FOR LADIES TO
to

and

Tables,

Distillatories

WITH

Tarts, Banquets, Perfumes, and Waters.

Reade, practise, and censure.

LONDON,

nted by R. T. and are to bee fold
by James Roler. 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, thorough
in vaine both their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune and his Pilgrims to content;
metimes of food, sweet, fresh, and durable,
to maintaine life, when all things else were spent.
metimes I write of sundry sorts of soyle,
nether Ceres nor her handmaids knew,
write to all: but scarcely one beleeves (true
Dive and Denyshe, who have found them
heavens did mourne in cloudy mantles clad,
threatned famine to the sonses of men:
When sobbing earth denied her kindly fruite
To painefull plowmen and his hinde, even then
I write, relieving remedies of death,
That Art might helpe, where nature made a faile.

H a
THE EPISTLE.

But all in vain did these new bee-keepers
In their unprofitable labours strive to gain
Of those or such-like other new found skills.
With painful care I whilst I wrote. But then
Expecting fruit and monetary good therefrom
And not respecting hour, time, or charge.
But now my pen and paper are perfum'd:
I scorn to write with copressa or with gall;
Barbara's Canes are now become my quill;
Rose-water is the ink I write withal.
Of sweetes the sweetest I will now commend,
Sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice,
Preserves and conserves both of plum and pear.
Empalming now adieu: tush, marchpane and cake
Are strong enough, and best befit our age.
Let piercing bullets turne to sugar bals,
The Spanish seare is bust, and all their rage.
Of Malmelade, and paste of Genua,
Of musked sugar I intend to write,
Of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruits and flowers to preserve,
And candy them; so Nutmegs, Cloves and Mace.
To make both Marchpane paste, and sugar'd 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 printed text is not legible in this image.]

---

As the fish and fowle which we engaine, did remaine in every lim and part, when crystal from bath nipt the tender gape, And cleare consum'd the fruits of every vine, Yet here behold the clusters fresh and faire, Fed from the branch, or hanging in a line, The walnut, smalnut, and the chesnut sweet, whose sug, berris lose their pleasing taste, Are here for a preserved meere, and made by wondrous, longest fruits to taste. The Artichoke, and the Apple of such strength, The Quince, Pomegranate, with the Barbaree. No sugar us'd, no colour, taste and smell, Are here maintained and kept most naturally. For Ladies closets, and their distillatories, Both waters, oynments, and sweet smelling bals, In case tearmes without afficted speech, There present most ready at their calls. And lest with carelesse pen I should omit, The wrongs that nature on their persons wrought, Or parching Sunne with his looser raies, For these likewise relieving meanes I sought. No idle thoughts, or vain surmise'd skill, By fancy fram'd within a theoretick brain, My Muse presents unto your sacred ears; To win your favours safely, I disdaine. From painefull practice, from experience, I found, though costly, mysteries derive.
with fiery flames in scorching Vulcan's Forge. 
To teach and fine each Secret, I doe strive.
Accept them well, and let my wearied muse
Repose herselfe in Ladies laps am bile.
So, when she wakes, she haply may record
Her sweetest dreams in some more pleasing strive.

H. Plat.
The Table.

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

A

| Nula Campana rootes preserved          | a,1  |
| Almonds in leach                       | a,27 |
| Almond butter, to make                 | a,57 |
| Almonds into gelly                     | a,58 |
| Aligar distilled                       | b,16 |
| Apples kept dry all the yeare          | a,47 |
| Aqua rubea                             | b,7  |
| Aqua composita of D. Stevens           | b,8  |
| Artichokes kept long                   | a,69 |

B

| Agts sweet to lie among linnen         | d,35 |
| Ball to take out staines               | d,3  |
| Ball to wash with                      | d,8  |
| Balme water                            | b,5  |
| Beaumanger                             | c,11 |
| Beefe rosted kept long                 | c,18 |

A 4

Beefe
The Table.

Beefe powdered, kept long without charge c,19
Beese 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 Bree re truely c,7
Bottles muste helped c,28
Bottle Ale most excellent c,32
Brawn to eate, tender & delicate c,13
Broom capers preserved a,37
Broiling without smoke c,26
Bruise helped d,24
Butter dialing of spice or flowers a,21

Cakes sweete without spices or sugar a,6
Candying of flowers a,9.53
Candying in rock candy a,33.42
Candying of Orenge pills a,35
Candles for Ladies tables c,39
Candles
<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candles hanging in the ayre</td>
<td>c,40</td>
</tr>
<tr>
<td>Capers of broom preserved</td>
<td>a,37</td>
</tr>
<tr>
<td>Capon boyled in white broth</td>
<td>c,5</td>
</tr>
<tr>
<td>Casting in sugar plate</td>
<td>a,13</td>
</tr>
<tr>
<td>Casting of sugar in party moulds</td>
<td>a,43</td>
</tr>
<tr>
<td>Casting and moulding of fruit</td>
<td>a,44</td>
</tr>
<tr>
<td>Cherries preserved</td>
<td>a,8</td>
</tr>
<tr>
<td>Cherry pulp kept dry all the year</td>
<td>a,45</td>
</tr>
<tr>
<td>Cherries dryed in the Sun</td>
<td>a,46</td>
</tr>
<tr>
<td>Cheese extraordinary</td>
<td>c,22</td>
</tr>
<tr>
<td>Chestnuts kept long</td>
<td>a,73</td>
</tr>
<tr>
<td>Chilblanes helped</td>
<td>a,15</td>
</tr>
<tr>
<td>Chine of veale or chicken boiled</td>
<td>c,10</td>
</tr>
<tr>
<td>Cinnamon-water</td>
<td>b,10</td>
</tr>
<tr>
<td>Collis white, and like gelly</td>
<td>a,55</td>
</tr>
<tr>
<td>Comfits of all torts</td>
<td>a,54</td>
</tr>
<tr>
<td>Conserves of prunes or daisons</td>
<td>a,35</td>
</tr>
<tr>
<td>Conserve of Strawberries</td>
<td>a,51</td>
</tr>
<tr>
<td>Cowcubmers preserved</td>
<td>a,36</td>
</tr>
<tr>
<td>Cowslip paste</td>
<td>a,40</td>
</tr>
<tr>
<td>Cowslip-water, or vinegar of the colour of the Cowslip</td>
<td>a,34</td>
</tr>
<tr>
<td>Crayfish kept long</td>
<td>c,31</td>
</tr>
<tr>
<td>Cream clowted</td>
<td>c,23</td>
</tr>
<tr>
<td>Ingredient/Preparation</td>
<td>Page</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Damaske powder</td>
<td>d.19</td>
</tr>
<tr>
<td>Damsons in Marmelade</td>
<td>a.31</td>
</tr>
<tr>
<td>Damson pulp kept all the yeare</td>
<td>a.45</td>
</tr>
<tr>
<td>Damsons in conserve</td>
<td>a.50,52</td>
</tr>
<tr>
<td>Dentifrices for the teeth</td>
<td>d.26</td>
</tr>
<tr>
<td>Distillation of herbes in a new manner</td>
<td>b.11</td>
</tr>
<tr>
<td>Drying of fruits in the Sunne</td>
<td>a.46</td>
</tr>
<tr>
<td>Glantine water</td>
<td>b.20</td>
</tr>
<tr>
<td>Eringo rootes preserved</td>
<td>a.1</td>
</tr>
<tr>
<td>Extract of vegetables</td>
<td>b.19</td>
</tr>
<tr>
<td>Face spotted or freckled, to helpe</td>
<td>d.6,23</td>
</tr>
<tr>
<td>Face made faire</td>
<td>d.7,14</td>
</tr>
<tr>
<td>Face full of heat, helped</td>
<td>d.11,16,17</td>
</tr>
<tr>
<td>Face kept white and cleare</td>
<td>d.12</td>
</tr>
<tr>
<td>Fish into paste</td>
<td>c.14</td>
</tr>
<tr>
<td>Fish fryed, kept long</td>
<td>c.17</td>
</tr>
<tr>
<td>Flesh kept sweet in Summer</td>
<td>c.24</td>
</tr>
<tr>
<td>Flies kept from oyle peeces</td>
<td>c.30</td>
</tr>
<tr>
<td>Flounder</td>
<td></td>
</tr>
</tbody>
</table>
Flounder boyled on the French fashion
Flowers preserved
Flowers candied
Flowers in rokke candy
Flowers dryed without wrinkling
Fruit preserved
Fruit how to mould and cast
Fruit kept dry all the yeare
Fruit kept long fresh.

Gelly chryssalline
Gelly of fruits
Gelly of Almonds
Gilliflowers kept long
Gilliflowers preserved
Gilliflower water
Ginger-bread
Ginger-bread dry
Ginger in rock candy
Ginger greene in sirup
Ginger candied
Gloves
<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gloves to perfume</td>
<td>d, 34</td>
</tr>
<tr>
<td>Goose-berries preserved</td>
<td>a, 8</td>
</tr>
<tr>
<td>Grapes growing all the year</td>
<td>a, 62</td>
</tr>
<tr>
<td>Grapes kept till Easter</td>
<td>a, 64</td>
</tr>
</tbody>
</table>

**H**

<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand-water excellent</td>
<td>d, 28</td>
</tr>
<tr>
<td>Hands stained, to helpe</td>
<td>d, 5</td>
</tr>
<tr>
<td>Hands freckled, to helpe</td>
<td>d, 6</td>
</tr>
<tr>
<td>Hand-water of Scotland</td>
<td>b, 21</td>
</tr>
<tr>
<td>Hazel nuts kept long</td>
<td>a, 72</td>
</tr>
<tr>
<td>Haire black aldered</td>
<td>d, 30, 37</td>
</tr>
<tr>
<td>Haire made yellow</td>
<td>d, 36</td>
</tr>
<tr>
<td>Herbs distilled in a new manner</td>
<td>b, 11</td>
</tr>
<tr>
<td>Herbs to yeeld salt</td>
<td>b, 12</td>
</tr>
<tr>
<td>Herbs to yeeld bloud</td>
<td>b, 22</td>
</tr>
<tr>
<td>Honey to yeeld spirit</td>
<td>b, 13</td>
</tr>
</tbody>
</table>

**I**

<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irish Aquavitæ</td>
<td>b, 9</td>
</tr>
<tr>
<td>Issop distilled in a new manner</td>
<td>b, 11</td>
</tr>
<tr>
<td>Juice of Oranges or Lemmons kept all the year</td>
<td>c, 35</td>
</tr>
<tr>
<td>Jumboles to make</td>
<td>a, 16</td>
</tr>
</tbody>
</table>

**L**

<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arks to boyle</td>
<td>c, 4</td>
</tr>
<tr>
<td>Lavender</td>
<td></td>
</tr>
</tbody>
</table>
The Table.

Lavender distilled in a new manner b, 11
Leach of Almonds a, 27
Leach a, 59
Leg of Mutton boiled after the French fashion c, 7
Lemmons in marmelade a, 41
Lemmon moulded and cast a, 44
Lemmon-juyce kept all the year c, 35
Lettuce in sucker a, 32
Liquorice paste a, 40
Lobsters kept long c, 1

M

Ace in rock candy a, 42
Mallard to boyle c, 6
Marchpane-paste a, 12.18
Marigolds preserved a, 7
Marigolds candied a, 9.11
Marigold-paste a, 40
Marmelade of quinces or dasions a, 36
Marmelade of Lemmons or Oranges a, 41

May-dew clarified a, 33
Morphew helped d, 21, 22
Mulberries
<table>
<thead>
<tr>
<th>Table of Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mulberries in gelly</td>
<td>a,29</td>
</tr>
<tr>
<td>Musk sugar</td>
<td>a,2</td>
</tr>
<tr>
<td>Mustard meale</td>
<td>c,25</td>
</tr>
<tr>
<td>Mustiness help'd or prevented in waters</td>
<td>b,24</td>
</tr>
<tr>
<td>Nutmegs in rock candy</td>
<td>a,33,43</td>
</tr>
<tr>
<td>Nutmegs candied</td>
<td>a,34</td>
</tr>
<tr>
<td>Nuts moulded and cast off</td>
<td>a,44</td>
</tr>
<tr>
<td>Nuts kept long</td>
<td>a,72</td>
</tr>
<tr>
<td>Oranges preserved</td>
<td>a,34</td>
</tr>
<tr>
<td>Orange pulps candied</td>
<td>a,35</td>
</tr>
<tr>
<td>Oranges in marmelade</td>
<td>a,41</td>
</tr>
<tr>
<td>Orange moulded and cast off</td>
<td>a,44</td>
</tr>
<tr>
<td>Orange juyce kept all the yeare</td>
<td>c,35</td>
</tr>
<tr>
<td>Oysters kept long</td>
<td>c,15</td>
</tr>
<tr>
<td>Paste of flowers</td>
<td>a,14,40</td>
</tr>
<tr>
<td>Paste of Novie</td>
<td>a,15</td>
</tr>
<tr>
<td>Paste to keepe one moist</td>
<td>a,17</td>
</tr>
<tr>
<td>Paste called puffe paste</td>
<td>a,24</td>
</tr>
<tr>
<td>Paste short without butter</td>
<td>a,23</td>
</tr>
<tr>
<td>Paste of Genua of Quinces</td>
<td>a,30</td>
</tr>
<tr>
<td>Paste</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Paste of fish</td>
<td>c,14</td>
</tr>
<tr>
<td>Pear moulded and cast off</td>
<td>a,44</td>
</tr>
<tr>
<td>Peares kept dry</td>
<td>a,47</td>
</tr>
<tr>
<td>Perfumes delicate, and sodainly made</td>
<td>d,31</td>
</tr>
<tr>
<td>Perfuming of gloves</td>
<td>d,34</td>
</tr>
<tr>
<td>Pickrel boyled on the French fashion</td>
<td>c,3</td>
</tr>
<tr>
<td>Pigeons of sugar paste</td>
<td>a,10</td>
</tr>
<tr>
<td>Pigeons boyled with Rice</td>
<td>c,9</td>
</tr>
<tr>
<td>Pigge to fowse</td>
<td>c,1,2</td>
</tr>
<tr>
<td>Pigs petitoes boyled after the French fashion</td>
<td>c,8</td>
</tr>
<tr>
<td>Plums preserved</td>
<td>a,8</td>
</tr>
<tr>
<td>Plums dryed in the Sunne</td>
<td>a,46</td>
</tr>
<tr>
<td>Pomander to make</td>
<td>d,4</td>
</tr>
<tr>
<td>Pomander renewed</td>
<td>d,32</td>
</tr>
<tr>
<td>Pomatum most excellent for the face</td>
<td>d,13</td>
</tr>
<tr>
<td>Pomegranats kept long</td>
<td>a,68</td>
</tr>
<tr>
<td>Preserving of roots</td>
<td>a,1</td>
</tr>
<tr>
<td>Preserving of Cowcumbers</td>
<td>a,36</td>
</tr>
<tr>
<td>Prunes in conserve</td>
<td>a,50,52</td>
</tr>
<tr>
<td>Pulp of fruit kept all the yeare</td>
<td>a,45</td>
</tr>
</tbody>
</table>

