

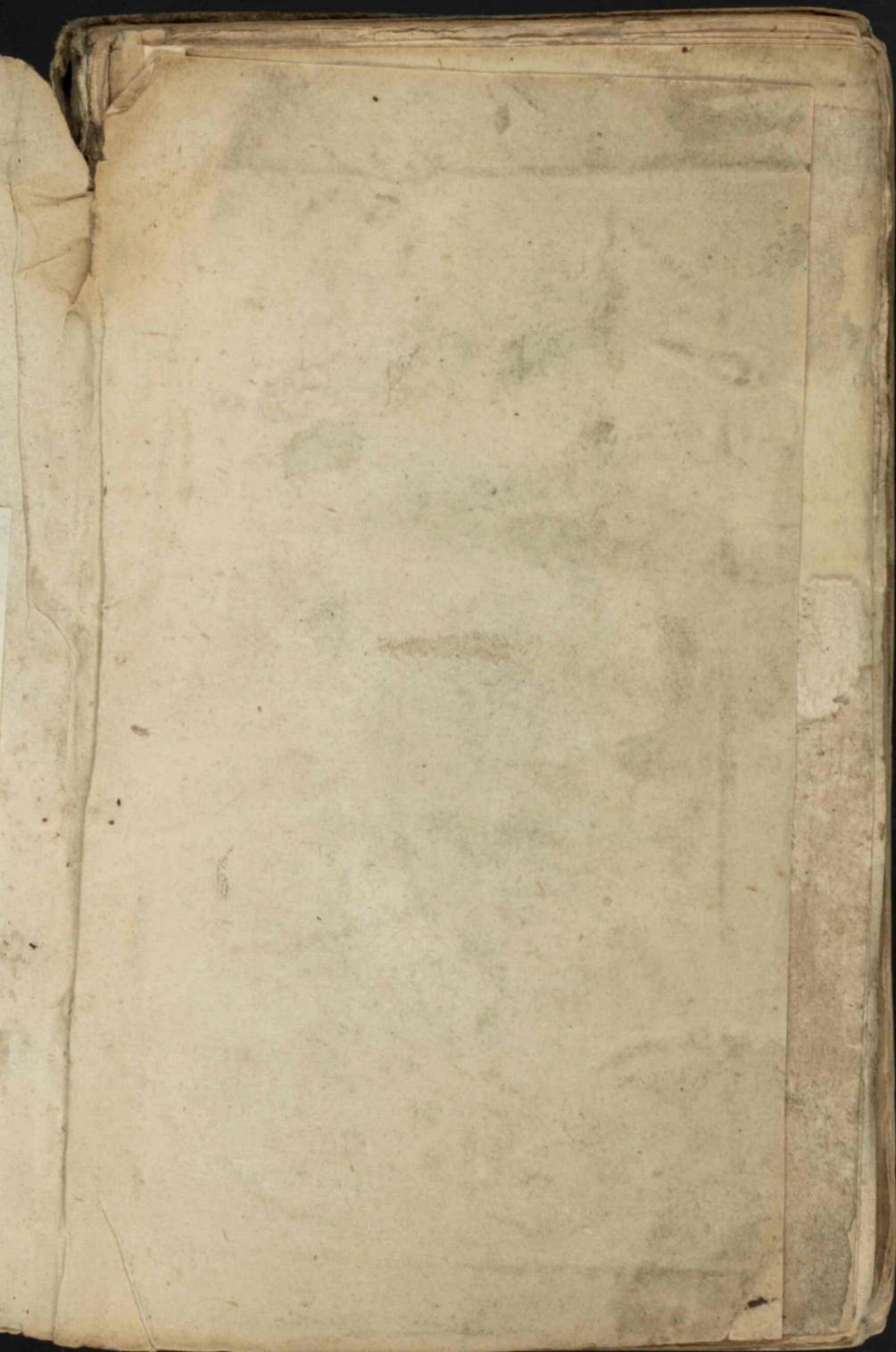
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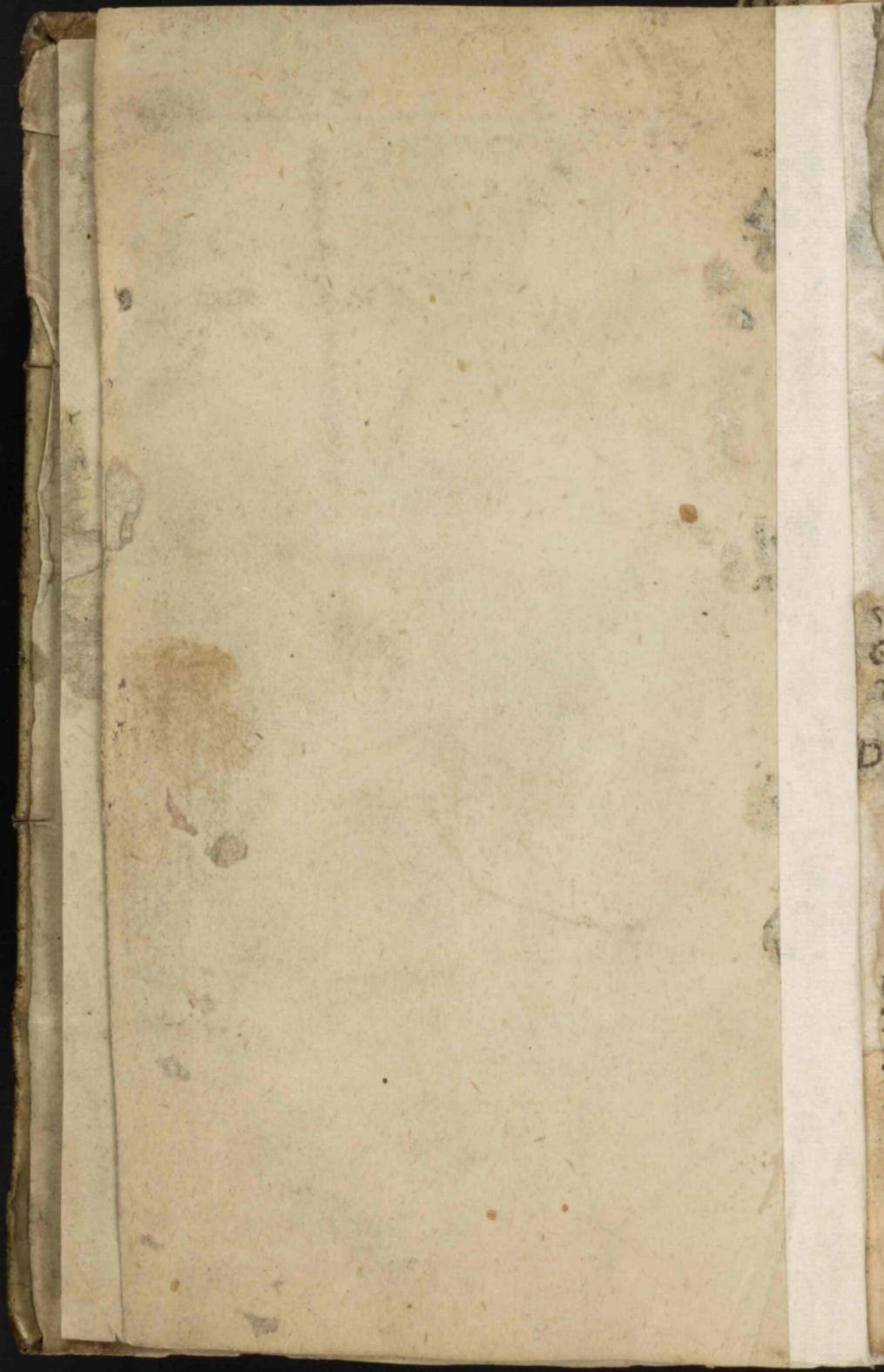
THE
ART
FOR
ADIES

TO
the
and
NE
Tables,
Distillatories

WITH
aut
ies, Banquets, Perfumes,
and Waters.

Reade, practise, and censure.

LONDON,
Printed by R. T. and are to be sold
by James Boler. 1632.





To all true lovers of Art
and Knowledge.

Sometimes I write the formes of burning bals,
Supplying wants that were by wood fals
mes of tubs defended so by ~~...~~ ^{...} ~~...~~ ^{...} ~~...~~ ^{...}
in waine hath their destruction sought.

Sometimes I write of lasting Beverage,
Great Neptane and his Pilgrims to content;
Sometimes of food, sweet, fresh, and durable,
to maintaine life, when all things else were spent.

Sometimes I write of sundry sorts of soyle,
neither Ceres nor her handmaids knew.
I write to all: but scarcely one beleeves (true
the Dive and Denshire, who have found them
the heavens did mourne in cloudy mantles clad,
threatned famine to the sonnes of men:
When sobbing earth denyed her kindly fruit
To painefull plowmen and his hundes, even then
I write, relieving remedies of dearth,
That Art might helpe, where nature made a faile.

THE EPIGRAMS

But all in vaine these new born babes,
 In their untimely birth straightway do quill
 Of those or such like other new found skills,
 With painful pen I whilome wrote
 Expecting from my Countries good therein,
 And not respecting now, time, or charge.
 But now my pen and paper are persumed:
 I scorne to write with coppresse or with gale,
 Barbaria's Canes are now become my quill:
 Rose-water is the inke I write withall.
 Of sweetes the sweetest I will now commend,
 The sweetest creatures that the earth doth beare
 These are the Saints to whom I sacrifice,
 Preserves and conserves both of plum and pear,
 Empaling now adieu: tush, marchpane wals
 Are strong enough, and best besit our age.
 Let piercing bullets turne to sugar bals,
 The Spaw-fear is busht, and all their rage
 Of Marmelade, 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 sugerd plate,
 And cast the same in formes of sweetest grace.
 Each bird and fowle so moulded from the life,
 And after cast in sweet compounds of Art,

THE PISTLE.

As if the flesh and forme which nature gave
 Should remaine in every lim and part,
 When crysall frost hath nipt the tender grip,
 And cleane consum'd the fruits of every vine,
 Yet here behold the clusters fresh and faire,
 Fed from the branch, or hanging on the line.
 The walnut, smalnut, and the cheynut sweet,
 Whose sug'ly barmels lose their pleasing taste,
 Are here preserved are preserved meet,
 And made by wiser hand, longest fruits to last.
 The Artichoke, and th' Apple of such strength,
 The Quince, Pomgranate, with the Barbarie.
 No sugar us'd, yet colour, taste and smell,
 Are here maintain'd and kept most naturally.
 For Ladies closets, and their distillatories,
 Both waters, oyntments, and sweet smelling bals,
 In easie tearmes without affected speech,
 I here 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 vaine surmised skil,
 By fancy fram'd within a theorick brain,
 My Muse presents unto your sacred eares;
 To win your favours falsely, I disdain.
 From painefull practice, from experience,
 I found, though costly, mysteries derive.

THE EPILOGUE.

*with fiery flames in scorching Vulcan's Forge
To teach and fine each Societ, I doe strive.
Accept them well, and let my wearied muse
Repose herselfe in Ladies laps awhile.
So, when she wakes, she haply may record
Her sweetest dreames in some more pleasing stile.*

H. PLAT.

The Table.

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

A

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

B Ags 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 roasted kept long	c, 18
A 4	Beefe

The Table.

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

C

C akes sweet without spices or sugar	a, 6
Candyng of flowers	a, 9, 53
Candyng in rock candy	a, 33, 42
Candyng of Orenge pils	a, 35
Candles for Ladies tables	c, 39
Candles	

The Table.

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

A 5

Damask

The Table.

D

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

E

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

F

F Ace spotted or freckled, to helpe	d, 6, 23
Face made faire	d, 7, 14
Face full of heat, helped	d, 11, 16, 17 18, 19, 20, 21
Face kept white and cleare	d, 12
Fish into paste	c, 14
Fish fryed, kept long	c, 17
Flesh kept sweet in Summer	c, 24
Flies kept from oyle peeces	c, 30
Flounder	

The Table.

	Flounder boyled on the French fashi-	
19	on	c,3
31	Flowers preserved	a,7
45	Flowers candied	a,9,11
52	Flowers in rocke candy	a,42
26	Flowers dried without wrinkling	
an-		a,63
11	Fruit preserved	a,8
46	Fruit how to mould and cast	a,44
	Fruit kept dry all the yeare	a,45,46
0		47
1	Fruit kept long fresh.	a,70
2		
	G	
	G elly chrySTALLINE	a,25
ce	Gelly of fruits	a,29
3	Gelly of Almonds	a,58
4	Gilliflowers kept long	a,61
7	Gilliflowers preserved	a,7
r	Gilliflower water	b,20
2	Ginger-bread	a,22
4	Ginger-bread dry	a,23
7	Ginger in rock candy	a,33,42
	Ginger greene in sirup	a,49
	Ginger candied	a,53
		Gloves

The Table.

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

H

H And-water excellent	d,2,28	
H Hands stained, to helpe	d,5	Le
Hands freckled, to helpe	d,6	Le
Hand-water of Scotland	b,21	Le
Hasel nuts kept long	a,72	Le
Haire black altered	d,30.37	Li
Haire made yellow	d,36	L
Herbs distilled in a new manner	b,11	
Herbs to yeeld salt	b,12	
Herbs to yeeld bloud	b,22	
Honey to yeeld spirit	b,13	N

I

I rish Aquavitæ	b,9	
I ffop distilled in a new manner	b,11	
Juyce of Orenge or Lemmons kept all the yeare	c,35	
Jumboles to make	a,16	

L

L Arks to boyle	c,4	
	Lavender	

The Table.

34	Lavender distilled in a new manner	a, 8	b, 11
62	Leach of Almonds		a, 27
64	Leach		a, 59
28	Leg of Mutton boiled after the French fashion		c, 7
1, 5	Lemmons in marmelade		a, 41
1, 6	Lemmon moulded and cast		a, 44
21	Lemmon-juyce kept all the year		c, 35
72	Lettuce in sucket		a, 32
37	Liquorice paste		a, 40
6	Lobsters kept long		c, 1

M

2	Mace in rock candy		a, 42
2	Mallard to boyle		c, 6
3	Marchpane-paste		a, 12. 18.
	Marigolds preserved		a, 7
9	Marigolds candied		a, 9. 11
1	Marigold-paste		a, 40
t	Marmelade of quinces or dāsons		a, 30
	Marmelade of Lemmons or Orenge		a, 41
	May-dew clarified		a, 33
	Morphew helped		d, 21, 22
	Mulberries		

The Table.

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

N

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

O

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

P

Paste of flowers	a,14,40
Paste of Novie	a,15
Paste to keepe one moyft	a,17
Paste called puffle paste	a,24
Paste short without butter	a,23
Paste of Genua of Quinces	a,30
Paste	

The Table.

29	Paste of fish.	c,14
2	Pearre moulded and cast off	a,44
25	Pearres kept dry	a,47
in	Perfumes delicate, and sodainly made	
24		d,31
	Perfuming of gloves	d,34
43	Pickrel boyled on the French fashion	
34		c,3
44	Pigeons of sugar paste	a,10
72	Pigeons boyled with Rice	c,9
	Pigge to sowse	c,1,2
34	Pigs petitoes boyled after the French	
35	fashion	c,8
41	Plums preserved	a,8
44	Plums dryed in the Sunne	a,46
35	Pomander to make	d,4
15	Pomander renewed	d,32
	Pomatum most excellent for the face	
40		d,13
15	Pomegranats kept long	a,68
17	Preserving of rootes	a,1
24	Preserving of Cowcumbers	a,36
23	Prunes in conserve	a,50,52
30	Pulp of fruit kept all the yeare	a,45
te		Quidinia

The Table.

	Q	
Q	Uidinia of Quinces	a, 28
	Quinces into paste of genua	a, 30
	Quinces in Marmelade	a, 32
	Quinces kept dry all the yeare	a, 47
	Quinces kept long	a, 67
	R	
R	Abbets of sugar paste	a, 10
	Raspices in gelly	a, 29
	Roots preserved	a, 1
	Roots candied	a, 53
	Rosa solis to make	b, 6
	Rosemary-flowers candied	a, 9
	Rose-leaves to dry	a, 36
	Rose sirup	a, 5
	Roses preserved	a, 7
	Roses and Rose-leaves candied	a, 9. 11
	Rose paste	a, 40
	Roses kept long	a, 61
	Rose-leaves dryed without wrinkles	a, 63
	Rosewater distil'd at Michaelmas	b, 14
	Rosewater distilled in a speedy man-	b, 15
	ner.	
		Rose.

The Table.

	Rose-water most excellent	b, 18
28	Rose-water and yet the Rose-leaves	
30	not discovered	b, 23
32	Rose-water and oyle drawn together	
47		b, 25
67	Rose-water of the colour of the Rose	
		c, 34
10	Rose-vinegar of the colour of the	
29	Rose.	c, ib.
4, 1	Rose-vinegar made in a new manner	
53		c, 41
0, 6		
	S	
9	S allet oyle purified and graced in	
36	taste and smell	c, 36
5	Salmon kept long fresh	c, 16
7	Salt of herbs	b, 12
11	Salt delicate for the table	c, 38
40	Sawfedges of Polonia	c, 14
61	Sirup of Violets	a, 4
les	Sirup of Roses	a, 5
63	Sparrowes to boyle	c, 4
14	Spirit of wine extraordinary	b, 1
in	Spirit of wine ordinary	b, 2
15	Spirits of spices	b, 3
se		Spirit

The Table.

Spirit of wine tasting of any vegetable	b,4
Spirit of honey	b,13
Spirit of herbs and flowers	b,17
Skin white and cleere	d,2
Sun-burning helped	d,22
Stove to sweat in	d,27
Strawberries in gelly	a,29
Strawberries in conserve	a,51
Sucket in Lettice stalks	a,32
Sucket of greene Walnuts	a,49
Sugar musk	a,2
Sugar paste for foule	a,10
Sugar plate to cast in	a,13
Sugar plate of flowers	a,14
Sugar plate to colour	a,38
Sugar cast in party moulds	a,43
Sugar smelling & tasting of the clove or cinamon	a,71

T

T Eale to boyle	c,6
T eeth kept white & found	d,10 15,10
Thyme distilled in a new maner	b,11
Trosses	

The Table.

eta.	Troffes for the Sea	a,39
b,4	V	
,13	Vinegar distilled	b,16
,17	Vinegar to clarifie	c,37
d,2	Violet sirup	a,4
,22	Violet paste	a,40,41
,27	Violet water, or vinegar of the colour	
,29	of the Violet	c,34
,51	Usquebath	b,9
,32	W	
,49	Wafers to make	a,56
a,2	Walnuts in sucket	a,49
,10	Walnuts kept fresh long	a,65,66
,13	Wardens kept dry all the yeare	a,47
,14	Washing water sweet	b,21.d,2,28,
,38		29
,43	Whites of eggs broken speedily	c,29
ove	Widgen to boyle	c,6
,71	Wine, tasting of wormewood, made	
c,6	speedily	c,33
,10	Y	
,10	Ytch helped.	d,25

FINIS.

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

1. How to preserve Eringo roots, *Arula Campana*, and so of others in the same manner.

Seech them till they be tender: then take away the piths of them, & leave them in a colander till they have dropped as much as they will: then having a thinne sirup ready, put them being cold into the sirup being also cold, and let them stand so three dayes, then boyle the sirup (adding some more fresh sirup to it, to supply that which the rootes have drunke up) a little higher: and at three dayes end, boyle the sirup againe without any new addition, unto the full height of a preserving sirup, and put in your rootes and so keepe them. Rootes preserved

The Art of preserving,
preserved in this manner, will eate
very tender, because they never boy-
led in the sirup.

3. *How to make Muske sugar of
common sugar.*

BRuise 4. or 6. graines of Muske ;
place them in a peece of Sarce-
net, fine Lawne or Cambrick dou-
bled : lay this in the bottome of a
gally pot, strewing your sugar there-
on : stop your pot close, and all the
Sugar in a few dayes will both sent
and taste of Muske : and you may
lay more Sugar thereon, when you
have spent that Sugar which will al-
so receive the like impressiion. Such
Muske-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 bee all of one colour: lay them about one inch in thicknesse 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 so continue this worke, untill they bee thorowly dried: then put them hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within (the Refiners of gold and silver call these pots Hookers:) stop it with corke and wet parchment, or with wax and rosin mixed together; and hang your pot in a chimney, or neare a continuall fire, and so they will keepe exceeding faire in colour, and most delicate in sent. And if
you

The Art of preserving,

you feare their relenting, take the Rose-leaves about Candlemas, and put them once againe into a 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 about when you set in your rose-leaves, either the first or second time. *Post, numero. 6.*

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

EXpresse the juyce of clipt Violets, and to three parts of juyce 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 juyce: put thereto a sufficient proportion of the finest Sugar

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ger, and brought also into a most fine powder: let the same stand 10. or 12. houres in a cleane glased earthen pan: then draine away the cleere-
rest, and put it into a glasse, and put thereto a few drops of the iuyce of Lemmons, and it will become cleere, transparent, & of the violet colour. Then you may expresse more iuyce into the sugar, which will settle in the bottome, with some of the thickest part of the iuyce: and beating the same upon a gentle fire, it will also become a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more than diuers 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
B of

The Art of preserving,

of Rose-leaves: cover the bason, and set it upon a pot of hot water (as we usually bake a custard:) in 3 quarters of an houre, or one whole houre at the most, you shall purchase the whole strength and tincture of the rose: then take out those leaves, wringing out all their liquor gently, and steepe more fresh leaves in the same water: continue this iteration seven times, and then make it up in a sirup: and this sirup worketh more kindly than that which is made meerly of the iuice of the Rose. You may make sundry other sirups in this manner. *Quere* of hanging a pewter head over the bason, 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 hott sunny day upon a Leads, turning them

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

7 How to preserve whole Roses, Gilliflowers, 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 whilest the Sunne is in some good height, lay them on papers in the Sun, or else dry them with some gentle heat in

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

*8. The most kindly way to preserve
plums, cherries, goosberries, &c.*

You must first purchase some reasonable quantitie of their owne iuyce, with a gentle heat, upon embers, in pewter dishes, dividing the iuice still as it commeth in the stewing: then boile each fruit in his owne iuice, 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, suffering the loose sirup to runne from them so long as it will: boyle that sirup a little more, and put in more flowers, as before; divide them also: then boile all the sirup which remaineth, and is not drunke up in the flowers, to the height of *Marus 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 stiffe sugar paste, whereof to cast Rabbits, Pigeons, or any other little bird or beast, either from the life or carved moulds.*

First, dissolve Isinglasse in faire water, or with some Rose-water in the later end: then beat blanchd almonds, as you would for march-pane 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 Isinglasse, being first made into gelly, in faire warme water (note, the more isinglasse you put therein, the stiffer your worke will prove): then having your rabbits, woodcocks, &c. molded, either in plaister from life, or else carved in wood (first annointing your wooden moulds with oyle of sweet almonds, and your plaister or stone moulds with barrowes grease) poure your sugar paste thereon.

