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LADIES:
TO

AND TABLES,
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WITH

FEASTS, BANQUETS, PERFUMES, AND WATERS.

READ, PRACTICE, AND CENSURE.

LONDON,
PRINTED BY R. R. AND ARE TO BE SOLD BY JAMES ROLLE, 1632.
To all true lovers of Art
and Knowledge.

Sometimes I write the forms of burning bals,
Supplying wants that were by wood fals
mes of tubs defended so by, &c., &c., stringes,
in vaineth with their destruction sought.

Sometimes I write of lasting Beverage,
Great Neptune and his Pilgrims to content;

Sometimes of food, sweet, fresh, and durable,
To maintaine life, when all things else were spent.

Sometimes I write of sundry sorts of soyle,
Neither Ceres nor her handmaids knew,
write to all: but scarcely one belieues (true
the Dive and Denshire, who have found them
a heavens did mourn in cloudy mantles clad,
threatned famine to the sones of men:}
When sobbing earth denied her kindly fruit
To painfull plowmen and his hordes; even then
I write, relieving remedies of death,
That Art might helpe, where nature made a faile.
But all in vain are these new born names,  
In their unrighteous birth straitways do quail.  
Of those or such like other new found skills,  
with painful pen I will now write at large.  
Expecting from my country's good therein,  
And not respecting honour, time, or charge.  
But now my pen and paper are persiflised:  
I scorne to write with copresse or with gal.  
Barbara's Canes are now become my quills:  
Rose-water is the ink I write withall.

Of sweetes the sweetest I will now commend,  
To sweetest creatures that the earth doth bear.  
These are the Saints to whom I sacrifice,  
Preserves and conserves both of plum and pea.  
Empaling now adieu: tush, marchpane wals  
Are strong enough, and best befit our age.  
Let piercing bullets turne to sugar bals,  
The Spain seare is busht, and all their rage.

Of Malmelade, and paste of Genua,  
Of musked sugar I intend to write,  
Of Leach, of Sucket, and Quindinia,  
Affording to each Lady her delight.  
I teach both fruits and flowers to preserve,  
And candie them; so Nutmegs, Cloves and Mace:  
To make both Marchpane paste, and sugard plate,  
And cast the same in forms of sweetest grace.  
Each bird and fowle so moulded from the life,  
And after cast in sweet compounds of Art.
The PISTLE.

As the flesh and form which gave
Did remain in every limb and part,
When crystal froze, hath nipp'd the tender sprig,
And clear'd consum'd the fruits of every vine.
Yet here behold the clusters fresh and faire,
Fed from the branch, or hanging a line.
The walnut, smalnut, and the chestnut sweet,
Whose sug'rs kernels lose their pleasing taste,
Are here f' are preserved meet,
And made by the longest fruits to last.
The Artichoke, and the Apple of Such strength,
The Quince, Pomegranate, with the Barbarie.
No sugar us'd, no colour, taste and smell,
Are here maintained and kept most naturally.
For Ladies closets, and their distillatories,
Both waters, oyntments, and sweet smelling bals,
In case tearmes without affected speech,
Here present most ready at their calls.
And lest with careless pen I should omit,
The wrongs that nature on their persons wrought,
Or, parching Sunne with his glorious rays,
For these likewise relieving meanes I sought.
No idle thoughts, or vaine surmis'd skill,
By fancy fram'd within a theconick brain,
My Muse presents unto your sacred eares,
To win your favours safely, I disdaine.
From painesfull practice, from experience,
I found, though costly, mysteries derive.

A 3
THE EPISTLE.

with fiery flames in scorching Vulcan's Forge.
To teach and fine each Scout, I doe strive.

Accept them wel, and let my wearied muse
Repose herself in Ladies laps amiably.
So, when she wakes, she haply may record
Her sweetest dreams in some more pleasing strain.

H. Plat.
The Table.

Good Reader, for the understanding of this Table, know that a, b, c, d, doe give directions unto the foure several parts or treaties of this booke; (a) for the first, the rest in their order.

A

- A Nula Campana rootes preserved
- Almonds in leach
- Almond butter, to make
- Almonds into gelly
- Aliggar distilled
- Apples kept dry all the yeare
- Aqua rubea
- Aqua composita of D. Stevens
- Artichokes kept long

B

- Bags sweet to lie among linnen
- Ball to take out stains
- Ball to wash with
- Balme water
- Beaumanger
- Beefe roasted kept long

A 4

Beefe
The Table.

Beefe powdered, kept long without charge c,19
Beefe fresh at the sea c,20
Beauty for the face d,7,14
Bisket bread, or French bisket a,19
Bisket called prince bisket a,20
Bisket called bisketello a,21
Bloud of herbs b,22
Borage candied a,11
Bottling of Beere truely c,7
Bottles mustie helped c,28
Bottle Ale most excellent c,32
Brawn to eate, tender & delicate c,13
Broom capers preserved a,37
Broyling without smoke c,26
Bruise helped d,24
Butter taasting of spice or flowers a,21

Cakes sweet without spices or sugar a,6
Candying of flowers a,9,53
Candying in rock candy a,33,42
Candying of Orenge pils a,35
Candles for Ladies tables c,39
Candles
The Table.

Candles hanging in the ayre  c,40
Capers of broom preserved  a,37
Capon boyled in white broth  c,5
Casting in sugar plate  a,13
Casting of sugar in party moulds  a,43
Casting and moulding of fruit  a,44
Cherries preserved  a,8
Cherry pulp kept dry all the year  a,45
Cherries dried in the Sun  a,46
Cheese extraordinary  c,22
Chesnuts kept long  a,73
Chilblanes helped  a,15
Chine of veale or chicken boiled  c,10
Cinamon-water  b,10
Collis white, and like gelly  a,55
Comfits of all sort  a,54
Conserves of prunes or dried  a,50,51
Conserve of Strawberries  a,51
Cowcumbers preserved  a,36
Cowslip paste  a,40
Cowslip-water, or vinegar of the colour of the Cowslip  a,34
Crayfish kept long  c,31
Cream clowted  c,23

A 5; Damask.
The Table.

D
Damask powder d, 19
Damsons in Marmelade a, 31
Damson pulp kept all the yeare a, 45
Damsons in conserve a, 50, 52
Dentifrices for the teeth d, 26
Distillation of herbes in a new manner b, 11
Drying of fruits in the Sunne a, 46

E
Glantine water b, 20
Eringo rootes preserved a, 1
Extract of vegetables b, 19

F
Face spotted or freckled, to helpe d, 6, 23
Face made faire d, 7, 14
Face full of heat, helped d, 11, 16, 17
18, 19, 20, 21
Face kept white and cleare d, 12
Fish into paste c, 14
Fish fryed, kept long c, 17
Flesh kept sweet in Summer c, 24
Flies kept from oyle peeces c, 30
Flounder
<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flounder boyled on the French fashion</td>
<td>c,3</td>
</tr>
<tr>
<td>Flowers preserved</td>
<td>a,7</td>
</tr>
<tr>
<td>Flowers candied</td>
<td>a,9,11</td>
</tr>
<tr>
<td>Flowers in rocke candy</td>
<td>a,42</td>
</tr>
<tr>
<td>Flowers dryed without wrinkling</td>
<td>a,63</td>
</tr>
<tr>
<td>Fruit preserved</td>
<td>a,8</td>
</tr>
<tr>
<td>Fruit how to mould and cast</td>
<td>a,44</td>
</tr>
<tr>
<td>Fruit kept dry all the year</td>
<td>a,45,46</td>
</tr>
<tr>
<td>Fruit kept long fresh.</td>
<td>a,70</td>
</tr>
<tr>
<td>Gelly chrystalline</td>
<td>a,25</td>
</tr>
<tr>
<td>Gelly of fruits</td>
<td>a,29</td>
</tr>
<tr>
<td>Gelly of Almonds</td>
<td>a,58</td>
</tr>
<tr>
<td>Gilliflowers kept long</td>
<td>a,61</td>
</tr>
<tr>
<td>Gilliflowers preserved</td>
<td>a,7</td>
</tr>
<tr>
<td>Gilliflower water</td>
<td>b,20</td>
</tr>
<tr>
<td>Ginger bread</td>
<td>a,22</td>
</tr>
<tr>
<td>Ginger bread dry</td>
<td>a,23</td>
</tr>
<tr>
<td>Ginger in rock candy</td>
<td>a,33,42</td>
</tr>
<tr>
<td>Ginger greene in sirup</td>
<td>a,49</td>
</tr>
<tr>
<td>Ginger candied</td>
<td>a,53</td>
</tr>
<tr>
<td>Gloves</td>
<td></td>
</tr>
</tbody>
</table>
The Table.

Gloves to perfume  d, 34
Goose-berries preserved  a, 8
Grapes growing all the yeare  a, 62
Grapes kept till Easter  a, 64

Hand-water excellent  d, 2, 28
Hands stained, to helpe  d, 5
Hands freckled, to helpe  d, 6
Hand-water of Scotland  b, 21
Hasel nuts kept long  a, 72
Hair black altered  d, 30, 37
Hair made yellow  d, 36
Herbs distilled in a new manner  b, 11
Herbs to yeeld salt  b, 12
Herbs to yeeld bloud  b, 22
Honey to yeeld spirit  b, 13

Irish Aquavitæ  b, 9

L

Arks to boyle  c, 4
Lavender
The Table.

Lavender distilled in a new manner
Leach of Almonds
Leach
Leg of Mutton boiled after the French fashion
Lemmons in marmelade
Lemmon moulded and cast
Lemmon-juyscale kept all the year
Lettuce in sucket
Liquorice paste
Lobsters kept long

M

Mace in rock candy
Mallard to Boyle
Marchpane-paste
Marigolds preserved
Marigolds candied
Marigold-paste
Marmelade of quinces or dasons
Marmelade of Lemmons or Oranges
May-dew clarified
Morphew helped

Mulberries
The Table.

Mulberries in gelly a, 29
Musk sugar a, 2
Mustard meale c, 25
Mustinesse helped or prevented in waters b, 24

N
Nutmegs in rock candy a, 33, 43
Nutmegs candied a, 34
Nuts moulded and cast off a, 44
Nuts kept long a, 72

O
Oranges preserved a, 34
Orange pils candied a, 35
Oranges in marmelade a, 41
Orange moulded and cast off a, 44
Orange juyce kept all the yeare c, 35
Oysters kept long c, 15

P
Paste of flowers a, 14, 40
Paste of Novie a, 15
Paste to keepe one moist a, 17
Paste called pufte paste a, 24
Paste short without butter a, 23
Paste of Genua of Quinces a, 30
Paste...
The Table.

Paste of fish                       c, 14
Peare moulded and cast off          a, 44
Peares kept dry                     a, 47
Persumes delicate, and sodainly made d, 31
Perfuming of gloves                d, 34
Pickrel boyled on the French fashion c, 3
Pigeons of sugar paste              a, 10
Pigeons boyled with Rice            c, 9
Pigge to sowse                      c, 12
Pigs petitoes boiled after the French fashion c, 8
Plums preserved                     a, 8
Plums dryed in the Sunne            a, 46
Pomander to make                    d, 4
Pomander renewed                   d, 32
Pomatum most excellent for the face d, 13
Pomegranats kept long               a, 68
Preserving of rootes                a, 1
Preserving of Cowcumbres            a, 36
Prunes in conserve                  a, 50, 52
Pulp of fruit kept all the yeare    a, 45

Quidinia
The Table.

Q

Quinicias oof Quinces
Quinces into paste of genua
Quinces in Marmelade
Quinces kept dry all the yeare
Quinces kept long

R

Abbets of sugar paste
Rasipes in gelly
Roots preserved
Roots candied
Rosa solis to make
Rosemary-flowers candied
Rose-leaves to dry
Rose sirup
Roses preserved
Roses and Rose-leaves candied
Rose paste
Roses kept long
Rose-leaves dryed without wrinkles

Rosewater distil’d at Michaelmas
Rosewater distilled in a speedy manner

Rose.
The Table

Rose-water most excellent b, 18
Rose-water and yet the Rose-leaves not discovered b, 23
Rose-water and oyle drawn together b, 25
Rose-water of the colour of the Rose c, 34
Rose-vinegar of the colour of the Rose c, ib.
Rose-vinegar made in a new manner c, 41

Salt oyle purified and graced in taste and smell c, 36
Salmon kept long fresh c, 16
Salt of herbs b, 12
Salt delicate for the table c, 38
Sawfedges of Polonia c, 14
Sirup of Violets a, 4
Sirup of Roses a, 5
Sparrowes to boyle c, 4
Spirit of wine extraordinary b, 1
Spirit of wine ordinary b, 2
Spirits of spices b, 3
| Spirit of wine tainting of any vegetable | b,4 |
| Spirit of honey                           | b,13 |
| Spirit of herbs and flowers               | b,17 |
| Skin white and cleere                     | d,2 |
| Sun-burning helped                        | d,22 |
| Stove to sweat in                         | d,27 |
| Strawberries in gelly                     | a,29 |
| Strawberries in conserve                  | a,51 |
| Sucket in Lettice stalks                  | a,32 |
| Sucket of greene Walnuts                  | a,49 |
| Sugar musk                                | a,2 |
| Sugar paste for foule                     | a,10 |
| Sugar plate to cast in                    | a,13 |
| Sugar plate of flowers                    | a,14 |
| Sugar plate to colour                     | a,38 |
| Sugar cast in party moulds                | a,43 |
| Sugar smelling & tainting of the clove or cinamon | a,71 |

<p>| Teale to boyle                            | c,6 |
| Teeth kept white &amp; found                  | d,10 |
| Thyme distilled in a new maner            | b,11 |
| Trossel                                   | 15,16 |</p>
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trosses for the Sea</td>
<td>a, 39</td>
</tr>
<tr>
<td>Vinegar distilled</td>
<td>b, 16</td>
</tr>
<tr>
<td>Vinegar to clarify</td>
<td>c, 37</td>
</tr>
<tr>
<td>Violet sirup</td>
<td>a,  4</td>
</tr>
<tr>
<td>Violet paste</td>
<td>a,40,41</td>
</tr>
<tr>
<td>Violet water, or vinegar of the colour of the Violet</td>
<td>c, 34</td>
</tr>
<tr>
<td>Usquebath</td>
<td>b,  9</td>
</tr>
<tr>
<td>Wasers to make</td>
<td>a, 56</td>
</tr>
<tr>
<td>Walnuts in sucket</td>
<td>a, 49</td>
</tr>
<tr>
<td>Walnuts kept fresh long</td>
<td>a,65,66</td>
</tr>
<tr>
<td>Wardens kept dry all the yeare</td>
<td>a, 47</td>
</tr>
<tr>
<td>Washing water sweet</td>
<td>b,21.d,2,28, 29</td>
</tr>
<tr>
<td>Whites of eggs broken speedily</td>
<td>c,29</td>
</tr>
<tr>
<td>Widgento boyle</td>
<td>c,  6</td>
</tr>
<tr>
<td>Wine, tasting of wormewood, made speedily</td>
<td>c, 33</td>
</tr>
<tr>
<td>Tch helped</td>
<td>d, 25</td>
</tr>
</tbody>
</table>

FINIS.
The Art of preserving, Conserving, Candy-ing, &c.

I. How to preserve Eringo roots, Æula Campana, and so of others in the same manner.

Eeth them till they be tender: then take away the piths of them, & leave them in a colander till they have dropped as much as they will: then having a thinne sirup ready, put them being cold into the sirup being also cold, and let them stand so three dayes, then boyle the sirup (adding some more fresh sirup to it, to supply that which the rootes have drunke up) a little higher: and at three dayes end, boyle the sirup againe without any new addition, unto the full height of a preserving sirup, and put in your rootes and so keepe them. Rootes preserved
The Art of preserving, preserved in this manner, will eate very tender, because they never boyled in the sirup.

3. How to make Musk sugar of common sugar.

Buise 4. or 6. graine of Muske ; place them in a piece of Sarce-ner, saue Lawne or Cambrick doubled: lay this in the bottome of a gally pot, streweing your sugar thereon: stop your pot close, and all the Sugar in a few dayes will both sent and taste of Muske: and you may lay more Sugar thereon, when you have spent that Sugar which will also receive the like impression. Such Musk sugar is sold for two shillings the pound.

3. How to dry Rose-leaves in a most excellent manner.

When you have newly taken out your bread, then put in
Conserving, candying, &c.

In your Roses in a sieve, first clipping away the whites, that they may be all of one colour: lay them about one inch in thickness in the sieve; and when they have stood halfe an houre, or thereabouts, they will grow whitish on the top: let them yet remaine without stirring, till the uppermost of them bee fully dried: then stirre them together, and leave them about one other halfe houre: and if you finde them dry in the top, stirre them together againe, and so continue this worke, untill they bee thorowly dried: then put them hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within (the Refiners of gold and silver call these pots Hookers;) stop it with corke and wet parchement, or with wax and rosin mixed together; and hang your pot in a chimney, or neare a continuall fire, and so they will keepe exceeding faire in colour, and most delicate in sent. And if you
The Art of preserving,
you feare their relenting, take the
Rose-leaves about Candlemas, and
put them once againe into a sieue,
stirring them up and downe often
till they bee dry: and then put them
up againe hot into your pot.

Note, that you must set up your
oven-lid, but not lute it about when
you set in your rose-leaves, either the
first or second time. Post, numero. 6.

4. A most excellent sirup of Violets,
both in taste and tincture.

Express the juyce of clipt Vio-
lets, and to three parts of juyce
take one fourth part of conduit
water: put the same into an Ala-
basket mortar, with the leaves
which you have stamped, and
wring the same out thorow a
cloath, as you did at the first, in-
to the other juyce: put thereto a suf-
cient proportion of the finest Su-
gar
Conserving, candying, &c.

ger, and brought also into a most
dine powder: let the same stand 10.
or 12. hours in a clean glazed ear-
than pan: then drain away the clee-
rest, and put it into a glass, and put
there to a few drops of the juice of
Lemmons, and it will become cleere,
transparent, & of the violet colour.
Then you may expresse more iuyce
into the sugar, which will settle in
the bottome, with some of the thic-
kest part of the iuyce: and beating
the same upon a gentle fire, it will
also become a good sirup of violets,
but not comparable to the first. By
this manner of worke you gaine one
quarter of sirup more than diverse
Apothecaries doe.

5. *A singular manner of making the sirup of Roses.*

Fill a silver bason three quarters
full of rain-water or Rose water: put therein a convenient proportion
The Art of preserving,
of Rose-leaves: cover the basin,
and set it upon a pot of hot water
(as we usually bake a custard:) in 3
quarters of an hour, or one whole
hour at the most, you shall purchase
the whole strength and tincture of
the rose: then take out those leaves,
wringing out all their liquor gently,
and steepe more fresh leaves in the
same water: continue this iteration
seven times, and then make it up in
a sirup: and this sirup worketh more
kindly than that which is made
meerly of the juice of the Rose. You
may make sundry other sirups in
this manner. Queere of hanging a
pewter head over the basin, if the
ascending water will bee worth the
keeping.

6. Another way for the drying of
Rose-leaves.

Dry them in the heat of a hot
sunny day upon a Leads, turning
them
Conserving, candying, &c.

them up and downe till they be dry (as they doe hay): then put them up into glaflses well flopt and luted, keeping your glaflses in warme places; and thus you may keepe all flowers: but herbs, after they are dried in this manner, are best kept in paper bags, placing the bags in close cupboards.

7 How to preserve whole Roses, Gilli-flowers, Marigolds, &c.

Dip a Rose, that is neither in the bud, nor overblowne, in a sirup, consisting of sugar double refined, & Rose water boiled to his full height; then open the leaves, one by one, with a fine smooth bodkin, either of bone or wood; and presently, if it be a hot sunny day, and whilst the Sunneis in some good height, lay them on papers in the Sun, or else dry them with some gentle heat in

B 2
The Art of preserving,
a close roome, heating the roome before you set them in; or in an oven upon papers, in pewter dishes: and then put them up in glasses, & keepe them in dry cupboards neere the fire: you must take out the seeds, if you meane to eate them. You may proove this, preserving with sugar-candy in stead of sugar if you please.

8. The most kindely way to preserve plums, cherries, gooseberries, &c.

You must first purchase some reasonable quantitie of their owne juice, with a gentle heat, upon embers, in pewter dishes, dividing the juice still as it commeth in the stewing: then boile each fruit in his owne juice, with a convenient proportion of the best refined sugar.
Conserving, candying, &c.

9. How to candy Rosemary-flowers, Rose-leaves, Roses, Marigolds, &c. with preservation of colour.

Dissolve refined or double refined sugar, or sugar-candy it selfe, in a little Rose-water; boile it to a reasonable height: put in your roots or flowers when your sirup is either fully cold, or almost cold: let them rest therein till the sirup have pierced them sufficiently: then take out your flowers with a skimmer, suffering the loose sirup to runne from them so long as it will: boyle that sirup a little more, and put in more flowers, as before; divide them also: then boyle all the sirup which remaineth, and is not drunk up in the flowers, to the height of Manus Christi, putting in more sugar, if you see cause, but no more Rose-water, put your flowers therein when your sirup is cold, or almost cold, and let them stand till they candy.

B 3
The Art of preserving.

10. A most delicate and stiff sugar paste, whereof to cast Rabbits, Pigeons, or any other little bird or beast, either from the life or carved moulds.

First, dissolve Isinglass in faire water, or with some Rose-water in the later end: then beat blanched almonds, as you would for marchpane stufse, and draw the same with creame and Rose-water (milke will serve, but creame is more delicate): then put therein some powdered sugar; into which you may dissolve your Isinglass, being first made into gelly, in faire warme water (note, the more Isinglass you put therein, the stiffer your worke will prove): then having your rabbits, woodcocks, &c. molded, either in plaiater from life, or else carved in wood (first anointing your wooden moulds with oyle of sweet almonds, and your plaiaster or stone moulds with barrowes grease) pour your sugar paste thereon.
Conserving, candying, &c.

A quart of cream, a quarterne of almonds, two ounces of Icinglasfe, and soure or six ounces of sugar is a reasonable good proportion for this stuffe. Quære of moulding your birds, rabbits, &c. in the compound wax, mentioned in my Jewel house, in the title of the Art of moulding and casting, page 6o. For so your moulds will last long.

You may dredge over your fowle with crumbs of bread, cinamon and sugar boiled together: and so they will seeme as if they were roasted and breaded. Leach and gelly may bee cast in this manner.

This paste you may also drive with a fine rowling pin, as smooth and as thin as you please: it lasteth not long, and therefore it must bee eaten within a few dayes after the making thereof. By this means a banquet may bee presented in the forme of a supper, being a very rare and strange device.
The Art of preserving,

11. To candy Marigolds, Roses, Borage, or Rosemary-flowers.

Boile Sugar & Rose-water a little upon a chafingdish with coales; then put the flowers (being thorowly dried, either by the Sun or on the Fire) into the sugar, and boile them a little: then strew the powder of double refined Sugar upon them, & turne them, and let them boile a little longer, taking the dish from the fire: then strew more powdered Sugar on the contrary side of the flowers. These will dry of themselves in two or three hours in a hot sunny day, though they lie not in the Sunne.

12. To make an excellent Marzipane paste to print off in moulds for banquetting dishes.

Take to every Jordan Almond blanched, three spoonfuls of the
Conserving, candying, &c.
the whitest refined sugar you can get: scarce your sugar, and now and then, as you see cause, put in two or three drops of damaske Rose-water: beate the same in a smooth stone mortar, with great labour, untill you have brought it into a dry stiffe paste: one quarterne of sugar is sufficient to worke at once.

Make your paste in little bals, every ball containing so much by estimation as will cover your mould or print: then roule the same with a rowling pin upon a sheet of cleane paper, without strewing any powdered sugar either upon your paste or paper.

There is a country Gentlewoman whom I could name, which venteth great store of sugar-cakes made of this composition. But the onely fault which I find in this paste, is, that it tasteth too much of the sugar, and too little of the almonds: and therefore you may prove the making thereof by such almonds which
The Art of preserving,
which have had some part of their oile taken from them by expression, before you incorporate them with the sugar: and so happily you may mix a greater quantity of them with the sugar, because they are not so oily as the other.

You may mix cinamon or ginger in your paste, and that will both grace the taste, and alter the colour; but the spice must passe thorow a faire searce: you may steep your almonds in cold water all night, and so blanch them cold: and being blanch'd, dry them in a sieve over the fire. Here the garble of almonds will make a cheap paste.

13. The making of sugar plate, and casting thereof in carved moulds.

Take one pound of the whitest refined or double refined Sugar, if you can gette it: put thereto three ounces (some Confit-makers put
Conserving, candying, &c.

put six ounces for more gaine) of the best starch you can buy; and if you dry the Sugar after it is powdered, it will the sooner passe through your Lawne Searce. Then searce it, and lay the same on a heap in the midst of a sheet of cleane paper: in the middle of which malle, put a pretty lump of the bignesse of a walnut of gumme dragagant, first steeped in Rose-water one night: a porenger full of Rose-water is sufficient to dissolve one ounce of gum (which must first bee well picked leaving out the drosse): remember to straine the gumme thorough a canvas: then, having mixed some of the white of an egge with your strained gumme, temper it with the sugar betwixt your fingers by little and little, till you have wrought up all the Sugar and the Gumme together into a stiffe paste; and in the tempering, let there be alwaies some of the Sugar between your fingers and the Gumme: then dust your
The Art of preserving,
your woodeen moulds a little with some of that powdered Sugar thorow a piece of Lawne, or fine linnen cloth: and having driven out with your rowling pinne a sufficient portion of your paste to a convenient thickness, cover your mould therewith, pressing the same downe into every hollow part of your mould with your fingers: and when it hath taken the whole impression, knocke the mould on the ege against a table, and the paste will issue forth, with the impression of the mould upon it: or, if the mould bee deepe cutte, you may put the point of your knife gently into the deepest parts here and there, lifting up by little and little the paste out of the mould.

And if, in the making of this paste, you happen to put in too much gum, you may put more sugar there-to, and if too much sugar, then more gum: you must also worke this paste into your moulds as speedily as you can.
Conserving, candying, &c.

can after it is once made, and before it harden: and if it grow so hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paste, all those pieces which have no part of the worke upon them, and worke them up with the paste which remaineth: and if you will make saucers, dishes, bowles, &c. then (having first driven your paste upon paper, first dusted over with sugar to a convenient largeness and thickness) put the paste into some saucer, dish, or bowle of a good fashion, and with your finger press it gently downe to the insides thereof, till it resemble the shape of the dish, then pare away the edges with a knife even with the skirt of your dish, or saucer, and set it against the fire, till it be dry on the inside: then with a knife get it out, as they use to doe a dish of butter, and dry the backside: then gild it on the edge with the white of an egge laid round about
The Art of preserving,

about the brim of the dish with a pensill, and press the gold downe with some cotton; and when it is dry, skew or brush off the gold with the foot of a Hare or Cony. And if you would have your paste exceeding smooth, as to make cards and such like conceits thereof, then roule your paste upon a sliced paper with a smooth and polished rowling pin.

14. A way to make sugar-plate both of colour and taste of any flower.

Take violets, and beate them in a mortar with a little hard Sugar, then put into it a sufficient quantitie of Rose-water: then lay your gum in steep in the water, and so worke it into paste: and so will your paste be both of the colour of the violet, and of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Buglofe, or any other flower.
Conserving, candying, &c.

15. To make paste of N. vie.

Take a quarter of a pound of valentine almonds, otherwise called the small almonds, or Barbarie almonds, and beate them in a mortar till they come to paste: then take stale manchet being grated, and dry it before the fire in a dish: then sift it: then beat it with your almonds: put, in the beating of it, a little cinamon, ginger, and the juice of a lemon; and when it is beaten to perfect paste, print it with your moulds, and so dry it in an oven after you have drawne your bread: this paste will last all the yeere.

15. To make Jumbolls.

Take halfe a pound of Almonds, being beaten to paste with a short cake being grated, and 2 eggs, 2 ounces of carroway seeds, being beaten
The Art of preserving, beaten, and the juice of a Lemmon: and being brought into paste, roule it into round strings: then cast it into knots, and so bake it in an oven: and when they are baked, yce them with Rose-water and Sugar, and the white of an egg being beaten together, then take a feather and gild them, then put them againe into the oven, and let them stand in a little while, and they will bee yced cleane over with a white yce: and so boxe them up, and you may keepe them all the yeare.

17. To make a paste to keepe you moist, if you list not to drinke oft; which Ladies use to carry with them when they ride abroad.

Take halfe a pound of Damaske prunes, and a quartern of dates: stone them both, and beate them in a mortar with one warden being roastic, or else a slice of old marmelade:
Conserving, candying, &c.
lade: and so print it in your moulds, and dry it after you have drawn bread: put Ginger unto it, and you may serve it in a banquet.

18. To make a Marzipan.

Take two pounds of Almonds, being blanched and dryed in a sieve over the fire: beate them in a stone mortar; and when they bee small, mix them with too pound of sugar being finely beaten, adding 2 or 3 spoonfuls of Rose-water, and that will keepe your Almonds from oyling. When your paste is beaten fine, drive it thin with a rowling pin, and so lay it on a bottome of wafers: then raise up a little edge on the side, and so bake it: then yce it with Rose-water and Sugar: then put it into the oven againe; and when you see your yce is risen up and dry, then take it out of the oven, and garnish it with
The Art of preserving,
with pretty conceits, as birds and beasts, being cast out of standing moulds. Sticke long comfits upright in it: cast biskets and carrowaies in it, and so serve it: gild it before you serve it: you may also print off this Marchpane paste in your moulds for banqueting dishes: and of this paste our comfit-makers at this day make their letters, knots, Armes, Escoches, beasts, birds, and other fancies.

19. To make bisket-bread, otherwise called French bisket.

Take halfe a pecke of fine flower, two ounces of coriander seeds, one ounce of anni-seeds, the whites of foure egges, halfe a pinte of Ale-yeast, and as much water as will make it up into stiffe paste; your water must be but bloud warm: then bake it in a long roul as big as your thigh: let it stay in the oven but one houre, and when it is a day old, pare
Conserving, candying, &c.
pare it and slice it overthwart: then sugar it over with fine powdered sugar, and so dry it in an oven againe: and being dry, take it out, and sugar it againe: then box it, and so you may keepe it all the yeere.

20. To make prince-bisket.
Take one pound of very fine flour, and one pound of fine sugar, & eight egges, and two spoonfuls of Rose-water, and one ounce of Carroway seeds, and beat it all to batter one whole houre: for the more you beat it, the better your bread is: then bake it in coffins of white plate, being basted with a little butter before you put in your batter, and so keepe it.

