietly Governed; not with pepetual Chiding and Brawling, but treat with them mildly and gently; unless you find them Refractory to your Commands; if so, then some Austere language must be used: and when they do well, be kind to them, and encourage them. Let them not be too nice in their Diet; but teach them to know, that God is worthy of Thanks and Praise for the least bit or drop they Eat or Drink. Let them be neat and decent in their Habit, not at all Extravagant: have a care what company they keep, and do not give them too much Liberty, neither deny them lawful Recreations. Let them not have the command of your Purse, neither let them be without a little; and as they manage that, give them more. Let them learn whatever they are capable of, or that you have opportunity for their Learning, and especially what their Genius is inclined to; for that to be sure they will be excellent at. Let them be fully employed, but with diversity of things; that will be a delight to them, and they will have no time to give heed to wicked Temptations, nor no room for idle Thoughts. Suffer them not to tell you a Lie, but encourage them alwaies to tell the Truth; for lying is the ground of all Mischief. Teach them to be Housewifely in their Cloths, and not too sparing of them. Let them learn the way of House-keeping, by acting your Commands. Let them know how to entertain Friends, and to be Courteous to Strangers, and loving to your Servants; not Domineering over them, nor yet too familiar with them. Advise them to be modest in their Carriage in mens Company; for fear of ill Censures. Suffer them not to be loud in their Discourse; nor Snappish and Peevish with

any.

any. Give them Counsel, who are your Children to love one another, and alwaies to give more than ordinary Respect to the Eldest.

These things, if you will please to observe to Command them, and they will be careful to obey you, you shall not need to doubt of your happiness in them; and they will alwaies have reason to bless God for such a Parent, or Parents, who were not only the Cause of their being, but also of their well-being. But if by ill Fate (after all this Care) you should have a Rebellious and refractory Child, your frequent Prayers to Almighty God will be the only way to reclaim them. But truly, I do think there is no other way; nor no better way to prevent wickedness in Children, then this I have proposed; which perhaps, you may say is needless, because you know already how to order them. I beseech your pardon; for we are not so fit to advise our selves as others, for our Indulgence oftentimes blinds us: Therefore we are fitter to advise one another, then any one to Advise themselves.

Neglect of Childrens good, by being over-fond, ruins them; too much Severity doth so too: I cannot tell which is worst: Therefore it is good to shun both, and to keep the middle way.

All you Children, who have Parents living, observe your Duty to them, and whatsoever they Command you, do, and God will bless you the better; for he hath Commanded you, to *Honour your Father and Mother*. If they do Chide you, bear it patiently, and do not provoke them to continue their Anger by unreverent Answers, but be silent and submissive to them.

Be careful of your time when you Learn any

thing, and do not let the Mony (which they are willing to disburse for you) be lost through your Idleness. Observe every one how they do order their Houses, and how they do make this or that; and what you cannot remember, that write down, that it may stead you another time.

Be careful of your Parents when they are Sick, and reverence them when they are Aged. Burthen them not when you come to be of Age of Discretion, but think with your self how, or which way to ease them.

Take heed what Company you keep, for fear they corrupt you, and draw you into mischief.

Go not from your Parents without their leave, least you grieve them; and bring a Curse upon your selves, by Disobeying them.

Depend on no Friends, but trust in him who is able always to provide for you, and that will never fail those who wait upon him patiently without distrust; he is never weary of hearing the complaint of the Widow and Fatherless, nor of any who are in distress. On the other side, do not neglect or slight your Friends, but shew your duty to them in your respects, and give ear to their good Counsel,

When you are absent from your Parents, be sure to Write to them so often as need shall require, and let not what you Write be impertinent and troublesome,

If God hath blest you with a good Lady or Mistress, be you observing alwayes what may please her, and be humble and modest in your Behaviour; be neat and Housewisely in your Cloaths, and lay up what mony can handsomly be spared. Be carefull of what she gives you, or what you have in your

your Charge, that by so doing you may oblige her to be loving and kind to you, and cause her to speak well of you. Do not keep familiarity with any, but those by whom you may improve your time.

If you be an Apprentice, be careful that you learn your Trade well, that you may live another day; and let not the Money your Parent or Friends gave for your good be thrown away by your Neglect and Carelesness.

If God hath blest you with a Fortune, be careful to improve it and trust not too much upon it. Never consent to Marry with any Man without your Parents or Friends Consent, least you be the Cause of their Grief and Sorrow, and bring your self to Affliction and Misery.

All you who have any Young Maidens, or Gentlewomen, under your Charge or Tuition, be you alwayes mindful of their Good as well as your own. If they are put to School to you, or Apprentices, let them not lose their Youthful time, which cannot be redeemed; but keep them strictly to their Duty in a loving and mild way. If they come as Servants to you for Wages, be not cruel to them in severe Language; nor impose more upon them than they shall be able to perform; nor pinch them in their Diet, but allow them such Food as is convenient for them.

When they do their Duty to you, be you pleased to encourage them, by giving them good words, and bestow some small Favour on them. Advise them how to lay out their Mony, and never to spend all, but keep some for a reserve. Let them go decently, not vainly and proudly: and command them duly to the Service of God.

I think I have ſpoken ſufficiently to all I mentioned; and as I mean well, ſo, I hope, you will all of you take it well. With this my advice I wiſh you the Bleſſing of GOD, and do deſire the ſame from you upon my ſelf; which is all the Gratification I do deſire or expect from you.

Be pleaſed to take notice, that in my Book, *The Ladies Guide*, I did give direction for the Writing of Letters; but it was only to ſuch as were Young, and to Servants. I think it not amiſs to give ſome Forms or Patterns of Letters for Elder, and more ſerious people; for I do daily find, that in Writing moſt Women are to ſeek. They many times ſpend their time in Learning a good Hand; but their Engliſh and Language is, The one not eaſie to underſtand, The other weak and impertinent. I met with Letters my ſelf ſometimes, that I could even tear them as I read them, they are ſo full of impertinency, and ſo tedious. I will begin with one of them; not that you ſhould take example by it to do the ſame; but I ſet it as a thing to be abhorr'd, and ſhunn'd.

