

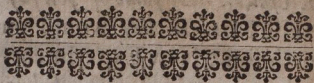
THE  
QUEENE-LIKE CLOSET  
Or  
RICH CABINET



Printed for Rich: Lownes  
at the white Lion in Duck Layne neare West Smithfield 1675

my 10

Sarah's Right New-Book



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

Ladies and Gentlewomen,

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

But there being so much time past since they were Printed, that

methinks, I hear some of you say, I wish Mrs. Wolley would put forth some New Experiments; and to say the Truth, I have been importun'd by divers of my Friends and Acquaintance to do so.

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

tle it bears, for the very precious things you will find in it.

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

Their Faithful and

Humble Servant,

HANNAH WOLLEY.



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

Hannah Wolley.



THE  
 Queen-like CLOSET,  
 OR  
 Rich Cabinet.

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

**T**Ake three Pints of Sack,  
 three Pints of White Wine,  
 one quart of the Spirit of  
 Wine, one quart of the juice  
 of Celandine leaves, of Me-  
 lilot-flowers, Cardamum-  
 seeds, Cubebs, Galingale, Nutmegs, Cloves,  
 Mace, Ginger, two Drams of each; bruise  
 them, and mix them with the Wine and  
 Spirits, let it stand all night in the Still, not  
 B an

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an Alembick, but a Common Still, close stopped with Rye Paste; the next morning make a slow fire in the Still, and all the while it is stilling, keep a wet Cloth about the neck of the Still, and put so much white Sugar Candy as you think fit into the Glass where it drops.

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

Take three Pints of Muscadine, boil therein one handful of Sage, and one handful of Rue until a Pint be wasted, then strain it out, and set it over the Fire again.

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

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

It is a most excellent Medicine, and never faileth, if taken before the heart be utterly mortified



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mortified with the Disease; it is also good for the Small Pox, Measles, or Surfets.

### 3. A very Sovereign Water.

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

This most excellent Water was from Dr. Chambers, which he kept secret till he had done many Cures therewith; it comforteth the Vital Spirits; it helpeth the inward Diseases that come of Cold; the shaking of the Palsie; it helpeth the Conception of Women that are barren; it killeth the Worms within the Body, helpeth the Stone within the Bladder; it cureth the Cold, Cough, and Tooth-ach, and com-  
B 2 forteth

#### 4 The Queen-like Closet.

forteth the Stomach; it cureth the Dropsie, and cleanseth the Reins; it helpeth speedily the stinking Breath; whosoever useth this Water, it preserveth them in good health, and maketh seem young very long; for it comforteth Nature very much: with this Water Dr. *Chambers* preserved his own life till extreme Age would suffer him neither to go nor stand one whit, and he continued five years after all Physicians judged he could not live; and he confessed that when he was sick at any time, he never used any other Remedy but this Water, and wished his Friends when he lay upon his Death-Bed to make use of it for the preservation of their Health.

#### 4. To make Spirit of Mints.

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

The Queen-like Closet. 5

into your Receiver a quantity of Loaf Sugar, and you will find it very excellent; you may distil it in an ordinary Still if you please; but then it will not be so strong nor effectual.

Thus you may do with any other Herbs whatsoever.

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

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

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

Take of the thickest rin'd Oranges or Limons, and chip off the Rinds very thin put these Chips into a Glass-bottle, and put in as many as the Glass will hold, then put in as much Malago Sack as the Glass will

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hold besides ; stop the bottle close that no Air get in, and when you use it, take about half a Spoonful in a Glass of Sack; it is very good for the Wind in the Stomach.

7. *To make Limon Water.*

Take twelve of the fairest Limons, slice them, and put them into two Pints of white Wine, and put to them of Cinamon and Galingile, of each, one quarter of an Ounce, of Red-Rose Leaves, Burrage and Bugloss Flowers, of each one handful, of yellow Sanders one Dram, steep all these together 12 hours, then distil them gently in a Glass Still, put into the Glass where it droppeth, three Ounces of Sugar, and one Grain of Amber-Greece.

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

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

9. *To*

9. *To make Rosemary Water.*

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

10. *To make a most precious Water.*

Take two Quarts of Brandy, of Balm, of Wood-Betony, of Pellitory of the Wall, of sweet Marjoram, of Cowslip-Flowers, Rosemary-Flowers, Sage-Flowers, Marigold-Flowers, of each of these one handful bruised together; then take one Ounce of Gromwell seeds, one Ounce of sweet Fennel seeds, one Ounce of Coriander seeds bruised, also half an Ounce of Anniseeds, and half an Ounce of Caraway-seeds, half an Ounce of Juniper Berries, half an Ounce of Bay Berries, One Ounce of green Licoras, three Nutmegs, one quarter of an Ounce of large Mace, one quarter of an Ounce of Cinamon, one quarter of an Ounce of Cloves, half an Ounce of Ginger, bruise all these well together, then add to them half a pound of Raisons in the Sun stoned, let all these steep

B 4 together

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together in the Brandy nine days close stop-  
ped, then strain it out, and two Grains of  
Musk, two of Amber-Greece, one pound  
of refined Sugar, stop the Glass that no Air  
get in, and keep it in a warm place.

**II. Doctor Butler's Treacle Water.**

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

Then take

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

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

Then take of Epithimum two Ounces and  
a half, of Cetrarch six Ounces, of Carduus  
and balm, of each two handfuls, of Burrage  
Flowers, Bugloss Flowers, Gillyflowers,  
of each four Ounces, of Angelica root, E-  
lecampane root beaten to a Pap, of each  
four Ounces, of Andronichus Treacle and  
Mithri-

The Queen-like Closet. 9

Mithridate, of each four Ounces; mix all these together, and incorporate them well, and grind them in a Stone Mortar, with part of the former Liquor, and at last, mix all together, and let them stand warm 24 hours close stopped, then put them all into a Glass still, and sprinkle on the top of *Species Aromatica rosata* and *Diambre*, of the Species of *Diarodon abbatis*, *Diatrion Santalon*, of each six drams; then cover the Still close, and lute it well, and distill the water with a soft fire, and keep it close.

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

12. The Cordial Cherry Water.

Take nine pounds of red Cherries, nine pints of Clarret Wine, eight Ounces of Cinnamon, three Ounces of Nutmegs, bruise your Spice, stone your Cherries, and steep them in the Wine, then add to them half a handful of Rosemary, half a handful of Balm, one quarter of a handful of sweet Marjoram, let them steep in an earthen Pot twenty four hours, and as you put them into the Alembek, to distil them, bruise them with your hands, and make a soft fire under them, and distil by degrees; you may mix the waters at your pleasure when you have drawn them

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all; when you have thus done, sweeten it with Loaf-Sugar, then strain it into another Glas, and stop it close that no Spirits go out; you may (if you please) hang a Bag with Musk and Amber-greece in it; when you use it, mix it with Syrrup of Gilly-flowers or of Violets, as you best like it; it is an excellent Cordial for Fainting fits, or a Woman in travel, or for any one who is not well.

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

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

14. *The*



## The Queen-like Closet.

II

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

Take a Red Cock, pluck him alive, then slit him down the back, and take out his In-  
trals, cut him in quarters, and bruise him in  
a Mortar, with his Head, Legs, Heart, Li-  
ver and Gizard; put him into an ordinary  
Still with a Pottle of Sack, and one quart  
of Milk new from a red Cow, one pound  
of blew Currants beaten, one pound of  
Raisins in the Sun stoned and beaten, four  
Ounces of Dates stoned and beaten, two  
handfuls of Peniroyal, two handfuls of Pim-  
pernel; or any other cooling Herb, one  
handful of Mother-thyme, one handful of  
Rosemary, one handful of Burrage, one quart  
of Red Rose water, two ounces of Harts-  
horn, two Ounces of China root sliced, two  
Ounces of Ivory shaving, four Ounces of  
the flower of French Barley; put all these  
into your Still and paste it up very well,  
and still it with a soft fire, put into the  
Glas where it droppeth one pound of white  
Sugar

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Sugar Candy beaten very small, twelve-penniworth of Leaf-Gold, seven grains of Musk, eleven grains of Amber-greece, seven grains of Bezoar stone; when it is all distilled, mix all the waters together, and every morning fasting, and every evening when you go to bed, take four or five spoonfuls of it warm, for about a Month together, this hath cured many when the Doctors have given them over.

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

Take green Walnuts in the beginning of *June*, beat them in a Mortar; and distil them in an ordinary Still, keep that Water by it self, then about Midsummer gather some more, and distil them as you did before, keep that also by it self, then take a quart of each and mix them together, and distil them in a Glass Still, and keep it for your use; the Virtues are as followeth; It will help all manner of Dropsies and Pal-sies, drank with Wine fasting; it is good for the eyes, if you put one drop therein; it helpeth Conception in Women if they drink thereof one spoonful at a time in a Glass of Wine once a day, and it will make your skin fair if you wash therewith; it is good for all infirmities of the Body, and driveth

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driveth out all Corruption, and inward Bruises; if it be drunk with Wine moderately, it killeth Worms in the Body; whoe-foever drinketh much of it, shall live so long as Nature shall continue in him.

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

16. *To make Wormwood Water.*

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

17. *A very rare Cordial Water.*

Take one Gallon of white Wine, two Ounces of Mithridate, two Ounces of Cinamon, one handful of Balm, a large handful of Cowslips, two handfuls of Rosemary Flowers, half an Ounce of Mace, half an Ounce of Cloves, half an Ounce of Nutmegs, all bruised, steep these together four days in an earthen Pot, and covered very  
close

14 **The Queen-like Closet.**

close, distil them in an ordinary Still well pasted, and do it with a very slow fire; save the first water by it self, and the small by it self, to give to Children; when you have occasion to use it, take a spoonful thereof, sweetened with Loaf-Sugar; this Water is good to drive out any Infection from the heart, and to comfort the Spirits.

18. *Another most excellent Cordial.*

Take Celandine, Sage, Costmary, Rue, Wormwood, Mugwort, Scordium, Pimpernel, Scabious, Egrimony, Betony, Bilm, Carduus, Centory, Peniroyal, Elecampane roots, Tormentil with the roots, Horehound, Rosa Solis, Marigold Flowers, Angelica, Dragon, Marjoram, Thyme, Camomile, of each two good handfuls; Licoras, Zedoary, of each one Ounce; slice the Roots, shred the Herbs, and steep them in four quarts of white Wine, and let it stand close covered 2 dayes, then distil it in an ordinary Still pasted up; when you use it, sweeten it with fine Sugar, and warm it.

19. *To make Rosa Solis.*

Take a Pottle of *Aqua Composita*, and put it into a Glass, then a good handful of *Rosa Solis* clean picked, but not washed, put  
it

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it to the *Aqua Composita*, then take a pound of Dates stoned and beaten small, half a pennyworth of Long Pepper, as much of Grains, and of round Pepper, bruise them small, take also a pound of Loaf-Sugar well beaten, a quarter of a pound of powder of Pearl, and six leaves of Book Gold; put all to the rest, and stir them well together in the Glass, then cover it very close, and let it stand in the Sun fourteen days, ever taking it in at night; then strain it, and put it into a close Bottle; you must not put in the Pearl, Gold or Sugar till it hath been sunned and strained, neither must you touch the Leaves of the *Rosa Solis* with your hands when you pick it; keep it very close.

20. *The Heart Water.*

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

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21. *The Plague Water.*

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

22. *The Treacle Water.*

Take one pound of old Venice Treacle, of the Roots of Elecampane, Gentian, Cyprus, Tormentil, of each one Ounce, of Carduus and Angelica, half an Ounce, of Burrage, Bugloss, and of Rosemary Flowers one Ounce of each: infuse these in three Pints of white Wine, one Pint of Spring Water, two Pints of Red Rose water; then distil them in an ordinary Still pasted up.

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

23. *The Snail water excellent for Consumptions.*

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

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

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

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

24. *To make a rare sweet Water.*

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

25. *A very good Surfet Water.*

Take what quantity of Brandy you please, steep a good quantity of the Flowers of Red Poppies therein, which grow amongst the Wheat, having the black bottoms cut off, when they have been steeped long enough, strain



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strain them out, and put in new, and so do till the Brandy be very red with them, and let it stand in the Sun all the while they infuse, then put in Nutmegs, Cloves, Ginger and Cinamon, with some fine Sugar, so much as you think fit, and keep it close stopped; this is very good for Surfets, Wind in the Stomach, or any Illness whatever.

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

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

*27. The Melancholly Water*

Take of the Flowers of Gilliflowers, four handfuls, Rosemary flowers three handfuls, Damask Rose leaves, Burrage and Bugloss flowers of each one handful, of Balm leaves six handfuls, of Marigold flowers one handful, of Pinks six handfuls, of Cinamon grossly beaten, half an Ounce, two Nutmegs beaten, Anniseeds beaten one Ounce, three peniworth

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peniworth of Saffron; put them all into a Pottle of Sack, and let them stand two days, stirring them sometimes well together; then distil them in an ordinary Still, and let it drop into a Glass wherein there is two grains of Musk, and eight ounces of white Sugar Candy, and some Leaf-Gold; take of this Water three times a week fasting, two spoonfuls at a time, and oftner if you find need; distil with soft fire; this is good for Women in Child-bed if they are faint.

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

Take some Rye Leaven, and break it small into some warm Water, let it be a sower one, for that is best; about two Ounces or more: then take a Bushel of Elder Berries beaten small, and put them in an earthen Pot and mix them very well with the Leaven, and let it stand one day near the Fire; then put in a little Yest, and stir it well together to make it rise, so let it stand ten days covered, and sometimes stir it; then distil it in an Alembek; keep the first Water by it self, and so the second, and the third will be good Vinegar if afterward you colour it with some of the Berries.

Distil

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

This Water is excellent for the Stomach.

29. *To make the Balm water Green.*

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

Take this Green Water, and put to it one quart

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

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

Take one Gallon of the best French Spirits, and a Pint of Damask-Rose-water, half a Pint of Poppy water, one pound of white Sugar Candy bruised, then take one pound and half of Raisins in the Sun stoned, half a pound of Dates stoned and sliced, then take one Ounce of Mace, one Ounce of Cloves, one Ounce of Cinamon, one Ounce of Anniseeds rubbed clean from the dust, then take a quarter of an Ounce of Licoras clean scraped and sliced, and all the Spices grossly beaten, let all these steep in Spirits four days; then take a quarter of a peck of Red Poppy Leaves fresh gathered, and the black part cut off, and put them in, and when it hath stood four or five days, strain it and put it into your Glass, then put in your  
Sugar-

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Sugar-Candy finely beaten, twelve peniworth of Ambergreece, six peniworth of Musk, keep it close, and shake it now and then, and when you use it, you may put some kind of Syrrup to it, what you please.

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

Take Lavender Flowers stripped from the stalks, and fill a Gallon-Glass with them, and pour on them good Spirit of Sack, or perfect *Aqua vite* distilled from all Flegm, let the quantity be five quarts, then circulate them for six weeks, very close with a Bladder, that nothing may break out; let them stand in a warm place, then distil them in an Alembeck with his Cooler, then put into the said water, of Sage, Rosmary, and Wood-Betony Flowers; of each half a handful, of Lilly of the Valey, and Borage, Bugloss, and Cowslip Flowers, one handful of each; steep these in Spirit of Wine, Malmse, or *Aqua vite*, every one in their Season, till all may be had; then put also to them of Balm, Motherwort, Spike-flowers, Bay leaves, the leaves of Orange trees, with the Flowers, if they may be had,  
of

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

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

Take one Gallon of the best French Spirits, and a Pint of Damask-Rose-water, half a Pint of Poppy water, one pound of white Sugar Candy bruised, then take one pound and half of Raisins in the Sun stoned, half a pound of Dates stoned and sliced, then take one Ounce of Mace, one Ounce of Cloves, one Ounce of Cinamon, one Ounce of Anniseeds rubbed clean from the dust, then take a quarter of an Ounce of Licoras clean scraped and sliced, and all the Spices grossly beaten, let all these steep in Spirits four days; then take a quarter of a peck of Red Poppy Leaves fresh gathered, and the black part cut off, and put them in, and when it hath stood four or five days, strain it and put it into your Glass, then put in your  
Sugar-

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Sugar-Candy finely beaten, twelve peniworth of Ambergreece, six peniworth of Musk, keep it close, and shake it now and then, and when you use it, you may put some kind of Syrrup to it, what you please.

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

Take Lavender Flowers stripped from the stalks, and fill a Gallon-Glass with them, and pour on them good Spirit of Sack, or perfect *Aqua vite* distilled from all Flegm, let the quantity be five quarts, then circulate them for six weeks, very close with a Bladder, that nothing may break out; let them stand in a warm place, then distil them in an Alembek with his Cooler, then put into the said water, of Sage, Rosmary, and Wood-Betony Flowers; of each half a handful, of Lilly of the Valey, and Borage, Bugloss, and Cowslip Flowers, one handful of each; steep these in Spirit of Wine, Malmse, or *Aqua vite*, every one in their Season, till all may be had; then put also to them of Balm, Motherwort, Spike-flowers, Bay leaves, the leaves of Orange trees, with the Flowers, if they may be had,  
of

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of each one Ounce, put them into the afore-  
 said distilled Wine all together, and distil it  
 as before, having first been steeped six  
 Weeks; when you have distilled it, put in-  
 to it Citron Pill, dried Piony seeds hull'd,  
 of each five Drams, of Cinamon half an  
 Ounce, of Nutmegs, Cardamum seeds, Cu-  
 bebs, and yellow Saunders, of each half an  
 Ounce, of Lignum Aloes one dram; make  
 all these into Powder, and put them into  
 the distilled Wine abovesaid, and put to  
 them of Cubebs anew, a good half pound  
 of Dates, the stones taken out, and cut  
 them in small pieces, put all these in, and  
 close your Vessel well with a double Blad-  
 der; let them digest six weeks, then strain  
 it hard with a Press, and filtrate the Liquor,  
 then put into it of prepared Pearl, Smarag-  
 dus, Musk and Saffron, of each half a Scru-  
 ple, and of Ambergreece one Scruple, red  
 Roses dried well, Red and Yellow Saun-  
 ders, of each one Ounce, hang these in a  
 Sarsenet Bag in the water, being well sewed  
 that nothing go out.