Quidinia
<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quidinia of Quinces</td>
<td>a,28</td>
</tr>
<tr>
<td>Quinces into paste of genua</td>
<td>a,30</td>
</tr>
<tr>
<td>Quinces in Marmelade</td>
<td>a,32</td>
</tr>
<tr>
<td>Quinces kept dry all the year</td>
<td>a,47</td>
</tr>
<tr>
<td>Quinces kept long</td>
<td>a,67</td>
</tr>
<tr>
<td>R</td>
<td></td>
</tr>
<tr>
<td>Abbets of sugar paste</td>
<td>a,10</td>
</tr>
<tr>
<td>Raspices in jelly</td>
<td>a,29</td>
</tr>
<tr>
<td>Roots preserved</td>
<td>a,1</td>
</tr>
<tr>
<td>Roots candied</td>
<td>a,53</td>
</tr>
<tr>
<td>Rosa folis to make</td>
<td>b,6</td>
</tr>
<tr>
<td>Rosemary-flowers candied</td>
<td>a,9</td>
</tr>
<tr>
<td>Rose-leaves to dry</td>
<td>a,36</td>
</tr>
<tr>
<td>Rose sirup</td>
<td>a,5</td>
</tr>
<tr>
<td>Roses preserved</td>
<td>a,7</td>
</tr>
<tr>
<td>Roses and Rose-leaves candied</td>
<td>a,9</td>
</tr>
<tr>
<td>Rose paste</td>
<td>a,40</td>
</tr>
<tr>
<td>Roses kept long</td>
<td>a,61</td>
</tr>
<tr>
<td>Rose-leaves dried without wrinkles</td>
<td>a,62</td>
</tr>
<tr>
<td>Rosewater distil’d at Michaelmas</td>
<td>b,14</td>
</tr>
<tr>
<td>Rosewater distilled in a speedy manner</td>
<td>b,15</td>
</tr>
<tr>
<td>Rosewater</td>
<td></td>
</tr>
<tr>
<td>The Table.</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td></td>
</tr>
<tr>
<td>Rose-water most excellent</td>
<td>b, 18</td>
</tr>
<tr>
<td>Rose-water and yet the Rose-leaves not discovered</td>
<td>b, 23</td>
</tr>
<tr>
<td>Rose-water and oyle drawn together</td>
<td>b, 25</td>
</tr>
<tr>
<td>Rose-water of the colour of the Rose</td>
<td>c, 34</td>
</tr>
<tr>
<td>Rose-vinegar of the colour of the Rose</td>
<td>c, ib.</td>
</tr>
<tr>
<td>Rose-vinegar made in a new manner</td>
<td>c, 41</td>
</tr>
<tr>
<td>Salt oyle purified and graced in taste and smell</td>
<td>c, 36</td>
</tr>
<tr>
<td>Salmon kept long fresh</td>
<td>c, 16</td>
</tr>
<tr>
<td>Salt of herbs</td>
<td>b, 12</td>
</tr>
<tr>
<td>Salt delicate for the table</td>
<td>c, 38</td>
</tr>
<tr>
<td>Sawledges of Polonia</td>
<td>c, 14</td>
</tr>
<tr>
<td>Sirup of Violets</td>
<td>a, 4</td>
</tr>
<tr>
<td>Sirup of Roses</td>
<td>a, 5</td>
</tr>
<tr>
<td>Sparrowes to boyle</td>
<td>c, 4</td>
</tr>
<tr>
<td>Spirit of wine extraordinary</td>
<td>b, 1</td>
</tr>
<tr>
<td>Spirit of wine ordinary</td>
<td>b, 2</td>
</tr>
<tr>
<td>Spirits of spices</td>
<td>b, 3</td>
</tr>
<tr>
<td>Spirit</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Spirit of wine tasting of any vegetable</td>
<td>b, 4</td>
</tr>
<tr>
<td>Spirit of honey</td>
<td>b, 3</td>
</tr>
<tr>
<td>Spirit of herbs and flowers</td>
<td>b, 7</td>
</tr>
<tr>
<td>Skin white and cleare</td>
<td>d, 3</td>
</tr>
<tr>
<td>Sun-burning helped</td>
<td>d, 2</td>
</tr>
<tr>
<td>Stove to sweat in</td>
<td>d, 2</td>
</tr>
<tr>
<td>Strawberries in gelly</td>
<td>a, 2</td>
</tr>
<tr>
<td>Strawberries in conserve</td>
<td>a, 5</td>
</tr>
<tr>
<td>Sucket in Lettice stalks</td>
<td>a, 3</td>
</tr>
<tr>
<td>Sucket of greene Walnuts</td>
<td>a, 4</td>
</tr>
<tr>
<td>Sugar musk</td>
<td>a, 1</td>
</tr>
<tr>
<td>Sugar paste for foule</td>
<td>a, 1</td>
</tr>
<tr>
<td>Sugar plate to cast in</td>
<td>a, 1</td>
</tr>
<tr>
<td>Sugar plate of flowers</td>
<td>a, 4</td>
</tr>
<tr>
<td>Sugar plate to colour</td>
<td>a, 3</td>
</tr>
<tr>
<td>Sugar cast in party moulds</td>
<td>a, 4</td>
</tr>
<tr>
<td>Sugar smelling &amp; tasting of the clove or cinamon</td>
<td>a, 7</td>
</tr>
</tbody>
</table>

**T**

<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earle to Boyle</td>
<td>c, 6</td>
</tr>
<tr>
<td>Teeth kept white &amp; found</td>
<td>d, 1</td>
</tr>
<tr>
<td>Thyme distilled in a new maner</td>
<td>b, 1</td>
</tr>
<tr>
<td>Trosler</td>
<td></td>
</tr>
</tbody>
</table>
The Table.

Trofles for the Sea

V

Vinegar distilled

Vinegar to clarifie

Violet sirup

Violet paste

Violet water, or vinegar of the colour of the Violet

Usquebath

W

Wafers to make

Walnuts in sucket

Walnuts kept fresh long

Wardens kept dry all the yeare

Washing water sweet

Whites of eggs broken speedily

Widgen to boyle

Wine, tasting of wormewood, made speedily

Y

Tch helped.

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

1. How to preserve Eringo roots, Aemula 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 ease very tender, because they never boiled in the sirup.

3. How to make Musk sugar of common sugar.

Rule 4. or 6. grains of Muske; place them in a piece of Sarce-ner, fine Lawne or Cambrick doubled: lay this in the bottome of a gally pot, streewing your sugar thereon: stop your pot close, and all the Sugar in a few dayes will both lent 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 thereabout, 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 to 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 parchment, or with wax and rosin mixed together; and hang your pot in a chimney, or neare a continuall fire, and so they will kepe exceeding faire in colour, and most delicate in sent. And if you
The Art of preserving,

you fear their relenting, take the Rose-leaves about Candlemas, and put them once again into a sieve, 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 aboue when you set in your rose-leaves, either the first or second time. Post, numera. 6.

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

Express the juice of clips Violets, and to three parts of juice take one fourth part of conduit water: put the same into an Alabaster mortar, with the leaves which you have stamped, and wring the same out thorow a cloath, as you did at the first, into the other juice: put thereunto sufficient proportion of the finest Sugar.
Conserving, candying, &c.

ger, and brought also into a most fine powder: let the same stand 10. or 12. hours in a clean glazed earthen pan: then drain away the cleeest, and put it into a glasse, and put thereto a few drops of the juice of Lemmons, and it will become cleeere, transparent, & of the violet colour. Then you may express more juice into the sugar, which will settle in the bottom, with some of the thickest part of the juice: 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 of
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 steep 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. Whereof 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 hauy): then put them up
into glasles well loft and luted, keep-
ing your glases in warne 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 cup-
boards.

How to preserve whole Roses, Gilly-
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
Sunes is in some good height, lay
them on papers in the Sun, or else
dry them with some gentle heat in

E 2
The Art of preserving,

in a close room, heating the room 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 Rosmary-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 eyther fully cold, or almost cold: let them rest therein till the sirup have pierced them sufficiently: then take out your flowers with a skimmer, suffer 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 boile all the sirup which remaineth, and is not drunke 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.
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 Ringleaf in faire water, or with some Rose-water in the latter end: then beat blanched almonds, as you would for marchpane stuffe, 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 Ringleaf, being first made into gelly, in faire warme water (note, the more Ringleaf you put therein, the stiffer your worke will prove): then having your rabbers, woodcocks, &c., molded, either in plaiter from life, or else carved in wood (first anointing your wooden moulds with oyle of sweet almonds, and your plaiter or stone moulds with barrowes grease) pour your sugar paste thereon.
Conserving, candying, &c.

A quart of cream, a quartern of almonds, two ounces ofringlasse, and foure or six ounces of sugar is a reasonable good proportion for this stuffe. Queere of moulding your birds, rabbets, &c. in the compound wax, mentioned in my Jewell house, in the title of the Art of moulding and casting, page 60. For so your moulds will last long.

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

This paste you may also drive with a faine 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 meanes 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, Barage, or Rosemary-flowers.

Boile Sugar & Rose-water a little upon a chafing-dish 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 strewe the powder of double refined Sugar upon them, & turne them, and let them boile a little longer, taking the dish from the fire: then strewe 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 banqueting dishes.

Take to every Iordan Almond blanched, three spoonefuls of the
Conserving, candying, &c.
the whitest refined sugar you can get: scarce your sugar, and now and then, as you see caule, 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 little paste: one quarterne of sugar is sufficient to worke at once.

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

There is a countrey 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 by 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 cinnamon 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 blanched, dry
them in a sieve over the fire. Here
the garble of almonds will make a
cheap paste.

13. The making of sugar past, and cast
ning 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 thorough 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 maffe, put a pretty lump of the bignelle of a walnut of gumme draganant, 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 drolle): remember to straine the gumme thorough a canvas: then, having mixed some of the white of an egg 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 wooden moulds a little with some of that powdered Sugar th'o-
row a piece of Lawne, or fine linen cloth: and having driven out with
your rowling pinne a sufficient por-
tion of your paste to a convenient thicknesse, 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 edge 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 be-
fore 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 re-
maineth: and if you will make
fawcers, dishes, bowles, &c. then
(having first driven your paste up-
on paper, first dusted over with su-
gar to a convenient largeness and
thicknesse) put the paste into some
fawcer, dish, or bowl of a good fa-

dition, and with your finger presse 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 fawcer, and let it against the
fire, till it be dry on the inside: then
with a knife get it out, as they use to
do: a dish of butter, and dry the
backside: then gild it on the edge
with the white of an egg laid round
about
The Art of preserving, about the brim of the dish with a penhill, and pritche 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 to 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, Bugloffe, or any other flower.
Conserving, candying, &c.

15. To make paste of N. vie.

Take a quarter of a pound of valentian 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 stringes: 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 yedd 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 roafted, or else a slice of old marmelade:
Conserving, candying, &c.
lade: and so print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may serve it in a banquet.

18. To make a Marchpane.

Take two pound 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 finelie beaten, adding 2 or 3 spoonfuls of Rose-water, and that will keepe your Almonds from oylinge. 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 confit in it: cast biskets and carrowaries in it, and so serve it: gild it before you serve it: you may also print off this Marchpane paste in your moulds for banquetting dibbes: and of this paste our confit-makers at this day make their letters, knots, Armes, Escocchons, 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 Aleyst, 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 hour, 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 again: and being dry, take it out, and sugar it again: then box it, and so you may keepe it all the yeere.

20. To make prince-bisket.

Take one pound of very fine flower, 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 balted 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 linen 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 searced: 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 peace 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 prick them in the middest: 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 sift 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 seared; 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 stiffe paste, with often stirring of it; and when it is stiffe, 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 festival times. It is otherwise called dry Leach.

23. 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 lemon,
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 paste paste.

Take a quart of the finest flower, and the whites of three egges, 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 againe; 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.

15. 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 yolkes of two or three eggs, 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 ewet. In like sort, when you make sugar-cakes, bake your flower first.

26. To make crystal jelly.

Take a knockle of Veale, and two calves feet (your calves feet being flayed and scalded) and Boyle them in faire spring water; and when they are boyled, ready to eat, you may serve your flesh, and not Boyle it to pieces; for, if you do so, the gelly will looke thicke; then take a quart of the clearest of
The Art of preserving, of the same broth, and put it into a posset, adding thereunto Ginger, white pepper, six whole cloves, one nutmeg quartered, one graine of Muske; put all these whole spices in a little bag, and boil them in your gelly; season it with four ounces of sugar-candy, and three spoonfuls of Rose-water; so let it run thorow your gelly-bag; and if you mean to have it looke of an amber colour, bruise your spices, and let them boile in your gelly loose.

27. To make Leach of Almonds.

Take halfe a pound of sweete Almonds, and beat them in a mortar; then straine them with a pint of sweete milke from the cow; then put to it one graine of musk, 2 spoonfuls of Rose-water, too ounces of fine sugar, the weight of 3 whole shillings of Kingslafe that is very white, and
Conserving, candying, &c.

and so boyle them; then let all run thoroow a strainer then may you slice the same, and so serve it.

28 To make Quodinia of Quinces.

Take the kernells out of eight great Quinces, and boile 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 boile till you see it come to be of a deepe colour; then take a drop, and drop it on the bottome of a sawcer; and if it stand, take it off; then let it runne thorough a gely bagge into a bason; then let on your bason upon a chaung-dish of coales, to keepe it warme; then take a spoune, and fyl 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
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, Raspes-berries, or any such ten-
der fruit.

Take your berries, and grind them
in an Alabaster Mortar, with
four 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 flinglaffe, 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 Gemua of Quinces.

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

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 four times in an oven after you have drawne bread: and when it is thorowly dry and hardned, 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
The Art of preserving,
an high colour: put your sugar
and your pulp together so soone as
your pulp is drawne, and let them
both boile together, and so it will
looke of the colour of ordinary mar-
melade, like unto a stewed warden;
but if you dry your pulp first, it will
looke white, and take leffe sugar: you
shall know when it is thicke enough,
by putting a little into a sawcer, let-
ting it coole before you boxe it.

32. To make Jusket 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 weake a-
gaine : then boile it againe, and take
out your roots. In the like sort may
you keepe Orenge pills, or greene
Walnuts, or any thing that hath the
bitternesse first taken from it by boy-
ing in water.

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

Take one pound of fine sugar,
and eight spoonefuls 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 keepe it in a hot place
three weeks, and it will candy hard.

C 3
You
The Art of preserving,
You must break your pot with an hammer, for other wise you cannot get out your candie. You may also candy Oranges or Lemmons in like sort, if you please.

34. To preserve Oranges, after the Portuguese fashion.

Take Oranges 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 Oranges into it, & that will make them take sugar. If you have 24 Oranges beate 8 of them, till they come to paste, with a pound of fine sugar; then fill every one of the other oranges with the same, and so boile them againe in your sirup: then there will bee marmelade of Oranges within your Oranges, & it will cut like an hard egg.
35. To candy Orange pills.

Take your Orange pills, after they be preserved: then take fine Sugar and Rose-water, and boil it to the height of Manus Christi: then draw thorough your Sugar; then lay them on the bottom of a sieve, and dry them in an Oven after you have drawn bread, and they will be candied.

36. To preserve Cucumberers all the yeare.

You may take a gallon of faire water, and a potle of veruyluce, 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 cucumberers into that pickle, and you shall keepe them all the yeare.
The Art of preserving.