From a Siſter to a Brother, far diſtant from her.

Dear Brother,

MY love remembred unto you, hoping that you are in good health, as I am at the writing hereof, praiſed be God. I hope you got well to your Journeys end; I pray let us know. My Father and my Mother do remember their Love to you; and my Siſter *Betty* remembers her Love to you; and my Brother *John*, and my Brother *Nicholas* do

do so too: and my Cousin *Chance* is Married, and she doth remember her Love to you, and her Husband remembers his Love to you, and to be acquainted with you. My Cousin *Robin* remembers his Love to you; and my Cousin *Nan* remembers her Love to you; and I remember my Love to you. So I rest,

Your loving Sister till death,

Elizabeth Spanner.

You see in this Letter how ridiculous it is to Write after this manner, the language being both impertinent and foolish: Give me leave now to shew you what ill English is, and tell me which is worst, for I do not yet know.

From a Daughter to her Mother.

Dear Mother,

MY duty remembred unto you hopping that you are in good helth as i am at the Riting hereof praised be God, this is to let you understand that i have receved the things you sent to me by *Tomas Frenge* and he had a grot of me for the bringing them, i pray do not forget my Come i left in the Kichen windo and my Aporn in the Chamber, pray send them al to me, i hop my Father is wel and my brother *Ned* and my sister *Joice* and i hop gody *welsh* is wel thus with my love and duty to you i rest

your dutiful dafter

Ann Blackwell.

Now I have ſhewed you how ridiculous and ſimple, and how impertinent theſe are; I will alſo ſhew you how to Write that it may be effectual in what you ſhall deſire, and alſo acceptable to thoſe you Write to. You ſhall find here Letters upon all Occaſions which commonly concern us; and ſome others which accidentally may happen. Obſerve that you are not to Write word for word, but to take the manner of the Form it will teach you, and by ſo doing you may ſave your Purſe, and keep your Secrets to your ſelf.

Take notice that thoſe Letters I ſhall write as from People well knowing, is not to teach them how to Write, but to teach you how to Anſwer them.

From a Mother to a Daughter in a Ladies Service.

Dear Child,

I Do deſire to know how you do in your Service, and whether or no you think you ſhall be able to perform what you have undertaken: however I command you to be very diligent to pleaſe, that you may by that oblige your Lady to be kind to you, and willing to keep you. Be careful to ſerve God, and be pleaſing in your Carriage to all People. So ſoon as I know you ſhall ſtay I will ſend your Trunck, and other things. Thus with your Fathers and my bleſſing to you, and your Brothers and Siſters Love, I reſt

Your careful and loving Mother,

March 3. 1663. Sarah Wild.

The Answer.

Most Dear and Honoured Mother,

I Received yours dated *March* the third, and do give you humble thanks for your Motherly Care of me; I have not yet been long enough to give you a full account how my Lady will like me: I hope well, because as yet she finds little or no fault with me. I beseech you to assure your self, that if I should be turned home to you again, it shall be for what I cannot do, not what I will not do; but I hope better things; and I will stay here if it be possible, for it is a worthy Family, and they are very kind to me. My Lady likes my Dressing very well, and also what I Starch; but she would fain have me more curious in my Point-Work. She will not let me wash her Chamber because I should not spoyl my Hands for Work. If she like me well, I shall be glad, for I like her Service very well. Thus with my humble Duty presented to you and to my Father, with my Love to my Brothers and Sisters, and to all my Friends: I take my leave, and do beseech you to esteem me as I endeavour to be, *Dear Mother,*

Your most Obedient Daughter.

March 10. 1663. Mary Wild.

From a Sister to a Brother.

Dear Brother,

YOur absence at first caused much Grief, both to our Parents, and to us your loving Brothers and

and Sisters; but since we hear of your welfare, and very good liking, we are as much joyed, and do heartily wish and pray for the continuance of the same. We want the comfort of your Company; but we cannot live by sight of each other. This is a miserable World, and every one must be Careful and Industrious, or else it is impossible to wade the Troubles which it brings people in. We are happy in our Parents, that they took such good Care for us in our Education, to make us able to live in the World. I thank God I am in a very good Place, where I have the Love and good word of the People I serve: I do not doubt but to gain it more and more. My Mother as well as my Father Commanded me to write to you, and let you know their Indisposition, or else my Father would have written to you himself. He hath been ill of the Gout, and my Mother of an Ague; but I hope they will both do very well again. My Brother *James* hath also hurt his Side by a fall, but he is on the mending hand. Thus with my Fathers and Mothers Blessing to you; with mine, my Brothers and Sisters Love to you, I rest,

Dear Brother,

Your ever affectionate Sister,

Decemb. 4. 1665.

Martha Hopewell.

From

From one Friend to another.

Honoured Friend,

I Have written to you several times, to let you know what I have done concerning the Business you were pleased to intrust me withal; but hearing no Answer, I fear my Letters have miscarried. This is now again to give you an account of what I have done. So soon as your Letter of commands came to my Hands, I went streight to Mr. *Shewer*, and demanded your Money, delivering the Letter of Attorney you sent, to peruse, that he might know the truth; but he willing to while-off, told me, that he would pay it to you so soon as he could see you, and speak with you about some Business which concerns your good. If he keep his Word, it will do very well. I was also with Mrs. *Madewell*, and she hath paid me; also with Mr. *Stockwell*, and he hath paid me. I pray do me the favour as to see my little Girl for me, and know what Nurse wants, and I will send it down. I shall trouble you no more at present, save only with the Service and Respects of,

Your most affectionate Kinswoman,

and Humble Servant,

Novemb. 2. 1667.

Ann Boarman.

The

The Answer.