*The Virtues of this Water.*

This Water is of exceeding Virtue in all  
 Swoundings and Weakneses of the heart,  
 and decaying of Spirits in all Apoplexies and  
 Palsies,



The Queen-like Closet. 25

Palsies, also in all pains of the Joints coming of Cold, for all bruises outwardly bathed and dipped Clothes laid to; it strengtheneth and comforteth all animal, natural and vital Spirits, and cheareth the external Senses, strengtheneth the memory, restoreth lost Speech, and lost Appetite, all weakness of the Stomach, being both taken inwardly, and bathed outwardly; it taketh away the Giddiness of the Head, helpeth lost Hearing, it maketh a pleasant Breath, helpeth all cold disposition of the Liver, and a beginning Dropsie; it helpeth all cold Diseases of the Mother; indeed none can express sufficiently; it is to be taken morning and evening, about half a Spoonful with Crums of Bread and Sugar.

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

Take a good handful of French Barley, boil it in several waters till you see the water be clear, then take a quart of the last water, and boil in it sliced Licoras, Anniseeds bruised, of each as much as you can take up with your four Fingers and your Thumb, Violet Leaves, Strawberry Leaves, five fingered Grass, Maidenhair, of each half a  
C hand

handful, a few Raisins in the Sun stoned; boil these together till it come to a Pint, then strain it, and take twelve or fourteen Jordan Almonds blanched and beaten, and when your water is almost cold, put in your Almonds, and stir it together, and strain in; then sweeten it with white Sugar Candy; drink this at four times, in the morning fasting, and at four of the Clock in the Afternoon a little warmed; do this nine or ten days together; if you please, you may take a third draught when you go to Bed; if you be bound in your body, put in a little Syrup of Violets; the best way to take it, is to suck it through a straw, for that conveys it to the Lungs the better.

### 33. *To make the best Bisket-Cakes.*

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

34. *Perfumed Roses.*

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

Or do thus.

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

35. *To make Tincture of Caraways.*

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

Then strain it from the seeds, and add to it as much Rosewater as will continually stir pleasant taste, then hang in yoon, and when little Ambergreece, and on the sides of the Skillet,

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Leaf-Gold; this is a very fine Cordial.

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

Quench some Lime in white Rose-water, then shake it very well, and use it at your pleasure; when you at any time have washed with it, anoint your face with Pomatum, made with Spermaceti and oyl of sweet Almonds.

37. *To make clouted Cream.*

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

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

Take two quarts of new Milk, a peny white Loaf sliced very thin, then make the Milk scalding hot, then put to it the Bread, Butter, and, and strain it through a Cullas you can, and in four Eggs, a little Spice, them too much. Sugar,

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Sugar, Raisins, and Currans, and a little Salt, and so bake it, but not too much, for then it will whey.

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

Take a very large Dish with a broad brim, lay in it some *Naples Bisket* in the form of a Star, then put so much Sack into the Dish as you do think the Biskets will drink up: then stick them full with thin little pieces of preserved Orange, and green Citron Pill, and strew store of French Comfits over them, of divers colours, then butter some Eggs, and lay them here and there upon the Biskets, then fill up the hollow places in the Dish, with several coloured Jellies, and round about the Brim thereof lay Lawrel Leaves gilded with Leaf-Gold; lay them flaunting, and between the Leaves several coloured Jellies.

**40. To Candy Flowers the best way.**

Take Roses, Violets, Cowslips, or Gillyflowers, and pick them from the white bottoms, then have boiled to a Candy height Sugar: and put in so many Flowers as the Sugar will receive, and continually stir them with the back of a Spoon, and when you see the Sugar harden on the sides of the

Skillet, and on the Spoon, take them off the Fire, and keep them with stirring in the warm Skillet, till you see them part, and the Sugar as it were sifted upon them, then put them upon a paper while they are warm and rub them gently with your hands, till all the Lumps be broken, then put them into a Cullender and sift them as clean as may be, then pour them upon a clean Cloth, and shake them up and down till there be hardly any Sugar hanging about them; then if you would have them look as though they were new gathered, have some help, and open them with your fingers before they be quite cold, and if any Sugar hang about them, you may wipe it off with a fine Cloth; to candy Rosemary Flowers, or Archangel, you must pull out the string that stands up in the middle of the Blossom, and take them which are not at all faded, and they will look as though they were new gathered, without opening.

#### 41. *To pickle Cucumbers.*

Take the least you can get, and lay a layer of Cucumbers, and then a layer of beaten Spices, Dill, and Bay Leaves, and so do till you have filled your Pot, and let the Spices, Dill, and Bay Leaves cover them, then

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then fill up your pot with the best Wine Vinegar, and a little Salt, and so keep them.

Sliced Turneps also very thin, in some Vinegar, Pepper and a little Salt, do make a very good Sallad, but they will keep but six Weeks.

*42. To make Sugar-Cakes.*

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

*43. To make a very fine Cream.*

Take a quart of Cream, and put to it some Rosewater and Sugar, some large Mace, Cinamon and Cloves, boil it together for a quarter of an hour, then take the Yolks of eight Eggs, beat them together with some

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

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

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

45. *For*



45. *For a Consumption.*

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

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

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

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

47. *To make Cakes of Quinces.*

Take the best you can get, and pare  
C 5 them

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

48. *To make Marmalade of Apricoeks.*

Take Apricoeks, pare them and cut them in quarters, and to every pound of Apricoeks put a pound of fine Sugar, then put your Apricoeks into a Skillet with half of the Sugar, and let them boil very tender and  
gent ly,

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

**49. To make Limon Cakes.**

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

**50. To make Wafers.**

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

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

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

52. *To preserve Rasberries.*

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

53. *To*

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

Take two Gallons of Ale Wort, the strongest you can get, so soon as it is run from the Grounds, set it on the fire in a Pipkin; and let it boil gently and that you do perceive it to be as though it were full of Rags, run it through a strainer, and set it on the fire again, and let it boil until it be thick, and scum it clean, and when it is much wasted, put it into a lesser Pan to boil, or else it will burn; when it is thick enough, take it off, and when it is cold, put it into Gallipots, take as much as a Walnut fasting, and as much when you go to bed.

54. *To make whipt Sillibub.*

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

55. *To*

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

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

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

56. *To boil Samphire.*

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

57. *To*

57. *To make Cabbage Cream.*

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

58. *To make a Trifle.*

Take sweet Cream, season it with Rose-water and Sugar, and a little whole Mace, let it boil a while, then take it off, and let it cool, and when it is lukewarm put it into such little Dishes or Bowls as you mean to serve

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serve it in ; then put in a little Runnet , and stir it together ; when you serve it in, strew on some French Comfits.

**59. To make thick Cream.**

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

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

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

**61. To stretch Sheeps Guts.**

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

**62. To**



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

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

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

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

64. *For a Consumption.*

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

65. *To make very rare Ale.*

When your Ale is turned into a Vessel that will hold eight or nine Gallons, and that hath done working, ready to be stop-  
ped

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ped up, then take a Pound and half of Raisins of the Sun stoned and cut in pieces, and two great Oranges, Meat and Rind, and sliced thin, with the Rind of one Limon, and a few Cloves, one Ounce of Coriander seeds bruised, put all these in a Bag, and hang them in the Vessel, and stop it up close; when it hath stood four days, bottle it up, fill the Bottles but a little above the Neck, and put into every one a Lump of fine Sugar, and stop them close, and let it be three Weeks or a Month before you drink it.

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

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

*67. For*

67. *For the Griping in the Guts.*

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

68. *To make a Sack Posset.*

Take twelve Eggs beaten very well, and put to them a Pint of Sack, stir them well that they curd not, then put to them three Pints of Cream, half a Pound of white Sugar, stirring them well together, when they are hot over the fire, put them into a Bason, and set the Bason over a boiling pot of water, until the Posset be like a Custard, then take it off, and when it is cool enough to eat, serve it in with beaten Spice strewed over it very thick.

69. *To make Pennado.*

Take Oatmeal clean picked and well beaten, steep it in water all night, then strain it and boil it in a Pipkin with some Currans, and a Blade or two of Mace, and a little Salt; when it is well boiled, take it off, and put in the Yolks of two or three new laid Eggs beaten with Rose-water, then set it  
on

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on a soft fire, and stir it that it curd not, then sweeten it with Sugar, and put in a little Nutmeg.

70. *To make Cakes without Fruit.*

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

71. *A Sack Posset without Milk.*

Take thirteen Eggs and beat them very well, and while they are beating, take a quart of Sack, half a pound of fine Sugar, and a Pint of Ale, and let them boil a very little while, then put these Eggs to them, and stir them till they be hot, then take it from the fire, and keep it stirring a while, then

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Then put it into a fit Bason, and cover it close with a dish, then set it over the fire again till it arise to a Curd, then serve it in with some beaten spice.

*72. A very fine Cordial.*

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

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

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

74. *To make the Orange Pudding.*

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

75. *To make French Bread.*

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

76. *To make a made Dish.*

Take four Ounces of sweet Almonds blanched, and beaten with Rosewater, strain them into some Cream, then take Artichoke bottoms boiled tender, and some boiled Marrow, then boil a quart of Cream with  
some

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Some Rosewater and Sugar to some thick-  
ness, then take it off, and lay your Arti-  
shokes into a Dish, and lay the Marrow  
in them, then mix your Almond Cream,  
and the other together, and pour it over  
them, and set it on Coals till you serve  
it in.

*77. To make a Cake with Almonds.*

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

*78. To make a Sillibub.*

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

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Curd, you must lay Sugar between every Lay.

79. *To make fine Water-Gruel.*

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

80. *To make Limon Cream.*

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

81. *To make rare Cakes with Almonds.*

Take two Pounds and an half of blanch'd Almonds beaten fine with Rose-water, mix them with a Pound and three quarters of fine Sugar and some Musk, and Amber-  
greece,



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

### 82. To make Shrewsbury Cakes.

Take four pounds of Flower, two pounds of Butter, one pound and an half of fine Sugar, four Eggs, a little beaten Cinamon, a little Rose-water, make a hole in the Flower, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinamon, and Rose-water together, and then mix them

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with

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with the Eggs and Flower, then make them into thin round Cakes, and put them into an Oven after the Household Bread is drawn; this quantity will make three dozen of Cakes.

**83. To make Goosberry Wine.**

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

**84. To make Damson Wine.**

Take four Gallons of Water and put to every Gallon of Water four Pounds of Malaga Raisins, and half a Peck of Damsons:

Put the Raisins and Damsons into a Vessel without a head, cover the Vessel and let them steep six days, stirring them twice every day, then let them stand as long without

stir

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stirring, then draw the Wine out of the Vessel, and colour it with the infused juice of Damsons sweetned with Sugar, till it be like Clarret Wine, then put it into a Wine-vessel for a fortnight, and then bottle it up.

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

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

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

fortnight when you boil it, put in some whole Pepper and some whole Cloves and Mace, and always put the Liquor cold over them.

*86. To make the best Orange Marmalade.*

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

*87. To preserve white Quinces.*

Take the fairest you can get, and coddle them very tender, so that a straw may go through to the Core, then Core them with a scoop or small knife, then pare them neatly, and weigh them, to every pound of Quinces,

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Quinces, take one pound of double refined Sugar, and a Pint of the Water wherein thin slices of Pippins have been boiled; for that is of a jellying quality, put your Sugar to the Pippin water, and make a Syrup, and scum it, then put in your Quinces, and boil them very quick, and that will keep them whole and white, take them from the fire sometimes and shake them gently, keep them clean scummed, when you perceive them to be very clear, put them into Gally-pots or Glasses, then warm the Jelly and put it to them.

*88. To make Conserve of Red Roses.*

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

*89. To make plain Bisket-Cakes.*

Take a Pottle of Flower, and put to it half a pound of fine Sugar, half an Ounce of Caraway seeds, half an Ounce of Anniseeds, six spoonfuls of Yest, then boil a Pint of Water or little more, put in-

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to it a quarter of a Pound of Butter or little more, let it stand till it be cold, then temper them together till it be as thick as Manchet, then let it lie a while to rise, so roul them out very thin, and prick them, and bake them in an Oven not too hot.

90. *To make Green Paste of Pippins.*

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

91. *To make Paste of any Plumbs.*

Take your Plumbs, and put them into a Pot, cover them close, and set them into a Pot of seething Water, and so let them be till they be tender, then pour forth their Liquor, and strain the Pulp through a Canvas strainer, then take to half a Pound of  
the

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the Pulp of Plumbs half a Pound of the Pulp of Pippins, beat them together, and take their weight in fine Sugar, with as much Water as will wet it, and boil it to a Candy height; then put it in your Pulp, and boil them together till it will come from the bottom of the Posnet, then dust your Plates with searced Sugar, and so keep them in a Stove to dry.

*92. To make Almond Ginger-Bread.*

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

*93. To make Snow Cream.*

Take a Pint of Cream, and the Whites of three Eggs, one spoonful or two of Rose-water, whip it to a Froth with a Birchen Rod, then cast it off the Rod into a Dish, in the which you have first fastened half a Manchet with some Butter on the bottom,

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and a long Rosemary sprig in the middle; when you have all cast the Snow on the dish, then garnish it with several sorts of sweet-meats.

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

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

95. *To make Sugar Plate.*

Take a little Gum-Dragon laid in steep in Rose-water till it be like Starch, then  
beat



beat it in a Mortar with some searced Sugar till it come to a perfect Paste, then mould it with Sugar, and make it into what form you please, and colour some of them, lay them in a warm place, and they will dry of themselves.

*96. To make Artificial Walnuts.*

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

*97. To make short Cakes.*

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

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

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

99. *A fine Cordial Infusion.*

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

100. *For a Cough of the Lungs.*

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

101. *To preserve Grapes.*

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

102. *To make Collops of Bacon in Sweet-meats.*

Take some Marchpane Paffe, and the weight thereof in fine Sugar beaten and searced, boil them on the fire, and keep them stirring

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

103. *To make Violet Cakes.*

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

104. *To preserve white Damsons.*

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

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

**105. To make very good Cake.**

Take a peck of Flower, four pound of Currans well washed, dryed and picked, four pounds of Butter, one pound of Sugar, one Ounce of Cinamon, one Ounce of Nutmegs, beat the Spices and lay it all night in Rose-water, the next day strain it out, then take one pint and an half of good Ale-Yest the Yolks of 4 Eggs, a pint of Cream, put a pound of the butter into the warmed Cream, put the rest into the Flower in pieces, then wet your Flower with your Cream, and put in your Currans, and a little Salt, and four or five spoonfuls of Caraway-Comfits and your Spice, mix them all and the Yest well together, and let it lie one hour to rise, then make it up and Bake it in a Pan buttered: It may stand two hours.

**106. To make PASTE ROYAL.**

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

107. To

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

Take the Pulp of Codled Pippins, and as much of the Juice of Barberries as will colour it, then take the weight of it in fine Sugar, boil it to a Candy height, with a little water, then put in your Pulp beaten very well in a Mortar, boil it till it come from the bottom of the Posnet, then dust your Plate with Sugar, and drop them thereon, and dry them in a Stove or warm Oven.

**108. To preserve Barberries.**

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

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

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

110. To make a Goosberry Fool.

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

111. To

**III. To make perfumed Lozenges.**

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

**II2. To Candy Eryngo Roots.**

Take the Roots new gathered, without Knots or Joints, wash them clean, and boil them in several Waters till they are very tender, then wash them well, and dry them in a Cloth, slit them, and take out the Pith, and braid them in Braids as you would a Womans Hair, or else twist them, then take twice their weight in fine Sugar, take half that Sugar, and to every Pound of Sugar, one quarter of a pint of Rose-water and as much fair water, make a Syrup of it, and put in your roots and boil them, and when they are very clear, wet the rest of the Sugar with Rose-water, and boil it to a Candy height, then put in the Roots and boil them, and shake them, and when they be enough, take



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take them off, and shake them till they are cold and dry, then lay them upon Dishes or Plates till they are thoroughly dry, and then put them up; thus you may do Orange or Limon, or Citron Pill, or Potato Roots.

**113. To preserve Goosberries.**

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

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

Take one Ounce of Isinglass and lay it in Water four and twenty hours, changing the Water three or four times, then take a quart of new Milk, boiled with a little sliced Ginger and a stick of Cinamon, one spoonful of Rose-water, and a quarter of a Pound of Sugar, when it hath boiled a while, put in the Isinglass, and boil it till it be thick, keeping it always stirring, then strain it, and keep it stirring, and when it is cold, you may slice it out, and serve it upon Plates;  
you

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you may colour it with Saffron, and some with Turnsole, and lay the White and that one upon another, and cut it, and it will look like Bacon; it is good for weak people, and Children that have the Rickets.

*115. To take away the Signs of the Small Pox.*

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

*116. For Morphem, or Freckles, and to clear the Skin.*

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

117. *To make Almond Butter to  
look white*

Take about two Quarts of Water, the bottom of a Manchet, and a Blade of large Mace, boil it half an hour, and let it stand till it be cold, then take a Pound of sweet Almonds blanched, and beaten with Rose-water very fine, so strain them with this Water many times, till you think the virtue is out of them, and that it be a thick Almond Milk, then put it into a Skillet, and make it boiling hot, that it simmer, then take a Spoonful of the Juice of a Limon, and put into it, stirring of it in, and when you perceive it ready to turn, then take it from the fire, and take a large fine Cloth, and cast your Liquor all over the Cloth with a Ladle, then scrape it altogether into the middle with a Spoon, then tie it hard with a Packthred, so let it hang till the next morning, then put it in a Dish, and sweeten it with Rose-water and Sugar, put a little Ambergreece if you please.

118. *For the Ptisick.*

Take a Pottle of small Ale, one Pound of Raisins of the Sun stoned, with a little hand-

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handful of Penniroyal, boil these together, and add a little Sugar-candy to it, and take five or six Spoonfuls at a time four or five times in a day for a good while.

119. *Marmalade of Apricocks.*

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

120. *Syrup of Turneps.*

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

121. *To make good Jelly.*

Take a lean Pig, dress it clean, and boil it in a sufficient quantity of Fair Water, with  
four

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four Ounces of green Liquorice scraped and bruised, Maidenhair two handfuls, Colts-foot one handful, Currans half a Pound, Dates two Ounces stoned and sliced, Ivory one Ounce, Hartshorn one Ounce, boil these to a strong Jelly, and strain it, and take off the Fat, then put to it half a Pound of Sugar, and half a Pint of white Wine, and so eat it at your pleasure.