21. To make another kinde of bisket called bisketello.
Take halfe an ounce of gumme-dragagant, dissolved in Rose-water
The Art of preserving.

Rose-water with the juice of a lemon, and two grains of musk: then straine it thorow a faire linnen cloth, with the white of an egg: then take halfe a pound of fine sugar being beaten, and one ounce of Carroway seeds, being also beaten and scarced: and then beat them all together in a mortar, till they come to paste: then roule them up in small loaves about the bignesse of a small egg: put under the bottome of every one a peecce of a wafer, and so bake them in an oven upon a sheet of paper: cut them on the sides, as you doe a manchet, and prickt them in the middef: when you breake them up, they will be hollow and full of eyes.

22. To make Ginger-bread.

Take three stale manchetts, and grate them: dry them, and sife them thorow a fine sieve: then adde unto
Conserving, candying, &c.

unto them one ounce of Ginger being beaten and as much Cinnamon, one ounce of Liquorice and Anniseeds, being beaten together, and scented; halfe a pound of sugar: then boil all these together in a pot-net, with a quart of claret wine, till they come to a stifte paste, with often stirring of it; and when it is stifte, mould it on a table, and so drive it thin, and put it in your moulds: dust your moulds with Cinnamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentlemens houses at festivall times. It is otherwise called dry Leach.

To make dry Ginger-bread.

Take halfe a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolkes of two new laid egges, the juice of a lemmom,
The Art of preserving,

lemon, and two grains of musk; beat all these together till they come to a paste: then print it with your moulds: and so dry it upon papers in an oven, after your bread is drawn.

24. To make puffe-paste.

Take a quart of the finest flower, and the whites of three eggs, and the yolks of two, and a little cold water, and so make it into perfect paste: then drive it with a rowling pin abroad: then put on small pieces of butter, as big as nuts, upon it; then fold it over; then drive it abroad again; then put small pieces of butter upon it, as you did before; doe this ten times, alwaies folding the paste, and putting butter betweene every fold. You may convey any pretty forced dish, as Florentin, Cherry-tart, Rice, or Pippins, &c. betweene two sheets of that paste.
Conserving, candying, &c.

25. To make paste short without butter.

Take a quart of fine flour, and put it into a pipkin, and bake it in an oven when you bake manchet; then take the yolks of two or three egges, and a pinte of cream, and make paste; put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or sewet. In like sort, when you make sugar-cakes, bake your flower first.

26. To make crystal gelly.

Take a knocke of Veale, and two calves feet (your calves feet being flayed and scalced) and Boyle them in faire spring water; and when they are Boyle, ready to eat, you may save your flesh, and not Boyle it to pceces; for, if you doe so, the gelly will looke thicke; then take a quart of the clearest of
Take halfe a pound of sweete Almonds, and beat them in a mortar to one graine of musk, 2 spoons of fine fugar, the weight of 3 whole fullings of Unglafte that is very white, and put to it one graine of musk, 2 spoons of fine fugar, the weight of 3 whole fullings of Unglafte that is very white.

27. To make Lach of Almonds.

The Art of preserving, of the same broth, and put into a pot, adding thereunto Ginger, a little bag, and boile them in your Muske, put all these, whole pieces in sugar-candy, and three spoonfuls of Rose-water, to let it throw your gelly-bags, and, if you mean to have it look of an amber colour, bruise your spices and let them boile in your gelly-joice.
Conserving, candying, &c.
and so Boyle them; then let all run
thorow a strainer, then may you slice
the same, and so serve it.

28. To make Quidina of Quinces.

Take the kernells out of eight
great Quinces, and Boyle them
in a quart of Spring water, till it
come to a pint; then put into it a
quarter of a pint of Rose-water, and
one pound of fine sugar, and so let
it Boyle till you see it come to be of a
deepe colour; then take a drop, and
drop it on the bottom of a sawcer;
and if it stand, take it off; then let it
runne thorough a gelly bagge into a
bason; then set on your bason upon a
chafing-dish of coales, to keepe it
warne; then take a spoone, and fill
your boxes as full as you please, and
when they be cold, cover them; and
if you please to print it in moulds,
you must have moulds made to the
bignesse of your box, and wet your
moulds with Rose-water, and so let
it

C
The Art of preserving,
it run into your mould; and when it
is cold, turne it off into your boxes.
If you wet your moulds with water,
your gelly will fall out of them.

29. To make gelly of straw-berries, Mul-
berries, Raspe-berries, or any such ten-
der fruit.

Take your berries, and grind them
in an Alabaster Mortar, with
 fours ounces of Sugar, and a quarter
of a pint of faire water, and as much
Rose-water; and so boile it in a posnet
with a little piece of I singlasse, and
so let it run through a fine cloth into
your boxes, and so you may keepe it
all the yeare,

30. To make paste of Genua of Quinces.

Take Quinces, and pare them,
and cut them in slices, and bake
them
Conserving, candying, &c.

them in an oven dry in an earthen pot, without any other juice than their owne: then take one pound thereof, straine it, and put it into a stone-mortar with halfe a pound of sugar; and when you have beaten it up to paste, print it in your moulds, and dry it three or foure times in an oven after you have drawne bread: and when it is thorowly dry and hardened, you may box it, and it will keepe all the yeere.

31. To make Marmelade of Quinces or Damsons.

When you have boyled your Quinces or Damsons sufficiently, straine them: then dry the pulp in a pan on the fire; and when you see there is no water in it, but that it beginneth to bee stiffe, then mix two pound of sugar with three pound of pulp: this marmelade will bee white marmelade: and if you desire to have it looke with an
The Art of preserving, an high colour: put your sugar and your pulp together so soon as your pulp is drawne, and let them both boile together, and so it will looke of the colour of ordinary marmalade, like unto a stewed warden; but if you dry your pulp first, it will looke white, and take lesse sugar: you shall know when it is thicke enough, by putting a little into a sawcer, letting it coole before you boxe it.

32. To make Jucet of Lettice Stalks.

Take Lettice stalkes, and pill away the outside: then parboile them in faire water: then let them stand all night dry: then take halfe a pint of the same liquor, and a quarter of a pint of Rose-water, and so boyle it to sirup: and when your sirup is betwixt hot and cold, put in your aforesaid roots, and let them stand all night in your sirup to make them take sugar, and then the next
Conserving, candying, &c.

next day your sirup will be weak again: then boile it againe, and take out your roots. In the like sort may you keepe Oranges pills, or greene Walnuts, or any thing that hath the bitterness first taken from it by boyl-ling in water.

33. To candy Nutmegs or Ginger with a hard rock candy.

Take one pound of fine sugar, and eight spoonfuls of Rose-water, and the weight of six pence of Gum Arabique, that is cleere, boyle them together to such an height, as that, dropping some there-of out of a spoone, the sirup doe rope and runne into the smallnesse of an haire: then put it into an earthen pipkin; wherein place your Nut-megs, Ginger, or such like: then stop it close with a sawcer, and lute it well with clay, that no aire may enter: then kepe it in a hot place three weeks, and it will candy hard.
The Art of preserving,
You must breake your pot with an hammer, for otherwise you cannot get out your candie. You may also Candy Orenge or Lemmons in like sort, if you please.

34. To preserve Orenge, after the Por
guall fashion.

Take Orenge and coare them on the side, and lay them in water: then boil them in faire water till they be tender: shift them in the boiling, to take away their bitterness; then take sugar and boile it to the height of sirup as much as will cover them, & so put your Orenge into it, & that will make them take sugar. If you have 24. Orenge beate 8 of them, till they come to paste, with a pound of fine sugar; then fill every one of the other orenge with the same, and so boile them againe in your sirup: then there will bee marmelade of Orenge within your Orenge, & it will cut like an hard egg.
Conserving, candying, &c.

35. To candy Orenge pills.

Take your Orenge pills, after they bee preserved: then take fine Sugar and Rose-water, and boile it to the height of Manus Christi: then draw thorow your Sugar; then lay them on the bottome of a sieve, and dry them in an Oven after you have drawne bread, and they will be candied.

36. To preserve cowcumbers all the yeere.

You may take a gallon of faire water, and a pottle of veriuyce, and a pinte of bay salt, and a handfull of greene Fennell or Dill: boile it a little, and when it is cold put it into a barrell, & then put your cowcumbers into that pickle, and you shall keepe them all the yeare.
The Art of preserving,

37. To preserve broom-capers all the yeere.

Boyle a quart of verjuice, and an handful of bay-salt, and therein you may keepe them all the yeere.

38. To colour sugar-plate with several colours.

You may mixe Roses with your fine searc'd sugar vntill the colour please you, and so shall you have a faire murrey colour. Sappgreene must be tempered in a little Rose-water, having some gumme first dissolved therein, and so lay it on with a pensill upon your paste in apt places. With saffron you may make a yellow colour in the like manner, first drying and powdering your saffron; and after it hath coloured the Rose-water sufficiently, by straining it thorough fine linnen. The powder of Cinnamon
Conserving, candying, &c.

mon makes a Walnut colour, and Ginger and Cinnamon together, a
lighter colour.

39. To make Trosses for the Sea.

First make paste of sugar and gum dragagant mixed together, then mixe therewith a reasonable quantity of the powder of Cinnamon and Ginger and, if you please, a little Muske also, and make it up into roules of severall fashions, gilding them here and there. In the same manner you may also convey any purgative, vomit, or other medicine into sugar paste.

40. To make paste of Violets, Roses, Marigolds, Comstips, or Liquorice.

Shried, or rather powder, the dry leaves of your flower, putting thereunto some fine powder of Ginger and Cinnamon, and a little muske if you please, mixe them all con-
The Art of preserving, confusedly together: then dissolve some Sugar in Rose-water, and being boiled a little, put some Saffron therein, if you worke upon Marigolds; or else you may leave out your Saffron: boyle it on the fire unto a sufficient height. You must also mixe therewith the pap of a roasted apple, being first well dryed in a dish over a Chafing dish of coales; then pour it upon a trencher, beeing first sprinkled over with Rose-water, and with a knife worke the paste together. Then breake some Sugar-candy small, but not to powder, and with gumme dragagant fasten it here and there to make it seem as if it were roch candied: cut the paste into peeces of what fashion you lift, with a knife first wet in Rose-water. In liquorice paste you must leave out the pap of the pippin, and then worke your paste into dry roules. Remember to scarce the Liquorice thorow a fine Searce. These roules are
Conserving, candying, &c.
are very good against any cough or colde.

41. To make Marmelade of Lemmons or Oranges.

Take ten Lemmons or Oranges, &boile them with halfe a dozen pippins, and so draw them thorow a strainer: then take so much Sugar as the pulp doth weigh, and boile it as you doe Marmelade of Quinces, and then boxe it vp.

42. How to candy Nutmegs, Ginger, Mace, and flowers, in halfe a day with hard or rock candy.

Lay your nutmegs in steepe in common Lee, made with ordinary ashes, 24. hours: take them out and boile them in faire water till they bee tender, and so take out the Lee: then dry them, and make a sirup of double refined Sugar, and a little Rosewater, to the height
The Art of preserving,
of a Manus Christi: place this sirup in a gentle Balneo, or some small heat, putting your Nutmegs into the sirup. Note, that you must skum the sugar, as it casteth any skumme, before you put in your Nutmegs; then, having sugar-candy first bruised grossely, and seared thorough colanders of severall bignesse, take the smallest thereof, and rule your Nutmegs up and downe therein, either in a dish or upon cleane paper: then store your Nutmegges in a cupboard with a Chafing-dish of coales, which must be made hot of purpose, before you set them in: and when they are dry enough, dip them againe in fresh sirup, boiled to his height, as before, and rule them in the grosser Sugar-candy, and then store them again till they bee hard, and so the third time if you will increase their candie. Note, that you must spend all the Sugar which you dissolve at one time with candying of one thing or other, there-
Conserving, candying, &c. therein presently. The stronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in steepe in the Lee, 10. or 12. dayes, and after in the sirup of sugar in a stove, or cupboard, with a Chafing-dish and coales, one whole weeke, and then you may candy them suddenly, as before. Flowers and fruits are done presently, without any such steeping or stoving as before: onely they must bee put into the stove after they are coated, with your powdered sugar-candy. And those flowers of fruits, as they are suddenly done, so they will not last above two or three dayes faire, and therefore onely to be prepared for some set Banquet.

34. Casting of Sugar in party moulds of wood.

 Lay your moulds in faire water three or foure houres before you
The Art of preserving, you cast, then dry up your inward moisture with a cloth of Linnen, then boile rose-water and refined sugar together, but not to any great stiffness; then pour it into your moulds: let your moulds stand one hour, and then gently part or open the moulds, and take out that which you have cast. You may also worke the paste, antenumero 12, 13, into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife, taking away the superfluous edges, and so likewise of the other halfe: then preffe both sides of the mould together, two or three times, and after take away the creft that will arise in the middest. And to make the sides to cleave together, you may touch them first over with gumme dragagant dissolved, before you preffe the sides of the mould together. Note, that you may convey Comfits within, before you close the sides. You may cast of any
Conserving, candying, &c.

any of these mixtures or pastes in Alabaster moulds, moulded from the life.

44. To mould off a Lemmon, Orange, Peare, Nut, &c. and after to cast it hollow within of Sugar.

Fill a wooden platter half full of sand, then press down a Lemmon, Peare, &c. therein to the just halfe thereof: then temper some burnt Alabaster with faire water, in a stone or copper dish, of the bignesse of a great silver boule, and cast this pap into your sand, and from thence clap it upon the Lemmon, Peare, &c. pressing the pap close unto it. Then after a while take out this halfe part with the Lemmon in it, and pare it even in the insides, as neere as you can, to make it ressemble the just halfe of your Lemmon, then make 2. or 3. little holes in the halfe (viz. in the edges thereof) laying it downe in the sand againe, and so cast
The Art of preserving,

cast another halfe unto it, then cut of a piece of the top of both your party moulds, and cast thereto another cap in like manner as you did before. Keep these three parts bound together with tape, till you have cause to use them: and before you cast, lay them alwayes in water, and dry up the water againe before you pour in the Sugar. Colour your Lemmon with a little Saffron steeped in Rose-water. Use your Sugar in this manner: Boile refined or rather double refined Sugar and Rose-water to his full height, viz. till by pouring some out of a spoone, it will run at the last as fine as a hair, then taking off the cappe of your mould, pour the same therein, filling vp the mould above the hole, and presently clap on the cappe, and press it downe upon the Sugar; then swing it up and downe in your hand, turning it round and bringing the neather part some-
Conserving, candying, &c.
times to bee the upper part in the
turning, and _e converso_. This is the
manner of using an Orenge, Lem-
mon, or other round mould: but if
it be long, as a pigs foot will bee, be-
ing moulded, then roule it, and turn
it up and downe long-ways in the
aire.

45. How to keepe the dry pulp of cher-
vies, prunes, damsons, &c. all the yeere.

You may take of those kinde of
cherries that are sharpe in taste
(_Quere if the common blacke & red
cherrie will not also serve_, having
in the end of the decoction a little
oyle of Vitrioll, or Sulphur, or some
veriuice of fower grapes, or juic of
lemmons mixed therewith, to give
a sufficient tartnesse): pull off their
stalks, and boile them by themselves,
without the addition of any liquor
in a caldron or pipkin; and when
they begin once to boile in their
owne
The Art of preserving,

owne juice, stirre them hard at the bottom with a spattle, lest they burne to the pann's bottome. They have boiled sufficiently, when they have cast off all their skins, and that the pulp and substance of the cherries is growne to a thicke pap: then take it from the fire, and let it coole: then divide the stones and skins by passing the pulpe onely thorow the bottome of a Strainer reversed, as they use in *cašia fístula*; then take this pulpe, and spread it thin upon glazed stones or dishes, and so let it dry in the Sunne, or else in an Oven presently after you have drawn your bread: then loose it from the stone or dish, and keeps it to provoke the appetite, and to coole the stomacke, in Fevers and all other hot diseases. Prove the same in all manner of fruites. If you feare adustion in this worke, you may finish it in hote Balneo.
Conserving, candying, &c.

46. How to dry all manner of plums or cherries in the Sunne.

If it be a small fruit, you must dry them whole, by laying them abroad in the hot Sunne, in stone or pewter dishes, on iron or brasse pans, turning them as you shall see cause. But if the plumb be of any largeness, slit each plum on the one side, from the top to the bottom; and then lay them abroad in the Sunne: but if they be of the biggest sort, then give either plum a slit on each side; and if the Sun do not shine sufficiently during the practice, then dry them in an Oven that is temperately warme.

47. How to keep Apples, Peares, Quinces, currants, &c. all the yeere, dry.

Prepare them, take out the coarce, and flyce them in thinne flyces, lay-
The Art of preserving
laying them to dry in the Sunne in some stone or mettalline dishes, or upon a high Frame covered with coarse canvas, now and then turning them: and so they will keepe all the yeere.

48. To make green ginger upon sirup.

Take Ginger one pound: pare it cleane: steape it in red wine and vinegar equally mixed: let it stand so xii. dayes in a close vessell, and every day once or twice stir it up and downe: then take of wine one gallon, and of vinegar a pottle: seethe all together to the consumpction of a moity or halfe: then take a pottle of cleane clarified hony, or more, and put thereunto, and let them boile well together: then take halfe an ounce of saffron finely beaten, and put it thereto, with some sugar if you please.

49. To
Conserving, candying, &c.

49. To make sucket of greene walnuts.

Take Walnuts when they are no bigger than the largest hazell nut; pare away the uppermost green, but not too deep: then set the them in a pottle of water, till the water bee sodden away: then take so much more of fresh water; and when it is sodden to the halfe, put thereto a quart of vineger, and a pottle of clarified hony.

50. To make conserve of Prunes or Damsons.

Take ripe Damsons: put them into scalding water: let them stand a while: then boile them over the fire till they break: then straine out the water thorow a colander, and let them stand therein to coole; then straine the Damsons thorow the colander, taking away the pips and
The Art of preserving, and skins: then set the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them well to a stiffnesse, ever stirring them up and downe; and when they be almost sufficiently boile, put in a convenient proportion of sugar: stirre all well together, and after put it in your gally-pots.

51. To make conserve of Strawberries.

First, seethe them in water, and then cast away the water, and straine them: then boile them in white wine, and worke as before in damsons; or else straine them being ripe: then boile them in wine and sugar till they be stiffe.

52. Conserve of Prunes or Damsons made another way.

Take a pottle of damsons: pricke them, and put them into a por, putting
Conserving, candying, &c.

putting thereto a pint of Rose-water or wine, and cover your pot: let them boile well: then incorporate them by stirring; and, when they be tender, let them coole, and straine them with the liquor also: then take the pulp, and set it over the fire, and put thereto a sufficient quantity of sugar, and boile them to their height or consistency, and put it up in gally-pots or iarre glasses.

53. How to candy Ginger, Nutmegs, or any root or flowers.

Take a quarter of a pound of the best refined sugar, or sugar-candy, which you can get: powder it: put thereto two spoonfuls of Rose-water: dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they be soft and tender: the oftener you dip them in your sirup, the thicker the candy will bee, but
The Art of preserving,

but it will be the longer in candying: your sirup must be of such stiffness: as that a drop thereof, being let fall upon a pewter-dish, may congeale and harden being cold. You must make your sirup in a Chafing-dish of coales, keeping a gentle fire. After your sirup is once at his full height, then put them upon papers presently into a stove, or in dishes: continue fire some tene or twelve dayes, till you finde the candy hard, and glistering like diamonds: you must dip the red rose, the gilliflower, the marigold, the borrago-flower, and all other flowers but once.

54. The Art of comfit-making, teaching how to cover all kinds of seedes, fruits or spices with sugar.

First of all you must have a deepe bottomed bason of fine cleane brasse or latten, with two eares of iron to hang it with two severall cords
Conserving, candying, &c.
cords over a bason or earthen pan with hot coales.
You must also have a broad pan to put ashes in, and hot coales upon them.
You must have a cleane latten bason to melt your sugar in, or a faire brazen skillet.
You must also have a fine brazen ladle, to let run the sugar upon the seeds.
you must also have a brazen slice, to scrape away the sugar from the hanging bason if neede require.

Having all these necessarie vessels and instruments, worke as followeth.
Choose the whitest, finest, and hardest sugar, and then you neede not to clarifie it, but beate it onely into fine powder, that it may dissolve the sooner.
But first make all your seeds very cleane, and dry them in your hanging bason.

D Take
The Art of preserving,

Take, for every two pound of sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your comfits will be great enough: and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis-seeds with two pound of sugar, will make fine small comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of Sugar, or halfe a pound of Annis-seeds, and foure pound of Sugar. Doe the like in Coriander-seeds.

Melt your Sugar in this manner: viz. Put three pounds of your powder-sugar into the Bason, and one pinte of cleane running water thereunto: stirre it well with a brazen slice, untill all be moist and well wet: then set it over the fire, without smoke or flame, and melt it well, that there be no whole gripstie
Conserving, candying, &c.

gristie sugar in the bottome, and let it seethe mildly, until it will streame from the ladle like Turpentine, with a long streame, and not drop: when it is come to his decotion, let it seethe no more, but keep it upon hot embers, that it may run from the Ladle upon the seeds.

To make them speedily, let your water be seething hot, or seething, and put powder of sugar to them: cast on your Sugar boiling hot: have a good warme fire under the hanging basson.

Take as much water to your sugar as will dissolve the same.

Never skim your sugar, if it bee cleane and fine.

Put no kind of starch or Amylum to your sugar.

Seethe not your Sugar too long: for, that will make it blacke, yellow or tawnie.

Move the seeds in the hanging basson as fast as you can or may,

D 2 when
The Art of preserving,
when the sugar is in casting.
At the first coate put on but one halfe spoonfulfull with the ladle, and all to move the bason, move, stirre and rubbe the seedes with thy left hand a pretty while, for they will take sugar the better, and dry them well after every coate.

Doe this at euyery coate, not onely in moving the bason, but also with the stirring of the comfits with the left hand, and drying the same, thus dooing you shall make good speed in the making: as, in every three houres you may make three pound of comfits.

And as the comfits doe increase in greatnesse, so you may take more Sugar in your ladle to cast on. But for plaine comfits, let your Sugar be of a light decoction last, and of a higher decoction first, and not too hote.

For crispe and ragged comfits, make your sugar of a high decoction, even as high as it may runne from
Conserving, candying, &c.

from the ladle, and let fall a foot high or more from the ladle, and the hotter you cast in your sugar, the more ragged will your comfits be. Also the comfits will not take so much of the sugar as they will upon a light decoction, and they will keepe their raggednesse long. This high decoction must serve for eight or ten coates in the end of the work, and put on at every time but one spoonefull, and have a light hand with your baston, casting on but little sugar.

A quarter of a pound of Coriander seeds, and three pound of sugar will make great, huge, and bigge comfits.

See that you keepe your Sugar alwayes in good temper in the baston, that it burne not into lumpes or gobbets: and if your sugar bee at any time too high boyled, put in a spoonefull or two of water, and keepe it warily with the lade, and let your fire alwayes bee without smoke.
The Art of preserving,

smoke or flame.

Some commend a Ladle that hath a hole in it to let the sugar run thorow of a height: but you may make your comfits in their perfect forme and shape, onely with a plaine Ladle.

When your comfits bee made, set your dishes with your comfits upon papers in them, before the heat of the fire, or in the hot Sunne, or in an Oven after the bread is drawne, by the space of an houre or two, and this will make them to bee very white.

Take a quarter of a pound of Annis-seeds, and two pound of Sugar, and this proportion will make them very great: and even a like quantity take of Carroway-seed, Fennell-seed, and Coriander-seed.

Take of the finest Cinamon, and cut it into pretty small stickes beeing dry, and beware you wet it not: for, that deadeth the Cima-

mon:
Conserving, candying, &c.

mon: And then worke as in other comfits. Doe this with Orengerindes likewise.

Worke upon Ginger, Cloves, and Almonds, as upon other seeds.

The smaller that Annis-seed comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinnamon, two drammes; of fine Muske, dissolved in a little water, one scrupple: mingle these all together in the hanging Bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, moove it to and fro, and dry it well: doe this often, untill they be as great as Poppie-seeds; and give, in the end, three or four coates of a light decoction, that they may be round and plaine: and, with an high decoction, you may make them crispe.

You must have a coarse searce made for the purpose with haire, or with parchment full of holes, to pare

D4
The Art of preserving,
part and divide the comfits into several sorts.

To make paste for comfits, Take fine grated brede foure ounces, fine elect Cinnamon powdered halfe an ounce, of fine ginger powder one dramme, saffron powder, a little; white sugar two ounces, and a few spoonsfulls of borage-water, seethe the water and the sugar together, and put to the Saffron, then first mingle the crummes of brede, and the spices well together, drye them, put the liquor scalding hote upon the stuffe, and beeing hote, labour it with thy hand, and make balles or other formes thereof, drye them and cover them as comfits.

Coriander seeds two ounces, sugar one pound and a halfe, maketh very fairy comfits.

Annis-seedes three ounces, Sugar halfe a pound, of annis-seedes two ounces, & sugar six ounces, will make faire comfits.

Every dram of fine Cinnamon, will
Conserving, candying, &c.
will take at the least a pound of sugar for biscuits, and likewise of sugar or ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder scarced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of sugar to make your biscuits faire.

Carrowayes will bee faire at 12 coats.

Put into the sugar a little Amylum dissolved for five or six of the least coats, and that will make them exceeding crisp, and if you put too much Amylum or starch to the confits which you would have crisp, it will make them flat and smooth.

In any other confection of pasted sugar, mixed with gum Dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammie.

To make red confits, see the three
The Art of preserving,
or four ounces of brazel with a little water: take of this red water, 4 spoonfulls; of sugar, one ounce, and boile it to his decoction: then give 6 coats, and it will bee of a good colour; or else you may turne so much water with one dramme of turmsole, doing as before.

To make greene comfits, seethe sugar with the juice of beets.

To make them yellow, seethe saffron with sugar.

In making of comfits, alwayes when the water doth seethe, then put in your sugar-powder, and let it seethe a little, untill it be cleane dissolved and boile to his perfect decoction, and that the whitenesse of the colour be cleane gone: and if you let it settle, you shall see the sugar somewhat cleere.

For biscuits, take two spoonfulls of liquor; of sugar, seacered in a coarse saerce, one dramme; and of sugar-powder, to bee molt and cast, one ounce. This done, will make the biscuits
Conserving, candying, &c.

biskets somewhat faire, and somewhat greater than Poppy-feeds.

Aluer. Take Sugar-powder, foure drams; sugar to cast, foure ounces, with liquor sufficient: lay gold or silver on your comfits.

Every dram of sugar powder will take an ounce of sugat to bee cast: 8. drams make one ounce. To thus much powder for biskets, take halfe a pound of sugar to cast thereon.

Coriander-feeds, a quarter of a pound; sugar, 3. pound; Coriander-feeds, halfe a pound; sugar, 3. drams, will make faire comfits.

For biskets, Annis-feeds, halfe a pound; Fennell-feeds, a quarter of a pound; and sugar, two pound sufficeth.

In six or eight of the last coats put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar, take 9. ounces of water.
The Art of preserving,

55. To make a cullis as white as snow, and in the nature of jelly.

Take a cocke, scalde, wash and draw him clean, seethe it in white wine or Rhenish wine; scum it clean, clarify the broth after it is strained, then take a pint of thick and sweet cream, straine that to your clarified broth, and your broth will become exceeding faire and white: then take powdered ginger, fine white sugar & Rose-water, seething your cullis when you season it, to make it take the colour the better.

56. To make wafers.

Take a pint of flower, put into it a little cream with two yolkes of eggs and a little Rose-water, with a little seared Cinnamon and sugar, worke them all together, and bake the paste upon hot Irons.
Conserving, candying, &c.

57. To make Almond butter.

Blanch your Almonds, and beat them as fine as you can with faire water, two or three hours, then straine them through a linnen cloth, boile them with Rose-water, whole mace and annis-seeds, till the substance be thicke: spread it upon a faire cloth, dreem the whey from it, after let it hang in the same cloth some few houres, then straine it and season it with Rose-water and sugar.

58. A white gelly of Almonds.

Take Rose-water, gumme Dragagant dissolved, or Isinglasse dissolved, and some Cinnamon grossely beaten, seethe them all together, then take a pound of Almonds, blanch and beate them fine with a little faire water, dry them in a faire cloth: and put your
The Art of preserving,
your water aforesaid into the Almonds, seethe them together and stir them continually, then take them from the fire, when all is boiled to a sufficient height.

59. To make leach.

Seethe a pint of cream, and in the seething put in some dissolved Icingfaste, stirring it till it bee very thicke, then take a handful of blanched Almonds, beat them and put them in a dish with your Creame, seasoning them with sugar, and after slice it and dish it.

60. Sweete Cakes without either spice or sugar.

S Crape or wash your Parmeaps cleane, slice them thinne, dry them upon Canvas or Ner-worke frames, beat them to powder, mixing one third thereof with two thirds.
Conserving, candying, &c.
thirds of fine wheat flower: make up your paste into coats, and you shall finde them very sweete and delicate.

61. Roses and gilliflowers kept long.

Over a Rose that is fresh, and in the bud, and gathered in a faire day after the dew is ascended, with the whites of egges well beaten, and presently strew thereon the fine powder of scarce Sugar, and put them up in luted pots, letting the pots in a coole place in sand or gravell: with a fillip at any time you may shake off this inclosure.

62. Grapes growing all the yeere.

Put a Vine stalkke thorough a Basket of earth in December, which is likely to beare Grapes, that
The Art of preserving, that yeere, and when the grapes are ripe cut off the stalk under the basket (for by this time it hath taken roote) keep the basket in a warme place, and the grapes will continue fresh and taine a long time upon the vine.