Dear Friend,

I Received yours; wherein you have given me full satisfaction concerning what I desired you, for which I most humbly thank you, and do desire you will be pleased to accept this Token from me: I wish it were better; but I know your Temper so well, that your Eye will not be over-curious with me, nor mind the Gift more than the Giver, but take all in good part. I have seen your little one, which is in good health. Nurse wants nothing as yet. All our Friends here are well, and desire you to accept their Love and Service. Thus with mine in particular to you, I rest

Your ever obliged Friend,

and devoted Servant,

Novemb. 2. 1667. J. M.

From one Sister to another.

Dear Sister,

I Am very glad to hear you do so well, and that you have recovered your Health again; I pray God continue it to you. My Mother remembers her Love and Blessing to you, and desires you will send her the Receipt for the Stone; for she hath great need of it, both for her self and others. She desires to know when you think you shall come to Town. I am in a little haste, and nought else at pre-

present, but my dear Love and Respects to you, and to tell you that I am, and ever will be,

Dear Sister,

Yours ever to love and serve you,

Decemb. 6. 1669. Mary South.

From a Lady to a Gentlewoman, whom she hath a kindness for.

My dear Friend,

YOur Humility commands what Favour lies in my power to do for you or yours; therefore if you can condescend that your Daughter shall be a Servant to me, you shall find that I will be more a Mother than a Mistress to her. I doubt not of her Abilities, since I know your care hath been very much for her Education. However, I may find her not at present altogether fit for my Service, yet I am confident she will be capable that I do intend her good; and in relation to that, I know she will endeavour to please me, or else she must not be your Daughter. Fear nothing in me. I value your worth, and shall also value your Child; and what is wanting in her, I shall not spare my Purse to give a full Accomplishment to her; therefore if you please to send her speedily it will be very well, because at this time I am destitute; yet I might have the Choice of many Accomplisht Women, were it not a particular Kindness I have to you, that causes me to refuse them. I desire you will let her be handsomly Cloathed for your Credits

Credits sake; which, if you lack Mony to do it, let me know, and I will soon furnish you. Thus desiring you not to delay, I remain

Your Friend to love and serve you,

M. C.

The Answer.

Madam,

YOu have so much obliged me by your goodness and Charity towards me and my poor Child, that we are even transported with joy. Poor Girl, she sleeps not in the night, lest any thing should happen to hinder her coming to you. Her Cloaths are making, but indeed I have not wherewith to pay for them, nor to provide other things which she very much wants: therefore since it is your Ladyships pleasure to send me Mony, I beseech you it may be speedily; and so soon as her Cloaths are finished, and other things bought, she shall tender her Duty, and Service to you, and I will give her the best Instructions I can. I hope she will not be refractory to her Duty, but strive to be a good and faithful Servant; yet, if she should have any Childish faults, I beseech you, be pleased to let me know, that I may rebuke her for them. Be pleased to accept of my humble Service, and to believe that I am, *Madam,*

The most humble of your poor Servants,

C. H.

From

From a Wife to her Husband, Craving his pardon for her long absence from him.

Dear Heart,

WHen you gave me leave for my Journey, I did intend no other but to Return according to your Order; but the much Kindness, and Intreaty for my stay, together with the late very ill Weather, hath caused me to transgress my bounds; which I do wholly trust to your Goodness to pardon, and do the more hope for it, because it is the first time I ever offended you in this Nature. I do desire, you will please to let me know how you and my Children do, and whether our Servant doth her Duty; likewise how our little one at Nurse doth: and I desire you also to send me some Money speedily, to bear my Charges to you. This is all at present, save only the Love and Duty of

Your most obedient,
and loving Wife,

E. D.

From an Aunt to her Neece,

Dear Neece,

YOur Parents being Dead, I would have you take notice that I shall take Care of you; therefore do not think your self destitute in the World. On the other side, I would have you endeavour what you can for your self, in an honest way; but want nothing that is fitting for you. Be careful you do not consent to Marry with any Man,

without

without my leave, for fear you make your self Unhappy, I have sent you a Bible, and twenty shillings in Money by the Carryer, I pray let me know if you have received it or no. Be careful in the first place to serve God, and to please those whom you serve; and you shall never be forgotten by

Your most Affectionate Aunt,

M. C.

The Answer.

Honoured Aunt,

I Never doubted of your Kindness; but could not have expected so much as you are pleased to shew me, because I know I have never deserved it: But since I know your Care for me, I do assure you that it shall cause me to be more careful of my self. I have received the money and the Bible, and do give you most humble and hearty Thanks for them. My Lady finds little or no fault with me, therefore I presume I do please her. I have not an overstock of Cloaths, neither can I complain of much want; yet if I had a new and fashionable Gown it would do me Credit. I have somewhat towards it, and if you please to make it up, I shall be the more bound to pray for you, because no Body is now esteemed without fine Cloaths. For my Marrying with any one without your Consent, I shall not be so mad; neither do I think any Man will as yet be troubled with me. When you think it is time, I had rather take your Choice than my own: In the mean time, I shall endeavour only to perform what I am obliged to; and to shew my Duty to you. Thus with the tender of my humblest

lest Respects, and Service, I take leave humbly, and remain,

Dear Aunt,

Your most obliged Neece,
and most humble Servant.
E. C.

From a Widow to her Friend, desiring her Assistance.

Dear Friend,

I Stile you as I have alwaies found you: But now is the only trial of a Friend in this my necessity. It is not unknown to you the Charge which I have now upon me, and the many Troubles I am involved in; my Husband having had a long time of Sickness, and died in Debt; so that I have little or no Comfort in my life: Yet, if had a Stock to begin, I could set up my own Trade, and live very well; but who to ask, besides your self I do not know, and how to ask you I cannot tell, having already been so much obliged to you; yet my Necessity enforces me to crave this one Favour from you, That you will please to lend me 10 l. for the space of one whole year, and I will faithfully return it again with many Thanks. This if you will please to do, will give a new Life to

Your most faithful Friend,
to love and serve you.

The Answer.