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

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

**123. To make the Black Juice of Liquorice.**

Take Two Gallons of running Water, three handfuls of unset Hysop, three pounds and half of Liquorice scraped, and dried in the Sun and beaten, then cover it close, and boil it almost a whole day in the Water; when it is enough, it will be as thick as Cream, then let it stand all night, the next morning strain it, and put it in several Pans  
in

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in the Sun to dry, till it work like wax; then mould it with White Sugar Candy beaten and searced, and print it in little Cakes, and print them with Seals, and dry them.

124. *To make Marchpane.*

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

125. *To preserve Green Pippins.*

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

126. *To preserve Peaches.*

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

127. *Mar-*

127. *Marmalade of Damsons.*

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

128. *Marmalade of Wardens.*

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

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

Scald them as you do to preserve, then stamp them in a Mortar, and take their  
weight



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weight in fine Sugar, boil it to a Candy height with a little water, then boil it and the Pulp together, till it will come from the bottom of the Posnet.

*130. To preserve green Walnuts.*

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

*131. To dry old Pippins.*

Pare them, and bore a hole through them with a little Knife or Piercer, and cut some of them in halves, take out the Cores of them as you cut them, then put them into a Syrup of Sugar and water, as much as will cover them in a broad preserving Pan, let them boil so fast as may be; taking them some-

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times

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times from the fire, scumming them clean, when you perceive your Apples clear, and Syrup thick, then take them up, and set them into a warm Oven from the Syrup, all night, the next morning turn them, and put them in again, so do till they are dry; if you please to glister some of them, put them into your Candy-pot but one night, and lay them to dry the next day, and they will look like Crystal.

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

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

133. *To preserve Medlars.*

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

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

134. *To make Conserve of Violets.*

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

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

Take half a pound of refined Sugar, boil it to a Candy height with as much Rose-water as will melt it, then take moulds

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made of Alabaſter, and lay them in water one hour before you put in the hot Sugar, then when you have put in your Sugar turn the mould about in your hand till it be cool, then take it out of the mould, and colour it according to the nature of the Fruit you would have it reſemble.

**136. To dry Pears without Sugar.**

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

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

**137. To make Raspberry Wine.**

Take Raspberries and bruife them with the back of a ſpoon, and ſtrain them, and fill a bottle with the juice, ſtop it, but not very cloſe, let it ſtand four or five days, then pour it from the Grounds into a Baſon, and put as much white-wine or Rheniſh as  
your

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your juice will well colour, then sweeten it with Loaf Sugar, then bottle it and keep it, and when you drink it you may perfume some of it with one of the Lozenges spoken of before.

138. *To preserve Oranges in jelly.*

Take the thickest rind Oranges, chipped very thin, lay them in water three or four days, shifting them twice every day, then boil them in several waters, till you may run a straw through them, then let them lye in a Pan of water all night, then dry them gently in a Cloth, then take to every Pound of Oranges one Pound and an half of Sugar, and a Pint of water, make thereof a Syrup; then put in your Oranges, and boil them a little, then set them by till the next day, and boil them again a little, and so do for four or five day together, then boil them till they are very clear, then drain them in a sieve, then take to every Pound of Oranges one quarter of a Pint of water wherein sliced Pippins have been boiled into your Syrup, and to every quarter of a Pint of that water, add a quarter of a Pound of fresh Sugar, boil it till it will jelly, then put your Oranges into a Pot or a Glass, and put the jelly over them; you may if you

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please, take all the Meat out of some of your Oranges at one end, and fill it with preserved Pippin; and if you put in a little Juice of Orange and Limon into your Syrup when it is almost boiled, it will be very fine tasted.

138. *To make Cristal Jelly.*

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

139. *To make China-Broth.*

Take three Ounces of *China* sliced thin, and three Pints of fair water, half an Ounce of Harts-horn, let it steep together twelve hours, then put in a Red Cock cut in pieces and bruised, one Ounce of Raisins of the Sun stoned, one Ounce of Currans, one Ounce of Dates stoned, one Parsly root, one Fennel-root, the Pith being taken out, a little Burrage and Bugloss, and a little Pimpernel, two Ounces of Pearl Barley; boil all these  
together.

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together till you think they be well boiled,  
then strain it out.

**140. To make Court Perfumes.**

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

**141. A Syrup for a Cold.**

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

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infuse close stopped, when it is half boiled  
away, strain it out, and put to it to every  
pint of liquor a pound of Sugar and boil it  
to a Syrup.

142. *To make white Marmalade of Quinces.*

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

143. *The white juice of Liquorice.*

Take one pound of Liquorice clean scraped, cut it thin and short, and dry it in an Oven, then beat it fine in a Mortar, then put it into a stone Jugg, and put thereto of the water of Colts-foot, Scabius, Hypop and Horehound, as much as will stand four fingers deep above the Liquorice, then set this Jugg, close stopped, into a Kettle of water, and keep the water boiling, let it be stuffed round with hay that it jog not, let it stand so four hours, and so do every other day for the space of ten days; then strain it into a dish, set the dish over boiling water, and let it vapour away till it be thick, then add to it one pound of fine  
Sugar-

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Sugar-Candy, the best and whitest you can get, beaten very well, then put it into several dishes and dry it in the Sun, or in a warm Oven, beating it often with bone knives till it be stiff, then take as much Gum Dragon steeped in Rose-water as will make it pliable to your hand, then make it into little Rolls, and add two grains of Musk or Ambergreece and a few drops of Oil of Anni-seed, and so make them into little Cakes, and print them with a seal and then dry them.

*144. To dry Plumbs naturally.*

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

*145. To dry preserved Pears.*

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

146. *To make little Cakes with Almonds.*

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

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

Take a Quart of fine Flower and the yolks of 4 Eggs, a quarter of a pound of Sugar, and a little Rosewater, with some beaten Spice, and as much Cream as will work it into a Paste, work it very well and beat it, then rowl it as thin as possible, and cut them round with a Spur, such as the Pastry Cooks do use; then fill them with Currans first plumped a little in Rose-water and Sugar, so put another sheet of Paste over them  
and

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and close them, prick them, and bake them. but let not your Oven be too hot; you may colour some of them with Saffron if you please, and some of them you may ice over with Rose-water and Sugar, and the White of an Egg beaten together.

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

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

*149. To keep Flowers all the Year.*

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

Dip your Flowers very well, and swing it out again, and stick them in a sieve to dry in the Sun, some other of them you may dust over with fine Flower, and some with searced Sugar, after you have wetted them, and so dry them.

Either of them will be very fine, but those with Sugar will not keep so well as the other

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ther; they are good to set forth Banquets, and to garnish dishes, and will look very fresh, and have their right smell

150. *Conserve of Barberries.*

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

151. *To preserve Barberries without Fire.*

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

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

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

153. *To Candy Carrot Roots.*

Take of the best and Boil them tender, then pare them, and cut them in such pieces as you like; then take fine Sugar boiled to a Candy height with a little Water, then put in your Roots, and boil them till you see they will Candy; but you must first boil them with their weight in Sugar and some Water, or else they will not be sweet enough; when they are enough, lay them into a Box, and keep them dry: thus you may do green Peascods when they are very young, if you put them into boiling water, and let them boil close covered till they are green, and then boiled in a Syrup, and then

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then the Candy, they will look very finely, and are good to set forth Banquets, but have no pleasant taste.

154. *To make Syrup of Violets.*

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

155. *To make a Syrup for any Cough.*

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



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

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

157. *The best sort of Hartshorn Jelly  
to serve in a Banquet.*

Take six Ounces of Hartshorn, put it in-  
to two Quarts of Water and let it infuse up-  
on Embers all night, then boil it up quick,  
and when you find by the Spoon you stir it  
with, that it will stick to your mouth, if you  
do touch it, and that you find the Water to  
be much wasted, strain it out, and put in a  
little more than half a Pound of fine Sugar,  
a little Rosewater, a Blade of Mace, and a  
Stick of Cinamon, the Juice of as many  
Limons will give it a good taste, with  
two

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two Grains of Ambergreece, set it over a slow fire, and do not let it boil, but when you find it to be very thick in your mouth, then put it softly into Glasses; and set it into a Stove, and that will make it to jelly the better.

158. *To make Orange or Limon Chips.*

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

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

Take four Ounces of Jordan Almonds, blanch them in cold water, and slice them thin the long way, then mix them with little thin pieces of Candied Orange and  
Citron.

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Iron Pill, then take some fine Sugar boiled to a Candy height with some water, put your Almonds, and let them boil till you perceive they will Candy, then with a spoon take them out, and lay them in little Lumps upon a Pie-plate or sleeked Paper, and before they be quite cold strew Caraway Comfits on them, and so keep them very dry.

**160. To make Chips of any Fruit.**

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

**161. To preserve sweet Limons.**

Take the fairest, and chip them thin, and put them into cold water as you chip them, then boil them in several waters till a straw may run through them, then to every pound of Limon, take a pound and half of fine Sugar, and a Pint of water, boil it together,  
and

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and scum it, then let your Limon scald in a little, and set them by till the next day, and every other day heat the Syrup only and put to them; so do 9 times, and then at last boil them in the Syrup till they be clear, then take them out, and put them into Pots, and boil the Syrup a little more, and put to them; if you will have them in Jelly, make your Syrup with Pippin water.

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

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

163. *To make Chaculato.*

Take half a pint of Clarret Wine, boil it a little, then scrape some Chaculato very fine and put into it, and the Yolks of two Eggs

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eggs, stir them well together over a slow fire till it be thick, and sweeten it with Sugar according to your taste.

### 164. To dry any sort of Plumbs.

Take to every pound of Plumbs three quarters of a pound of Sugar; boil it to Candy height with a little water, then put in your Plumbs ready stoned, and let them boil very gently over a slow fire, if they be white ones they may boil a little faster, then let them be till the next day, then boil them well, and take them often from the fire for fear of breaking, let them lie in their Syrup for four or five days, then lay them out upon Sieves to dry, in a warm Oven or Stove, turning them upon clean Sieves twice every day, and fill up all the broken places, and put the skins over them, when they are dry, wash off the clamminess of them with warm water, and dry them in the Oven, and they will look as though the dew were upon them.

### 165. To make Jelly of Quinces.

Take your Quinces, pare them and core them, and cut them in quarters, then put them into a new earthen pot with a narrow mouth

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mouth, put in some of the cores in the bottom, and then the Quinces, paste it up and bake it with brown Bread, then run it thorough a bagg of boulding stuff as fast as you can, and crush it pretty hard, so long as it will run clear, to every pound of it take a pound of fine Sugar, and put into it, and let it stand till it be dissolved, then set it over a slow fire, and scum it well, and keep it stirring till it jelly, then put it into Glasses and keep it in a stove.

*166. To make a Possit.*

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

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

*167. To make a Sack Possit.*

Take two quarts of Cream and boil it with whole Spice, then take twelve Eggs well beaten and strained, take the Cream from

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

168. *Another way for a Posset.*

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

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

Take of the fairest Pippins, pare them, and slice them into cold water, to every pound of Pippins take a pound of Sugar,  
and

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

170. *To preserve Currans in Jelly.*

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

171. *To preserve ripe Apricocks.*

Take them and stone them, then weigh them, and to every Pound of Apricock  
tak



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Take a Pound of fine Sugar beaten small,  
pare your Fruit, and as you pare  
them, cast some Sugar over them, and so  
till all be done, then set them on the fire,  
and let the Sugar melt but gently, then boil  
them a little in the Syrup, and set them by  
the next day, then boil them quick,  
and till they be very clear, then put them  
in Pots, and boil the Syrup a little more,  
and put it to them; if you would have  
them in Jelly, you must put some of the  
infusion of Goosberries, or of Pippins in-  
to your Syrup, and add more Sugar to

**172. To preserve Cornelions.**

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

173. *To make Marmalade of Cornelions.*

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

174. *To preserve Damsons.*

Take the fairest, not too ripe, and take their weight in Sugar, wet your Sugar with a little water, boil it and scum it, then put in your Damsons and boil them a little, then set them by till the next day, then boil them till they be very clear, and take them from the Fire sometimes, and let them stand a while to keep them from breaking, when they are clear, take them out, and put them into Glasses, and boil the Syrup to a Jelly and pour on them; be very careful how you take them to put them into your Pots or Glasses for fear of breaking them.

175. *To make Orange Marmalade.*

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

176. *To make Jelly of Pippins.*

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

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set them into a Stove, with the Pulp that is left you may make Paste if you please.

177. *To Candy Angelica.*

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

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

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

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

Take Clove-gilly-flowers, and cut them from the Whites, then take their weight in Sugar beaten fine, then put a little Sugar into your Gally-pot, and then a Lay of Flowers, and then Sugar again, till all be spent, and let Sugar be the last, then put in a Clove or two, according to your quantity, and a little Malago Sack, and so tie your Pot up close, and set it into a Pot or Kettle of boiling water, and let them stand till they are infused; then pour out the Liquor and strain the rest, but not too hard, then take this Liquor and vapour it away over seething water till it be of a good thickness, then take your strained Gillyflowers and put them into a Pot with some White-wine Vinegar, and cover them over with fine Sugar, and so keep them; they are a better Salad than those you pickle up alone; as you make this, you may make syrup of any Herbs or Flowers.

180. *To make most excellent Cake.*

Take a strik'd Peck of Flower, six pounds of Currans, half an Ounce of Mace, half an Ounce of Cinamon, a quarter of an Ounce of Cloves, as much of Nutmeg,

half a pound of fine Sugar, and as much Rose-water as you please; beat your Spice, and put that and your Fruits with a little Salt into your Flower, then take Cream or new Milk as much as you think fit, dissolve therein two pounds of fresh Butter, then put it in a Basin with the Sugar and a Pint of Sack, knead it with a Wine-Pint of Ale-Yest, knead it till it rise under your hand, let all things be ready and your Oven hot, before you go to knead the Cake.

**181.** *To make Pomatum the best way.*

Take the Caul of a Lamb new killed, pick it clean from the Skin, and lay it in Spring-water nine days, shifting it every day twice, then melt it, then take yellow Snails, stamp them, and put them into a Glass with Rosewater four dayes, stop the Glass and shake it three or four times a day, then take white Lilly roots, stamp them, and strain them, put the Juice of them into the Glass with the Snails, then set a Skillet on the Fire with fair water, and let it boil, then put your tried Lambs Caul into an earthen Basin, and let it melt, then take your Glass with Snails and roots, and strain it through a thick cloth, then

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then put it into that tried stuff, then take half an Ounce of white Sugar-Candy unbeaten, put it in, and stir it over the fire, till that be dissolved, then take it from the fire, and put in three Ounces of sweet Almonds, keep it boiling and stirring a little longer, then take it off, and let it stand till it be reasonably cool, then beat it with a wooden Slice till it be very white, then put in a little Rose-water, and beat it a little longer, and then keep it in Gallipots; you must put in a crust of bread when you melt it in the Skillet, and when the Sugar-Candy goes in, take it out.

### 112. *To make the Bean Bread.*

Take a pound of the best Jordan Almonds, blanch them in cold water, and slice them very thin the long way of the Almond with a wet Knife, then take a pound of double refined Sugar well beaten, and mix with your Almonds, then take the White of one Egg beaten with two spoonfuls of Rosewater, and as the Froth ariseth, cast it all over your Almonds with a Spoon, then mix them well together, and lay them upon Wafer sheets, upon flowered Plates, and shape them as you please with your knife and your fingers, then strew Caraway Comfits, and Orange and Citron Pill cut thin, or some Coriander

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Comfits, so set them into an Oven not too hot, and when they have stood about half an hour, raise them from their Plates, and mend what you find amiss before they be too dry, then set them into the Oven again, and when they are quite dry, break away the Wafers with your Fingers, and then clip them neatly with a pair of Scizzers, and lay on some Leaf-Gold if you please.

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

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



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Oven the next day, for a little time, and it will eat as though it were made of Almonds, you must put in your Sugar after your Butter.

**184. To make Diet Bread or Fumbolds.**

Take a Quart of fine Flower, half a Pound of fine Sugar, Caraway seeds, Coriander seeds and Aniseeds bruised, of each one Ounce, mingle all these together, then take the Yolks of Eight Eggs, and the Whites of three, beat them well with four Spoonfuls of Rosewater, and so knead these all together and no other Liquor, when it is well wrought, lay it for one hour in a linnen cloth before the Fire, then rowl it out thin, tie them in Knots and prick them with a Needle, lay them upon Butter'd Plates, and bake them in an Oven not too hot.

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

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

186. *To make Almond Bread.*

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

187. *To make good Almond Milk.*

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

188. *To make white Leach.* 181

Take sweet Almonds blanched and beaten with Rose-water, then strained with fair water, wherein hath been boiled Aniseeds and Ginger, put to it as much cream, wherein pure Isinglass hath been boiled, as will  
make

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make it stiff, and as much Sugar as you please; let it be scalding hot, then run it through a strainer, and when it is cold, slice it out, it is very good for a weak body.

**189. To make Red Leach or Yellow.**

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

**190. Cinamon or Ginger Leach.**

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

**191. To make Leach of Dates.**

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

**192. To make fine Cakes.**

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

193. *To make Cornish Cakes.*

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

194. *A Cordial Syrup.*

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

195. *For a Consumption.*

Take of Harts-tongue and Maiden-Hair, of each one handful, Hysop and Balm, of each half a handful, Licoras sliced, one Ounce, Piony-Root one Ounce, boil these together in two Pints and half of Spring water

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water until it be half consumed, then strain the Liquor from the Herbs, then take four Ounces of Currans washed clean, dried and beaten in a Mortar, boil them in the Liquor a little while, then strain it, and put to the Liquor half a Pound of Sugar, and so boil it to a Syrup, and take often of it.

### 196. For a Consumption.

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

### 197. A very good Perfume.

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

### 198. A Cordial to cause sleep.

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

199. To

199. *To perfume Gloves.*

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

200. *A very good Perfume to burn.*

Take 2 Ounces of the Powder of Juniper Wood, one Ounce of Benjamin, one Ounce of Storax, 6 drops of oil of Limons, as much oil of Cloves, ten grains of Musk, six of Civet, mould them up with a little Gum-Dragon steeped in Rose-water, make them in little Cakes and dry them between Rose-Leaves, your Juniper wood must be well dried, beaten and searced.

201. *To preserve Cherries in Jelly.*

Take fair ripe Cherries, and stone them, then take a little more than their weight in fine Sugar, then take the juice of some other  
Cherries,

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cherries, and put a spoonful of it in the bottom of the Posnet, then put some of our Sugar beaten fine into the Posnet with, and then a little more juice, then put in your Cherries, then put in Sugar, and then juice, and then Cherries again; thus so till you have put in all, then let them boil a space till the Sugar be melted, shaking them sometimes, then take them from the fire, and let them stand close covered one hour, then boil them up quick till the Syrup will jelly.