37. To preserve broom-capers all the yeere.

Boile 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 searced sugar untill the colour please you, and so shall you have a faire murrey colour. Saggreene must be tempered in a little Rose-water, having some gumme first dissolved therein, and so lay it on with a pennisill 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 maketh a Walnut colour, and Ginger and Cinamon 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, Comflpes, or Liquorice.

Shred, 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 seeme as if it were roch candied: cut the paste into pieces of what fashion you list, 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 Scarce. These roules
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 steep 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
heate, 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 scarce through colanders of severall bignesse, take
the smallest thereof, and roule your
Nutmegs up and downe therein, ei-
ther in a dish or upon cleane paper:
then stoeve 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 roule
them in the grosser Sugar-candy, and
then stoeve 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,
Conserving, candying, &c.
therein presently. The stronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in steape 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 dric up your inward
moysture with a cloth of Linnen,
then boile rose-water and refined su-
gar together, but not to any great
stiffenesse; then pour it into your
moulds: let your moulds stand one
hour, and then gently part or o-
pen the moulds, and take out that
which you have cast. You may also
worke the paste, antecvnumvro, 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 superflu-
ous edges, and so likewise of the
other halfe: then press both sides
of the mould together, two or three	
times, and after take away the crest
that will arise in the middest. And
to make the sides to cleave toge-
ther, you may touch them first over
with gummme draguant dissolved,
before you press 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 half thereof: then temper some burnt Alabaster with faire water, in a stone or copper dish, of the bigness of a great silver boole, 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 half part with the Lemmon in it, and pare it even in the insides, as near as you can, to make it resemble the just half 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 off a picee of the top of both your party moulds, and cast thereto another cap in like manner as you did before. Keep the 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 spoon, it will run at the last as fine as a haire, then taking off the cappe of your mould, poure the same therein, filling up 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-
times
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 route it, and turn
it up and downe long-wayes in the
aire.

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

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
verjuice of sower grapes, or juice 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, stire 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 reveried, as they use in Cassia fistula; 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 fruite. If you fear adulsion 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 brass pans, turning them as you shall see cause. But if the plum 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 kepe Apples, Peares, Quinces, Mardens, &c. all the yeere, dry.

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

48. To make green ginger upon stoup

Take Ginger one pound: pare it
clean: steep it in red wine and
vinegar equally mixed: let it stand
so xii. dayes in a close vessel, and e-
very day once or twice stir it up and
downe: then take of wine one gal-
lon, and of vinegar a pottle: seethe
all together to the consumption of a
moity or halfe: then take a pottle of
clean clarified honys, or more, and
put thereunto, and let them boyle
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 jocet of green walnuts.

Take Walnuts when they are no bigger than the largest hazel nut; pare away the uppermost green, but not too deep; then sethe 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 cool: then straine the Damsons thorow the colander, taking away the stones, and
The Art of preserving, and skinnies: 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 boyled, 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 let 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 other 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 stiness: 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 tenne or twelve dayes, till you finde the candy hard, and glistering like diamonds: you must dip the red rose, the gilliflower, the marigold, the borage-flower, and all other flowers but once.

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

First of all you must have a depe 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 ba-
son to melt your sugar in, or a faire
brasen skillet.
you must also have a fine brasen
ladle, to let run the sugar upon the
seeds.
you must also have a brasen
slice, to scrape away the sugar from
the hanging bason if neede re-
quire.
Having all these necessarie ves-
sels and instruments, worke as fol-
loweth.
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 ve-
ry 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 four 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 pint 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 gristie
Conserving, candying, &c.

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

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

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.

Moove the seeds in the hanging bason as fast as you can or may,
The Art of preserving,

when the sugar is in casting.

At the first coat put on but one halfe spoonful with the ladle, and all to move the basin, 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 coat.

Doe this at every coat, not onely in moving the basin, 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 raggedness 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 spoonesfull, and have a light hand with your bason, casting on but little sugar.

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

See that you keepe your Sugar alwayes in good temper in the bason, that it burne not into lumpes or gobbets; and if your sugar bee at any time too high boyled, put in a spoonesfull or two of water, and keepe it warily with the ladle, 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 Cinnamon, and cut it into pretty small stickes beeing dry, and beware you wet it not: for, that deadeth the Cinnam:
Conserving, candying, &c.

mon: And then worke as in other
consfits. Doe this with Olengerindes
likewise.

Worke upon Ginger, Cloves, and
Almonds, as upon other seeds.
The smaller that Anuis-seed con-
sfits be, the fairer, the harder, and so
in all other.

Take the powder of Cinamon,
two drammes; of fine Muske, dis-
solved in a little water, one scru-
ple: 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 coares of a light
decocotion, that they may be round
and plaine: and, with an high de-
cocotion, you may make them
rispe.

You must have a course hearce
made for the purpose with haire,
or with parchment full of holes, to
The Art of preserving,
part and divide the comfits into several sorts.

To make paste for comfits, Take fine grated breade foure ounces, fine elect Cinamon powdered halfe an ounce, of fine ginger powder one dramme, saffron powder, a little; white sugar two ounces, and a few spoonfulls of borage-water, ‘seethe the water and the sugar together, and put to the Saffron, then first mingle the crummes of breade, and the spices well together, drye them, put the liquor scalding hote upon the stuffe, and being 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 Cinamon, will
Conserving, candying, &c.

will take at the least a pound of sugar for biscuits, and likewise of sugar or ginger powder.

Halt 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. coates.

Put into the sugar a little Amylum dissolved for five or six of the least coates, and that will make them exceeding crispe: and if you put too much Amylum or starch to the comfits which you would have crispe, 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 comfits, see the three
The Art of preserving,
or four ounces of brazail 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 tumne so much
water with one dramme of turnsole, 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 boiled 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 biskets, take two spoonfulls of liquor; of sugar, seared in a coarse
sacre, one dramme; and of sugar-powder, to bee molt and cast, one
ounce. This done, will make the biskets
Conserving, candying, & c.
biskets somewhat faire, and somewhat greater than Poppy-feeds.

After. 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 sugar 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-seeds, halfe a pound; Fennell-seeds, a quarter of a pound; and sugar, two pound sufficeth.

In six or eight of the last coasts 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 gelly.

Take a cocke, scalde, wash and draw him cleane, seethe it in white wine or Rhenish wine: Scum it clean, clarifie the broth after it is strained, then take a pint of thicke and sweet creame, 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 flour, put into it a little creame with two yolkes of egges and a little Rose-water, with a little seasced Cinamon and sugar, worke them all together, and bake the paste upon hot Irons.

57. To
Conserving, candying, &c.

57. To make Almond butter.

Blanch your Almonds, and beate them as fine as you can with faire water, two or three houres, 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 Ifinglafic dissolved, and some Cinamon 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 tingleffe, stirring it till it be 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.

Scape or wash your Parsneps cleane, slice them thinne, dry them upon Canvas or Net-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.

Cover 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 scarced 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 taire a long time upon the vine.

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

If you would performe the same well in rose-leaves, you must in rose time make choice 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 chuse 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 sinne; and having shallow, square or long boxes of 4. 5. or 6. inches deepe, 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 strewe 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 days they will bee thorough dry) then take them out carefully with your hand without breaking. Keepe these leaves in large glases, 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-gilliflowers, or other single flowers, pricke them one by one in sand, presling 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 leafe of any herbe in this manner: and lay it, being dry, in his Herball, with the simple which it representeth, whereby he 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 Press, will last till Easter. If they shrinke, you may plumpe them up with a little warme water before you cate 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 Press or Cupboard, which would
Conserving, candying, &c.

would stand in such a roome (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 plampe 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 shelfles carefully, so
as you deface not the kernels: (and
therefore you must take choice of
such nuts as have thin shelfs) what-
soever you finde to come away eas-
ily, remove it: steape 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 a-
ny 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 vessell 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 vessell, 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 Whitsontide, did taste more daintily than any of those which are kept in our usuall 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 continual 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 Pomegranates have beene fresh till Whitsonday.

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 thinne and
small pieces, and keepe them in
this decoction: when you spend
them, you must lay them first in
warne water, and then in colde,
to take away the bitternesse of them.
This of M. Parsons, that honest and
painefull practicer in his professi-
on.

In a milde and warne winter, a-
bout a moneth or three weekes be-
fore 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 Ar-
tichokes, one upon another, as
closet as I could couch them, cove-
ring them over of a pretty thicke-
nesse with Artichoke-leaves: those
Artichokes were served-in at my
Table all the Lent after, the ap-
ples 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.

Dwayberries that doe 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. Probay per M. Pavsons, the Apothecary. Prove what other fruits will also bee preserved in this manner.

71. To make Clove or Cinnamon Sugar.

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

72. Hasell Nuts kept long.

A Man of great yeares and expe-
rience assured me, that Nuts may
be kept a long time with full kernels,
by burying them in earthen pottes
well stoppt a foote or two in the
ground: they keepe best in gravellic
or sandy places. But these nuts I am
sure will yeeld no oile as other nuts
will, that waxe drye in the shels with
long keeping.

73. Chestnuts kept all the yeere.

A Fter the bread is drawne, disperse
your Nuts thinly over the bot-
tome of the Oven, and by this means
the moisture beeing dried up, the
Nuts will last all the yeere: if at
any time you perceive them to re-
 lent, 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 thick over the glasse body, wherein you put your Sacke, Malinesie or Muske-dine; oyle the paper or Virgin-parchment with a penfyll, moistened in the oyle of Ben, and distill it in Balneo with a gentle fire, and by this means 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
Secrets in Distillation,
all the jointes well in this distillation.
This Spirit will vanish in the ayre, if
the glasse stand open.

2. How to make the ordinary Spirit of wine that is sold for
five shillings and a
noble a pinte.

Put Sacke, Malmcife, or Muskada
dine into a glasse body, leaving
one third or more of your glasse
empty, set it in balneo, or in a pan of
athes, 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 spoonefull 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
againe in a lesser body, or in a bolt
receiver in stead of another body, lu-
ting a small head on the top of the

E 2
Secrets in Distillation.

Steele 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 athes, the strong and sweete water, wherewith you have drawne oyle of cloves, mace, nutmegs, juniper, rosemary, &c. after it hath stood one moneth close stoppt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.


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

In spirit of wine a day or two, & then distill it over again, unless 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 it selfe: and the second and whiter sort, which is weakest and commeth last, by it selfe: distill in a pewter Limbecke luted with paste to a braske pot. Draw this in May or June, when the herb is in his prime.


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

picke 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: steepe 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 graines 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 Gum Amber, with corall and pearle finely powdred, and fine leave-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 fixe 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 stop: twenty foure hours, shaking them together divers times: then put thereto of Turnesole 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 Turnesole.
Secrets in Distillation.

8. D Stevens Aqua composita.

Take a gallon of Galcian wine, of Ginger, Galangale, Cinamon, Nutmegs and grains, Annis-seeds, Fennel-seeds, and Carroway seeds, of each a dram; of Sage, Mint, red Roses, Thyme, Pellitory, Rosemary, wild Thyme Camomill, Lavender, of each a handful: bray the spices small, and bruise the herbs, letting them mace-rate 12 hours, stirring it now and then, then distill by a Limbeck of pewter, keeping the first cleere water that commeth by it selfe, 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 Aquavitæ.

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 clean and bruised: let them macerate five or six days in a wooden vessel, stopping the same close, and then draw off as much as will run clear, dissolving in that clear Aqua vitae five or six spoonfuls of the best Malasfoes you can get (Spanish Cura; if you can get it, is thought better than Malasfoes) then put this into another vessel; and after three or four days (the more the better) when the liquor hath fined it itself, you may use the same; some add 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 drawn from wine lees, Ale, or low Wine, five 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 hat 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 Cinnamon, then may you boldly, after the Spirit once beginneth to come strong of the Cinnamon, draw untill you have gotten at the least a gallon in the receiver, and then divide often by halfe pinteres, and quarters of pinteres, lest you draw too long: which you shall know by the fainte taste and milkie colour, which distilleth 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 add thereunto so much of your Spirit that came before your Cinnamon-water, as the same will well beare, which you must finde by your taste. But if your Spirit and your Cinnamon bee 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. Here note, that it is not amisse to observe which glass was first filled with the spirit that ascended, and so of the second, third and fourth: and when you mixe, beginne with the last glass 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 mean 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 heed that your Limbecke be clean, and have no manner of sent in it, but of wine or Cinnamon, and so likewise of the glasses, funnels and pots which you
Secrets in Distillation.

you shall use about this worke.

11. How to distill Myrrh, Thyme, Lavender, Rosemary, &c. after a new and excellent manner.

Having a large pot containing 12. or 14. gallons with a Limbecke to it, or else a copper bodie with a serpentine 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 hearbes as you would distill; the hearbes beeinge either moist or drie, skilleth not greatly whether: let the hearbes marerate all night, and in the morning beginne your fire, then distill as before in Cinamon water, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer than you feele 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 summitie 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 dried 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 seek 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 phylske.


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 wodden vessell, and when it is but blood-warme, set it on work with yeast after the usuall manner of Beere and Ale: tunne 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 clean linen under them, let them lie three or foure houres, or if they bee dewy, untill the dew bee fully vanished: put these Rose-leaves in great stone pottes, having narrower mouthes, and well leaded within, (such as the Goldsmithers 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 corks, either covered all over with waxe or molten brimstone, and then set your pot 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 vineger, without the addition of any common vineger. I have knowne 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 pearsce 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 thhee or foure
Secrets in Distillation.

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

16. How to distill wine-vineger or good Aligar, that may be both cleare and sharpe.

I knowe it is an usuall manner, among the Novices of our time, to put a quart or two of good vineger 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 there is no separation made at all, and also because I feare, that the vineger 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 vineger, is the middle part that ariseth: for, the first is faint & phlegmatick; and the last will taste of adustion, because it groweth 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 selhe.

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 bodie, straine a hairc 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.

Expreste a good quantity of the juice thereof, set it on the fire, and give it only a walme or two, then it will grow cleare: 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 Eglantine, Gilliflower, &c.

Rie the herbe 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 influyth, 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 confudely 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 bason of common water maketh very sweet washing water.

22. How to draw the bloud 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 onely) nip or elle lute the glasse very well; digest it in Balneo xv.or xvi.dayes, and you shall find the same very red; divide the warrish part; and that which remai-neth, is the bloud or sllence of the herb.

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

You must distill in Balneo, and when the bottome of your pew-ter 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 pro- fit will require your labour, yet ac-
cept 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, sicut 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 flecteth 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 oile of Lignum Rhodum this way, saving that you shall not neede to macerate the lame above foure and twenty houres in your water or menstruum before you distill: this oile hath a most pleasing smell, in a manner equall with the oile of Roses.
COOKERY AND
Huswifery.

1. To souce 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. Alter.

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 Husewifery.
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 Rose-
mary, a little whole Mace, a little
whole Pepper, seasoned with ver-
juice, salt, and a piece of sweet but-
ter, and to serve it: this broth will
serve to boile fishe 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: ea-
sion it with sugar, verjuice, and a lit-
tle pepper.
Cookery and Huswifery.

5. To boile a capon in white broth.

Boile your Capon by it selfe 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 dis-colour your broth, and put it on the breast of your Capon, Chicken, or Rabbage: if you have no Almonds, thicken it with cream, or with yolks of eggs, garnish your dishes on the sides with a Lemmon sliced, and sugar.