Dear Friend,

I Am very sorry for the occasion of your sad Letter, and shall not deny your Request, in hopes that the grant thereof may make you happy: yet

yet I do assure you, that were it any one else who did sue to me upon such an account, I would deny them; for the World is so base, and Mony so hard to come by, that there is hardly any that will let Mony go out of their hands. I shall freely lend you so much, and for a longer time than you do propound; but I would fain speak with you first, and advise you in your Way: Therefore do not delay the time, but come as soon as possible you can, and you shall find me then, and for ever,

Your most faithful Friend,
and ready to serve you.

From a Woman in Prison to her Friend to help her.

Dear Friend,

I Suppose you have heard how wrongfully I have been dealt with since my Husbands departure; how they have accused me of what I was never guilty of, and cast me in Prison to my great Discredit, Charge and Detriment in the World. I do desire that loving favour of you as to come and see me, and to lend me a small sum towards the defraying of my Charges here, and then I make no doubt but I shall get quickly quit of this place. *Dear Friend,* Have Pity on me, and if ever it lie in my power, I will restore you Seven-fold. Thus with my due Respects to you, desiring speedily to hear from you. I rest,

Your true Friend and Servant.

The Answer.

Dear Friend,

I Am extream sorry for your Trouble, and do verily believe that you are much wronged, therefore I shall assist you in what I can. I have some business to dispatch this Week of great concern, which will keep me in; but upon Monday next (God willing) I do intend to be with you, and answer your desires: In the mean time I desire you to comfort your self, and to be assured that I am

Your loving Friend to serve you.

From a Seaman's Wife to her Husband.

Dear Husband,

SInce your departure our little Boy is dead of the Small-Pox; and our Girl hath been ill too, but now I thank God she is reasonable well again. I desire you will remember to bring me home some fine things for my House. *Edward Long* also desires that you will not forget what he spake to you for; as also Mrs. *Chappel.* We are very glad for your safe arrival, and wish you a speedy and safe return; but especially

Your poor but loving Wife.

From a Servant to her Mistress, concerning her Charge.

Madam,

YOur sweet Children, I thank God are all very well, but think long for your coming home. I have spoken with your Tenant, Good-

man

man *Porter*, and he desires you should know that the Mony shall be ready for you at your Return; but as for the Widow *Totnham*, she hath had a great Loss lately, therefore she desires your Patience yet a while. I have no more at this time but the tender of my Duty and Service, beseeching you to believe that I am

Your obedient Servant.

A Letter of Complement from one Friend to another.

Honoured Friend,

THE last time I saw you, you laid on me such an obligation of Kindness as I fear I shall be never able to Requite; but I will endeavour what possible I can. I wish you would do me the Favour as to lay your Commands on me, then I should give you some proof of my Gratitude, and I know you are so good as that you will accept the Will for the Deed. I desire you will please, when you have a leasure time, to Honour me with your Company; of which I shall be proud as well as happy, and I presume our Air would do no harm, but rather good; you also add to the Favour, if you please to let me know a little before, that I may meet you some part of the way. Your Godson is very well, but is not able as yet to shew his Duty to you. I desire you will please to bring little Miss with you, and then I shall hope to enjoy your Company the longer; for I know you cannot be without her many daies. If you please to grant this, you will oblige her who is, and ever will be

Your most humble Servant.

The

The Ladies Answer.

Madam,

ALL that I have ever done, and can imagine to do, cannot merit the least of your expressions; which if I did not believe to be Realities, I should wrong you much; for I am very well acquainted with your temper. For your desire of my coming to wait on you, I do assure you, you might have spared your Invitation, for I did intend to come however; and seeing it is your desire that Miss should come too, she shall wait on you with me. I cannot tell what day I shall come as yet, neither am I willing to tell you if I could; because your free and noble heart will be apt to transgress the bounds of my desires; else I should be very glad you should be satisfied when I would come: Sometime within this fortnight I shall not fail. Know that I am, and ever will be

Your truly devoted and humble Servant.

A Letter from a Mother to a Daughter who had gone astray from her.

Susanna,

I Could never have believed I had so wicked a Child, as you have proved your self in your late Actions: You have not only afflicted me, but utterly ruin'd your self, your Person and your Credit for ever. Had your dear *Father* lived, you never durst have offered to think upon such Wickedness; His Severity kept you in awe, but my Indulgence hath spoiled you. What Cause had you justly to leave me? I cannot tell, nor imagine any; but

but only that bad Company (which I have often gave you warning of) I believe hath enticed you. You are my Child ſtill, though never ſo bad, and I your Mother: and if I thought you would be reclaimed, I would freely forgive you all that is paſt, for my heart ſtill yearns upon you; but if you reſolve ſtill to go on in Wickedneſs, think not of coming near me. Therefore bethink your ſelf ſpeedily, and let me know what you intend to do. I am yet

Your very loving, though
very much afflicted Mother,

E. H.

The Daughters Anſwer to her Mother.

Dear, and Honoured Mother,

GOD forbid that your Indulgence to me ſhould be the Cauſe of my Miſcarriage. I do confeſs my Fault, and moſt humbly crave your pardon; which I deſire I may be aſſured of before I do return to you, elſe I know not with what face I ſhall look upon you. You are not at all deceived: It was that ill Company you warned me from, which did entice me upon pretence of going only to make Merry; but after I was gone from you, I ſoon perceived they would have quite ruin'd me; and I fear you do believe they have in part done ſo; but I do aſſure you, that no harm hath happened to me, ſave your juſt diſpleaſure for my coming away, and the diſcredit I have got by ſo doing. I ſtayed not in their Company, after I found out their deſign, but gat me from them unawares, and would willingly have returned home, if I durſt: Therefore be pleaſed to quiet your Thoughts,

Thoughts, and do not think your Child is a Strumpet, although she hath done foolishly. If you please to receive me again, and freely to pardon me, you shall find that I will strive alwayes to shun the occasion of Evil, and ever be truly careful to obey you in all things. Therefore, *Dear Mother*, forgive your poor unworthy Child, and she will be always bound to pray for you, and ever be

Your obedient Daughter,

M. H.

A Letter from a Gentleman to a Relation of his, wherein he doth advertise her of some Accusations laid against her.