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

Take Apricocks and take out the Stones, and take Pippins and cut them in halves and core them, let your Apricocks be pared also; lay these Fruits in an earthen dish, and strew them over with fine Sugar, set them into a warm Oven, and as the Liquor comes from them put it away, when all the Liquor is come away turn them and strew them thick with Sugar on every side, set them into the Oven again, and when the Sugar is melted lay them on a dry dish, and set them in again, and every day turn them till they be quite dry. Thus you may dry any sort  
of

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of Plumbs or Pears as well as the other, and they will look very clear.

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

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

204. *The Spanish Candy.*

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



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205. *To make Naples-Bisket.*

Take four Ounces of Pine-Apple-seeds, two ounces of sweet Almonds blanched, the Whites of two Eggs, one Spoonful of Ale-yeast, one Spoonful of Rice-Flower, one Spoonful of sweet Cream, beat all these together in a Mortar, then add to it Musk or Ambergreece, drop it upon a Pie-plate, and make it in what shape you please, and so bake it.

206. *To make Italian Bisket.*

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

207. *To make Hippocras.*

Take to every Gallon of Sack or White Wine, one Pound of Sugar, one Ounce of Cinamon, one Ounce of Ginger, one quarter of an Ounce of Nutmegs, a quarter of an Ounce of Coriander seed, with a few  
Cloves

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Cloves, and a little Long Pepper or a few Granes, let all these steep together four and twenty hours, stir it twice or thrice in that time; then put to every Gallon one Pint of Milk, and run it through a Jelly-Bag, and then bottle it, and let them be stopped very close, set them in a cool place, it will keep a Month.

208. *To mak Tuff-Taffity Cream.*

Take a quart of thick Cream, the whites of eight Eggs beaten to a Froth with Rose-water, then take off the Froth and put it into the Cream, and boil it, and always stir it, then put in the Yolks of eight Eggs well beaten, and stir them in off the Fire, and then on the Fire a little while, then season it with Sugar, and pour it out, and when it is cold, lay on it Jelly of Currans or Raspberries, or what you please.

209. *Caraway Cake.*

Take one Quart of flower, and one pound of Butter, rub your Butter into your Flower very well, then take two Yolks of Eggs and one White, two spoonfuls of Cream, half a Pint of Ale-Yest, mix them all together,

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er, do not knead it, but pull it in pieces, then set it to the fire to rise, and so let it lie almost one hour, turning it often, then pull in pieces again, and strew in half a pound of Caraway Comfits, mingle them with the Paste, then take it lightly with your hand, fashion it like an Oval, and make it higher in the middle than the sides, let your Oven be as hot as for a Tart, be sure your Oven and Cake be ready both at once, put it upon a double paper buttered, and let it stand almost an hour, when it goes into the Oven, strew it thick with Caraway-Comfits, and lay a paper over lest it scorch.

### 210. To Candy Barberries:

Stone the fairest Bunches you can get; and as you stone them strew in a little Sugar, then take so much water as you think will cover them, and let them boil in it with a little Sugar a little while; then put them into a deep thing that the Syrup may cover them, then boil a little water and Sugar to a Candy height, then having your Barberries drained well from the Syrup put them into the hot Candy, stir them gently till the Sugar be dissolved, but do not let them boil in it, then open every branch  
and

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and lay them upon the brims of dishes, shift them often on clean dishes and open them every time, then set them into an Oven or Stove to dry.

211. *To make a very fine Sillibub.*

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

212. *Fine sweet Powder for the hair.*

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

213. To make Cakes of Pistachoes.

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

214. To make Cakes of Apricocks in Lumps.

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

215. To

215. *To make Raspberry Sugar.*

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

216. *To dry Apricocks.*

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

217. *To make rough Marmalade of Cherries.*

Stone your Cherries, and infuse them in a long Gallipot in a Kettle of boiling water, when they are all to pieces, then take their weight

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eight in fine Sugar boiled to a Candy  
eight with a little water, then put in your  
pricocks and stir them over a slow fire, but  
not let it boil, when it will Jelly, put it  
to Glasse.

218. *To make smooth Marmalade of  
Cherries.*

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

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

Take two Eggs beaten very well, Yolks  
and Whites, two spoonfuls of Sack, one  
spoonful of Rosewater, and so much flow-  
er as will make it into a stiff Paste, then  
roll it thin, and then lay it upon the out-  
sides of Plates well buttered, cut them fit to  
the Plates, and bake them upon them, then  
take them forth, and when they are cold,  
take a pound of double refin'd Sugar beaten  
and searced, with a little Ambergreece, the  
White of an Egg and Rosewater, beat these  
well together, and Ice your Plates all over  
with it, and set them into the Oven again  
till they be dry.

220. *To make the Froth Posset.*

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



221. To make Banbury Cakes.

Make a Posset with Sack and Cream, then  
take a Peck of fine Flower, half an Ounce  
Mace, as much of Nutmeg, as much of  
Cinnamon, beat them and searce them, two  
pounds of Butter, ten Eggs, leaving out half  
their Whites, one Pint and half of Ale-Yeast,  
beat your Eggs very well, and strain them,  
then put your Yeast and some of the Pos-  
set to the Flower, stir them together, and put  
in your Butter cold in little pieces, but your  
posset must be scalding hot; make it into a  
paste, and let it lie one hour in a warm  
Cloth to rise, then put in ten pounds of  
Currans washed and dried very well, a little  
Musk and Ambergreece dissolved in Rose-  
water, put in a little Sugar among your  
Currans, break your Paste into little pieces,  
when you go to put in your Currans, then  
lay a Lay of broken paste, and then a Lay  
of Currans till all be in, then mingle your  
Paste and Currans well together, and keep  
out a little of your Paste in a warm Cloth  
to cover the top and bottom of your Cake,  
you must rowl the Cover very thin, and  
also the Bottom, and close them together o-  
ver the Cake with a little Rose-water; prick  
the

the top and bottom with a small Pin or Needle, and when it is ready to go into the Oven, cut in the sides round about, let it stand two hours, then Ice it over with Rosewater or Orange Flower and Sugar, and the White of an Egg, and harden it in the Oven.

222. *To make Cambridge Almond Butter.*

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

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

Take a Quart of Ale and half a Pint of Sack, boil them with what spice you please, then take three quarters of a pound of Sugar, and

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And twenty Eggs, Yolks and Whites well beaten and strained, then take four Ounces of Almonds blanch'd and beaten with Rose-water, put them to the Eggs, and put them to the other things in the Posnet upon the fire, and keep them stirring, and when it boileth up, put it into a Basin, and strew on beaten Spice and Sugar; you must also sweeten it when the Eggs go in.

224. *To preserve Figs and dry them.*

To every pound of your large ripe English Figs, take a pound of Sugar, and one pint of Water, boil your Sugar and Water and scum it, then put in your Figs, and boil them very well till they are tender and clear; boil them very fast, when they have been in the Syrup a week, boil some Sugar to a Candy height, and put in the Figs, and when you perceive they are enough, lay them out to dry.

225. *To pickle Mustrooms.*

Take them of one nights growth, and peel them inside and outside, boil them in Water and Salt one hour, then lay them out to cool, then make a pickle of White Wine and White Wine Vinegar, and boil in whole Cloves, Nutmegs, Mace, and Gin-

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gar sliced, and some whole Pepper, when it is cold, put them into it, and keep them for Sauces of several Meats; and if you would dress them to eat presently, put them in a Dish over a Chafingdish of Coals without any Liquor, and the fire will draw out their natural Liquor, which you must pour away, then put in whole Spice, Onions and Butter, with a little Wine, and so let them stew a while, then serve it in.

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

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

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

Weigh your Quinces and pare them, cut them in quarters and core them, and keep them in cold water, then take their weight  
in

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n Sugar, and a little water, and boil it, and cum it, then put in your Quinces, and set them on a slow fire, close covered, till you see it of a good colour, then uncover it, and boil it up very quick till you find that it will jelly very well.

**228 To make Musk Sugar.**

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

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

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

230. *To dry Rose Leaves.*

Pick your Roses, and dry them upon the Leads of a house in a Sun-shine day, and turn them as you do Hay, and when they are through dry, keep them in broad mouth'd Glasses close stopped.

231. *To Candy Flowers.*

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

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

Take one Pound of double refin'd Sugar beaten and searced, and three Ounces of pure white Starch beaten and searced, then have some Gum-Dragon steeped in Rose-water, and put some of it with the Sugar and Starch and a little of Ambergreece into

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A Mortar, and beat them till they come to a perfect paste, you must also put in a little White of an Egg with the Gum, then mould it with searced Sugar, then dust your Moulds with Sugar, then roul out your Paste and lay it into the Mould, pressing it down into every hollow part with your fingers, and when it hath taken impression, knock the Mould on the edge against a Table and it will come out, or you may help it with the point of your knife; if you find you have put in too much Gum, then add more Sugar, if too much Sugar, then more Gum, work it up as fast as you can, when they come out of the Moulds trim them handsomely; if you would make saucers, dishes, or bowls, you must roul it out thin and put your Paste into a saucer, dish, or bowl for a Mould, and let them stand therein till they be very dry, then gild them on the edges with the white of an Egg laid round about the edge with the pencil, and press the Gold down with some Cotton, and when it is dry brush off the superfluous loose Gold with the foot of an Hare, and if you would have your Paste exceeding smooth, as for Cards or the like, then roul your Paste upon a slicked paper with a very smooth Rouling-pin; if you would colour any of

it, you must take the searced powder of any Herbs or Flowers, first dryed, and put to it when you beat it in a Mortar with the Gum.

**233. To make Paste of Almonds.**

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

**234. To make French Bisket.**

Take half a Peck of fine Flower, two Ounces of Coriander seeds, the Whites of  
four



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

**235. To make Ginger-bread.**

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

**236. Another sort of Ginger-bread.**

Take half a pound of sweet Almonds blanch'd and beaten, half a pound of fine Flower first dried in an Oven, one Pound of fine Sugar, what sorts of Spices you

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please, beaten and searced, and also seeds, beat all these together with two Eggs, both Yolks and Whites, then mould it with flower and Sugar together, and so bake it in what shape you please.

237. *To make Puff-Paste.*

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

238. *Another way for Puff-Paste.*

Take fine Flower half a Peck, the Yolks of five Eggs and one White, one Pound of Butter, half a Pint of Cream, and a little fair water, break your Butter in little Bits and do not mould it too much, but roul it abroad so soon as you can, and let the Butter be seen in spots, for that will make it hollow when it comes into the Oven, then put in your Meat or Fruit, and  
close

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close it over, and wash it over with the  
Yolk of an Egg and cream beaten together,  
As soon as you set it into the Oven, let your  
Oven be quick, but do not let it stand too  
long, for that will spoil it.

*239. To make short Paste without  
Butter.*

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

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

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

Thus you may do with preserved Oran-  
ges

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ges and Limons, any kinds of Fruits and Flowers, or Herbs if you please.

241. *To make very fine Bisket.*

Take half a Pound of searced Sugar, the Yolks of six Eggs, a little searced spice and Seeds, and a little Ambergreece or Musk, your Eggs must be very hard, then put all these into a Mortar and beat them to a PASTE with a little Gum-DRAGON steeped in Rose-water all night, then mould it up with fine Sugar; and make it into pretty Fancies, and dry them in a warm Oven.

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

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

243. *To*

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

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

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

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

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

Take your fairest Grapes without any blemish, then lay some Oats in a Box, and then a Lay of Grapes, and then more Oats,  
and

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and so do till you have laid all in, then cover the Grapes well with Oats, and close your Box fast that no Air get in.

146. *To dry Grapes to keep longer.*

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

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

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

248. *To*

248. *To make green Ginger wet.*

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

249. *To make a Sallad of Limons.*

Take the rinds of Limons cut in halves, and boil them in several waters till they are very tender, then take vinegar, Water and Sugar, and make a Syrup, then put in your Limons, first cut as you would an Apple-paring, round and round till you come at the top, boil them a while in the Syrup, then set them by till the next day, then boil them again a little, and so do till you see they be clear, and the Syrup thick; when you serve them to the Table, wash them in Vinegar.

205. *To stew Prunes without fire.*

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

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

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

252. *To make Punch.*

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

253. *To*



253. *To make Limonado.*

Take one Quart of Sack, half a Pint of Brandy, half a Pint of fair Water, the Juice of two Limons, and some of the Pill, to brew them together with Sugar, and drink it.

254. *To make Paste of Pomewaters.*

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

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

Take the Juice of your Fruits and the weight thereof in fine Sugar, mix them toge-

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

256. *To make a Candle for a sick body both pleasant and comfortable.*

Take a quart of white Wine, and boil it a while with a Blade of large Mace, and a little whole Cinamon, then take four Ounces of sweet Almonds blanch'd and beaten with a little Rose-water, then strain your Almonds with the Wine, and set it over the fire again, and when it is scalding hot, put in the Yolks of four Eggs, and as much Sugar as you think fit.

257. *How*

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57. How to cover all kinds of Seeds,  
or little pieces of Spices, or Orange  
or Limon Pill, with Sugar for Com-  
fits.

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

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

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

You must have a Slice of Brass to scrape  
away the Sugar from the sides of the hang-  
ing Basin, if need be.

Having all these things in readiness, do as  
followeth;

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

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

If it be Anniseeds, two pounds of Sugar  
to half a pound of Anniseeds, will be e-  
nough.

Melt your Sugar in this manner, put in  
three Pounds of Sugar into the Basin, and  
one

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one Pint of Water, stir it well till it be wet, then melt it very well and boil it very softly until it will stream from the Ladle like Turpentine, and not drop, then let it seeth no more, but keep it upon warm Embers, that it may run from the Ladle upon the seeds.

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

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

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

For crisp and ragged comfits make your decoction so high, as that it may run from the Ladle, and let it fall a foot high or more from the Ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits be; also the Comfits will not take so

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much of the Sugar, as upon a light decoction, and they will keep their raggedness; this high decoction, must serve for eight or ten Coats, and put on at every time at one Ladle full.

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

See that you keep your Sugar in the Basin always in good temper, that it burn not in Lumps, and if at any time it be too high boiled, put in a Spoonful or two of water, and keep it warily with your Ladle, and let your fire be always very clear, when your Comfits be made, set them in Dishes upon Papers in the Sun or before the Fire, or in the Oven after Bread is drawn, for the space of one hour or two, and that will make them look very white.

*157. To make a fine Cullis or Jelly.*

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

258. To

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258. *A white Jelly with Almonds.*

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

259. *To make sweet Cakes without Sugar.*

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

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

Take them when they are very fresh, and in the bud, and gathered very dry, dip them in the whites of Eggs well beaten, and presently strew thereon searced Sugar, and put them up in luted Pots, and set them in a cool place

*White Wine*

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ce, in sand or gravel, and with a Filp of  
ur finger at any time you may strike off  
e coat, and you will have the Flower fresh  
d fair.

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

Make a lay of the dry stampings of Crabs  
hen the Verjuice is pressed forth, then a  
ay of Walnuts, and then Crabs again, till  
ll be in, then cover the Vessell very well,  
nd when you eat them, they will be as  
nough they were new gathered.

**262. To pickle Quinces.**

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

**263. To keep Artichokes.**

Take your Artichokes, and cut off the  
stalks within two inches of the Apple, and  
of these stalks make a strong Decoction,  
licing them into thin and small pieces, and  
boil them with water and salt, when it is  
cold

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cold, put in your Artichokes, and keep them from the Air.

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

264. *To make Clove or Cinamon Sugar.*

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

265. *To make Irish Aquavitæ.*

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

266. *To*



266. *To distill Roses speedily.*

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

267. *To make Scotch Brewis.*

Take a Manchet and pare off the crust, then slice it thin and whole round the Loaf, and lay these slices into a deep dish cross ways, one slice lying upon the edge of the other a little, that they may lye quite across the dish, then fill it up with Cream and put whole Spice therein, so set it over a Chafing-dish of Coals very hot, and always cast the Cream all over the Bread with a Spoon till all be spent, which will be above an hour, then take some Sack and sweeten it with Sugar, and pour all over it, and serve it to the Table.

268. *To make fine Black Puddings.*

Take the Blood of a Hog, and strain it, and let it stand to settle, putting in a little Salt while it is warme, then pour off  
the

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

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

Take a quart of thick Cream and boil it a while with whole Spice, then put in half a pound of sweet Almonds blanched and beaten to a Paste with Rose-water, boil these together till it will come from the bottom of the

the

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the Posnet, continually stirring it for fear it  
burn:

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

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

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

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

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

272. *To make Pudding of Plum-Cake.*

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

273. *To make Bisket Pudding.*

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

274. *To make a dry Oatmeal Pudding.*

Take your Oatmeal well picked, and put into it a little Salt, some Raisins and Currans,

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

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

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

276. *To make a Quaking Pudding.*

Take Grated Bread, a little Flower, Sugar, Salt, beaten Spice, and store of Eggs well beaten, mix these well, and beat them together, then dip a clean Cloth in hot water, and flower it over, and let one hold it

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at the four corners till you put it in, so tie it up hard, and let your Water boil when you put it in, then boil it for one hour, and serve it in with Sack, Sugar and Butter.

277. *To make good Dumplings.*

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

278. *Another way to make Dumplings.*

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

279. *Another way to make Dumplings.*

Take Flower and temper it very light with Eggs, Milk, or rather Cream, beaten Spice, Salt, and a little Sugar, then wet a Cloth

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Cloth in hot water, and flower it, and so boil it for a Pudding, or else make it pretty stiff with the Flower and a little grated Bread, and so boil them for dumplings, then butter them, and serve them in.

280. *To make a green Pudding to Butter.*

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

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

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

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

Take your Liver and boil it in water and salt, but not too much ;

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

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

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

282. *To make a Raspberry Pudding.*

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

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



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

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

284. *To make a Pudding to rost.*

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

285. *To make Cream of divers things.*

Take a Quart of Cream and boil it a while, then put in eight yolks of Eggs, and six Whites well beaten, put them in over the Fire, and stir them lest they turn, then

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when it is almost enough, put in some Candied Eringo Root, Orange or Limon Pill Candied, and cut thin, preserved Plums, without the Stones, Quince, Pippin, Cherries, or the like; if you do not like it so thick, put fewer Eggs into it.