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A quart of creame, a quarterne of almonds, two ounces of Isinglasse, and foure or six ounces of sugar is a reasonable good proportion for this stuffe. *Ware* 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 fowle with crums of bread, cinamon and sugar boiled together: and so they will seeme as if they were rosted and breaded. Leach and gelly may bee cast in this manner.

This paste you may also drive with a fine rowling pin, as smooth and as thin as you please: it lasteth not long, and therefore it must bee eaten within a few dayes after the making thereof. By this 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, Borage,
or Rosemary-flowers.*

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

*12. To make an excellent Marchpane
paste to print off in moulds for ban-
quetting dishes.*

TAke to every Iordan Almond
blanched, three spoonefuls of
the

Conserving, candying, &c.

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

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

There is a 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

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which have had some part of their oile taken from them by expression, before you incorporate them with the sugar: and so happely you may mix a greater quantity of them with the sugar, because they are not so oily as the other.

You may mix cinamon or ginger in your paste, and that wil 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 plate, and casting thereof in carved moulds.*

TAKE one pound of the whitest refined or double refined Sugar, if you can gette it: put thereto three ounces (some Comfit-makers
put

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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 masse, put a pretty lump of the bignesse of a walnut of gumme dragagant, first steeped in Rose-water one night: a porenger full of Rose-water is sufficient to dissolve one ounce of gum (which must first bee well picked leaving out the drosse): remember to straine the gumme thorough a canvas: then, having mixed some of the white of an egge with your strained gumme, temper it with the sugar betwixt your fingers by little and little, till you have wrought up all the Sugar and the Gumme together into a stiffe paste; and in the tempering, let there be alwaies some of the sugar betweene your fingers and the Gumme: then dust
your

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your wooden moulds a little with some of that powdered Sugar throw a piece of Lawne, or fine linnen cloth: and having driven out with your rowling pinne a sufficient portion of your paste to a convenient 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 thereto, and if too much sugar, then more gum: you must also worke this paste into your moulds as speedily as you can

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

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

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

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

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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 diih: then sift it: then beat it with your almonds: put, in the beating of it, a little cinnamon, ginger, and the iuice 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

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beaten, and the iuice of a Lemmon :
and being brought into paste, roule
it into round strings: then cast it
into knots, and so bake it in an oven:
and when they are baked, yce them
with Rose-water and Sugar, and the
white of an egge being beaten to-
gether, then take a feather and gild
them, then put them againe into the
oven, and let them stand in a little
while, and they will bee yced cleane
over with a white yce : and so boxe
them up, and you may keepe them
all the yeare.

*17. To make a passe to keepe you moist, if
you list not to drinke oft; which La-
dies 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 roa-
sted, or else a slice of old marme-
lade:

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lade: and so print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may serue 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 finely beaten, adding 2 or 3 spoonfuls of Rose-water, and that will keepe your Almonds from oyling. When your paste is beaten fine, drive it thin with a rowling pin, and so lay it on a bottome of wafers: then raise up a little edge on the side, and so bake it: then yce it with Rose-water and Sugar: then put it into the oven againe; and when you see your yce is risen up and dry, then take it out of the oven, and garnish it with

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with pretty conceits, as birds and beasts, being cast out of standing moulds. Sticke long comfits upright in it: cast biskets and carrowaies in it, and so serve it: gild it before you serve it: you may also print off this Marchpane paste in your moulds for banquetting dishes: and of this paste our comfit-makers at this day make their letters, knots, Armes, Escocchions, beasts, birds, and other fancies.

19. To make bisket bread, otherwise called french bisket.

TAke halfe a pecke of fine flower, two ounces of coriander seeds, one ounce of anni-seeds, the whites of foure egges, halfe a pinte of Ale-yeast, and as much water as will make it up into stiffe paste; your water must be but blood warm: then bake it in a long roul as big as your thigh: let it stay in the oven but one houre, and when it is a day old, pare

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pare it and slice it overthwart: then sugar it over with fine powdered sugar, and so dry it in an oven againe: and being dry, take it out, and sugar it againe: then box it, and so you may keepe it all the yeere.

20. To make prince-b'sket.

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 basted with a little butter before you put in your batter, and so keepe it.

21. To make another kinde of bisket called biskettello.

TAKE halfe an ounce of gumme-dragagant, dissolved in Rose-water

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Rose-water with the iuice of a lemon, and two grains of musk: then straine it thorow a faire linnen cloth, with the white of an egge: then take halfe a pound of fine sugar beeing beaten, and one ounce of Carroway seeds, being also beaten and scarced: and then beat them all together in a mortar, till they come to paste: then roule them up in small loaves about the bignesse of a small egge: put under the bottome of every one a peece 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 midst: when you breake them up, they will be hollow and full of eyes.

22. *To make Ginger-bread.*

TAke three stale manchets, and grate them: dry them, and sift them thorow a fine sieve: then adde
unto

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unto them one ounce of Ginger being beaten and as much Cinamon, one ounce of Liquorice and Anniseeds, beeing beaten together, and searced; halfe a pound of sugar: then boil all these together in a posnet, 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 Cinamon, Ginger, and Liquorice, beeing mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentlemens houses at festivall times. It is otherwise called dry Leach.

.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 iuice of a lemmon,

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lenmon, 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 passe-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 peeces of butter, as big as nuts, upon it; then fold it over; then drive it abroad againe; then put small peeces 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.

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25. To make paste short without butter.

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

26. To make crysell gelly.

TAKE a knockle of Veale, and two calves feet (your calves feet being flayd and scalded) and boyle them in faire spring water; and when they are boyled, ready to eat, you may save your flesh, and not boyle it to peeces; for, if you doe so, the gelly will looke thicke; then take a quart of the cleerest
of

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of the same broth, and put it into a posnet, 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 boile them in your gelly; season it with foure ounces of sugar-candy, and three spoonfuls of Rose-water; so let it run thorow your gelly-bag; and if you meane 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 sweet 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 Isinglasse that is very white, and

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

28. To make Quidinia 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 thorow a gelly bagge into a
bason; then set on your bason upon
a chafing-dish of coales, to keepe it
warne; then take a spoone, and fill
your boxes as full as you please, and
when they be cold, cover them; and
if you please to print it in moulds,
you must have moulds made to the
bignesse of your box, and wet your
moulds with Rose-water, and so let
C it

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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, Mulberries, Raspis-berries, or any such tender fruit.*

TAke your berries, and grind them in an Alabaſter Mortar, with foure 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 peece of Iſinglaſſe, and ſo let it run through a fine cloth into your boxes, and ſo you may keepe it all the yeare,

30. *To make paſte of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in ſlices, and bake them

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

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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 marmelade, like unto a stewed warden; but if you dry your pulp first, it will looke white, and take lesse sugar: you shall know when it is thicke enough, by putting a little into a sawcer, letting it coole before you boxe it.

32. *To make sucket 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

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next-day your sirup will be weake againe: 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 boiling 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 thereof out of a spoone, the sirup doe rope and runne into the smalnesse of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, 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.

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You must breake your pot with an hammer, for otherwise you cannot get out your candie. You may also candy Oreniges or Lemmons in like sort, if you please.

34. To preserve Oreniges, after the Portugall fashion.

TAke Oreniges 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 bitternesse; then take sugar and boile it to the height of sirup as much as will cover them, & so put your Oreniges into it, & that will make them take sugar. If you have 24. Oreniges beate 8. of them, till they come to paste, with a pound of fine sugar; then fill every one of the other oreniges with the same, and so boile them againe in your sirup: then there will bee marmelade of Oreniges within your Oreniges, & it will cut like an hard egg.

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35. *To candy Orenge pills.*

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

36. *To preserve cucumbers all the yeere.*

YOU may take a gallon of faire water, and a pottle of veriuycce, 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 cucumbers into that pickle, and you shall keepe them all the yeare.

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37. To preserve broom-capers all the yeere.

BOile a quart of veriuce, and an handfull of bay-salt, and therein you may keepe them all the yeere.

38. To colour sugar-plate with severall colours.

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

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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 quan-
tity 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, Cowslips, 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

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confusedly together: then dissolve some Sugar in Rose-water, and being boiled a little, put some Saffron therein, if you worke upon Mari-golds; 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 poure it upon a trencher, being 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 peeces 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 searce the Liquorice thorow a fine Searce. These roules
are

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are very good against any cough or colde.

41. To make Marmelade of Lemmons or Orenge.

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

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

Lay your nutmegs in steepe in
common Lee, made with ordi-
nary ashes, 24. houres; 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
of

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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 seaced thorough colanders of severall bignesse, take the smallest thereof, and roule your Nutmegs up and downe therein, either in a dish or upon cleane paper: then stove 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 stove them again till they bee hard, and so the third time if you will increase their candie. Note, that you must spend all the Sugar which you dissolve at one time with candying of one thing or other, there-

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therein presently. The stronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in steepe in the Lee, 10. or 12. dayes, and after in the sirup of sugar in a stove, or cupboard, with a Chafing-dish and coales, one whole weeke, and then you may candy them suddenly, as before. Flowers and fruits are done presently, without any such steepeing 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

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you cast, then drie 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 poure it into your
moulds: let your moulds stand one
houre, and then gently part or o-
pen the moulds, and take out that
which you have cast. You may also
worke the paste, *antenuero*, 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 presse both sides
of the mould together, two or three
times, and after take away the crest
that will arise in the midst. And
to make the sides to cleave toge-
ther, you may touch them first over
with gumme dragagant dissolved,
before you presse the sides of the
mould together. Note, that you may
convey Comfits within, before you
close the sides. You may cast of
any

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

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cast another halfe unto it, then cut off a peece of the top of both your party moulds, and cast thereto another cap in like manner as you did before. Keepe these three parts bound together with tape, till you have cause to use them: and before you cast, lay them alwayes in water, and dry up the water againe before you poure 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 powring some out of a spoone, it will run at the last as fine as a haire, then taking off the cappe of your mould, poure the same therein, filling vp the mould above the hole, and presently clap on the cappe, and presse it downe upon the Sugar; then swing it up and downe in your hand, turning it round and bringing the neather part some-
times

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times to bee the upper part in the turning, and *è converso*. This is the manner of using an Orenge, Lemmon, or other round mould: but if it be long, as a pigs foot will bee, being moulded, then roule it, and turn it up and downe long-wayes in the aire.

45. *How to keepe the dry pulp of cherries, prunes, damsons, &c. all the yeere.*

YOU may take of those kinde of cherries that are sharpe in taste (*Quere* if the common blacke & red cherrie will not also serve, having in the end of the decoction a little oyle of Vitrioll, or Sulphur, or some veriuiice of sower grapes, or iuice of lemnions 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

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owne iuice, stirre them hard at the bottom with a spattle, lest they burne to the pann's bottome. They have boyled sufficiently, when they have cast off all their skins, and that the pulp and substance of the cherries is growne to a thicke pap: then take it from the fire, and let it coole: then divide the stones and skins by passing the pulpe onely thorow the bottome of a Strainer reversed, as they use in *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 keepe 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 feare adustion in this worke, you may finish it in hote Balneo.

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*46. How to dry all maner of plums or
Cherries in the Sunne.*

IF it be a small fruite, you must dry them whole, by laying them abroad in the hot Sunne, in stone or pewter dishes, on iron or brasse pans, turning them as you shall see cause. But if the plum be of any largenesse, slit each plum on the one side, from the top to the bottome: 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 doe not shine sufficiently during the practice, then dry them in an Oven that is temperately warme.

47. How to keepe Apples, Peares, Quinces, wardenes, &c. all the yeere, dry.

PAre them, take out the coare, and slyce them in thinne slyces, lay-

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laying them to dry in the Sunne in some stone or metalline dishes, or upon a high Frame covered with coorse canvas, now and then turning them: and so they will keepe all the yeere.

48. To make green ginger upon streup.

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

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*49. To make sucket of greene
walnuts.*

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

*50. To make conserve of Prunes
or Damsons.*

TAke ripe Damsons: put them into scalding water: let them stand a while: then boile them over the fire till they break: then straine out the water thorow a colander, and let them stand therein to coole: then straine the Damsons thorow the colander, taking away the

and

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and skinned: then set the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them well to a stiffenesse, 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 Praines or Damsons made another way.

TAke a pottle of damsons: pricke them, and put them into a pot, putting

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

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

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

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but it will be the longer in candy-
ing: your sirup must be of such stiff-
nes: as that a drop thereof, being let
fall upon a pewter-dish, may con-
geale and harden being cold. You
must make your sirup in a Chasing-
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 borrage-flower, and
all other flowers but once.

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

First of all you must have a deepe
bottomed bason of fine cleane
brasse or latten, with two eares of
iron to hang it with two severall
cords

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cords over a bason or earthen pan with hot coales.

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

You must have a cleane latten bason to melt your sugar in, or a faire 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 require.

Having all these necessarie vessels and instruments, worke as followeth.

Choose the whitest, finest, and hardest sugar, and then you neede not to clarifie it, but beate it onely into fine powder, that it may dissolve the sooner.

But first make all your seeds very cleane, and dry them in your hanging bason.

D

Take

The Art of preserving,

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

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

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

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

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gristie sugar in the bottome, and let it seethe mildely, 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;

D 2

when

The Art of preserving,

when the sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle, and all to move the bason, move, stirre and rubbe the seedes with thy left hand a pretty while, for they will take sugar the better, and dry them well after every coate.

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

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

For crispe and ragged comfits, make your sugar of a high decoction, even as high as it may runne
from

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

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

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

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smoke or flame.

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

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

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

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

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

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

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

Take the powder of Cinamon, two drammes; of fine Muske, dissolved in a little water, one scruple: 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 foure coates of a light decoction, that they may be round and plaine: and, with an high decoction, you may make them crispe.

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

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part and divide the comfits into severall sorts.

To make paffe for comfits, Take fine grated breade foure ounces, fine elect Cinamon powdred halfe an ounce, of fine ginger powder one dramme, saffron powder, a little; white sugar two ounces, and a few spoonfulls of borrage-water, 'see the the water and the sugar together, and put to the Saffron, then first mingle the crummes of breade, and the spices well together, drie them, put the liquor scalding hote upon the stufte, and beeing hote, labour it with thy hand, and make balles or other formes thereof, dry 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

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

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

Sugar powder one ounce will take at the least a pound of sugar to make your biskets 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 confits 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 clammy.

To make red confits, see the three

D 5.

or

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or foure ounces of brazell with a little water: take of this red water, 4. spoonfulls; of sugar, one ounce, and boile it to his decoction: then give 6. coats, and it will bee of a good colour; or else you may turne so much water with one dramme of turnsole, doing as before.

To make greene comfits, seethe sugar with the iuice 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 whitnesse 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, searced in a coorse searce, one dramme; and of sugar-powder, to bee molt and cast, one ounce. This done, will make the
biskets

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

Alter. 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 be cast: 8. drams make one ounce. To thus much powder for biskets, take halfe a pound of sugar to cast thereon.

Coriander-seeds, a quarter of a pound; sugar, 3. pound; Coriander-seeds, 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 sufficient.

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

To one pound of sugar, take 9. ounces of water.

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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 flower, put into it a little creame with two yolkes of egges and a little Rose-water, with a little searced 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, dreming the whey from it, after let it hang in the same cloth some few houres, then straine it and season it with Rose-water and sugar.

58. A white gelly of Almonds.

TAke Rose-water, gumme Dragagant dissolved, or Isinglasse dissolved, and some 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

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your water aforesaid into the Almonds, seethe them together and stir them continually, then take them from the fire, when all is boyled to a sufficient height.

59. To make leach.

SEethe a pint of creame, and in the seething put in some dissolved Isinglasse, stirring it till it bee very thicke, then take a handfull 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.*

SCrape 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.

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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 searced Sugar, and put them up in luted pots, setting 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.

PVt a Vine stalke thorough a Basket of earth in December, which is likely to beare Grapes, that

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that yeere, and when the grapes are ripe cut off the stalke under the basket (for by this time it hath taken roote) keepe 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 wrinkling.

IF you would performe the same well in rose-leaves, you must in rose time make choise 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 sunne; and hauing shallow, square or long boxes of 4. 5. or 6. inches deepe, make first an even lay of sand in the bottom, upon
which

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which lay your Rose-leaves, one by one (so as one of them touch other) till you have covered all the sand, then strowe sand upon those leaves, till you have thinly covered them all, and then make another laie of leaves as before, and so lay upon lay, &c. Set this box in some warme place in a hot sunny day, (and commonly in two hot sunnie dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keepe these leaves in Jarre glasses, bound about with paper, neere a chimney, or stove, for feare of relenting. I finde the red Rose leafe best to be kept in this manner; also take away the stalkes of pansies, stocke-gilliflowers, or other single flowers, pricke them one by one in sand, pressing downe their leaves smooth with more sand layd evenly upon them. And thus you may have Rose-leaves, and other flowers to lay about your
ba-

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basons, windowes, &c. all the winter long. Also this secret is very requisite for a good simplifier, 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 hee may easily learne to know the names of all simples which hee desireth.

64. Clusters of Grapes kept till Easter.

Clusters of Grapes, hanging upon lines within a close Presse, will last till Easter. If they shrinke, you may plumpe them up with a little warme water before you eate them. Some use to dip the ends of the stalkes first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after hanging them within a Presse or Cupboard, which
would

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would stand in such a roome (as I suppose) where the grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the room, or else the graps will rot and perish.

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

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

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

GAther not your Walnuts before they be fulripe, keep them without

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out any art untill New-yeeres tide, then breake the shelles caretully, so as you deface not the kernels: (and therefore you must take choise of such nuts as have thin shels) whatsoever you finde to come away easily, remove it: steepe 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 any 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 whitnesse 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 pittie; 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

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MAKE choise of such as are sound; 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 Whitson tide, 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

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you also keepe your barbaries both full and faire coloured.

68. Keeping of Pomegranats.

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

69. Preserving of Artichokes.

CUt off the stalkes of your Artichokes within two inches of the Apple; and of all the rest of the stalkes make a strong decoction,
on,

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on, slicing them into thinne and small peeces, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in colde, to take away the bitteresse of them. This of M. *Parsons*, that honest and painefull practicer in his profession.

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

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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 lethale*, being dipped in molten pitch, being almost cold, & before it congeale and harden againe, and so hung up by their stalkes, will last a whole yeere. *Probat. per M. Parsons,* the Apothecary. Prove what other fruits will also bee preserved in this manner.

71. *To make Clove or Cinamon Sugar.*

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

72. *Hasell*

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72. Hasell Nuts kept long.