Madam,

I Chanced not long since to be in some Company, who, methought, did take a great deal of liberty to speak of you; and indeed their language was such, as I held it more wisdom to employ my self in a Book which lay by me, than to seem to observe, or to participate with them. I assure you, I minded not the Romance that was before me, but wholly employed my Ears to bring me (if possible) what the drift, and what the occasion was of their Discourse; but instead of satisfaction, they created in me a multitude of Troubled Thoughts, I had ever an honourable esteem of your Vertue, and have been so great an Admirer of your Person, and excelling Beauty, that I have suffered (though never known to you) great torment for your sake. Love indeed did command me to commence my Sute to you; but the near relation we have of each other forbad me: However, I know I did not

transgreſs, in continuing an innocent Love and Reſpect to you, and reſolution to ſerve you in what might be in my power to do for you; alſo to vindicate your Honour upon all accounts. Now, *Madam*, perhaps you will ſay, Why did you not do ſo now, when you heard me Abuſed and Aſperſed? Your pardon I beſeech you for that. I Anſwer thus; I could moſt willingly have given that Perſon who did moſt vilifie you, a Challenge, and would have been content to have loſt my dear Blood for you, could I have had the happineſs to hear from you how the buſineſs was: For to anſwer Mens Paſſions without the true ground of all, is raſh and vain. I preſume it will oblige, though not pleaſe you to have this intimation: and it will oblige me more to hear from you, what might be the occaſion of this. I doubt not but you will deal candidly with me, which will teach me what I have yet to do. I bluſh to queſtion you; but it will be no prejudice for you to Anſwer: therefore do him that Favour, as to receive a few Lines from your Hands, who is, and alwaies muſt be,

Madam,

Your truly devoted,
and moſt humble Servant.

The Ladies Anſwer, in which ſhe vindicates her ſelf.

Moſt Honoured Sir,

YOU have done me great Honour in telling me of my Diſhonour. I fear not to give you a full ſatisfaction of what you deſire, but am infinitely concerned for your diſturbance. What Perſon he was which was ſo free of his Speech, I preſume

presume will not, nay, I know, dares not affirm to my face. Such pitiful Cowards would be Cudgeld into better Manners: They are not worth a Challenge.

Sir, For these very high Expressions you are pleased to make of me, I am conscious to my self, I never deserved them, therefore your Obligation is the greater. I have no way to requite it, but to return to you the same Respect you say you have for me. If you dare be confident that what I say is Truth, then believe, *Sir*, I never yet did transgress the bounds of Modesty. Had I yeilded to his base Design, he had never branded my Honour. I am glad you commanded your Passion so well as not to fight: It would have been a lasting Trouble to me, if you should have lost one drop of Blood for my sake. Let me alone with him, I will get some sturdy Porter to Kick him for me. The scandal is great: but my Honour will be the greater when the Truth is known. Be pleased to do me the favour as to let me see you, and then I shall more amply give you an account. In the mean time I beg the esteem of being

Your most obliged Kinswoman,
and very humble Servant.
E. N.

From a Gentlewoman to her Father.

Honoured Sir,

I Should be unworthy of such a Father, if I did not by all means possible, endeavour to testifie my Duty to you, there being a double Obligation upon me since my dear Mothers death. Your absence is my great Grief, and much the greater

because you are so far distant from me. I shall pray heartily for the dispatch of your business, and for your safe return: In the mean time, I shall observe the Command you gave me. This with the tender of my humble Duty, is all at present from,

Sir, Your obedient Daughter.

From a Gentlewoman to her Uncle, who had the Charge of her.

Honoured Uncle,

COuld you know how unwilling I am to displease you, you would not have such fears when I am from you. I wish I could tell you to give you confidence of my Obedience, which I doubt not to testifie whenever I shall have the happiness to see you; and in relation to that desire of mine I shall make as quick a dispatch of my business as is possible, and do not doubt but that you will be fully satisfied that I am,

Sir, Your most affectionate Neece,

and humble Servant.

From a Widdow to her Landlord.

SIR,

I Beseech your Patience till Thursday next; when (God willing) I shall not fail to wait on you, and bring all that is due. I should have come before now, but that I was disappointed by those who

who faithfully promised me; and because I would not deceive you any longer, I have craved from a Friend to lend me some Mony to make up your sum: Therefore think not ill of this delay, but esteem me

Your honest Tenant,

and humble Servant.

From a Gentlewoman of Quality, to her Brother at Oxford.

Dear Brother,

THe content I have in the thoughts of your most pleasurable life, doth somewhat mitigate my Grief for your absence; yet when I am alone, and have none to condole with me, I hardly know how to satisfie my self. If you would be pleased to Write to me more frequently, it might much allay my Passion; for I should then fancy that I did Converse with you; nay, and see you too; but I fear that your Studies will not admit you so much idle time as to think of me long, your Genius being wholly employed to here the Sage Philosophers, and the Muses, which *I* do imagine cannot choose but be very delightfull: However, be pleased to accept my dear Love and Respects, and believe that *I* am

Your most affectionate Sister.

From a Gentlewoman in Answer to a Letter from a Gentleman who courted her.