286. *To make Cream of Artichoke Bottoms.*

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

287. *To pickle Barberries.*

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

288. *To pickle French Beans.*

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

289. *To pickle Oysters.*

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

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

Dry your Seed very well, then beat it by little and little at a time in a Mortar, and sift it, then put the Powder into a Gally-pot, and wet it with Vinegar very well, then put in a whole Onion, pilled but not cut,

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cut a little Pepper beaten, a little Salt, and a lump of Stone Sugar.

291. *Another sort of Mustard.*

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

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

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

293. *To make Clouted Cream.*

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

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upon another, then eat it with Wine and Sugar.

294. An excellent Damask Powder.

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

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The End of the First Part.

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Upon another, which is with Wine  
Sugar.

99. The Excellent Powder

Powder.

Take of Opium half a Pound, Rose  
four Quarts, Cloves one Ounce, Agincourt  
Rabbits two Ounces, Sassafras one Ounce  
and an half, Benjamin one Ounce and an  
half, Musk and Civet of each ten Grains,  
beat them together finely, but the whole  
leaves you must put in a vessel. This is  
a very fine Powder to lay among Linen.

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The End of the First Part.

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THE  
SECOND PART  
OF

The Queen-like Closet:

Having an Addition of what hath  
already been treated of, and directing a  
very true and excellent way for all man-  
ner of COOKERY, both FISH, FLESH,  
and PASTRY;

*Shewing,*

The true SEASONING of all Things  
for Compleat TABLES:

*Also,*

All Kinds of SAUCES & PICKLES,  
in a very brevous way.

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Here is to be noted, that in divers of these  
Receipts there are Directions for two or  
three severall Things in one, not confoun-  
ding the Brains with multitudes of  
Words, to little or no purpose, or vain  
Expressions of things which are altoge-  
ther unknown to the Learned as well as to  
the Ignorant: This is really imparted for  
the good of all the FEMALE SEX.

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By *Hannah Wolly*, aliàs *Chaloner*.

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London, Printed for R. Lowndes, 1674.

Thomas' Bishop of London' 1244'

By the King's Letters' 1244'

The King of the French' 1244'

The King of the Scots' 1244'

The King of the Romans' 1244'

The King of the Sicilians' 1244'

The King of the Hungarians' 1244'

The King of the Bulgarians' 1244'

The King of the Serbians' 1244'

The King of the Croats' 1244'

The King of the Slovenes' 1244'

The King of the Dalmatians' 1244'

The King of the Venetians' 1244'

The King of the Genoese' 1244'

The King of the Pisan' 1244'

The King of the Florentines' 1244'

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The King of the Florentines' 1244'





THE  
 Queen-like CLOSET,  
 OR  
 Rich Cabinet.

---

The SECOND PART.

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- I. *To make Elder Vinegar and to colour it.*

**T**Ake of your best white Wine Vinegar, and put such a quantity of ripe Elder-Berries into it as you shall think fit, in a wide mouth'd Glass, stop it close, and set it in the Sun for about ten days, then pour it out gently into another Glass, and keep it for your use; thus

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thus you may make Vinegar of Red Roses, Cowslips, Gilliflowers, or the like.

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

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

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

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

**3. To**  
Take of your best white Wine  
near, and put such a quantity of  
ripe Elder-Berries into it as you  
shall think fit in a wide mouth'd  
stop it close, and let it in the Sun for  
about ten days, then pour it out gently into  
another Glass, and keep it for your use  
this

3. To make Collar'd Beef.

Take a good Flank of Beef, and lay it in  
ump water and Salt, or rather Salt-peter,  
ne day and one night, then take Pepper,  
Mace, Nutmegs, Ginger, and Cloves, with  
little of the Herb called Tarragon, beat  
your Spice, shred your Tarragon, and min-  
gle these with some Suet beaten small, and  
trew upon your Beef, and so rowl it up,  
and tie it hard, and bake it in a pot with  
Claret Wine and Butter, let the pot be cover-  
ed close, and something in the pot to keep  
the Meat down in the Liquor that it may  
not scorch, set it into the Oven with Houf-  
hold bread, and when it is baked, take it  
out, and let it cool, then hang it up one  
night in the Chimney before you eat it, and  
so as long as you please.

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

4. To make Almond Puddings with  
French Rolls or Naples Biskets.

Take a Quart of Cream, boil it with  
whole Spice, then take it from the Fire, and  
put in three Naples Biskets, or one Penny  
French Roll sliced thin, and cover it up to  
scald;

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scald; when it is cold, put in four Ounces of sweet Almonds blanched, and beaten with Rosewater, the Yolks of eight Eggs, and a little Marrow, with as much Sugar as you think fit, and a little Salt; you may boil it, or bake it, or put it into Skins; if it be boiled or baked, put Sugar on it when you serve it in.

**5. To make Barley Cream.**

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

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

**6. To**

6. *To make Cheese-Cakes.*

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

7. *Another way for Cheese-cakes.*

Take the Curd of four Gallons of new Milk, and put thereto half a pound of Almonds blanch'd and beaten fine with Rosewater, then put in one Pint of Raw Cream, the yolks of ten Eggs, some beaten Spice,

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a little Salt, one pound and half of plumped Currans, a little Rosewater, and some Sugar, and so mix them very well, and put them into your Crust and bake them.

8. *Another way for Cheese-cakes.*

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

9. *Another way for Cheese-cakes.*

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

10. *To make a fresh Cheese.*

Take some very tender Cheese-Curd, stamp it very well in a Mortar with a little Rosewater, wherein whole Spice hath been steeped, then let it stand in a little Cullender

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er about half an hour, then turn it out  
your Dish, and serve it to the Table  
in Cream, Wine, and Sugar.

1. *Another way for a fresh Cheese.*

Take a quart of Cream, and boil in it  
ole Spice, then stir in the yolks of eight  
eggs, and four whites well beaten, and  
when they are hot, put in so much Sack  
will give it a good taste, then stir it  
er the Fire till it runneth on a Curd,  
then beat it in a Mortar as the other, and  
serve it to the Table with Cream and Su-  
gar.

12. *To make Oatmeal Pudding.*

Take Oatmeal beaten fine, put to it some  
Cream, beaten Spice, Rosewater and Su-  
gar, some Currans, some Marrow, or Beef  
suet shred fine, and a little Salt, then Butter  
your pan and bake it.

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

Take part of a Leg of Veal, parboil it,  
and shred it fine with some Beef Suet, then  
take some Cream, Currans, Spice, Rosewa-  
ter,

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ter, Sugar, and a little Salt, a little grater, Bread, and one handful of Flower, and with the yolks of Eggs make them in Balls and stew them between two Dishes, with Wine and Butter, or you may make some of them in the shape of Sausages, and fry them in Butter, so serve them to the Table with Sugar strewed over them.

14. *To boil Pigeons.*

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



15. *To make an Apple Tansie.*

Take a Quart of Cream, one Manchet  
grated, the yolks of ten Eggs, and four  
Whites, a little Salt, some Sugar, and a lit-  
tle Spice, then cut your Apples in round thin  
slices, and lay them into your Frying-Pan in  
order, your Batter being hot, when your  
Apples are fried, pour in your Butter, and  
fry it on the one side, then turn it on a Pie-  
Plate, and slide it into the Pan again, and fry  
it, then put it on a Pie-Plate, and squeeze  
the Juice of a Limon over it, and strew on  
some Sugar, and serve it to the Table.

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

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

If you will not fry it, then butter a Dish,  
and pour it therein, and set it upon a Pot  
of

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of boiling water till it be enough; this is the better and easier way.

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

17. *To make an Amulet.*

Take twelve Eggs, beat them and strain them, put to them three or four spoonfuls of Cream, then put in a little Salt, and having your frying-pan ready with some Butter very hot, pour it in, and when you have fryed it a little, turn over both the sides into the middle, then turn it on the other side, and when it is fryed, serve it to the table with Verjuice, Batter and Sugar.

18. *To make a Chicken-Pie.*

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

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

Then

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Then lay good store of Butter, Close up  
our Pie and bake it :

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

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

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

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

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

Take what part of Veal you like best,  
and boil it with water and salt, and a bundle  
of sweet herbs, and a little Limon Pill; when  
it is boiled enough, put into your Liquor so  
much Vinegar as will make it tast sharp, and

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a Limon sliced, and when it is cold, put in your Veal, and when it hath lain four or five days, serve it to the Table with Fennel, and eat it with some Vinegar; you must tie it up as you do Brawn.

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

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

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

22. *To make a Pigeon-Pie.*

Make your PASTE as for the Pasty, roul it thin, and lay it into your baking-pan, then

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

23. To boil a Capon or Hen with Oysters.

Take either of them, and fill the Belly of it with Oysters, and truss it, then boil it in white Wine, Water, the Liquor of the Oysters, a Blade or two of Mace, a little Pepper whole, and a little Salt; when it is boiled enough, take the Oysters out of the belly, and put them into a Dish, then take some Butter, and some of the Liquor it was boiled in, and two Anchoves with the yolks of Eggs well beaten, heat these together over the fire, and then put your Oysters into it; then garnish your Dish with Limon sliced thin, and some of the Oysters, also some pickled barberries and raw Parsly, then lay your Capon or Hen in the middle of it, and pour the sauce upon the Breast of it, then lay on sliced Limon and serve it in.

24. *To make an Olio.*

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

25. *To make Cracknels.*

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

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

Take the best Prunes and stew them well with white Wine or Claret, and some whole Spice, then strain them into a Dish and set it over a Chafingdish of Coals; put to it a little grated Bread, juice of Limon and a little salt, then lay your Mutton in a Dish, being well boiled with water and salt, pour your sauce to it:

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

27. *To rost Pork without the Skin.*

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

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and lay it into a Dish with the Sauce, and serve it in.

28. *To roste a Pig like Lamb.*

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

29. *To make Codling Cream.*

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



30. *A very dainty Summer Dish.*

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

31. *To Butter Lobsters, Crabs or Crasfish.*

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

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

32. *To make a very good Cheese.*

Take a Pail full of Morning Milk and Stroakings, and set it together with two

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

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

*33. To boil a Rump of Beef.*

Take a Rump of Beef a little salted, and boil it in as much Water, as will cover it, and boil a Net full of hard Lettice with it, and when it is boiled, take your hard Lettice, some Wine, either White or Claret, some Gravie, some Butter and some Nutmeg, and warm them together; then Dish your Meat, and pour your Sauce over it, and garnish your Dish with Parsley.

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

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

35. *To make an Almond Pudding to be baked and Iced over.*

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

36. *To souce a Pigin Collars.*

Take the two sides of a large fat Pig and bone them, then take Sage, Salt and grated Nutmeg, a good quantity, and strew all over the sides of them, then roul them up hard, and tie them well with a Tape, then boil them, and also the Head very well in Salt and Water till they be tender; then take them out of the Liquor, and lay them to cool, then put some Vinegar and a Limon sliced into your Liquor, and heat it again, and when it is cold, put in your Collars and Head, and when they have lain a week, serve them to the Table with Mustard.

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

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

Then pour out all the Liquor, and when  
it

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

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

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

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

Take a large Pike, and gut him and wash him, and be sure to save what is good within him, then take two great Eels and scowr them well, throw away their Heads, gut them, and wash them well, and cut them in pieces, then boil some white Wine and Water, Salt and sweet Herbs together, with some whole Spice, and when it boils apace, put in your Fish, and when it is enough, take some of the Liquor, two Anchovies,  
some

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some Butter and some Shrimps taken out of their Shells, and heat all these together, then put in the yolks of two or three Eggs, and heat all together, then lay some Sippets of French Bread into your Dish, and set over a Chafingdish of Coals, and lay your Fish in order upon them, then pour your Sawce all over it, and garnish your Dish with Shrimps, Barberries and raw Parsley, so serve it to the Table very hot.

*40. To roste Eels with Bacon.*

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

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

Make your Paste, and roul it thin, and lay it into your baking-Pan, then take great  
Eels

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

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

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

43. *To*

*James H. H. H.*

43. *To dress Artichoke Suckers.*

Take your Suckers of Artichokes, and pare them as you would an apple, and cast them into water to keep their Colour; and to take away the bitterness of them, put also to them the meat which is in the stalks of great Artichokes, then boil Water and Salt together, and when it is boiling apace, put in your Suckers and Stalks tied up in a thin Cloth with a blade or two of Mace, and when they are enough, melt some Butter and Vinegar together very thick and hot, and a little Pepper with it, then lay them in a Dish, and pour the Sauce over them, strew on a little Salt, and about the Dishes, and so serve it in.

44. *To boil Cucumbers.*

Take your largest Cucumbers, and wash them and put them into boiling water made quick with Salt, then when they are boiled enough, take up them and peel them and break them into a Cullender, and when the Water is well drained from them, put them into a hot Dish, and pour over them some Butter and Vinegar a little Pepper and Salt,  
strew



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Draw Salt on your Dish brims, lay some of the Rind of them about the Dish cut in several Fancies, and so serve them to the Table.

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

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

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

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

Also the tender Stalks of Sow-thistles done in like manner, are very good and wholesome.

47. *To*

47. *To make a Tart of Spinage.*

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

48. *Artichoke Cream.*

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

49. To make very fine Rolls for Noble Tables.

Take half a Peck of fine Flower, the yolks of 4 Eggs and a little Salt, with a Pint of Ale yest, mix them together, and make them into a Paste with warm Milk and a little Sack, then mould it well, and put it into a warm Cloth to rise, when your Oven is hot, mould it again, and make it into little Rolls, and bake them, then rasp them, and put them into the Oven again for a while, and they will eat very crisp and fine.

50. To make short Rolls.

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

Then lay it into a warm Cloth to rise, and when your Oven is hot, make it into Rolls, and prick them, and bake them, and when they are baked, draw them and cover

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ver them till they be cold; these also e  
very finely, if you butter some of the  
while they are hot.

*51. To dress Soals a fine way.*

Take one pair of your largest Soals, and  
flay them on both sides, then fry them in  
sweet Suet tried up with Spice, Bay leaves  
and Salt, then lay them into a Dish, and put  
into them some Butter, Claret Wine and  
two Anchovies, cover them with another  
Dish, and set them over a Chafingdish of  
Coals, and let them stew a while, then  
serve them to the Table, garnish your Dish  
with Orange or Limon, and squeeze some  
over them.

*52. To stew Fish in the Oven.*

Take Soals, Whittings or Flounders, and  
put them into a Stew pan with so much wa-  
ter as will cover them, with a little Spice  
and Salt, a little white Wine or Claret, some  
Butter, two Anchovies, and a bundle of  
sweet herbs, cover them and set them in  
an Oven not too hot; when they are e-  
nough, serve them in; Garnish your Dish  
wherein they lie with Barberries, raw Pars-  
ley,

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, and slices of Limon, and lay Sippets  
the bottom.

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

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

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

54. *To make Furmity.*

Take some new Milk or Cream; and  
boil it with whole Spice, then put in your  
Wheat or Pearl Barley boiled very tender  
in several Waters, when it hath boiled a  
while, thicken it with the yolks of Eggs  
well beaten, and sweeten it with Sugar,  
then serve it in with fine Sugar on the Brims  
of the Dish.

55. *To*

55. *To make Barley Broth.*

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

56. *To make Barley Broth with Meat.*

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

77. *To make Furmity with Meat-  
Broth.*

Boil a Leg of Beef in water and salt, and in a little whole Spice; when it is boiled tender; take it up, and put into the Broth some Wheat ready boiled, such as they sell in the Market, and when that hath boiled a while, put in some Milk, and let that boil a while, then thicken it with a little Flower, or the yolks of Eggs, then sweeten it with Sugar, and eat it.

8. *To make Furmity with Almonds.*

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

59. *To make a hasty Pudding.*

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

60. *Another way to make a hasty Pudding.*

Take good new Milk and boil it, then put in Flower, plumped Currans, beaten spice, Salt and Sugar, and stir it continually till you find it be enough, then serve it in with Butter and Sugar, and a little Wine if you please.

61. *To make Spanish Pap.*

Boil a quart of Cream with a little whole Spice, when it is well boiled, take out the Spice, and thicken it with Rice Flower, and  
when



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When it is well boiled, put in the yolks of Eggs, and Sugar and Rosewater, with a very little Salt, so serve it to the Table either hot or cold, with fine Sugar strewed on the tops of the Dish.

**62. To make Gravie Broth.**

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

**63. To**

63. *To make French Pottage.*

Take an equall quantity of Chervil, hare Lettice and Sorrel, or any other Herb as you like best, in all as much as a Peck will hold pressed down, pick them well, and wash them, and drain them from the water, then put them into a Pot with half a pound of fresh Butter, and set them over the fire, and as the Butter melts, stir them down in it till they are all within the Butter, then put some water in, and a Crust of Bread, with some whole Cloves and a little Salt, and when it is well boiled, take out the Crust of bread, and put in the yolks of four Eggs well beaten, and stir them together over the fire, then lay some thin slices of white bread into a deep Dish, and pour it in.

64. *To make Cabbage Pottage.*

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

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

Take the brawn of a cold Capon, or a  
piece of cold Veal, and mince it very small,  
with some Limon Pill, then put in some  
Oyl, Vinegar, Capers, Caviare, and some  
Anchovies, and mix them very well, then  
serve it in a Dish in the form of a Star, and  
garnish it in; Garnish your Dish with Ancho-  
vies, Limon and Capers.

66. *To dry a Goose.*

Take a fair fat Goose, and powder it a-  
bout a Month or thereabouts, then hang it  
up in a Chimney as you do Bacon, and  
when it is thoroughly dry, boil it well and  
serve it to the Table with some Mustard and  
Sugar; Garnish your Dish with Bay leaves:  
Dogs Cheeks are very good dried thus.

67. *To dress Sheeps Tongues with  
Oysters.*

Take your Sheeps Tongues about six of  
them, and boil them in water and salt till  
they be tender, then peel them, and slice  
them thin, then put them into a Dish with a

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quart of great Oysters; a little Claret wine and some whole Spice, let them stew together a while, then put in some Butter and the yolks of three Eggs well beaten; shake them well together, then lay some Sippets into a Dish, and put your Tongues upon them; Garnish your Dish with Oysters, Barberries, and raw Parsley, and serve it in.

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

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

69. *A Capon with white Broth.*

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

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

Garnish your dish with plumped Raisins and Prunes, and serve it in.