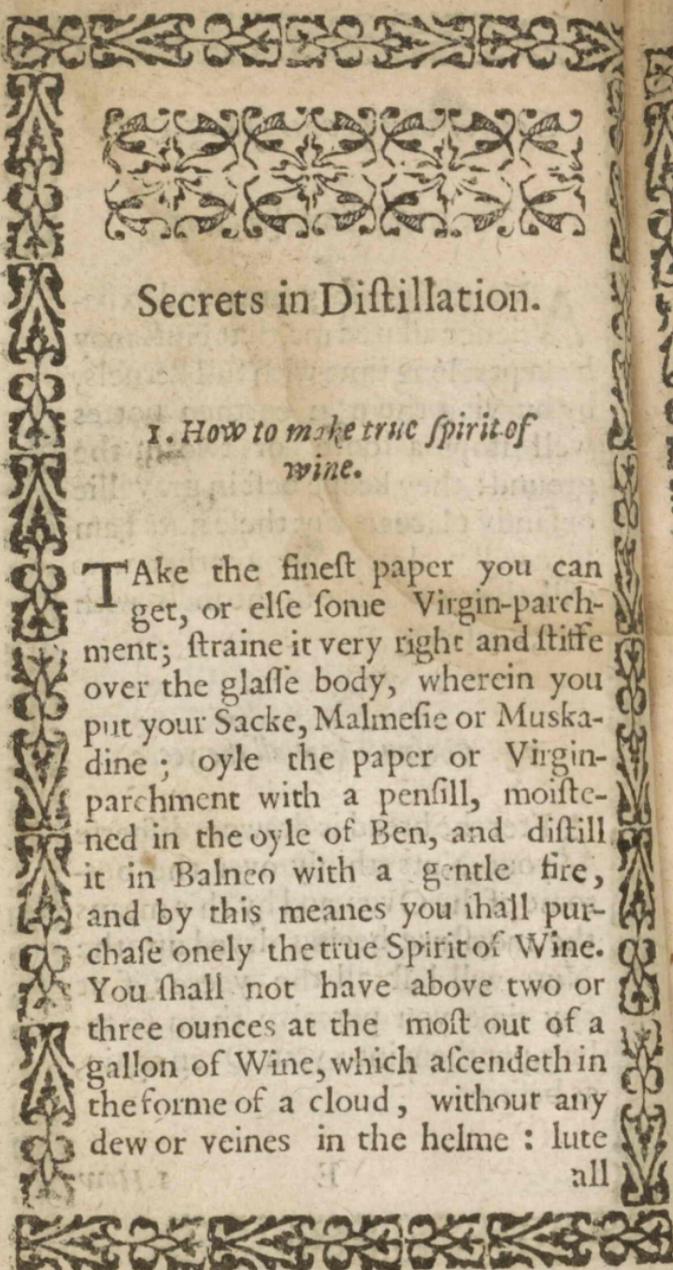
A Man of great yeares and experience assured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pottes well stopt a foote or two in the ground: they keepe best in gravellic or sandy places. But these nuts I am sure will yeeld no oile as other nuts will, that waxe drie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

73. Chesnuts kept all the yeere.

After the bread is drawne, disperse your Nuts thinly over the bottom of the Oven, and by this means the moysture beeing dryed up, the Nuts will last all the yeere: if at any time you perceive them to relent, put them into your Oven again, as before.

E

I. How



Secrets in Distillation.

*I. How to make true spirit of
wine.*

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

Secrets in Distillation,

all the joynts well in this distillation.
This Spirit will vanish in the ayre, if
the glasse stand open.

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

Put Sacke, Malmesie, or Muska-
dine into a glasse body, leaving
one third or more of your glasse
empty, set it in balneo, or in a pan of
ashes, keeping a soft and gentle fire :
draw no longer than till all or most
part will burne away, which you
may prove now and then, by setting
a 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
again 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 z Steele

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

4. Spirit of wine, tasting of what vegetables you please.

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

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in spirit of wine a day or two, & then distill it over again, unlessse 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 comnieth 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 brasie pot. Draw this in May or June, when the herb is in his prime.

6. *Rosa-solis.*

TAke of the herbe Rosa-solis, gathered in Julie, one gallon,
E 3 picke

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picke out all the blacke moats from the leaves; Dates, halfe a pound; Cinanon, 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 stons 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 leafe-gold. Some use to boile Ferdinando-bucke in Rose-water, till they have purchased a faire, deepe crimson colour: and when the same is cold, they colour their Rosa-solis
and

Secrets in Distillation.

and Aqua Rubea therewith.

7. Aqua Rubea.

TAke of Musk 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 stopt 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 cleereft forth into another glasse : but if you will have it deeper coloured, suffer it to worke longer upon the Turnsole.

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8. D Stevens *Aqua composita.*

TAke a gallon of Gascion wine, of
Ginger, Galingale, Cinamon,
Nutmegs and graines, Annis-seeds,
Fennel-seeds, and Carroway seeds, of
each a dram; of Sage, Mints, red Ro-
ses, Thyme, Pellitory, Rosemary, wild
Thyme Camomill, Lavender, of each
a handfull: bray the spices small, and
bruisse the herbs, letting them mace-
rate 12. houres, stirring it now and
then, then distill by a Limbeck of
pewter, keeping the first cleere water
that commeth, by it selfe, and so like-
wise the second. You shall draw much
about a pint of the better sort from
every gallon of wine.

9 *Usque-bath or Irish Aqua vite.*

TO Every gallon of good Aqua
composita, put two ounces of
chosen

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

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10. *Cinamon-water.*

HAVING a Copper body or Brasse pot that will hold 12. gallons, you may well make 2. or 3. gallons of Cinamon-water at once. Put into your body over-night vi. gallons of conduit water, and two gallons of Spirit of wine, or, to save charge, two gallons of Spirit drawne from wine lees, Ale, or low Wine, sixe pound of the best and largest Cinamon 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 vessell 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

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

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

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you shall use about this worke.

II. How to distill Isop, 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, beeing such a vessell as is commonly used in the drawing of Aqua vitæ, fill two parts thereof with faire water, and one other third part with such hearbes as you would distill; the hearbes beeing eyther moist or drie, skilleth not greatly whether: let the hearbes macerate all night, and in the morning beginne your fire, then distill as before in Cinamon water, beeing 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

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the herbe which you distill, alwaies dividing the stronger from the weaker, and by this meanes you shal 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, Isop, &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 residue or settling which you finde in the bottom thereof, is the salt which you seeke for. Some use to filter this Lee
divers

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

13. Spirit of Honey.

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 bloud-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.*

In

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IN the pulling of your Roses, first divide all the blasted leaves, then take the other fresh leaves, and lay them abroad upon your table or windowes with some cleane linnen 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 narrowe mouthes, and well leaded within, (such as the Goldfiners call their hookers, and serve to receive their Aqua fortis, bee the best of all others that I know) and when they are well filled, stop their mouthes with good cokes, either covered all over with waxe or molten brin:stone, 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 leisure. 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

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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 di-
stillation 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 out side, so
as no aire might penetrate or pearce
the vessell.

15. A speedy distillation of Rose-water.

STampe the leaves, and first di-
still the juice being expressed,
and after distill the leaves, and so
you shall dispatch more with one
Still, than others doe with three or
four

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

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

[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 here 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,

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Note that the best part of the vinegar, 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 selfe.

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

MAcerate the Rose in his owne juice, adding thereto, beeing 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

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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 haire cloath, and upon that lay good store of Rose-leaves, either drie, or halfe drie: and so your water will ascend verie good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes: you may reiterate 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*

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19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it onely a walme or two, then it will grow cleare: before it be cooled, poure away the cleered filter with a piece, of cotten, and then evaporate your filtred 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 sent 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, Gilliflowers, &c.*

Drie the herbe or flower, and distill the same in faire water
in

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

21. A Scottish hand-water

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

22. How to draw the bloud of herbes.

STampe the herbe, put the same into a large glasse, leaving two parts emptie (some commend the juice

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

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

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

24. *How to recover Rose-water, or any other distilled water that hath gotten a mother, and is in danger to become mustie.*

Infuse

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INfuse your water upon fresh Rose-leaves, or upon Rose-cakes broken all in pieces, and then, after maceration for three or foure houres with a gentle fire, re-distill your water. Do this in a Limbeck, take heed of drawing too long for burning, unlesse 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,

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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 Rhodium* this way, saving that you shall not neede to macerate the same 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.

F

Coo.



COOKERY AND
Huswifery.

1. *To souse a young Pig.*

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

2. *Aliter.*

TAke a Pig beeing scalded : collar
him up like brawn, and lap your
collars in faire clothes : when the
flesh is boiled tender, take it out, and
put

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

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

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

4. *To boile Sparrowes or Larks.*

TAKE two ladles full of Mutton broth, a little whole mace: put into it a peece of sweete butter, a handfull of Parsley being pick'd: season it with sugar, verjuice, and a little pepper.

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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, lest you discolor your broth, and put it on the breast of your Capon, Chicken, or Rabbet: if you have no Almonds, thicken it with creame, or with yolks of eggs, garnish your dishes on the sides with a Lemmon sliced, and sugar.

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

TAke Mutton-broth, and put it into a pipkin: put into the belly

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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 toste of bread steeped in verjuice: season it with a little pepper, and a little sugar; also one onion minced small is very good in the broth of any water-Fowle.

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

TAKE all the flesh out of your Leg of Mutton, or at the butt end, preserving the skinne whole, and mince it small with Oxe-suet and marrow: then take grated bread, sweet Creame, and yolkes of egges, and a few sweet herbes: put unto it 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

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

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

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

9. To boile Pigeons with Rice.

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

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

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

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

11. *To make Beaumanger.*

TAKE the brawne of a Capon, tose 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 Alabastar mortar with a wooden pestell, then draw it thorough a thinne strainer

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

12. To make a Polonian sawsedge.

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

13. To

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13. *To make tender and delicate
brawne.*

PUt collars of brawn, in kettels of water, or other apt vessel, 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 excelleng the old manner of boiling brawne in great and huge kettles. *Quere* if putting your liquor hot into the vessels, and the brawn a little boiled first, by this meanes you shall not give great expedition to your worke.

14. *Paste made of fish.*

Incorporate the body of salt fish, Stock-fish, Ling or any fresh fish that is not full of bones, with crums of bread, flower, Isinglasse,
F. 5. &c.

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&c. and with proper spices agreeing with the nature of every severall 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 naturall fish.

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

Open your Oysters: take the liquor of them, and mixe a reasonable proportion of the best white wine vineger 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 meanes to convey Oysters unto dry townes, or to carry them voyages.

16. *How*

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16. *How to keepe 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 meanes, 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 eat short
and delicately.*

FRy your fish in oyle: some commend rape oyle; and some, the sweetest Civill oyle that you can get: for the fish wil not taste at all of the oyle, because

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because it hath a watrish body, and oyle and water make no true unity: then put your fish in white wine vinegar, 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 vinegar, 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, without any charge.

WHEN your Beefe hath been well and thoroughly powdered by tenne or twelvé dayes space, then see the it thoroughly, dry
it

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

20. *A conceipt of the Authors, how Brese may bee carried at the Sea wi hout that strong and violent impression of salt, which is usuall purchased by long and extreame powdering.*

Here with the good leave and favour of those curteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatise; I will make bold to lanch a little from the shoare, and trie what may bee done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such usuall victualls, as for want of this skill
doe

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do oftentimes meerly 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 voluisse satis.* 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 peeces in vessels full of holes, fastening them with ropes at the sterne of the ship, and so dragging them thorow the salt sea water (which, by his infinite change and succession of water, will suffer no putrefaction, as I suppose): you may happely finde your Beefe both sweet & savoury enough, when you come to spend the same. And if this happen to fall out true upon some tryall thereof had, then either at my next inpression, or when I shall be urged thereunto upon any necessity of service, I hope
to

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

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

THis is done by mixing a few dropps of the extracted oyle of Sage, Cinamon, 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 necessaric vessels, instruments, and other circumstances by a most plain and familiar description: see my Jewel-house of Art and Nature, under the Title of Distillation.

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

Having

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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 houre, 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 sinke 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

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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

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

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Cheeses is like faire water in colour, and carrieth no strength with it. Note also, that if you put in your curds unbroken, not taking away the whey that issueth in the breaking of them, that so the cheeses will yet be so much the greater: but that is the more troublesome way, because the curds, being tender, will hardly endure the turning, unlesse you be very carefull. I suppose, that the Angellores in France may be made in this manner in small baskets, and so likewise of the Parmeesan: and if your whole Cheeses consist of unflatten milke, they will be full of butter, and eat 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 rushes or nettles. I have robbed my wives Dairy of this secret, who hath hitherto refused all recompences that have bene offered her

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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 where-with 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 vpon 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-

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evening, but let it not see the: and this is called my Lady Young's clowted creame.

24. Flesh kept sweet in summer.

YOU may keepe Veale, Mutton, or Venison in the 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 knowne and practised in hot and tainting weather. Veale may be kept ten daies in bran.

25. Mustard-Meale.

IT is usuall in Venice to sell the meale of Mustard in their markets,
as

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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 searce or boulder; which may easily be done, if you dry your seeds against the fire before you grinde them. The Dutch iron handmils, or an ordinary pepper-mill, may serve for this purpose. I thought it very necessary to publish this manner of making your sawce, 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 stomacks 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

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

27. *The true bottling of Beere.*

When your Beere is 10. or 12. dayes olde, whereby it is growne reasonable cleere, then

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

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

Some put them in an oven when
G the

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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 oyle speedily: some breake them with a stubbed rod: and some, by wringing them often thorow a sponge.

30. *How to keepe flyes from oyle peeces.*

A Line lined over, and strained about the crest of oyle-peeces 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

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them by the discovery amongst the fishmongers (who onely in respect of their speedy decay, do now and then afford a penny worth in them) if you wrap them in sweet and course 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 ihall finde your labour well bestowed, and the rather, if you lay them in severall cloths, so as one doe not touch the other.

*32. Diverse excellent kinds of
bottle-ale.*

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

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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 Gossips 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, runne halfe a pint of white Ipo-
craffe that is newly made, and after
the best receit, with a pottle of Ale :
stop your bottle close, and drinke it
when it is stale. Some commend the
hanging of roasted Orenge prickt
full of Cloves in the vessell of Ale
till you finde the taste thereof suffi-
ciently graced to your owne liking.

33. *How to make worne-wood wine ve-
ry speedily and in great quantity.*

TAke small Rochell or Coniack
wine, put a few drops of the
G 3 extra-

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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 wormewood-
wine.

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

IF you would make your Rose-wa-
ter and Rose-vineger of a Rubie
colour, then make choyce of the
crimson-velvet-coloured leaves, clip-
ping away the whites with a paire of
sheeres: and beeing thorow dried,
put a good large handfull 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. Keepe this Rose-water in glasses very well stopt; the fuller the better. What I have said of Rose-water, the same may also be intended of Rose-vineger, violet, marigold, and cowslip-vineger: but the whiter vineger you chuse for this purpose, the colour thereof will bee the brighter: and therefore distilled vineger is best for this purpose, so as the same bee warily distilled with a true division of parts, according to the manner expressed in this booke in the distillation of vineger.

35. *To keepe the juice of Orenge and Lemmons all the yeere for sauce, juleps and other purposes.*

Expresse their juyce, and passe it thorough an Ipocrasse bagge, to clarifie it from his impurities:

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

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

Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the juce of the best Civill Orengees at an easie price. About Allhollantide, or soone after, you may buy the inward pulp of Civill Orengees, 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 juyce you may prepare and reserve as before.

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

PUt sallet oile into a vessel of wood or earth, having a hole in the bottome: to every foure quarts of water, adde one quart of oyle, and, with a wooden spoone or spattle, beat them well together for a quarter

Cookery and Huswifery.

ter of an hour ; then let out the water, preventing the oyle from issuing, by stopping of the hole : re- peate this worke two or three times, and at the last you shall finde your oyle well censed or clarified. In this manner you may also clarifie capons- greafe, being first melted, and wor- king with warme water. All this is borrowed of *M. Bartholomæus Scapi- us*, 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 plea- sing.

Or if you set a Jarre-glasse in bal- neo, full of sweete oyle, with some store of bruised cloves, and rindes of Civill Orenge or Lemmons al- so 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-
ny

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-
vinaiger 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 cleere conduit water: let the water stand without stirring, forty eight houres: then carefully draw away all the cleer water onely: filter it, and after evaporate the filtred liquor, reserving the salt. Some leave out calcination.

*39. A delicate Candle for
a Ladies Table.*

CAuse your Dutch Candles to be dipped in Virgin waxe so as their last coat may bee meerly waxe: and by this meanes you may carry them in your hand without melting, and the sent of the tallow will not breake 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 greatnesse, let them take their last coat

Cookery and Huswifery,

coat from yellow wax : this may be 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 spendeth, you may still supply it with more.

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

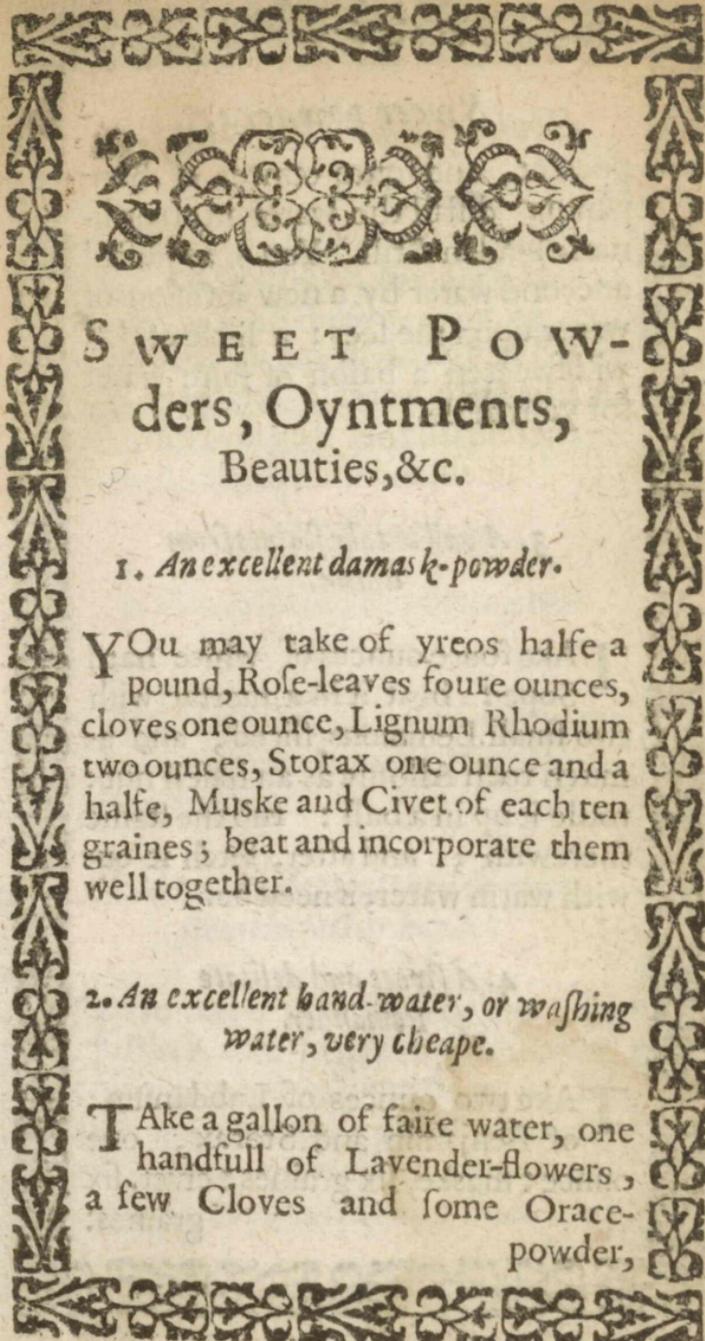
THis will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar bee conveyed in the middest of every week, and left of some length above the Candle, to fasten the same to the posts in the rooffe of your house; and if the roome be any thing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

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41. *To make Rose-vinegar.*

MAcerate or steepe Rose-leaves
in faire water : let them lye
therein till they wax sowre in
smell, and then distill
the water.

SWEET.



**SWEET POW-
ders, Oyntments,
Beauties, &c.**

1. An excellent damask-powder.

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

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

TAke a gallon of faire water, one handfull of Lavender-flowers, a few Cloves and some Orace-powder,

Sweet powders,

powder, and foure ounces of Benjamin: distill the water in an ordinarie leaden Still. You may distill a second water by a new infusion of water upon the lees: a little of this will sweeten a bason of faire water for your table.

*3. A ball to take staines from
linnen.*

TAke foure ounces of white hard Sope: beat it in a mortar with two small Lemmons sliced, and as much roch Allome as an hasell nut: roule it up in a ball: rub the staine 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 goat: 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 staines out of ones hands presently.

YOU may doethis with the juyce of Sorrell, washing the stained place therein,

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

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

Sweet powders.

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

*7. A white fucus or beauty
for the face.*

THe jaw bones of a Hogge or Sow well burnt, beaten, and searced thorow a fine Searce, and after, ground upon a porphyrie or serpentine stone, is an excellent fucus, being layd on with the oyle of whi e 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: beat all these together in a mortar, searcing them thorow a fine Searce, then scrape some castill

Oyntments, beauties, &c.

castill sope, and dissolve 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 Cypressie, two ounces of Calamus, halfe an ounce of cloves, one ounce of Benjamin, one ounce of Rose-leaves, one ounce of Storax calamitum, halfe an ounce of Spike-flowers: mixe them well together.

*10. To keepe the teeb both
white and sound.*

OF hony take a quart, as much vinegar, and halfe so much white wine: boyle them together, and wash your teeth therewith now and then.

11. To

Sweet powders,

*11. To allay heat and cleere
the face.*

TAke three pints of conduit water :
boyle therein two ounces of
French barley: change your water,
and put in the barley againe: repeat
this so long, till your water purchase
no colour from the barley, but be-
come very cleer: boyle the last three
pints to a quart: then mixe halfe a
pint of white wine therein; and when
it is cold, wring the juíce of two or
three good Lemmons therein; and
use the same for the Morpew, 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,

Oyniments, beauties, &c.

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

13. *An excellent Pomatum to
cleere the skinne.*

VVAsh Barrows grease often times in May-dew, 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 spoonefull 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 dryed

Sweet powders.

dryed 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 minerall fucus for the face.*

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

Oyntments, beauties, &c.

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

BOyle halfe a pecke of Oates in a quart of water, till they waxe 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 wherein you put your hands, with a double cloth to keepe in the steame of the Oates. Doe this three or foure times, and you shall find the effect. The same Oats will serve to be sodden with fresh water three or foure times.