63. How to dry Rose-leaves, or any other single flower without wrinkling.

If you would performe the same well in rose-leaves, you must in rose time make choyse of such roses as are neither in the bud, nor full blowne (for these have the smoothest leaves of all other) which you most especially cull and choose from the rest: then take right Callis sand, wash it in some change of waters, and dry it thoroughly well: either in an oven, or in the chimney; and having shallow, square or long boxes of 4, 5, or 6 inches deep, make first an even lay of sand in the bottom, upon which
Conserving, candying, &c.

which lay your Rose-leaves, one by one (so as one of them touch other) till you have covered all the sand, then strowe sand upon those leaves, till you have thinly covered them all, and then make another laie of leaves as before, and so lay upon lay, &c. Set this box in some warme place in a hot sunny day, (and commonly in two hot sunny dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keepe these leaves in Lare glasses, bound about with paper, neere a chimney, or stove, for feare of relenting. I finde the red Rose leafe best to be kept in this manner; also take away the stalkes of pansies, stocke-gillsflowers, or other single flowers, pricke them one by one in sand, pressing downe their leaves smooth with more sand layd evenly upon them. And thus you may have Rose-leaves, and other flowers to lay about your ba-
The Art of preserving, basons, windowes, &c. all the winter long. Also this secret is very requisite for a good simplicier, because he may dry the leaf of any herbe in this manner: and lay it, being dry, in his Herball, with the simple which it representeth, whereby hee may easily learne to know the names of all simples which hee desireth.

64. Clusters of Grapes kept till Easter.

Clusters of Grapes, hanging upon lines within a close Pressle, will last till Easter. If they shrinke, you may plume them up with a little warme water before you eate them. Some use to dip the ends of the stalkes first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after hanging them within a Pressle or Cupboard, which would
Conserving, candying, &c. would stand in such a room (as I suppose) where the grapes might not freeze: for otherwise you must bee forced now and then to make a gentle fire in the room, or else the grapes will rot and perish.

65. How to keepe walnuts a long time plumpe and fresh.

MAKE a lay of the dry stampings of crabs when the verjuice is pressed from them, cover that lay with Walnuts, & upon them make another lay of stampings, and so one lay upon another till your vessel be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit upon the kernels of dry walnuts.

Gather not your Walnuts before they be full ripe, keep them without
The Art of preserving,
out any art untill New-yeeres tide, then breake the shelles carefully, so as you deface not the kernels: (and therefore you must take choife of such nuts as have thin shels) whatsoever you finde to come away eas-
ily, remove it: sheape these kernels in conduit water, forty eight houres, then will they swell and grow very plumpe and faire, and you may pill them easily, and present them to an-
y friend you have for a New-yeeres gift: but being pilled, they must bee eaten within two or three houres, or else they lose their whitenesse and beautie, but unpilled they will last two or three dayes faire and fresh. This of a kinde Gentlewoman, whose skill I doe highly commend, and whose case I doe greatly pity; such are the hard fortunes of the best wits and natures in our dayes.

67. How to keepe Quinces in a most excellent manner.

Make
Conserving, candying, &c.

Make choice of such as are found; and gathered in a faire, dry and sunny day, place them in a vessel of wood, containing a firkin or thereabout, then cover them with penny ale, and so let them rest: and if the liquor carry any bad scum, after a day or two take it off: every 10 or 12 dayes let out your penny ale at a hole in the bottome of your vessel, stop the hole, and fill it up againe with fresh penny ale: you may have as much for two pence at a time as will serve for this purpose. These Quinces being baked at Whitson tide, did taste more daintily than any of those which are kept in our usiual decoctions or pickles.

Also, if you take white wine Lees that are neat (but then I feare you must get them of the Merchant, for your Tavernes doe hardly afford any) you may keepe your Quinces in them very faire and fresh all the yeere, and therein may you
The Art of preserving, you also keepe your barbaries both full and faire coloured.

68. Keeping of Pomegranats.

Make choice of such Pomegranats as are sound, and not prickt, as they terme it, lap them over thinly with wax, hang them upon nailes, where they may touch nothing, in some cupboard or closet in your bed chamber, where you keepe a continuall fire, and every 3. or 4. dayes turne the under sides uppermost: and therefore you must so hang them in packthreed, that they may have a bow knot at either end. This way Pomgranates have beeene fresh till Whitson tide.

69. Preserving of Artichokes.

Cut off the stalkes of your Artichokes within two inches of the Apple; and of all the rest of the stalkes make a strong decoction,
Conserving, candying, &c.
on, slicing them into thine and small pieces, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in colde, to take away the bitternesse of them. This of M. Parsons, that honest and painefull practicer in his profession.

In a milde and warme winter, about a moneth or three weekes before Christmas, I caused great store of Artichokes to be gathered with their stalkes in their full length as they grew: and, making first a good thicke Lay of Artichoke-leaves in the bottome of a great and large vessell, I placed my Artichokes, one upon another, as close as I could couch them, covering them over of a pretty thicke-nesse with Artichoke-leaves: those Artichokes were served-in at my Table all the Lent after, the apples being red and sound, onely the tops of the leaves a little vaded, which
The Art of preserving, which I did cut away.

70. Fruit preserved in pitch.

Waxberries that do somewhat resemble blacke cherries, called in Latine by the name of Solanum lathale, being dipped in molten pitch, being almost cold, & before it congeale and harden againe, and so hung up by their stalkes, will last a whole yeere. Probat. per M. Payson, the Apothecary. Prove what other fruits will also bee preserved in this manner.

71. To make Clove or Cinamon Sugar.

Lay pieces of sugar in close boxes amongst sticks of Cinamon, cloves, &c. and in a short time it will purchase both the taste & sent of the spice. Probat. in cloves.
Conserving, candying, &c.

72. Hasell Nuts kept long.

A man of great years and experience assured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pottes well stopp'd at the foot or two in the ground: they keepe best in gravellic or sandy places. But these nuts I am sure will yeld no oil as other nuts will, that were dry in the shells with long keeping.

73. Chestnuts kept all the yeere.

After the bread is drawne, disperse your Nuts thinly over the bottom of the Oven, and by this means the moisture being dried up, the Nuts will last all the yeere; if at any time you perceive them to relent, put them into your Oven again, as before.
Secrets in Distillation.

1. How to make true spirit of wine.

Take the finest paper you can get, or else some Virgin-parchment; straine it very right and stiffe over the glasse body, wherein you put your Sacke, Malmesie or Muscadine; oyle the paper or Virgin-parchment with a pensill, moistened in the oyle of Ben, and distill it in Balneo with a gentle fire, and by this meanes you shall purchase onely the true Spirit of Wine. You shall not have above two or three ounces at the most out of a gallon of Wine, which ascendeth in the forme of a cloud, without any dew or veines in the helme: lute all
Secrets in Distillation,
all the joynts well in this distillation.
This Spirit will vanish in the ayre, if
the glasse stand open.

2. How to make the ordinary Spi-
rit of wine that is sold for
five shillings and a
noble a pint.

Put Sacke, Malmesie, or Muska-
dine into a glasse body, leaving
one third or more of your glasse
empty, let it in balneo, or in a pan of
ashes, keeping a soft and gentle fire:
draw no longer than till all or most
part will burne away, which you
may prove now and then, by setting
a spoonesfull thereof on fire with a
paper, as it droppeth from the nose
or pipe of the helme: & if your spirit
thus drawn have any phlegme there-
in, then rectifie or re-distill that spirit
again & in a leafer body, or in a bolt
receiver in stead of another body, lu-
ting a small head on the top of the

E 2 steele
Secrets in Distillation.

fleece thereof, and so you shall have a very strong spirit: or else for more expedition, distill 5, or 6, gallons of wine by Limbecke; and that spirit, which ascendeth afterward, re-distill in glasse, as before.

3. Spirits of Spices.

Distill with a gentle heat either in Balneo, or ashes, the strong and sweete water, wherewith you have drawn oyle of cloves, mace, nutmegs, juniper, rosemary, &c. after it hath stood one moneth close stopp, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.


Macerate Rosemary, Sage, sweete Fennell-seeds, Marjoram, Lemmon or Orenge-pils, &c.
Secrets in Distillation.

in spirit of wine a day or two, & then distill it over again, unlefe you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

5. How to make the water which is usually called Balme-water.

To every gallon of Claret wine put one pound of greene balme. Keep that which commeth first, and is clearest, by itselfe: and the second and whiter sort, which is weakest and commeth last, by itselfe: distill in a pewter Limbecke luted with paste to a brasle pot. Draw this in May or June, when the herb is in his prime.


Take of the herbe Rosa-solis, gathered in Julie, one gallon, 
E 3 picke
Secrets in Distillation.

Pick out all the blacke moats from the leaves; Dates, halfe a pound; Cinnamon, Ginger, Cloves, of each one ounce; grains, halfe an ounce; fine Sugar a pound and a halfe; red Rose-leaves, greene or dryed, foure handfuls: steep all these in a gallon of good Aqua Composita, in a glasse close stopped with wax, during twenty dayes: shake it well together once every two dayes. Your Sugar must be powdred, your spices bruised onely, or grossely beaten; your Dates cut in long slices, the stones taken away. If you adde two or three grains of Amber-greece, and as much Muske, in your glasse, among the rest of the ingredients, it will have a pleasant smell. Some adde the Guni Amber, with corall and pearle finely powdred, and fine leafe-gold. Some use to boile Ferdinando-bucke in Rose-water, till they have purchased a faire, deepe crimson colour: and when the same is cold, they colour their Rosa-solis and
Secrets in Distillation.

and Aqua Rubea therewith.

7. Aqua Rubea.

Take of Musk sixe grains: of Cinnamon and Ginger, of each one ounce; white sugar-candy, one pound; powder the Sugar, and bruise the spices grossly: binde them up in a cleane linnen cloth, and put them to infuse in a gallon of Aqua composita, in a glasse close stoppt twenty foure hours, shaking them together divers times: then put thereto of Turnsole one dramme; suffer it to stand one houre, and then shake all together: then, if the colour like you after it is settled, poure the clearest forth into another glasse: but if you will have it deeper coloured, suffer it to worke longer upon the Turnsole.
Secrets in Distillation.

8. D Stevens Aqua composita.

Take a gallon of Gascion wine, of Ginger, Galingale, Cinamon, Nutmegs and grains, Annis-seeds, Fennel-seeds, and Carroway seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomill, Lavender, of each a handful; bray the spices small, and bruise the herbs, letting them macerate 12 hours, stirring it now and then, then distill by a Limbeck of pewter, keeping the first cleere water that commeth, by itselfe, and so likewise the second. You shall draw much about a pint of the better sort from every gallon of wine.

9 Usque-bath or Irish Aquavitae.

To every gallon of good Aqua composita, put two ounces of chosen
Secrets in Distillation.

chosen liquorice bruised, and cut into small pieces, but first cleansed from all his filth, and two ounces of Annis-seeds that are cleane and bruised: let them macerate five or sixe dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleere, dissolving in that cleere Aqua vitæ five or sixe spoonfuls of the best Malasfoes you can get (Spanish Cure, if you can get it, is thought better than Malasfoes) then put this into another vessell; and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may use the same; some adde Dates and raisins of the Sunne to this receipt; those grounds which remaine you may re-distill, and make more Aqua composita of them, and of that Aqua composita you may make more Usque-bath.
Secrets in Distillation.

10. Cinnamon-water.

Having a Copper body or Brass pot that will hold 12 gallons, you may well make 2 or 3 gallons of Cinnamon-water at once. Put into your body, over-night vi. gallons of conduit water, and two gallons of Spirit of wine, or, to save charge, two gallons of Spirit drawne from wine lees, Ale, or low Wine, sixe pound of the best and largest Cinnamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Limbeck, and begin with a good fire of wood and coales, till the vessel begin to distill; then moderate your fire, so as your Pipe may drop apace, and runne trickling into the Receiver, but blow not at any time. It helpeth much herein to keepe the water in the Bucket not too hote, by often change thereof: it must never
Secrets in Distillation.

never be so hot, but that you may well endure your finger therein. Then divide into quart glasses the Spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cinamon, then may you boldly, after the Spirit once beginneth to come strong of the Cinamon, draw untill you have gotten at the least a gallon in the receiver, and then divide often by halfe pintes, and quarters of pintes, lest you draw too long: which you shall know by the fainte taste and milkie colour, which distillett to the end: this you must now and then taste in a spoone. Now when you have drawne so much as you finde good, you may adde thereunto so much of your Spirit that came before your Cinamon-water, as the same will well beare, which you must finde by your taste. But if your Spirit and your Cinamon bec both good, you may of the afore-
Secrets in Distillation.

aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinnamon-water. Heere note, that it is not amiss to observe which glasse was first filled with the spirit that ascended, and so of the second, third and fourth: and when you mixe, beginne with the last glasse first, and so with the next, because those have more taste of the Cinnamon than that which came first, and therefore more fit to bee mixed with your Cinnamon-water. And if you meane to make but 8. or 9. pintes at once, then beginne but with the halfe of this proportion. Also that spirit which remaineth unmixed doth serve to make Cinnamon-water the second time. This way I have often proved, and found most excellent: take heede that your Limbecke be cleane, and have no manner of scent in it, but of wine or Cinnamon, and so likewise of the glases, funnells and pots which you
Secrets in Distillation.

you shall use about this work:

II. How to distill thyme, lavender, rosemary, &c. after a new and excellent manner.

Having a large pot containing 12 or 14 gallons with a Limbeck to it, or else a copper bodie with a serpent of 20 or 24 gallons, and a copper head, being such a vessel as is commonly used in the drawing of Aqua vitae, fill two parts thereof with faire water, and one other third part with such herbs as you would distill; the herbs being eyther moist or drie, skilfully not greatly whether: let the herbs macerate all night, and in the morning beginne your fire, then distill as before in Cinnamon water, being careful to give change of waters to your colour alwayes as it needeth: draw no longer than you feel a strong and sensible taste of the
Secrets in Distillation.

the herbe which you distill, alwaies dividing the stronger from the weaker, and by this means you shall purchase a water farre excelling any that is drawne by a common pewter still: you may also gather the oyle of each herbe, which you shall finde fleeting on the top or funimitie of your water. This course agreeth best with such herbes as are not in taste and will yeeld their oyle by distillation.

12. How to make the salt of Herbes.

Burne whole bundles of dryed Rosemary, Sage, Ispop, &c. in a cleane Oven, and when you have gathered good store of the ashes of the herbe, infuse warme water upon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, and the residence or settling which you finde in the bottom thereof, is the salt which you seeke for. Some use to filter this Lee divers
Secrets in Distillation.

divers times before evaporation, that their salt may be the clearer & more transparent. This salt, according to the nature of the herbe, hath great effects in phisicke.


Put one part of Honey to 5 parts of water: when the water boyleth, dissolve your Honey therein, scumme it, and having sodden an houre or two, put it into a wooden vessell, and when it is but bloud-warme, set it on work with yeast after the usuall manner of Beere and Ale: tune it, and when it hath lyen some time, it will yeeld his Spirit by distillation, as Wine, Beere and Ale will doe.

14. To distill Rose-water at Michaelmas, & to have as good yeeld as at any other time of the yeere.
Secrets in Distillation.

IN the pulling of your Roses, first divide all the blasted leaves, then take the other fresh leaves, and lay them abroad upon your table or windowes with some cleane linen under them, let them lie three or foure hours, or if they bee dewy, untill the dew bee fully vanished: put these Rose-leaves in great stone pottes, having narrowe mouthes, and well leade within, (such as the Goldfiners call their hookers, and serve to receive their Aqua fortis, bee the best of all others that I know) and when they are well filled, stop their mouthes with good corkes, either covered all over with waxe or molten brimstone, and then set your poth in some coole place, and they will keepe a long time good, and you may distill them at your best leasure. This way you may distill Rose-water good cheape. If you buy store of Roses, when you find a glutte of them in the market, where
Secrets in Distillation.

whereby they are sold for 7. pence or 8. pence the bushell: you then engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose vinegar, without the addition of any common vinegar. I have known Rose-leaves kept well in Rondlets that have beene first well seasoned with some hot liquor and Rose-leaves boiled together, and the same pitched over on the outside, so as no aire might penetrate or pearce the vesell.

15. A speedy distillation of Rose-water.

Stamp the leaves, and first distill the juice being expressed, and after distill the leaves, and so you shall dispatch more with one Still, than others doe with three or foure
Secrets in Distillation.

foure Stils. And this water is every way as medicinable as the other, serving in all sirops, decoctions, &c. sufficiantly, but not altogether so pleasing in smell.

16. How to distill wine, vinegar or good Aligar, that may be both clear and sharpe.

I Knowe it is an usuall manner, among the Novices of our time, to put a quart or two of good vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters. But this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse with a head or receiver, the same being placed in sand or ashes.

Note,
Secrets in Distillation.

Note that the best part of the vinerger, is the middle part that ariseth: for, the first is faint & phlegmatic; and the last will taste of adustion, because it growth heavie toward the latter end & must be urged up with a great fire: and therefore you must now and then taste of that which cometh both in the beginning, and towards the latter end, that you may receive the best by it selfe.

17. How to draw the true spirit of Roses, and so of all other herbes and flowers.

Macerate the Rose in his owne juice, adding thereto, being temperately warme, a convenient proportion either of yeast or ferment: leave them a few dayes in fermentation, till they have gotten a strong & heady smell, beginning to incline toward vinegar: then distill them in balneo in glasse-bodies luted to their helmes (happely a Limbeck
Secrets in Distillation.

beck will doe better, and rid faster) and drawe so long as you finde any sent of the Rose to come: then re-distill or rectifie the same so often till you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses onely, and after distill the same.

18. An excellent Rose-water.

Upon the top of your glasse body, straine a haire cloath, and upon that lay good store of Rose-leaves, either drie, or halfe drie: and so your water will ascend very good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes: you may re-iterate the same water upon fresh leaves. This may also bee done in a leaden Still; over which, by reason of the breadth, you may place more leaves.

19. An
Secrets in Distillation.

19. An excellent way to make the extract of all vegetables.

Express a good quantity of the juice thereof, set it on the fire, and give it only a warm or two, then it will grow clearer before it be cooled, pour away the cleared filter with a piece of cotton, and then evaporate your filtered juice, till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect scent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. To make a water smelling of the Egliantine, Gilliflower, &c.

Dry the herb or flower, and distill the same in faire water in
Secrets in Distillation.

in a Limbeck, draw no longer than you finde sent in the water that issueth, re-iterate that water upon fresh herbes, and distill as before, dividing the sweetest from the rest.

21. A Scottish hand-water

Put Tyme, Lavender and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottom of a stone pot, upon which make another lay of the said herbes, and then a lay of Lees, & so forward: lute the pot well, bury it in the ground for vi. weeks; distill it, and it is called Dames-water in Scotland. A little thereof put into a basin of common water maketh very sweet washing water.

22. How to draw the blood of herbs.

Stamp the herbe, put the same into a large glasse, leaving two parts emptie (some commend the juice
Secrets in Distillation.

juice of the herbe only) nip or else lute the glasse very well: digest it in Balneo xv. or xvi. days, and you shall find the same very red: divide the warrish part; and that which remaineth, is the bloud or essence of the herb.

23. Rose-water, and yet the Rose-leaves not discououred.

You must distill in Balneo, and when the bottome of your pewter Still is thorow hot, put in a few leaves at once, and distill them: watch your Still carefully; and, as soone as those are distilled, put in more. I know not whether your profit will requite your labour; yet accept of it as a new conclusion.

24. How to recover Rose-water, or any other distilled water that hath gotten a mother, and is in danger to bee mustie. Infuse
Secrets in Distillation.

Infuse your water upon fresh Rose-leaves, or upon Rose-cakes broken all in pieces, and then, after maceration for three or four hours with a gentle fire, re-distill your water. Do this in a Limbeck, take heed of drawing too long for burning, unless your Limbeck stand in balneo.

25. To draw both good Rose-water, and oyle of Roses together.

After you have digested your Rose-leaves by the space of 3. moneths, sicunt ante, num. 13. either in barrels or hookers, then distill them with faire water in a Limbeck: draw so long as you can finde any excellent smell of the Rose, then divide the fatty oyle that sleeteth on the top of the Rose-water, and so you have both excellent oyle of Roses, and also good Rose-water together, and you shall also have more water than by the ordinary way,
Secrets in Distillation.

way: and this rose-water extendeth farther in physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oil of *Lignum Rhodium* this way, saving that you shall not neede to macerate the same above foure and twenty hours in your water or menstruum before you distill: this oil hath a most pleasing smell, in a manner equall with the oil of Roses.
COOKERY AND Huswifery.

1. To souse a young Pig.

Take a young pig being scalded: boile it in faire water and white wine: put thereto some Bay-leaves, some whole Ginger, some Nutmegs quartered, and a few whole Cloves: boile it thorowly, & leave it in the same broth in an earthen pot.

2. Aliter.

Take a Pig being scalded: collar him up like brawn, and lap your collars in faire clothes: when the flesh is boiled tender, take it out, and put...
Cookery and Huswifery.

Put it in cold water and salt, and that will make the skinne white, make fowling drinke for it, with a quart of white wine, and a pottle of the same broth.

3. To boile a Flounder or Pickrell of the French fashion.

Take a pinte of white wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper, seasoned with verjuice, salt, and a piece of sweet butter, and so serve it: this broth will serve to boile fish twice or thrice in.

4. To boile Sparrows or Larks.

Take two ladles full of Mutton broth, a little whole mace: put into it a piece of sweete butter, a handful of Parsley being picked: season it with sugar, verjuice, and a little pepper.
Cookery and Huswifery.

5. To boile a capon in white broth.

Boile your Capon by it selle in faire water: then take a ladlefull or two of Mutton-broth, and a little white Wine, a little whole Mace, a bundle of sweete herbs, a little marrow: thicken it with Almonds, season it with sugar & a little verjuice: boile a few Currans by themselves, and a Date quartered, left you discolor your broth, and put it on the breast of your Capon, Chicken, or Rabbet: if you have no Almonds, thicken it with creame, or with yolks of eggs, garnish your dishes on the sides with a Lemmon sliced, and sugar.

6. To boile a Mallard, Teale, or Wygen.

Take Mutton-broth, and put it into a pipkin: put into the belly
Cookery and Huswifery.

belly of the Fowle a few sweet herbs and a little mace: stick halfe a dozen of cloves in his breast: thicken it with a taste of bread steeped in verjuice: season it with a little pepper, and a little sugar; also one onion minced small is very good in the broth of any water-Fowle.

7. To boile a leg of Mutton after the French fashion

Take all the flesh out of your Leg of Mutton, or at the butt end, preserving the skinne whole, and mince it small with Oxe-suet and marrow: then take grated bread, sweet Creame, and yolkes of egges, and a few sweet herbes: put unto it Curans and Raisins of the Sunne: season it with Nutmegs, Mace, Pepper, and a little Sugar, and so put it into the leg of Mutton againe, where you tooke it out, and stew it in a pot with a marrow-bone or two: serve
Cookery and Huswifery.

in the marrow-bones with the stewed broth and fruit, and serve in your leg of Mutton dry with carret roots sliced, and cast grosle pepper upon the roots.

8. To boile Pigs-petitoes on the French fashion.

Boile them and slice them, being first rouled in a little batter, your batter being made with the yolke of an egge, 2 spoonefuls of sweet cream, and one spoonefull of flower: make sawce for it with nutmeg, vineger, and sugar.

9. To boile Pigeons with Rice.

Boile them in mutton-broth, putting sweet herbs in their bellies: then take a little Rice, and boile it in creame, with a little whole mace: season it with sugar: lay it thicke on their
Cookery and Huswifery.

their breasts, wringing also the juice of a Lemmon upon them, and so serve them.

10. To boile a chine of veale or chicken in sharpe broth with herbs.

Take a little mutton broth: white wine and verjuyce, and a little whole mace: then take Lettuce, Spinage, and Parsley, and bruise it, and put it into your broth, seasoning it with verjuice, pepper, and a little sugar, and so serve it.

11. To make Beaumanger.

Take the brawne of a Capon, toast it like wooll: then boil it in sweete Creme: with the whites of two egges; and being well boiled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabastrar mortar with a wooden pestell, then draw it thorough a thinne strainer.
Cookery and Huswifery.

with the yolkes of two egges and a little Rose-water: then set it on a chafing-dish with coales, mixing foure ounces of sugar with it; and when it is cold, dish it up like Almond-butter, and so serve it.

12. To make a Polonian sawsfedge.

Take the fillets of a Hog: chop them very small with a handful of red Sage: season it hot with ginger and pepper, and then put it into a great sheep's gut: then let it lye three nights in brine: then boile it, and hang it up in a chimney where fire is usuallly kept: and these sawsfedges will last a whole yeere. They are good for sallets, or to garnish boyled meats, or to make one rellish a cup of wine.

13. To
13. To make tender and delicate brawn.

Put collars of brawn, in kettles of water, or other apt vessels, into an oven, heated as you would for household bread: cover the vessels, and so leave them as long in the oven, as you would doe a batch of bread. A late experience amongst Gentlewomen far excelling the old manner of boiling brawn in great and huge kettles. Quære if putting your liquor hot into the vessels, and the brawn a little boiled first, by this means you shall not give great expedition to your worke.


Incorporate the body of salt fish, Stock fish, Ling or any fresh fish that is not full of bones, with crumbs of bread, flower, linglass, &c.
Cookery and Huswifery,

&c. and with proper spices agreeing with the nature of every several fish and of that paste, mould off the shapes and formes of little fishes; as, of the Roch, Dace, Perch, &c. and so by Art you may make many little fishes out of one great and natural fish.

15. How to barrell up Oysters so as they shall last for six months sweet and good, and in their natural taste.

Open your Oysters: take the liquor of them, and mixe a reasonable proportion of the best white wine vinegar you can get, a little salt, and some pepper: barrell the fish up in small caske, covering all the Oysters in this pickle, and they will last a long time. This is an excellent means to convey Oysters unto dry townes, or to carry them on voyages.

16. How
Cookery and Huswifery.

16. How to keep fresh Salmon a whole moneth in his perfect taste, and delicacy.

First seethe your Salmon according to the usual manner: then sinke it in apt and close vessels in wine-vineger, with a branch of Rosemary therein. By this means, Vintners and Cookes may make profit thereof when it is scarce in the markets: and Salmon, thus prepared, may bee profitable brought out of Ireland, and sold in London or else where.

17. Fish kept long, and yet to taste short and delicately.

Fry your fish in oyle; some commend rape oyle; and some, the sweetest Civill oyle that you can get: for the fish will not taste at all of the oyle, because
Cookery and Huswifery.

because it hath a watrish body, and oyle and water make no true unity: then put your fish in white wine vi-
neger, and so you may keepe it for the use of your Table any reasona-
ble time.

18. How to keepe roasted Beefe a long time sweet and wholesome.

This is also done in Wine vine-
erg, your peeces being not o-
ver great, and well and close barrel-
led up. This secret was fully proved
in that honourable voyage unto Ca-les.

19. How to keep powdered Beefe five or six weeks after it is sodden, with
out any charge.

W H E N your Beefe hath
been well and throughly pow-
dered by tenne, or twelve dayes
space, then seethe it thoroughly, dry it
Cookery and Husbandry.

It with a cloth and wrap it in dry clothes, placing the same in close vessels and cupboards, it will keep sweet and sound two or three months, as I am credibly informed from the experience of a kind and loving friend.

20. A conceit of the Authors, how B'ere may bee carried at the Sea without that strong and violent impression of salt, which is usually purchased by long and extreme powdering.

Here with the good leave and favour of those courteous Gentlemen, for whom I did principally, if not onely, intend this little Treatise; I will make bold to lanch a little from the shoare, and trie what may bee done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such usuall victualls, as for want of this skill doe
Cookery and Huswifery.
do oftestimes meely perish, or else,
by the extreme piercing of the salt,
do lose even their nutritive strength
and virtue: and if any future experi-
ence do happen to controulle my pre-
sent conceipt, let this excuise a
scholar, quod in magnis est voluntas
fatis. But now to our purpose: Let
all the bloud be first well gotten out
of the Beefe, by leaving the same
some nine or ten dayes in our usuall
brinck: then barrell up all the peeces
in vessels full of holes, fastening
them with ropes at the sterne of the
ship, and so dragging them thorow
the salt sea water (which, by his in-
finite change and succession of water,
will suffer no putrefaction, as I sup-
pose): you may happily finde your
Beefe both sweet & savoury enough,
when you come to spend the same.
And if this happen to fall out true
upon some tryall thereof had, then
either at my next impression, or
when I shal be urged thereunto up-
on any necessity of service, I hope
to
Cookery and Husbandry.

to discover the means also whereby every ship may carry sufficient store of victual for her selfe in more close and convenient carriages than those loose vessels are able to performe. But if I may bee allowed to carry either roasted or sodden flesh to the sea, then I dare adventure my poore credit therein, to preserve, for six whole moneths together, eyther Beef, Mutton, Capons, Rabbets &c. both in a cheap manner, and as fresh as we doe now usually eat them at our Tables. And this I hold to be a most singular and necessary Secret for all our English Navie; which at all times, upon reasonable terms, I will be ready to disclose for the good of my countrey.

21. How
Cookery and Huswisery.

21. How to make sundry sorts of most daintie butter, having a lively taste of Sage, Cinnamon, Nutmegs, Mace, &c.

This is done by mixing a few dropps of the extracted oyle of Sage, Cinnamon, Nutmegs, Mace, &c. in the making up of your Butter: for Oyle and Butter will incorporate and agree very kindly and naturally together. And how to make the said oyles, with all necessarie vessels, instruments, and other circumstances by a most plain and familiar description: see my Jewel-house of Art and Nature, under the Title of Distillation.

22. How to make a larger and daintier cheese of the same proportion of milke than is commonly used or knowne by any of our best Dairy-women at this day.

Having
Cookery and Huswifery.

Having brought your milk into curds by ordinary rennet, either break them with your hands, according to the usual manner of other Cheeses, and after, with a fleeting dish, take away as much of the whey when as you can; or else put the curds, without breaking, into your moat: let them so repose one hour, or two, or three; and then, to a Cheese of two gallons of milk, add a weight of tenn or twelve pound: which weight must rest upon a cover that is fit with the moat or case; wherein it must truly descend by degrees as you increase your weight, or as the curds do sink and settle. Let your curds remain so all that day and night following, until the next morning; and then turn your Cheese or curds, and place your weight again thereon, adding from time to time some more small weight, as you shall see cause. Note, that you must lay
Cookery and Huswifery.

lay a cloth both under and over your curds at the least, if you will not wrap them all over, as they doe in other Cheeses, changing your cloth at every turning. Also if you will worke in any ordinary moat, you must place a round and broad hoope upon the moat, being just of the selfe same bignesse or circumference, or else you shall make a very thinne cheese. Turne these cheeses every morning and evening, or as often as you shall see cause, till the whey be all runne out; and then proceed as in ordinary Cheeses. Note, that these moats would bee full of holes, both in the sides and bottom, that the whey may have the speedier passage. You may also make them in square boxes full of holes; or else you may devise moats or cases, either round or square of fine wicker; which, having wicker covers, may by some sleight be so stayed, as that you shall need
Cookery and Huswifery.

need onely morning and evening to turne the wrong side upward, both the botomes being made loose, and so close and fitting, as they may sinke truely within the moat or mould, by reason of the weight that lyeth thereon. Note, that in other Cheeses the cover of the moat shutteth over the moat; but in these the covers descend and fall within the moats. Also your ordinary Cheeses are more spon- gious and full of eyes, than these, by reason of the violent pressing of them; whereas these cheeses settling gently and by degrees, doe cut as close and as fine as marmelade. Also in those Cheeses, which are pressed out after the usuall manner, the whey that commeth from them if it stand a while, will carrie a creame upon it, whereby the Cheese must of necessitie bee much lesse, and, as I gheffe, by a fourth part: whereas the Whey that commeth from these new kinde of Cheeses
Cookery and Huswifery.