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

Take six Calves feet tenderly boiled, and cut them in halves, then make some Paste with fine Flower, Butter, cold Cream and the yolk and white of one Egg, rowl it very thin, and lay it into your baking Pan, then lay some butter in the bottom, and then your Calves feet with some large Mace, half

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a pound of Raisins of the Sun, half a pound of Currans, then lay more butter and close it and bake it, then cut it up, and put in the yolks of three Eggs, some white Wine, Butter and a little Salt, and so serve it to the Table; Garnish your Dish with pretty Conceits made in Paste, and baked a little.

**71. To make an Artichoke Pie.**

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

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

72. To make an Oyster Pie.

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

73. To make a Pig-Pie.

Take a large Pig and slit it in two, and bone it, only the two sides, not the head, then having your Paste ready laid in your Pan, and some Butter in the bottom, lay in your Pig, season it with Pepper, Salt, Nutmeg and Mace, and one handful of Sage shred small and mixed with the Spice and Salt, then lay in more Butter, close it, and bake it.

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

If you would eat it hot, you must leave out the Pepper and some of the Salt, and put in store of Currans, and when it comes

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out of the Oven, put in some Butter, Vinegar, and Sugar, and so serve it.

74. *To make a Raspberry Tart.*

Take some Puff-paste rolled thin, and lay it into your Baking-Pan, then lay in your Raspberries and cover them with fine Sugar, then close your Tart and bake it; then cut it up, and put in half a Pint of Cream, the yolks of two or three Eggs well beaten, and a little Sugar; then serve it in cold with the Lid off, and Sugar strewed upon the brims of the Dish.

75. *To make a Carp Pie.*

Have your Paste ready laid in your bake-pan, and some Butter in the bottom.

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



76. To boil a Goose or Rabbits with Sausages.

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

77. To make a Fricasfe of Veal, Chicken, or Rabbits, or of anything else.

Take either of these and cut them into small pieces, then put them into a Frying pan with so much water as will cover them, with a little Salt, whole Spice, Limon Pill, and a bundle of sweet Herbs; let them boil together till the Meat be tender, then put in some Oysters, and when they are plumped, take a little Wine, either White or Claret, and two Anchovies, dissolved therein with some Butter, and put all these to the rest, and when you think your Meat is enough, take it out with a little Skimmer, and put it

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into a Dish upon Sippets ; then put into your Liquor, the yolks of Eggs well beaten, and mix them over the fire, then pour it all over your Meat ; Garnish your Dish with Barberries, and serve it in ; this Dish you may make of raw Meat or of cold Meat which hath been left at Meals.

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

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

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

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

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

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

80. *To make a Calves head Pie.*

Make your Paste, and lay it into your Pan as before, then lay in Butter, and then your Calves Head, being tenderly boiled, and cut in little thin bits, and seasoned with Pepper, Salt and Nutmeg, then put in some Oysters, Anchovies and Claret Wine, with some yolks of hard Eggs and Marrow, then cover it with Butter, and close it and bake it; when it is baked, eat it hot.

81. *To dry Tongues.*

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

82. *To make Angelot Cheese.*

Take some new Milk and strokings together, the quantity of a Pail-full, put some Runnet into it, and stir it well about, and cover it till your Cheese be come, then have ready narrow deep Moats open at both ends.

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nds, and with your flitting Dish fill your  
Boats as they stand upon a board, without  
breaking or wheying the Cheese, and as  
they sink, still fill them up, and when you  
see you can turn them, which will be about  
the next day, keep them with due turning  
twice in a day, and dry them carefully, and  
when they are half a year old, they will be  
fit to be eat.

*83. To make a Hare Pie.*

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

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

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

85. *To stew a Pig.*

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

Garnish your Dish with Oranges and Limons.

6. *To make a Fricasie of Sheeps feet.*

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

87. *To make a Steak-Pie with Puddings in it.*

Lay pour Paste ready in your Pan, and lay some Butter in the bottom, then lay a Neck of Mutton cut into steaks thereon, then take some of the best of a Leg of Mutton minced small, with as much Beef Suet as Mutton; season it with beaten Spice and Salt, and a little Wine, Apples shred small, a little Limon Pill, a little Verjuice and Sugar;

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gar, then put in some Currans, and when they are well mixed, make it into Balls with the yolks of Eggs, and lay them upon the steaks, then put in some Butter and close your Pie and bake it, and serve it in hor.

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

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

89. *To make Loaves to Butter.*

Take the yolks of twelve Eggs, and six whites, a little Yeast, Salt and beaten Ginger, wet some Flower with this, and make it into a Paste, let it lye to rise a while, and then  
make



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Take it into Loaves, and prick them, and  
bake them, then put in white Wine and But-  
ter and Sugar, and serve it in.

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

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

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

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

**91. To make Rice-Cream.**

Boil a quart of Cream, then put in two  
handfuls of Rice-Flower, and a little fine  
Flower, as much Sugar as is fit, the yolk of  
an Egg, and some Rose-water.

92. *To make a Pompion-pie.*

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

93. *To fry Pompion.*

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

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

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

95. To fry Toasts.

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

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

Take two fair Carps, and scowr them very well from slime with water and a little salt, then lay them in a Dish and open their bellies, take away their Guts, and save the Blood and Rows in the Dish, then put in a Pint of Claret Wine, some whole Spice, and some Salt, with a little Horse-Radish Root, then cover them close, and let them stew over a Chafingdish of Coals, and when they are enough, lay them into a Dish, which must be rubbed with a Shelot, and Sippits laid in, then take a little of the Liquor, and an Anchovie or two, with a little Butter, heat them together, and pour it over, them, then garnish your Dish with Capers,

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pers, Oranges or Limons, and serve it in very hot.

97. *To make Fritters.*

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

98. *To Pickle-Cole-Flowers.*

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

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To preserve Orange or Limon Pill  
in thin slices in Jelly.

Take the most beautiful and thickest  
meats, and then cut them in halves, and  
scrape their Meats clean out, then boil them in  
several waters till a straw will run through  
them, then wash them in cold water, and  
dry them:  
Then take to a Pound of these, one quart  
of water wherein thin slices of Pippins have  
been boiled, and that the water feels slippe-  
r, and make thereof a Syrup, then put in  
your Pills and scald them, and set them by  
till the next day, then boil them till you find  
that the Syrup will jelly, then lay your  
Pills into your Glasses, and put into your  
Syrup the Juice of three Oranges and one  
of Limon; then boil it again till it be a stiff  
Jelly, and put it to them.

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

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

101. *To make good minced Pies.*

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

When they go to Table strew on fine Sugar.

102. To make a Loaf of Curds.

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

103. To make Cheese Loaves.

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

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

104. *To Fry Oysters.*

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

105. *To Broil Oysters.*

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

106. *To Rost Oysters.*

Take the largest, and spit them upon little long sticks, and tye them to the Spit, then lay



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them down to the fire, and when they dry, bast them with Claret Wine, and into your Pan two Anchovies, and two three Bay-leaves; when you think they enough, bast them with Butter, and edge them, and take a little of that liquor the Pan, and some Butter, and beat it in Porringer, and pour over them.

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

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

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

108. *To make fine Custards.*

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

109. *To make a Stump Pie.*

Take a pound of Veal and as much Suet, parboil your Veal, and shred them together, but not very small, then put in one pound of Raisins, one pound of Currans, four Ounces of Dates stoned and sliced thin, some beaten Spice, Rosewater and Sugar, and a little Salt, then take the yolks of Eggs well beaten, and mix amongst the rest of the things very well, then having your Pie ready,

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dy, fill it and press it down, then lid it,  
bake it.

110. To make Egg-Pies.

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

111. To make hashed Meat.

Take a Leg or Shoulder of Mutton, lay  
it down to the fire, and as it doth rost, cut it  
off in little bits, and let it lie in the Pan, baste  
it with Claret wine and Butter, and a little  
Salt, and put two or three Shelots in your  
Pan, when you have cut off so much as you  
can, lay the bones into a Dish over a Cha-  
ngingdish of Coals, and put your Meat to it  
with the Liquor, and two Anchovies, co-  
ver it, and let it stew a while; when it is  
enough, put in some Capers, and serve it in

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with

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with Sippets; Garnish your Dish with Olives and Capers, and Samphire; thus you may do with any cold meat between two Dishes.

112. *To make a Fricasie of Oysters.*

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

113. *To make a Fricasie of Eels.*

Take a midling sort of Eels, scour them well, and cut off the heads and throw them away, then gut them, and cut them in pieces, then put them into a Frying-pan with so much white Wine and water as will cover them, then put in whole Spice, a bundle of sweet herbs and a little Salt, let them boil, and when they be very tender, take them up and lay them into a warm Dish, then add to their liquor two Anchovies, some Butter  
and

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the yolks of Eggs, and pour over  
them :

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

Garnish your Dish with Limon and Bar-  
berries.

**114. To make an Eel-Pie.**

Take your largest Eels, and flay them,  
and cut them in pieces, then having your  
Pie ready with Butter in the bottom, season  
your Eels with Pepper, Salt and Nutmeg,  
then lay them in and cover them with But-  
ter, so close it and bake it; if you please,  
you may put in some Raisins of the Sun,  
and some large Mace, it is good hot or  
cold.

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

Take a very large fat Eel and scour it  
well, throw away the head and gut her, and  
slit her down the back, season her with Pep-  
per, Salt, Nutmeg and Mace, then boil her  
in white Wine, and Salt and Water, with a  
bundle of sweet herbs and some Limon Pill,  
when it is well boiled, take it up and lay it  
to cool; then put good store of Vinegar in-

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to the Liquor, and when it is cold, put in your Eel, and keep it:

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

**116. To stew Eels.**

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

**117. To make a Herring Pie.**

Take four of the best pickled Herrings, and skin them, then split them and bone them, then having your Pie in readiness with  
Butter

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matter in the bottom, then lay your Herrings in halves into your Pie one lay of them, then put in Raisins, Currans and Nutmeg, and a little Sugar, then lay in more Butter, then more Herrings, Fruit and Spice, and more Butter, and so close it, and bake it; your Herrings must be well watered.

### 118. *To rost a Pike, and to lard it.*

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

### 119. *To boil fresh Salmon.*

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

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

120. *To boil a Cods Head.*

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

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

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

121. *To make Olives of Veal.*

Take thin slices of a Leg of Veal, and have ready some Suet finely shred, some Currans, beaten Spice, sweet herbs, and hard yolks of Eggs, and a little salt mixed well together, then strew it upon the insides of your slices of Meat, and roul them up  
hard



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hard, and make them fast with a scure, so  
sit them and roste them, baste them with  
butter, and serve them in with Vinegar,  
butter and Sugar.

**122. To make an Olive Pie.**

Having your Paste in readyness with But-  
ter in the bottom, lay in some of the fore-  
named Olives, but not fastned with a Scure,  
then put in Currans, hard Eggs, and sweet  
Butter, with some herbs shred fine; be sure  
you cover it well with Butter, and put in a  
little white Wine and Sugar, and close it,  
and bake it, eat it hot or cold, but hot is  
better.

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

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

124. *To make a fine Pomander.*

Take two Ounces of Laudanum, of Benjamin and Storax one Ounce, Musk 6 grains, as much of Civet, as much of Ambergreece, of Calamus Aromaticus, and Lignum Aloes, of each the weight of a Groat, beat all these in a hot Mortar and with a hot Pestell, till it come to a perfect PASTE, then take a little Gum-Dragon steeped in Rosewater, and rub your hand withal, and make it up with speed, and dry them, but first make them into what shapes you please, and print them.

125. *A very fine washing-Ball.*

Take three Ounces of Orrice, half an Ounce of Cypress-wood, two Ounces of Calamus Aromaticus, one Ounce of Damask Rose leaves, 2 Ounces of Lavender flowers, a quarter of an Ounce of Cloves, beat all these and searce them fine, then take two pounds and an half of Castile Sope dissolved in Rosewater, and beat all these forenamed things with the Sope in a Mortar, and when they are well incorporated, make it into Balls, and keep them in a Box with Cotton as long as you please.

126. To make French Broth called  
Kink.

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

127. To make Broth of a Rambs Head.

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

128. *To season a Chicken-Pie.*

Having your Paste rolled thin, and laid into your baking-pan, lay in some Butter, then lay in your Chickens quartered, and seasoned with Pepper, Nutmeg and a little Salt, then put in Raisins, Currans, and Dates, then lay Butter on the top, close it and bake it, then cut it up, and put in Clouted Cream, Sack and Sugar.

129. *To make an Herb-Pie.*

Take Spinage, hard Lettice, and a few sweet Herbs, pick them, wash them, and shred them, and put them into your Pie with Butter, and Nutmeg and Sugar, and a little Salt, so close it and bake it, then draw it and open it, and put in Clouted Cream, Sack and Sugar, and stir it well together, and serve it in.

130. *To*

130. To roste Lobsters.

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

131. To make a Pumpion-Pie.

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

132. *To make an Artichoke Pudding.*

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

133. *To pickle Sprats like Anchovies.*

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

134. *To*

34. To keep Artichokes all the Year.

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

35. To make Pasty of a Joll of Ling.

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

Roul it thin and lay it in your bake-pan, then take part of a Joll of Ling well boiled, and put it all in Bits, then lay some Butter into your Pasty and then the Ling, then some grated Nutmeg, sliced Ginger, Cloves and Mace, Oysters, Muscles, Cockles, and Shrimps,

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Shrimps, the yolks of raw Eggs, a few Comfits perfumed, Candied Orange Pill, Citron Pill, and Limon Pill, with Eringo Roots:

Then put in white Wine, and good store of Batter, and put on a thick Lid, when it is baked, open it, and let out the Steam.

**136. To make French Servels.**

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

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

**137. To**



137 To make a Pallat Pie.

Take Oxe Pallats and boil them so tender  
that you may run a straw through them; to  
three Pallates take six Sheeps tongues boiled  
tender and peeled, three sweet-Breads of  
Veal, cut all these in thin slices, then ha-  
ving your Pie ready, and Butter in the bot-  
tom, lay in these things, first seasoned with  
Pepper, Salt and Nutmeg, and Thyme and  
Parsley shred small, and as the Season of the  
year is, put into it Asparagus, Anchovies,  
Chesnuts, or what you please else, as Can-  
died Orange Pill, Limon Pill, or Citron Pill,  
with Eringo roots, and the Yolks of hard  
Eggs, some Marrow and some Oysters, then  
lay in good store of Butter on the top, so  
close it and bake it, then put in white Wine,  
Butter, the yolks of Eggs, and Vinegar and  
Sugar; heat them together over the fire, and  
serve it in.

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

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

139. *To make Oat-cakes.*

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

140. To make a rare Lamb Pie.

Take a Leg of Lamb, and take the meat  
lean out of it at the great end, but keep the  
in whole, then press the Meat in a Cloth,  
and mince it small, and put as much Beef Su-  
to it as the Meat in weight, and mince it  
small, then put to it Naples Bisket grated  
fine, season it with beaten Spice, Rosewater,  
and a little Salt, then put in some Candied  
Limon Pill, Orange Pill, and Citron Pill  
chopped small, and some Sugar, then put part  
of the Meat into the Skin, then having your  
Pie in readiness, and Butter in the bottom,  
lay in this Meat, then take the rest of your  
Meat, and make it into Balls or Puddings  
with yolks of Eggs, then lay them into the  
Pie to fill up the Corners, then take Candied  
Orange, Limon and Citron Pill, cut in long  
narrow slices and strew over it; you may  
put in Currans and Dates if you please, then  
lay on Butter, and close up your Pie and bake  
it, and leave a Tunnel, when it is baked, put  
in Sack, Sugar, yolks of Eggs and Butter  
heat together, if you put in Marrow, it will  
be the better.

141. *To fry Garden Beans.*

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

142. *To make a Sorrel Sallad.*

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

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

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

44. *To make the best sort of Pippin  
paste.*

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

45. *To make Sauce for a Leg of Veal  
rosted.*

Take boiled Currans and boiled Parsley,  
nd hard Eggs and Butter and Sugar hot to-  
gether.

46. *To make Sauce for a Leg of Mut-  
ton rosted with Chesnuts.*

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

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

Coddle them with white Wine and Water, and cover them with sliced Pippins in the Codling.

148. To make little Pasties with Sweet Meats to fry.

Mak some Paste with cold water, butter and flower, with the yolk of an Egg, then roul it out in little thin Cakes, and lay one spoonfull of any kind of Sweet Meats you like best upon every one, so close them up and fry them with Butter, and serve them in with fine Sugar strewed on.

149. To boil a Capon on the French Fashion.

Boil your Capon in water and salt, and a little dusty Oatmeal to make it look white, then take two or three Ladles full of Mutton Broth, a Faggot of sweet Herbs, two or three Dates cut in long pieces, a few par-boiled Currans, and a little whole Pepper,

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Take a little Mace and Nutmeg, thicken it with  
Almonds; season it with Verjuice, Sugar,  
and a little sweet Butter, then take up your  
Dish upon and lard it well with preserved Li-  
ver, then lay it in a deep Dish, and pour  
the broth upon it; then Garnish your Dish  
with Suckets and preserved Barberries.

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

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

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

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

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

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



153. *To rost a Neats Tongue.*

Chop sweet herbs fine with a piece of  
Apple, season it with Pepper and Gin-  
gar, and the yolk of an Egg made hard and  
chopped small, then stuff your Tongue with  
this, and rost it well, and baste it with But-  
ter and Wine; when it is enough, take Ver-  
juice, Butter, and the Juice of a Limon,  
and a little Nutmeg; then Dish your Tongue  
and pour this Sauce over it and serve it in.

154. *To boil Pigeons with Rice.*

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

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

155. *To Boil a Rabbit.*

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

156. *To boil a Teal or Wigeon.*

Parboil either of these Fowls and throw them into a pail of fair Water, for that taketh away the Rankness, then rost them half, and take them from the fire, and put sweet herbs in the bellies of them, and stick the Breasts with Cloves, then put them in a Pipkin with two or three ladles full of Mutton broth, very strong of the Meat, a blade of whole Mace, two or three little Onions minced small; thicken it with a Toast of Household bread, and put in a little Butter, then put in a little Verjuice, so take it up, and serve it.