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

Dissolve common Salt in the Juyce 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 juyce 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 beelike an ointment, with which you must anoint the heat or pimples of the face oftentimes in a day, till you finde helpe. As the oyntment dryeth, put more juyce of Lemmons to it. This of an outlandish Gentlewoman, and it is an assured remedy, if the heat be not very extreme. Some have found by experience, that bathing
of

Oyntments, beauties, &c.

of the face with hot vineger every night when they goe to bed, doth mightily repell the humour.

18. *Aliser.*

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

This helped M. *Foster*, an Essex man, and an attorney of the common pleas, within these few yeares, but now deceased; whose face was, for many yeares together, of an exceeding high and furious colour, of my owne knowledge, and hath spent much money in physicke without any successe at all, untill hee obtained

H

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 shels, 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 prick 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 tye up the brimstone in the cloath, like a little ball; dippe this ball in the strained liquor when you use it, and pat it on the place three or foure times every day: and this will cure any red face in twelve or fourteene dayes.

Oyntments, beauties, &c.

dayes. Some doe also commend the same for an approved remedy against the morpew; 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 Morphem, Sunne-bur-
ning, itch, or red face.*

Steep two sliced Lemmons being
large and faire, in a pint of con-
duit water: leave them foure or five
dayes in infusion, covering the wa-
ter: then straine the water, and dis-
solve therein the quantity of a hasel
nut of sublimate (some hold a dram
a good proportion to a pint of wa-
ter) finely powdred: let the patient
wet a cloath therein, and rubbe the
place where the grieffe is, every mor-
ning and evening a little, till the
hew doth please her: you may make
the same stronger or weaker, accor-
ding to good discretion.

22. *For the Morphem.*

Take a pint of distilled vineger:
lay therein two new-laid egges
whole

Oyntments, beauties, &c.

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

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

23. *To take away the freckles
in the face.*

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

Sweet powders,

from a Traveller, who hath cured
himselfe thereby.

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

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

Oyntments, beauties, &c.

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

25. How to keepe the teeth cleane.

Calcine the tops and branches of Rosemary into Ashes, and to one part thereof, put one part of burnt Allome: mixe them well together, and with thy finger, first moystened a little with thy spittle, rubbe all thy teeth over a pretty while every morning till they be cleane, but not to galling of thy gummes: then suppe up some faire water or white wine, gargling the same up and downe thy mouth a

Sweet powders,

while, and then dry thy mouth with a towell. This of an honest Gentleman, and a painfull gatherer of physycall receites.

26. *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 substance like gelly: mingle the same with the powder of Alabaster finely ground and searced: 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 Roser, or some other colour (that is not hurtfull) with them, they will shew full of pleasing veines. These you may sweeten either with Rose water, Civet, or Muske. But if your teeth
bee

Oyntments, beauties, &c.

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

And here, by those miserable experiences that I have seene in some of my nearest friends, I am enforced to admonish all Gentlewomen to be carefull how they suffer their teeth to bee censed and made white with any *Aqua fortis*, which is the Barbers usuall water: for unlesse the same bee both well allayed, and carefully applyed, shee may happen within a few dressings to be forced to borrow a ranke of teeth to eate her dinner. unlesse 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
H. 5 skins.

Sweet powders,

skins, as cleansing of their bodies, doe now and then delight to sweat. For the which purpose, I have set down this manner following, as the best that ever I observed: Put into a brasse pot of some good content, such proportion of sweet herbs, and of such kinde as shall bee most appropriate for your infirmitie, with some reasonable quantity of water, close the same with an apt cover, and wel-luted with some paste made of flower and whites of Egges: at some part of the cover you must let in a leaden pipe (the entrance whereof must also bee wel-luted:) this pipe must bee conveyed thorow the side of the chimney, where the pot standerh 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 whilst your body is made open and porous to the ayre.

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

First you shall understand, that
whensoever you shall draw any
ot

Sweet powders,

of the aforesaid Oyles of Cinamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon more or lesse, 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 foure drops onely of the oyle of Cloves, Mace, or Nutmegs; (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing & delightfull 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 sent, 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 ordinarily for a groat at the most.

*29. An excellent sweet water for
a casting bottle.*

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

Sweet powders,

ther. Temper them well in a silver 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 sent bee gotten out, putting the Rose-water still 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 Civet, then you may to every pint put one graine and a halfe, or two granes of Civet to the weight of three graines of the a-fore-said composition of oyles.

30. *To colour a black haire presenely in-
to Chesnut-colour.*

This

Oyntments, beauties, &c.

THis is done with oyle of Vitriol:
but you must doe it very careful-
ly not touching the skin.

31. A present and delicate perfume.

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

32. To renew the scize 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 clarifie
May-dew.*

WHEN there hath fallen no raine the night before, then with a cleane and large sponge, the next morning, you may gather the same from sweet herbes, grasse or corne: straine your dew, and expose it to the Sun in glasses covered with papers or parchment priekt full of holes; straine it often, continuing it in the Sun, and in an hot place till the same grow white and cleare, which will require the best part of the Summer.

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

Oyntments, beaunties, &c.

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

THE Violet, the Orenge, the Lemmon, duely proportioned with other sents, 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 haire brush upon a smooth stone in every seame, and all over: then hang your gloves to dry upon a line: then with gumme Dragagant dissolved in some Rose-water, and ground with a little oyle de Ben, or of
sweet

Sweet powder's,

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 shew, goe over it againe with your sponge and the mixture of gumme and oyle, and dry the glove yet once againe. Then grinde upon your stone two or three graines of good Muske, with halfe a spoonfull of Rose-water, and with a very little peece of a sponge, take up the composition by a little and a little: and so lay it upon your glove, lying upon the stone. Picke 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 paire of gloves. Note also, that this perfume is done upon a thin Lambes leather glove: and if you worke upon a Kids skin or Goats skin, which is usuall leather for rich perfumes, then you must adde more quantity of the oyle of Ben to your gum, and goe over the glove twice therewith.

35. Sweet bags to lye among linnen.

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

*36. To make haire of a faire y:flow
or golden colour.*

THE last water that is drawne from honey, beeing of a deepe redde colour, performeth the same excellently:

Sweet powders,

excellently: but the same hath a strong smell, and therefore must be sweetned with some aromaticall body.

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

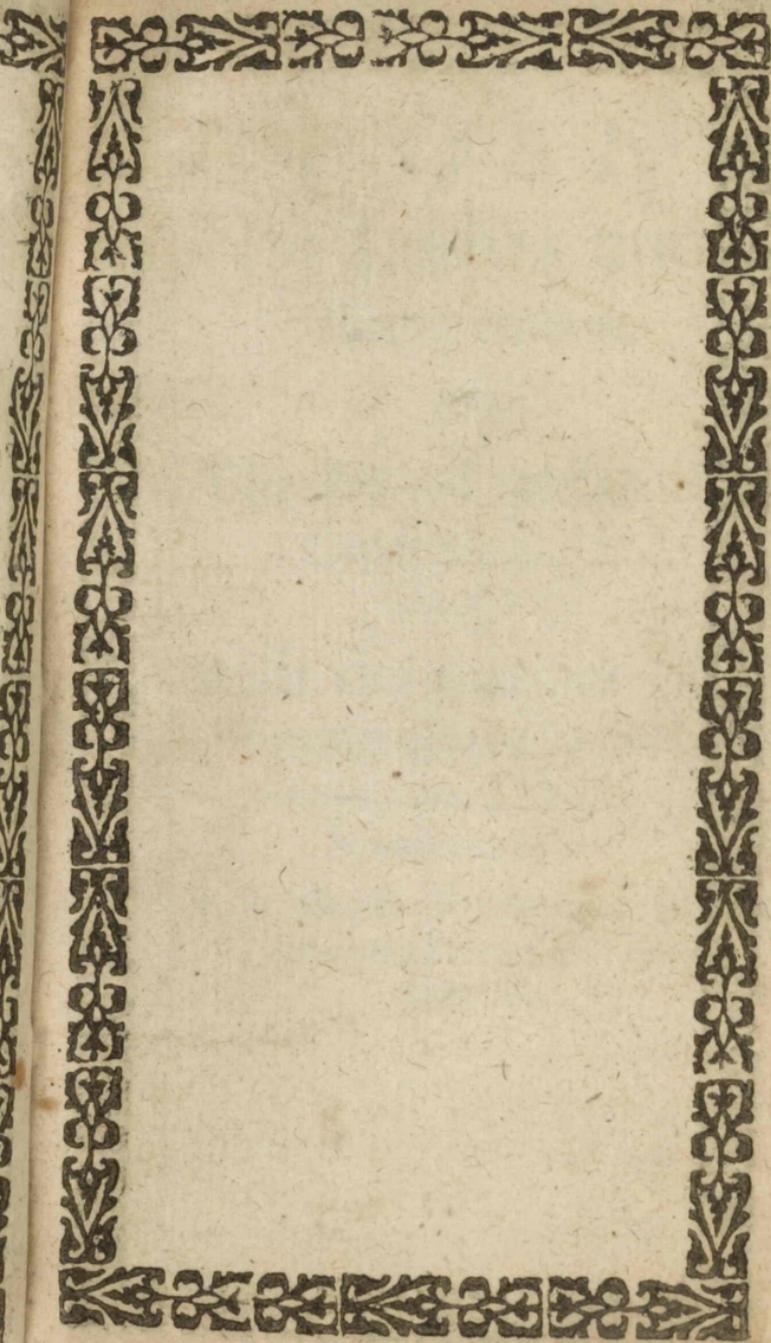
The Dogberry is also an excellent berry to make a golden liquor withall for this purpose: beat your Allome to powder; and when the water is ready to seeth, dissolve it therein: foure ounces to a pottle of water, will be sufficient: let it boyle a while, straine it, and this is your Allome-liquor, wherewith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

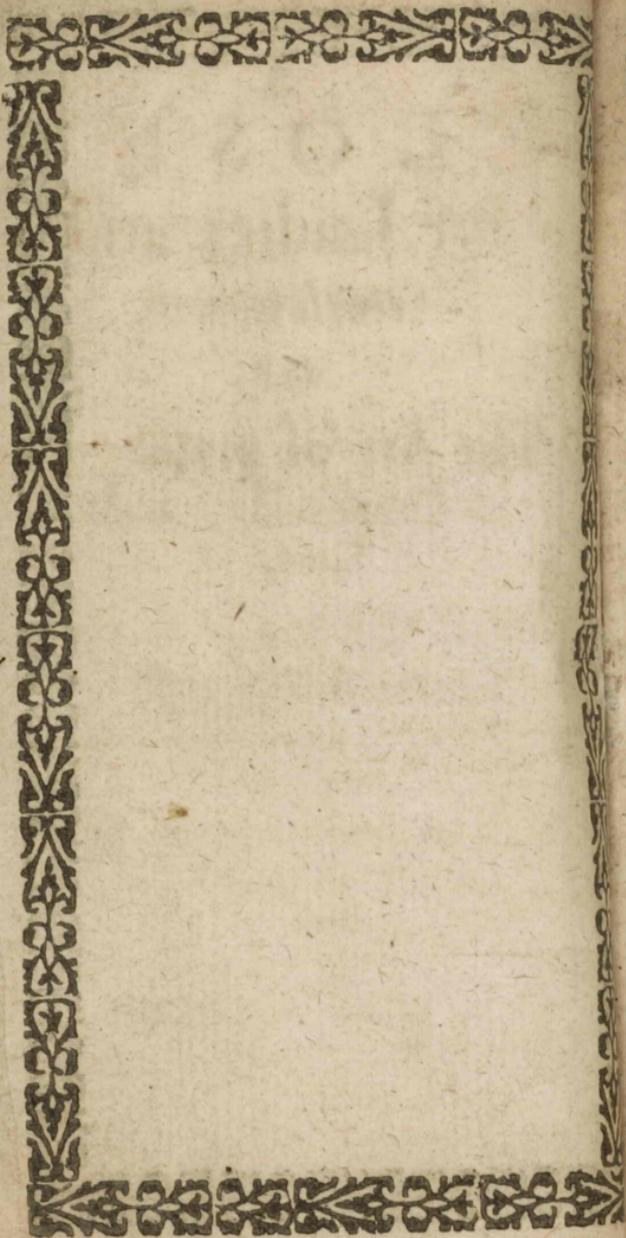
Oyntments, beauties, &c.

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

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

F I N I S.





A
C L O S E T
for Ladies and
Gentlewomen.

OR,

The Art of preserving,
Conserving, and
Candyng.

With the manner how
to make divers kindes of
Sirups, and all kinde of
banqueting stufes.

Also divers soveraigne Medi-
cines and Salves for Sundry
Diseases.

LONDON,
Printed by *John Haviland.*
1632.

A
CLOSET
for Ladies and
Gentlemen

OR
The Art of preserving
Conjuring, and
Conjuring

With the manner how
to make divers kinds of
Sings, and all kinds of
Conjuring Stuffs
All sorts of lovesick Medicines
and Salves for Conjuring
Dissolves

LONDON
Printed by John Widdowes
1652.



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 intothem a peece of Cinamon sticke, and so let them boile close couered very leisurely, turning them very often: for, if you turne them not very often, they will spot, and the one side

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 thickenesse, and so pot them and you may keepe them all the yeere. If you please to haue them taste a pleasant taste, more than the naturall Pippin, put in one grain of musk, and one drop of the Chymicall oyle of Cinamon, and that will make them

and Gentlemoꝛen.

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 foure of the worst, and cut them all to peeces: 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 Quodniacke, into a Bason: 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.

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To preserve Apricocks.

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

To preserve Mirabolans or Malacodonians.

TAke your Malacodonians: stone them, and perboile them in water: then pill off the outward skin of them: they will boyle as long as a peece of beefe, 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 preserue 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 cla-
rified, 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 preserue Cherries.

OF the best and fairest Cherries
take some two pound, and with
a paire of sheeres clip off their stalkes

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by the midst : then wash them cleane,
and beware you bruse them not : then
take of fine Barbary Sugar, and set
it ouer 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, alwayes scumming and turning
them very gently, that the one side
may bee like the other, vntill they bee
enough : the which to know, you
must take vp some of the sirup with
one Cherry, and so let it coole ; and
if it will scarce run out, it is enough:
and thus, being cold, you may put
them vp, and keepe them all the yeere.

To preserve red-rose leaues.

OF the leaues of the fairest buds
take halfe a pound : sift them
cleane from seeds : then take a quart
of faire water, and put it in an earthen
pipkin

and Gentlewomen.

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

To preserve Orenge and Lemmons.

TAke your Orenge and Lemmons, large and well coloured, and take a raspe of Steele, and raspe the outward rinde from them : then lay them in water three dayes and three nights : then boyle them tender,

A s

and

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and shift them in the boiling, to take away their bitterneſſe: and when they bee boyled tenderly, take two pound of Sugar clarified with a pint of water; and when your ſirup is made, and berwixt hot and cold, put in your Lemmons and Orengeſ, 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 preſerue Quinces.

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

and Gentlewomen.

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

To preserue 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 halte a pint of white wine, and a pint and a halfe of running water: and being perboyled, 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 dissolue it in a quarter of a pint of white wine, and boyle it almost to the height of a sirup,

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sirop and then put in your Peaches, and let them boyle in the sirop a quarter of an houre 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 breake them not ; and as you pare them, put them into cold water, and let them all remaine there till all be finished : and then you must take to every pound of roots, three quarters of a pound of clarified Sugar, & boyle it almost unto the height of a sirop, 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, vntill they be
enough:

and Gentlewomen.

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

To preserve Barberries.

TAke your Barberries very faire and well coloured, and picke out every stone of them, and then weigh them: and to every ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulpe of Barberries, and one ounce of red-rose-water, you must dissolve your Sugar, and then boile it to a sirup. being so boyled, put in your Barberries, and let them boyle a 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 Berries, but not thorowly ripe, and picke off all the stalkes from them, and

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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 clarife it with a pint of water, and the white of an Egge, and boyle it to a thicke sirup : and then put in your Gooseberries, and let them boyle a walme or two; and so, betwixt hot and cold, put them vp, and keepe them all the yeere.

To preserve Damsons.

TAke of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and picke them cleane, and wipe them one by one : then weigh them, and to euery 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 continuall scumming and stirring, and that with a siluer spoone; and so let them boyle untill they bee enough, vpon a gentle fire: and when they be enough, take them vp, and keepe them all the yeere.

To preserve Raspices.

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

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

To preserve Enula Campana roots.

TAke of your Enula Campana
Rootes, and wash them: scrape
them very cleane, and cut them
thin to the pith, the length of your lit-
tle finger; and as you cut them, put
them in water, and let them lie in
water thirty dayes, shifting them
twice every day, to take away their
bitternesse; weigh them, and to
euery pound of Rootes, you must take
twelue ounces of clarified Sugar, first
boyling your Roots as tender as a
Chickin, and then put them into
your clarified Sugar, and let them
boyle vpon a gentle fire vntill 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 vpon a gentle fire as tender as a Quodding: 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 euery pound of roots you must take eleuen 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 Preservatiues.

To

A Closet for Ladies

To make Manus Christi.

OF refined Sugar take halfe a pound, and some Rose water, and boyle them togethertill 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.

To candie Ginger.

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

and Gentlewomen.

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

To candy Rose-leaues as naturally as if they grew vpon the trees.

TAke of the fairest Rose leaues, red or damaske, and on a Sunne-shine day sprinkle them with Rose-water, and lay them, one by one, vpon faire paper : then take some double-refined Sugar, and beat it very fine, and put it in a fine lawne searce: when you haue laid abroad all the Rose leaues in the hottest of the sun, searce sugar thinly all ouer them; then anon the Sunne will candy the Sugar ; then turne the leaues, and searce Sugar on the other side, and turne them often in the Sunne, sometimes sprinkling Rose water, and sometimes searcing Sugar on them, vntill they bee enough, and come to
your

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

To candy Marigolds in wedges ; the Spanish fashion.

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

To candy all manner of flowers in their naturall colours

TAke the Flowers with the stalks and wash them over with a little Rose-water, wherein Gum-arabecke is dissolved ; then take fine scarced Sugar, and dust over them, and set them

and Gentlewomen.

them a drying on the bottome 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 Egges, 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 Flo-
wers, Fruits, and Spices, and so put
your Pipkin into a Still, and make a
small fire of small coles vnder 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

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two pound, and clarifie it with the whites of Egges exceeding well, that it may bee as cleare as Chrystall, 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 keepe them all the yeere.

To candy Enula-Campana.

TAke of your fairest Enula Campana roots, and take them clean from the firtp, and wash the Sugar off them, and drie them againe with a linnen cloth ; then weigh them, and to euery pound of rootes you must take a pound and three quarters of Sugar : clarifie it well, and boile it to the height of Manus Christi, and when it is so boyled, dippe in your roots, three or foure at once, and they will candy very well ; and so
stoue

and Gentlewomen.

stouethem, and keepe them all the yeere.

To candie Violet flowers.

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

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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 cleane, 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 halfe an ounce of Sugar-Candy, and dissolve them in an ounce or two of Rose-water, and so boyle them vp to the height of Manus Christi; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will shrink, and so stir them in round with a wooden Spatter till they bee candied; and thus put them vp and keepe them.

To candy Rosemary-flowers.

TAke of your Rosemary-Flowers ready pickt, and weigh them; to
euery

and Gentlewomen.

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

To candy Borage-Flowers.

TAke your Flowers, and pick them very cleane, and weigh them, and vse them in every respect as you did your Rosemary-Flowers, saue 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 coles into your Still, and it will be candied very excellently, and that in a short space.

Here end the sorts of Candyng.

B

To

A Closet for Ladies

To make Paste of Pippins,
the Geneva fashion,
*some with leaues, some like
Plums, with stalkes and
stones in them.*

TAke your Pippins, and pare them,
and cut them in quarters: then
boyle them in faire water till they bee
tende: then straine them, and drie
the pulp vpon a chāsingdish of coles:
then weigh it, and take as much Sugar
as it weigheth, and boyle it to
Melanus Christi, and put them toge-
ther: then fashion them vpon a Pie-
plate, and put it into an Oven being
very sleightly heat: the next mor-
ning you may tune it, and put them
off the plates vpon sheets of Paper
vpon a huddle, and so put them into
an Oven of like heat, and there let
them remaine foure or five daies,
putting

and Gentlewomen.

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

To make paste of Eglantine, of the colour of the red Co. all.

TAke your Eglantine Berries, otherwise called Hips, and stampe 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 searced, and worke it vp into Paste with this straining: then print it with your molde: then stoue it, and then gild them.

To make Paste-royall white.

TAke a pound of refined Sugar beaten & searced, and put into an Alabaster Morter, with an ounce of Gum dragagan steeped in Rose water:

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ter : and if you see your Paste bee too weake, put in more Sugar ; if too dry, more Gumme, with a drop or two of oile of Cinamon , so that you neuer deceiue your selfe , to stand vpon 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 Cinamon and Ginger, of each a like quantity being finely scarced; mingle it with your scarced Sugar, and Gum-dragagant steeped in Rose-water, and worke it into paste, as you did your paste-royal white, and then you may turne it vpon stickes made of peeces of Arrowes, and make them hollow like Cinamon stickes : in like sort you may make it taste 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 vpon a chafindish 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 vpon a Pie plate, and dry it in an Ouen with a Chafindish of coles, vntill it bee thorow dry: and then, if it please you, you may spot them with gold.

To mak Paste of Violets.