Cheeses is like faire water in colour, and carrieth no strength with it. Note also, that if you put in your curds unbroken, not taking away the whey that issueth in the breaking of them, that so the cheeses will yet bee so much the greater: but that is the more troublesome way, because the curds, being tender, will hardly endure the turning, unless you bee very careful. I suppose, that the Angelores in France may bee made in this manner in small baskets, and so likewise of the Parmeesan: and if your whole Cheeses consist of unflattened milke, they will bee full of butter, and eate most daintily, being taken in their time, before they be too dry: for which purpose you may keepe them, when they beginne to grow dry, upon greene ruthes or nettles. I have robbed my wives Dairy of this secret, who hath hitherto refused all recom pense that have beene offered her.
Cookery and Huswifery.

her by gentlewomen for the same, and had I loved a Cheese myself so well as I like the receipt, I think I should not so easily have imparted the same at this time. And yet I must needs confess, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have beene willing to publish this with some other secrets of worth, for the which I have many times refused good store both of crowns & angels. And therefore let no Gentlewoman think this Booke too deare, at what price soever it shall be valued uppon the sale thereof: neither can I esteem the worke to be of lesse than twenty yeeres gathering.

23. Clouted creame.

Take your milke being new milked, and presently set it upon the fire from morning untill the eve-
Cookery and Huswifery.
evening, but let it not seethe: and this is called my Lady Young’s clowted creame.

24. Flesh kept sweet in summer.

You may keepe Veale, Mutton, or Venison in the heat of Summer ix. or x. daies good, so as it be newly and faire killed, by hanging the same in an high and windy roome (And therefore a plate cupboard full of holes, so as the winde may have a thorow passage, would be placed in such a roome, to avoyd the offence of Fly-blowes). This is an approved Secret,easie and cheap, and very necessary to bee knowne and practised in hot and tainting weather. Veale may be kept ten daies in bran.


It is usuall in Venice to sell the meale of Mustard in their markets, as
Cookery and Huswifery.

as we doe flower and meale in England: this meale, by the addition of vinegar, in two or three days becommeth exceeding good mustard; but it would be much stronger and finer, if the huskes and huls were first divided by searce or boulter; which may easily be done, if you dry your seeds against the fire before you grinde them. The Dutch iron handmills, or an ordinary pepper-mill, may serve for this purpose. I thought it very necessary to publish this manner of making your saucere, because our mustard, which we buy from the chandlers at this day, is many times made up with vile and filthy vinegar, such as our stomachs would abhorre, if we should see it before the mixing thereof with the seeds.

26. How to avoid smoake in broyling of Bacon, Carbonado, &c.

Make little dripping pannes of paper.
Cookery and Huswifery.
paper, pasting up the corners with starch or paste: wet them a little in water (but Pope Pius Quintus his Cooke will have them touched over with a feather first, dipped in oyle or molten butter): lay them on your gridiron, and place therein your slices of bacon, turning them as you see cause. This is a cleanly way, and avoideth all smoke. In the same manner you may also broile thin slices of Polonian sawsfedges, or great Oysters: for so were the Popes Oysters dressed. You must bee careful, that your fire under the gridiron flame not, lest you happen to burne your dripping pannes: and therefore all cole-brands are here secluded.

27. The true bottling of Beere.

When your Beere is ro. or 12. dayes olde, whereby it is growne reasonable cleere, then
Cookery and Huswifery.

then bottle it, making your corkes very fit for the bottles, and stoppe them close; but drinke not of this beer, till they begin to worke againe, and mantle, and then you shall finde the same most excellent and spritely drinke: and this is the reason why bottle-ale is both so windy and muddy, thundering and smoking upon the opening of the bottle, because it is commonly bottled the same day that it is layd into the cellar; whereby its yeast, being an exceeding windy substance, being also drawn with the Ale not yet fined, doth incorporate with the drinke, and maketh it also very windy; and this is all the lime and gun-powder wherewith bottle-ale hath beene a long time so wrongfully charged.

28. How to help your bottles when they are musty.

Some put them in an oven when the
Cookery and Huswifery.

the bread is newly drawne, closing up the oven, and so let them rest till morning. Others content themselves with scalding them in hot liquor only till they be sweet.

29. How to break whites of eggs speedily.

A Fig or two shred in pieces, and then beaten amongst the whites of eggs, will bring them into an oyle speedily: some break them with a stubbed rod; and some, by wringing them often thorow a sponge.

30. How to keepe flyes from oyle peeces.

A Line limed over, and strained about the crest of oile-peeces or pictures, will catch the Flyes, that would otherwise detace the pictures. But this Italian concept, both for the rarenessle and use thereof, doth please
Cookery and Huswifery.

please me above all other, viz. Prick a Cowcumber full of barly-cornes, with the small spiring ends outward: make little holes in the Cowcumber first with a wooden or bone bodkin, and after put in the grain: these, being thicke placed, will in time cover all the Cowcumber, so as no man can discerne what strange plant the same should be. Such Cowcumbers are to be hung up in the midst of Summer roomes, to draw all the Flies unto them, which otherwise would fly upon the pictures or hangings.

31. To keepe Lobsters, Crasfhes, &c. sweet and good for some few dayes.

These kindes of fish are noted to bee of no durability or lasting in warme weather: yet, to prolong their dayes a little, though I feare I shall raise the price of them.
Cookery and Huswifery.

them by the discovery amongst the fishmongers (who only in respect of their speedy decay, do now and then afford a penny worth in them) if you wrap them in sweet and coarse rags first moistend in brine, and then bury these clothes in Callis sand, that is also kept in some coole or moist place: I know by mine owne experience, that you shall finde your labour well bestowed, and the rather, if you lay them in severall cloths, so as one doe not touch the other.

32. Diverse excellent kinds of bottle-ale.

I cannot remember, that ever I did drinke the like Sage-ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of Sage with a quart of Ale, the same being well brewed out of one pot into another,
Cookery and Huswifery.

ther: and this way a whole Stand of sage ale is very speedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right Goffips cup, that shall farre exceede all the Ale that ever mother Bunch made in her life time, then in the bottling up of your best Ale, tunne halfe a pint of white Ipocrafe that is newly made, and after the best receit, with a pottle of Ale: stop your bottle close, and drinke it when it is stale. Some commend the hanging of roasted Oranges prickt full of Cloves in the vessell of Ale till you finde the taste thereof sufficiently graced to your owne liking.

33. How to make wormwood wine very speedily and in great quantity.

Take small Rochell or Coniake wine, put a few drops of the extra-
Cookery and Huswifery.

extracted oyle of wormewood therein: brew it together (as before is set downe in bottle-ale) out of one pot into another, and you shall have a more neat and wholesome wine for your body, than that which is sold at the Stillyard for right wormewood-wine.

34. Rose-water and Rose-vineger of the colour of the Rose, and of the Cowslip, and Violet-vineger.

If you would make your Rose-water and Rose-vineger of a Rubie colour, then make choyce of the crimfin-velvet-coloured leaves, clipping away the whites with a paire of sheeres: and beeing thorow dried, put a good large handful of them into a pint of Damaske or red Rose-water: stop your glasse well, and set it in the Sunne, till you see that the leaves have lost their colour: or, for more expedition, you may performe this worke in balneo in a few houres; and
Cookery and Huswifery.

and when you take out the old leaves you may put in fresh, till you find the colour to please you. Keepeth this Rose-water in glasse very well stoppt, the fuller the better. What I have said of Rose-water, the same may also be intended of Rose-vineger, violer, margeold, and cowslip-vineger: but the whiter vineger you chuse for this purpose, the colour thereof will bee the brighter: and therefore distilled vineger is best for this purpose, so as the same bee warily distilled with a true division of parts, according to the manner expressed in this booke in the distillation of vineger.

35. To kepe the juice of Oranges and Lemmons all the yeare for sauce, juleps and other purposes.

Expresse their juyce, and passe it thorough an Ipocrasfe bagge, to clarifie it from his impurities: then
Cookery and Huswisery.

then fill your glasse almost to the top: cover it closely and let it stand so till it have done boilinge: then fill up your glasse with good fallet oyle and set it in a coole closet or butterie, where no Sun commeth: the aptest glases for this purpose, are straight upright ones, like to our long beere-glasses, which would bee made with little round holes within two inches of the bottome, to receive apt fawcets: and so the grounds or lees would settle to the bottome, and the oyle would sinke downe with the juice so closely, that all putrefaction would bee avoyded: or, in stead of holes, if there were glasse pipes, it were the better and readier way, because you shall hardly fasten a fawcet well in the hole. You may also in this manner preserve many juices of herbs and flowers.

And because that profite and skill united doe grace each other, if (curteous Ladies) you will lend eares, and follow my direction, I will here furnish
Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the juice of the best Civill Oranges at an easy price. About All- hollantide, or soone after, you may buy the inward pulp of Civill Oranges, wherein the juice resteth, of the comfit-makers for a small matter, who doe onely or principally respect their rindes, to preserve and make Orengeado’es withall: this juice you may prepare and reserve as before.

36. How to purifie and give an excellent smell and taste unto sallet oyle.

Put sallet oyle into a vessel of wood or earth, having a hole in the bottome: to every foure quarts of water, adde one quart of oyle, and, with a wooden sponne or spattle, beat them well together for a quar-
Cookery and Huswifery.

ter of an houre; then let out the water, preventing the oyle from issuing, by stopping of the hole: repeate this worke two or three times, and at the last you shall finde your oyle well clensed or clarified. In this manner you may also clarifie capons-grease, being first melted, and working with warme water. All this is borrowed of M. Bartholomaeus Scapius, the Master Cooke of Pope Priscus Quintus his privie Kitchen. I think if the last agitation were made in Rose-water, wherein also Cloves or Nutmegs had been macerated, that so the oyle would bee yet more pleasing.

Or if you set a Jarre-glaesse in balsam, full of sweete oyle, with some store of bruised cloves, and rindes of Civill Oranges or Lemmons also therein, and so continue your fire for two or three houres, and then letting the cloves and rindes remain in the oyle, till both the scent and taste do please you; I think man-
Cookery and Huswifery.

ny men, which at this day doe loathe oyl (as I my selfe did, not long since) would be easily drawne to a sufficient liking thereof.

37. How to clarifie without any distillation, both white and claret wine-vineger for gellies or sauces.

To every six pints of good wine-vineger, put the whites of two new-layd egges well beaten: then put all into a new leaden pipkin, and cause the same to boyle a little over a gentle fire: then let it run thorow a coorse gelly-bag twice or thrice, and it will be very cleere, and keepe good one whole yeare.

38. To make a most delicate white salt for the table.

First calcine or burne your white salt,
Cookery and Huswifery.

Salt: then dissolve it in clear conduit water: let the water stand without stirring, forty eight hours: then carefully draw away all the clear water only: filter it, and after evaporate the filtered liquor, reserving the salt. Some leave out calcination.

39. A delicate Candle for a Ladies Table.

Use your Dutch Candles to be dipped in Virgin waxe so as their last coat may bee meere waxe: and by this means you may carry them in your hand without melting, and the scent of the tallow will not break thorough to give offence: but if you would have them to resemble yellow wax-candles, then first let the tallow bee coloured with Turmeric boiled therein, and strained: and after your Candles have beene dipped therein to a sufficient greatnesse, let them take their last coat.
Cookery and Housewifery,
coat from yellow wax: this may be done in a great round Cane of tin-plate, having a bottom, and being somewhat deeper than the length of your Candles: and as the wax spendeth, you may still supply it with more.

40. How to hang your candles in the ayre without candlesticks.

This will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar bee conveyed in the midst of every week, and left of some length above the Candle, to fasten the same to the posts in the roof of your house; and if the roome be anything high roofed, it will bee hardly discerned, and the flame though it consume the tallow, yet it will not melt the wyer.
Cookery and Huswifery.

41. To make Rose-vinegar.

Macerate or steep Rose-leaves in fair water: let them lye therein till they wax sour in smell, and then distill the water.

SWEET.
Sweet Powders, Oyntments, Beauties, &c.

1. An excellent damask powder.

You may take of yreos halfe a pound, Rose-leaves foure ounces, cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and a halfe, Muske and Civet of each ten grains; beat and incorporate them well together.

2. An excellent hand water, or washing water, very cheape.

Take a gallon of faire water, one handful of Lavender-flowers, a few Cloves and some Orace-powder,
Sweet powders,
powder, and four ounces of Benjamin: distill the water in an ordinary leaden still. You may distill a second water by a new infusion of water upon the lees: a little of this will sweeten a basin of faire water for your table.

3. A ball to take stains from linen.

Take four ounces of white hard Sope: beat it in a mortar with two small Lemmons sliced, and as much rock Allome as an hazell nut: roule it up in a ball: rub the stain therewith; and after, fetch it out with warm water, if need be.

4. A sweet and delicate Pomander.

Take two ounces of Labdanum; of Benjamin and Storax, one ounce: muske, six grains: civet: six grains:
Ointments, beauties, &c.:
graines: Amber-grease, six graines
of Calamus Aromaticus and Lignum Aloes, of each the weight of a
groat: beat all these in a hot mortar,
and with an hot pestel, till they
come to paste: then wet your hand
with Rose-water, and roule up the
paste suddenly.

5. To take stains out of one's hands
presently.

You may do this with the juice
of Sorrell, washing the stained
place therein.

6. To take away spots and freckles
from the face or hands.

The sappe that issueth out of a
Birch tree in great abundance,
being opened in March or Aprill,
with a receiver of glasse set under
the boring thereof to receive the
same, doth performe the same most
excellent-
Sweet powders.

excellently, & maketh the skin very cleere. This sap will dissolve pearle; a secret not knowne unto many.

7. A white fucus or beauty for the face.

The jaw bones of a Hogge or Sow well burnt, beaten, and seared thorow a fine Searce, and after, ground upon a porphyrie or serpen-tine stone, is an excellent fucus, being layd on with the oyle of whie poppy.

8. A delicate washing ball.

Take three ounces of Oracie, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Rose-leaves, two ounces of Lavender-flowers: beat all these together in a mortar, searing them thorow a fine Searce, then scrape some castill
Oyntments, beauties, &c.
castill hope, and dissolve it with some Rose-water, then incorporate all your powders therewith, by labouring of them well in a mortar.


Take five ounces of Orace, two ounces of Cypresse, two ounces of Calamus, halfe an ounce of cloves, one ounce of Benjamin, one ounce of Rose-leaves, one ounce of Storax calamitum, halfe an ounce of Spike-flowers: mixe them well together.

10. To keepe the teeth both white and sound.

Of hony take a quart, as much vineger, and halfe so much white wine: Boyle them together, and wash your teeth therewith now and then.

11. To
Sweet powders,

II. To allay heat and cleere the face.

Take three pints of conduit water: Boyle therein two ounces of French barley: change your water, and put in the barley againe: repeat this so long, till your water purchase no colour from the barley, but become very cleer: Boyle the last three pints to a quart: then mixe halfe a pint of white wine therein; and when it is cold, wring the juice of two or three good Lemmons therein; and use the same for the Morphew, heat of the face or hands, & to cleere the skin.

12. Skin kept white and cleer.

Wash the face and body of a fucking childe with breast-milke, or cow-milke, or mixed with water,
Oyntments, beauties, &c.

Water, every night: and the child's skin will waxe faire and cleere, and resist Sun-burning.

13. An excellent Pomatum to cleere the skinne.

Wash Barrows grease often times in May-deaw, that hath beene clarified in the Sunne, till it bee exceeding white: then take Marshmallow roots, scraping off the outsides: then make thin slices of them, and mixe them: set them to macerate in a seething Balneo, and scumme it well till it be thorowly clarified, and will come to rope: then straine it, and put now and then a spoonesfull of May-dew therein, beating it till it bee thorow cold in often change of May-dew: then throw away that dew, and put it in a glasse, covering it with May-dew: and so reserve it to your use. Let the mallow rootes be two or three dayes dried.
Sweet powders.
dried in the shade before you use them. This I had of a great professor of Art, and for a rare and dainty Secret, as the best fucus this day in use.

14. Another mineral fucus for the face.

Incorporate with a wooden pestle and in a wooden mortar, with great labour, four ounces of sublimate, and one ounce of crude Mercurie, at the least six or eight hours (you cannot bestow too much labour herein): then, with often change of cold water, by ablution in a glasse, take away the salts from the sublimate: change your water twice every day at the least: and in seven or eight daies (the more the better) it will be dulcified, and then it is prepared. Lay it on with the oyle of white Poppy.
Oyntments, beauties, &c.

15. To take away chilblanes out of the hands or feet.

Boyle half a pecke of Oates in a quart of water, till they wexe dry: then having first annointed your hands with some good Pomatum and well chafed them, hold them within the Oates as hot as you may well suffer them, covering the bowle where-in you put your hands, with a double cloth to keepe in the steame of the Oates. Doe this three or foure times, and you shall find the effect. The same Oats will serve to be sodden with fresh water three or foure times.

16. To help a face that is red or pimpled.

Dissolve common Salt in the juice of Lemmons, and with a linnen
Sweet powders,

linnen cloth pat the patients face
that is full of heat or pimples. It
cureth in a few dressings.

17. Aliter.

Take of those little whelkes or
shells which some doe call ginnies
money: wash five or six of them,
and beat them to fine powder, and
infuse the juice of Lemmons upon
them, and it will presently boyle:
but if it offer to boyle out of your
glafe, then stop the mouth thereof
with your finger, or blow into it.
This will in a short time bee like an
ointment, with which you must an-
oint the heat or pimples of the face
oftentimes in a day, till you finde
help. As the oytment dryeth, put
more juice of Lemmons to it. This
of an outländish Gentlewoman, and
it is an assured remedy, if the heat
be not very extreme. Some have
found by experience, that bathing
of
Oyntments, beauties, &c.
of the face with hot vineger every
night when they goe to bed, doth
mightily repell the humour.

Alister.

Quilte bay salt well dried and
powdered in double linnen
socks of a pretty bignesse; let the
patient weare them in wide hose and
shoos day and night, by the space
of fourteene dayes, or till hee bee
well; every morning and evening,
let him dry his socks by the fire and
put them on againe.

This helped M. Foster, an Essex
man, and an attornay of the com-
mon pleas, within these few yeares,
but now deceased; whose face was,
for many yeares together, of an ex-
ceeding high and furious colour, of
my owne knowledge, and hath spent
much money in phisicke without any
successe at all, untill hee obtained.

H
Sweet powders,
this remedie. The Patient must not
take any wet of his secte during the
cure.

19. Aliter optime.

Take halfe a pound of white di-
stillled vineger, two new-laid
egges with their shells, two spoonfuls
of the flowers of brimstone: let
these macerate in the vineger by
the space of three daies: then take
out the egges and prick them full of
holes with a needle, but not too
deepe, lest any of the yolke should
happen also to issue: let that liquor
also mixe with the vineger: then
straine all thorow a fine cloth, and
tye up the brimstone in the cloath,
like a little ball; dippe this ball in the
strained liquor when you use it, and
pat it on the place three or foure
times every day: and this will cure
any red face in twelve or fourteene
dayes.
Oyntments, beauties, &c.

dayes. Some doe also commend the same for an approved remedy against the morphew; the brimstone ball must be kept in some close thing from the ayre.

20. How to take away any pimple from the face.

Brimstone, ground with the oyle of Turpentine, and applied unto any pimple one houre, maketh the flesh to rise spongewous: which being anointed with the thicke oyle of butter that ariseth in the morning from new milke sodden a little over night, will heale and scale away in a few dayes, leaving a faire skinne behinde. This is a good skinning salve.
Sweet powders,

21. To helpe any Morphew, Sunne-burning, itch, or red face.

Steep two sliced Lemmons being large and faire, in a pint of conduit water: leave them foure or five dayes in infusion, covering the water: then straine the water, and dissolve therein the quantity of a hazel nut of sublimate (some hold a dram a good proportion to a pint of water) finely powdered: let the patient wet a cloath therein, and rubbe the place where the griece is, every morning and evening a little, till the how doth please her: you may make the same stronger or weaker, according to good discretion.

22. For the Morphew.

Take a pint of distilled vineger: lay therein two new-laid egges whole
Oyntments, beauties, &c.

whole with their shells, three yellow Dock-rootes, picked and sliced, two spoonfuls of the flowers of brimstone: and so let all rest three dayes, and then use this liquor, with a cloth rubbing the place three or foure times every day, and in three or foure dayes it commonly helpeth: put some bran in your cloth before you moisten your cloth therein, binding it up in forme of a little ball.

This of Master Rich of Lee, who helped himselfe and a gallant Lady therewith in a few dayes.

23. To take away the freckles in the face.

Wash your face, in the wane of the Moone with a sponge, morning and evening, with the distilled water of Elder-leaves, letting the same dry into the skinne. Your water must be distilled in May. This

H 3

from
Sweet powders,
from a Traveller, who hath cured himselfe thereby.

24. To cure any extreame, bruise
upon a sore fall on the face,
or any other member
of the body.

Presently after the fall, make a
great fire, and apply hot cloathes,
one after another, without inter-
mission, the Patient standing neare
the fire for one houre and a halfe, or
till the swelling bee cleane abated.
This I knew prooved, with good
success, in a maide that fell downe a
paire of staires, whereby all her face
was extreameely disfigured. Some
hold opinion, that the same may bee
performed with cloathes wet in hot
water, and then wrung out againe
before application. Then, to take
away the changeable colours which
doe accustomably follow all bruises,
sbred the root of a greene or growing
flower-
Oyntments, beautes, &c.

flower-deluce: beat it with red rose water, and grinde it till it come to a salve: app'y the same, and in few hours it takes away all the colours; but if it lie too long, it will raise pimples: and therefore so soone as the colours be vanished, immediately remove the salve.

25. How to keepe the teeth cleane.

Calcine the tops and branches of Rosemary into Ashes, and to one part thereof, put one part of burnt Allome: mixe them well together, and with thy finger, first moistened a little with thy lipitle, rubbe all thy teeth over a pretty while every morning till they be cleane, but not to galling of thy gummies: then suppe up some faire water or white wine, gargling the same up and downe thy mouth a while.
Sweet powders,
while, and then dry thy mouth with
a towel. This of an honest Gentle-
man, and a painfull gatherer of
physicall receites.

26. Sweet and delicate dentifrices, or
rubbers for the teeth.

Dissolve in four ounces of warme
water, three or four drammes
of gumme Dragagant, and in one
night this will become a thick sub-
stance like gelly; mingle the same
with the powder of Alabaster fine-
ly ground and scarced: then make
up this substance into little round
rolls, of the bignesse of a child's
arrow, and four or five inches in
length. Also if you temper Rose-
er, or some other colour (that is not
harmful) with them, they will swell
full of pleasing veines. These you
may sweeten either with Rose water,
Civet, or Muske. But if your teeth
Oyntments, beauties, &c.

bee very scaly, let some expert Barber first take off the scales with his instrument, and then you may keepe them cleane by rubbing them with the aforesaid rouls.

And here, by those miserable experiences that I have seene in some of my nearest friends, I am enforced to admonish all Gentlewomen to be carefull how they suffer their teeth to bee clenched and made white with any Aqua fortis, which is the Barbers usuall water: for unlesse the same bee both well allayed, and carefully applied, shee may happen within a few dressings to be forced to borrow a ranke of teeth to eate her dinner, unlesse her gummies doe helpe her the better.

27. A delicate Stove to sweat in.

I know that many Gentlewomen, as well for the clearing of their H's skins.
Sweet powders,
skins, as cleansing of their bodies, 
doe now and then delight to sweat. 
For the which purpose, I have set 
down this manner following, as the 
best that ever I observed: Put into 
a brasse pot of some good content, 
such proportion of sweet herbs, and 
of such kinde as shall bee most appropriae for your infirmitie, with 
some reasonable quantity of water, 
close the same with an apt cover, 
and wel-luted with some paste made 
of flower and whites of Egges: at 
some part of the cover you must let-
in a leaden pipe (the entrance where-
of must also bee wel-luted:) this 
pipe must bee conveyed thorrw the 
side of the chimney, where the pot 
flan德尔 in a thicke hollow stake of 
a bathing tub crossed with hoopes, 
according to the usuall manner, in 
the top, which you may cover with 
a sheet at your pleasure. Now, the 
steam of the pot passinge thorow the 
pipe under the halfe bottome of the 
bathing tub, which must bee bored 
full
Oyntments, beauties, &c.

full of bigge holes, will breathe so sweet and warm a vapour upon your body, as that (receiving ayre, by holding your head without the tub as you sit therein) you shall sweate most temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained under the pot for this purpose. Note, that the roome would bee close wherein you place your bathinge tub, lest any sudden cold should happen to offend you whilt your body is made open and porous to the ayre.

28. Divers sorts of sweet, hand-waters made suddenly or extempore, with extracted oyles of spices.

First you shall understand, that whenever you shall draw any
Sweet powders,
of the aforesaid Oyles of Cinnamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon more or little, according to the quantity which you draw at once, of excellent sweet washing water for your table: ye some doe keepe the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you take three or foure drops onely of the oyle of Cloves, Mace, or Nutmegs; (for Cinnamon oyle is too costly to expend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing & delightful full water to wash with, and so you may always furnish your selfe of sweete water of severall kindes, before such time as your guests shall be
Oyntment, beauties, &c.

bee ready to sit downe. I speake not here of the oyle of Spike (which will extend very farre this way) both because every Gentlewoman doth not like so strong a sent, and for that the same is elwhere already commended by another Author. Yet I must needs acknowledge it to be the cheaper way, for that I assere my selfe there may be five or sixe gallons of sweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the most.

29. An excellent sweet water for a casting bottle.

TAKE three drammes of oyle of Spyke, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloves, then take one graine of Civet, and three graines of the aforesaid composition well wrought together:
Sweet powders,

ther. Temper them well in a silver spoon with your finger: then put the same into a silver bowl, washing it out by little and little into the bowl with a little Rose-water at once, till all the oyle bee washed out of the spoon into the bowl: & then doe the like by washing the same out of the bowl with a little Rose-water at once, till all the tent bee gotten out, putting the Rose-water full in a glass, when you have tempered the same in the bowl sufficiently. A pint of Rose-water will bee sufficient to mingle with the said proportion: and if you finde the same not strong enough of the Civet, then you may to every pint put one graine and a halfe, or two grains of Civet to the weight of three grains of the afore-said composition of oyles.

30. To colour a black haire presently into chestnut-colour...
Oyntments, beauties, &c.

This is done with oyle of Vitriol: but you must doe it very carefully not touching the skin.

31. A present and delicate perfume.

Lay two or three drops of liquid Amber upon a glowing coale, or a piece of Lignum Aloes, Lignum Rhodium, or Storax.

32. To renew the scent of a Pomander.

Take one graine of Civet, and two of Muske, or if you double the proportion, it will bee so much the sweeter: grinde them upon a stone with a little Rose-water; and after, wetting your hand with Rose-water, you may worke the same in your Pomander. This is a sleight to passe away an old Pomander: but my intention is honest.

33. How
Sweet powders,

33. How to gather and clarify May-dew.

When there hath fallen no rain the night before, then with a clean and large sponge, the next morning, you may gather the same from sweet herbs, grass or corn: straine your dew, and expose it to the Sun in glasses covered with papers or parchment pricks full of holes; straine it often, continuing it in the Sun, and in a hot place till the same grow white and clear, which will require the best part of the Summer.

Some commend May-dew gathered from Fennell and Celandine, to be most excellent for sore eyes: and some commend the same (prepared as before) above Rose-water for preserving of fruits, flowers, &c.

34. Divers
Ointments, beauties, &c.

34. Divers excellent scents for gloves, with their proportions and other circumstances with the manner of perfuming.

The Violet, the Orange, the Lemon, duly proportioned with other scents, performe this well: so likewise of Labdanum, Storax, Benjamin.

The manner is this: First, lay your Amber upon a few coales, till it begin to crack like lime: then let it coole of it self, taking away the coals: then grinde the same with some yellow ocre, till you perceive a right colour for a glove: with this mixture wash over your glove with a little hairie brush upon a smooth stone in every scame, and all over: then hang your gloves to dry upon a line: then with gumme Dragagnet dissolved in some Rose-water, and ground with a little oyle de Ben, or of sweet
Sweet powders.

Sweet Almonds upon a stone: strike over your gloves in every place with the gumme and oyle so ground together: doe this, with a little sponge, but be sure the gloves bee first thorowly dry, and the colour well rubbed and beaten out of the glove: then let them hang againe till they bee dry, which will bee in short time. Then if you will have your glove to lie smooth and faire in shew, goe over it againe with your sponge and the mixture of gumme and oyle, and dry the glove yet once againe. Then grinde upon your stone two or three graines of good Muske, with halfe a spoonfull of Rose-water, and with a very little pece of a sponge, take up the composition by a little and a little: and so lay it upon your glove, lying upon the stone. Pick the and straine your gum Dragagnet before you use it. Perfume but the one side of your glove at once, and then hang it up to dry, and then finish the other side. Ten grains of Musk will give
Oyntments, beauties, &c.
give a sufficient perfume to eight pair of gloves. Note also, that this perfume is done upon a thin Lambe leather glove; and if you worke upon a Kids skin or Goats skin, which is usuall leather for rich perfumes, then you must adde more quantity of the oyle of Ben to your gum, and goe over the glove twice therewith.

35. Sweet bags to lye among linnen.

Fill your bags onely with Lignum Rhodium, finely beaten, and it will give an excellent sent to your linnen.

36. To make baire of a faire yelow or golden colour.

The last water that is drawne from honey, being of a deepe reddde colour, performeth the same excellently:
Sweet powders, excellently: but the same hath a strong smell, and therefore must be sweetened with some aromaticall body.