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

Boil them with Mutton Broth and white  
wine, with a blade of Mace and a little  
salt, and let their bellies be filled with sweet  
herbs, when they are tender, thicken the  
Broth with a piece of Manchet, and the  
Yolks of two hard Eggs, strained with some  
of the Broth, and put it into a deep Dish  
with some Verjuice and Butter and Sugar,  
then having Goosberries or Grapes ten-  
derly scalded, put them into it, then lay  
our Chickens or Pigeons into a Dish, and  
pour the Sauce over them, and serve them

58. *A made Dish of Rabbits Livers.*

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

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

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

160. *A Friday Pie without Fish or Flesh*

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

161. *To make Umble Pies.*

Boil them very tender, and mince them  
very small with Beef Suet and Marrow,  
then season it with beaten Spice and Salt,  
Alewater and Sugar and a little Sack, so  
put it into your Paste with Currans and  
Raisins.

162. *To bake Chickens with Grapes.*

Scald your Chickens and truss them, and  
season them with Pepper, Salt and Nutmeg,  
then having your Pie ready, and Butter laid  
in the bottom, put in your Chickens, and  
pour more Butter, and bake them with a  
Lid on your Pie, and when it is baked,  
put in Grapes scalded tender, Verjuice,  
Nutmeg, Butter and Sugar, and the Juice  
of an Orange; so serve it in.

163. *To make a good Quince-Pie.*

Take your fairest Quinces, and Coddle  
them till a straw may run through them, then  
core them and pare them, then take their  
weight in fine Sugar, and stuff them full of  
Sugar, then having your Pie ready, lay in  
M 2 your

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your Quinces, and strew the rest of your Sugar over them, and put in some whole Cloves and Cinamon, then close it, and bake it; you must let it stand in the Oven four or five hours; serve it in cold and strew on Sugar.

164. *To make Tarts of Pippins.*

Having some Puff-past ready in a Dish or Pan, lay in some preserved Pippins which have Orange Pill in them, and the Juice of Orange or Limon, so close them and bake them a little.

165. *To make a good Pie of Beef.*

Take the Buttock of a fat Oxe, slice it thin, mince it small, and beat it in a Mortar to a Paste, then lard it very well with Lard, and season it with beaten Spice, then make your Pie, and put it in with some Butter and Claret Wine, and so bake it well, and serve it in cold with Mustard and Sugar, and garnish it with Bay-leaves.

166. To bake a Swan.

Scald it and take out the bones, and par-boil it, then season it very well with Pepper, Salt and Ginger, then lard it, and put it in a deep Coffin of Rye Paste with store of Butter, close it and bake it very well, and when it is baked, fill up the Vent-hole with melted Butter, and so keep it; serve it in as you do the Beef-Pie.

167. To bake a Turkey or Capon.

Bone the Turkey, but not the Capon, par-boil them, and stick Cloves on their breasts, lard them, and season them well with Pepper and Salt, and put them in a deep Coffin with good store of Butter, and close your Pie, and bake it, and soak it very well; when it is baked, fill it up with melted Butter, and when it is quite cold, serve it in and eat it with Mustard and Sugar; garnish it with Bay-Leaves.

168. *To make Fritters.*

Take the Curds of a Sack Posset, the Yolks of six Eggs, and the Whites of two, with a little fine Flower to make it into a thick Batter, put in also a Pomewater cut in small pieces, some beaten Spice, warm Cream, and a spoonful of Sack, and a little strong Ale; mingle all these very well, and beat them well, then fry them in very hot Lard, and serve them in with beaten Spice and fine Sugar.

169. *To bake Woodcocks, Blackbirds, Sparrows or Larks.*

Truss and parboil them, then season them with Pepper and Salt, and put them into a Pie with good store of Butter, and so bake them, then fill them up with Butter.

170. *To bake a Goose.*

Bone your Goose and parboil it, and season it with Pepper and Salt, and lay it into a deep Coffin with good store of Butter top and bottom, then bake it very well, and when it is baked, fill up the Pie at the Vent-hole



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ble with melted Butter, and so serve it in  
with Mustard and Sugar and Bay-Leaves.

71. *To make Pancakes so crisp as you  
may set them upright.*

Make a dozen or a score of them in a lit-  
tle Frying-pan, no bigger then a Sawcer,  
then boil them in Lard, and they will look  
as yellow as Gold, and eat very well.

172. *To make blanched Manchet.*

Take six Eggs, half a Pint of sweet Cream,  
and a penny Manchet grated, one Nutmeg  
grated, two spoonfuls of Rosewater, and  
two Ounces of Sugar, work it stiff like a  
Pudding, then fry it in a very little frying-  
pan, that it may be thick.

Fry it brown, and turn it upon a Pie-  
Plate; cut it in quarters and strew Sugar on  
it and serve it in.

173. *To make a fierced Pudding.*

Mince a Leg of Mutton with sweet herbs,  
and some Suet, make it very fine, then  
put in grated Bread, minced Dates, Cur-  
rans, Raisins of the Sun-stoned, a little pre-  
served

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ferred Orange or Limon, and a few Coriander seeds bruised, Nutmeg, Ginger, and Pepper, mingled all together with Cream and raw Eggs wrought together like a Pafte, and bake it, and put for Sauce the yolk of an Egg, Rosewater, Sugar, and Cinamon, with a little Butter heat together; when you serve it in, stick it with Almonds and Rosemary; you may boil it also if you please, or rost some of it in a Lambs Cawl.

174. *To make a Fricasie of Eggs.*

Beat twelve Eggs with Cream, Sugar, beaten Spice and Rosewater, then take thin slices of Pomewater Apple, and fry them well with sweet Butter; when they are enough, take them up, and cleanse your pan, then put in more Butter, and make it hot, and put in half your Eggs and fry them; then when the one side is fryed lay your Apples all over the side which is not fryed, then pour in the rest of your Eggs, and then turn it and fry the other side, then serve it in with the Juice of an Orange and Butter, and Sugar.

175. *To make a Cambridge Pudding.*

Take grated bread searced through a Cullender, then mix it with fine Flower, minced Dates, Currans, beaten Spice, Suet shred small, a little salt, Sugar and Rosewater, warm Cream and Eggs, with half their Whites; mould all these together with a little Yest, and make it up into a Loaf, but when you have made it in two parts, ready to clap together, make a deep hole in the one, and put in Butter, then clap on the other, and close it well together, then butter a Cloth and tie it up hard, and put it into water which boils apace, then serve it in with Sack, Butter and Sugar.

You may bake it if you please in a baking-pan.

176. *To make a Pudding of Goose Blood.*

Save the blood of a Goose, and strain it, then put in fine Oatmeal steeped in warm Milk, Nutmeg, Pepper, sweet Herbs; Sugar, Salt, Suet minced fine, Rosewater, Limon Pill, Coriander seeds, then put in some Eggs, and beat all these together very well,

M 5 then

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then boil them how you do like, either in a buttered Cloth or in Skins, or rost it within the Neck of the Goose.

177. *To make Liver Puddings.*

Take a Hogs Liver boiled and cold, grate it like Bread, then take new Milk and the Fat of a Hog minced fine, put it to the Bread and the Liver, and divide it into two parts, then dry herbs or other if you can minced fine, and put the Herbs into one part with beaten Spice, Anniseeds, Rosewater, Cream and Eggs, Sugar and Salt, so fill the Skins and boil them.

To the other part put preserved Barberries, sliced Dates, Carrans, beaten Spice, Salt, Sugar, Rosewater, Cream and Eggs, so mix them well together, and fill the Skins and boil them.

178. *To make a Chiveridge Pudding.*

Take the Fattest Guts of your Hog clean scoured, then stuff them with beaten Spice and sliced Dates, sweet herbs, a little Salt, Rosewater, Sugar, and two or three Eggs to make it slide; so fill them, tie them up like Puddings and boil them; when they are enough serve them.

79. *To make Rice Puddings in Skins.*

Take two quarts of Milk and put therein as it is yet cold, two good handfuls of Rice clean picked and washed, set it over a slow fire and stir it often, but gently; when you perceive it to swell, let it boil apace till it be tender and very thick, then take it from the fire, and when it is cold, put in six Eggs well beaten, some Rosewater and Sugar, beaten Spice and a little Salt, preserved Barberries and Dates minced small, some Marrow and Citron Pill; mingle them well together and fill your Skins, and boil them,

180. *To make a Stewed Pudding.*

Take the yolks of three Eggs and one White, six spoonfuls of sweet Cream, a little beaten spice, and a quarter of a pound of Suet minced fine, a quarter of a pound of Currans, and a little grated Bread, Rosewater, Sugar and Salt; mingle them well together, and wrap them up in little pieces of the Cawl of Veal, and fasten them with a little stick, and tie each end with a stick; you may put four in one Dish, then take half

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with Nutmeg, Rosewater, Sugar, and Ginger, drop them into a frying pan with a Spoon into hot Butter, and fry them, then serve them in with the juice of an Orange and a little Sugar and Butter.

184. *To make Kickshaws, to bake or fry in what shape you please.*

Take some Puff-paste and roul it thin, if you have Moulds work it upon them with preserved Pippins, and so close them, and fry or bake them, but when you have closed them, you must dip them in the yolks of Eggs, and that will keep all in; fill some with Goosberries, Rasberries, Curd, Marrow, Sweet-breads, Lambs-Stones, Kidney of Veal, or any other thing what you like best, either of them being seasoned before you put them in, according to your mind; and when they are baked or fried, strew Sugar on them, and serve them in.

185. *To make an Italian Pudding.*

Take a penny white Loaf and pare off the crust, then cut it like Dice, then take some Beef Suet shred small, and half a pound of Raisins of the Sun stoned, with as many Currans,

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rrans, mingle them together and season  
m with beaten Spice and a little Salt, wet  
m with four Eggs, and stir them gently,  
fear of breaking the Bread, then put it in  
dish with a little Cream and Rosewater  
d Sugar, then put in some Marrow and  
ates, and so butter a dish and bake it, then  
ew on Sugar and serve it.

**186. To Hash Calves Tongues.**

Boil them tender and pill them, then lard  
them with Limon Pill, and lard them also  
with fat Bacon, then lay them to the Fire,  
and half rost them; then put them in a Pip-  
kin with Claret Wine, whole Spice and sliced  
Limon, and a few Caraway Seeds, a little  
Rosemary and a little Salt, boil all together  
and serve them in upon Toasts. Thus you  
may do with Sheeps Tongues also.

**187. To boil a Capon.**

Take strong Mutton Broth, and truss a Ca-  
pon, and boil him in it with some Marrow  
and a little Salt in a Pipkin, when it is ten-  
der, then put in a pint of White Wine, half a  
pound of Sugar, and four Ounces of Dates  
stoned and sliced, Potato Roots boiled and  
blanched,

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blanched, large Mace and Nutmeg sliced, boil all these together with a quarter of a pint of Verjuice, then dish the Capon, and add to the Broth the Yolks of six Eggs beaten with Sack, and so serve it; garnish your dish with several sorts of Candied Pills and Preserved Barberries, and sliced Limon with Sugar upon every slice.

188. *To boil a Capon with Rice.*

Truss your Capon and boil him in water and salt, then take a quarter of a pound of Rice, first boiled in Milk, and put in with some whole Spice and a little Salt, when it is almost enough put in a little Rosewater, and half a pound of Almonds blanched and beaten, strain them in, and put in some Cream and Sugar, then when your Capon is enough, lay it in a Dish, and pour the Broth thereon; Garnish your Dish as you please and serve it in.

189. *To boil a Capon with Pippins.*

Parboil your Capon after it is trussed, then put it into a Pipkin with Mutton Broth and Marrow, and a little Salt, with a quart of White-Wine, a little Nutmeg and Dates

stoned



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ned and sliced, then put in a quarter of  
pound of fine Sugar, then take some Pip-  
s stewed with Sugar, Spice and a little  
water, and put them in, then lay your Ca-  
pon into a Dish, and lay some Naples Biskets  
and Sippets, then bruise the yolks of eight  
hard Eggs and put in your Broth, with a  
little Sack, and pour it over your Capon;  
garnish your Dish and serve it in.

190. *To boil Chickens with Lettuce the  
very best way.*

Parboil your Chickens and cut them in  
quarters, and put them into a Pipkin with  
some Mutton Broth, and two or three sweet  
bread of Veal, and some Marrow and some  
Cloves, and a little Salt, and a little Limon  
oil; then take good store of hard Lettuce,  
cut them in halves and wash them, and put  
them in; then put in Butter and Sack and  
white Wine, with a little Mace and Nut-  
meg, and sliced Dates: Let all these stew up-  
on the Fire, and when they be enough, serve  
them in with Toasts of white Bread for Sip-  
pets; Garnish the Dish with Limon and  
Barberries, and what else you please. Thus  
you may do Pigeons.

190. *To boil a Rabbit with Grapes or with Goosberries.*

Truss your Rabbit whole, and boil it in some Mutton Broth till it be tender;

Then take a pint of White Wine, and a good handful of Spinage chopped, the yolks of hard Eggs cut in quarters, put these to the Rabbit with some large Mace; a Fagot of sweet Herbs and a little Salt and some Butter, let them boil together a while, then take your Rabbit and lay it in a Dish and some Sippets, then lay over it some Grapes or Goosberries, scalded with Sugar, and pour your Broth over it.

191. *To boil a Rabbit with Claret Wine.*

Boil a Rabbit as before, then slice Onions and a Carrot root, a few Currans and a Fagot of sweet herbs, and a little Salt, minced Parsley, Barberries picked, large Mace, Nutmeg and Ginger, put all these into a Pipkin with the Rabbit, half a Pound of Butter, and a Pint of Claret Wine, and let them boil together till it be enough, then serve it upon Sippets.

192. To boil a wild Duck.

Truss and parboil it, then half roast it, then carve it, and save the Gravy, then take the Onions and Parsley sliced, Ginger and Pepper, put the Gravy into a Pipkin, with Currans, Mace, Barberries, and a quart of Rhenish Wine, and a little Salt, put your Duck with all the forenamed things into it, and let them boil till it be enough, then put Butter and Sugar, and serve it in upon Napers.

193. To boil a tame Duck.

Take your Duck and truss it, and boil it with water and salt, or rather Mutton broth, when it hath boiled a while, put in some whole Spice, and when it is boiled enough, take some white wine and butter, and good store of Onions boiled tender in several waters, with a little of the Liquor wherein the Duck hath boiled, and a little Salt: put your Duck into a Dish, and heat these things together and pour over it, and serve it; garnish the Dish with boiled Onions and Barberries.

194. *To boil Pigeons with Capers and Samphire.*

Truss your Pigeons and put them into a Pipkin with some Mutton Broth and white Wine, a bundle of sweet herbs, when they are boiled, lay them into a Dish, then take some of the Broth with some Capers and Limon sliced, and some Butter, heat these together and pour over them; then fry thin slices of Bacon, and lay upon them, and some Samphire washed from the Salt, and some slices of Limon; Garnish your Dish with the same and serve it in.

195. *To boil Sausages.*

Take two pounds of Sausages, and boil them with a quart of Claret Wine and a bundle of Sweet herbs, and whole Cloves and Mace; then put in a little Butter, when they are enough, serve them in with this Liquor and some Mustard in Sawcers.

196. *To boil Goose Giblets.*

Boil them with water and salt, and a bundle of sweet herbs, Onions and whole spice, when

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When they are enough, put in Verjuice and  
Water, and some Currans plumped, and serve  
them upon Sippets.

Thus you may dress Swans GIBLETS.

**197. To boil GIBLETS with Roots and  
good Herbs.**

Boil them in a quart of Claret, Ginger  
and Cloves, and a Faggot of sweet herbs,  
Turneps and Carrots sliced, with good store  
of Spinage and a little Salt, when they are  
enough, serve them upon Sippets.

And add to the Broth some Verjuice and  
the yolks of Eggs; Garnish your Dish with  
Parsley and pickled Barberries.

**198. To smoor a Neck of Mutton.**

Cut your Steaks, and put them into a  
Dish with some Butter, then take a Faggot  
of sweet herbs, and some gross Pepper and a  
little Salt, and put to them; cover your  
Dish, and let them stew till they are enough,  
turning them sometimes, then put in a little  
Claret Wine and Anchovies, and serve them  
upon Sippets.

199. *To smoor Veal.*

Cut thin slices of Veal and hack them over with the back of a Knife, then lard them with Lard, and Fry them with strong Beer or Ale till they be enough, then stew them in Claret wine with some whole Spice, and Butter, and a litte Salt.

Garnish your Dish with Sausages fried, and with Barberries, to serve them in.

200. *To smoor Steaks of Mutton another way.*

Cut part of a Leg of Mutton into steaks, and fry it in White Wine and a little salt, a bundle of herbs, and a little Limon Pill, then put it into a Pipkin with some sliced Limon, without the Rind, and some of the Liquor it was fried in. and Butter and a little Parslie, boil all together till you see it be enough, then serve it in, and garnish your Dish with Limon and Barberries.

201. *To smoor Chickens.*

Cut them in Joints and fry them with  
Butter, then take white Wine, Parsley  
Onions chopp'd small, whole Mace and  
a little gross Pepper, a little Sugar, Verjuice  
and Butter, let these and your fryed Chicken  
steep together, then fry the Leaves of Clary  
with Eggs, put a little Salt to your  
Chickens, and when they are enough, serve  
them in this fryed Clary, and garnish your  
dish with Barberries.

202. *To fry Muscles, or Oysters, or  
Cockles, to serve in with Meat, or by  
themselves.*

Take any of these and parboil them in  
their own Liquor, then dry them, flower  
them, and fry them, then put them into a  
skippin with Claret Wine, whole Spice and  
anchovies, and a little Butter, so let them  
steep together, and serve them in either with  
Duck, or by themselves, as you like best.

104. *To dress Calves feet.*

Take Calves feet tenderly boiled, and slit them in the middle, then put them in a Dish with sweet Butter, Parsley and Onions chopped, a little Thyme, large Mace, Pepper with a little Wine Vinegar, and a little Salt, let all these stew together till they are enough, then lay your Calves feet in a Dish, and pour the Sauce over them, then strew some raw Parsley and hard Eggs chopped together over them with slices of Limon and Barberries.

205. *To dress Neats Tongues.*

Boil them and blanch them, and slice them thin, then take Raisins of the Sun, large Mace, Dates sliced thin, a few blanched Almonds, and Claret Wine with a little Salt; boil all these together with some sweet Butter, Verjuice and Sugar; when they are enough, serve them in and thicken the Sauce with yolks of Eggs; garnish your Dish with Barberries.



206. *Another way to Hash Neats  
Tongues.*

Boil Neats Tongues very tender, peel  
them and slice them thin, then take strong  
Mutton Broth, blanched Chesnuts, a Faggot  
of sweet herbs, large Mace, and Endive, a  
little Pepper and whole Cloves and a little  
Salt; boil all these together with some but-  
ter till they be enough; garnish your Dish  
before.