SIR,

I Received your late Lines, which very much surprised me. The expressions you are pleased to make, are very far greater than I am able to deserve. I wish you would undeceive your self; and if you have a true respect for me, you must also be confident, that I will not tell you that which is not Truth. Believe me then, *Sir*, I have not that Fortune you hope for, and therefore shall not entertain one thought of giving any Countenance to your Sute. I know it is an ordinary thing, in these late Times, for Gentlemen, when they hear of a Fortune, presently to make their Addresses to that Lady, or Gentlewoman, let her be as deformed or unhandsome a Creature as is imaginable. And for the most part, Women are apt to believe their abominable Flattery, when (God knows) it is their imagined Fortune they court, and not their Person: And for fear any other should rob them of that Felicity, they promise to themselves great matters and huddle up a Match; but when all things come to be made clear, they then begin to think how they shall quit themselves, from that wicked Woman who so deceived them, when indeed they had no reason to complain, but of their own Covetous Humour: However he must now think of some way to advance himself, and leave this miserable Woman to shift for her self; and while he yet pretends great Kindness to her, he gathers up all the money he can to fit him for his

his Intentions; and if perchance he have not an opportunity to go out of the Land, but fears therefore to be persecuted by her, or her Relations, he then protests that she was never his lawful Wife; so, that unless she can bring a Certificate to testifie when and where she was Married, he quite defeats her; and then is she esteemed no better than a Whore; others go away beyond Sea, and get employ there, and never think upon the Person whom he hath so highly injured, unless it be to laugh at her Misery, and admiring his own Wit in serving of her so. If Women were of a more jealous nature, and would consider the Policy of Men, they might be generally happy; whereas now very few are so. I have seen and known so much, as it hath given me a sufficient Caution to beware of them.

I am not in haste to marry. I will take deliberation, and crave Gods assistance and my Friends advice, before I proceed in any such business: Therefore I do beseech you not to take it ill, if my Answer correspond not to your desires. If you have respect for me in that way, I am sorry for it, because I cannot answer it. I am sure there is nothing in my Person that is attractive, neither is my Fortune worthy one of your Quality and Estate. I have no more to say, but that I shall be very careful of my self; and if you please to give your self no further trouble, but to desist, I shall ever be

Your obliged Friend.

Another Letter from a Gentlewoman, to one who Courted her for his Miſtreſs.

Unworthy Sir,

I Had ſcarce patience to read your Lines, after I perceived your baſe deſign; but perſwading my ſelf I might the better anſwer you, I forced a forbearance of my Paſſions from tearing them.

Now know, *Sir*, that if you do not make me ſome ſatisfaction for this Diſhonourable Sute of yours, by asking my pardon before ſome of my Friends, you ſhall receive your due reward for ſuch Villany. If you have a mind to a Whore, there are enow without tempting of honeſt Women from their Husbands. Thus deſiring you to conſider what I have written, and to have a care of your ſelf for the future, leſt you meet with ſome Friends of hers,

Who is not yours.

I have now done with the Letters, having given you the Forms of as many as may teach you all the reſt that poſſible you may have occaſion for, and did here intend to have finiſhed my Book; but being unwilling to keep any thing from you, I here preſent you with a very good Receipt; how to make Wax-work, which if you carefully obſerve, it is a very ſufficient Direction.

How to make Wax-work.

RED-Lead is for Oranges. When your pure White-wax is melted, take it off the fire, then put in so much of the finest Red-Lead as will make it of an Orange Colour, then wet your Moulds and pour it in; but be sure that you stir it well together to mix it first. Red-Root is for all Red, for Red-paste; and that Root must be boiled in the Wax a while, till you find the Colour very good. For Prunes a little Lamb-Black: For Rasberries Lamb-black and Red-Lead together, so much of each as your discretion shall think fit. Vermillion for Flesh Colour: Verdigreece for Willow-green; and if you put a little Turmerick to it, it will make a perfect Grass-green; Saffron also will do the same, and likewise Turmerick and Saffron, or either of them makes a Lemmon-colour, and also some kinds of Apples and Pears, and yellowish Plumbs; which when they are cast and cold, and taken out of the Moulds, you must colour them with a Pencil, with streaks and spots as you think fit, and with those Colours you think most natural for them. You must have all your Colours purely ground. Saffron or Turmerick will serve for any kind of Paste that should be yellow, or for Cakes; but then you must white the bottoms of them, to make them look like Wafer-sheets. If you observe well the Transparent Work, you may take several Colours from those Rules; and if you would gild any thing of Wax-work, you have already the Rule in this Book punctually given.

To make the Moulds for the Wax-work.

Take Plaister of Paris, and mix it with water, and make it like Paste, as much as will serve for half a Mould at a time, for you must do no more, because it will dry so fast; then lay it upon a Board, so what you will, have a Mould on upon it, and let it lye till it be dry; when you have done the one half of the Mould, then do the other.

Note, That whatsoever you lay upon your Plaister of Paris, to make the Mould, must be first anointed with Linseed Oil, or else it will stick so fast as you can never get it out again; and be sure to wet your Moulds very well in water before you pour your Wax into them; and when you have pour'd it in, wave it up and down in your hand, that the Wax may run into every part of the Mould.

Now for Images; you must put every piece in its place, and tie it up, and fill the hollow place full with Water; and then pour it out and pour in the Wax, and shake it about till it be reasonable cool; then take off the pieces from it, and order it as you think fit.

In the same manner you must shake your Sweet-Meats or Fruit, and when you find that it is a little cool, take off the one half of the Mould.

A very fine way to make the likeness of many several things in Wax, without the help of a Mould.

Melt pure white Wax, and colour it for what you intend it; then take an Orange, Lemmon, Apple, Pear, Plumb, or any other Fruit which you fancy, and tye a string to the Stalk, and anoint your Fruit first with pure Sallad Oil, then let it down by the string into the melted Wax, and presently pull it up again, and hang it on a Line till it be cold; then with a hot Knife cut gently down each side, and take out the Fruit within; then heat your Knife again, and hold the two halves together, and close them neatly with your hot Knife, and so you have the direct shape: You may do so with an Egg, if you first make a little hole at each end and blow out the meat, and then draw a string through it with a knot at one end. Raddishes with their Green-tops look very prettily. Green Peascods, Beans, Walnuts, or small Nuts, Chesnuts, black and white Puddings, Sausages, Dishes, little Cups, Plates, or any thing almost that you can think of; for there is nothing which represents things more lively than Wax, if they that do it have skill for the Colours, or else it will look as unhandsomly.