Or else the haire being first cleane washed, and then moystened a pretty while, by a good fire in warme Allome water with a sponge, you may moysten the same in a decoction of Turmeric, Rubarb, or the Bark of the Barberry tree; and so it will receive a most faire and beautifull colour.

The Dogberry is also an excellent berry to make a golden liquor with all for this purpose: beat your Allom to powder; and when the water is ready to seeth, dissolve it therein: four ounces to a bottle of water, will be sufficient: let it boyle a while, straine it, and this is your Allome-liquor, wherewith you must first prepare the haire.
Oyntments, beauties, &c.

37. How to colour the head or beard into a Chestnut colour in halfe an houre.

Take one part of Lead calcined with Sulphur, and one part of quicke lime: temper them somewhat thinne with water: lay it upon the haire, chafing it well in, & let it dry one quarter of an houre or thereabout: then wash the same off with faire water divers times; and lastly with Sope and water, and it will be a very naturall haire-colour. The longer it lyeth upon the haire, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth very long in the hair. Sepius expertum.

FINIS.
A Closet for Ladies and Gentlemens.

Or,
The Art of preserving, conserving, and candying.

With the manner how to make divers kindes of sirups, and all kinde of banqueting stuffes.

Also divers soveraigne medicines and salves for sundry diseases.

London,
Printed by John Haviland.
1632.
A CLOSET for Ladies and Gentlewomen.

Of the Art of Pleading and Conceiving Cases.

With the manner of making diverse kinds ofCribs, and all kinds of

Laws, Canonries, and Secular Spiritual

Deeds.

LONDON
Printed by J. Jortin
1647.
An especiall Note of Confectionary.

To preserve Pippins red.

Take your best coloured Pippins, and pare them: then take a piercer, and bore a hole thorow them: then make sirup for them, as much as will cover them, and so let them boyle in a broad preserving pan: put into them a piece of Cinamon sticke, and so let them boile close covered very leisurely, turning them very often: for, if you turne them not very often, they will spot, and the one side will...
A Closet for Ladies

will not bee like the other, and let them thus boyle untill they begin to gely: then take them up, and pot them, and you may keepe them all the yeere.

To preserve Pippins white.

Take faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake sirup for them, and so let them boyle till they bee tender; then take them vp, and boyle your sirup a little higher, then put them vp in a Gally-pot, & let them stand all night, and the next morning the sirup will bee somewhat weaker: then boyle the sirup againe to his full thickeenesse, and so put them and you may keepe them all the yeere. If you please to haue them taste a pleasant taste, more than the naturall Pippin, put in one grain of musk, and one drop of the Chymicall oyle of Cinamon, and that will make them
and Gentlewomen.

them taste a more pleasant taste.

To preserve Pippins greene.

Take Pippins when they be small and green off the tree, and pare three or four of the worst, and cut them all to pieces; then boyle them in a quart of faire water till they beee pap, then let the liquor come from them, as you doe from your Quodi

niacke, into a Bason: then put into them one pound of Sugar clarified, and put into this as many greene Pippins unpared as that liquor will couer, and so let them boyle softly: and when you see they bee boyled as tender as a quodling, then take them vp, and pill off the outermost white skin, and then your Pippins will bee greene: then boyle them in your sirup againe till the sirup bee thicke: and so you may keepe them all the yeere.
A Closet for Ladies

To preserve Apricocks.

Of Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pint of water; and when your sugar is made perfect, put it into a preserving-pan, and put your Apricocks into it, and so let them boyle gently: and when they bee boyled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserve a pearc-plum.

To preserve Mirabolans or Malacodonians.

Take your Malacodonians: stone them, and perboile them in water: then pill off the outward skin of them: they will boyle as long as a peecce of beece, and therefore you need not seare the breaking of them; and when they bee boyled tender, make sirrup of them, and preserve them.
and Gentlewomen.

them as you doe any other thing, and so you may keepe them all the yeere.

To preserve Pomcitrons.

Of your Pomcitrons take one pound and a halfe, and cut them some in halves, some in quarters, and take the meet out of them, and Boyle them tender in faire water: then take two pound of sugar being clarified, and make sirup for them, and let them Boyle in sirup a quarter of an houre very gently: then take them vp, and let your sirup Boyle till it be thicke: and then put it in your Pomcitrons, and you may keepe them all the yeere. If you please, you may pare some of them: for some delight them in the skin, and some, pared.

To preserve Cherries.

Of the best and fairest Cherries take some two pound, and with a paire of sheeres clip off their stalkes.
A Closet for Ladies

by the midst: then wash them clean, and beware you bruise them not: then take of fine Barbary Sugar, and set it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seeth till it be somewhat thicke: then put in your Cherries, and stirre them together with a silver spoone, and so let them boyle, always scumming and turning them very gently, that the one side may bee like the other, untill they bee enough: the which to know, you must take vp some of the sirup with one Cherry, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them vp, and keepe them all the yeere.

To preserve red rose leaves.

Of the leaves of the fairest buds take halfe a pound: sift them clean from seeds: then take a quart of faire water, and put it in an earthen pipkin.
and Gentlewomen.

pipkin, and set it over the fire vntill it bee scalding hot: and then make a good many of other red rose leaves and put them into the scalding wa-
ter, vntill they begin to looke white, and then straine them: and thus doe vntill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the li-
quor, with halfe a pound of Rose-leaves, and let them seeth together till they bee enough: the which to know, is by taking some of them up in a spoone, as you doe your Cher-
ries; and so, when they bee thorow cold, put them vp, and kepe them very close.

To preserve Orenge and Lemmons.

Take your Orenge and Lemmons, large and well coloured, and take a raspe of thee, and raspe the out-
ward rinde from them: then lay them in water three dayes and three nights: then boyle them tender;
A Closet for Ladies

and shift them in the boiling, to take away their bitterness: and when they be boiled tenderly, take two pound of Sugar clarified with a pint of water; and when your sirup is made, and betwixt hot and cold, put in your Lemmons and Oranges, and there let them bee infused all night: the next morning, let them boyle two or three walmes in your sirup: let them not boyle too long in the sugar, because the rinds will bee tough: take your Lemmons out, and boyle your sirup thicker: and so when it is cold, put them up, and keepe them all the yeere.

To preserve Quinces.

Of your Quinces take a pound: core them, and then perboyle them, and pill off the outermost white skin, and then weigh them, and put into them clarified Sugar one pound, and then boyle them closely covered vpon a very gentle fire,
and Gentlewomen.

fire, putting unto them a stick or two of good Cinnamon cut into small pieces, and so stir them continually, that they may bee well coloured on every side: and when the sirup is come to the height of a perfect gelly, take them off the fire, and so keepe them; for the higher your sirup is, the better will your Quinces keepe.

To preserve Peaches.

Of your fairest and best coloured Peaches, take a pound, and with a wet linnen cloth wipe off the white hoare of them: then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water: and being perboyled, pull off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white wine, and boyle it almost to the height of a sirup,
A Closet for Ladies

Srup and then put in your Peaches, and let them boyle in the sirup a quarter of an house or more, if neede should require: and then put them vp, and keepe them all the yeere.

To preserve Eringo-roots.

Take your Eringo-roots, faire and not knotty, one pound, and wash them cleane; and when they be washed, set them on the fire, and boyle them very tender; pill off the outermost skin of them, but see you break them not; and as you pare them, put them into cold water, and let them all remaine there till all be finishe: and then you must take roce-very pound of roots, three quarters of a pound of clarified Sugar, & boyle it almost unto the height of a sirup, and then put in your rootes, but looke that they boyle very gently togeather, with a little stirring as may bee, for feare of breaking, untill they bee enough:
and Gentlewomen.

enough: and when they beecold, put them vp, and so keepe them.

To preserve Barberries.

Take your Barberries very faire and well coloured, and pick out every stone of them, and then weigh them: and to every ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulpe of Barberries, and one ounce of red-rose-water, you must dissolve your Sugar, and then boile it to a sirup. being so boyled, put in your Barberries, and let them boyle a quartar of an houre, and then take them vp: and as soone as they begin to wax coole, put them vp, and they will keepe their colour all the yeere.

To preserve Gooseberries.

You must take your large Berries, but not thorowly ripe, and picke off all the stalkes from them, and
A Closet for Ladies

and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an Eggge, and boyle it to a thicke sirup: and then put in your Gooseberrie, and let them boyle a while or two; and so, betwixt hot and cold, put them vp, and keepe them all the yeere.

To preserve Damsons.

Take of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and picke them cleane, and wipe them one by one: then weigh them, and to every pound of Damsons, you must take a pound of Barbary sugar, white and good, dissolved in halfe a pint or more of water: boile it almost to
and Gentlewomen.

to the height of a sirup, and then put in your Damsons, keeping them with continuall scumming and stirring, and that with a siluer spoune; and so let them boyle untill they bee enough, uppon a gentle fire: and when they be enough, take them vp, and keepe them all the yeere.

To preserve Raspices.

Take of your fairest and well-coloured Raspices, and picke off their stalkes very cleane: then wash them, but in any case see that you bruise them not: then weigh them, and to euery pound of Raspices, you must take six ounces of hard Sugar, and six ounces of Sugar candy, and clarifie it with halfe a pint of faire water, and foure ounces of iuyce of Raspices being clarified: boyle it to a weak sirup, and then put in your Raspices, stirring them up and downe, and so let them boile untill they bee enough, that
A Closet for Ladies

that is, vsing them as your Cherries, and so you may keepe them all the yeere.

To preserve Enula Campana roots.

Take of your Enula Campana Rootes, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them in water, and let them lie in water thirty dayes, shifting them twice every day, to take away their bitternesse; weigh them, and to every pound of Rootes, you must take twelve ounces of clarified Sugar, first boylings your Roots as tender as a Chickin, and then put them into your clarified Sugar, and let them boyle vpon a gentle fire untill they bee enough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your use.
and Gentlewomen.

To preserve Saterion roots.

Take your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them upon a gentle fire as tender as a Quedling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night; and then weigh them, and to every pound of roots you must take eleven ounces of clarified Sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boile not too long, for then they will grow hard and tough: and therefore when they bee boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preservatives.
A Closet for Ladies

To make Manuscripti.

Of refined Sugar take halfe a pound, and some Rose water, and Boyle them together till it come to Sugar againe: then stirre it about while it bee somewhat cold: then take your leafe gold, and mingle with it: then cast it according to art, that is, in round gobbers, and so keep them.

To candie Ginger.

Take very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double refined Sugar, and Boyle it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme it
and Gentlewomen.

it, and put the Ginger in it: then tie it very close, and every second morning stir it about soundly, and it will be rocke-candied in a very short space.

To candy Rose-leaves as naturally as if they grew upon the trees.

Take of the fairest Rose leaves, red or damaske, and on a Sunne-shine day sprinkle them with Rose-water, and lay them, one by one, upon faire paper: then take some double-refined Sugar, and beat it very fine, and put it in a fine lawne share: when you have laid abroad all the Rose leaves in the hottest of the sun, carce sugar thinly all over them; then anon the Sunne will candy the Sugar; then turne the leaves, and carce Sugar on the other side, and turne them often in the Sunne, sometimes sprinkling Rose water, and sometimes carcing Sugar on them, untill they bee enough, and come to your
A Closet for Ladies

your liking; and being thus done, you may keepe them.

To candy Marigolds in wedges; the Spanish fashion.

Take of the faire yellow Marigold flowres two ounces, and shred them, and drye them before the fire: then take foure ounces of Sugar, and Boyle it to the height of Manus Christi: then powre it vpon a wet Pie-plate, and, betwixt hot and cold, cut it into wedges: then lay them on a sheet of white paper; and put them in a Stoue.

To candy all manner of flowers in their natural colours.

Take the Flowers with the stalks and wash them over with a little Rose-water, wherein Gum-arabacke is dissolved; then take fine fearced Sugar, and dust over them, and set them
and Gentlewomen.

them a drying on the botome of a Sive in an Oven, and they will glister as if it were Sugar-candy.

To candie all manner of Flowers, Fruits, and Spices, the cleere rocke-Candy.

Take two pound of Barbary Sugar great grained, clarified with the whites of two Eggges, and Boyle it almost as heie as for Manus Christi: then put it into a pipkin that is not very rough. then put in your Flowers, Fruits, and Spices, and so put your Pipkin into a Still, and make a small fire of small coales under it; and, in the space of twelve dayes, it will bee rocke-candied.

To candie Eringo roots.

Take your Eringo roots ready to be preserved, and weigh them, and to every pound of your roots, you must take of the purest Sugar you can get two
two pound, and clarifie it with the whites of eggs exceeding well, that it may bee as cleare as Chrystall, for then it will bee very commendable: it being clarifie, you must boyle it to the height of Manus Christi, and then dip in your roots, two or three at once, till they bee all candied, and so put them in a stout, and keepe them all the yeere.

To candy Enula-Campana.

Take of your fairest Enula Campana roots, and take them clean from the sirup, and wash the sugar off them, and drye them againe with a linen cloth; then weigh them, and to every pound of roots you must take a pound and three quarters of sugar: clarifie it well, and boile it to the height of Manus Christi, and when it is so boyled, dippe in your roots, three or foure at once, and they will candy very well; and so
and Gentlewomen.

Stow them, and keepe them all the yeere.

To candie Violet flowers.

Take of your Violet flowers that are good and new, and well coloured, and weigh them: to every ounce of your Violet flowers you must take foure ounces of refined Sugar, which is very white and faire grained, and dissolve it in two ounces of faire running water, and so boyle it till it come to Sugar againe; but you must scum it often, lest it bee not cleare enough: and when it is boyled to Sugar againe, then take it off, and let it coole, and then put in your violet flowers, stirring them together till the Sugar grow hard to the pan: this done, put them into a box, and keepe them in a stoue.
To candy Gooseberries.

Take of your fairest berries, but they must not bee too ripe, for then they will not be so good, and with a linen cloth wipe them very clean, and pick of all the stalks from them and weigh them: and to every ounce of Berries, you must take two ounces of Sugar, and halfe an ounce of Sugar-Candy, and dissolve them in an ounce or two of Rose-water, and so boyle them vp to the height of Manus Christi; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will shrink, and so stir them in round with a wooden Spatter till they bee candied; and thus put them vp and keepe them.

To candy Rosemary-Flowers.

Take of your Rosemary-Flowers ready pickt, and weigh them; to every
and Gentlewomen.

every ounce of flowers you must take
two ounces of hard Sugar, and one
ounce of Sugar-Candy, and dissolve
them in Rosemary-flower-water, and
boile them till they come to Sugar
againe: which done, put in your
Rosemary-flowers when your Sugar
is almost cold, and so stirre them to-
gether till they bee enough, and then
take them out, and put them in a
box, and keepe them to your use in
your Stove.

To candy Borage-Flowers.

Take your Flowers, and pick them
very cleanse, and weigh them, and
wie them in every respect as you did
your Rosemary-Flowers, and this, that
when they bee candied, you must set
them in a Still, and so keepe them in a
sheet of white paper, puting every day
a chafinsh of coles into your Still, and
it will be candied very excellently, and
that in a short space.
A Closet for Ladys

To make Paste of Pippins, the Geneva fashion, some with leaves, some like Plums, with stalks and stones in them.

Take your Pippins, and pare them, and cut them in quarters: then Boyle them in faire water till they bee tender: then straine them, and drie the pulp upon a chafingdish of coles: then weigh it, and take as much Sugar as it weigheth, and Boyle it to Manus Christi, and put them together: then fashion them upon a Pie-plate, and put it into an Oven being very sleightly heat: the next morning you may tuine it, and put them off the plates upon sheets of Paper upon a handle, and so put them into an Oven of like heat, and there let them remaine foure or five daies, putting
and Gentlewomen.

putting every day a Chafing dish of coles into the Oven: and when they be thorow dry, you may box them, and keep them all the yeere.

To make paste of Eglantine, of the colour of the red coral.

Take your Eglantine Berries, otherwise called Hips, and stamp them in a Mortar with Gum Dragagant and Rose-water: then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and scarr'd, and worke it vp into Paste with this straining: then print it with your moulds: then stowe it, and then gild them.

To make Paste royall white.

Take a pound of refined Sugar beaten & searced, and put into an Alabaster Morter, with an ounce of Gum dragagant steeped in Rose water.
A Closet for Ladies

ter: and if you see your Paste bee too weak, put in more Sugar; if too dry, more Gumme, with a drop or two of oile of Cinnamon, so that you never deceive your selfe, to stand upon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keepe them.

To make Paste-Royall in Spices.

Take of Cinnamon and Ginger, of each a like quantity being finely scarted; mingle it with your scarted Sugar, and Gum-dragagent steeped in Rose-water, and worke it into paste, as you did your paste-royal white, and then you may turne it upon stiches made of pieces of Arrowes, and make them hollow like Cinnamon stiches; in like sort you may make it taste of what spices you please.
and Gentlewomen.

To make Paste of Quinces the true way.

Take two pound of the pulp of Quinces, and as much of Peaches, and straine it, and dry it in a pewter platter upon a chafing dish of Coles; then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Christi, and then put them together, and so fashion it upon a Pie plate, and dry it in an Oven with a Chafing dish of coles, vntill it bee thorow dry: and then, if it please you, you may spot them with gold.

To make Paste of Violets.

You must take of your Violets that are ready picked, and bruise them in an Alabaster or Marble Mortar, and wring the juice from them into a Presser, and put as much
A Closet for Ladies

much hard Sugar in fine powder, as that iuyce will cover: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect paste: when it is perfect, take it up, and print it with your moulds, and so dry it in your stoue and not by the fire, for feare of danger and when it is dry, gild it. It is a fine banqueting conceit.

To make Paste of Goose-berries.

Take of your Goose-berries, and cut them one by one, and wring the iuyce from them, till you have gotten so much as you thinke will serve your tune: boil your iuyce a little, that it may bee thicker: then take as much double refined Sugar as your iuyce will sharpen, and dry it as you did for your Violets; and being dry, beat it very fine and take as much Gum-dragagant steeped in red rose-water, as will serve, and beat
and Gentlewomen.

beat it into perfect paste in an Alabaster Mortar: and then take it up, and print it with your moulds, using it in every respect as your paste of Violers. This is excellent good for one that hath a weak stomacke.
A Closet for Ladies

Heere begin Banqueting Conceits, as Marmelades, Quodiniackes, and such like.

To make Muskadine Coysis.

Take halfe a pound of Musk-Sugar beaten and seared: then take Gum-Dragagant steeped in Rose-water, and two graines of Muske, and so beat them in an Alabaster Mortar till it come to perfect Paste: then drive it very thin with a rowling pin, and then cut it into small pieces like diamonds; some cut with
and Gentlewomen.

with a rowle spoon on the sides: being thus cut, stone them, and so keepe them all the yeare.

To make Dioscitonium simplex of Quinces.

Take of your Quinces, and pare them, and cut them in pieces, and boile a pound of these pieces in a quart of faire water, till they bee very soft: then let the liquor run from them, then take a pound of Sugar-Candy, and beat it fine, and put it into that liquor, and let it seeth till you see it stand like gelly: then take it from the fire, and put therein foure drops of oyle of Cinnamon and Nutmegs, and then put in fine and twenty leaves of fine gold, and stirre it together, and so put it in fine Chrysstall Glasses, and keepe it all the yeere.
A Closet for Ladies

To make fine chistall Gelly.

Take a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water; and when the flesh is boyled tender, take it out: then let the liquor stand still until it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinnamon and Nutmegs, a graine of Muske, and so let it Boyle a quart of an houre leisurely on the fire, then let it runne thorow a gelly bag into a basin, with the whites of two egges beaten; and when it is cold, you may cut it into lumps with a spoon, and so serve three or foure lumps upon a plate.
and Gentlewomen.

To make white leach of cream.

Take a pint of sweet cream, and six spoonfuls of rose water, and two grains of muske, two drops of oyle of mace, or one piece of large mace, and so let it boyle with some ounces of isinglass: then let it run downe thorow a gelly bag: when it is cold, fetch it like brawne, and so serve it out. This is the best way to make leach.

To make a walnut, that when you cracke it, you shall finde nuts and carrusses in it, or a pretty posset in it.

Take a piece of your paste royall white, being beaten with gum-dragagant, and mixed with a little fine scarced cinnamon, which will bring your paste in a walnut shell
A Closet for Ladies

Shell colour: then drive it thin, and cut it into two pieces, and put the one piece into the one half of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or four Walnut.

To make Quodwich of plums.

Take two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill Sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance run thorow a strainer, and then put it again into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your moulds on what fashion you please.

To make Biskettello.

Take two ounces of very fine Sugar, beaten and scarced, and put into
and Gentlewomen.

into it half a spoonful of Amidum, that is, white Starch; a grain of Muske: then beat it into perfect Paste, with Gum-dragagant steeped in Rose-water: then make it into little pretty loaves the fashion of Mandalens, and so put a Wafer in the bottom of every one of them, and bake them in a baking-pan, but take heed your pan be not hot, and so specke them with gold, and so box them. It is a very fine banqueting conceit.

To make a special sweet water to perfume clothes in the folding, being washed.

Ake a quart of Damask-Rose-water, & put it into a claïse, put into it a handful of Lavender-Flowers, two ounces of Oris, a dramme of Muske, the weight of foure pence of Amber greece, as much Citrer, foure drops of Oyle of Cloues; stop this close, and set it in the Sunne a fort-
A Closet for Ladies

A fortnight: put one spoonfull of this water into a basin of common water, and put it into a glass, and so sprinkle your clothes therewith in your folding: the dregs, left in the bottom (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

To make Mossie powder.

Take two pound of Mossie of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of Damask rose-water, soure and twenty houres: then take it out, and dry it in an ouen upon a Stoves bottome, and beat it to Powder: put to it an ounce of Lignum Aloes beaten and seared, two ounces of Orris, a dramme of Musk, half a dram of amber greece, a quarter of a dram of Civet: put all these into a hot Mortar and Pestle, and beat them together: then searc them
and Gentlewomen.

them thorow a coorse haire scarce, and
put it into a bag, and lay it among
your clothes.

To make Aromaticum Lozenges.

Take of fine Sugar halfe a pound:
bode it with Red rose water, untill
it come to the height of Lozenges:
and in the cooling, put in of the spices
of Aromaticum Rosarum, 4. drams,
with a little Confectio Alchemies,
and so make them into Lozenges,
gilding them first, and then cut them
square with a knife for that purpose:
and when you gild them, if your gild-
ing will not sticke on, wet them gent-
ly with a little Rose water, but not too
much, in any case.

To make a March pane, to ice it, and
garnish it after the Art of
Consfit making.

Take two pound of small Almonds
blanched, and beaten into perfect
paste,
A Closet for Ladies

paste, with a pound of Sugar finely
sacred, putting in now and then a
spoonfull or two of Rose-water, to
keepe it from oilling ; and when it is
beaten to perfect Paste, rule it thin,
and cut it round by a Charger : then
set an edge on it, as you do on a Tart:
then dry it in an Oven or a baking
Pan: then ice it with Rose-water and
Sugar, made as thicke as batter for
Fritters : when it is iced, garnish it
with conceits, and fixke long Con-
fits in it, and so gild it, and serve it.

To make all sorts of banqueting Con-
ceits of March-paale suffe, some
like Pies, Bird, Baskets, and
Jack like, and some
to print with
moulds.

Take a pound of Almond Paste
made for the Marchpane, and
dry it on a Chafing-dish of coles, till
you see it wax white : then you may
print
and Gentlemomen.

print some with Moulds, and make some with hands, and so gild them, then store them, and you may keepe them all the yeare. They be excellent good to please children.

To make all kinde of birds and beasts to stand on their legs, in cast-workes.

Take Barberry-Sugar, clarifie it, and boile it to the height of Manus Christi; then poure it into your moulds, they being seased as for your Quodimiack: let them stand a quarter of an houre, and they will bee cold, and then you may take them out, and gild them.

To cast all manner of nutag: hollow in and workes, and put them in their colours, as Oranges, Lemmons, and the like.

Take your Sugar being boile to the height of Manus Christi, and put
A Closet for Ladies

put it into your Alabaster moulds, being made of three pieces: turn it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their natural colours.

To make Prince-bisket bread.

Take a pound of very fine Flower, as much Sugar thorowly scarfed, one ounce of Anniseeds cleane pickt, take eight Egges, and a spoonfull of Muskadine, and beat all into batter as thicke as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or taines of wood, and set it in an Oven, and let it remaine there one houre: you may slice some of them when they bee a day old, and dry them againe upon a hurdle of Wicker: you may also take one of your leaves, and wash it Ouer with the yolke of an Egg beaten with a little Rose-water, and while it is greene, cast Biskets and
and Gentlewomen.

and Carrowaies on it, and a little white Candy, and it will shew as if it did haile on it: then spot it with gold, and give it to whom you please.

To make the usual Bisket sold at
Confit-makers.

Take a Pecke of flower, and foure ounces of Coriander seed, one ounce of Anniseed, take three Eggs, three spoonefuls of ale-yeast, and as much warme water as will make it as thicke as Passe for Mancets; make it in a long Rowle, and bake it in an Ouen one houre; and when it is a day old, pare it, and flce it, Sugar it with leareed Sugar, and put it againe into the Ouen; and when it is dry, take it out, and new Sugar it againe, and so box it, and keepe it.
To make an especiall sweet Powder for sweet Bags.

Take of the purest Orris one pound, of Red and Damask Rose-leaues, of each two ounces, of Cloues three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams; beat them all saue the Benzoin and the Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk & Ciuet of each twenty graines, Amber greece ten graines, mix these with a little of the foresaid powder with a warme Peistle, and so by little and little you may mix it with all the rest, and so with Rose-leaues dried you may put it vp into your sweet Bags, and so keepe them seven yeares.
To make an excellent Marmelade, which was given to Queen Mary for a New yeeres gift.

Take a pound and a halfe of Sugar, boile it with a pint of faire water, till it come to the height of Manus Christi: then take three or foure small Quinces, one good Orenge-pill, both very well preserved and finely beaten, and three ounces of Almonds blanch-ed, and beaten by themselves, Bringo-roset preserved two ounces and a halfe, stir these with the Sugar till it will not sticke: and then, at the last, put in of Muske and Amber dissolved in Rose-water, of each foure graines; of Cinnamon, Ginger, Cloues and Mace, of each three dram.s; of Oyle of Cinnamon two drops: this being done, put it into your Marmelade Boxes, and so present it to whom you please.
To make another sort of Marmelade very comfortable for any Lord or Lady whatsoever.

Take of the purest green Ginger, six drammes; of Eringo and Satureion roots, of each an ounce and a halfe; beat these very finely, and draw them with a siluer Spoune thorow a haire seare: take of Nut. kernels and Almonds blanched, of each an ounce, Cocks stones half an ounce, all steeped in honey twelve hours, and then boiled in milke, and beaten and mixed with the rest: then powder the seeds of red Nettle, of Rockes, of each one dram; Plantane seeds halfe a dramme, of the belly and backe of a fish called Scincus marmus, three drammes; of Diasarterion, four ounces; of Cantarides, adde a dram; beat these very finely, and with the other powder mix it: and so with a pound of fine sugar dissolved in Rose-water,
and Gentlewomen.

water, and boiled to Suga againe, mingle the powder and all the rest of the things, putting in of leave gold six leaves; of pearle prepared, two drammes, Oile of Cinamon six drops: and being thus done, and well dried, put it up in your Marmelade boxes, and gild it, and so use it at your pleasure.

To make a balm for any Ladies face.

Take of white Tartar two drammes, Camphire one dramme, Copera ras halfe a dramme, the whites of foure Egges, juice of two Lemmons, oile of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter almonds two ounces; all must be powdered and mixed with the oyle and water, and then boiled upon a gentle fire, and straine it, and so keepe it. The party must rub her face with a sifter clothe, and then
A Closet for Ladies

Then overse night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

Take two pound of Quinces pared, and cut in small pieces, and put them into a Posnet with three pints of faire water, and so let them boyle till they be tender: then put into them a pound of Sugar, and let it boile till the fruit fall to the bottome of the Pan: let the liquor run thorow a Strainer into a Basin, and put it into a faire Posnet, and let it boile till it come to his colour and thicknesse: then print it with your moulds: you shall know when it is ready to print, by rolling a little upon the backe of a Spoune: and if you see it will stand, and not run downe, print it: in like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.
and Gentlewomen.

To make Quodiniacks of Raspices, or English Corians.

Take Raspices ripe and well coloured, and put them in a dish, and put to them four spoonsfuls of Rose-water, and mix them together with the backe of a Spoune: then wring the liquid substance thorow a linnen cloth: season it by your mouth with Sugar till it, bee sweet enough: then boile it on a Chafing-dish of Coles in a dish, till it be ready to print: then print it in your moulds, and box it, and so keepe them.

Here end the conceits of Banquetting.

Your Moulds must lye in water one night before you use them; & an houre before you print with them, take them out of the water.
A Closet for Ladies

CORDIALL WATERS.

Aqua Cælestis.

Take of Cynamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drammes and a halfe, of Gal·lingale one dram and a halfe, Cubebs two drammes, Calamus roots one dram, all bruised and kept in a paper: then take of Betony and Sage-flowres, of each a handful; Marioram, Penniriall, of each halfe a handful, bruised likewise: then take of these powders, of Aromaticum Rosarum three
and Gentlewomen.

three drams; Diambræ, Diamargariton frigidum, Diamoscum dulce, of each a dram and a half; you must put all these into a gallon of spirit of wine, and steep them three days and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang half an ounce of yellow Sanders, and twenty grains of Muske and Amber in it.

To make Cinnamon water.

Take one pound of the best Cinnamon you can get: bruise it well, and put it into a gallon of the best Sack, and infuse it three days and three nights, and then distill it as your Aqua Coelestis.

To make Doctor Steevens water.

Take of Rose-leaves one dram, Borage, Buglossie, Violets, and Rose-

mary-
A Closet for Ladies

mary-flowers, of each a dram & a halfe, Spikenard a dram, Cinnamon 2 ounces, Ginger an ounce, Cloues & Nutmegs, of each halfe an ounce, Cardamon, a dram and a halfe, Gallangale two drams, Cubeds a dram, Pepper three drams, Anniseed, Carroway-seeds, and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearl in fine powder of each one dram; bruise these, and put them in a bottle of Aqua-vite, and a quart of Sacke, using it in every respect as your Aqua Coelestis.

To make Balme-water.