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

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 Oxen-suet and marrow: then take grated bread, sweet Creame, and yolkes of egges, and a few sweet herbes: put unto it Currans 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 grote peper upon the roots.

8. To boile Pigs-pettiees 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 egg, 2. spoonefuls of sweet cream, and one spoonefull of flower: make sawce for it with nutmeg, vinegar, 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 Lemon 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, rose it like wooll: then boile it in sweete Creame: 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 Alabaftar mortar with a wooden pestell, then draw it thorough a thinne strainer.
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 lie three nights in brine: then boil it, and hang it up in a chimney where fire is usually kept: and these few fedges will last a whole yeare. They are good for failadors, or to garnish boiled meats, or to make one rellin a cup of wine.

To make a Polonian Poyedge.

To make the yolkes of two eggs and a little Rolve water, then let it on a chafing dish with coals, mixing foure ounces of sugar with it, and when it is cold, thin it up like Almond butter, and serve it.
Cookery and Housewifery.

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 exceeding the old manner of boiling brawn in great and huge kettles. Or else 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 work.


Incorporate the body of salt fish, Stock-fish, Ling, or any fresh fish that is not full of bones, with crums of bread, flour, flungalfe, &c.
Cookery and Husbandry,
&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
16. How to keep fresh Salmon a whole moneth in his perfect taste, and delicacy.

First seethe your Salmon according to the usuall manner: then sinke it in apt and close vessels in wine-vineger, with a branch of Rosemary therein. By this meanses, 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 oile; and some, the sweetest Civill oile that you can get: for the fish will not taste at all of the oile, 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 vigner, and so you may keepe it for the use of your Table any reasonable time.

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

This is also done in Wine vigner, your peeces being not over great, and well and close barrelled up. This secret was fully proved in that honourable voyage unto Cales.

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

WHEN your Beefe hath been well and throughly powdered by tenne or twelve dayes space, then seethe it thoroughly, dry it
Cookery and Huswifery.

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

20. A conceipt of the Authors, how B'ose 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 Gentlemens, for whom I did principally, if not onely, intend this little Treatise, I will make bold to launch 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 doc
Cookery and Houswifery.
doo oftentimes meekly perish, or else,
by the extreme piercing of the salt,
do lose even their nutritive strength
and vertue: and if any future experience do happen to controule my present conceipt, let this excuse a scholar, 
*quod in magnis est valuisse
duis.* 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 brine: then barrell up all the pecces in vesells full of holes, fastening them with roapes at the sterne of the ship, and so dragging them thorow the salt sea water (which, by his infinite change and succession of water, will suffer no putrefaction, as I suppose): you may happily finde your Beefe both sweet & savouury 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 shall be urged thereunto upon any necessity of service, I hope to
Cookery and Housewifery.

to discover the means also whereby every ship may carry sufficient store of victual for her selfe in more close and convenient cariages than those loose vessells are able to performe. But if I may bee allowed to carry either rosted or sodden flesh to the sea, then I dare adventure my poore credit therein, to preserve, for six whole moneths together, either 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 termes, I will be ready to disclose for the good of my countrey.
Cookery and Huswifery.

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 Cheefe of the same proportion of milke than is commonly used or knowne by any of our best Dairye-women at this day.

Having
Cookery and Huswifery.

Having brought your milke into curds by ordinary renet, either breake them with your hands, according to the usuall 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 milke, adde a weight of tenne or twelve pound: which weight must rest upon a cover that is fit with the moat or case; wherein it must truely descend by degrees as you increase your weight, or as the curds doe sink and settle. Let your curds remaine so all that day and night following, untill the next morning: and then turne your Cheese or curds, and place your weight againe 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 only morning and evening to turne the wrong side upward, both the bottomes being made loose, and so close and fitting, as they may linke truly 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 spongingious and full of eyes, than these, by reason of the violent pressinge of them; whereas these Cheeses seeling 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 cream upon it, whereby the Cheese must of necessitie bee much lesse, and, as I ghesse, by a fourth part: whereas the Whey that commeth from these new kindes 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 suffeth in the breaking of them, that so the cheeses will yet be so much the greater: but that is the more troublesome way, because the curds, being tender, will hardly endure the tunning, 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 Parmeelesan: and if your whole cheeses consist of unflattem milk, 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 rubhes or nettles. I have robbed my wives Dairy of this secret, who hath hitherto refused all recompences that have beene offered her.
Cookery and Huswifery.

Her by gentlewomen for the same, and had I loved a Cheese my self so well as I like the receipt, I thinke I should not so easily have imparted the same at this time. And yet I must needs confesse, 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 upon 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 Huswisery.

evening, but let it not seethe: and this is called my Lady Young’s cloved cream.

24. Flesh kept sweet in summer.

You may keepe Veale, Mutton, or Venison in the heate of Summer ix. or x. daies good, so as it be newly and fair 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 knownne 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 vineger, in two or three dayes becommeth exceeding good mustard; but it would be much stronger and finer, if the huskes and huls were first divided by sarse or boulter: which may easily be done, if you dry your seeds against the fire before you grind 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 sauce, because our mustard, which we buy from the chandlers at this day, is many times made up with vile and filthy vineger, 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 broyle thin slices of Polonian sawdedges, 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 10. or 12. dayes olde, whereby it is growne reasonable cleere, then
Cookery and Huswifery.

then bottle it, making your corks 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 all o' 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 egges
speedily.
A Fig or two shred in pieces, and
then beaten amongst the whites
of egges, will bring them into an
öyle speedily: some breake them with
a stubbed rod: and some, by wring-
ing them often thorow a sponge.

30. How to keepe flyes from
olye pieces.
A Line limed over, and strained
about the creft of oyle-peesces or
pictures, will catch the Flyes, that
would otherwise detace the pictures.
But this Italian conceipt, both for
the rarenesse 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 discern 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 kepe Lobsters, Crabshes, &c.

sweet and good for some few dayes.

These kindes of fish are noted to bee of no durability or lasting in warne 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 several cloths, so as one doe not touch the other.

32. Divers 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 Goslings 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, tune halfe a pint of white Ipcrasse that is newly made, and after the best receit, with a bottle 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 vessel of Ale till you finde the taste thereof sufficiently grace to your owne liking.

33. How to make worme-wood wine very speedily and in great quantity.

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

extracted oyle of wormewood there-in: 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 wormewoodwine.

34. Rose-water and Rose-vineger of the colour of the Rose, and of the Comsp, 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 theeres: and beeing thorow dryed, 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. Keep this Rose-water in glasses very well stoppt; the fuller the better. What I have said of Rose-water, the same may also be intented of Rose-viniger, violer, marigold, and cowslip-viniger: but the whiter viniger you chuse for this purpose, the colour thereof will bee the brighter: and therefore distilled viniger 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 viniger.

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

Expreste their juyce, and passe it thorough an Ipocratie bagge, to clarifie it from his impurites: then
Cookery and Huswifery.

then fill your glasse almost to the top: cover it closely and let it stand so till it have done boiling: then fill up your glasse with good fallet oyle and set it in a close closet or butterie, where no Sun commeth: the aptest glasses for this purpose, are straight upright ones, like to our long beere-glases, which would bee made with little round holes within two inches of the bottome, to receive apt faucets: 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 faucet well in the hole. You may also in this manner preserve many juices of herbs and flowers.

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

furnish a great number of you (I would I could furnish you all) with the juice of the best Civill Oranges at an ease price. About Allhollantide, 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 purge and give an excellent smell and taste into sallet oyle.

Put sallet oyle into a vessel of wood or earth, having a hole in the bottom: to every tourte quart of water, adde one quart of oyle, and, with a wooden spoone or spattle, beat them well together for a quarter.
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 Pius Quintus his privie Kitchen. I thinke 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-glaffe in bano, 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 sent and taste do please you; I thinke ma-
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 wax so as their last coat may be merey wax: and by this means you may carry them in your hand without melting, and the scent of the tallow will not break thorow to give offence: but if you would have them to resemble yellow wax-candles, then first let the tallow bee coloured with Turmerick boyled therein, and strained: and after your Candles have beene dipped therein to a sufficient greatness, let them take their last coat.
Cookery and Huswifery,
coat from yellow wax: this may bee done in a great round Cane of tinplate, having a bottome, and being somewhat deeper than the length of your Candles: and as the wax spondeth, 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 middest of every week, and left of some length above the Candle, to fasten the same to the pofts in the rooфе of your house; and if the roome be any thing high roofed, it will bee hardly discerned, and the flame though it consume the tallow, yet it will not melt the wyer.

41. Rose-
41. To make Rose-vincgar.

Macerate or steep Rose-leaves in faire water: let them lye therein till they wax sour in smell, and then distill the water.
Sweet Powders, Oyntments, Beauties, &c.

1. An excellent damask powder.

You may take of yreos halfe a pound, Rose-leaves four 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 graines: civer: six
graines:
Oyntments, 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 pestell, 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  
practically.

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 fluest out of a  
Birch tree in great abundance,  
being opened in March or Aprill,  
with a receiver of glass 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 searced thorow a fine Scarce, and after, ground upon a porphyrie or serpentine stone, is an excellent fucus, being laid on with the oyle of whie poppy.

8. A delicate washing ball.

Take three ounces of Orace, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Rose-leaves, two ounces of Lavender-flowers: bear all these together in a mortar, searcing them thorow a fine Scarce, then scrape some castill
Oytments, beauties, &c.
castill sopo, and disslove it with some Rose-water, then incorporate all your powders therewith, by labouring of them well in a mortar.

9. Damask powder.

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 kepe 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.
Sweet powders,

II. To allay heat and cleare 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 winetherein; 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 sucking childe with breast-milke, or cow-milke, or mixed with water,
Oyntments, beauties, &c.

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

13. An excellent Pomatum to cleere the skinne.

W Ash 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.

15. To
Oyntments, beauties, &c.

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

Boyle halfe a pecke of Oates in a quart of water, till they were dry: then having first annointed your hands with some good Pomatum and well chated 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 pimples.

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
shels which some doe call ginny
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 boile:
but if it offer to boyle out of your
glasse, 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 ointment dryeth, put
more juice of Lemmons to it. This
of an outlandish Gentlewoman, and
it is an allured remedy, if the heat
be not very extreme. Some have
found by experience, that bathing
of
Oyntments, beauties, &c.

of the face with hot vinegar every night when they go to bed, doth mightily repel the humour.

Quile bay salk well dried and powdered in double linen socks of a pretty bigness; let the patient wear them in wide hose and shoes day and night, by the space of fourteen days, or till hee bee well; every morning and evening, let him dry his socks by the fire and put them on again.

This helped M. Foster, an Essex man, and an attorney of the common pleas, within these few years, but now deceased; whose face was, for many years together, of an exceeding high and furious colour, or my own knowledge, and hath spent much money in physicke without any success at all, until hee obtained this
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 distilled 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 dayes: then take out the egges and pricke them full of holes with a needle, but not too deepe, least 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 dye up the brimstone in the cloth, 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 applyed unto any pimple one houre, maketh the flesh to rise spongeous: which being anoynted 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, Sumne-burning, itch, or red face.

Steep two sliced Lemmons being large and faire, in a pint of conduit water; leave them soure 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 eggges whole.
Oyntments, beauties, &c.

whole with their shells, three yellow Dock-roots, picked and sliced, two spoonfuls of the flowers of brims-tone: 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 daies it commonly helpeth: put some bran in your cloth before you may then your cloth there in, 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
Sweet powders,
from a Traveller, who hath cured himselfe thereby.

24. To cure any extreme, bruise
uppon 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 proved, with good
success, in a maide that fell downe a
paire of staires, whereby all her face
was extremely disfigured. Some
hold opinion, that the lame 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,
shred the root of a greene or growing
flower-
Oyntments, beauries, &c.

Flower-delicce: 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 soon as the colours be vanished, immediately remove the salve.

25. How to kepe 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 lips, rubbe all thy teeth over a pretty while every morning till they be clean, 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 towell. This of an honest Gentle-
man, and a painfull gatherer of
physicall receites.

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

Dissolve in foure ounces of warme
water, three or foure drammes
of gumme Dragagant, and in one
night this will become a thicke sub-
stance like gelly: mingle the same
with the powder of Alabaster fine-
ly ground and scarred: then make
up this substance into little round
rolls, of the bignesse of a childes
arrow, and foure or five inches in
length. Also if you temper Rosset,
or some other colour (that is not
hurtefull) with them, they will shew
full of pleasing veins. 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 keep them clean by rubbing them with the aforesaid rouls.

And here, by these miserable experiences that I have seen in some of my nearest friends, I am enforced to admonish all Gentlewomen to be careful how they suffer their teeth to be cleansed and made white with any Aque Fortis, which is the Barber’s usual water: for unless the same bee both well allayed, and carefully applied, thee may happen within a few dressings to be forced to borrow a ranke of teeth to eate her dinner, unless her gummes doe helpe her the better.

27. A delicate Stove to sweat in.

Know that many Gentlewomen, as well for the clearing of their 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 braffe pot of some good content,
such proportion of sweet herbs, and
of such kinde as shall bee most ap-
propriate for your infirmitie, with
some reasonable quantity of water,
close the same with an apt cover,
and well-luted with some paste made
of flower and whites of Eggs: at
some part of the cover you must let
in a leaden pipe (the entrance where-
of must also be well-luted:) this
pipe must bee conveyed thorow the
side of the chimney, where the pot
flandeeth 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
steame of the pot passing 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 bathing tub, lest any sudden cold should happen to offend you whilte 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 whencesover you shall draw any of
Sweet powders,
of the aforesaid Oyles of Cinnamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a
potter or gallon more or little, according to the quantity which you
draw at once, of excellent sweet washing water for your table: yea 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 four drops onely of the oyle of Cloves, Mace, or Nutmegs, (for Cinnamon
oyle is too costly to lpend 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 in-
corporated themselves together,
you shall finde a very pleasing & de-
lightsfull water to wash with, and to
you may alwayes furnish your selfe
of sweete water of severall kindes,
before such time as your guests shall
be
Oyntments, 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 scent, and for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to be the cheaper way, for that I assure my selfe there may be five or sixe gallons of sweet water made with one ounce of the oyle, which you may buy ordinary 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 Civer, and three graines of the aforesaid composition well wrought together.
Sweet powders,

ther. Temper them well in a silver spoone with your finger: then put the same into a silver bowle, washing it out by little and little into the bowle with a little Rose-water at once, till all the oyle bee washed out of the spoone into the bowle: & then doe the like by washing the same out of the bowle with a little Rose-water at once, till all the rent bee gotten out, putting the Rose-water full in a glasse, when you have tempered the same in the bowle 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 Civer, then you may to every pint put one graine and a halfe, or two granies of Civer to the weight of three granies of the aforesaid composition of oyles.

30. To colour a black haire presently into Chesnut-colour.

This
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.

Let 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: strain your dew, and expose it to the Sun in glasses covered with papers or parchment pricked full of holes; strain 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 Fennel 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, etc.

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 Lemmon, 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 hairse brush upon a smooth stone in every place, and all ouer: then hang your gloves to dry upon a line: then with gumme Dragant 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 bee 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 blow, goe over it againe with your sponge and the mixture of gumme and oyle, and dry the glove yet once again. Then grind upon your stone two or three grains of good Muske, with half a spoonfull of Rose-water, and with a very little piece 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 and straine your gum Dragagant 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 Lambes leather glove: and if you worke uppon 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 yllow or golden colour.