YOU must take of your Violets that are ready picked, and bruise them in an Alablaster or Marble Mortar, and wring the iuice from them into a Porringer, and put as
B 3 much

A Closet for Ladies

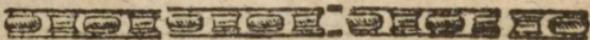
much hard Sugar in fine powder, as that iuyce will cover: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect paste: when it is perfect, take it vp, and print it with your moulds, and so dry it in your stoue and not by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

To make Paste of Goose-berries.

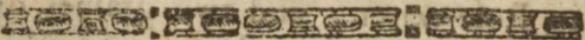
TAke of your Goose-berries, and cut them one by one, and wring the iuyce from them, till you have gotten so much as you thinke will serue your turne: boyle your iuyce a little, that it may bee thicker: then take as much double-refined Sugar as your iuyce will shapen, and dry it as you did for your Violets;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

and Gentlewomen.

beat it into perfect paste in an Alabaster Mortar: and then take it up, and print it with your moulds, vsing it in every respect as your paste of Violets. This is excellent good for one that hath a weake stomacke.



B 4 Here



A Closet for Ladies

*Heere begin Ban-
queting Conceits, as
Marmelades, Quo-
diniackes, and
such like.*

To make Muskadine Confits.

TAke halfe a pound of Musk-Su-
gar beaten and searced : then
take Gum-Dracagant steeped
in Rose-water, and two graines of
Muske, and so beat them in an Ala-
blaster Mortar till it come to perfect
Paste : then diue it very thin with
a rowling pin, and then cut it into
small peeces like diamonds ; some cut
with

and Gentlewomen.

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

To make Diocitonium simplex of Quinces.

Take of your Quinces, and pare them, and cut them in peeces, and boile a pound of these peeces in a quart of faire water, till they bee very soft: then let the liquor run from them, then take a pound of Sugar-Candy, and beat it fine, and put it into that liquor, and let it seeth till you see it stand like gelly: then take it from the fire, and put therein foure drops of oile of Cinamon and Nutmegs, and then put in five and twenty leaues of fine gold, and stirre it together, and so put it in fine Chrysell Glasses, and keepe it all the yeare.

A Closet for Ladies

To make fine ch:issall Gelly.

TAke a knuckle of Veale, and
foure Calves feet, and set them
on the fire with a gallon of faire
water, and when the flesh is boyled tender,
take it out: then let the liquor
stand still vntill it be cold, then take a
way the top and the bottome of that li-
quor, and put the rest into a cleane
Pipkin, and put into it one pound of
clarified Sugar, foure or five drops of
Oyle of Cinamon and Nutmegs, a
graine of Muske, and so let it boyle a
quartet of an houre leisurly on the
fire, then let it runne thorow a gelly
bag into a bason, with the whites of
two egges beaten; and when it is
cold, you may cut it into lumps with
a spoone, and so serue three or foure
lumps vpon a plate.

and Gentlewomen.

To make white leach of creame.

TAke a pint of sweet creame, and six spoonfuls of Rose water, and two graines of Muske, two drops of oyle of Mace, or one peece of large Mace, and so let it boyle with foure ounces of Ising'asse: then let it run downe thorow a gelly bag: when it is cold, slice 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 hick is and Carrowues in it, or a pretty Possie written.

TAke a peece of your Paste royall white, being beaten with Gum-Dracagant, and mixed with a little fine searced Cinamon, which will bring your paste in a Walnut shell

A Closet for Ladies

shell colour: then drive it thin, and cut it into two peeces, and put the one peece 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 Walnut.

To make Quodiniack of Plums.

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

To make Biskettello.

TAke two ounces of very fine Sugar, beaten and scarced, and put
into

and Gentlemen.

into it halfe a spoenefull of Amidum, that is, white Starch; a graine of Muske: then beat it into perfect Paffe, with Gum-dragagant steeped in Rose-water: then make it into litle pretty loaves the fashion of Mandibets, and so put a Wafer in the bottom e 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 banquetting 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 glasse, put vnto it a handfull of Lauender-Flowers, two ounces of Oris, a dramme of Muske, the weight of foure pence of Amber greece, as much Ciuet, foure drops of Oyle of Cloues; stop this close, and set it in the Sunne
a fort-

ACloset for Ladies

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

To make Mosse powder.

TAke two pound of Mosse of a Sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of Damask rose-water, foure and twenty houes : then take it out, and dry it in an ouen vpon a Siues bottome, and beat it to Powder : put to it an ounce of Lignum Aloes beaten and seareed, two ounces of Orris, a dramme of Musk, halfe a dram of amber greece, a quarter of a dram of Ciuet : put all these into a hot Mortar and Pestle, and beat them together : then searce them

and Gentlewomen.

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

To make Aromaticum Lozenges.

TAke of fine Sugar halfe a pound: boile it with Red rose-water, vntill it come to the height of Lozenges: and in the cooling, put in of the spices of Aromaticum Rosarum, 4. drams, with a little Confectio 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 sticke 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
searced, putting in now and then a
Spoonfull or two of Rose-water, to
keepe it from oiling; and when it is
beaten to perfect Paste, roule it thin,
and cut it round by a Charger: then
set an edge on it, as you do on a Tart:
then dry it in an Oven or a baking
Pan: then ice it with Rose-water and
Sugar, made as thicke as batter for
Fritters: when it is iced, garnish it
with conceits, and sticke long Com-
fits in it, and so gild it, and serue it.

To make all sorts of banqueting Con-
ceits of March-pane stufte, some
like Pies, Birds, 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 stoue them, and y u may keepe them all the yeare. They be excellent good to please children.

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

TAke Barbary-Sugar, Clarifie it, and boile it to the height of Manus Christi: then poure it into your moulds, they being leasoned as for your Quodiniack: let them stand a quarter of an houre, and they will bee cold, and then you may take them out, and gild them.

*To cast all manner of frutag: hollow in
turd worke, and put them in their
colours, as Oreges, 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 peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

To make Prince-biſket bread.

TAKE a pound of very fine Flower, as much Sugar thorowly ſearced, one ounce of Annifeeds cleane pickt, take eight Egges, and a ſpoonefull of Muſcadine, 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 frames of wood, and ſet it in an Ouen, and let it remaine there one houre: you may ſlice ſome of them when they bee a day old, and dry them againe vpon a hurdle of Wicker: you may alſo take one of your leaues, and waſh it ouer with the yolke of an Egge beaten with a little Roſe-water, and while it is greene, caſt Biſkets
and

and Gentlemen.

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

*To make the vsuall Bisket sold at
Comfit-makers.*

TAKE a Pecke of flower, and foure ounces of Coriander seed, one ounce of Anniseed, take three Egges, three spoonefuls of ale-yeast, and as much warme water as will make it as thicke as PASTE for Manchets : make it in a long Rowle, and bake it in an Ouen one houre ; and when it is a day old, pare it, and slice it, sugar it with searced Sugar, and put it againe into the Ouen ; and when it is dry, take it out, and new sugar it againe, and so box it, and keepe it.

To

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-leaves,
of each two ounces, of Cloues three
drams, Coriander seed one dram, Cy-
prus and Calamus of each halfe an
ounce, Benzoin and Storax of each
three drams; beat them all saue the
Benzoin and the Storax, and powder
them by themselves, and mix it with
the rest of the powder; then take of
Musk & Ciuet, of each twenty graines,
Amber greece ten graines, mix these
with a little of the foresaid powder
with a warme Pestle, and so by little
and little you may mix it with all the
rest, and so with Rose-leaves dried you
may put it vp into your sweet Bags,
and so keepe them seven yeares.

and Gentlewomen.

*To make an excellent Marmelade, which
was given to Queene Mary for
a New yeeres gift.*

TAKE a pound and a halfe of Sugar,
boile it with a pint of faire water,
till it come to the height of Manus
Christi: then take three or foure small
Quinces, one good Orange-pill, both
very well preserued and finely beaten,
and three ounces of Almonds blanck-
ed, and beaten by themselues, 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 Cina-
mon, Ginger, Cloues and Mace, of each
three drams; of Oyle of Cinamon two
drop: this being done, put it into your
Marmelade Boxes, and so present it to
whom you please.

To

A Closet for Ladies

To make another sort of Marmelade ve;
comfortable for any Lord or Lady
whatsoever.

TAKE of the purest Greene Ginger,
six drammes; of Eringo and Sate-
rion roots, of each an ounce and a
halfe: beat these very finely, and draw
them with a silver Spooone thorow a
haire searce: take of Nut-kernels
and Almonds blanched, of each an
ounce, Cocks stones halfe an ounce,
all steeped in honey twelue houres, 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 fish called Scincus marmus, three
drammes; of Diasaterion, foure oun-
ces; of Cantarides, adde a dram;
beat these very finely, and with the
other powder mix it: and so with a
pound of fine sugat dissolved in Rose-
water,

and Gentlewomen.

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

To make a blanch for any

Ladies face.

TAke of white Tartar two drammes,
Camphire one dramme, Cope-
ras halfe a dramme, the whites of
foure Egges, iuice of two Lemmons,
oile of Tartar foure ounces, Plantane
water as much, white Mercury a pe-
niworth, bitter almonds two ounces;
all must be powdred 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 scarlet 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 peeces, and put them into a Posnet with three pints of faire water, and so let them boyle till they be tender: then put into them a pound of Sugar, and let it boyle till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Basen, and put it into a faire Posnet, and let it boyle 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 vpon the backe of a Spooone: and if you see it will stand, and not run downe, print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.

To

and Gentlemen.

*To make Quodiniackes of Raspices, or
English Coriants.*

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

Here end the conceits of Banquetting.

Your Moulds must lye in water one night before you vse them; & an houre before you print with them, take them out of the water.

C COR-

A Closet for Ladies



**CORDIAL
WATERS.**

Aqua Cœlestis.

TAke of Cynamon six ounces,
Cloves one dram, Nutmegs
one dram and a halfe, of Gin-
ger two drams and a halfe, of Gal-
lingale one dram and a halfe, Cubebs
two drammes, Calamus roots one
dram, all bruised and kept in a paper:
then take of Betiony and Sage flow-
res, of each a handfull; Marioram,
Penniriall, of each halfe a handfull,
bruised likewise: then take of these
powders, of Aromaticum Rosarum
three

and Gentlewomen.

three drans; Diambrae, Diamargariton frigidum, Diamoscum dulce, 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 euery day, and then distill it in your Limbecks; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines 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 Caelestis.

To make Doctor Steeuens water.

TAke of Rose-leaues one dram, Borage, Buglosse, Violets, and Rose-

C 2 mary-

A Closet for Ladies

mary-flowers, of each a dram & a halfe,
Spikenard a dram, Cinamon 2. ounces,
Ginger an ounce, Cloues & Nutmegs,
of each halfe an ounce, Cardamons a
dram and a halfe, Gallinagle two drams,
Cubebz a dram, Pepper three drams,
Anniseeds, Carroway-seeds, and Fen-
nell, of each an ounce, Lignum Aloes
halfe a dram, Corall and Pearle in fine
powder of each one dram; bruiſe these,
and put them in a pottle of Aqua-vitz,
and a quart of Sacke, vsing it in euery
respect as your Aqua Cœlestis.

To make Balne-water.

TAke Balme, dry three ounces,
Time, Peneral, of each an ounce,
Cinamon foure ounces, a dram of
Cardomus, Graines halfe an ounce,
sweet Fennell-seeds an ounce, Nut-
megs and Ginger, of each a dramme,
Gallinagle one ounce, Cōlamus, and
Cyprus, Cubebz 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 vse it as the former waters.

Angelica water.

TAke Cardus dry a handfull, Angelica
roots three ounces, of Mirrh one
dram, Nutmegs halfe an ounce, Cina-
mon, Ginger, of each foure ounces,
Saffron one dram and a halfe, Carda-
mons, Cubebs, Gallingale and Pepper,
of each a quarter of an ounce, Mace
two drams, Graines one dram, Lignum
Aloes, Spikenard, Iuncus Odoratus, of
each a dram; Sage, Borage, Buglosse, Vi-
olets and Rosemary flower, of each
halfe a handfull: bruse these, and steep
them in a pottle of Sack twelue houres,
and distill it as the rest.

Rosa solis.

TAke Liquorice eight ounces, An-
niseeds, Carroway, of each an
ounce, Raisons 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: bruisse 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 s, or else Alka-
net root.

Wormewood-water.

TAke of Wormewood two ounces
and a halfe; Sage, Bittony & Rue,
of each halfe a handfull. Rosemary tops
a handfull, Cinamon 3. ounces, Nur-
megs halfe an ounce, Clotes and Mace,
of each halfe a dram, Ginger an ounce,
Gallingale, Cubebs and Spikenard, of
each a dram and a halfe, of Scordium
halfe a handfull: bruisse these, and put
them into a pottle of Sacke, and a
pint of Aqua-vitæ, and sleepe them
foure and twenty houres, and distill
them as the rest.

HERE

and Gentlemoꝛen.



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 sticke 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 Conserue of Red and Damacke Roses.

TAke of the purest and best colored buds you can get, & clip off the whites from them, and to euery pound of leaues, 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 thorow hot, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Violets.

TAke of your Violet Flowers, and picke off all the blew Flowers, and keepe them, and weigh them, and take to euery ounce of Flowers, 3 ounces of refined Sugar, and beat them in an Ablaster Mortar till they bee very fine, and then take them vp, and put them

and Gentlewomen.

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

To make Peccorall row'es for the Cough.

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

To make Consecue of Borage-Flowers.

TAke of your Borage flowers well coloured, and picke the blacks from
C 5 them,

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

To make Conserue of Rosemary-flowers.

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

To make Conserue of Buglosse flowers.

TAKE your Buglosse flowers, and picke them as you did your Bo-
rage

and Gentlewomen.

rage Flowers, and then weigh them, and to euery 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 dissolue the Sugar; and when it is dissolued, and the conserue 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 searce them thorow Lawne: and then take of Musk a dram, Ambergreece ten grains, Ciuet ten graines, and dissolue them in a hot Mortar with a little Rose-water, and so make them into a Pomander, putting into it six graines of Ciuet.

To

A Closet for Ladies

To make Conserue of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalkes, and then wash them, and put vnto them a pretty de le 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 euery 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 Conserue of Cichory flowers.

TAke of your Cichory flowers newgathered; for if you let them lie but one houre or two at the most, they will lose their colour, and do you very little seruice: therefore weigh them presently, and to euery ounce of flowers, you must take three ounces of double refined Sugar, and beat them
together.

and Gentlewomen.

together in a Mortar of Alablaster and a wooden Pestle, till such time as they be thorowly beaten; for, the better the Flowers and Sugar be beaten, the better will your Conserue be; let this alwayes be for a generall rule: and being very well brayed, you must take them vp, and put it into a Chafer cleane scoured, and set it on the fire till it be thorowly ho: then take it off, and put it vp, and keepe it all the yeare.

To keepe Cucumbers in pickle all the yeere.

TAke foure gallons of Conduit water, and put into it three quarts of bay Salt, two handfulls of Sage, one handfull of sweet Marioram, and foure handfulls 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 vpon them:

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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, Mastieke three drams, Agrick halfe an ounce, Ginger halfe a dran: let these be powdered very fine: then take of the extraction of Rubarb three drams, and with white wine let them bee incorporated into a masse of pilles, adding vnto them a drop of Oile of Cloues, and as much of Nurmegs.

A medicine for the Gout.

TAke of the Slips of Starres to the number of foure, and then take to euery slip foure Inailes, and put them into an earthen Pot, and sprinkle foure or five handfuls of Salt vpon them, and then put to them Sage, Rue, Wormewood and Hylop, of each foure handfuls,

and Gentlewomen.

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

To make Sirup of Pomcitrons.

TAke Pomcitrons, and cut them in halues, and iuyce them, but beware you wring them not too hard, lest it be slimy; and then take to euery pint of iuyce 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.

To

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To make Sirup of Violets.

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

To make Sirup of Liquoris.

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

and Gentlewomen.

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

To make Sirup of Horehound.

TAke of Horehound two handfulls, of Colts-foot a handfull, of Time, Penniriall and Calamint, of each two drams, of Liquorice one ounce and a halfe, of Figs and Raisons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Anniseeds and Fennell seeds, of each a quarter of an ounce : boile these in a gallon of faire water, till it come to a pottle or three pints, and then straine it, and take three pound of Sugar, and three Egges, and clarifie that liquor, and so boile it to a sirup, and so keepe it all the yeare.

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To make Sirup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, seraped and sliced: steepe these twenty foure houres 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 vpon 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 enough, put it vp.

To make Sirup of Hysop.

TAke of Hysop one handfull, of Figs, Raisons, Dates, of each an ounce, of Calamint halfe a handfull, 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 Eggs, and two pound of Sugar, and so boyle them

and Gentlewomen.

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

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

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

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To make Sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the iuice from them thorow a linnen cloth betweene two sticks, and then to euery pint of iuice, take a peund of Sugar, and boile it to the height of a Sirup, and then keep it all the yeare long: and if it wax any thing 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 iuice them, and the liquor that runs from them will be very cleere, then take to a pint of iuice, a pound and a quatterne of hard Sugar, which is very white, and boile it to a Sirup, and it will keepe excellent well.

To

and Gentlewomen.

To make Sirup of Roses solitarie.

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 leaues, and take them out when they looke white, and doe so ten times, and then the water will looke red: and then, to euery 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 liquor

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quor and Sugar with two Egges, and
then boile it to the height of a Sirup:
but take heed in any case, that you
set not your Sirup vpon too hot
a fire : for then it will lose
his colour, and bee
worth nothing.

A

and Gentlemen.



*A Medicine to giue
a woman in Trauell,
to make her haue
Throwes.*

TAke corall, amber, date stones,
Pearle, Piony-seeds, Saffron,
Commene: beat all these in Pow-
der, & put it into Malmesie, and take V-
nicornes horne, & put it into a spoone
with a little Malmesie, and giue it to
her, and presently let her drinke a
draught of the Malmesie, with the pow-
ders aforesaid, warming of it a little.

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

TAke Chickweed, and see the it in an earthen pot: then lay of it vpon a peece of Scarlet, as hot as the party may suffer it: let her take it to the priuy place, and as one plaister 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 Allysander seeds, and bruite them in a wooden dish, and mingle the Onion and the braised seeds together, and lay it vpon a peece of linnen cloth: so lay it to the Nauill a little warme: roule that on, and let it lye on 24. hours,

and Gentlewomen.

houres: 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 leafe 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 giue 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.

D

For

A Closet for Ladies

For a Tetter.

TAKE Oats and seeth them in water, and where the Tetter is, hold ouer the reeke thereof, as hot as may be, laying a cloth ouer it, to keep in the reeke, so that the cloth doe not touch the Tetter: vse this fve times morning and euening.

To make a Sear-cloth for an acb that is newly come.

TAKE Boares grease, Camphire and wax, and boyle them all together, and so make a Sear-cloth thereof, and lay it to the grife.

For a Felon or an Handcome.

TAKE Herb-grace, rusty Bacon, sowre Leauen, and Snails that bee with shels on their backes, taking them out of their shels, and beat all these together, and lay it to the grife.

For

and Gentlewomen.

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

TAke Alchofe and Auens, sheeps
suet, and sheeps dung, and Goose
dung, and when you haue washed
the herbs, breake them all together a
little, and so fry them together, & then
straine it, and make Plaisters thereof,
and lay it to the griefe: warme it a little
when you lay it to, laying new plaisters
to it twice a day: you may take the iuice
of Houslecke, and sallet oile, and water,
and beat them together, and wash the
griefe before you vse this Plaister.

A Medicine for the Whites.

TAke a quart of new Milk of a red
Cow, 10 Spoonefuls of Red rose
water, a pomgranat pill beaten,
and a little Cinamon beaten, and seeth
it halfe away: sweeten it with Sugar,
and drinke a draught morning and
euening, and two whites of Eggs beaten.

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*A Medicine for them that are giuen
to bleeding.*

MAke a Posset, and take off the curd,
and take Liuer-wort, and beat it,
and put the iuyce thereof into the Pos-
set-drinke, and drinke it morning and
euening warme.

For the heat in the Kidnies.

TAke Housleeke and Plantane, and
not wash them, but wipe them
with a cloth, and beat them, and
strains them, and put to the iuice
thereof Red rose-water, and Wine-
vinegar, and womans milke, and take
the herbs and put them into clothes,
and tye the clothes with thred like a
couple of bals, and you must (when
you doe vse it) haue one to doe it for
you in the morning when you are in
your bed : and the party must take
the bals, and dip them in this liquor,
and so bathe your Kidnies ; and as
soone

and Gentlewomen.

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

A Medicine for the Stone.

TAKE Pellitory of the wall, Smallage,
Hollhockes, Mallowes, Tansie and
Saxifrage, of each a handfull : chop
them small, and quilt them in a litle
linnen bag : then take three pints of
creame, halfe a pint of Malmesie, a quar-
ter 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 ouer
the pot to saue the liquor : then lay the
bag to the griefe 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 griefe.

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For the Wommes.

TAke a handfull of Basill mints, a handfull of Lauender Cotton, as much of Wormewood, Peach-leaves as much, Featherfue a handfull, of vnset Leekes a handfull: boile them together in three spoonefulls of Wine-Vinegar, and of his own water as much, and quilt them in a bag, and so lay it warme betweene his nauill and his stomacke.

To heal a sore brest that comes with the infection of the wrike.

TAke Mallowes and Saffron, and seeth them in Milke, and when it hath sodden a good while, put in some crummes of leauen 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 Poultis, and so lay it warme to your brest: if you perceiue that

and Gentewomen.