Take Balme, dry three ounces, Time, Perniall, of each an ounce, cinnamon four ounces, a dram of Cardomus, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger, of each a dramme, Gallangale one ounce, Calamus, and Cyprus, Cubeds and Pepper, of each two drams, of Caper-roots halfe a dram, of Diptamus one dram: bruise these
and Gentlewomen.

these things, and put them to a pottle of Sacke, and steepe them 24. houres, and then use it as the former waters.

Angelica water.

Take Cardus dry a handful, Angelica roots three ounces, of Mirth one dram, Nutmegs halfe an ounce, Cinnamon, Ginger, of each foure ounces, Saffron one dram and a halfe, Cardamons, Cubebs, Galangale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spikenard, Juncus Odoratus, of each a dram; Sage, Borage, Bugloss, Violets and Rosemary flowers, of each halfe a handful; bruise these, and steep them in a pottle of Sack twelve houres, and distil it as the rest.

Rosa folis.

Take Liquorice eight ounces, Annieeds, Carroway, of each an ounce, Rapons stoned, Dares, of each three ounces, nutmegs, ginger, cinamon, Mace,
A Closet for Ladies

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour it with the herbe Rota-tolæ, or else Alkanares root.

Wormwood-water.

Take of Wormwood two ounces and a halfe; Sage, Bittony & Rue, of each halfe a handful; Rosemary tops a handful, Cinnamon 3 ounces, Nutmegs halfe an ounce, Cloues and Mace, of each halfe a dram, Ginger an ounce; Gallingale, Cubebs and Spikenard, of each a dram and a halfe; of Scorium halfe a handful: bruise these, and put them into a pottle of Sacke, and a pint of Aquavitæ, and steep them foure and twenty houres, and distill them as the rest.
and Gentlewomen.

HERE BEGIN
Conserues.

To make Marmelade of Quinces.

Take your Quinces, and boile them tender: then pare them and cut them to the core: then draw the pulp, that is, the Quince, thorow a haire Searce, and weigh it: to every pound of pulp, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boiling a little Oyle of Cinamon; and when it is boile enough, that it will not fitch to the pan, put it into your Marmelade-Boxes. But your conserue must not bee boiled
A Closet for Ladies

so high in any case, for then it will not
be so good.

To make Conserve of Red and Da-
macke Roses.

Take of the purest and best colo-
red buds you can get, & clip off
the whites from them; and to e-
evry pound of leaves, you must take
three pound of Barbary Sugar, & beat
them together till they be very fine; &
then with a woodden Spatter take it vp,
& set it on the fire till it be thorow hot,
and then presently put it vp, and it will
be of an excellent colour.

To make Conserve of Violets.

Take of your Violet Flowers, and
picke off all the blew Flowers, and
keepe them, and weigh them, and take
to every ounce of Flowers, 3 ounces of
reheated Sugar, and beat them in an A-
lablastor Mortar till they bee very fine,
and then take them vp, and put them
into...
and Gentlewomen.

into an earthen Pipkin, and set them upon the fire till such time as they bee thorowly hot, and then take them off, and put them vp and keepe them.

To make Pedorall Rowies for the Cough.

Take Liquorice-powder finely scarred one ounce, of the Spices of Dragaganthum frigidum 2. drams, of Gum Arabeck and Dragagant in fine powder, of each a dram, white Starch halfe a dram, Aniseed in fine powder 1. ounce, mingle with the rest: then take of Sugar six ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdered and mingled with the former powder: then take Gum-dragagant steeped in Rose-water, and beat it into paste, & to make it into long roules, and so dry them and keepe them.

To make Confect of Borage-Flowers.

Take of your Borage flowers well coloured, and picke the blacks from them.
A Closet for Ladies

them: then weigh them; to every ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alabaster Mortar with a wooden Pestle till they bee very fine, so that you cannot discern any Sugar in lumps; then take them out, and put the Conserve into a Pippin, and heat it thorow hot: and having thus done, put them vp, and keepe them all the yeare.

To make Conserve of Rosemary-flowers.

Take your Rosemary Flowers, fresh and good, and picke them from the greene tuske: weigh them, and take to every ounce of flowers, three ounces of Sugar-Candy, and beat them very fine, vshing them in every respect as you did your other Conserues.

To make Conserve of Buglosse-flowers.

Take your Buglosse-flowers, and picke them as you did your Bou rage
and Gentlewomen.

ragé Flowers, and then weigh them, and to every ounce of Flowers, you must take two ounces of hard Sugar and an ounce of Sugar-Candy, and beat them together till they be exceeding fine, and then set them on the fire, to dissolve the Sugar; and when it is dissolved, and the conserve hot, put it vp and keepe it all the yeare.

To make a Pomander.

Take of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these very fine, and seare them thorow Lawne: and then take of Musk a dram, Ambergrece ten grains, Ciuet ten grains, and dissolve them in a hot Mortar with a little Rose-water: and so make them into a Pomander, putting into it six grains of Ciuet.
A Closet for Ladies

To make Conserve of Barberries.

Take of your Barberries which are very red and ripe, and pick them from the stalks, and then wash them, and put into them a pretty deal of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine Searce, & to every pound of Pulp, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

Take of your Cichory flowers new gathered; for if you let them lie, but one hour or two at the most, they will lose their colour, and do you very little service: therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined Sugar, and beat them toger.
and Gentlemens.

Togethcr in a Mortar of Alabaster and a woddon Pestle, till such time as they be thorowly beaten; for the better the Flowers and Sugar bee beaten, the better will your Conserve bee; let this always be for a general rule: and being very well brayed, you must take them vp, and put it into a Chafier cleane lined, and set it on the fire till it bee thorowly hot: then take it off, and put it vp, and keepe it all the yeare.

To keepe Cucumbers in pickle all the yeare.

Take foure gallons of Conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handful of sweet Marigow, and foure handfuls of Dill; let these boile till it come to three Gallons, and then take it off; and when it is almost cold put a hundred of Cucumbers into that Liquor, into a Butter-barrell, and keepe them all the yeare, but looke that always the herbs lyce upon them.
A Closet for Ladies

them: and thus done, it will bee a most excellent Sallet with Oyle, Vinegar and Pepper.

An exceeding fine Pill used for the Gout.

Take of Aloes two ounces, Mastick three drams, Agrick half an ounce, Ginger half a dram: let these be powdered very fine: then take of the extraction of Rubarb three drams, and with white wine let them bee incorporated into a masse of pills, adding unto them a drop of Oyle of Cloues, and as much of Nutmegs.

A medicine for the Gout.

Take of the Slips of Starres to the number of soure, and then take to every slip fourne snailles, and put them into an earthen Pot, and sprinkle soure or fine handfuls of Salt upon them, and then put to them Sage, Rue, Wormwood and Hytop, of each four handfuls,
and Gentlewomen.

fuls, and so distill them; and when you have distilled them, put to them a quart of Wine Vincaret, where in an ounce of white Mercury is dissolved, and so bathe the place infected with the Gowt; and it will ease them presently.

To make Sirup of Pomeloons.

Take Pomeloons, and cut them in halves, and juice them, but beware you wring them not too hard, lest it be slimy; and then take to each pint of juice three quarters of a pound of refined Sugar, and boil it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you Boyle it not on too hot a fire, lest it burne: and then, when it is boiled enough, put it up, and keep it all the year.
A Closet for Ladies

To make Sirup of Violets.

Take your Violets, and picke the Flowers, & weigh them, and then put them into a quart of water, and sleepe them vpon hot embers, vntill such time as the Flowers bee turned white, and the water as blue as any Violet: then take to that a quart of infusion, and take foure pound of clarified Sugar, and boile it til it come to a sirup, tisumming and boiling them vpon a gentle fire, left it turne his colour: and being boiled, put the Sirup vp, and keepe it.

To make Sirup of Liquorice.

Take your Liquorice eight ounces, and scrape it very cleane, and bruise it very well, and maiden-haire one ounce, Annised and Fennell seed, of each halfe an ounce; steep these in foure pints of Raine-water halfe a day; and then boyle it to a quart: then take
and Gentlewomen.

take a pound and a halfe of clarified
Sugar, and boile it with that liquor till
it come to a sirup, and then put it vp,
and keepe it.

To make Sirup of Hore hound.

Take of Horehound two handfuls, of Colts-foot a handful, of
Time, Penniriall and Calamint,
of each two drams, of Liquorice one
ounce and a halfe, of Figs and Rais-
sons of the Sunne, of each two ounce,
Powy kernels a quarter of an ounce,
Aniseeds and Fennell seeds, of each
a quarter of an ounce: boile these in
a gallon of faire water, till it come to a
potter or three pints, and then straine
it, and take three pound of Sugar, and
three EGges, and clarifie that liquor,
and so boile it to a sirup, and so kepe it
all the yeare.
A Closet for Ladies

To make Sirup of Maiden-haire.

Take of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steepe these twenty four hours in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor upon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may be the clearer; for, the clearer it is, the better it is: and being boiled e-nough, put it vp.

To make Sirup of Hyssop.

Take of Hyssop one handful, of Figs, Raisons, Dates, of each an ounce, of Calamint halfe a handful, of French Barley one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boyle them
and Gentlewomen.

them to a Sirup: and being boyled
enough, keepe them all the yeere.

To keepe Cherries all the yeare, to haue
them at Christmas.

Take of the fairest Cherries you can
get, but bee sure that they bee not
bruised, and take them, and rub them
with a linnen cloth, and put them into
a barrell of hay, and lay them in ranks,
first laying hay in the bottome, and
then cherries, and then hay againe: and
then stop them vp close, that no aire
may come neere them, and lay them
under a Featherbed where one lieth
continually: for the warmer they are
the better, yet neere no fire: and thus
doing, you may haue Cherries at any
time of the yeare.
A Closet for Ladies

To make Sirup of Mulberries.

Take your Mulberries which are very ripe, press out the juice from them through a linnen cloth betwene two sticks, and then to every pint of juice, take a pound of Sugar, and boile it to the height of a Sirup, and then keep it all the yeare long: and if it waxe anything thinner, a moneth after you put it vp, boile it againe, and then put it vp.

To make Sirup of Lemmons.

Take your Lemmons, & cut them in halues, and betwixt your fingers juice them, and the liquor that runs from them will be very cleare, then take to a pint of juice, a pound and a quaterne of hard Sugar, which is very white, and boile it to a Sirup, and it will keepe excellent well.
and Gentlewomen.

To make Sirup of Roses solitaire.

Take of Damaske Roses, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske rose leaves, and take them out when they look white, and do so ten times, and then the water will look red: and then, to every pint of that liquor, put a white of an Egg, and a pound of Sugar, and clarify it, and boil it to a Sirup, and keep it all the yeare. The thicker the Sirup is, the better it will keep.

To make Sirup of dry Roses.

Take of red Roses dried four ounces, and infuse them in a quart of faire water upon hot embers till the Roses have lost their colour: then take a pound and a halfe of Sugar, and clarify your liquor
A Closer for Ladies

quor and Sugar with two Egges, and then boile it to the height of a Sirup; but take heed in any case, that you set not your Sirup upon too hot a fire: for then it will lose his colour, and bee worth nothing.
A Medicine to give a woman in Traveell, to make her have Throwes.

Take corall, amber, date stones, Pearle, Piony-seeds, Saffron, Commirce; beat all these in powder, & put it into Malmesie, and take V-unicornes horne, & put it into a spoone with a little Malmesie, and give it to her, and presently let her drinke a draught of the Malmesie, with the powders aforesaid, warming of it a little.
A Closet for Ladies

A Medicine for the falling downe of the Matrice to the bearing place.

Take Chickweed, and seethe it in an earthen pot: then lay of it upon a piece of Scarlet, as hot as the party may suffer it: let her take it to the privy place, and as one plaster cooles, so lay another and use it.

Another for to be taken to the Nauill, and to the backe right against the Nauill, for the same.

Take a red Onion, and rost it very tender: then take of Allysander seeds, and bruise them in a wooden dish, and mingle the Onion and the bruised seeds together, and lay it upon a piece of linnen cloth: so lay it to the Nauill a little warme: roule that on, and let it lye on 24 hours,
and Gentlewomen.

hours: then change it, and take a new one till it be whole.

It is good for the Mid-wif to hold Muske below (tied in a little Lawne) to draw downe the childe.

Take Torch-wort, and lay a leaf of it to the crowne of a woman's head warme, to stay other flowers.

A Medicine for a woman's after burden, if need be, to bring it downe.

Take Sothern-wood, and wash it cleane, and stampe it, and straine it in strong Ale, and give it her to drinke warme.

To stop the whites in women.

Fry Hemlock in fresh swines greace: lay it as hot as she may suffer it, to the secret place.
A Closet for Ladies

For a Tetter

Take Oats and seeth them in water, and where the Tetter is, hold over the reekke thereof, as hot as may be, laying a cloth over it, to keep in the reekke, so that the cloth doe not touch the Tetter; use this true times morning and evening.

To make a Scar-cloth for an aub that is newly come.

Take Boares grease, Camphire and wax, and boyle them all together, and so make a Scar-cloth thereof, and lay it to the grieve.

For a Felon or an Handceme.

Take Herb-grace, rusty Bacon, sowre Leaun, and Snailes that bee with shels on their backes, taking them out of their shels, and heat all these together, and lay it to the grieve.
and Gentlewomen.

For to heale any, if they be scalded with hot liq. or.

Take Alchole and Aiens, sheeps feet, and sheeps dung, and Goose dung, and when you haue washed the herbs, breake them al together a little, and so fry them together, & then straine it, and make Plaisters there of, and lay it to the griese: warme it a little when you lay it to, laying new plaisters to it twice a day: you may take the juice of Houslecke, and sallet oile, and water, and beat them together, and wash the griese before you use this Plaister.

A Medicine for the Whites.

Take a quart of new Milk of a red Cow, 10 spoonsfuls of Red rose water, a pomgranat pill beaten, and a little Cinnamon beaten, and seeth it halfe away: sweeren it with Sugar, and drinke a draught morning and euening, and two whites of Eggs beaten.
A Closet for Ladies

A Medicine for them that are given to bleeding.

Make a Posset, and take off the curd, and take Liver-wort, and beat it, and put the juice thereof into the Posset-drinke, and drink it morning and evening warme.

For the heat in the Kidnies.

Take Houslecke and Plantane, and not wash them, but wipe them with a cloth, and beat them, and straine them, and put to the juice thereof Red rose-water, and Wine-vinegar, and womans milke, and take the herbs and put them into clothes, and dye the clothes with thread like a couple of bals, and you must (when you doe use it) have one to doe it for you in the morning when you are in your bed: and the party must take the bals, and dip them in this liquor, and so bathe your Kidnies; and as soone
and Gentlewomen.

soone as one of the bals is hot with doing of them, take the other, and so use it an house euery morning.

A Medicine for the Stone.

Take Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tanfic and Saxifrage, of each a handful : chop them small, and quilt them in a little linnen bag : then take three pints of creame, halfe a pint of Malmesie, a quarter of a pint of running water, and set them on the fire; & when it doth seethe, then put the bag of herbs into the pot, and when the bag is thorowly hot, wring it betweene two trenchers over the pot to sauc the liquor; then lay the bag to the griece as hot as you may suf fer it; and as soone as it cooleth, make it hot againe in the same liquor, and so apply it to the griece.
A Closet for Ladies

For the Wormes.

Take a handful of Basil mints, a handful of Lavender Cotton, as much of Wormwood, Peach leaves as much, Feathers sue a handful, of violet Leekes a handful: boile them together in three spoonefuls of Wine Vinegar, and of his own water as much, and quilt them in a bag, and so lay it warme betweene his nauill and his Romacke.

To heal a sore brest that comes with the insatation of the mke.

Take Mallowes and Saffron, and seeth them in Milke, and when it hath lodden a good while, put in some crummes of leaun bread, and boile them well together; and a little before you take it vp, put some Sallet Oyle into it: you must let it boile till it comes to a Poultrie, and so lay it warme to your brest: if you perceiue that
and Gentlemens.

That this will not help your breast without it be broke, you must root a Lilly rock, and lay it to your breast where you will have it broke; and when it is broke, you must rent it with leaves and unlike sodden thicke together, and make a Plaster thereof, and lay it to the place where it is broken; you must dress it twice a day, laying the Poultis all about your breast, saving the place that the Plaster lyes on: you must dress it both with new Poultis and a new Plaster twice every day, till it begin to heale, and then once a day is sufficient.

To stop h bleeding at the Nose.

Take Bolermina, and the white of an Egg, and Vinegar, and beat them together, and make Plasters thereof, and lay them to your Temples.
A Closet for Ladies

To stanch the bleeding of a wound.

Take of vnset Hyslop, and bruise it a little, and take the powder of the bone that is to bee found in a Capers head, and strew the same powder on the Hyslop, and lay it to the wound.

Another for to stanch the bleeding of a wound.

Take Hogs dung hot from the Hog, with Sugar, and lay it to the wound.

For the weakness in the backe.

Take Clary and Dares, and the pith of an Oxe, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and strew Sugar on it, and eat it in the morning fasting, and you must put some white Sanders
and Gentlewomen.

Sandres in it also when you temper it together.

For the Wormes.

Take Mares milke, and drinke it as hot as you can have it from the Mare, in the morning fasting.

To know whether a Childe hath the Wormes or no.

Take a piece of white Leather, and pecke it full of holes with your knife, and rub it with Worme-wood, and spread liony on it, and strew the powder of Alesackatrina, and lay it on the Childs Naul when he goeth to bed, and if he haue the Wormes, the plaister will stick fast; and if he haue them not, it will fall off.
A Closet for Ladies

For one that is bruised with a fall.

Take strong Parch and boil it, and
drink it with white wine, or sacke;
or Maltese; and if you have none,
then take some other liquor: then
melt Parmacry, and anoint the place
where the bruise is.

For low nd-collc k.

Take Palsy-seeds, and bruise them,
and seeth them in Sack, nd drink
it warme when you have your paine.

For the Goue that is newly come.

Take Rubaury, and grate it, and
mingle it with Conflux of red
Roses, and eat thereof every
morning fasting a pretty quantity.
and Gentlewomen.

A Water to wash a Sore.

Take of Plantane, and Woodbine-leaves, and white Roses, and stile them together, and when the water is filled, put a quantity of Camphire into it, and so let it lye in the water continually.

For the shrinking of the Sinews.

Take the Marrow of a horse bone, and the crops of Elders, and as much of Sage, and chop them together, and boil them in the marrow, and then strain out the herbs, and put to the liquor one spoonfull of honey, two spoonfuls of Aqua-composita, and a quantity of Pepper, and boil it again, and keep it for your use.

For the Piles.

Take a quantity of Ragwort, and a quantity of ground-lute, and the
A Closet for Ladies

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boil them on a soft fire, and straine them, and keepe it for your use.

A Salve to take dead flesh out of a sore

Take a spoonful of Vinegar, and a spoonful of Hony, and a quantity of Verdi-greace, and as much Al-lome, and boil all these together, and keepe it for your use.

For the stopping of the Flux.

Take a new laid Egge, and take off a little of the top of it, and pour out a little of the white, and fill vp the Egge with Aqua Composita, and stirre it together, and rost it, and sup vp the Egge in the morning fasting: till you be well use this.
and Gentlewomen.

Another for the same.

Make Rice-pottage with Almond-milk: you must not blanch the Almonds, and make little bals of Virgin-wax: make them lesse than Pease, and when you doe eat of the Pottage, take three or four of the Bals, and put them in every spoonesful as you doe eat it.

For the Gout.

Take an earthen pot, and put into it a quart of Aqua Compostita, and take two handfuls of Henbane, and breake it, and put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oile; and at the end of May, you must take it vp, and keepe it for your vs: you must cover the pot very close when you set it in the ground; and when you anoint the grieue therewith, you must doe it against the fire.
A Closet for Ladies

For the Piles:

Take Mutton, of beefe, and dry it, and beat it to powder, and then put it into a chafing dish of coles, and let it in a chaire, and sit ouer it.

For an Ague.

If it bee for a childe, take two spoonfuls of good Ale, and seeth it, and scum it, and one spoonful of the Sirup of Roses, and let him drink it luke warme; if for an old body, then take three spoonfuls of good Ale, and two spoonfuls of the Sirup of Roses.

To make a Fresh Cheese.

Take a quantity of new Milk, and set it on the fire, and let it boyle, and take halfe a dozen yolkes of Eggs, and beat them, and stirre them in the milk on the fire: then take it off the fire, and keepe it stirred till it bee luke warme,
and Gentlewomen.

warmed, and then put Runnet into it,
and stirre it, and let it stand till it bee
gathered together, and take up the
Curd, and put into it Cinamon and
Ginger, and stirre it about and make
dishes of it, as you thinke good.

A Medicine for a pestilent Ague, or to
draw anything from the heart.

Make a Posset with white wine, and
take away the curd, and take horse
dung of a stony horse, as hot as you can
get it from the horse, and straine it
with the Posset drinke, and put a
little Methridate, and Cardus Be-
medictus water, and Unicorn's
horne: and if you have no Unicorn's
horne, then put lucry or Sea-horse-
tooth, and give it to the sick to drinke
fasting in the Morning, warming it,
and you must put the Unicorn's
horn into the spoon, and take it
with some of the Posset drinke,
A Closet for Ladies

and so drinke the Posset presently after it, and use this two or three mornings.

A Medicine for the soreness in the throat that commeth with the Rheume.

Take halfe a pint of Hony-suckler water, and two Iewes ears, of Plantane and Sinksfield halfe a handful, and a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a little Howell, Cinnamon, and so take it in the morning, and in the evening, and at such times as your throat is dry.

Another for the falling of the Emlaw, or other paine in the throat.

Take a handful of red Sage, a spoonfull of Dill-seed, a piece of leauen:
and Gentlewomen.

Leaven: Boyle these in a little new milk till it be thicke: then lay it on fourr fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and doe this as often as need shall require: for it hath beene proved.

A Salve for a greene wound.

Take a pound of Rosin, halfe a pound of Wax, fourr ounces of old Swines grease, one ounce of Verdigrase: boile them all together upon a soft fire, and straine them.

A water to heale all sores in legs, and ulceres.

Take a pound of Roch-All me, four ounces of greene Copperas: beat them somewhat small, and put them in a pan on the fire, ever stiring them till they bee mollen and dryed againe,
A Closet for Ladies

again ready to be powdered, and beat them againe in fine powder, and keepe them to your use. When you will make your waters, set a potte of faire Conduit-water over the fire, till it boileth fast; then take it away, and as soon as it leaveth boiling, cast abroad your powder on the water, the which will make it to boile; as long as your water riseth, so long cast your powder in; and when it leaveth rising, and is blacke in the bottome, then it is perfect; then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it vp: doe so till the Vleer be cleane.

A very good water for a sore mouth.

Take of Conduit water a pinte, one handful of Hyssop, of whitewine, and of Almonds a pound, of Roses three ounces: seeth them all together till
and Gentlewomen.

Tell the herbs be tender: then take it from the fire and straine it, and keepe it for your use, you must alwaies wash your mouth and rub it after meat, and in the morning.

A Castel to breake any smellng that is ready to breake.

Take of Commine, of Hyslop, and of quicklime a like quantitie: bray them together in a Mortar, till it be very fine: when you would open an Impostume, lay it as big as an hazel Nut upon the next place, and bind it very hard, and let it remaine there 4 hours: then take it off, for it will make the place dead, & then you may let out the matter without griefe to the patient.

A Catarius Plaster.

Take of Littrage of gold powdered very fine, common oile, hogs grease
A Closet for Ladies

a pound, white Copera four ounces: put them all together in a brazen Pan, and seeth it over a very slow fire of coals, and try it continually until it come to a body; and in the boiling you must cast into it one ounce of good Rose-water, or two, and now add then a spoonful; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made up in a rowel, and then make it up.

To make Populier.

Take of Populer buds a peck, of hogs grease four pounds: seeth them both together a quarter of an hour, and then take it off, & straine it; if it be too thin, put in a little Wax.

Basilion.

Take Pitch, Robin, Wax, Sheepes Suet, common olde, a like quantity:
and Gentlewomen.

ity: beat these small, and put them in a brazen Pan, and melt them all together: then take them off the fire, and straine them thorow a course linnen cloth, for the Pitch will not be molten: this is good for all manner of sores; and when you will put in a Tent, mix it with the yolk of an Egge.

**Maturacum Poultris.**

Take Onions, Garlick, Dow, Lilly-roots, a like quantitie: roast them all in a wet cloth vnder ashes, and then put them in a Mortar, and beat them small; this is good for all Impostumes to breake them out.

**A Medicine to heal old sores.**

Take Plantane, Bramble tops, Orpin, Bettony, Egremony, of each a handful: straine them, and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and Sheeps suet, of each foure ounces:
A Closet for Ladies

ounces: boil them all together till the juice be confirmed; then straine it, and keep it to raise flesh, and heale old sores.

A plaster to be to old sores after they be made cleare, and filled with flesh.

Take Salter oyle halfe a pint, Lead a quarter of a pound: boil these till they be black, and keepe them for your use.

To cleanse a sore, and take away the dead flesh.

Take Wood-binde flowers, white Roses, Plantane, and fill them together; and when it is filled, take six penniworth of Camphire, and put it into a quart of the water, and set it in the Sun for ten or twelve dayes, and so wash the sore withall.
A medicine for a sore throat.

Take a pint of milk, half a handful of Cullumbine leaves, half a handful of Galboll, half a score leaves of Sinkfield, two leweseare, and so the party shall use it evening and morning, and gargle it in his throat.

A medicine that will heal any wound or sore, and keep it without proud flesh, or dead flesh.

Take half a pound of wax, a quarter of a pound of Sheeps suet, a quarter of a pound of rosin, and a quarter of a pound of Turpentine, half a pint of Sallet oile, two handfuls of Bugle which grows in the Wood, a handful of Smallage, a handful of Mallowes, a handful of Valerian, a handful of Grunfell, and a handful of Balme: stamp and straine the herbs.
A Closet for Ladies

herbs, and put the juice into the fore-
laid things, being a while boiled: then
seeth them together a quarter of an
hour: then take it from the fire, and
let it stand till it be cold: then take a-
way the Smallage from the bottom:
then take some of your Balme-water,
and put into it, so much as will make it
greene, and let it boile together half a
quarter of an hour, and so take it to
your use.

A Gilsrer.

Take Camomile, Bettony, Dill,
Pellitory of the wall, Hysop,
Rue, of each a handful: boile these
in the broth of a Sheeps head, till
the broth bee very slippery: then
take a pint of the broth strained,
and put two of the Pils of Diabes,
of each a crowne weight and a halfe;
Diacatholice, Diaphenicon, of each
halfe an ounce; Oyle of Camomile,
Oyle of Dill, of each an ounce, a
little
and Gentlewomen.

little salt, and a glister: if you will have it break winde, put into the foresaid Commine seed, Fennell seed, Anniseed, of each bruised two good handfuls, and boyle all together, and strain it, and make it as aforesaid, and put in the glister.

To take away the heat of a burne, or out of a scald.

Take eggges, and roast them as hard as a stone: then take out the yolkes of them: then take a frying pan, and put in the yolkes of the hard eggges, and so let it fry till it come to an oyle: then straine it, and anoint the burne with all: then take a bladder, and anoint it with Sallet oyle, and lay it to the burne.

To make another Glister.

Take running water, two handfuls of Carmon, a handful of Mallowes, a handful of Worme-wood, a
A Closet for Ladies

handfull of Mercury, an ounce of Commine, two ounces of Fennell-seeds, two ounces of Anniseeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

Take a quantity of Comfre, a quantity of Knehome, a quantity of knotted grass, a quantity of Ribruorum, and a quantity of Polipody: stampe them all together, and straine them in Ale, and then give the patient the same to drinke cold, and truss his vmp with some bolster, and let his diet be but competent, eschewing all slippery mears, as butter, and suchlike: provided always, that the patient keepe his bed six or seuen daies, lying upon his backe, and sometimes hold his belly with his hand.
and Gentlewomen.

To make a Poultis for swelling.

Take the crum of Manchet, and seethe it in milke till it be thicke: then put in a piece of new Butter about the quantity of a Walnut, or somewhat more.

For the Rheume.

Take a little quantity of Masticke, and as much Pellitory of Spain cut in small pieces; sew them in a little bag of Linnen cloth: keep the bag in your mouth till the Pellitory and the Masticke be consumed, and spet in the meantime as much as you can.

For the Tooth-ache and the Rheumes.

Take a quantity of Gum of Iuie: put it in a little bag of Linnen; then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Iuie be consumed; hold the bag.
A Closet for Ladies

bagge ouer or vpon the hollow tooth.

A water for the eyes.

Take a pint of white wine: then heat a stone called Lapis Calaminaris, red hot, nine or ten times in the fire, and quench it every time in the wine: the last time you quench your stone, stir it about in the wine: then keepe your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and euening.

For the eyes.

Take Rosemary, Housleake, red Fennell, and roast an egge, and take out the yolke: beat these herbs together and straine them.

For the paine in the head.

Take of the best salter oyle you can get, and the flowers of wilde primroses,
and Gentlewomen.

roses, and put them into the oyle, and then set it on the fire, and let it boyle halfe an houre very softly: then put it in a glasse, and set it in the Sunne three weeks, and then rub your temples evening and morning. E.C.

A Gargas for to purge the head.

Take a pint and a halfe of Wine, Vinegar, Mustard seeds, Ginger, Cloues, Nutmegs, Pellitory roots, about the quantity of one ounce: when they are beaten, put it into the liquor, and stir them together for the space of a week: then gargass it every morning before you vse the oyle to your head.

For a pin and a Web.

Take the oyle compacted of the bone of a Gooses wing, and rub it in the palme of your hand, that no thivers of the bone do stick in it, and
A Closet for Ladies

Put it in with the point of a pin: for the bignesse of a pins head is enough at once.

For a swelling.

Take Barrowes grease, and Southernwood, and Aqua vitæ, and Boyle it together: and when you haue boiled it, straine it in a pan.

For a Bone-ache.

Take two or three handfuls of Camomile, a quarter of a pound of sheeps suet choppt small, and a piece of stone-pitch of the quantity of a Walnut, and a piece of leauened bread in it crumbled very small: boile it in your owne water, till it be very thicke, that you may spead it vp on a cloth like a plaister, and lay it on the place where the ach is for foure and twenty houres, and so dresse it three times: if you doe, it will take away the ache.
and Gentlewomen.

A Medicine to be cleane old sore, or a new.