The last water that is drawne from honey, being of a deepe redde 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 cleanse washed, and then moistened a pretty while by a good fire in warme Alome water with a sponge, you may moisten the same in a decoction of Turmerick, Rubaib, 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: foure ounces to a pottle 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 beard 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 thione 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 Sepiuse 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 CLOSE
for Ladies and
Gentlemens

or

The Art of Preserving
Confectionary and
Condygifs
with the manner of
making divers kinds of
cakes, and all kinds of
preparations thereunto.

In two volumes, the second
volume containing

London,
Printed for J. Newbery,
1753.
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 pece 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 gelly: 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 thickeinesse, 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 natu-ral Pippin, put in one grain of musk, and one drop of the Chymicall oyle of Cinnamon, 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 bee pap, then let the liquor come from them, as you doe from your Quodiniacke, into a Bashon: then put into them one pound of Sugar clarified, and put into this as many greene Pippins vnpared 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, por 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 of the outward skin of them: they will Boyle as long as a piece of beece, and therefore you need not feare 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 meat 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 by
A Closet for Ladies

by the midst: then wash them cleane, and beware you bruise them not: then take of fine Barbary Sugar, and let it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seeth till it bee 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 kepe them all the yeare.

To preserve red-rose leaves.

Of the leaves of the fairest buds take halfe a pound: lft them cleane 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 untill it be scalding hot: and then make a good many of other red rose-leaves and put them into the scalding water, untill they begin to looke white, and then straine them: and thus doe untill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the li-quer, with halfe a pound of Rose-leaves, and let them seeth together untill they bee enough: the which to know, is by taking some of them up in a spoone, as you doe your Cherries; and so, when they bee thorow cold, put them vp, and keepe them very cloie.

To preserve Oranges and Lemmons.

Take your Oranges and Lemmons, large and well coloured, and take a raspe of fleele, and raspe the outward 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 bee boyled 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 upon a very gentle fire,
and Gentlewomen.

fire, putting vnto them a sticke or
two of good Cinamon 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 si-
rup 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 perboylde, pill 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

Sirup and then put in your Peaches, and let them boyle in the sirup a quar- ter of an hour 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 brake them not; and as you pare them, put them into cold water, and let them all remaine there till all be finisht: and then you must take tene: y 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 together, with a little stirring as may bee, for feare of breaking, untill they bee enough:
and Gentlewomen.

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

To preserve Barberrys.

Take your Barberrys very faire and well coloured, and picke out every stone of them, and then weigh them: and to every ounce of Barberrys, you must take three ounces of hard Sugar; and with halfe an ounce of the pulpe of Barberrys, 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 Barberrys, and let them boyle a quarter 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 Ber- ries, 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 Egg, and Boyle it to a thick sirup: and then put in your Gooseberries, 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 shorrow 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
and Gentlewomen.

to the height of a sirup, and then put in your Damsons, keeping them with continual scumming and stirring, and that with a siluer spoone; and so let them boyle untill they bee enough, upon a gentle fire: and when they bee 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 every 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, yslng them as your Cherries, and so you may keepe them all the yeere.

To preserue Enula Campana roots.

Take of your Enula Campana Roots, 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 bitterness; weigh them, and to every pound of Roots, you must take twelve ounces of clarified Sugar, first boylng your Roots as tender as a Chickin, and then put them into your clarified Sugar, and let them boyle uppon 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 vse.
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 Quadling: 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 Manus Christi.

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 gobbets, and so keepe them.

Tocandie 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 mor-
ning stir it about roundly, and it will
bee rocke-candied in a very short
space.

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

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, up-
on faire paper: then take some dou-
ble-refined Sugar, and beat it very
fine, and put it in a fine lawne seare: when you have laid abroad all the
Rose leaves in the hottest of the
sun, seare sugar thinly all ouer them;
then anon the Sunne will candy the
Sugar; then turne the leaves, and
seare Sugar on the other side, and
turne them often in the Sunne, some-
times sprinkling Rose water, and
sometimes searing Sugar on them,
vntil 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 flowers two ounces, and flied them, and drye them before the fire: then take foure ounces of Sugar, and Boyle it to the height of Manu Christi; then powre it vpon a wet Pie-plate, and, between hot and cold, cut it into wedges: then lay them on a sheere 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-arab-becke is dissolved; then take fine seezd Sugar, and dust over them, and set them
and Gentlewomen.

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

To candy 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 Eggs, and boyle it almost as hie 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 coles 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
A Closet for Ladies

two pound, and clarifie it with the whites of Eggs exceeding well, that it may bee as cleare as Chrystaffl, for then it will bee very commendable: it being clarified, 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 Stoue, and keep 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 dry them againe with a jinnen cloth; then weigh them, and to every pound of roots you must take a pound and three quarters of Sugar: clarify 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.

Sow them, and keep them all the year.

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 four 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 keep them in a stove.
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 linnen cloth wipe them very clean, and picke of all the stalks from them and weigh them: and to every ounce of Berries, you must take two ounces of Sugar, and half 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 shrinke, and so stir them in round with a woodden Spatter till they bee candied; and thus put them vp and keepe them.

To candy Rosemary-Flowers.

Take of your Rosemary-Flowers ready picke, 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 boil them till they come to Sugar again: which done, put in your Rosemary-flowers when your Sugar is almost cold, and so stirre them together 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 cleane, and weigh them, and vitie them in every respect as you did your Rosemary-Flowers, save this, that when they bee candied, you must set them in a Still, and so keepe them in a sheet of white paper, putting every day a chafindish of coals into your Still, and it will be candied very excellently, and that in a short space.

Here end the sorts of Candying.
A Closet for Ladies

To make Passe 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 slightly heat: the next morning you may turne it, and put them off the plates upon sheets of Paper upon a hurdles: and so put them into an Oven of like heat, and ther let them remaine fourre or five daises, 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 yeare.

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

Take your Eglantine Berries, otherwise called Hips, and stanpe 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 scoured, and worke it vp into Paste with this straining: then print it with your moulds: then flute it, and then gold them.

To make Paste royall white.

Take a pound of refined Sugar beaten & scoured, 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 be 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 scarced; mingle it with your scarced Sugar, and Gum-dragagent steeped in Rose-water, and whilke it into paste, as you did your paste-royal white, and then you may tynne it upon stikkes made of peeces of Arrowes, and make them hollow like Cinnamon stikkes: in like sort you may make it talle of what Spices you please.
and Gentlewomen.

To make Paste of Genua 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 chatindish 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 Chatindish of coles, untill 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 wringe the juice from them into a Portinger, and put as much B
A Closet for Ladies

much hard Sugar in fine powder, as that juice 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 store 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 juice from them, till you have gotten so much as you think will serve your turne: boil your juice a little, that it may be thicker; then take as much double refined Sugar as your juice 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 Violets. This is excellent good for one that hath a weake stomach.
Heere begin Ban-quetting Conceits, as Marmelades, Quod-dinackes, and such like.

To make Muskadine Co*sits.

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

with a rowle spone on the sides: being thus cut, stoue 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 four drops of oile 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 Chrysalil Glasses, and keepe it all the yeere.
A Closet for Ladies

To make fine chrissall Gelly.

Take a knuckle of Veale, and foure Calves feet, and let 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 till 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 quartet of an houre leisurely on the fire, then let it runne thorow a gelly bag into a basin, with the whites of two eggs beaten; and when it is cold, you may cut it into lumps with a spoone, and so serve three or foure lumps upon a plate.
and Gentlewomen.

To make white leach of creame.

Take a pint of sweet creame, 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 foure ounces offlingalles : then let it run downe throrow a gelly bag : when it is cold, page it like brawne, and so serue it out. This is the best way to make leach.

To make a Walnut, that when you cracke it, you shall finde nuts and Carroyses in it, or a pretty Posie written.

Take a piece of your Paste royall white, being beaten with Gum- Dragagant, and mixed with a little fine scarchd 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 halfe 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 foure Walnuts.

To make Oxodimack 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 brake: 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 Bisketello.

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

into it halfe a spoonefull of Amidum, that is, white Starch; a graine 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 Mamberets, and so put a Water in the bottome 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 speciall sweet water to perfume clothes in the folding, being washed.

Take a quart of Damask-Rose-water, & put it into a cluster, put into it a handful of Lavender-Flowers, two ounces of Oris, a dramme of Muske, the weight of four pence of Amber greece, as much Cinnamon, four drops of Oyle of Cloves; stop this close, and let 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 keep them, and put fresh Rose-water to it.

To make Moss' powder.

Take two pound of Moss' of a sweet Apple tree, gathered between the two Lady days, and infuse it in a quart of Damask rose-water, four and twenty hours: then take it out, and dry it in an oven upon a stone bottom, and beat it to Powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orris, a dramme of Musk, half a dram of amber greece, a quarter of a dram of Guett: put all these into a hot Mortar and Pestle, and beat them together: then searce 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: Boyle it with Red rose water, until it come to the height of Lozenges: and in the cooling, put in of the spices of Aromaticum Rosarum, 4. drams, with a little Confection Alchermes, 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 gilding will not stick on, wet them gently 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 Confit-making.

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

paste, with a pound of Sugar finely
scareed, putting in now and then a
spoonful or two of Rose-water, to
keepe it from oillings; and when it is
beaten to perfect Paste, roule it thin,
and cut it round by a Chargeur: then
set an edge on it, as you do on a Tart:
then dry it in an Oven or a barking
Pan: then ice it with Rose-water and
Sugar, made as thicke as batter for
Futters: when it is iced, garnish it
with conceits, and sticke long Com-
fits in it, and to gild it, and serve it.

To make all sorts of banqueting Con-
ceits of March-pane stuffe, 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 Chafingdish of coles, till
you see it wax white: then you may
print
and Gentlewomen.

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

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

Take Barbary-Sugar, clarify it, and boile it to the height of Manus Christi: then pour it into your moulds, they being seasoned as for your Quodiniack: let them stand a quarter of an hour, and they will bee cold, and then you may take them out, and gild them.

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

Take your Sugar being boiled 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 scoured, one ounce of Anniseeds cleane pickt, take eight Eggs, and a Spoonful 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 trays 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 over with the yolke of an Egge beaten with a little Rose-water, and while it is greene, cast Biskets and
and Gentlewomen.

and Carrawaies 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 Eggges, three Spoonfulls of ale-yest, and as much warme water as will make it as thicke as Paste for Mancets: make it in a long Rowle, and bake it in an Oven one houre; and when it is a day old, pare it, and flure it, sugar it with leered Sugar, and put it againe into the Oven; and when it is dry, take it out, and new sugar it againe, and so box it, and keepe it.
A Closet for Ladies

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 save the Benzoin and the Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk & Ciner of each twenty graine, Amber greece ten graine, mix these with a little of the foresaid powder with a warme Pestle, 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 yeares 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 Orange-pill, both very well preserued and finely beaten, and three ounces of Almonds blanch-ed, and beaten by themselves, Eringo-roots preserued 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 dissolued in Rose-water, of each foure graines; of Cinnamon, Ginger, Cloues and Mace, of each three drammes; of Oyle of Cinnamon two dropes: this being done, put it into your Marmelade Boxes, and so present it to whom you please.
A Closet for Ladies

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 silver Spoune thorow a haire searece: take of Nut kernels and Almonds blanched, of each an ounce, Cocks Stones halfe 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 Nettles, of Rockes, of each one dram; Plantane seeds halfe a dramme; of the belly and backe of a fowl called Scincus marinus, three drammes; of Diasfation, 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 Gentlemen, water, and boile to Suga againe, mingle the powder and all the rest of the things, putting in of leafe gold six leaves; of pearle prepared, two drammes, Oile of Cinnamon six drops: and being thus done, and well dried, put it vp in your Marmelade boxes, and gild it, and to use it at your pleasure.

To make a balm for any Ladies face.

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

then ouer 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 Posset 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 bottom of the Pan: let
the liquor run though a Strainer into a
Bason, and put it into a faire Posset,
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 rundown, print it. In
like sort you may make your Quodini
ack of Pippins: your Pippins will hold
all the yeere.

To
and Gentlewomen.

To make Quodinials of Raspies, or English Coriants.

Take Raspies ripe and well coloured, and put them in a dish, and put to them four spoonfuls of Rose-water, and mix them together with the backe of a Spoon: then wring the liquid substance thorow a linnen cloth: season it by your mouth with Sugar till it bee sweet enough: then Boyle 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 kepe them.

Here end the conceits of Banquettting.

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.
Take of Cynamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Cubebs two drammes, Calamus roots one dram, all bruised and kept in a paper: then take of Bertonys 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, Diamargaritum frigidum, Diamoscum dule, of each a dram and a halfe; you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well every day, and then distil it in your Limbecks; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty grains of Muske and Amber in it.

To make cinamon 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 dayes 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 Rosemary.
A Closet for Ladies

mary-flowers, of each a dram & a halfe, Spikenard a dram, Cinamon a ounces, Ginger an ounce, Cloues & Nutmegs, of each halfe an ounce, Cardamons a dram and a halfe, Gallinagale two drams, Cubebs a dram, Pepper three drams, Annis-eds, Carnoway-seeds, and Fen-nell, of each an ounce, Lignum Aloe halfe a dram, Corall and Pearle in fine powder of each one dram; bruise these, and put then in a potle of Aqua-vitae, and a quart of Sacke, stinge it in every respect as your Aqua Coelestis.

To make Balne-water.

Take Balme, dry three ounces, Time, Perniall, of each an ounce, Cinamon four ounces, a dram of Cardomuns, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger, of each a dramme, Gallinagale one ounce, Colamus, and Cyprus, Cubebs 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 vs 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, Galingale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spikenard, Luncus Odoratus, of each a dram; Sage, Borage, Bugloffe, Violets and Rosemary flowers, of each halfe a handful; bruise these, and steepe them in a pottle of Sack twelve houres, and distill it as the rest.

Rosâ folis.

Take Liquorice eight ounces, Annifeeds, Carroway, of each an ounce, Kaitons stoned, Dates, of each 3 ounces, nutmegs, ginger, cinamon, C 3 Mace,
A Closet for Ladies

Mace, of each halfe an ounce, Gallin-gale 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-tol or else Alka-nes root.

Wormwood-water.

Take of Wormwood two ounces and a halfe; Sage, Bittony & Rue, of each halfe a handful; Rosemary tops a handful; Cinamon 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 Scor-dim halfe a handful; bruise these, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and steep them foure and twentie 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 euery 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 boiled enough, that it will not flinke 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 Damaske Roses.

Take of the purest and best colored red buds you can get, & clip off the whites from them; and to every pound of leaves, you must take three pound of Barbary Sugar, & beat them together till they be very fine; & then with a wooden Spatter take it vp, & set it on the fire till it be thoroughly 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 refined Sugar, and beat them in an Alabaster 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 Peeborall rowes for the Cough.

Take Liquorice-powder finely scarred one ounce, of the Spices of Diadragaganthum frigidum 2. drams, of Gum Araebeck and Drag: gant in fine powder, of each a dram, white Starch halfe a dram, Aniseeds in fine powder 1 ounce, mingle with the rest: then take of Sugar six ounces, of Pennants 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, & so make it into long roules, and so dry them and keepe them.

To make Confecte of Borage-Flowers.

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

To make Conserve of Rosemary-flowers.