To take the shape of your own Hand.

Have your Wax melted, and coloured Flesh-colour, then dip your Hand as high as you would have it in pure Sallad Oil, or rather

anoint your Hand all over with a Feather. And when the vehement heat is out of the Wax, dip in your Hand, and presently pull it out again; and when it is cold take a hot Knife, and cut it in such places as that you may get out your Hand, and close it again with a hot Knife. Thus you may also take the shape of your Legs.

For a Dead-body for the Face.

You must anoint it with Oil, and then pour the Wax all over it, and when it is cold take it off, and where you see it faulty, mend it with a hot Knife: And if you would have the shape of the Arms, or of the Legs, you must dip them in, as I have said before.

For Eggs to be hard and cut in quarters.

Take an Egg-shell, as I have said before, and when you have dipped it, and that it be cold; cut it with a hot Knife in four quarters, then take the Yolk of a very hard Egg, and press it down gently into some Plaister of Paris, as before, half way; but first remember to Oil your Egg: when one half is made, then make the other, and then have melted Wax in a readiness of the colour of the Yolk of a hard Egg, and then when it is cold, cut it in four quarters and fasten them with a little strong Gum-water to the foresaid Whites. In this Wax-work you may represent a Fridays, or Lenten-Dinner, as well as a Banquet, and both of them would do excellent well; but I would not wish to invite a Woman that is with Child to see it, for fear of harm.

harm. You may, if you please, mix a little pure Tallow in the melting of Wax, to make it go the further. When you take the shape of any dead Face, you must put a little Clay round about the Hair, to keep the melted Wax from running where you would not have it, else it will run very much to waste: I have known a living Bodies Face taken; but that must be with a great deal of care; the Face being first well annointed with pure Oil, the Wax not too hot, the Eyes shut, and Clay, as in the other, to keep it off from their Hair; and be sure you make haste to make holes for the Nostrils, for fear you stop the breath of the Party; then afterwards you may make the Eyes according to your discretion, and colour the Lips with a Pencil, with some Vermilion and Gum-water.

Now because you shall be excellent at this Art, I shall give you the knowledge of more Colours, and how to make some of them your selves, which may save you some money. These Directions, with your own Ingenuity, will make you perfect.

Orient Red Colours.

SPirit of Salt and Smalt mixed together, makes it of an Orient Red Colour.

Green.

Verdigreece and Argil ground together make it very well. *Yellow.*

Yellow.

The yellow Chives in white Lillies, Saffron and Argil ground together very fine, make it excellently well.

Graſs-Green.

The Liver of a Lamprey dried and ground very fine, makes a perfect Graſs-Green, and very durable: Alſo Yellow and Blew mixt together, make a perfect Graſs-Green.

Purple.

Take the Juice of Bilberries mixed with Allom and Gall; and for a Murry take Roſſet.

The Berries of Buckthorn gathered green and dried, make a very fair Yellow.

Another for Green.

Take the Berries of Buckthorn when they are through ripe and black, bruiſe them in a Copper or Braſs Veſſel, and ſet it three or four days in a warm place; then heat a little upon a fire, and put into it ſome Allom-water, then preſs it forth, and keep it in a Bladder, and hang it up till it be dry

A pure Black.

IT is made with the Smoak of a Torch held under any thing which is made of Tin.

You

You may if you Please, wash over your Wax-work when it is done, with a little Gum-Arabick Water if you would have them look glossie.

Date-Stones well burned upon a Colliers Hearth makes a pure Black; and so doth burnt Harts-Horn, and the Gall of a Neat ground together, and dried in a Shell in some shady places. These are all very good for Black.

Burnt Ivory, or burnt White-bread is also good Black.

Note, That the Smoak of a Torch or Link, as I have said, held under a Latten Bason, is that which we call Lamb-black.

For Blew.

Take fine Litmose, ground with Ceruse as pale or as deep as you please, by putting in more or less of either of them. Also two parts of Ceruse, and one of Red-Lead doth make a perfect Crane-colour.

For a Dark Red.

Take Turnsoil-Rags, and let them boil in the Wax for a while, till you find the Colour to your mind.

To make Spanish white, which may save your Money; for much of that is used in all Houses generally.

Take two parts of fine Chalk, and one part of Allom, grind them with fair Water till it be thick

thick like Pap; then roll it up into Balls, letting it lye till it be dry; then put it in a clear fire till it be be red hot, then take it out and let it cool, and keep it for your use.

I Shall conclude with some Observations, which I desire those, who desire to be good Work-women, will take notice of; because whatever they employ themselves in, they may be able to give an account of, and not work Nonsence. If they observe these Directions I give them, they may be able to teach them who are to draw them.

I have seen such ridiculous things done in Work, as it is an abomination to any Artist to behold. As for example: You may find in some Pieces, *Abraham* and *Sarah*, and many other Persons of Old time, Cloathed as they go now adays, and truly sometimes worse; for they most resemble the Pictures and Ballads. Let all Ingenious Women have regard, that when they work any Image, to represent it aright. First let it be drawn well, and then observe the Directions which are given by knowing men. I do assure you, I never durst work any Scripture-Story, without informing my self from the Ground of it, nor any other Story, or single Person, without informing my self both of the Visage and Habit; As followeth.

If you work *Jupiter, the Imperial feigned God*, He must have long Black curled-hair, a Purple Garment trimmed with Gold, and sitting upon a Golden Throne, with bright yellow Clouds about him.

Mer-

Mercury, *The Messenger of the Gods.*

With long Yellow Hair Curled, in a Coat of Flame Colour, with a pure white Mantle, trimmed with Gold and Silver, his Beaver white, and white Feathers like Wings; his Shooes Golden; and his Rod of Silver.

Apollo, *The Physical God.*

With long curl'd yellow Hair, with a Lawrel Wreath, a Purple Robe, a Silver Bow, a Golden Harp, and Throne of Emraulds.