That this will not help your brest without it be broke, you must rost a Lilly rock, and lay it to your brest where you will haue it breake: and when it is broken, you must rent it with leaues and milke sodden thicke together, and make a Plaster thereof, and lay it to the place where it is broken: you must dresse it twice a day, laying the Poultis all about your brest, saving the place that the Plaster lyes on: you must dresse it both with new Poultis and a new Plaster twice euery day, till it begin to heale, and then once a day is sufficient.

To stanch bleeding at the Nose.

TAke Bolerminack, and the white of an Egge, and Vinegar, and beat them together, and make Plasters thereof, and lay them to your Temples.

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To stanch the bleeding of a wound.

TAke of vnset Hyfop, and bruise it a little, and take the powder of the bone that is to bee found in a Capers head, and strew the same powder on the Hyfop, 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 backe.

TAke Clary and Dates, and the pith of an Oe, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and strew Sugar on it, and eat it in the morning fasting, and you must put some white
Sanders

and Gentlewomen.

Sanders is it also when you temper it together.

For the Wormes.

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

*To know whether a Childe hath the
Wormes or no.*

Take a peece of white Leather, and pecke it full of holes with your knife, and rub it with Worme-wood, and spread honey on it, and strew the powder of Alefackatrina, and lay it on the Childs Nauil when he goeth to bed, and if he haue the Wormes, the plaister will stick fast; and if he haue them not, it will fall off.

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For one that is bruised with a fall.

TAke stone Pitch and beat it, and
drinke it with white wine, or sacke,
or Malu esse; and if you have none,
then take some other liquour: then
melt Paracety, and anoint the place
where the bruise is.

For the Wind-collicke.

TAke Parsly-seeds, and bruise them,
and seeth them in Sack, and drinke
it warme when you have your paine.

For the Gow: that is newly come.

TAke Rabaib, and grate it, and
mingle it with Conserue of red
Roses, and eat thereof euery
morning fasting 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 stilled, put a quantity of Camphire into it, and so let it lye in the water continually.

For the shrinking of the Sinews.

TAke the Marrow of a horse bone, and the crops of Elders, and as much of Sage, and chop them together, and boile them in the marrow, and then straine out the herbs, and put to the liquor one spoonfull of honey, two spoonfulls of Aqua-composita, and a quantity of Pepper, and boile it againe, and keep it for your vse.

For the Piles.

TAke a quantity of Ragwort, and a quantity of ground-lute, and the

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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 vse.

A Salve to take dead flesh out of a sore

TAke a spoonefull of Vinegar, and a spoonefull of Hony, and a quantity of Verdi-greace, and as much Al-lome, and boile all these together, and keepe it for your vse.

For the staying of the Flux.

TAke a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill vp the Egge with Aqua Composita, and stire it together, and rost it, and sup vp the Egge in the morning fasting : till you be well vse this.

Another

and Gentlewomen.

Another for the same.

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

For the Gowt.

Take an earthen pot, and put into it a quart of Aqua-Composita, and take two handfulls of Henbane, and breake it, and put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oile; and at the end of May, you must take it vp, and keepe it for your vse: you must cover the pot very close when you set it in the ground; and when you annoint the grieffe therewith, you must doe it against the fire.

For

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For the Piles:

TAke Martlemasse beefe, and dry it, and beat it to powder, and then put it into a chafin dish of coles, and set it in a chaire, and sit ouer it.

For an Ague.

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

To make a fresh Cheese.

TAke a quantity of new Milke, and set it on the fire, and let it boye, 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.

warme, and then put Runnet into it, and stirre 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 dishes of it, as you thinke good.

*A Medicin: for a pestilent Ague, or to
drive any thing from the heart.*

Make a Possiet 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 straine it with the Possiet drinke, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne: and if you haue no Vnicornes horne, then put luery or Sea-horse tooth, and giue it to the sicke to drinke fasting in the Morning, warming it, and you must put the Vnicornes horne into the spoone, and take it with some of the Possiet drinke,
and

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

*A Medicine for the sorenesse in the throat
that commeth with the
Rheume.*

TAke halfe a pint of Hony-suckle-
water, and two Iewes eares, of
Plantane and Sirkfield halfe a
handfull, and a few Columbine leaues:
these must be sod with as much white
Sugar-Candy as will bring the liquor
to a Sirup: you must put in a little Ho-
well, 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 Emulow, or
other paine in the throat.*

TAke a handfull of red Sage, a
spoonfull of Dill-seed, a peece of
leauen:

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leaven: boyle these in a little new milke 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 throat, 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 vpon a soft fire, and straine them.

*A water to heale all sores in legs,
and vlcers.*

TAke a pound of Roch-All me,
4 ounces of greene Coperas: beat them some what small, and put them in a pan on the fire, euer stirring them till they bee molten and dryed
again,

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again ready to be powdered, and beat them againe in fine powder, and keepe them to your vse. When you will make your water, set a pottle of faire Conduit-water over the fire, till it boileth 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 linnen cloth wet in water, and roule it vp: doe so till the Vicer be cleane.

A very good water for a sore mouth.

TAKE of Conduit water a pint, one handfull of Hyfop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

and Gentlemen.

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

*A Castile to breake any swelling what so
ever ready to breake.*

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

A Catius Plaster.

TAke of Litrage of gold powdred ve-
ry fine, common oyle, hogs grease

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a pound, white Coperas foure ounces : put them all together in a brazen Pan, and seeth it ouer a very soft fire of coles, and try it continually vntill it come to a body ; and in the boiling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonefull ; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made vp in a rowle, and then make it vp.

To make Populier.

TAke of Populer buds a pecke, of hogs grease foure pound : seeth 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, Rosin, Wax, Sheepes Suet, common Oyle, a like quantity:

and Gentlewomen.

city : beat these small, and put them in a brazen Pan, and melt them all together: then take them off the fire, and straine them thorow a coorse 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 Poultnis.

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 heale 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 :

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ounces: boile them all together till the
iuce be co- firm'd: then straine it, and
keep it to raise flesh, and heale old sores.

*A plaister to be le old sores after they be
made cleare, and filled with flesh.*

TAke Sallet oyle halfe a pint, Lead
a quarter of a pound: boile these
till they be black, and keep them
for your vse.

*To cleanse a sore, and take away
the dead fl^{esh}.*

TAke Wood-binde flowers, white
Roses, Plantane, and still them
together; and when it is stilled,
take six penniworth of Camphire, and
put it into a quart of the water, and set
it in the Sun for ten or twelue dayes,
and so wash the sore withall.

and Gentlemen.

A medicine for a sore thro t.

Take a pint of milke, halfe a handfull of Collumbine leaues, halfe a handfull of Gasell, & halfe a score leaues of Sinkfield, two lewes eares, and so the party must vse it euening and morning, and gaigale it in his throat.

*A Medicine that will heale any wound
or sore, and keepe 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 Turpeatine, halfe a pint of Sallet-oile, two handfulls of Bugle which growes in the Wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunfell, and a handfull of Balme : stampe and straine the herbs,

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herbs, and put the iuice into the fore-
said things, being a while boiled: then
seeth them together a quarter of an
houre: then take it from the fire, and
let it stand till it bee cold: then take a-
way the Smalage from the bottome;
then take some of your Balme-water,
and put into it, so much as will make it
greene, and let it boile together halfe a
quarter of an houre, and so take it to
your vse.

A Glister.

TAke Camomile, Bettony, Dill,
Pellitory of the wall, Hysop,
Rue, of each a handfull: 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 Pills of Diabes,
of each a crowne weight and a halfe;
Diacatholice, Diaphenicon, of each
halfe an ounce; Oyle of Camomile,
Oyle of Dill, of each an ounce, a
little

and Gentlewomen.

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

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

TAke 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 Saller-oyle, and lay it to the burne.

To make another Glister.

TAke running water, two handfuls of Carmon, a handfull of Malloves, a handfull of Worme-wood, a
E hand-

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handfull of Mercury, an ounce of
Commune, two ounces of Fennell-
seeds, two ounces of Anniseed: beat
all your seeds, and set your herbs a
boylng, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a
quantity of Knehome, a quan-
tity of knotted grasle, a quantity of Ri-
beruorum, and a quantity of Polipo-
dy: stampe them all together, and
straine them in Ale, and then giue the
patient the same to drinke cold, and
trusse him vp with some bolster, and
let his diet be but competent, eschew-
ing ali slippery meats, as butter, and
such like: provided alwayes, that the
patient keepe his bed six or seuen
daies, lying vpon his backe, and some-
times hold his belly with his hand.

and Gentlewomen.

To make a Poultis for swelling.

TAke the crum of Manchet, and see the it in milke till it be thicke: then put in a peece 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 Spaine cut in small peeces: sew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory and the Masticke be consumed, and spit in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantity of Gum of Iuie: put it in a little bag of linnen: then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Iuie be consumed: hold the

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bagge omer or vpon the hollow tooth.

A water for the eyes.

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

For the eyes.

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

For the paine in the head.

TAke of the best sallet 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 weekes, 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 gargasse 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 thiuers of the bone do stick in it, and

E 3

put

A Closet for Ladies

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

For a swelling.

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

For a Bone-ache.

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

and Gentlewomen.

A Medicine to heale an old sore, or a new.

TAke a quarter of a pound of Rosin,
and melt it in a pan till it haue left
cracking, and then take halfe as much
wax, and a litle Turpentine and
sheeps suet chopt small, and a spoon-
full of Oile-Oliue, and boile them
all together, and when you haue done
so, straine them in a paille of water,
and make it vp euen as you will occu-
pie it, and draw your plaisters thin,
and dresse it three times a day, that is
to say, at morning, noone, and eue-
ning, till it bee almost whole : then
dresse it but twice a day, morning
and euening : but if there be any core
that hinders the healing of it, take a
litle 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 plaister vpon the wound, and it
will bring forth the core.

A Closet for Ladies.

For an Andcome.

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 stampe them very fine, and so make a plaister of it ; and if it doe draw and heale too fast, lay line vnderneath the salie : you must dresse it twice in the Winter dayes, and thrice in the Summer-dayes.

The Copie of Doctor Steuens wntey.

TAke a Gallon of the best Gascoine wine : then take Ginger, Gallin-gale, Cinamon, Nutmegs, Graines, Cloues, Anniseeds, Fennell-seeds, Catroway-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 handfull, and bray the herbs very small, and stampe the spices all together very small: put all together into the wine, and close it fast twelue houres, and stirre it diuers 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, bruited with halfe a penny weight of Saffron drunken with wine, is good for the ianders: 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, condited in sugar,

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may

A Closet for Ladies

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

Mouſcare is hot and dry: some vse to giue the iuice of this common Mouſcare, to hinder the cold of a quartan Ague: some vse to gather the roots in May, and dry it, and giue it to them that are broken: it is good for the bloody Flix, the great ſcowering of the mother, for wormes both outward and inward, common flixes, for vomiting of choler, and ſpetting of blood, and burſting, and ſpecially for breaking of the brain pan.

The iuice 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 perfume

and Gentlemen.

perfume made thereof, driues away
Serpents, and is good against their
poysons, and it helpeth and strength-
neth the head.

To take out the heat of a Burne.

TAKE the fat of Hogges guts and
sheepes trittles, and boyle them,
and put them in a pot: this will heale
the partie, and take out the fire, and
will keepe good a whole yeare: this
hath bene proued.

To take the heat out of the face.

TAKE running water and Elder-
flowers, Plantane, white Daisie-
roots, and herb-Robert: put them
in the running water, and wash your
face morning and euening there-
with.

A Closet for Ladies.

*A Medicine for a Canker in ones
mouth, proved.*

TAke running water, a handfull of
Wood-binde leaues, a handfull of
Bramble leaues, a handfull of Colum-
bine leaues, a little Rosemary, and
boyle them together till halfe the wa-
ter be wasted: then put in two or
three spoonfulls of hony, a peece of
Roch-Allome, three or foure spoone-
fulls of Wine-vinegar, and wash your
mouth with the sodden herbs there-
of three or foure times every day.

The Diet drinke.

FIRST buy a diet pot of the com-
mon 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, halfe a pound of Raisins of the Sunne, the stones taken out; a good handfull of Scabias, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine: then fill vp your pot with faire water, sauing a pint: then couer your pot with his couer, and close it round about the brim with paste: then set it on a soft fire of coales, and let it boile three houres, till the fourth part bee wasted: then put the clearest into bottles, and drinke morning and euening a good draught, and so doe fourteene or fifteene dayes.

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

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For the head-ache.

TAKE two handfuls of Veruine, Betony, Camomile roots, Lettuce, Cheemete, 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-oliue, and straine them in a cloth, and make an ointment thereof, and therewith anoint the head.

To make the Rheume medicine.

TAKE five quarts of Hysop-water : it must be stilled when the Hysop beareth flowers ; and one pound of English Liquorice cleane scraped, and cut in little peeces : bruisse them, and then put it to the water, and boile them till halfe be consumed away: then straine it in shallow pans, and set it in the Sunne, and stirre it now and then, and sometimes set it ouer the fire till you see it wax blacke, but
doe

and Gentlewomen.

doe not boile it, and it will wax stiffe
with standing in the Sunne, that you
may make it in little cakes.

A salve for a cat.

TAke six ounces of Deere suet,
foure ounces of Wax, foure oun-
ces of Rosin: stampe and straine Ve-
lerian, and take the iuyce as much as
you thinke will make the salve looke
greene, and boile them together till
it come to a salve.

*A medicine for the stopping of the Liuer,
very good for them that have the
Iandis.*

TAke Parsly-roots, Fennell-roots,
Asperigon-roots, Kneeham-roots,
Succory-roots, of each the weight of
halfe a crowne in silver; of Dock roots
the weight of twelue pence, a little
Liquorice, halfe a handfull of Raisins
of the Sun stoned: boile this in three
pints

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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 Suecory, and drinke a draught three mornings together, fasting three houres after it; vse this euery month : you may put in Barly husked, and Saxifrage, Maiden haire, and Liuerwort.

For the Wormes:

THe powder of Coralina, to the weight of three pence in siluer, giuen 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 vpon your wrist, but be sure it lye on the places on both
armes,

and Gentlewomen.

armes, changing it euey 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 vpon 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 rawnesse,
or in the lower part of the woe.*

TAke red Fennell, red Sage, Hysop, 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 vntill it bee cleare, and put therein a spoonefull of English Hony, and as much Roch
Allome

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Allome beaten, as the bignesse of a Bean, and boile it together: you must take off the scumme as it doth arise when it is boiled: put it into a glasse, and keepe it for your vse: you must warme it when you take it.

A good Medicine for an And'come, or a botch, or a sore brest, or Carbuncle, to ripe or breake them.

TAKE a quantity of Herb-grace, a quantity of leauened bread well crummed, halfe a spoonefull of Sallet-oyle or Capons-grease: boile these in good Ale-grounds, and keepe it with stirring till it bee thicke; and when you vse it, lay it vpon a cloth warme to the griefe. This medicine will resolue a brest without breaking it, vnlesse it need breaking: you must change it euery day once.

and Gentlewomen.

*A good Sa'ue to be. le. it wh. n
it is broken.*

TAKE a quantity of Boares grease,
of Wax and Rosin, of each a like
quantity : you must serape the Wax,
and beat the Rosin, and boyle them
together till they bee melted : then
take Lapis Calaminaris and Roch-
Allome, as much as a beane of each,
and beat them together : then take a
spoonfull of English Hony, and put
them together, and boyle them a-
gaine ; and when it is well boyled,
powre it into cold water, and make it
vp in rowles, 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 bee
boyled : then take it off the fire, and
let

A Closet for Ladies

let it coole, and then spread it vpon a cloth, and lay it to the grieft: 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 Bryome root, and cut off the out side thin: some doe call it wilde vine: slice it, and lay it all night in a pint of Sallet oyle, and then boyle it, straine it, and keepe it for your vse: for this is good to annoint 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 cloths as you thinke will drinke vp the oyle and the Lead, and then coole it, and keep it for your vse.

This oyle and Lead is good for
Ague-

and Gentlewomen.

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

*An approued good Medicine for the
Tooth-ache.*

TAke Rose-water, either red or damaske: take yellow wax a quantity, and fresh butter, of either an equall 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 iaw where you are grieued, 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
roste

ACloset for Ladies

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

For the Pix and Web in the eye.

TAke the iuyce of Parsly, and halfe as much Hony, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy : you must dresse it thus very often.

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

TAke Succory, a pretty quantity of it, and mingle it with some Boares grease;

and Gentlewomen.

grease, and spread vpon the cloth, and warme 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 be drawne: then take the yolke of a new-laid ege, and adde thereto a small quantity of fine wheat flower, and a little fresh butter, and mingle them together, and lay a plaister thereof vnto the wound after it is drawne, with the Turpentine.

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

TAke iuyce of an herbe called Bon-wort, to the quantity of 3. or foure spoone

ACloset for Ladies

Spoonefuls or more, according to the stomacke of the party that is hurt: take the same quantity and drinke it either in the milke, or as before is written, three or foure 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 vse the root, and it will auaille as much.

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

For to heale wounnds and sores.

TAke Rosin and Frankincense, of each foure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint: melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put 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, Peniryall, of each a like quantity, Nigella-romana-feed 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 bene.

TAke a quantity of the Gaule of a Hare, and as much Honny: mingle it together a good while, till it turne red, and with it anoint the fore-head,

F

and

A Closet for Ladies

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

*For to set a bone, or beale 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 grieffe, and set splin-
ters about it, and rowle it to keepe it
stiffe once in five dayes, vntill it bee
whole: you must drinke the juyce of
the roots nine dayes in some liquor,
either to man or beast, when you vse
the plaister.

For the Piles.

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

and Gentlewomen.

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

A Medicine for a Rupture in old or young.

TAke Knotwort, Ribwort, and Com-
fry, of each a like quantity; wash
them, and dry them, and set them in
the ouen when the bread is drawne,
that so they may dry: then beat them
to powder; then searce them finely
thorow a Searce or Sieue; and looke
what quantity you take of the herbs
when they be dried, take halfe so
much Anniseeds, and beat them
with the powder of the herbs, and
searce them: and thus hauing made
the powder ready, when you will
vse it, take as much of the powder
as you can lay, for take vpon a
good broad six pence, and four-
teene mornings together giue it

A Closet for Ladies

to the party to drinke with a little Malmſie 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 see the them in faire running water vntill 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 trusse be too strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knot-wort beares a little watchet-flower. This hath bene proued on children so borne, and on old folkes that haue bene foure and twenty yeares broken, and doth helpe all sorts, that with good vsage doe not abuse themselues, through the grace of God.

and Gentlewomen.

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

TAke a pint of white wine vinegar,
and halfe a pint of Iene Trecke,
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 leaues of Agrimonic with
Hony, and giue them to drinke,
and draw it thorow a cloth, and keepe
it in a box, and therewith anoint your
head, and wash your head in the wa-
ter that Celandine is sodden in.

ACloset for Ladies

For the aking of the head.

SEethe Pulioil in Ayfill, and then
Sput it in thy nose. Take Rue and
Fennell, and see the them together in
water, and wash therewith the head.

*For a Felon of the head that swelleth the
head of a man; and that before writ-
ten for the same.*

TAke the grease of an Hart, and Ho-
ny, and Barly-meale, and Oterrest,
and Moycell, and stampe them toge-
ther, and after shaue thy head; then
make a plaister, and lay it to thy head
as hot as you may suffer it, and let it
lie till it be whole.

For all Euills of the head.

TAke Rue, and stamp it with strong
Ayfill; mingle it, and wash the
head therewith.

For

and Gentlewomen.

*For the Carbuncle or the Postume
in the head.*

TAke Wormwood, Origanum,
Mayron, by euen portion, and
see the 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; vse this two
or three times, and he shall be whole

*For the Megrin, Postume, Dropse, Fe-
wer, and all manner of aking
in th. head.*

TAke a penny-weight of the root
of Pellitory of Spaine, six pe-
ny-weight of Spicardy, and grinde
them together, and see the them in
good Vinegar, and take a Saucer-
full of Hony, and five of Mustard;
and when the liquor that is boyled
is cold, put thereto the Hony, and
the mustard, and stirre them well to-
gether, and let the sicke vse thereof

F 4

halfe

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

For the head ache.

TAke and see the Veruine and Betony, Sissles, & 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 well sodden, and wring out the iuyce 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 iuyce of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaister vnder it as hot as the sicke may suffer it: doe this three times, and he shal be whole.

Another.

Cloves comfort the stomacke, li-
uer and heart: they helpe diges-
tion, and stop the belly: they quic-
ken the eye-sight, and scowre away
the clouds and hawes of the eyes:
they are good against all cold disca-
ses, and they are hot in the third de-
gree. 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 foure oun-
ces; of Vinegar, common Oyle, a
F 5 like

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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 houres together; it must be as thick as your green salue.

Another.

TAke Camphory, Hearts-case, Priuit, Plantane, of each of them a handfull; bruise these in a Mortar, and put thereto Harts suet, fine Sallet oyle, of each dim.li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or brassie pot, and put thereto Wax and Rosin broken in small peeces, of each dim.lib. let these boyle all together ouer a fire of coales, till the iuyce of the herbs be consumed, and the oyntment green; then straine it thorow a canuase-cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto
foure

and Gentlemen.

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

Another.