Take your Rosemary Flowers, fresh and good, and pick them from the green rusk, weigh them, and take to every ounce of flowers, three ounces of Sugar-Candy, and beat them very fine, stiring them in every respect as you did your other Conserve.

To make Conserve of Bugloss flowers.

Take your Bugloss flowers, and pick them as you did your Po.
and Gentlewomen.

Rage 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, Ambergrisse 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 unto 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 toge.
and Gentlemens.

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

To kepe Cucumbers in pickle all the yeare.

Take foure gallons of Conduit wa- ter, and put into it three quarts of bay Salt, two handfuls of Sage, one handful of sweet Marjoram, 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 alwayes the herbs lye 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, Masticke three drams, Agrick halfe an ounce, Ginger halfe 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 maffe 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 foure, and then take to every slip foure Snailles, and put them into an earthen Pot, and sprinkle foure or five handfuls of Salt vpon them, and then put to them Sage, Rue, Wormwood and Hyltop, of each foure handfuls,
and Gentlewomen.

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

To make Sirup of Pomecitrons.

Take Pomecitrons, and cut them in halves, and suyce them, but beware you wring them not too hard, lest it be slimy; and then take to every pint of suyce three quarters of a pound of refined Sugar, and boile 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 vp, and keepe it all the yeare.
A Closet for Ladies

To make Sirup of Violets.

Take your Violets, and pick the Flowers, & weigh them, and then put them into a quart of water, and steep them upon hot embers, un'till such time as the Flowers be turned white and the water as blue as any Violet: then take to that a quart of infusion, and take four pounds of clarified Sugar, and boile it till it come to a sirup, tumming and boiling them upon a gentle fire, left it turne his colour: and being boileth, 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 maidenhaire 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 Gentlemewmen.

take a pound and a halfe of clarifie 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 Hore hound 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 Ra-isons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Annis seeds and Fennell seeds, of each a quarter of an ounce : boile these in a gallon offire water, till it come to a potte or three pints, and then straine it, and take three pound of Sugar, and three Eggges, and clarifie that liquor, and so boile it to a sirup, and so keepe 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; steep 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 Hysop.

Take of Hysop 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 again; and then stop them vp close, that no aire may come nere them, and lay them under a Featherbed where one lieth continually: for the warmer they are the better, yet nere 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 linen cloth between 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 wax 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 squeeze them, and the liquor that runs from them will be very clear, then take to a pint of juice, a pound and a quarter 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 sollisire.

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 looke white, and doe so ten times, and then the water will look red: and then, to every pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarifie it, and boile it to a Sirup, and keepe it all the yeere. The thicker the Sirup is, the better it will keepe.

To make Sirup of dry Roses.

Take of red Roses dried foure ounces, and infuse them in a quart of faire water vpon hot embers till the Roses haue lost their colour: then take a pound and a halfe of Sugar, and clarifie your li-
A Closet for Ladies

quar 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.
and Gentlewomen.

A Medicine to Give a Woman in Travell, to make her have Throwes.

Take corall, amber, date stones, Pearl, Piony-seeds, Saffron, Common. Beat all these in Powder, & put it into Malmesie, and take V-nicorne's 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 Matrix 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 vse 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 Allyslander 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 warmer: 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-wife 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 womans head warme, to stay other flowers.

A Medicine for a womans 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 recke thereof, as hot as may be, laying a cloth over it, to keep in the recke, 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 boile them all together, and so make a Scar-cloth thereof, and lay it to the guse.

For a Felon or an Handsome.

Take Herb-grace, rusty Bacon, sowre Leaven, and Snailses that bee with sheles on their backes, taking them out of their sheles, and beat all these together, and lay it to the guse.
and Gentlewomen.

For to beake any, if they be scalded with hot liquor.

Take Alkhole and Alkens, sheeps feet, and sheeps dung, and Goose dung, and when you have washed the herbs, breake them altogether a little, and so fry them together, & then straine it, and make Planters thereto, and lay it to the griefe: warme it a little when you lay it to, laying new planters to it twice a day: you may take the juice of Housfleeke, and fallet oyle, and water, and beat them together, and wash the griefe before you use this Planter.

A Medicine for the Whites.

Take a quart of new Milk of a red Cow, ten spoonfuls of Red rose water, a pomgranat pill beaten, and a little Cinnamon beaten, and seeth it halfe away: sweeten it with Sugar, and drinke a draught morning and evening, 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 Houseleek and Plantane, and not wash them, but wipe them with a cloth, and beat them, and strain them, and put to the juice thereof Red rose-water, and Wine-vinegar, and woman's milk, and take the herbs and put them into clothes, and dye the clothes with thred 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
and Gentlewomen.

Soone as one of the bals is hot with doing of them, take the other, and so use it an houre every morning.

A Medicine for the Stone.

Take Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tanfie and Saxifrage, of each a handful : chop them small, and quilk them in a little linen 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 seeth, 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 saue 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, Feather-sue a handful, of violets; Leekes a handful; boile them together in three spoonfuls of Wine-Vinegar, and of his own water as much, and quit them in a bag, and so lay it warme betweene his nauell and his Romacke.

To heale a sore breast that comes with the infusion of the milk.

Take Mallowes and Saffron, and seeth them in Milke, and when it hath lodden a good while, put in some crummes of leaven 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 Poultris, and so lay it warme to your breast: if you perceive that
and Gentlewomen.

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

To stop h' bleeding at the Nose.

Take Polermina, k, and the white of an Ege, and Vinegar, and beat them together, and make Plaisters 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 be found in a Capers head, and stew 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 weaknesse in the bache.

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

Sandcrs in it alfo when you temper it together.

For the Wormes.

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

To know whether a Child hath the Wormes or no.

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

For one that is bruised with a fall.

Take some Pitch and beat it, and drinke it with white wine, or sackle, or Molynese; and if you have none, then take some other liquour: then melt Paraffin, and anoint the place where the bruise is.

For Iew and colli ke.

Take Parly seeds, and bruise them, and seeth them in Sack, and drinke it warme when you have your paine.

For the Gowe that is newly come.

Take Rubarb, and grate it, and mingle it with Confluence of red Roses, and eat thereof every morning taking a pretty quantity.
and Gentlewomen.

A Water to wash a Sore.

Take of Plantane, and Wood, bine-leaves, and white Roses, and still them together, and when the water is full, put a quantity of Camphire into it, and so let it lye in the water continually.

For the Shrinking of the Sores.

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

For the Piles.

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

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

A Salve to take dead flies out of a sore

Take a spoonful of Vinegar, and a spoonful of Hony, and a quantity of Verdi-grease, and as much Alomme, and boile all these together, and keepe it for your use.

For the staying of the Flux.

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

Another
and Gentlewomen.

Another for the same.

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

For the Gent.

Take an earthen pot, and put into it a quart of Aqua-Composita, and take two handfuls of Henbane, and break 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 use: you must cover the pot very close when you set it in the ground; and when you anoint the grievce therewith, you must doe it against the fire.
A Closet for Ladies

For the Piles:

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

For an Ague:

If it bee for a child, take two spoonfuls of good Ale, and leech it, and secum 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 Cheefe.

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

warne, and then put Runnet into it, and stune it, and let it stand till it bee gathered together, and take vp the Curd, and put into it Cinamon and Ginger, and stirre it about and make cythes of it, as you think good.

A Medicine for a pestilent Ague, or to do any thing from the heart.

Make a Posset with white wine, and take away the curd and take horse dung of a stone horse, as hot as you can get it from the horse, and frame it with the Posset drinke, and put a little Methadate, and Cardus Medicatus, water, and Unicornis borne: and if you have no Unicornis borne, then put lucry or Sea-horse tooth, and give it to the heke to drinke fasting in the Morning, warming it, and you must put the Unicorn borne into the spoone, and take it with some of the Posset drinke, and
A Closet for Ladies

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

A Medicine for the Sorenessse in the Throat that commeth with the Rheume.

Take halfe a pint of Hony-fuckle-water, and two Iewes earces, of Plantane and Sirkfield 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, Cinamon, and so take it in the morning, and in the euening, and at such times as your throat is dry.

Another for the falling of the Eualow, or other paine in the Throat.

Take a handful of red Sage, a spoonesfull of Dill-seed, a pece of Jeauen:
and Gentlewomen.

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

A Salve for a greene wound.

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

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

Take a pound of Roch Allen, 4
ounces of gree ne Copernus: beat
them some what small, and put them
in a pan on the fire, ever stirring
them till they bee molten and dried
again.
A Closet for Ladies

again ready to be powdred, and heal them againe in fine powder, and keepe them to your vle. When you will make your water, set a potte of softe Conduit-water over the fire, till it boils very fast: then take it away, and as soone as it leaueth 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 leaueth 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 linen cloth wet in water, and roule it vp: doe so till the Vles be cleane.

A very good rete for a sore mouth.

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

tell the herbes bee together: then take it off from the fire and straine it, and keepe it for your use: you must always wash your mouth, and rub it after meat, and in the morning.

A Castle to break any smelling illnesse ready to brake.

Take of Commine, of Hysop, and of quack lime a like quantity: bray them together in a Mortar, till it be very fine: when you would open an Impomume, lay it as big as an hazel Nut upon the next place, and binde 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 grieve to the patient.

A Calicus Plaster.

Take of Littage of gold powdered very fine, common oyle, hogs grease a
A Closet for Ladies

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

Basilikon.

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

tity: beat these small, and put them in a brazen Pan, and melt them together; then take them off the fire, and straine them thorow a coarse 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 boole old sores.

Take Plantane, Bramble tops, Orpin, Bettony, Egremony, of each a handfull: 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 plcaster to be made for old sores after they be made cleare, and filled with flesh.

Take Salvet oyle halfe a pint, Lead a quart of a pound; boiler 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 full 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.
and Gentlewomen.

A medicine for a sore throat.

Take a pint of milk, halfe a handful of Collumbine leaves, halfe a handful of Gasell, & halfe a score leaves of Sinkfield, two lewes eares, &c. so the party must 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 halfe 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, halfe a pint of Salte-ole, two handfuls of Bugle which growes in the Wood, a handful of Smalage, a handful of Mallowes, a handful of Valerin, a handful of Gruntell, and a handful of Balme: stamppe and straine the herbs,
A Closet for Ladies

herbs, and put the juice into the fore-

gaid things, being a while boiled: then

seeth them togethers 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 bottome;

then take some of your Balme-water,

and put into it, so much as will make it

greene, and let it boyle together halfe a

quarter of an hour, and so take it to

your use.

A Glisser.

Take Camomile, Betony, 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 Diabe,
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 faire, and a glister: if you will haue it breake winde, put into the foresaid Commine seed, Fennel seed, Anniseed, of each bruised two good handfuls, and Boyle all together, and strain it, and make it as foresaid, and put in the glister.

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

Take egges, 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 egges, and so let it fry til it come to an Oyle: then straine it, and annoint the burne withall: then take a bladder, and annoint 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 hand-
A Closet for Ladies

handfull of Mercury, an ounce of Comminge, two ounces of Fennel seeds, two ounces of Aniseeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

Take a quantity of Comfrey, a quantity of Knokhome, a quantity of knotted grasse, a quantity of Riberryorum, and a quantity of Poppo dy: stamp them all together, and straine them in Ale, and then give the patient the same to drinke cold, and truss with some bolster, and let his diet be but competent, eschewing all slippery meares, as butter, and such like: provided always, that the patient kepe his bed six or seven 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 milk till it be thick: 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 Linen cloth: keep the bag in your mouth till the Pellitory and the Masticke be consumed, and spit in the meantime as much as you can.

For the Tooth-ache and the Rheumee.

Take a quantity of Gum of Iuic: put it in a little bag of linen: then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Iuic be consumed; hold the

[b]g[b]
A Closet for Ladies

bagge over or vpon the hollow tooth.

A water for the eyes.

Take a pint of white wine: then
heat a stone called Lapis Calaminarum, 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
glass, and let it stand, vse to put in
your eye one drop or two morning
and cuening.

For the eyes.

Take Rosemary, Housleeke, red
Fennel, 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 saltter oyle you can
get, and the flowers of wilde prim-
roses,
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 euening 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 gargasfe 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 shiuers of the bone do stick in it, and put
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 boile it together; and when you have 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 chopt small, and a piece of stone-pitch of the quantity of a Walnut, and a piece of leavened bread in it crumpled very small: boile it in your owne water, till it be very thicke, that you may spad it vpon a cloth like a plaster, and lay it on the place where the achn is for foure and twenty houres, and so dresse it three times: if you doe, it will take away the ache.
A Medicine to heal old sores, 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 half as much wax, and a little Turpentine and sheeps suer chop 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 occupie it, and draw your plaisters thin, and dresse it three times a day, that is to say, at morning, noone, and cevening, till it bee almost whole: then dresse it but twice a day, morning and cevening: but if there be any core that hinders the healing of it, take a little Mercury, and put it in two spoonfulls 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 Andome.

Take halfe a dozen knots of a young Oake, and put them in a fire-pan, and burne them to a red cole, and take Boares grease, and fine suet, and two or three cornes of salt, and stamp them very fine, and so make a plafster of it; and if it doe draw and heale too fast, lay line vnderneath the same: you must dressle it twice in the Winter dayes, and thrice in the Summer-dayes.

The Copic of Doctor Steuens match.

Take a Gallon of the best Gascoine wine: then take Ginger, Gallingeale, Cinnamon, Nutmegs, Graines, Cloues, Aniseeds, Fennell-seeds, Carroway-seeds, of each of them a dram-weight: then take wilde Time, Hyfop, 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 penny weight of Saffion drunken with wine, is good for the lunders: then goe to bed and prouoke Sweat: the flowers distilled are good for the same purpose, and against Swounings.

Pimpinell.

This herbe is good against the Pestilence, to be taken fasting in a morning, and good against the stone: the roots sodden, condered in sugar, may
A Closet for Ladies

may profit them that have cold stomacks, and are troubled with too much fleane, the collicke and stone: this root, any way taken, is good against poison.

Moussare is hot and dry: some use to give the juice of this common Moussare, 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 feouring of the mother, for wormes both outward and inward, common flixes, for vomiting of choler, and spitting of blood, and bursting, and specially for breaking of the brain pan.

The juyce 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 strewed, or else perfum
and Gentlewomen.

Perfume made thereof, drives 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 Hogges guts and sheepes tritules, 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 bene proued.

To take the heat out of the face.

Take running water and Elder-flowers, Plantane, white Daise-roots, and herb-Robert: put them in the running water, and wash your face morning and evening therewith.
A Closet for Ladies

A Medicines for a Canker in your 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 spoonfuls of honey, a piece of Roch-Allome, three or four spoonfuls of Wine-vinegar, and wash your mouth with the sodden herbs there of 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 halfe a pound of Liquorice scraped and bruised, halfe a pound of Anniseeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners, and one ounce of the barke
and Gentlewomen.

barke of the same wood, which is to be bought at the Apothecaries, half a pound of Raisins of the Sunne, the stones taken out; a good handful of Scabias, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine: then fill up your pot with faire water, salting a pint: then cover your pot with his cover, and close it round about the brim with paste: then set it on a stout fire of coales, and let it boile three houres, till the fourth part be wasted: then put the clearest into bottles, and drinke morning and euening a good draught, and so doe fourteene or fiftene daies.