Neptune, *The God of the Sea.*

With long hoary Hair, a Blew or Sea-green Mantle trimmed with Silver, riding in a Blew Chariot, or upon a Dolphin of a Brown-black colour, with a Silver Trident in his right Hand.

Pluto, *The God of Riches.*

With Black curl'd Hair, in a Robe of Cloath of Gold.

Bacchus, *The God of Wine.*

With curl'd brown Hair, Cloathed in a Leopards Skin spotted, or in a green Mantle, Crown'd with a Wreath of Ivy, or Vine Branches; his Complexion Tawny.

Hymen

Hyemen, *The God of Marriage.*

With long Yellow Hair, in a Purple or Saffron coloured Mantle.

Vulcan, *The Deified Black Smith.*

Let him be Cloathed in a Scarlet Robe.

Genius.

In a Purple Mantle, fringed with Gold.

Sleep.

In a White Mantle cast over a Black.

Cupid.

In a green Robe.

Minos, *One of the Judges of Hell.*

His Curuseers to be of Gold, his Robe Blew and Silver, his Buskins of Gold, with long Curl'd brown Hair, and crowned with a Golden Crown.

Momus, *The Carping God.*

With a Dark coloured Robe, the Hair of his Beard must be Party-coloured.

Goddesses.

Goddesses.

Juno, *The Queen of the Goddesses.*

With black Hair, and black Eyes, with a Skie-coloured Mantle wrought with Gold and Peacocks Eyes.

Diana, *The Virgin Goddess.*

With yellow Hair, a Grass-green Mantle trimmed with Silver Buskins of Silver, a Golden Bow, and a painted Quiver.

Pallas, *The Goddess of Wisdom.*

With a blew Mantle, embroidered with Silver.

Venus, *The beautiful Goddess.*

With Gold yellow Hair, attired with Black, a Scarlet Robe, and a Dove-colour or Watchet Mantle.

Ceres, *Goddess of Corn.*

With yellow Hair, and a straw-coloured Mantle, trimmed with Silver.

Tellus, *The Goddess of the Earth.*

In a Green Mantle.

Pro-

Proserpine, *Queen of Hell.*

In a black Mantle trimmed with Gold flames.

Aurora.

In a purple Robe, and a blew Mantle fringed with Silver.

Urania, *One of the Muses.*

In a Mantle of Azure, filled with Lamps.

Vesta, *Daughter to* Saturn.

In white Garments filled with Flames.

Astrea, *The Goddess of Justice.*

In a Crimson Mantle, trimmed with Silver.

Flora, *The Goddess of Flowers.*

In Mantle of divers Colours: And *Night*, in a black Mantle, spotted about with Stars of Gold.

Ceres, *The Enchantress.*

Her under Garment Gold, the Ground Green, the Mantle Purple, the three Graces in Silver Robes.

The Twelve Months of the Year.

March.

Is drawn in Tawny, with a fierce aspect, a Helmet upon his Head, and leaning on a Spade, and a Basket of Garden Seeds in his left Hand, and in his Right hand the Sign of *Aries*: and Winged.

April.

A Young man in green, with a Garland of Mirtle, and Hawthorn-Buds, Winged, in one hand Primroses and Violets, in the other, the Sign *Taurus*.

May.

With a sweet and lovely Countenance, clad in a Robe of White and Green, embroidered with several Flowers, upon his head a Garland of all manner of Roses, on the one hand a Nightingale, in the other a Lute. His Sign must be *Gemini*.

June.

In a Mantle of dark Grass-green, upon his Head a garland of Bents, Kings-Cups, and Maiden-hair; in his left Hand an Angle, with a Box of Cantharides, in his Right, the Sign *Cancer*, and upon his Arms, a Basket of seasonable Fruits.

July.

July.

In a Jacket of light Yellow, eating Cherries; with his Face and Bosom sunburnt; on his Head a Wreath of Centuary and wild time; a Sythe on his shoulder, and a Bottle at his Girdle; carrying the Sign *Leo.*

August.

A Young man of fierce and Cholerick aspect, in a Flame-coloured Garment; upon his Head a Garland of Wheat and Rye, upon his Arm a Basket of all manner of ripe Fruits, at his Belt a Sickle. His Sign *Virgo.*

September.

A merry and chearful Countenance, in a Purple Robe, upon his Head a Wreath of red and white Grapes, in his left hand a handful of Oats, withal carrying a Horn of Plenty, full of all manner of ripe Fruits; in his right Hand the Sign *Libra.*

October.

In a Garment of Yellow and Carnation, upon his head a Garland of Oak-leaves with Akorns; in his right Hand, the Sign *Scorpio*, in his left Hand a Basket of Medlars, Services, and Chesnuts, and any other Fruits then in Season.

November.

In a Garment of Changeable Green and Black, upon his Head, a Garland of Olives with the Fruit

Fruit in his left Hand, Bunches of Parsnips and Turnips in his Right. His Sign *Sagitarius*.

December.

A horrid and fearful aspect, clad in Irish Rags, or course Freez girt unto him, upon his Head three or four Night-Caps, and over them a Turkish Turbant; his Nose red, his Mouth and Beard clog'd with Icicles, at his Back a bundle of Holly, Ivy or Misletoe, holding in fur'd Mittens the Sign of *Capricornus*.

January.

Clad all in White, as the Earth looks with the Snow, blowing his Nails; in his left Arm a Billet, the Sign *Aquarius* standing by his side.

February.

Cloathed in a dark Skie-colour, carrying in his right Hand the Sign *Pisces*.

Ladies

LADIES, I hope you are pleas'd and so shall I,
If what I have writ you may be gainers by;
If not, it is your fault, it is not mine,
Your benefit in this I do design.
Much labour and much time it hath me cost,
Therefore I beg, let none of it be lost.
The Money you shall pay, for this my Book,
You'l not repent of when in it you look.
No more at present to you I shall say,
But wish you all the happiness I may.

H. W.

FINIS.

Woolley, Hannah

F.B.M. 1944-7-29

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