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

*A Medicine against the stone in the backe,
or bladder, or for the weaknesse of
the backe, which is called the
running of the reines.*

TAke Venice turpentine, and wash
it in Rose-water, either red or da-
maske, vntill it looke white: then di-
uide it into small balls, as you may
easily

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

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

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

and Gentlewomen.

To make Snow.

TAke the whites of five or six 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
spoon: 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 leaues look hoare. Take the
juyce and boyle it with fresh butter a
little while, and keepe it close, and vse
it

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it euening and morning: if a Cowes vdder be stung or bit with a Snake or such like, take Lauender, and wash it cleane, and see the it in chamber-lie a good while, and wash it euening and morning warme: you may put a little fresh butter in it, and milke out the milke when you doe it.

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

TAKE Watersuck leaues, otherwise called Hogwort leaues, Ally-house, Daisie roots, leaues 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 leaues, and lay them vpon it, dressing it twice a day, or three times, if need be. To heale a sore put Turpentine, Rosin, and Wax in it, dressing it with Lint.

For

and Gentlewomen.

For the Stitch.

TAke Stith-wort, Bay-leaves, Hol-ly without prickles, of each a like quantity, the iuyce, graines beaten: drinke 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 pro- ued.

For the Tooth-ache.

TAke Organy that groweth close to the ground, and tasteth like A-qua vitæ: bruise it, lay it to the tooth; Bursa pastoris will doe the like.

For

A Closet for Ladies

For a Bite, or Felon, or sove legge.

SEethe a pint of Ale to two spoon-
fuls, like a sirup : pricke a peece 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 houres :
lay it to cold.

For the Scratches of a horse legge.

TAke Vinegar, Mustard-seed, Gun-
powder, boyle them : wash it hot
three or foure times ; proued.

For the Gowt.

TAke Mallowes and Sengren : beat
them, and boyle them in water :
then straine them, put Oat-meale-
groats soaked in vinegar, and sheeps
suet vntried : then boyle it to a poul-
tis ; proued.

For

and Gentlewomen.

For the Ague.

TAke a red Onion cut small, six and fifty graines of Pepper beaten small: binde it to the wrist halfe an houre before the fit; proued.

For the Gowt.

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, foure ounces of Turpentine, foure yolkes of egges: stufte the belly, and sew it vp: roste it with a soft fire: saue the dripping: annoint the place: it is good for sinewes and crampe: it will driue 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

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

For the Tooth-ache.

Allom as big as a Walnut, Garlicke an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: lay it to the wrists twentie foure houres or more.

For to stop the bleeding of a wound.

THe wooll of an ink-horne, Sanguis draconis, and Bollarmonick, 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 handfull, red
Mints, red Sage, Mother of Time, of
each a handfull, Parsley and Fennell-
roots, the piths out of each, halfe a
handfull, Liquorice an ounce, Anni-
seeds an ounce, Seceny two ounces,
Turber an ounce, Capdates two oun-
ces, Cinamon an ounce, Nutmegs
two ounces, white Sugarcandy foure
ounces, Rubarb an ounce sliced:
stampe your spices, and your seeds,
and beat your other Apothecary-
stuffe, and shred your herbs fine:
boyle it in three quarts of Rennish-
wine to a pottle; straine it; drinke
foure times a day a quarter of a pint at
a draught warme, put in a peniworth
of Aqua *de* *...* as much Safron
beaten fine *...* it is boyled, if the
Patient be *...*, leaue out your
Rubarb, Seceny, and Turber, and
boyle

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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 receit is enough ; purge first.

To make one make water.

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

To make a Scare-clo: b.

TAke a pound of Stone-pitch, as much Rosin as a great Walnut, & twice as much clean Wax, a spoonfull offresh 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 cleave to your hands.

For

and Gentlewomen.

*For the same, and the best for all man-
ner of aches.*

TAKE Rosin dim. li. of Perroson a
quarter of a pound, as much Gum
mastick, a quarter of a pound of Deer
suet, two ounces of Turpentine, one
ounce of Cloues and Mace, of Saf-
fron two ounces, the liquor must be
Oyle of Roses.

*A soueraigne Medicine for a
great ache.*

TAKE Sparmacity eight peniworth,
of Oyle two d. of black Sope halfe
a pound, of butter without Salt as
much as a great Walnut; boyle it on
a chafingdish of coals halfe an houre,
stirring it well from the bottome:
spread it on leather, as broad and as
long as your grieffe; lay it to foure or
fue dayes.

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*To make a good Oynment or Salve
for any sore.*

TAke a good handfull of Sage, as
much of Plantane, as much of
Brown-wort, as much of Hony-suc-
kles, as much of Turfame, as much
Velerion : boyle all these in May-
butter till it be browne : then straine
it, and put in a quantity of Virgin-
wax : then boyle it againe.

*A good Recept 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;
stampe 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 Roses, and Ma-
rigold-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
Pimpernell, Turmentill, or Sca-
beas; mix it together, drinke it nine
dayes fasting, and feare no Pestilence.

For

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*For one that is taken within the
body, or any place.*

TAKE Rose-cakes, Aqua-vitæ, and
Rose water; heat it on a chafing-
dish of coales; lay it to the stomach;
they shall mend by Gods grace.

For the Ague or Cold.

TAKE greene Alderstickes; take the
inner rinde, a handfull; beat them,
drinke it in Ale fasting; fast three
houres, walking after it; then eat a
Caudell.

Another for the Ague.

TAKE a spoonfull of juice of Oren-
ges, as much Aqua. vite, mingle it
with a yolke of a new laid egge in the
shell, sup it vp fasting once or twice.

K. Henry the eight his perfume.

TAKE six spoonfulls of compound
water, as much of Rose-water, a
quarter

and Gentlemen.

quarter of an ounce of fine Sugar,
two graines of Muske, two graines of
Amber-greece, two of Ciuet: boyle
it softly together: all the house will
smell of Cloues.

For the Strangurion.

TAke Hore-hound one handfull and
a halfe, red wine halfe a pint, oyle-
oliue five spoonfuls: boyle it toge-
ther, put it in a linnen cloth to the
small of the backe, as hot as may be.

To cleanse a wound.

TAke Beere, Wheat, Stone-flower,
and Hony: boyle it thicke: apply
it to.

For the Gowt.

TAke Worme-wood, Wall-wort,
Wheaten-bran, Cow-dung, and
salt; boyle it in vinegar: plaster it to
the grieve.

For a Bruise.

TAke halfe a pint of Sallet-oyle, as
much oyle of Roses, as much Aqua
G vitæ,

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vitæ, and three or foure score Snailes that beare shels : stampe them small, and boyle them to oyle.

To keepe one laxative.

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

Two remedies very good against Wormes in little children.

TAke flowre of Wheat well bouted, as much as will lye vpon three crownes of gold ; put it in a glasse, and powre into it Wel-water, so much as will steepe the said flowre, and make it looke as it were milke, and no thinner : then giue the childe drinke of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedy.

The

and Gentlewomen.

The second remedie 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 childe: then powre it upon the said place with the powder of fine myrrh, and lay the childe downe a little while with his brest vpward, and you shall see incontinently the Wormes, with the childes dung, come forth dead.

To beale children of the Lunaticke disease, which happeneth vnto them by reason of a worme with two heads, that breedeth in their bodies: the which worme, coming to the heart, causeth such a passion in the childe, that oft times it kils them.

TAKE the tender stalkes of a Wilding-tree, & dry them in the shadow:

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dow: then stampe them well, and sift them, and take of the laid 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 vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the childe: doe this three or soure times, and you shall see the worne come forth dead with the excrements.

A remedy for the Faling-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 vse it, take the y lke of an egge or two, and stir and breake it with a spoonfull of the said powder: then seeche it, and giue it to the Patient to eat: doe this morning

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ning and euening eight dayes, abstain-
ning from wine, carnall company of
women, from all Pulse, Beans, Pease,
Fetches, Tares, and such other, from
Sallers, Salt-fish, and from all other
things that are hard of concoction
and digestion; a very good and nota-
ble secret.

*A Medicine to cure the biting of all
venomous beasis.*

AS soone as the party feeleth
himselfe bitten with any veno-
mous beast, or as soone after as may
be, take greene leaues of a Fig-treec,
and presse the milke of them three or
foure times into the wound: and for
this, serueth also Mustard seed ming-
led with Vinegar.

*To draw an Arrow-head or other iron
out of a wound.*

TAke the iuice of Valerian, in the
which wet a tent, and put into the
wound

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wound, laying the said herbe vpon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

*For a knocke or fall, causing a buncch
vpon the head.*

TAke an ounce of Bay-salt, raw Honny 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 crummie 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, leauing them so a day and a night, or vntill the impostume breake, and then take away the bread, and immediatly the Patient will spit forth the putrifaction of the impostume; and when he hath slept a little let him eat, and by Gods helpe he shall shortly be well.

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

TAke Taxus Barbarus, stampe it, and take the iuice of it; and if the wound bleed, wipe it and make it cleane, washing it with White-wine or water; then put the iuice vpon the wound, and the herbs vpon it, out of the which you tooke the iuice: then binde vpon the wound, and in one day you shall see a wonderiull effect.

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Against the disease or grieſe of the Flank,
and the Cholike-paſſion, experi-
mented and proued di-
uerſtimes.

Take halfe a glaſſic or leſſe of the
juice of Barbaries when they be
very ripe and red, and put into it as
much red Corall as will lie vpon two
groats, well broken into powder, and
giue the Patient to drinke thereof,

Another perfect remedy for the ſame diſ-
eaſe, and to make a man piſſe with u baſe
an houre, that hath not made water
in three or foure dayes, and
will b. c. ke the ſtone
within ten or twel. e
dayes.

Take fine powder of Virga aurea,
and put a ſpoonfull of it into a new
laid egge ſoft roſted, and giue the Pa-
tient thereof in the morning to his
breakfaſt, and let him not eat in foure
houres

and Gentlewomen.

houres after, and then he shall make water in lesse than halfe an houre, and let himvse this for the space of ten or twelue dayes as afore said: the Patient shall void the stone without any paine or grieft.

*A remedy for spetting of blood, occasi-
ned by th. breach of some veine
in the brest.*

TAKE Mice dung beaten in powder, as much as will lie vpon a groat, and put it into halfe a glassfull of ioyce of Plantane with a little Sugar, and so giue the Patient to drink therof in the morning and euening: continuing the same he shall be sound.

*Against the grieft of the Lungs, and spit-
ting of blood, a remedy experimen-
ted and tried.*

TAKE an herbe called Farfara, or Tussilago at the Apotiuecaries, Vngula Caballina, in English called

G 5

Colts-

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Coks foot ; in French ; *Pat delion* : incorporate it well with the lard of a hog chopped, and a new laid-egge: boyle all together in a pan, and giue the Patient of it to eat nine mornings. This is also good to make one fat.

Against a sinking breath.

TAke Rosemary leaves with the blossomes, if you can get them, and see the them in White-wine with a little myrthe and Cinamon, and you shall finde a maruellous effect, if you vse it often in your mouth.

Against the biting of a mad dogge, and the rage of madnesse that followes the party bitten.

TAke the blossomes or flowers of wilde thistles, dried in the shade, and beaten into powder, halfe a nut-shell full ; put into White wine, and drinke it, and in thrice taking it you shall

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shall be whole. A thing tried and experimented.

A Medicine for watry eyes.

TAKE a red cole-leaf, and anoint the leaf 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 Iuy, and straine it and womans milke together, and let it be somewhat greene of the Iuy, and then drop a drop or two into the eyes.

Another for the same.

TAKE Fennell-water stilled, and hiue Hony: mingle them together, and put a drop or two into the eye. These are approued.

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*To make water for the eyes to kill the
heat of any sore.*

TAke red Sage, and boyle it in
Smiths water till the third part
be consumed: then straine out the
Sage very hard, and put into it a
quantity of the liquour, a peniworth
of Aliome, and as much of white
Coperas, after you haue 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 fore.

*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 thereto a good quantity of Sugar-candy : then straine it hard thow a cloth, and therewith make a water, and euery 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 binde it in a linnen cloth, and let it lie in the water twelue houres : then take of this water, and put it in your eyes, and it will cleare your sight.

For a pearle in the eye.

TAke red Fennell, and the leaues and roots of white Daisies : vse 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

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times a day ; and if there be any sight
in the eye, this will cure it.

For eyes that are blasted.

TAke a toste made of Brown bread,
and lay it in red wine that is not
mingled, and let it lye vntill it be so-
ked halfe an houre ; then put it in-
to a fine cloth in two peeces, for
each eye one : the fine cloth must
be betweene the eye and the toste.
Dresse it when you goe to bed at
night.

To purge the head and eye-sight.

TAke the iuyce of Hey-hoo, and
put it into your nostrills, and the
fleame and running-water will fol-
low.

For eyes that be red and sore.

TAke Fennell, Veruin, Roses, Sa-
lentine, and Rue, of each two
ounces,

and Gentlewomen.

ounces, and distill all together: and when need is, then put a drop or two into the sore eye: for it is good for all manner of diseases in the eye.

Against the paine of the eyes.

TAke the yolke of an egge roasted hard, and laid to with Rose-oyle and Saffron: put in the juyce of Basill.

For to see well.

TAke Eye-bright, red Fennell, of each halfe a handfull: of Rue one quarter of an handfull: cause these to be distilled, and wash your eyes dayly with the water.

For the aking in the legge.

TAke a peece of sowre leauen, and as much Barne, and as much blacke Sope: temper them all together, and so spread it vpon a linnen cloth,

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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-drinke for a Consumption.

TAke a gallon of running water measured by Ale-measure, and put thereto an ounce of Cinamon, an ounce of Cloues, an ounce of Mace, a dram and a halfe of Acter-roots, and boyle it till it come to three quarts: let this be your onely drinke till you doe amend.

A Medicize for the head-ache.

TAke a handfull of Rosemary, two handfulls of Betony, and a spoonfull of Hony: and seethe them all in Malmesie, and wash your head therewith.

Another

and Gentlewomen.

Another for the head ache.

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

*For winde and shottings in
in your b. ad.*

TAke Egremonie and Cinamon :
bray them, put them in Ale, and
lay it to the temples of the head ; and
if the paine remoue, lay it where the
paine remoueth.

Another for the head-ache.

TAke a handfull of Camomile, a
handfull of Peniriell, 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

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the head as hot as you may suffer it, & it shall (by Gods helps) doe you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your necke, and shift it euery night when you goe to bed: vse this as often as you see good; proued.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, foure ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A Medicine for the Megrime in the head.

TAke Housleek and garden-worms, the greater part being Houslecke: stampe them together, and put there-to fine flower, and make a plaister 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 oyntment 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 auoid and shortly be whole.

*A Medicine to keepe vp the pallat
of ones mouth.*

TAke a peece of wheaten leauen, 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 Rhuixe in the head.

TAke a quantity of dried rose-leanes, the flower of Camomile, Basill,
Mar -

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

A Poultis to soothe any place, either face, or any where else, that is red and full of hot pimples.

TAKE Housleeke, Mallowes, Purseline, Water roses, called Numium: beat all these, and take the iuyce of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they be thick like pap : then see the it with a little Rose oyle and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

TAKE an ounce of Camphire, as much brimstone beaten ; 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, Tamaredis off eaten, Wine of Strawberries laid vpon the face.

Another.

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

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

Take the iyce of Bittaine, womans milke that hath a man childe; mingle them together, and dip a peece of blacke wooll in it, and put a peece of it into your eare, for the space of ten or eleuen dayes or more: if it happen that this will not take away the deafenesse, then take the milke of
a

ACloset for Ladies

a Cow, and see the it with Oat-meale
and juyce of Bettony, and lay it plai-
ster-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 drams 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 pimples.

Another for the same.

TAke as much Mercury sublimate
as a Beane, and twice as much Al-
lome, and put them in a quart of faire
water, and boyle them together with
two or three cornes of Bay-salt, and
bathe your face therewith often in a
day

and Gentlewomen.

day with the same cold, and open the 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 peniworth of Mercury, halfe an ounce of Roch-Allome, a quantity of Rosemary, a greater quantity of Woodbine-leaves, and three spoonfuls of Hony : sethe them together, and wash your mouth therewith.

A water for a Canker and sore mouth.

TAke Rosemary-croppes, Sage, Singfield, Woodbine-leaves, Allome, liue Hony, or pure Hony boyled in Spring-water, halfe a handfull 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 sorenesse in
the mouth.*

TAke two ounces of fine Coperas
beaten to powder, halfe a pint of
faire water, and let the same Cope-
ras be distilled or steeped two dayes
and two nights: then straine the same
softly thorow a linnen cloth; then
take a spoonfull thereof, and wash
your mouth and throat with it softly,
bloud-warme, but drinke none of it.
This medicine will not continue good
about foureteen dayes; therefore
you must make it fresh as occasion
serues: you must take it morning and
euening.

*A Medicine for the Mother that riseth in
a womans side.*

TAke Aqua-composita, and beat
Bay-berries in powder, and put it
into the Aqua-composita, and put a
spoe

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 joynt.*

TAke faire boulted flower of wheat,
and temper it with white or red
Wine, a little Oyle-oliue, and a few
Rose-leaues: see 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 iuyce of Smalage, the
iuyce of Woodbine, burnt Allome
beat into powder, and a little hony;
mingle all these together, and make
a plaister of it, and lay it to the sore,
and it shall destroy the Canker.

H

For

A Closet for Ladies

For a Bruise.

TAke Virgin-way, and Commine-seed well beaten : mix them together, and lay it to the sore plaister-wise.

For a white Scall.

TAke Sallet-oyle beaten with the whites of egges till they be thoroughly wrought together : cut away the haire, and so anoint the head, and lay a bladder vpon it.

A Medicine against all Stitches.

TAke Linseed, and boyle it in new milke : make a plaister thereof, and lay it to the grieued place.

A Medicine for a sore brest.

TAke Groundfill, and chop it small, the grounds of small Beere, wheaten

and Gentlewomen.

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

A Medicine for swelled breasts.

TAke white wine, wheat-bran new bolted, Rose-leaves old and new : see the them till they be thicke : then lay it to the brest as hot as shee may suffer it, from euen to morning, and shift it againe.

To breake the steame of the brest.

TAke butter without salt, and hony, of each a quantity, faire bitter Almonds : blanch them, and beat them fine and eat a little euery day.

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

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

H 2

of

A Closet for Ladies

of each of them a like quantity, and see the them together to a cake; spread it on a cloth as broad as the sore or paine is, and lay it to foure and twenty houres, or twelue at the least.

An approved Medicine for a sore brest.

TAke a handfull of Mallowes: see the them very soft in faire water, and then let the water runne away from the Mallowes: then chop or shread them: then put them in a dish with Boares greasc, and heat them very hot, and lay on a plaister of linnen cloth to your brest, as hot as you can suffer, three or foure times a day heating it: this hath beene approved very good.

A remedie for the paines of the brest.

TAke Hysope, Parsley, and Sage, stampe them together, and lay them to the brest, and it will be whole.

Another

and Gentlewomen.

Another for the stopping of the breast.

TAke Rue, and see the it with Alligant, and drinke it three or foure times.

A medicine for the bloody Flux.

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

Doctor Smiths Medicine for the Collicke and Stone.

TAke Posset-Ale made of Rhennish wine: boyle Camomile, running Time, Parsly, Pellitory of the wall,
H 2 with

A Closet for Ladies

with a good Spoonfull of Commine-seeds, till the third part and more bee consumed : then fraine them with Sūzar sufficient : drinke a good draught warme, and vse it as occasion serues.

*A Medicine for the Chir-cough
for a childe.*

TAke Boares grease, and warme the soles of the feet to the fire : then chafe 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 leaues, and let them seethe a good while : then
take

and Gentlewomen.

take the water and straine the fore-
said Almonds therewith, and make
an Almond milke thereof, and put in
a peece 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 : so
drinke it luke-warme.

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

TAKE three or foure hiue-Bees: kill
them; then dry them vpon hot
plate: being thorow-dry, bruse them
to small powder; then put the powder
into a quart of Small Ale, and giue the
sicke to drinke, and he shall haue pre-
sent remedy.

*A Medicine for the paine of swelling
in the stowacke.*

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 Oliue, two good handfuls of Camomile being shred small boyle the Wine and Comomile together from a quart to a pint, and anoint the hardnesse of the Spleene morning and evening therewith, and it will dissolve.

A Medicine for a Felon or Andcorne

TAke rusty Bacon and Colewort-leaves : stampe them together : then take a peece of Dogges leather prickt full of holes, and spread it vpon the leather, laying it to the sore twice a day ; and when it begins to heale but once a day.

and Gentlemen.

A Medicine for the itch of the body.

TAke sweete butter, vnwrought wax, vinegar, brimstone, a little Rose-water, red Cloues whole: Boile them together til they be like a salue: 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 hony, then beat them to powder: take twice as much of the Allome 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 ouer-pith, and seeth them in running water; then draw the
water

A Closet for Ladies

water from them, and beat it with thicke creame, and so anoint the place that is grieued, or with a cloth dipt in the same, and laid over the place.

A Medicine good to cleanse the body.

TAke Balme, and lay it in white wine, till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning; proued.

A Medicine for a Fistula.

TAke Veruine and dry it vpon a tile, and make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A Remedy for one that vomiteth too much.

TAke Coriander-seeds fine beaten in powder, and drink it with Mint vater. To

and Gentlemen.

To make a seave-cloth for all manner of aches.

Take a pound of vnwrought wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and a halfe of sheepsuet, and boyle them all together, and straine them in a faire bason : then put them in a chafingdish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A Medicine for a Ring-worme or Tetter.