Take a quarter of a pound of Rosin, and melt it in a pan till it have left cracking, and then take halfe as much wax, and a little Turpentine and sheeps suet chopped small, and a spoonfull of Oile-Oliue, and boile them all together, and when you have done so, straine them in a paile of water, and make it vp euen as you will occupy it, and draw your plaisters thin, and dresse it three times a day, that is to say, at morning, noone, and evening, till it bee almost whole: then dresse it but twice a day, morning and evening: but if there be any core that hinders the healing of it, take a little Mercury, and put it in two spoonfuls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaster upon the wound, and it will bring forth the core.
A Closet for Ladies

For an Andcome.

Take half a dozen knots of a young Oake, and put them in a firepan, and burn them to a red cole, and take Boares grease, and fine suet, and two or three cornes of salt, and stampe them very fine, and so make a plaister of it; and if it doe draw and heale too fast, lay line vnderneath the salue: you must dresse it twice in the Winter dayes, and thrice in the Summer dayes.

The Copie of Doctor Stevens work.

Take a Gallon of the best Gascoine wine: then take Ginger, Gallingle, Cinamon, Nutmegs, Graines, Clones, Annisleeds, Fennell-seeds, Catroway-seeds, of each of them a dram-weight: then take wilde Time, Hysop, Lauender, Sage, Mints, red-Roses, Garden-Time, Pellitory of the wall, and Rosemary, of each of them
and Gentlewomen.

them one good handful, and bray
the herbs very small, and stampe the
spices all together very small: put
all together into the wine, and close it
fast twelve hours, and stirre it divers
times: then still it in a Limbecke,
and keepe the first water, for it is the
best: and then keepe the second,
for it is good, but not so good as the
first.

E.C.

A dramme weight of the seed of
Collumbine, bruised with halfe a pe-
cy weight of Saffon drunken with
wine, is good for the lymphers: then
goe to bed and proouke sweat: the
flowers distilled are good for the same
purpose, and against swounings.

Pimpinell.

This herbe is good against the Pe-
tilence, to be taken fasting in a
morning, and good against the stone:
the roots sodden, condited in sugar,
A Closet for Ladies

may profit them that have cold stomacks, and are troubled with too much fleame, the collicke and stone; this root, anyway taken, is good against poison.

Mousscare is hot and dry: some use to give the juice of this common Mousscare, to hinder the cold of a quartan Ague: some use to gather the roots in May, and dry it, and give it to them that are broken: it is good for the bloody Flix, the great scouring of the mother, for worms both outward and inward, common fixes, for vomiting of choler, and spitting of blood, and bursting, and specially for breaking of the brain pan.

The juice of Costemary drunken killeth both small and great Wormes in the belly: it is good for a cold Mother: it strengthens the stomacke, whether it be drunken or laid to, and stayeth vomiting: the herbe of this nature, whether it be stewed, or else perfume
and Gentlewomen.

Perfume made thereof, driveth away Serpents, and is good against their poisons, and it helpeth and strengtheneth the head.

To take out the heat of a Burne.

Take the fat of Hogs' guts and sheepes trittles, and boyle them, and put them in a pot: this will heale the partie, and take out the fire, and will keepe good a whole yeare: this hath beene proved.

To take the heat out of the face.

Take running water and Elderflowers, Plantane, white Daisie-rootts, and herb-Robert: put them in the running water, and wash your face morning and evening therewith.
A Closet for Ladies

A Medicine for a Carke in ones mouth, proved.

Take running water, a handful of Wood-binde leaves, a handful of Bramble leaves, a handful of Columbine leaves, a little Rosemary, and boyle them together till half the water be wasted: then put in two or three spoonsfuls of honey, a piece of Rock-Allome, three or four spoonsfuls of Wine-vinegar, and wash your mouth with the sodden herbs thereof three or four times every day.

The Diet drinke.

First buy a diet pot of the common sort, such a one as will cost eight pence or ten pence: then put into it half a pound of Liquorice scraped and bruised, half a pound of Annis seeds bruised, three quarters of a pound of Lignum vitae bought at the Turners, and one ounce of the barke
and Gentlewomen.

bark of the same wood, which is to be bought at the Apothecaries, halfe a pound of Raisins of the Sunne, the stones taken out; a good handful of Scabies, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine: then fill vp your pot with faire water, sauing a pint: then cover your pot with his cover, and close it round about the brim with paste: then set it on a soft fire of coales, and let it boile three hours, till the fourth part bee wasted: then put the clearest into bottles, and drinke morning and evening a good draught, and so doe four teene or fiftene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you shall be sure it is good.
A Closet for Ladies

For the head-ache.

Take two handfuls of Veruine, Betsyony, Camomile roots, Lettuce, Checmete, of each sort two handfuls, dried Roses: put them to powder of Nutmegs: Boyle this in white-wine: then take out the herbs and fry them in Oyle-oilue, and straine them in a cloth, and make an ointment thereof, and therewith anoint the head.

To make the Rheume medicine.

Take five quarts of Hyssop-water: it must be stilled when the Hyssop beareth flowers; and one pound of English Liquorice clean scraped, and cut in little pieces: bruise them, and then put it to the water, and boyle them till halfe be consumed away: then straine it in shallow pans, and let it in the Sunne, and stirre it now and then, and sometimes set it over the fire till you see it wax blacke, but doe
and Gentlewomen.
does not boile it, and it will waxe flisse
with standing in the Sunne, that you
may make it in little cakes.

A salve for a cut.

Take six ounces of Deere suer,
four ounces of Wax, four ounces of Rosin; stamp and straine Vele-
erian, and take the iuyce as much as
you thinke will make the salue looke
greene, and boile them together till
it come to a salue.

A medicine for the stopping of the Liver,
very good for them that have the
landers.

Take Parsly-roots, Fennell-roots,
Asperigon-roots, Kneeham-roots,
Succory-roots, of each the weight of
halfe a crowne in silver; of Dock roots
the weight of twelue pence, a little
Liquorice, halfe a handful of Raisins
of the Sun stoned: boile this in three
pints
A Closet for Ladies

pints of water to a quart, and make Almond-milke with the liquor, and take two parts of sweet Almonds, and one part of bitter; sweeten it with Sugar, or else with sirup of Suceory, and drinke a draught three mornings together, fasting three hours after it; use this euery month: you may put in Barly husked, and Saxifrage, Maiden haire, and Linerwort.

For the Wormes:

The powder of Coralina, to the weight of three pence in silver, given in the water of Couchgrasse.

A Medicine for a quartan or a tertian Ague.

Take the Herbs and roots called Harts-horne, Plantane and Orpin, and beat them with a little white wine, and a little bay salt, and so lay it on a cloth upon your wrist, but bee sure it ly on the places on both arms,
and Gentlewomen.

armes, changing it every foure and twenty hours : be sure also, that you lay it two hours before the fit commeth, and hang nine roots of the Harts horne about your necke in a silke bagge, so that it may lye upon the hollow of your stomacke, and let it hang till your Ague be gone. You must not wash neither herbes nor roots : and you may take the roots when you cannot get the herbs, and use them so.

For the Canker in the mouth, or rawnesse, or in the lower part of the woe.

Take red Fennel, red Sage, Hyslop, Herbe grace, Rosemary, Honysuckle leaves, Fetherfue, and Daixie leaves, of each a little quantity, in all two handfuls : Boyle these in a quart of running water to a pint : straine it and let it stand vntill it bee cleare, and put therein a spoonesfull of English Honie, and as much Roche Alume
A Closet for Ladies

Allome bearen, as the bignes of a Bean, and boile it together: you must take off the scumme as it doth arise when it is boyled: put it into a glasse, and keepe it for your use: you must warme it when you take it.

A good Medicine for an And icome, or a botch, or a sore breth, or carbuncle, to ripe or break them.

Take a quantity of Herb-grace, a quantity of leauened bread well crummed, halfe a spoonfull of Sallet oyle or Capons-grease: boile these in good Ale-grounds, and keepe it with stirring till it bee thicke; and when you use it, lay it vpon a cloth warme to the griefe. This medicine will resolve a breth without breaking it, vntil it need breaking: you must change it every day once.
and Gentlewomen.

A good Salve to be made when it is broken.

Take a quantity of Boares grease, of Wax and Rosin, of each a like quantity: you must scrape the Wax, and beat the Rosin, and Boyle them together till they be melted: then take Lapis Calaminaris and Roch-Allome, as much as a beane of each, and beat them together: then take a spoonfull of English Hony, and put them together, and Boyle them again: and when it is well Boyle, powre it into cold water, and make it up in rowles, and keepe it for your use.

A Medicine for a Bruise.

Take a quantity of Stone-pitch, as much gray soap, and beat the pitch finely to powder, and Boyle them together with stirring till it be Boyle: then take it off the fire, and let
A Closet for Ladies

Let it coole, and then spread it upon a cloth, and lay it to the grieve: it must not be thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spered with the same.

An ointment for an Ague-sore, or other sores, and for swellings.

Take a Briome root, and cut off the out side thin: some doe call it wilde vine: slice it, and lay it all night in a pint of Sallet oyle, and then boyle it, straine it, and keepe it for your use: for this is good to annoint any Aguesore, or any other swelling. Then take halfe a pint of Sallet oyle, and as much red Lead as you can buy for two pence, and boyle them together, and keepe it stirring till it looke blacke: then take as many cloaths as you thinke will drinke vp the oyle and the Lead, and then coole it, and keep it for your use.

This oyle and Lead is good for Ague-
and Gentlewomen.

Ague-sores and other sores. Remember to anoint the sores with the ointment aforesaid first, and then lay on the Seare-cloth, doing this twice a day, till the sore be whole. And for swelling, you must use the Bryome roots and the Oyle only, without the Oyle and the Lead.

An approved good Medicine for the Tooth-ache.

Take Rose-water, either red or damaske: take yellow wax a quantity, and fresh butter, of either an equal quantity, and mingle them together in a dish upon the coales, and then take a linen cloth, and dip it therein, and lay it to that side of your jaw where you are grieved, as hot as you can suffer it; the hotter, the better.

A Medicine for the bloody Flix.

Take two tostes of cheate-bread, & toste them; and two egges, and roste
A Closet for Ladies

Roaste them hard, and take the yolkes of them, and the liuer of a chick, and beat all this together small; then put all this into a pint of Charne-milke; then take halfe an ounce of Cinnamon; beat it small, and put it in the medicine, and then take of it euening and morning fasting, for so it most auaileth you; but if your stomacke be weake, then put in some sugar to sweeten it.

For the Pin and Web in the Eye.

Take the juice of Parsly, and halfe as much Honey, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy; you must dose it thus very often.

For to take the Aque out of any place where it doth fall.

Take Succory, a pretty quantity of it, and mingle it with some Boares grease;
and Gentlewomen.

grease, and spread upon the cloth, and warm it against the fire, and lay it into the place.

A Medicine for a green wound.

Take a quantity of Venice turpentine, and wash it in faire water till it be white; then take a plaster thereof, and lay it to the wound till it be drawn: then take the yolke of a new-laid egg, and add thereto a small quantity of fine wheat flower, and a little fresh butter, and mingle them together, and lay a plaster thereof into the wound after it is drawn, with the Turpentine.

Another Medicine to bee taken inwardly for a green wound, to be taken in Ale, or Beere: it is likewise good for the setting of a bone broken or cut, either for Man or Beast.

Take juice of an herbe called Bonwort, to the quantity of 3 or foure spoone
A Closet for Ladies

Spoonfuls or more, according to the stomacke of the party that is hurt: take the same quantity and drinke it either in the milke, or as before is written, three or foure severall mornings fasting, or oftner if you will, and it will free the party: when the herbe is not to be gotten, then you may vs the root, and it will availe as much.

If the wound be but little, either this drinke, or the medicine before written, will helpe it; but if it be great, you must vs both together.

For to heale wounds and sores.

Take Rosin and Frankincense, of each soure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint: melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereunto all the white Wax,
and Gentlewomen.

Wax, the Olibinum, and the Mastick made into powder, and the white wine: Boyle all together till the wine be consumed: then take it from the fire, and stirre it till it be almost cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

Another.

Take Calamin, Peniryall, of each a like quantity, Nigella-romana-seed a little bruised, a French crowns weight: Boyle all these in posset-drink made of white wine and Ale: a good draught evening and morning you must drinke.

A Medicine for the head-burning that long time hath beene.

Take a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the fore-head, and
A Closet for Ladies

and all the aking shall be taken away: this is a precious ointment.

For to set a bone, or heale a broken bone in man or beast.

Take the juyce of Comfrey-roots, and wilde Daisie-roots, and boile them with Turpentine and yellow wax, and make a flat plaister thereof, and lay it to the grieafe, and set splinters about it, and rowle it to keepe it stiffe once in five dayes, vntill it bee whole: you must drinke the juyce of the roots nine dayes in some liquor, either to man or beast, when you use the plaister.

For the Piles.

Take new milke, and thicken it with Oat-meale finely sifted thorow a sieue, and let it seeth till you make it vp like Suppositaries: then take it up, and cut off the outside of a Race of Ginger, and grate it, and mingle
and Gentlewomen.

Mingle it together, and some of it make into a plaister, and the rest make like Suppositories, and put them vp as you doe Suppositories: then lay a plaister on the place, and use this till you be whole.

A Medicine for a Rupture in old or young.

Take Knorwort, Ribwort, and Comfrey, of each a like quantity; wash them, and dry them, and set them in the oven when the bread is drawne, that so they may dry: then beat them to powder; then scarce them finely thorow a Searce or Sieue; and looke what quantity you take of the herbs when they be dried, take halfe so much Anniseeds, and beat them with the powder of the herbs, and scarce them: and thus having made the powder ready, when you will use it, take as much of the powder as you can lay, or take vpone a good broad six pence, and fourteen mornings together give it to
A Closet for Ladies

to the party to drink with a little Malmse fasting, and anoint the place first with oyle of Spike mingled with any other thing: and also take such herbs as you make your powder of, and seethe them in faire running water untill they be tender, wringing the water out of them, and apply them to the place as hot as the party can suffer it, and let not the truffle be too great, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knot-wort beares a little watchet-flower. This hath beene proved on children so borne, and on old folks that have beene faire and twenty yeares broken, and doth helpe all sorts, that with good vsage doe not abuse themselves, through the grace of God.
and Gentlewomen.

A Medicine to be used during all the time of the Plague; good against Infection.

Take a pint of white wine vinegar, and halfe a pint of Ione Treacle, and a quantity of Boile Armoniacke, otherwise called Bolles verus, and stirre all this together, and take three spoonfuls in the morning fasting, and fast an houre after it, and take three spoonfuls an houre after supper.

Another Medicine for paine in the head.

See the leaves of Agrimonie with Honys, and glie them to drinke, and draw it thorow a cloth, and keepe it in a box, and therewith anoint your head, and wash your head in the wa-ter that Celandine is lodden in.
ACloset for Ladies

For the aking of the head.

See the Puliooll in Aysill, and then put it in thy nose. Take Rue and Fennell, and seethe them together in water, and wash therewith the head.

For a Felon of the head that swelleth the head of a man: and that before written is for the same.

Take the grease of an Hart, and Hony, and Barly-meale, and Oterrest, and Moycell, and stamp them together, and after shauue thy head; then make a plaister, and lay it to thy head as hot as you may suffer it, and let it lie till it be whole.

For all Enills of the head.

Take Rue, and stamp it with strong Aysill; mingle it, and wash the head therewith.

For
and Gentlewomen.

For the Carbuncle or the Postume in the head.

Take Wormwood, Origamum, Mayron, by even portion; and seethe them in sweet wine, and after that wring out the juyce, and lay it to the ears of the sick with two sponges, as hot as he may suffer it; use this two or three times, and he shall be whole.

For the Megrim, Postume, Dropse, Fever, and all manner of aking in the head.

Take a penny-weight of the root of Pellitory of Spaine, six penny-weight of Spicardy, and grinde them together, and seethe them in good Vinegar, and take a Saucerfull of Hony, and five of Mustard; and when the liquor that is boyled is cold, put thereto the Hony and the mustard, and stirre them well together, and let the sicke use thereof halfe.
halfe a spoonfull at once, and hold it still in his mouth the space of two creeds saying, and then spet it out into a vessell, and doe so ten or twelue times; a good while after hee hath eaten at noone, and a little before euenten or twelue times: and when he goes to bed, take and wash cleane his mouth, and drinke a draught, and goe to bed: use this Medicine three dayes, and he shall be whole.

For the head ache.

Take and seethe Veruine and Betony, Sifles, & Wormwood: wash the partes head with the water thrice in the weeke, and take the herbes, and make a plaister, and lay it upon the upper part of the head on this wise.

Take the herbes aforesaid when they are well sodden, and wring out the juyce of them, and then stamp them in a mortar, and temper them with the water wherewith they were sodden.
and Gentlewomen.

Sodden, and put thereto the bran of wheat for to hold the juice of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaister vnder it as hot as the sicke may suffer it: doe this three times, and he shal be whole.

Another.

Cloes comfort the stomacke, liver and heart: they helpe digestion, and stop the belly: they quicken the eye-sight, and seowre away the clouds and hawes of the eyes: they are good against all cold diseases, and they are hot in the third degree. The oyle of cloues is very good for a cold stomacke, and for any other place that hath need of warming, as a rhumatick braine.

Another.

Take of lirage of lead foure ounces; of Vinegar, common Oile, 2 F 5 like
A Closet for Ladies

like quantity: put the litrage in a mortar, and put a little of the vinegar, and a little of the oyle, and beat them together, and so put in by a little and a little all your oyle and vinegar: you must beat them two hours together; it must be as thick as your green salue.

Another.

Take Camphory, Hearts-ease, Prituit, Plantane, of each of them a handful; bruise these in a Mortar, and put thereto Harts fust, fine Sallet oyle, of each dim. lit. mingle them well together, and let them stand foure and twenty hours; then put them into a pan or braisle pot, and put thereto Wax and Rosin broken in small pieces, of each dim. lit. let these Boyle all together over a fire of coales, till the juyce of the herbs be consumed, and the oynement green; then straine it thorow a canausse-cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto foure
and Gentlewomen.

four ounces of Venice turpentine; stirre all together untill it be thorow cold, and keepe it close couered.

Another.

The Wine of Eye-bright is made for the eyes, by putting the herbs into the Must till it be perfect Wine; whose vse make the eyes of old men looke young: for it is hot and drie; and the powder of it beaten with the yolke of an egge, worketh the same effect: the powder received in Wine, if the Wine be too strong, put in Fennell water or Sugar.

A Medicine against the stone in the backe, or bladder, or for the weakness of the backe, which is called the running of the reins.

Take Venice turpentine, and wash it in Rose-water, either red or damaseke, untill it looke white: then divide it into small balls, as you may easily
A Closet for Ladies

easily swallow to the full quantity of three hazel-nuts or thereabout: then roule them in sugar, to make them the more ease to bee taken: then swallow them in the morning fasting, and fast four hours after them: take these three or four several mornings together, and in your water you shall finde much grauell.

To take away the pock-holes, or any spot in the face.

Take white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it vpon your face till it bee drie: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.
and Gentlewomen.

To make Snow.

Take the whites of five or six eggs, a handful of fine Sugar, and as much Rose-water, and put them in a pot of cream of the thickest you can get; beat them all together; as the Snow riseth take it off with a spoon: you must beat it with a stick; close in sour: then must you take a loaf of bread, and cut away the crust, and set it upright in a platter: then set a faire Rosemary-branch in the loaf, and cast your Snow upon it with a spoon.

A Medicine for the piles.

Take the herbe called Torch-wort: it groweth high, bearing a yellow flower, blowing out of the stake, the leaves look hoare. Take the juice and Boyle it with fresh butter a little while, and keep it close, and use it.
A Closet for Ladies

It evening and morning: if a Cowe\'s udder be stung or bit with a Snake or such like, take Lavender, and wash it clean, and seethe it in Chamber-lice a good while, and wash it evening and morning warme: you may put a little fresh butter in it, and milke out the milke when you doe it.

A Medicine for a Cold, or a Burne, or a Sore, approved.

Take Watersuck leaves, otherwise called Hogwort leaves, Alky-house, Daisie roots, leaves and all, and a little Rosemary; wash them, stamp them, and Boyle them in creame till it is butter: then straine them, and apply it warme to the burne; pricke the Water-suck leaves, and lay them upon it, dressing it twice a day, or three times, if need be. To heale a sore put Turpentine, Rosin, and Wax in it, dressing it with Lint.
and Gentlewomen.

For the Stitch.

Take Stitch-wort, Bay-leaves, Holly without prickles, of each a like quantity, the juice, grains beaten: drink it in Ale warme.

For the swelling.

Take the grounds of good Ale, Gloucers shreds, and white-bread crummes, and Sage: boyle them, lay it to warme: it will swage the swelling and the ache: it hath beene proved.

For the Tooth-ache.

Take Organy that groweth close to the ground, and tasteth like Aqua vitæ: bruise it, lay it to the tooth; Bursa pastoris will doe the like.
A Closet for Ladies

For a Bite, or Felon, or sore legge.

See the a pint of Ale to two spoonfuls, like a sirup: prickle a piece of leather with a pinne: it will heale it without breaking: if it bee broken, take lint to the hole with some salve: let it lye foure and twenty hours: lay it to cold.

For the Scratches of a horse legge.

Take Vinegar, Mustard-seed, Gunpowder, Boyle them: wash it hot three or foure times; proofed.

For the Gout.

Take Mallowes and Sengren: bear them, and Boyle them in water: then straine them, put Oat-meale-groats soaked in vinegar, and sheeps suet untiried: then Boyle it to a poultis; proofed.
and Gentlewomen.

For the Ague.

Take a red Onion cut small, six and fifty grains of Pepper beaten small: binde it to the wrist half an hour before the fit, proued.

For the Gout.

Take a fat Whelp of a Hound: scald him like a Pig: garbage him in the side: then take red Nettles stamped with two ounces of Brimstone, four ounces of Turpentine, four yolks of egges: stuffe the belly, and sew it up: roste it with a soft fire: saue the dripping: annoint the place: it is good for sinewes and crampe: it will drive it away: for the like effect, Oyle, Nettles, Whiwhite wine, boyle them, apply them hot.

For the Sciatica.

Take the gall of a Bull, a quart of wort: boyle it to a pint: then put in
A Closet for Ladies

in a pint of Vinegar, frankincense, one ounce in powder, of Honey halfe a pound, of Commune halfe a pound in powder: Boyle it thicke: spread it on leather, lay it to hot two or three dayes: lay a linnen cloth betweene the skin and the plaister; the plaister will serve many times; prouded.

For the Tooth ache.

Aallon as big as a Walnut, Garlic an handful, twenty Beanes, an handful of Bay-salt, Pepper; beat it together: lay it to the wrists twentie foure hours or more.

For to stop the bleeding of a wound.

The wooll of an ink-horne, Sanguis draconis, and Bollarmoneick, and the whites of egges laid on too.
and Gentlewomen.

For a consumption either for old folks, young folks, or children.

Take Long-wort, Lwerwort, Harts-tongue, of each a handful, red M'nts, red Sage, Mother of Time, of each a handful, Parsley and Fennel-roots, the piths out of each, half a handful, Liquorice an ounce, Annis-seeds an ounce, Sceney two ounces, Turber an ounce, Capdares two ounces, Cinnamon an ounce, Nutmegs two ounces, white Sugarcandy foure ounces, Rubarb an ounce sliced: stamp'e your spices, and your seeds, and beat your other Apothecary-stuffe, and shred your herbs fine: boyle it in three quarts of Rennish-wine to a pottle; straine it; drinke foure times a day a quarter of a pint at a draught, warmes, put in a peniworth of Aqua, and as much Saffron beaten fine. If the aperit is boyled, if the Patient be mature, leave out your Rubarb, Sceney, and Turber, and boyle.
A Closet for Ladies

boyle it in wort; it is best in wort for children; for aged folks that be weak, boyle in the stone of a Boar, or a Ram, or a horse is best: one stone is enough for one time; you may take one to purge, and another not to purge: the second receipt is enough; purge first.

To make one make water.

Take the stones and kernels of Peaches and Medlars: beat them fine; sift them thorow a seare; put in Sugar, drinke it in white-wine.

To make a Scare-clois.

Take a pound of Stone-pitch, as much Rosin as a great Walnut, & twice as much clean Wax, a spoonfull of fresh Swines grease; boyle all together till it be well mixt; then coole it in water; then oyle your hands with Hogges grease, and labour it in your hand an houre and more, till it will cleane to your hands.
and Gentlewomen.

For the same, and the best for all manner of aches.

Take Rosin dim. ii. of Perroson a quarter of a pound, as much Gum mastick, a quarter of a pound of Deer suet, two ounces of Turpentine, one ounce of cloves and Mace, of Saffron two ounces; the liquor must be Oyle of Roses.

A soueraigne Medicine for a great ache.

Take Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of butter without Salt as much as a great Walnut; boyle it on a chafingdish of coals halfe an hour, stirring it well from the bottom; spread it on leather, as broad and as long as your griece; lay it to soure or five dayes.
A Closet for Ladies

To make a good Oyntment or Salve for any sore.

Take a good handful of Sage, as much of Plantane, as much of Brown-wort, as much of Hony-suckles, as much of Turfame, as much Velerion: Boyle all these in May-butter till it be browne: then straine it, and put in a quantity of Virgin-wax: then Boyle it again.

A good Receipt for all manner of sores, old or new, named, The gift of God, praise be to him.

Take Betony, Veruin, Pimpernel, Bugle, Smallage, Plantane, Sca-beas-water, Agrimony, of each a like; Ramphe them together, Boyle them together in a gallon of white-wine to the third part; then straine them, and put to them a quantity of sheeps suet, and halfe a pound of Wax, dim. lib. of Rosin, dim. lib. of pitch, one
and Gentlewomen.

one lib. of Olibinum, and Boyle it a-
gaine.

For Bags in the Fundament.

Take the yolke of an hard egg
roasted, the oile of Roses, and Ma-
rigold-leaves: beat it together, lay it
to hot.

To kill a Tetter.

Take green broome: Boyle it in a
quart of running water halfe a-
way: bathe it with it.

For the Pestilence.

Take the water of Betony, and
Pimpernell, Turmentill, or Sca-
beas; mix it together, drinke it nine
dayes fasting, and feare no Pestilence.
A Closet for Ladies

For one that is taken within the body, or any place.

Take Rose-cakes, Aqua-vite, and Rose water; heat it on a chafing-dish of coales; lay it to the stomack; they shall mend by Gods grace.

For the Ague or Cold.

Take greene Alderstickes; take the inner rinde, a handful; beat them, drinke it in Ale fasting; fast three hours, walking after it; then eat a Caudell.

Another for the Ague.

Take a spoonfull of juice of Oranges, as much Aqua-vite, mingle it with a yolke of a new laid egge in the shell, sup it up fasting once or twice.

K. Henry the eight his perfume.

Take six spoonfuls of compound water, as much of Rose-water, a quarter
and Gentlemens.

quarter of an ounce of fine Sugar, two grains of Muske, two grains of Amber-greece, two of Cinnamon; Boyle it softly together; all the house will smell of Clove.

For the Strangury.

Take Horehound one handful and a halfe, red wine halfe a pint, oyle, olive five spoonfuls; Boyle it together, put it in a linen cloth to the smell of the backe, as hot as may be.

To cleanse a wound.

Take Beere, Wheat, Stone-flower, and Hony; Boyle it thicke; apply it to.

For the Gout.

Take Wormwood, Wall-wort, Wheaten-bran, Cow-dung, and salt; Boyle it in vinegar; plaster it to the griefe.

For a Bruise.

Take halfe a pint of Sallet-oyle, as much oyle of Rosces, as much Aqua Vitæ,
A Closet for Ladies

vitra, and three or foure score Snailes that beare shels: stampe them small, and Boyle them to oyle.

To kepe one laxatine.

Take a new-laid-egge: put out the white, then put in new butter un-salted; heat it, then eat it, use it often.

Two remedies very good against Wormes in little children.

Take flower of Wheat well boulted, as much as will lye upon three crownes of gold; put it in a glasse, and powre into it Wyl-water, so much as will steepe the said flower, and make it looke as it were milke, and no thinner: then give the childe drinke of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedy.
and Gentlewomen.

The second remedy against wormes.

For children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua vitae, wherewith you must wash or wet the stomacke or brest of the childe: then powre it upon the said place with the powder of fine myrth, and lay the childe downe a little while with his brest vpward, and you shall see incontinentely the Wormes, with the childes dung, come forth dead.

To heale children of the Lunaticke disease, which happeneth unto them by reason of a worme with two heads, that breedeth in their bodies: the which worme, coming to the heart, causeth such a passion in the childe, that oft times it kills them.

Take the tender stalkes of a Wilding-tree, & dry them in the shadoow:
A Closet for Ladies

dow: then stamp them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of myrthe: all these well beaten to powder, you must put in a dish, or some other vessel, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the child: doe this three or four times, and you shall see the worme come forth dead with the excrements.

A remedy for the Falling-sicknesse.

Take Germander gathered in May, when it is in the blossome: dry it in the shadow, and make it in powder, and when you will use it, take the ylke of an egge or two, and stir and break it with a spoonfull of the said powder: then see the he, and give it to the Patient to eat: doe this morn-
and Gentlewomen.

ning and evening eight dayes, abstaining from wine, carnall company of women, from all Pulse, Beans, Pease, Fetches, Tares, and such other, from Salters, Salt-fish, and from all other things that are hard of concoction and digestion; a very good and notable secret.

A Medicine to cure the biting of all venomous beasts.

As soone as the party feeleth himselfe bitten with any venomous beast, or as soone after as may be, take greene leaues of a Fig-trece, and preffe the milke of them three or foure times into the wound: and for this, serueeth also Mustard seed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

Take the juice of Valerian, in the which wet a tent, and put into the wound.
A Closet for Ladies

wound, laying the said herbe upon it stamped: then make your binder as best fiteth, and by this means you shall draw forth the iron, and after heale the wound.

For a knocke or fall, causyng a bunc on the head.

Tak an ounce of Bay-salt, raw Hony three ounces, Comin three ounces, Turpentine two ounces; mingle all these well upon the fire: then spread it upon a linnen cloth, and make thereof a plaister, and lay it hot to his head: the which will asswage the swelling, and heale the hurt.

A secret remedie against the Plurise.