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, Checomete, 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-olive, and straine them in a cloth, and make an ointment there-of, 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 cleane scraped, and cut in little pieces; bruise them, and then put it to the water, and boile 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 let it over the fire till you see it wex blacke, but doe
and Gentlewomen.
does not boile it, and it will wax stiffe
with standing in the Sunne, that you
may make it in little cakes.

A sale for a cat.

Take six ounces of Deere suet,
foure ounces of Wax, foure oun-
ces of Rosin: stamp and straine Ve-
lerian, and take the iuyce as much as
you thinke will make the saule 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
larders.

Take Parsly-roots, Fennell-roots,
Asperigon roots, Kneecham-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 handfull of Raisins
of the Sun honed: 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 Sucory, and drinke a draught three mornings together, fasting three hours after it; use this every month: you may put in Barly husked, and Saxifrage, Maiden haire, and Linerwurt.

For the Ulcers.

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

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 be sure it lye on the places on both arms,
and Gentlewomen.

armes, changing it every foure and twenty houres: be sure also, that you lay it two houres before the fit commeth, and hang nine roots of the Harts horne about your necke in a filke 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 vse them so.

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

Take red Fennel, red Sage, Hyslop, Herbe grace, Rosemary, Hony-suckle leaues, Fetherfue, and Daisie leaues, 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 untill it bee cleare, and put therein a spoonesfull of English Hony, and as much Roch Allome
A Closet for Ladies

Allow some beaten, as the bignes of a bean, and boil it together: you must take off the scumme as it doth arise when it is boiled: put it into a glass, and keepe it for your use: you must warme it when you take it.

A good Medicine for an Aんどcome, or a bough, or a sore breast, or Carbuncle, to sope or brake them.

Take a quantity of Herb-grace, a quantity of leauened bread well crummed, halfe a spoonfull of Sallet oyel 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 upon a cloth warme to the griece. This medicine will resolve a brest without breaking it, unlesse 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 alike 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 spoonful of English Hony, and put them together, and Boyle them againe; and when it is well Boyle, pour it into cold water, and make it up in rowses, and keepe it for your use.

A Medicine for a bruise.

Take a quantity of Stone-pitch, as much gray sope, 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 griefe: it must not be thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spread with the same.

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

Take a Bryone roor, and cut off the outside thin: some doe call it wilde vine: slide it, and lay it all night in a pint of Sallet oyle, and then boil it, straine it, and keepe it for your use: for this is good to annoine any Ague-sore, 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 clowths 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-froes and other froes. Remember to anoint the froes 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 Bryomere-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 vpon the coales, and then take a linnen 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 cheat-bread, & toste them; and two egges, and roffe
A Closet for Ladies

Roast them hard, and take the yolkes of them, and the liver of a chick, and beat all this together small: then put all this into a pint of Charne-milk: then take half an ounce of Cinnamon; beat it small, and put it in the medicine, and then take of it evening and morning tasting, for so it most avail you: but if you ROM lose or be weak, then put in some sugar to sweeten it.

For the Pin and Web in the Eye.

Take the juice of Parsley, and half 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 do it thus very often.

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

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

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

A Medicine for a Greene wound.

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

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

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

Spoonfuls or more, according to the stomach 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 seuerall mornings fasting, or oftner if you will, and it will free the party: when the herbe is not to be gotten, then you may use the root, and it will suffice as much.

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

For to beale 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 half an ounce; white Wine a pint; melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereto 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 Calamint, Pennyroyll, 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 euening 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,
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 griefe, and set splinters about it, and rowle it to keepe it loose 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 thorough 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 grace it, and mingle
and Gentlemens.

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

A Medicine for a Rupture in old or young.

Take Knorwort, Ribwort, and Com-
fy, 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 Scaree 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
seare them; and thus having made
the powder ready, when you will
vse it, take as much of the powder
as you can lay, or take upon a
good broad six pence, and four-
teene mornings together give it
A Closet for Ladies

to the party to drinke with a little Malmsey 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 bee 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 strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chief strength is in them: the Knotwort beares a little watchet-flower. This hath beene proved on children so borne, and on old folkes that have beene fourte and twenty yeares broken, and doth helpe all sorts, that with good visage 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 Icne Brickle, and a quantity of Bole Armoniacke, otherwise called Bolles verus, and stirre all this together, and take three spoonfuls in the morning fasting, and fast an hour after it, and take three spoonfuls an hour after supper.

Another Medicine for paine in the head.

See the leaves of Agrimorie with Hony, and glue them to drinke, and draw it thorow a cloth, and keepe it in a box, and there with anoint your head, and wash your head in the water that Celandine is lodden in.
A Closet for Ladies

For the aching of the head.

See the Pulsioll in Ayssill, and then put it in thy nose. Take Rue and Fennell, and see the them together in water, and wash therewith the head.

For a Felsen of the head that swelleth the head of a m in; and that before write for the same.

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

For all Evils of the head.

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

For
and Gentlewomen.

For the Carbuncle or the Postume in the head.

Take Wormwood, Origanum, Mayron, by even portions, 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 aching in the head.

Take a penny-weight of the root of Pellitory of Spain, six penny-weight of Spicardy, and grind them together, and seethe them in good Vinegar, and take a Saucerfull of Honey, and a little of Mustard; and when the liquor that is boiled is cold, put thereto the Honey and the mustard, and stirre them well together, and let the sick use thereof twice.
A Closet for Ladies

halfe a spoonfull at once, and hold it still in his mouth the space of two creeds sayling, and then spit it out into a vessel, and doe so ten or twelue times; a good while after he hath eaten at noone, and a little before even ten or twelue times: and when he goes to bed, take and wash cleane his mouth, and drinke a draught, and goe to bed: vs this Medicine three dayes, and he shall be whole.

For the head ache.

Take and seethe Veruine and Be- tony, Silies, & Wormwood: wash the parties head with the water thrice in the weeke, and take the herbs, and make a plaister, and lay it vpon the vpper part of the head on this wise.

Take the herbes aforesaid when they are weel 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 plaster under it as hot as the sickle may suffer it: doe this three times, and he shall be whole.

Another.

Cloves comfort the stomacke, liquer and heart: they helpe digestion, and stop the belly: they quicken the eye-sight, and scowre 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 cloves is very good for a cold stomacke, and for any other place that hath need of warming, as a rhumaticke braine.

Another.

Take of litrage of lead four ounces; of Vinegar, common Oyle, a 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 salve.

Another.

Take Camphory, Hearts-eafe, Privit, Plantane, of each of them a handful; bruise these in a Mortar, and put thereto Harts fuel, fine Sallet oyle, of each dim. li. mingle them well together, and let them stand four and twenty hours; then put them into a pan or brasse pot, and put thereto Wax and Rosin broken in small pieces, of each dim. lib. Let these Boyle all together over a fire of coales, till the juyce of the herbs be consumed, and the oynment green; then straine it thorow a canulae-cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto soure
and Gentlewomen.

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

Another.

The Wine of Eye-bright is made for the eyes, by putting the herbs into the Must till it be perfect Wine; whose vsc make the eyes of old men looke young: for it is hot and drye; and the powder of it beaten with the yolke of an egge, worketh the same effect: the powder recitred 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 reines.

Take Venice turpentine, and wash it in Rose-water, either red or damaske, vntill 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 hazle-nuts or thereabout: then roule them in sugar, to make them the more ease to be 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 upon your face till it bee drye: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then fill 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 egges, a handfull of fine Sugar, and as much Rose-water, and put them in a pottle of creame of the thickest you can get: beat them all together: as the Snow riseth take it off with a spoone: you must beat it with a sticke clouen in foure: then must you take a loafe of bread, and cut away the crust, and set it vpright in a platter: then set a faire Rosemary-branch in the loafe, and cast your Snow upon it with a spoone.

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 juyce and Boyle it with fresh butter a little while, and keepe it close, and use it
A Closet for Ladies

If a Cowes ydder be stung or bit with a Snake or such like, take Lavender, and wash it cleane, and steep it in chamber-lie a good while, and wash it evening and morning warme: you may put a little fresh butter in it, and milk 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, Ally-house, Daisy 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 Linen.

For
and Gentlewomen.

For the Stitch.

Take Stich-wort, Bay-leaves, Holy without prickles, of each alike quantity, the juice, grains beaten: drink it in Ale warme.

For the swelling.

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

For the Tooth-ache.

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

For a Bite, or Pekon, or Sore legge.

See the a pint of Ale to two spoonfuls, like a sirup: pricke 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: proved.

For the Gown.

Take Mallowes and Sengren: beat them, and boyle them in water: then straine them, put Oat-meale-groats foked in vinegar, and sheeps meat untied: then boyle it to a poultice: proved.

For
and Gentlemens.

For the Aque.

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

For the Gout.

Take a fat Whelpe 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 yolkes of egges: stuffe the belly, and sew it vp: roste it with a softe fire: saue the dripping: anoint the place: it is good for sinewes and crampe: it will drive it away: for the like effect, Oyle, Nettles, White-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 half a pound, of Commines half a pound in powder; Boyle it thicke: spread it on leather, Lay it to hot two or three dayes: Lay a linnen cloth betwene the skin and the plaister; the plaister will serve many times; proved.

For the Tooth ache.

A Llom as big as a Walnur, Garlick an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: Lay it to the wrists twenty foure hours or more.

For to stop the bleeding of a wound.

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

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

Take Long-wort, Liverwort, Harts-tongue, of each a handful, red Mints, red Sage, Mother of Time, of each a handful, Parsley and Fennel-roots, the piths out of each, halfe a handful, Liquorice an ounce, Annis-seeds an ounce, Scenery two ounces, Turber an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugar candy four ounces, Rubarb an ounce sliced: flampe 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; drink foure times a day a quarter of a pint at a draught; warmes put in a peniworth of Aqua vitae, and as much Saffron beaten fine; if the water is boyled, if the Patient be strawage, leave out your Rubarb, Scenery, 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 searce; put in Sugar, drinke it in white-wine.

To make a Scarce-cloke.

Take a pound of Stone-pinch, as much Rosin as a great Walnut, & twice as much clean Wax, a spoon full of 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 cleaue to your hands.
and Gentlewomen.

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

Take Rosin dim. 1/4 of Perrosen 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 souveraine 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 houre, stirring it well from the bottom; spread it on Leaether, as broad and as long as your griefe; 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-suckle, as much of Turfane, 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 againe.

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; dampe 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 egge roasted, the oile of Roscs, and Marigold-leaues: beat it together, lay it to hot.

To kill a Tetter.

Take greene 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 Pimpermell, 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 stomach; they shall mend by God's grace.

For the Auge or Cold.

Take greene Aldersticks; 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 Auge.

Take a spoonfull of juice of Oranges, as much Aqua-vite, mingle it with a yolke of a new laid eggge in the shell, sup it vp 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 Cistus: boyle
it softly together: all the house will
smell of Cloue.

For the Strangurion.
Take Horehound one handful and
a halfe, red wine halfe a pint, oyle-
olive five spoonfuls: boyle it toge-
ther, put it in a linen cloath, to the
smal of the backe, as hot as may be.

To cleanse a wound.
Take Beere, Wheat, Stone-flower,
and Honey: boyle it thicke: apply
it to.

For the Gowte.
Take Womme-wood, 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 Salter-oyle, as
much oyle of Roses, as much Aqua
vitæ,
A Closet for Ladies

vitæ, and three or foure score Snailes
that beare shells: stamp them small,
and Boyle them to oyle.

To keepe one laxatinae.

Take a new-laid-egge: put out the
white, then put in new butter vn-
salted; heat it, then eat it, use it often.

Two remedies very good against Wormes
in little children.

Take flower of Wheat well bouked,
as much as will lye upon three
crownes of gold; put it in a glasse,
and powre into it Wel-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 excre-
ments 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 vitæ, wherewith you must wash or wet the stomacke or brest of the child: then powre it upon the said place with the powder of fine myrrh, and lay the child downe a little while with his brest vpward, and you shall see incontinently 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, comming to the heart, causeth such a passion in the childe, that oft times it kils them.

Take the tender stalkes of a Wilding-tree, & dry them in the shadow:
A Closet for Ladies

draw: 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 Fallinge-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 breake it with a spoonfull of the said powder: then see the he, and give it to the Patient to eat: doe this mor-
and Gentlewomen.

ning and evening eight days, ablai
ning from wine, carnall company of
women, from all Pulse, Beans, Pease,
Fetches, Tares, and such other, from
Saltets, Salt-fish, and from all other
things that are hard of concoction
and digestion; a very good and nota-
blesecret.

A Medicine to cure the biting of all
venomous beasts.

AS soone as the party feeleth
himselfe bitten with any veno-
ous beast, or as soone after as may
be, take greene leaves of a Fig-tree,
and presse the milke of them three or
four times into the wound: and for
this, serueeth also Mustard seed min-
gled 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 vpon it stamped: then make your binder as best sitteth, and by this means you shall draw forth the iron, and after heale the wound.

For a knocke or fall, causong a bunc upon the head.

Take an ounce of Bay-salt, raw Hony three ounces, Comin three ounces, Turpentine two ounces: mingle all these well vpon the fire: then spread it vpon 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 Plurisie.

Open a white loafe new baked, in the middle, and spread it well with good Treacle on both parts, vpon the crummic sides, and heat it at the fire: then lay one part vpon 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 putrefaction of the impostume; and when he hath slept a little let him eat, and by God's helpe he shall shortly be well.

A very good remedy for a wound with a sword, staff, stone, or such like.

Take Taxus Barbarus, stampe 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 vpon the wound, and the herbs vpon it, out of the which you tooke the juyce: then binde vpon the wound, and in one day you shall see a wondrifiull effect.
A Closet for Ladies

Against the disease or grief of the Flank, and the Cistullike passion, experimented and proved diverse 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 drink thereof.

Another perf. A remedy for the same disease, and to make a man pisse with a haste an hour, that hath not made water in three or four days, and will break the stone within ten or twelve days.

Take fine powder of Virga aurea, and put a spoonfull of it into a new laid eggge soft rosted, and give the Patient thereof in the morning to his breakfast, and let him not eat in houre
and Gentlewomen.

hours after, and then he shall make water in lesse than halfe an houre, and let him use this for the space of ten or twelve dayes as aforesaid : the Patient shall void the stone without any paine or griece.

A remedy for spitting of bloud, occassioned by the breach of some vaine in the brest.

Take Mice dung beaten in powder, as much as will lie upon a groat, and put it into halfe a chalicefull of juice of Plantane with a little Sugar, and so give the Patient to drink thereof in the morning and evening: continuing the same he shall be found.

Against the griece of the Lungs, and spitting of bloud, a remedy experimen- ted and tried.

Take an herbe called Farfara, or Tufsilago at the Apothecaries, Vngula Caballina, in English called G g Colts-
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 marvellous 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 experimented.

A Medicine for watry eyes.

Take a red cole-leaf, and anoint the leafe with the white of an egge: when you goe to bed lay the same to your eyes.

A Medicine for sore eyes.

Take a little ground luy, and straine it and women’s milke together, and let it be somewhat greene of the luy, and then drop a drop or two into the eyes.

Another for the same.

Take Fennell-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 quantitie of the liquour, a peniworth of Alomme, and as much of white Copras, after you have taken it from the fire, and anoint your eyes therewith.

Another for the same.