Take red Dock-roots : slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

Take wheat-flower, and bake a cake, and cut it in the midst : then strike the dowy sides all ouer with Tarr, 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 see the them in running water till they be tender, and then swing them, and chop them f aall; 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 see the it till it bee thicke, stirring it well, then lay it to the griefe as warme as can be suffered.

A Medicine for the cough,

Take Mustard-seede and put it into Figges: see the it in Ale and drinke it.

A Medicine for the Mother.

TAKE Rosin and bear it very fine: put it into white Wine and Sallet-oile,

and Gentlewomen.

oile, and drinke it, and it will doe you good.

A Medicine for the bloudie Flix.

Take the pils 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 Malmesic 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 feeds of nettles, and beat them together small : then beat them with barrowes greasē, 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 Franckincense 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 washt, 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 Droopie.

Take Anniseeds, Coriander seeds, Spikenard of Spaine: vse 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 Smiths water, a quarterne of Roch-Allome, halte a

pint

and Gentlewomen.

pint of Oyle of Oliues, and put there-
to a handfull of Sage, and boyle
them together till they be halfe con-
sumed: then vse it to the sore, and it
will drie it.

*A Meidicine for an achethat comes
against raine.*

TAke the hornes of a Stagge: cut
them in small peeces, and boyle
them in water, till it bee consumed
from a gallon to a quart: then powre
the water from the bones, and it will
gelly when it is cold, and therewith
anoint the griued place against the
fire euening and morning.

A Meidicine for a burne or scald.

TAke Mallows and Smallage: see the
them in water: when they be ten-
der take them forth, & wring out the
water cleane: chop them small, and set
them on a chafing dish of coals, & put

A Closet for Ladies

to it a little sheepes suet, and make of it a salve, and lay it to the sore place thicke, and lay a cloth vpon 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 coale: then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salve.

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 sticke of Cinamon: boyle them all together, let it coole, and giue it the sick to drinke.

and Gentlewomen.

A Medicine for the heat of the Liver.

TAke wort of the first tap: drinke it
euery morning next your heart
for a moneth together, and it will
helpe you.

*A Medicine to make a young child
goe to the stoole.*

TAke May-butter, and chase the
nauill therewith against the fire:
then take some blacke wooll that
growes betweene a blacke sheepes
legges: dip it in May-butter, and
drie it: then lay it the nauill. It is
good for an old man also that can take
no inaward medicine.

*An approved Medicine for the Nauill
when it comes out with crying.*

TAke wax which is vsed no other
way but to take the hony from it,
and when you haue 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 nauil, and it will helpe it.

*A Medicine for the swelling of a
childes co's.*

TAKE Red-rose-leaues : bray them,
and boyle them in red Wine an
houre : then wet a cloth in it, and lay
it to the childes nauill as hot as you
can suffer it.

A Medicine to stanch the Flix.

TAKE a Sawcerfull of the iuyce of
Milfoile, as much of the iuyce of
Plantane, and wheat-flower : temper
it with the iuyce 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
veine that is cut ; proued.*

TAKE Feathers burned to powder,
and lay it vpon the veine that is
cut.

and Gentlewomen.

cut, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold euery time, and it shall stanch wheresoeuer it be; proued.

For to helpe a drunken man or woman for euer.

Give him a purgation: after that, give him a Swallow to drinke in powder for the space of twelue dayes, and for a months space give him euery day foure Almonds to eat, with foure leaues of Woodbine beaten: you must eat them in the morning, next your heart; proued.

For Scabs.

Take Snails, and pricke them, and take the water that comes out of them, and anoint the scabs therewith: take vine leaues, & bind them to the scabs, and doe it euery morning and enening,

A Closet for Ladies

euening, and you shall be whole, pro-
ueds

To drie Scabs.

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

For the Palfse, or shaking in the hands.

TAke Sell and Eyfill: see the 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 peeces in a glasse pot: stop him
as fast as you can, and put among
these peeces Cl ues, Mare, small Rai-
sins, and salt: then put this glasse into
a great pot, and let all these see the
together till they be a gelly: then
straine it into a cleane vessel, and
giue

and Gentlewomen.

giue it to the sicke, first and last bloud-
warne.

To restore the braine.

TAke powder of Bittany, and vse it
in your pottage: it will restore the
braine, and destroy the stone.

For a perillous Cough.

TAke Sage, Rue, and Commine:
stampe them with Pepper: seethe
them together with hony, and there-
of make an electuary, and vse thereof
a spoonfull euening and morning,
and by the helpe of God it shall doe
you good.

*For them that cannot see, and
haue redevyes.*

TAke white vinegar, and rub vpon
a whet-stone in a faire bason: take
as much salt as powder, and grind
them well together in a bason, and
temper

ACloset 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 aboue 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 litle 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 : still them together, and wash your face therewith fiftene dayes, morning and euening : after this, drinke a draught of Vinegar in the morning once in three dayes.

To

and Gentlewomen.

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 Eigan, and stampe it, and take the iuyce thereof, and put it all together, and wash thy face therewith; proued.

To kepe 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, Veruine, and Rue: stampe them all together very small, and put thereto Ric-meale or wheat, and the white of an egge, and make a plaister, and lay it to the head.

To

A Closet for Ladies

To quench one thirst.

Take the roots of Louage: wash it cleane: stampe it, and temper it with water: drinke a good draught of it five nights together, and drinke not in two hoares after it.

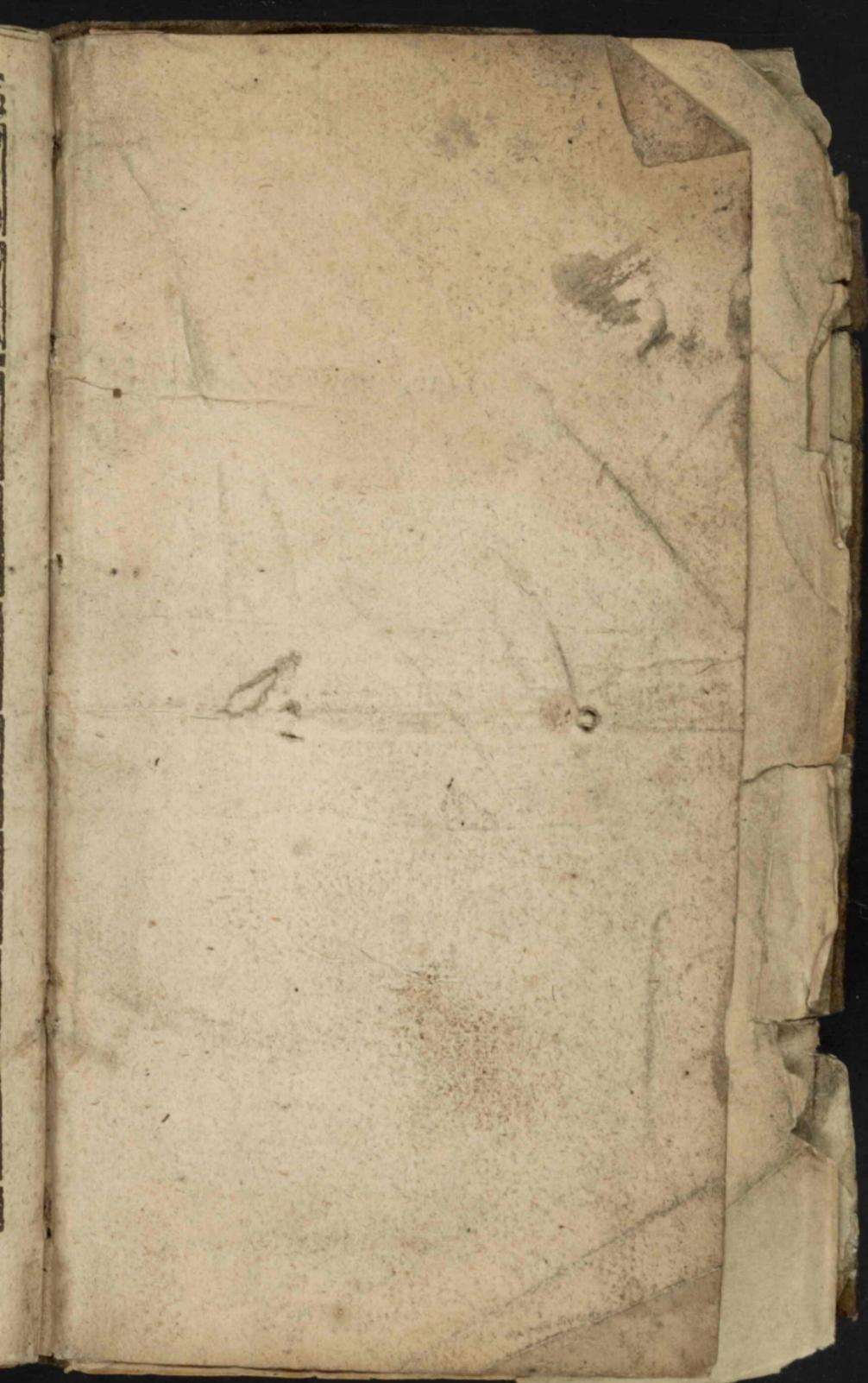
For one that speakes in his sleepe.

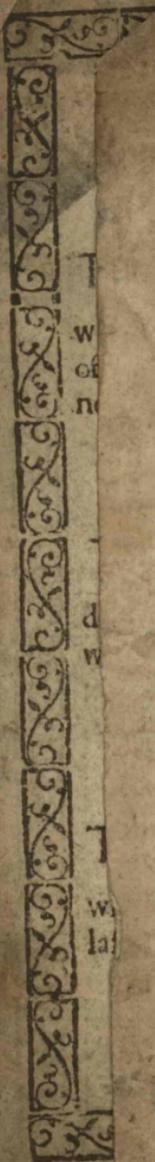
Take Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For a woman that hath too much of the Flowers.

Take the foot of a Hare: burne it to powder, and drinke thereof with red wine and Cinamon first and last nine dayes, and it will helpe her.

FINIS.





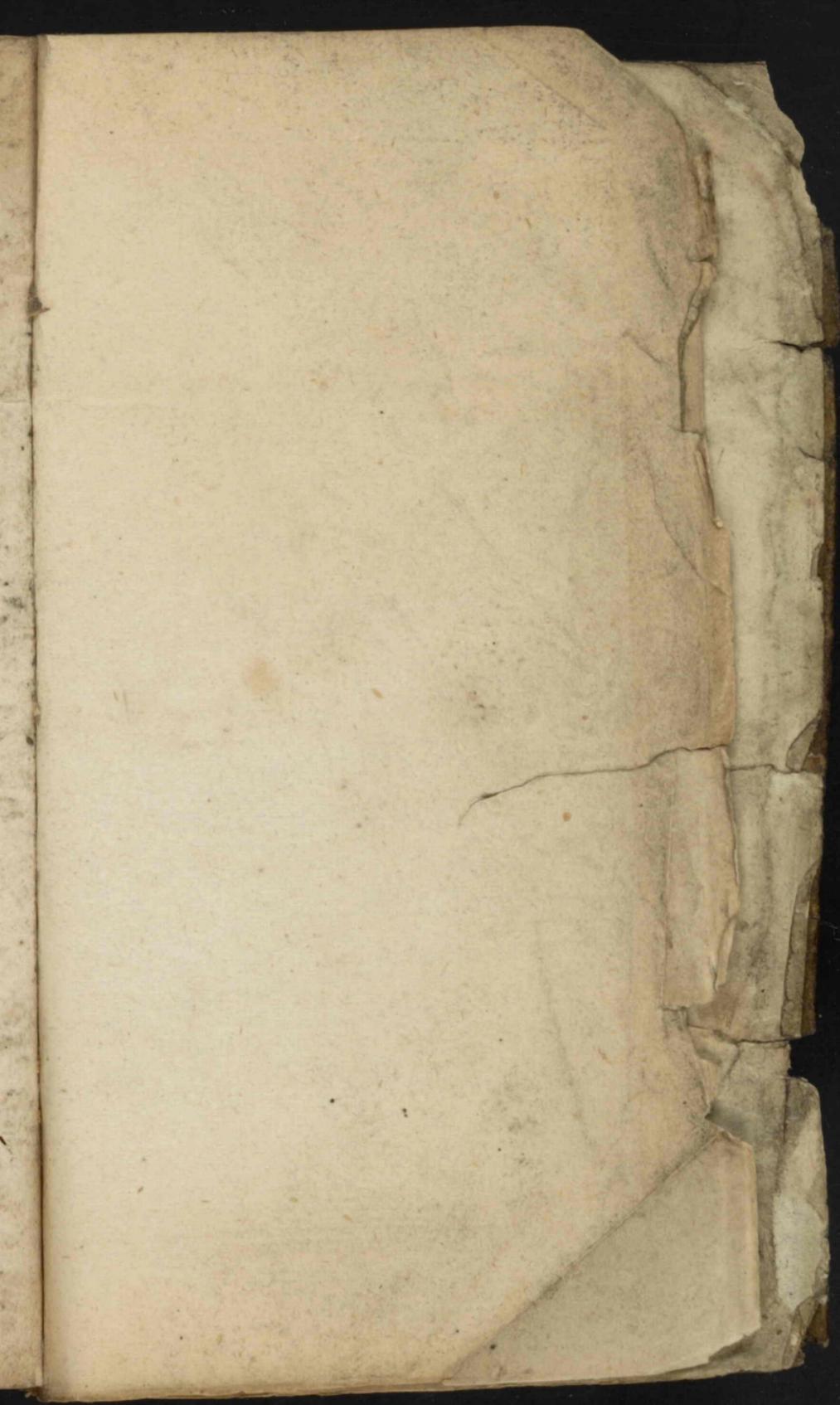
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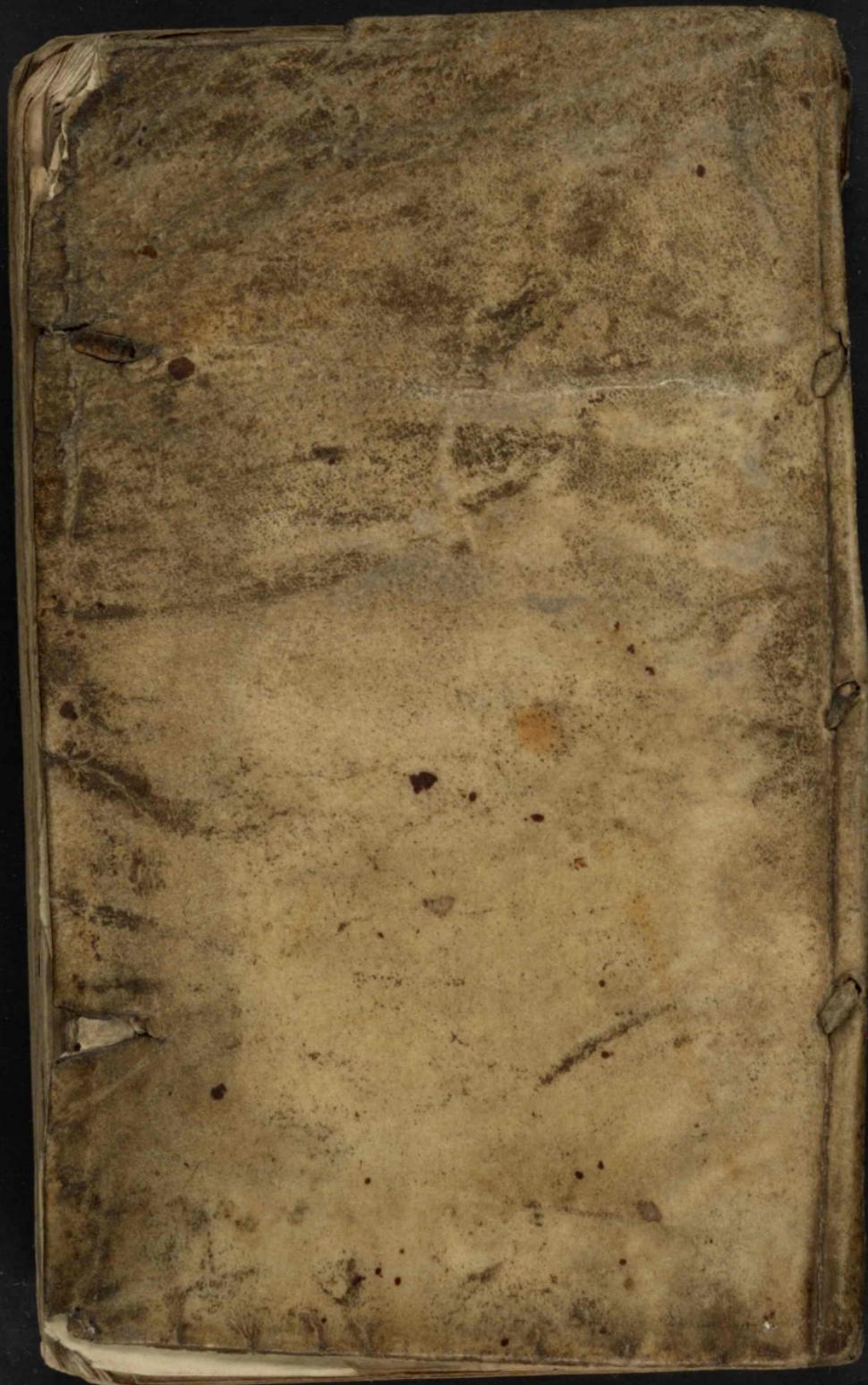
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1611 RECIPE BOOK PLACED ON EXHIBIT

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." "Or the Art of Preserving, Conserving and Candyng, With the Manner How To Make Diverse Kindes of Syrupes and All Kindes of Banqueting Stuffes. Also Diverse Sovereigne 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 apricockes, mirabolans or malacadonians, pimictions, redroseleaves (in one word), oranges, lymonds, damsins and raspises.

In the section on "Banqueting conceits, as marmelades, quadniacks and such like," the author's tone becomes more lyrical, rising from muskadine comfts and diatitonium simplex of quinces to such an instruction as, "To make a walnut that when you crack it, you shall find biskits and carrawayes in it, or a pretty poesie written."

The author is not above beauty culture and says that by mixing "white tartar, camphire, coperas, white of egg, lemon, oil of tartar, plaine water, white mercury and bitter of almonds, and boiling all these together upon a gentle fire and straining," one could make "a blench for any ladie'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 slippes of stars to the number of 4, and then take to every slippe foure snalles and put them in an earthen pot"; and there is also a medicine that "will heale any wound or sore, and keepeth it without proud flesh or dead flesh," and a cure "for to help a drunken man or woman for ever."

Wife Given Credit At Last for Thrift Of "Poor Richard"

Speaker Says She Changed
Dr. Franklin's Mode
of Living.

By the Associated Press.

NEW YORK, January 21.—Mrs. Benjamin Franklin finally got her full share of credit last night.

In a National Thrift week talk, Mrs. Lida Foote Tarr, national president of the Camp Fire Girls, said:

"Before Franklin's wedding bells rang out, he never had saved any money, never succeeded in any enterprise, never brought order into his affairs and never lived a regular life. When he married * * * he changed his habits. * * *

"No better wife could be found for a young man on the make. She made all his linen and woolen clothing by hand. She tended the shop, helped make ink with lampblack, and traded in goose feathers. * * * He and Debby kept no servants and kept house with strictest economy. He never tired of praising her thrifty virtues to his friends.

"So let's give Mrs. Benjamin Franklin due credit."

Washington Drama Guild Performances This Week

A large and representative audience is expected to attend the opening night of the production of the Washington Drama Guild this Winter in Wardman Park Theater Thursday evening. The play will be "Olympia," written by Ferenc Molnar, Hungarian dramatist.

The Assistant Secretary of War and Mrs. Frederick H. Payne, with the former's executive officer, Col. Earl McFarland, and Mrs. McFarland, have made reservations for Thursday evening and among others who are expected are the second secretary of the German embassy and Frau Lohmann, Gen. and Mrs. Mason M. Patrick, Col. and Mrs. U. S. Grand, 3d; Rear Admiral and Mrs. William Ledyard Rogers, Maj. and Mrs. Paul Peabody, Comdr. and Mrs. Vance D. Chapline, Mr. Clifford Brooke, Mr. and Mrs. Frederic D. McKenney, Mrs. George Hewitt Myers, Mrs. Eliphalet 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. Vandenberg, Mrs. Cloyd Heck Marvin, Mrs. E. B. McKinley, Miss Grace Newton, Mrs. William J. Kerlin, Mrs. James Jardine, Mrs. Ernest L. Jancke, Mrs. J. W. Cooper, Dean Mary Louise Brown, Mrs. James G. Cumming, Mrs. Paul Shorb, Mrs. Scott Hovey and Mrs. Genevieve Forbes Herrick.

Members of the following sororities are invited to attend the luncheon, Pi Beta Phi, Kappa Alpha Theta, Kappa 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. Gillfillan, 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.



**Ten Day
Specials**
Regular \$7.50
**Ideal Comfort
Permanent
Wave
\$3.50 complete**

Our regular \$10 Steam Treated Wave, including \$1.50 reconditioning treatment FREE.

\$4.95 complete

"No finger wave required."

Our \$15 De Luxe Oil Treated Wave for dry and brittle hair, including a \$1.50 Violet Ray treatment FREE.

\$6.50 complete

"No finger wave required."

Shampoo, finger wave and oil rub, \$1, or any three beauty items, \$1.

Call District 9718