Open a white loafe new baked, in the middle, and spread it well with good Treacle on both parts, upon the crumme sides, and heat it at the fire: then lay one part upon the place of the disease, and the other part
and Gentlewomen.

part on the other side of his body directly, and so binde them that they stirre not, leaving them so a day and a night, or untill the impostume breake, and then take away the bread, and immediately the Patient will spit forth the purification of the impostume; and when he hath slept a little let him eat, and by Gods helpe he shall shortly be well.

A very good remedy for a wound with a sword, staff, stone, or such like.

Take Taxus Barbarus, stompe it, and take the juice of it; and if the wound bleed, wipe it and make it cleane, washing it with White wine or water; then put the juice upon the wound, and the herbs upon it, out of the which you tooke the juice: then binde vp the wound, and in one day you shall see a wonderfully effect.
A Closet for Ladies

Against the disease or griefe of the Flank, and the Collitake-passion, experimented and proved divers times.

Take halfe a glasse or lesse of the juice of Barbaries when they bee very ripe and red, and put into it as much red Corall as will lie upon two groats, well broken into powder, and give the Patient to drinke thereof.

Another perf. A remedy for the same disease, and to make a menstrue with halfe an houre, that hath not made water in three or four days, and will beke the same within ten or twelve days.

Take fine powder of Virga aurea, and put a spoonfull of it into a new laid egge soft, rolled, and give the Patient thecote in the morning to his breakfast, and let him not eat in four hours.
and Gentlewomen.

hours after, and then he shall make water in lesser than halfe an houre, and let him vsse this for the space of ten or twelve dayes as aforesaid: the Patient shall void the stone without any paine or griefe.

A remedy for spitting of blood, occaisioned by the breach of some vaine in the breast.

Take Mice dung beaten in powder, as much as will lie upon a groat, and put it into halfe a glassefull of juyce of Plantane with a little Sugar, and so giue the Patient to drink therof in the morning and euening: continuing the same he shall be found.

Against the grieve of the Lungs, and spitting of blood, a remedy experimented and tried.

Take an herbe called Farfara, or Tussilago at the Apothecaries, Vngula Caballina, in English called Gs.
A Closet for Ladies

Coks foot; in French; Pat delion: incorporate it well with the lard of a hog chopped, and a new laid egg: Boyle all together in a pan, and give the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

Take Rosemary leaves with the blossomes, if you can get them, and seethe them in White-wine with a little myrrhe and Cinnamon, and you shall finde a maruellous effect, if you use it often in your mouth.

Against the biting of a mad dogge, and the rage of madness that follows the party bitten.

Take the blossomes or flowers of wilde thistles, dried in the shade, and beaten into powder, half a nut-shell full; put into White wine, and drinke it, and in thrice taking it you shall
and Gentlewomen.

shall be whole. A thing tried and experienced.

A Medicine for watry eyes.

Take a red cole-leafe, and anoint the leafe with the white of an egg: when you go to bed lay the same to your eyes.

A Medicine for sore eyes.

Take a little ground Iuy, and straine it and womans milke together, and let it be somewhat greene of the Iuy, and then drop a drop or two into the eyes.

Another for the same.

Take Fenemel-water stilled, and blue Hony: mingle them together, and put a drop or two into the eye. These are approved.
A Closet for Ladies

To make water for the eyes to kill the heat of any sore.

Take red Sage, and boyle it in Smiths water till the third part be consumed: then straine out the Sage very hard, and put into it a quantity of the liquour, a peniworth of Aliome, and as much of white Coperas, after you have taken it from the fire, and anoint your eyes therewith.

Another for the same.

Take the leaves of red Brambles, of Plantane, and Hony-Suckles, boile them all in running water from a quart to a pint, and vse it to the sore.

A Medicine for the Pin and Web in the eye.

Take the white of an egge being hot; take out the yolke cleane, and put
and Gentlewomen.

put there to a good quantity of Sugar-candy: then straine it hard thoro\nrow a cloth, and therewith make a wa\nter, and every day two or three times drop it into the eyes.

A Medicine to cleare the sight.

Take Red-rose-water, cleane myrth as much as a nut: breake it into powder, and binde it in a linnen cloth, and let it lie in the water twelue hours: then take of this water, and put it in your eyes, and it will cleare your sight.

For a pearle in the eye.

Take red Fennell, and the leaves and roots of white Daisies: use them without any liquor, and put together three spoonfuls of either of them: then take one good spoonfull of clarified Hony, and two or three spoonfuls of womans milke, and drop this into your eye three or foure times
A Closet for Ladies

times a day; and if there be any sight in the eye, this will cure it.

For eyes that are blasted.

Take a totte made of Brown bread, and lay it in red wine that is not mingled, and let it lye vntill it be soked halfe an houre; then put it into a fine cloth in two peeces, for each eye one: the fine cloth must be betwene the eye and the toffe. Dresse it when you goe to bed at night.

To purge the head and eye-sight.

Take the juyce of Mey-hoo, and put it into your nostrills, and the fume and running water will follow.

For eyes that be red and sore.

Take Fennell, Veruin, Roses, Saldenine, and Rue, of each two ounces,
and Gentlewomen.

ounces, and distill all together: and when need is, then put a drop or two into the sore eye: for it is good for all manner of diseases in the eye.

Against the paine of the eyes.

Take the yolke of an egge roasted hard, and laid to with Rose-oyle and Saffron: put in the joyce of Basil.

For to see well.

Take Eye-bright, red Fennell, of each halfe a handful: of Rue one quarter of an handful: cause these to be distilled, and wash your eyes daily with the water.

For the aching in the legge.

Take a piece of sourre leauen, and as much Barme, and as much blacke Sope: temper them all together, and so spread it vpon a linnen cloth,
A Closet for Ladies

cloth, and put it to your legge where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or four dressings.

A Diet-drinke for a Consumption.

Take a gallon of running water measured by Ale-measure, and put thereto an ounce of Cinamon, an ounce of Cloues, an ounce of Mace, a dram and a halfe of Acker roots, and Boyle it til it come to three quarts: let this be your onely drinke till you doe amend.

A Medicine for the head-ache.

Take a handful of Rosemary, two handfuls of Berony, and a spoonfull of Hony: and seethe them all in Malmesie, and wash your head therewith.

A question:
and Gentlewomen.

Another for the head ache.

Take five Nutmegs: grate them, and seethe them in Mulasses till they be thicke: make a plaster thereof, and lay it to your temples.

For winde and shootings in your head.

Take Egremonie and Cinnamon: bray them, put them in Ale, and lay it to the temples of the head; and if the paine remoue, lay it where the paine remoueth.

Another for the head-ache.

Take a handful of Camomile, a handful of Peniriall, a handful of Sage, a handful of Wheat-bran: chop them all together small; Boyle them in a pint of sharpe Vinegar till they be thicke, and thereof make a plaster, and lay it to the temples of the
A Closet for Ladies

the head as hot as you may suffer it, & it shall (by Gods helpe) doe you good.

Another for the same.

Take a piece of raw beefe, and lay it on the nape of your necke, and shift it every night when you goe to bed: use this as often as you see good; proved.

Another for the same.

Take an ounce of Oyle of Roses, two ounces of white vinegar, four ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A Medicine for the Mevrime in the head.

Take Housleek and garden-worms, the greater part being Housleke: stamp them together, and put there-to fine flour, and make a plaster on a fine cloth, and lay it to the forehead and temples.
and Gentlewomen.

Another for the same.

Take Mustard-seed, and temper it with Vinegar: make an oynment thereof, and lay it to the Temples in a plaister, and another in the nape of the necke behind where it is not sore, and it will avoid and shortly be whole.

A Medicine to keepe up the pallat of one's month.

Take a piece of wheaten leaue, and Commine seed beaten in a mortar, a quantity of Bay-salt, and Red-rose-vinegar, and Red-rose-water: put them into a bag of cloth, and lay it to the mould of the head.

To dry up Rhume in the head.

Take a quantity of dried rose-leanes, the flower of Camomile, Basill, Mar-
A Closet for Ladies

Marjoram, all dried; a quantity of Cloves and Mace, grossly bruised; a Nutmeg, and a quantity of Dill seed, all quilk in a cap.

A Poultis to coole any place, either face, or any where else, that is red and full of hot pimples.

Take Houslecke, Mallowes, Purseline, Water roses, called Numium; beat all these, and take the juyce of them, and put a little oyle of Roses to them, and wash the place with it, or stamp the herbs till they be thick like pap; then seeth it with a little Rose oyle and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

Take an ounce of Camphire, as much brimstone beaten; myrrhe, Frankincense, of each foure drams, of Rose-water a pound; put all these in
and Gentlewomen.

in a glasse, and set it in the Sunne ten dayes, and then lay it on the places.

Another.

Take the distilled water of Ash-tree, Tamariscis off eaten, Wine of Strawberries laid upon the face.

Another.

Take the distilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, so that they have heard before.

Take the juice of Bittaine, woman's milke that hath a man childe; mingle them together, and dip a piece of blacke wool in it, and put a piece of it into your eare for the space of ten or eleven dayes or more: if it happen that this will not take away the deafness, then take the milke of
A Closet for Ladies

A Cow, and seethe it with Oat-meale and juyce of Bettony, and lay it plaiter-wise ouer the cares, night and day for a long time.

To make an ointment for a red face.

Take halfe an ounce of Camphire, two drammes of Sulpher-vinum, and an ounce of Deer's suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and set them no more ouer the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

Take as much Mercury sublimate as a Beane, and twice as much Al-lome, and put them in a quart of faire water, and boyle them together with two or three cornes of Bay-salt, and bathe your face therewith often in a day.
and Gentlewomen.
day with the same cold, and open the
pimplies with your fingers before you
wash.

For a sore mouth.

Take a quart of white wine, a quart
of water, a pint of wine vinegar, a
good quantity of red Sage, two pe-
niworth of Mercury, halfe an ounce
of Roch-Allome, a quantity of Rose-
mary, a greater quantity of Wood-
bine-leaues, and three spoonfuls of
Hony: seethe them together, and
wash your mouth therewith.

A Water for a Canker and sore mouth.

Take Rosemary-croppes, Sage,
Singfield, Woodbine-leaues, Al-
lome, liue Hony, or pure Hony boy-
led in Spring-water, halfe a hand-
sfull of each of the foresaid herbs
boyled in three pints of water, till
they haue boyled a third part away,
and keepe it in a glasse stopped,
A Closet for Ladies

and wash your mouth with it.

For a Canker and sorenesse in the mouth.

Take two ounces of fine Cooperas beaten to powder, halfe a pint of faire water, and let the same Cooperas be distilled or steeped two dayes and two nights; then straine the same softly thorow a linnen cloth; then take a spoonfull thereof, and wash your mouth and throat with it softly, bloud-warme, but drinke none of it. This medicine will not continue good above fourteen dayes; therefore you must make it fresh as occasion serues; you must take it morning and evening.

A Medicine for the Mother that riseth in a womans side.

Take Aqua-composita, and beat Bay-berries in powder, and put it into the Aqua-composita, and put a spoone
and Gentlewomen.

spoonfull or two in a draught of beere
or Ale, and so drinke it.

A Medicine for the pricking of a needele
or thorne in the joint.

Take faire boulted flower of wheath,
and temper it with white or red
Wine, a little Oyle-siue, and a few
Rose-leaues: teethe them together
till it be plaister-thicke, and lay it to
as hot as you can suffer: it will draw
forth the needle, and ease the ache.

A Medicine for a Canker that eateth
mans flesh.

Take Wheat-bran of the smallest
powder, the juyce of Smallage, the
juyce of Woodbine, burnt Allome
beat into powder, and a little hony;
mingle all these together, and make
a plaister of it, and lay it to the sore,
and it shall destroy the Canker.
A Closet for Ladies

For a B'wise.

Take Virgin-way, and Commine-seed well beaten: mix them together, and lay it to the sore plaister-wise.

For a white Scall.

Take Sallet-oyle beaten with the whites of egges till they be throughly wrought together: cut away the haire, and so anoint the head, and lay a bladder upon it.

A Medicine against all Stitches.

Take Linseed, and boyle it in new milke: make a plaister thereof, and lay it to the grieved place.

A Medicine for a sore breast.

Take Groundfill, and chop it small, the grounds of small Beere, whea-ten
and Gentlewomen.

ten bran, and sheepe's suet beaten in a mortar: boyle them all togethers, and lay it plaister-wise to your brest.

A Medicine for swollen brests.

Take white wine, wheat-bran new bolted, Rose-leaves old and new: seethe them till they be chicke: then lay it to the brest as hot as thee may suffer it, from euem to morning, and shift it again.

To break the cleame of the brest.

Take butter without salt, and honey, of each a quantity, faire better Almonds: blanch them, and beat them sue and eat a little euery day.

A very good Medicine for any ache or sore brest, oftem approved.

Take Frankincense, fine wrought Wax, Boares grease, and Rosin,
A Closet for Ladies

of each of them a like quantity, and see the them together to a cake; spread it on a cloth as broad as the sore or paine is, and lay it to soure and twenty hours, or twelue at the least.

An approved Medicine for a sore brest.

Take a handfull of Mallowes: see the them very soft in faire water, and then let the water runne away from the Mallowes: then chop or thread them: then put them in a dish with Boares grease, and heat them very hot, and lay on a plaister of linnen cloth to your brest, as hot as you can suffer, three or foure times a day heating it: this hath beene approved very good.

A remedie for the paines of the brest.

Take Hysope, Parsley, and Sage, stampe them together, and lay them to the brest, and it will be whole.
and Gentlewomen.

Another for the Stopping of the breast.

Take Rue, and seethe it with Alligant, and drink it three or four times.

A medicine for the bloody flux.

Take as much fine linen cloth as will make a Suppository, being wrapped together button wise; then wet the same in the best Aquavitæ, or Aqua composita, and let the party grieve convey the same into his fundament, and it will help him by the grace of God, within three or four dressings: this is approved, and hath holpen many that have been brought low, and thought past cure.

Doctor Smiths Medicine for the Collyche and Stone.

Take Posset-Ale made of Rhennish wine: Boyle Camomile, running Time, Parsly, Pellitory of the wall, H?
A Closet for Ladies

with a good spoonfull of Commifone seeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and use it as occasion serves.

A Medicine for the Cink-cough for a child.

Take Boares grease, and warme the soles of the feet to the fire: then chase them with that, and goe to bed, and keepe it warme, and lapp clothes to it.

To stay a Lasse.

Take halfe a quarter of a pound of Almonds, and parch them upon two newtiles: beat them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe a handful of Knot-grasse, and halfe a handful of Plantane leaves, and let them seethe a good while: then take
and Gentlewomen.

take the water and straine the foresaid Almonds therewith, and make an Almond milk thereof, and put in a piece of Sugar: then take Date-stones, and beat them to powder as small as may be, and put some of that powder into the Almond milk: so drinke it luke-warme.

A excellent Medicine for a childe that cannot part with his water or urine.

Take three or foure huite-Bees: kill them; then dry them upon hot flate: being thorow-dry, bruise them to small powder; then put the powder into a quart of Crall Alke, and give the sickle to drinke, and he shall have present remedy.

A Medicine for the paine of swelling in the sowlacke.

Take a good quantity of Rosemary flowers: boyle them in white wine, and
A Closet for Ladies
and as hot as may be suffered, apply it to the stomacke.

An approved Medicine for the Spleene.

Take a quart of Claret wine, a pint of Oyle of Olive, two good handfuls of Camomile being shred small boyle the Wine and Comomile together from a quart to a pint, and anoint the hardness of the Spleene morning and evening therewith, and it will dissolve.

A Medicine for a Fleen or Andeone

Take rusty Bacon and Colewort-leaves: stamp them together; then take a piece of Dogges leather prickt full of holes, and spread it up on the leather, laying it to the sore twice a day; and when it begins to heal but once a day.
and Gentlewomen.

A Medicine for the itch of the body.

Take sweet butter, unwrought wax, vinegar, brimstone, a little Rose-water, red Cloues whole: boile them together till they be like a salve: then anoint the flesh three sundry nights by the fire therewith, and no more.

A Medicine for the Canker in the body.

Take Bollarmack, Roch-Alloin, and honey, then beat them to powder: take twice as much of the Alloine as of the Bollarmack, and stir them together till they come to a salue, and so anoint the sore.

A Medicine for the heat or ache in the body, or legges, or elsewhere.

Take red Docke roots, and take out the outer-pith, and seeth them in running water; then draw the water
A Closet for Ladies

water from them, and beat it with thicke creame, and so anoint the place that is grieved, or with a cloth dipt in the same, and laid over the place.

A Medicine good to cleanse the body.

Take Balme, and lay it in white wine, till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning; proved.

A Medicine for a Fistula.

Take Vervaine and dry it upon a tile, and make powder thereof, & make cleane the sore with a linen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

Take Coriander-seeds fine beaten in powder, and drink it with Mint water.
and Gentlewomen.

To make a Scare-Cloth for all manner of aches.

Take a pound of unwrought wax, half a pound of Rosin, two ounces of Frankincense, a pound and a halfe of sheeps-luet, and boyle them all together, and straine them in a faire bason: then put them in a chaising-dish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A Medicine for a Ring-worme or Tetter.

Take red Dock-roots: slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

Take wheat-flower, and bake a cake, and cut it in the midst: then strike the dowy sides all over with Tansy, and lay it to the Patient as hot as may bee; you must lay one halfe of the
A Closet for Ladies

Take a lypfull of Wilde Mallowes, and seethe them in running water till they be tender, and then sink them, and chop them small; then take a penniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milk, and seethe it till it be thicke, stirring it well, then lay it to the griefe as warme as can be suffered.

A Medicine for the Cough,

Take Mustard-seede and put it into Figges; seethe it in Ale and drinke it.

A Medicine for the Mother.

Take Rosin and beat it very fine; put it into white Wine and Salter-oile,

the cake to the one side of the Pati-

ent, the other halfe to the other side.
and Gentlemen.
oile, and drinke it, and it will doe you good.

A Medicine for the blooudie Flies.

Take the pills of Pomegranates: beat them, and drinke them with red wine morning and euening blooud warme: then heat a bricke red hot, and lay it vnder a close stoole, and cast Rosemary and Malmse on it, and let the Patient sit ouer it.

A very good Medicine for the Piles.

Take the hard roe of a red Herring, and roast it hard: then take the seeds of nettles, and beat them together small: then beat them with barrowes grease, and boile them together, and anoynt the Piles there with then take a chafingdish of coles, and set it vnder a close stoole, and cast a little Franckincense thereon, and let the Patient sit ouer it when they bee anointd.
A Closet for Ladies

anoint with the aforesaid ointment.

A Medicine for a burne.

Take cyle of Roses, and womans milke: put it into the open place, and it will heale it.

Another for the same.

Take a linnen cloth, cleane wash't, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore: then strew the powder thereon.

A Medicine for the Dyspepsie.

Take Aniseseeds, Coriander seeds, Spikenard of Spaine: use this in your meate and drinke eight dayes together, and it will doe you good.

A Medicine to dry a sore.

Take a pot of Smith's water, a quart-erne of Roch-Allome; halte a pint.
and Gentlewomen.
pint of Oyle of Oliues, and put there-
to a handful of Sage, and Boyle
them together till they be halse con-
sumed: then viue it to the sore, and it
will drie it.

A Medicine for an ache that comes
against raine.

Take the horns of a Stagge: cut
them in small pieces, and Boyle
them in water, till it bee consumed
from a gallon to a quart: then powre
the water from the bones, and it will
gelly when it is cold, and therewith
anoint the grievued place against the
fire evening and morning.

A Medicine for a burns or scald.

Take Mallows and Smalage: sethe
them in water: when they be ten-
der take them forth, & wring out the
water cleane: chop them small, and set
them on a chafing dish of coals, & put
A Closet for Ladies

To it a little sheapes neter, and make of it a salue, and lay it to the sore place thicke, and lay a cloth upon it, and tie it on.

A salue for an old sore.

Take the inner rinde of an Oke that is not very old, and burne it to a coal: then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salue.

To make a drinke for a burning Ague.

Take a quart of running water, halfe a pint of Vnegar, halfe a quarter of a pint of Rose-water, a quarter of pound of a Sugar, and one stick of Cinamon: boyle them all together, let it coole, and give it the sickle to drinke.
and Gentlemens.

A Medicine for the heat of the Liver.

Take wort of the first tap: drinke it every morning next your heart for a moneth together, and it will helpe you.

A Medicine to make a young child go to the stoole.

Take May-butter, and chase the nauill therewith against the fire: then take some blacke wooll that growes betweene a blacke sheepes legges: dip it in May-butter, and drie it: then lay it the nauill. It is good for an old man also that can take no inward medicine.

An approved Medicine for the Nauill when it comes out with crying.

Take wax which is used no other way but to take the hony from it, and when you have an occasion, melt,
A Closet for Ladies

Melt some of the wax in a Sawcer, and dip blacke wooll in it: lay it to the navel, and it will help it.

A Medicine for the swelling of a childes nose.

Take Red-rose-leaues: bray them, and Boyle them in red Wine an houre: then wet a cloth in it, and lay it to the childes navel as hot as you can suffer it.

A Medicine to stanch the Flix.

Take a Sawcerfull of the juice of Milfoil, as much of the juice of Plantane, and wheats flour: temper it with the juice of the herbes, and so make a cake of it, and bake it, and eat it hot.

For to stanch blood at the nose, or at a vein that is cut; proved.

Take Feathers burned to powder, and lay it upon the vein that is cut.
and Gentlewomen.

cut, and alle take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it shall stanch wherefoere it be; proued.

For to helpe a drunken man or wo-
man for ever.

Glue him a purgation: after that, give him a Swallow to drinke in powder for the space of twelve dayes, and for a months space give him every day foure Almonds to eat, with foure leaves of Woodbine beaten: you must eat them in the morning, next your heart; proued.

For Scabs.

Take Snailes, and pricke them, and take the water that comes out of them, and anoint the scabs therewith: take vine leaves, & bind them to the scabs, and doe it euery morning and enening,
A Closet for Ladies

euening, and you shall be whole, proued.

To doe Scabs.
TAke Gum·ar·becke: put it in Rose·water till it bee consumed, and wash them therewith; proued.

For the Palsy, or shaking in the hands.

TAke Sell and Eyfill: sethe them together, and wash thy hands therewith, and eat Sage with Mustard fasting.

To restore a man to nature that is in a consumption.

TAke the eldest Cocke you can get: scald him, draw him, and cut him all in pieces in a glasse pot: stop him a·fast as you can, and put among these pieces Cloves, Mace, small Raisins, and salt: then put this glasse into a great pot, and let all these sethe together till they be a ·gally: then straine it into a cleane vellell, and giue
and Gentlewomen.

Give it to the sick, first and last blood-warme.

To restore the brain.

Take powder of Brittany, and use it in your pottage; it will restore the brain, and destroy the stone.

For a pernicious cough.

Take Sage, Rue, and Commune: stamp them with Peppers; seethe them together with honey, and thereof make an electuary, and use thereof a spoonfull evening and morning, and by the help of God it shall doe you good.

For them that cannot see, and have red eyes.

Take white vinegar, and rub upon a wheaten stone in a faire basin: take as much salt as powder, and grind them well together in a basin, and temper
A Closet for Ladies

temper them with Wine: and let it stand a day and a night, and put it in a viall of glasse: you must take the thinnest that standeth above in the bacon, and put in your glasse; and when the patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

To anoint the face and to make it white.

Take fresh Bacon-grease, and the whites of eggs: stamp them together, and a little powder of Bayes and anoint your face therewith, and it will make it white.

For a faire face; proved another way.

Take Plantane and white Vinegar: stull them together, and wash your face therewith fifteene dayes, morning and euening: after this, drinke a draught of Vinegar in the morning once in three dayes.
and Gentswomen.

To make the face white and faire.

Take Rosemary, and boyle it in white Wine, and wash thy face therewith, and thou shalt be faire: then take E?gan, and stampe it, and take the juice thereof, and put it all together, and wash thy face therewith; proued.

To helpe the face with red pimpes.

Take Bay-berries, and plucke off the huskes, and make fine powder thereof, and temper it with Honey: anoint your face therewith six times, and it will helpe you.

To draw broken bones out of the head.

Take Betony, Veruine, and Rue: stampe them all together very small, and put thereto Rie-meale or wheast, and the white of an egge, and make a plaster, and lay it to the head.
A Closet for Ladies

To quench one thirst.

Take the roots of Louage: wash it clean: stamp it, and temper it with water: drink a good draught of it hie nights together, and drink not in two hours after it.

For one that speaks in his sleepe.

Take Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For a woman that hath too much of the Flowers.

Take the foot of a Hare: burne it to powder, and drinke thereof with red wine and Cinamon first and last nine dayes, and it will helpe her.

FINIS.
1611 RECIPE BOOK PLACED ON EXHIBIT

London Volume Contains Beauty Hints and Promising Gout Remedy.

LONDON, January 21 (N.A.N.A.)—The London Museum, Lancaster House, is exhibiting a printed recipe book more than three centuries old. It is a small volume printed in London in 1611. The author is anonymous, and the full title of the book is: "A Closet for Ladies and Gentlemen," "Or the Art of Preserving, Conserving and Candying, With the Manner How To Make Diverse Kinds of Syrups and All Kinds of Banqueting Stuffes. Also Diverse Soveraigne Medicines and Salves for Sundry Diseases."

It begins with recipes "to preserve pippins red," "to preserve pippins white" and "to preserve pippins green," and also tells how to preserve apricocks, mirabolans or malacolians, pimictrons, redroseleaves (in one word), oranges, lymonds, damalins and raspaxes.

Turns up on "Banqueting Con- cels, as marmelades, quadmiacs and such like," the author's tone becomes more lyrical, rising from muskadin comfits and diatotonium simplex of quinces to such an instruction as: "To make a walnut that when you crack it, you shall find bisqits and carraways in it, or a pretty poesie written."

The author is not above beauty culture and says that by mixing "white tartar, camphire, coperas, white of egg, lemon, oil of tartar, plainstain water, white mercury and bitter of almonds, and boiling all these together upon a gentle fire and straining," one could make "a brench for any ladie's face. The partie must rub her face with a scarlet cloth and then over-night wash her with it and in the morning wash it off with bran and white corne."

A promising remedy for gout begins: "Take of the slippes of stars to the number of 4, and then take to every slippfe foure snails and put them in an earthen pot;" and there is also a medicine that "will heale any wound or sore, and keepeth it without proud flesh or dead flesh," and a cure "for to help a drunken man or woman for ever."

Wife Given Credit At Last for Thrift Of "Poor Richard"

Speaker Says She Changed Dr. Franklin’s Mode of Living.

By the Associated Press.

NEW YORK, January 21.—Mrs. Benjamin Franklin finally got her full share of credit last night.

In a National Thrift week talk, Mrs. Lida Foote Tarr, national president of the Camp Fire Girls, said:

"Before Franklin's wedding bells rang, he never had saved any money, never succeeded in any enterprise, never brought order into his affairs and never lived a regular life. When he married he changed his habits."

"No better wife could be found for a young man on the make. She made all his linen and woolen clothing by hand. She tended the shop, helped make ink with lampblack, and traded in goose feathers. He and Deby kept no servants and kept house with strictest economy. He never tired of praising her thrifty virtues to his friends.

"So let's give Mrs. Benjamin Franklin due credit."

By the Associated Press.
Washington Drama Guild
Performances This Week

A large and representative audience is expected to attend the opening night of the production of the Washington Drama Guild this Winter in Wardman Park Theater Thursday evening. The play will be "Olympia," written by Ferenc Molnar, Hungarian dramatist.

The Assistant Secretary of War and Mrs. Frederick H. Payne, with the former's executive officer, Col. Earl McFarland, and Mrs. McFarland, have made reservations for Thursday evening and among others who are expected are the second secretary of the German embassy and Frau Lohmann, Gen. and Mrs. Mason M. Patrick, Col. and Mrs. U. S. Grand, 3d: Rear Admiral and Mrs. William Ledyard Rogers, Maj. and Mrs. Paul Peabody, Comdr. and Mrs. Vance D. Chapline, Mr. Clifford Brooke, Mr. and Mrs. Frederic D. McKenney, Mrs. George Hewitt Myers, Mrs. Eliphalet Frazier Andrews and Mrs. Cuno H. Rudolph.

The play will be repeated Friday evening and will be presented under the direction of Miss Constance Connor Brown, and among those in the cast who are professionals are Grace Peters Johnson, Caroline McKinley, Denis E. Connell, Frank Jamison, Murray Sheehan, Virginia Wilson and Paul Bradbury Walter.

Hostesses Selected
For Pan-Hellenic Lunch

Among the prominent fraternity women who will act as hostesses at the Pan-Hellenic luncheon February 4 at the Mayflower are Mrs. Arthur H. Vandenberg, Mrs. Cloyd Heck Marvin, Mrs. E. B. McKinley, Miss Grace Newton, Mrs. William J. Kerlin, Mrs. James Jardine, Mrs. Ernest L. Jancke, Mrs. J. W. Cooper, Dean Mary Louise Brown, Mrs. James G. Cumming, Mrs. Paul Shorb, Mrs. Scott Hovey and Mrs. Genevieve Forbes Herrick.

Members of the following sororities are invited to attend the luncheon, Pi Beta Phi, Kappa Alpha Theta, Kappa Gamma, Alpha Phi, Delta Gamma, Gamma Phi Beta, Alpha Chi Omega, Delta Delta Delta, Alpha Xi Delta, Chi Omega, Sigma Kappa, Alpha Omicron Pi, Zeta Tau Alpha, Alpha Gamma Delta, Alpha Delta Pi, Delta Zeta, Phi Mu, Kappa Delta, Beta Phi Alpha, Alpha Delta Theta, Theta Upsilon, Sigma Phi Beta, Beta Sigma Omicron, Lambda Omega, Phi Omega Pi.

Reservations should be made through Mrs. M. L. Gilfillan, 224 Third street southeast.

Representative Ruth Bryan Owen of Delta Gamma will be the speaker.

Southern Society Ball
At Willard Tomorrow Night

The New Year ball of the Southern Society is to be held tomorrow night at the Willard Hotel. The Southern Society is a chartered organization of the national Southern Women's Club.

Ten Day Specials
Regular $7.50
Ideal Comfort Permanent Wave $3.50 complete

Our regular $10 Steam Treated Wave, including $1.50 reconditioning treatment FREE.

$4.95 complete
"No finger wave required."

Our $15 De Luxe Oil Treated Wave for dry and brittle hair, including a $1.50 Violet Ray treatment FREE.

$6.50 complete
"No finger wave required."

Shampoo, finger wave and oil rub, $1. or any three beauty items, $1.

Call District 9718