Take the leaues 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\now a cloth, and therewith make a water, and every day two or three times drop it into the eyes.

A Medicine to cleare the sight.

Take Red-rose-water, cleane myrrh as much as a nut: breake it into powder, and bind it in a linnen cloth, and let it lie in the water twelve 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 Fen nell, and the leaves and roots of white Daisies: use them without any liquour, 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 blastèd.

Take at once 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 pieces, for each eye one: the fine cloth must be betwene the eye and the toffe. Dressè it when you goe to bed at night.

To purge the head and eye-sight.

Take the juyce of Huy-hoo, and put it into your nostrills, and the sneeze and running water will follow.

For eyes that be red and sore.

Take Fennell, Veruin, Roses, Salendine, 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 egg, roasted hard, and laid to with Rose-ovle and Saffron: put in the juice of Basil.

For to see well.

Take Eye-bright, red Fennel, of each half an 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 leaven, and as much Barme, and as much blacke Sode: temper them all together, and spread it upon a linen 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 foure dressings.

A Diet. drinks for a Consumption.

Take a gallon of running water measured by Ale measure, and put thereto an ounce of Cinnamon, an ounce of Cloues, an ounce of Mace, a dram and a halfe of Aster roots, and Boyle it till 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 Betony, and a spoonfull of Hony: and steep them all in Malmesie, and wash your head therewith.

Another
and Gentlewomen.

Another for the head ache.

Take five Nutmegs: grate them, and streethe them in Mulnese till they be thicke: make a plaister there-of, and lay it to your temples.

For winde and shootings in
in your h. ad.

Take Egreemonie and Cinnamon: bray them, put them in Ale, and lay it to the temples of the head: and if the paine remove, lay it where the paine remoueth.

Another for the head-ache.

Take a handfull of Camomile, a handfull of Peniriall, a handfull of Sage, a handfull of Wheat-bran: chop them all together small; boyle them in a pint of sharpe Vinegar till they be thicke, and thereof make a plaister, 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 peace of raw beeze, 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 Me grime in the head.

Take Hou sleck and garden-worms, the greater part being Hou slecke: stamp them together, and put there-to fine flower, and make a plaster on a fine cloth, and lay it to the forehead and temples.

Another
and Gentlewomen.

Another for the same.

Take Mustard-seed, and temper it with Vinegar: make an ointment thereof, and lay it to the Temples in a plaister, and another in the nape of the necke behinde where it is not sore, and it will avoid and shortly be whole.

A Medicine to keepe up the pallat of ones mouth.

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 vp Rhume in the head.

Take a quantity of dried rose-leaues, the flower of Camomile, Basil, Mar-
A Closet for Ladies

Marjoram, all dried; a quantity of Clouces and Mare, grosse bruised; a Nutmeg, and a quantity of Dill seed, all quilt in a cap.

A Poultis to coole any place, either face, or an, where else, that is red and full of hot pimpes.

Take Houseke, Mallowes, Purseline, Water roses, called Numium; beat all these, and take the juyce of them, and put a little oyle of Roles to them, and wash the place with it, or stamp the herbs till they be thick like pap: then seethe it with a little Role oyle and Wax, and then you may lay it on as a plaieter.

Against red pimples of the face.

Take an ounce of Camphire, as much brimstone beaten; myrthe, 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, Tamaridis olt eaten, Wine
of Strawberries laid upon the face.

Another.

Take the distilled water of Mulline
and a little Camphire mixed toge-
ther, and laid to the face.

A Medicine for them that are deafe, so
that they have heard before.

Take the juice of Britaine, womans
milk that hath a man child; mingle
them together, and dip a piece of
blacke wool in it, and put a piece of
it into your ears; for the space of
ten or eleven dayes or more: if it
happen that this will not take away
the deafness, then take the milk of
A Closet for Ladies

a Cow, and seethe it with Oat-meale and juyce of Bettony, and lay it plai-
stert-wise over the eares, 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 Deeres 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 over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimple.

Another for the same.

Take as much Mercury sublimate as a Beane, and twice as much Al-
urme, 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 Gentlemens.

day with the same cold, and open the pimples 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 pennisworth of Mercury, halfe an ounce of Roch-Allome, a quantity of Rosemary, a greater quantity of Woodbine-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, Singsfield, Woodbine-leaues, Allome, liue Hony, or pure Hony boyled in Spring-water, halfe a handful 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, and
A Closet for Ladies

and wash your mouth with it.

For a Canker and soreness in the mouth.

Take two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the same Coperas be distilled or steeped two dayes and two nights: then straine the same softly shrow a linnen cloth; then take a spoonfull thereof, and wash your mouth and th roar with it softly; bland-warme, but drinke none of it. This medicine will not continue good above fourteene dayes; therefore you must make it fresh as occasion serves: you must take it morning and evening.

A Medicine for the Mother that riseth in a womens side.

Take Aqua-composita, and beat Bay-berryes in powder, and put it into the Aqua-composita, and put a sporne
and Gentlewomen.

Spoonfull or two in a draught of beere or Ale, and so drinke it.

A Medicine for the pricking of a needle or thorne in the joint.

Take faire boulted flower of wheat, and temper it with white or red Wine, a little Oyle-olue, and a few Rose-leafes: steep the 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 Allombe beat into powder, and a little honey; 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-uis.

Take Virgin-way, and Commone-seed well beaten: mix them together, and lay it to the sore plaster-wise.

For a white Scal.

Take Sallet-oyle beaten with the whites of egges till they be therewholy 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 plaster thereof, and lay it to the grieved place.

A Medicine for a sore brest.

Take Groundfull, and chop it small, the grounds of small Breece, wheaten
and Gentlewomen.

ten bran, and sheepes suet beaten
in a mortar: boyle them all togeth
ther, and lay it plaister-wise to your
breast.

A Medicine for swelled breasts.

Take white wine, wheat-bran new
bolted, Rose-leaves old and new:
seethe them till they be thicke: then
lay it to the breast as hot as thee may
suffer it, from even to morning, and
shift it again.

To break the slemne of the breast.

Take butter without salt, and honey,
of each a quantity, faire bitter Al-
monds: blanch them, and beat them
fine and eat a little every day.

A very good Medicine for any ache or
sore breast, often approved.

Take Frankincense, fine wrought
Wax, Boares grease, and Rosin,

of
A Closet for Ladies

of each of them a like quantity, and seethe them together to a cake; spread it on a cloth as broad as the sore or paine is, and lay it to four and twenty hours, or twelve at the least.

An approved Medicine for a sore brest.

Take a handful of Mallowes: seethe 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 four times a day heating it: this hath beene approved very good.

A remedie for the paines of the brest.

Take Hysope, Pandey, and Sage, stampce them together, and lay them to the brest, and it will be whole.

Another
and Gentlewomen.

Another for the Stopping of the Breast.

Take Rue, and seethe it with Allgast, and drinke it three or foure times.

A medicine for the bloody Flux.

Take as much fine linnen cloth as will make a Suppository, being wrapped together button wise: then wet the same in the best Aqua vitae, or Aqua composita, and let the party grievuconvez the same into his fundament, and it will helpe him by the grace of God, within three or foure dressings: this is approved, and hath holpen many that have been brought low, and thought past cure.

Doctor Smiths Medicine for the Colicke and Stone.

Take Portet-Ale made of Rhennish Wine: boyle Camomile, running Time, Parsly, Pellitory of the wall, with
A Closet for Ladies

with a good spoonfull of Commingseeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and vs it as occasion serves.

A Medicine for the Chir-cough for a childe.

Take Boares grease, and warme the soles of the fect to the fire: then chase them with that, and goe to bed, and keepe it warme, and lay clothes to it.

To stay a Laske.

Take halfe a quarter of a pound of Almonds, and parch them vpon two new tiles: beat them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe a handfull of Knot-grasse, and halfe a handfull of Plantane leaves, and let them seethe a good while: then take
and Gentlewomen.

take the water and straie the foresaid Almonds therewith, and make an Almond milke 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 milke: to drinke it luke-warme.

A excellent Medicine for a childe that cannot part with his water or urine.

Take three or foure Hue-Bees: kill them; then dry them upon hot flare: being thorow-dry, bruise them to small powder, then put the powder into a quart of Coin Alke, and give the sicke to drinke, and he shall have present remedy.

A Medicine for the pains of swelling in the swacke.

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 Camomile 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 Flib or Andoeve

Take rusty Bacon and Colewort-leaves: flampe them together; then take a peecce of Dogges leather prick 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, wrought wax, vinegar, brimstone, a little Rose-water, red Cloves whole: Boyle 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 Bollarmonack, Roch-Allom, and honey, then bear them to powder: take twice as much of the Allom as of the Bollarmonack, and stir them together till they come to a salue, and so annoint 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
A Closet for Ladies

water from them, and beat it with thick cream, and so anoint the place that is grieved, or with a cloth dipp’d in the same, and laid over the place.

A Medicine good to cleanse the body.

Take Balm, 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 spoonful or two in the morning; proued.

A Medicine for a Fistula.

Take Veruine 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 vomites too much.

Take Coriander-seeds fine beaten in powder, and drink it with Mint water.
To make a scare-cloth for all manner of aches.

Take a pound of unwrought wax, half a pound of Rosin, two ounces of Frankincence, 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 chafing-dish of coales, and dip a linnen cloth therein, and so lay it to the fore.

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 Tarte, and lay it to the Patient as hot as may bee: you must lay one halfe of the
A Closet for Ladies

The cake to the one side of the Patient, the other halfe to the other side.

A Poultis for all manner of swelling.

Take a lapfull of wilde Mallowes, and seethe them in running water till they be tender, and then swing 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 bee thicke, stirring it well, then lay it to the griefe as warm as can be suffered.

A Medicine for the cough.

Take Mustard-seede and put it into Figges; seethe it in Ale and drink it.

A Medicine for the Mother.

Take Rosin and beat it very fine; put it into white Wine and Sal/er-oile,
and Gentlewomen.
oile, and drinke it, and it will doe you good.

A Medicine for the bloudie Flix.

Take the pills of Pomegranates: beat them, and drinke them with red wine morning and euening bloud warme: then heat a bricke red hot, and lay it vnder a close stoole, and cast Rosemary and Malmesie 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 heat them with barrowes grease, and boile them together, and anoynt the Piles therewith then take a chafingdish of coles, and set it vnder a close stoole, and cast a little Frankincense thereon, and let the Patient sit ouer it when they bee anointed.
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 Dropse.

Take Anniseeds, Coriander seeds, Spikenard of Spaine : use this in your meat 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 quar-terne of Roth-Allome, halte a pint
pint of Oyle of Oliues, and put there-to a handful of Sage, and boyle them together till they be halfe consumed: then vile it to the fire, and it will dric it.

**A Medicine for an ache that comes against raine.**

Take the hornes of a Stagge: cut them in small pieces, and boyle them in water, till it be consumed from a gallon to a quart: then pour the water from the bones, and it will gelly when it is cold, and therewith anoint the grievous 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 tender take them forth, & wring out the water clean: chop them small, and set them on a chafing-dish of coals, & put to
A Closet for Ladies

To it a little sheepes fat, and make of it a salve, and lay it to the sore place thicke, and lay a cloth upon it, and tie it on.

A salve 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 stickle of Cinnamon: Boyle them all together, let it coole, and give it the sickle to drinke.
A Medicine for the Hart 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 childe go to the stoole.

Take May-butter, and chafe the naulil therewith against the fire: then take some blacke wooll that grows betweene a blacke sheepe's legges: dip it in May-butter, and drye it: then lay it the naulil. 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 viued 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 nauell, and it will helpe it.

A Medicine for the scarring of a childes nauell.
Take Red-rose-leaues: bray them, and boyle them in red Wine an hour: then wet a cloth in it, and lay it to the childes nauell as hot as you can suffer it.

A Medicine to stanch the Flux.
Take a Sawcerfull of the juyce of Milfoile, as much of the juyce of Plantane, and wheats-flower: temper it with the juyce 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 alse 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 stand wherefoeuer it be; proved.

For to helpe a drunken man or woman for ever.

Glue him a purgation: after that, give him a Swallow to drinke in powder for the space of twelve daies, 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; proved.

For Scabs.

Take Smailes, 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 every morning and evening,
A Closet for Ladies

evening, and you shall be whole, pro-

To droe Scabs.

Take Gum-arsabecke: put it in Rose-
water till it bee consumed, and
wash them therewith; proued.

For the Palse, or shaking in the hands.

Take Sell and Eyshill: stehe 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
as fast as you can, and put among
these pieces Clues, Mace, small Rais-
sins, and salt; then put this glasse into
a great pot, and let all these stehe
together till they be a gelly; then
straine it into a cleane vessel, and
glac
and Gentlewomen.
give it to the sick, fist and last bloodwarm.

To restore the brain.

Take powder of Bittany, and use it in your pottage: it will restore the brain, and destroy the stone.

For a pernicious cough.

Take Sage, Rue, and Commune: stampe them with Pepper: seethe them together with honey, and thereof make an electuary, and use thereof a spoonfull euening 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 grinde 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 bason, 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 egges; stampe them together, and a little powder of Bayes and anoint your face therewith, and it will make it white.

For a faire face; proued 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 Gentlemens.

To make the face white and faire.

Take Rosemary, and boyle it in white Wine, and wash thy face therewith, and thou shalt bee faire: then take Eugin, and stampe it, and take the juyce thereof, and put it all together, and wash thy face therewith; proued.

To helpe the face with red pimples.

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, Vervine, and Rue: stampe them all together very small, and put thereto Rie-meale or wheat, and the white of an egge, and make a plaister, 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 bie 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 drink 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 drink thereof with red wine and Cinnamon first and last nine dayes, and it will helpe her.

FINIS.
Plat, Sir Hugh
"TX 151
P5
Copy 2
Rare Bk Coll
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 Gentlewomen.” “On the Art of Preserving, Conserving and Candying, With the Manner How To Make Diverse Kindes of Syrups and All Kindes 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 malacodians, junipers, redroseleaves (in one word), oranges, lymonds, damains and raspbriers.

A section on “Banqueting confections, as marmelades, quadiackes and such like,” the author’s tone becomes more lyrical, rising from muscadine comfits and diatarmum simplex of quinces to such an instruction as “To make a walnut that when you crack it, you shall find hicklets and carrawayes in it, or a pretty possie written.”

The author is not above beauty culture and says that by mixing “white tartar, camphire, copera, white of egg, lemon, oil of tartar, plaitain water, white mercury and bitter of almonds, and boiling all these together upon a gentle fire and straining,” one could make “a bleach for any lady’s face. The partie must rub her face with a scarlet cloth and then overnight 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 alippe of stars to the number of 4, and then take to every slippe foure snates and put them in an earthen pot”; and there is also a medicine that “will heal all 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.

“$50 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.

“Soon let’s give Mrs. Benjamin Franklin due credit.”
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 Lehmann, Gen. and Mrs. Mason M. Patrick, Col. and Mrs. U. S. Grant, 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. Eliphelet Frazer 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.

Southern Society Ball
At Willard Tomorrow Night

The New Year ball of the Southern

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. Vandenber, 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. Cuming, 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 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. Giffilin, 224 Third street southeast.

Representative Ruth Bryan Owen of Delta Gamma will be the speaker.

Merchants of Bolivia are hoarding stocks of merchandise with the expectation of higher prices later.