207. *To boil Chickens in White-broth.*

Take three Chickens and truss them, then  
take two or three blades of Mace, as many  
quartered Dates, four or five Lumps of  
Marrow, a little Salt and a little Sugar, the  
 Yolks of three hard Eggs, and a quarter of  
a Pint of Sack; first boil your Chickens in  
Mutton broth, and then add these things to  
them, and let them boil till they are enough,  
then lay your Chickens in a Dish, and strain  
some Almonds blanched and beaten into it,  
serve it upon Sippets of French Bread; gar-  
nish your Dish with hard Eggs and Li-  
mons.

208. *To boil Partridges.*

Put two or three Partridges into a Pipkin with as much water as will cover them, then put in three or four blades of Mace, one Nutmeg quartered, five or six Cloves, a piece of sweet Butter, two or three Toasts of Manchet toasted brown, soke them in Sack or Muscadine and break them, and put them into the Pipkin with the rest, and a little Salt, when they are enough, lay them in a Dish, and pour this Broth over them, then garnish your Dish with hard Eggs and sliced Limon, and serve it in.

209. *To boil a Leg of Mutton.*

Take a large Leg of Mutton and stuff it well with Mutton Suet, Salt and Nutmeg, boil it in water and Salt, but not too much, then put some of that Broth into another Pot, with three or four blades of Mace, some Currans and Salt, boil them till half be consumed, then put in some sweet Butter, and some Capers and a Limon cut like Dice with the Rind on, a little Sack, and the yolks of two hard Eggs Minced; then lay your Mutton into a Dish upon Sippers, and  
pour

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Pour this Sauce over it; scrape Sugar on the sides of your Dish, and lay on slices of Limon and Barberries.

210. *To stew Trouts.*

Put two Trouts into a fair dish with some white Wine, sweet Butter, and a little whole Mace, a little Parsley, Thyme and Savory minced, then put in an Anchovie and the yolks of hard Eggs; when your Fish is enough, serve it on Sippets, and pour this over it, and Garnish your Dish with Limon and Barberries, and serve them in; you may add Capers to it if you please, and you may do other Fish in this manner.

211. *To boil Eels in Broth to serve with them.*

Flay and wash your Eels and cut them in pieces about a handful long, then put them into a pot with so much Water as will cover them, a little Pepper and Mace, sliced Onions, a little grated Bread, and a little Yest, a good piece of sweet Butter, some Parsley, Winter-Savory and Thyme shred small; let them boil softly half an hour, and put in some Salt, with some Currans;

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when it is enough, put in Verjuice and more Butter, and so serve it; Garnish your Dish with Parsley, Limon and Barberries, put Sippits in your Dish.

212. *To boil a Pike with Oysters.*

Take a fair Pike and gut it and wash it, and truss it round with the tail in the mouth, then take white Wine, Water and Salt, with a bundle of sweet herbs, and whole Spice, a little Horse-radish; when it boils, tie up your Pike in a Cloth, and put it in, and let it boil till it swims, for then it is enough; then take the Rivet of the Pike, and a Pint of great Oysters with their Liquor, and some Vinegar, large Mace, gross Pepper, then lay your Pike in a Dish with Sippets, and then heat these last named things with some Butter and Anchovies, and pour over it; garnish your Dish as you please.

213. *To make a grand Sallad.*

Take a fair broad brimm'd dish, and in the middle of it lay some pickled Limon Pill, then lay round about it each sort by themselves, Olives, Capers, Droom-Buds, Ash-Keys, Purslane pickled, and French-Beans pickled,

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pickled, and little Cucumbers pickled, and Barberries pickled, and Clove Gilliflowers, Cowslips, Currans, Figs, blanched Almonds and Raisins, Slices of Limon with Sugar on them, Dates stoned and sliced.

Garnish your Dish brims with Candied Orange, Limon and Citron Pill, and some Candied Eringo roots.

214. *To rost a Pig with a Pudding in his Belly.*

Take a fat Pig and truss his head backward looking over his back, then make such Pudding as you like best, and fill his belly with it, your Pudding must be stiff, then sew it up, and rost your Pig, when it is almost enough, wring upon it the Juice of a Limon, and when you are ready to take it up, wash it over with yolks of Eggs, and before they can dry, dredge it with grated bread mixed with a little Nutmeg and Ginger, let your Sauce be Vinegar, Butter and Sugar, and the yolks of hard Eggs minced.

215. *To rost a Leg of Mutton with Oysters.*

Take a large Leg of Mutton and stuff it well with Mutton Suet, with Pepper, Nutmeg, Salt and Mace, then rost it and stick it with Cloves, when it is half roasted cut off some of the under side of the fleshy end, in little thin Bits, then take a Pint of Oysters and the Liquor of them, a little Mace, sweet Butter and Salt, put all these with the Bits of Mutton into a Pipkin till half be consumed, then Dish your Mutton and pour this Sauce over it, strew Salt about the Dish side and serve it in.

216. *To make a Steak-Pie.*

Cut a Neck of Mutton in Steaks, then season it with Pepper and Salt, lay your Paste into your Baking Pan, and lay Butter in the bottom, then lay in your Steaks, and a little large Mace, and cover it with Butter, so close it, and bake it; and against it is baked, have in readiness good store of boiled Parsley minced fine, and drained from the Water, some White Wine and some Vinegar, sweet Butter and Sugar, cut

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Put open your Pie, and put in this Sauce, and shake it well, and serve it to the Table; it is not so good cold as hot.

217. *To roast a Haunch or a shoulder of Venison, or a Chine of Mutton.*

Take either of these, and Lard it with Lard, and stick it thin with Rosemary, then roast it with a quick fire, but do not lay it too near; baste it with sweet butter: then take half a Pint of Claret wine, a little beaten Cinamon and Ginger, and as much Sugar as will sweeten it, five or six whole Cloves, a little grated Bread, and when it is boiled enough, put in a little sweet Butter, a little Vinegar, and a very little Salt, when your meat is roasted, serve it in with Sauce, and strew Salt about your Dish.

218. *To roast a Capon with Oysters and Chesnuts.*

Take some boiled Chesnuts, and take off their shells, and take as many parboil'd Oysters, then spit your Capon, and put these into the belly of it, with some sweet Butter, roast it and baste it with sweet Butter, save the Gravie, and some of the

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Chestnuts, and some of the Oysters, then add to them half a Pint of Claret Wine, and a piece of sweet Butter and a little Pepper, and a little Salt; stew these all together till the Capon be ready, then serve them in with it; Garnish your Dish as you please.

219. *To roast a Shoulder or Fillet of Veal with farcing Herbs.*

Wash your Meat and parboil it a little, then take Parsley, Winter-favory, and Thyme, of each a little minced small, put to them the yolks of three or four hard eggs minced, Nutmeg, Pepper and Currans and Salt, add also some Suet minced small; work all these with the yolk of a raw Egg, and stuff your Meat with it, but save some, and set it under the meat while it doth roast, when your meat is almost roasted enough, put to these in the Dish, a quarter of a pint of White Wine Vinegar, and some Sugar, when your meat is ready, serve it in with his Sauce, and strew on Salt.



220. *To make boiled Sallads.*

Boil some Carrots very tender, and scrape them to pieces like the Pulp of an Apple, season them with Cinamon and Ginger and Sugar, put in Currans, a little Vinegar, and a piece of sweet Butter, stew these in a Dish, and when they begin to dry put in more Butter and a little Salt, so serve them to the Table; thus you may do Lettuce, or Spinage or Beets.

221. *To boil a Shoulder of Veal.*

Take a Shoulder of Veal and half boil it in Water and Salt, then slice off the most part of it, and save the Gravie; then take that sliced meat, and put it in a Pot with some of the Broth that boiled it, a little grated Bread, Oyster Liquor, Vinegar, Bacon scalded and sliced thin, a Pound of Sausages out of their skins, and rolled in the yolks of Eggs, large Mace and Nutmeg, let these stew about one hour, then put in one Pint of Oysters, some sweet herbs, and a little Salt, stew them together, then take the bone of Veal and broil it and Dish it, then add to your Liquor a little Butter,

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and some minced Limon with the Rind, a Shelot or two sliced, and pour it over, then lay on it some fryed Oysters; Garnish your Dish with Barberries and sliced Limon, and serve it in.

222. *To boil a Neck of Mutton.*

Boil it in water and salt, then make sauce for it with Samphire and a little of the Broth, Verjuice, large Mace, Pepper and Onion, the yolks of hard Eggs minced, some sweet herbs and a little salt, let these boil together half an hour or more.

Then beat it up with Butter and Limon; then dish your Meat upon Sippets, and pour it on; garnish your Dish with the hard Whites of Eggs and Parsley minced together, with sliced Limon, so serve it; thus you may dress a Leg or a Breast of Mutton if you please.

223. *To stew a Loin of Mutton.*

Cut your Meat in Steaks, and put it into so much water as will cover it, when it is scummed, put to three or four Onions sliced, with some Turneps, whole Cloves, and sliced Ginger; when it is half stewed, put  
in

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Thin sliced Bacon and some sweet herbs minced small, some Vinegar and Salt; when it is ready, put in some Capers, then Dish your Meat upon Sippets and serve it in, and garnish your Dish with Barberries and Limon.

224. To boil a Haunch of Venison.

Boil it in water and salt, with some Coleflowers and some whole Spice; then take some of the Broth, a little Mace, and a Cows Udder boiled tender and sliced thin, a little Horse-radish root searced, and a few sweet herbs, boil all these together, and put in a little Salt; when your Venison is ready, Dish it, and lay your Cows Udder and the Coleflowers over it, then beat up your Sauce, and pour over it; then garnish your Dish with Limon and Parsley and Barberries, and so serve it; this Sauce is also good with a powdered Goose boiled, but first larded.

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225. *To make white Broth with Meat or without.*

Take a little Mutton Broth, and as much of Sack, and boil it with whole Spice, sweet herbs, Dates sliced, Currans and a little Salt, when it is enough, or very near, strain in some blanched Almonds, then thicken it with the Yolks of Eggs beaten, and sweeten it with Sugar, and so serve it in with thin slices of white Bread:

Garnish with stewed Prunes, and some plumped Raisins.

This may be served in also with any meat proper for to be served with White Broth.

226. *To make good stewed Broth.*

Take a hinder Leg of Beef and a pair of Marrow bones, boil them in a great Pot with Water and a little Salt, when it boiles, and is skimmed, put in some whole Spice, and some Raisins and Currans, then put in some Manchet sliced thin, and soaked in some of the Broth, when it is almost enough, put in some stewed Prunes, then Dish your Meät, and put into your Broth a little Saffron

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on or red Saunders, some White Wine and  
sugar, so pour it over your Meat, and serve  
it in; Garnish your Dish with Prunes, Rai-  
sins and fine Sugar.

*227. To stew Artichokes.*

Take the bottoms of Artichokes tender-  
ly boiled, and cut them in Quarters, stew  
them with White Wine, whole Spice and  
Marrow, with a little Salt:

When they are enough, put in Sack and  
Sugar, and green Plumbs preserved, so serve  
them; garnish the Dish with Preserves.

*228. To stew Pippins.*

Take a pound of Pippins, pare them and  
core them, and cut them in quarters.

Then take a pint of water and a pound of  
fine Sugar, and make a Syrup, and scum it,  
then put in your Pippins and boil them up  
quick, and put in a little Orange or Limon  
Pill very thin; when they are very clear, and  
their Syrup almost wasted, put in the juice  
of Orange and Limon, and some Butter;  
so serve them in upon Sippets, and strew fine  
Sugar about the Dish sides.

229. *To make a Sallad with fresh Salmon.*

Your Salmon being boiled and souced, mince some of it small with Apples and Onions, put thereto Oyl, Vinegar, and Pepper; so serve it to the Table: Garnish your Dish with Limon and Capers.

230. *To rost a Shoulder of Mutton with Oysters.*

Take a large Shoulder of Mutton, and take sweet herbs chopped small, and mixed with beaten Eggs and a little Salt, take some great Oysters, and being dried from their Liquor, dip them in these Eggs, and fry them a little, then stuff your meat well with them, then save some of them for sauce, and rost your Mutton, and baste it with Claret Wine, Butter and Salt, save the Gravie, and put it with the Oysters into a Dish to stew with some Anchovies, and Claret wine: when your meat is enough, rub the Dish with a Shelot, and lay your meat in it, and then put some Capers into your Sauce, and pour over it, so serve it in; Garnish your Dish with Olives, Capers, and Samphire.

231. To rost a Calves Head with  
Oysters.

Split your Calves Head as to boil, and let it lie in water a while, then wash it well, and cut out the Tongue, then boil your Head a little, also the Tongue and Brains, then mince the Brains and Tongue with a little Sage, Oysters and Marrow put amongst it when it is minced, three or four Eggs well beaten, Ginger, Pepper, Nutmeg, Grated Bread and Salt, and a little Sack, make it pretty thick, then take the Head and fill it with this, and bind it close, and spit it and rost it, and save the Gravie which comes from it in a Dish, baste it well with Butter, put to this Gravie some Oysters, and some sweet Herbs minced fine, a little white Wine, and a sliced Nutmeg; when the Head is rosted, set the Dish of Sauce upon hot Coals with some Butter and a little Salt, and the Juice of an Orange, beat it up thick and Dish your Head, and serve it in with this Sauce; garnish your Dish with stewed Oysters and Barberries.

232. *Sauce for Woodcocks Snites.*

When you spit your Fowl, put in an Onion in the Belly, when it is roasted, take the Gravie of it, and some Claret Wine, and an Anchove with a little Pepper and Salt, so serve them.

233. *To make Sauce for Partridges.*

Take grated Bread, Water and Salt, and a whole Onion boiled together, when it is well boiled, take out the Onion, and put in minced Limon, and a piece of Butter, and serve them in with it.

234. *To roast Larks with Bacon.*

When your Larks are Pull'd and drawn, wash them and spit them with a thin slice of Bacon and a Sage Leaf between the Legs of every one, make your Sauce with the Juice of Oranges and a little Claret Wine, and some Butter, warm them together, and serve them up with it.



235. *To make Sauce for Quails.*

Take some Vine Leaves dried before the fire in a dish and mince them, then put some Claret Wine and a little Pepper and Salt to, and a piece of Butter, and serve them with

This Sauce is also for roasted Pigeons.

236. *To roast a whole Pig without the Skin, with a Pudding in his Belly.*

Make ready the Pig for the Spit, then spit it and lay it down to the fire, and when you can take off the Skin, take it from the fire and flay it, then put such a Pudding as you love into the Belly of it, then sew it up, and stiek it with Thyme and Limon Pill, and lay it down again, and roast it and bast it with Butter, and set a Dish under it to catch the Gravie, into which put a little Sliced Nutmeg, and a little Vinegar, and a little Limon and some Butter; heat them together: when your Pig is enough, bread it, but first froth it up with Butter and a little Salt, then serve it in with this Sauce to the Table with the Head on.

237. *To fry Artichokes.*

Take the bottoms of Artichokes tenderly boiled, and dip them in beaten Eggs and a little Salt, and fry them with a little Mace shred among the Eggs; then take Verjuice, Butter and Sugar, and the Juice of an Orange, Dish your Artichokes, and lay on Marrow fried in Eggs to keep it whole, then lay your Sauce, or rather pour it on, and serve them in.

238. *To make Toasts of Veal.*

Take a roasted Kidney of Veal, cold and minced small, put to it grated bread, Nutmeg, Currans, Sugar and Salt, with some Almonds blanched and beaten with Rose-water, mingle all these together with beaten Eggs and a little Cream, then cut thin slices of white Bread, and lay this Compound between two of them, and so fry them, and strew Sugar on them, and serve them in.

239. *To make good Pancakes.*

Take twenty Eggs with half the whites, and beat them well and mix them with fine powder and beaten Spice, a little Salt, Sack, Ale, and a little Yeste, do not make your batter too thin, then beat it well, and let it stand a little while to rise, then fry them with sweet Lard or with Butter, and serve them in with the Juice of Orange and Sugar.

240. *To fry Veal.*

Cut part of a Leg of Veal into thin slices, and hack them with the back of a Knife, then season them with beaten Spice and Salt, and lard them well with Hogs Lard, then chop some sweet herbs, and beat some Eggs and mix together and dip them therein, and fry them in Butter, then stew them with a little White Wine and some Anchovies a little while, then put in some Butter, and shake them well, and serve them in with sliced Lemon over them.

241. *To make good Paste.*

Take to a peck of fine flower three pound of butter, and three Eggs, and a little cold Cream, and work it well together, but do not break your Butter too small, and it will be very fine Crust, either to bake meat in, or fruit, or what else you please.

It is a very fine Dumplin, if you make it into good big Rolls, and boil them and butter them, or roul some of it out thin, and put a great Apple therein, and boil and butter them, with Rosewater, Butter and Sugar.

242. *To make good Paste to raise.*

Take to a Peck of Flower two pounds of Butter and a little tryed Suet, let them boil with a little Water or Milk, then put two Eggs into your Flower, and mix them well together, then make a hole in the middle of your Flower, and put in the top of your boiling Liquor, and so much of the rest as will make it into a stiff Paste, then lay it into a warm Cloth to rise.

243. *Paste for cold Baked meats.*

Take to every Peck of Flower one pound  
of Butter or a little more, with hot Liquor  
the other, and put a little dissolved Isin-  
gals in it, because such things require  
strength; you may not forget Salt in all  
your Pastes, and work these Pastes made  
with hot Liquor much more than the other.

244. *To make a Veal Pie in Summer.*

Take thin slices of a Fillet of Veal, then  
having your Pie ready and Butter in it, lay  
in your Veal seasoned with a little Nutmeg  
and Salt, so cover it with Butter, and close it  
and bake it, then against it be drawn, scald  
some Goosberries or Grapes in Sugar and  
water as to preserve, and when you open  
your Pie, put in pieces of Marrow boiled in  
white Wine with a little blade of Mace:

Then put these Grapes or Goosberries  
over all, or else some hard Lettuce or Spi-  
nage boiled and buttered.

245. *To make a Pie of Shrimps, or of Prawns.*

Pick them clean from their Shells, and have in readines your Pie with Butter in the bottom, then lay in your Fish with some large Mace and Nutmeg, and then Butter again, and so bake it:

Then cut it up and put in some White Wine and an Anchovy or two, and some Butter, and so serve them in hot; thus you may do with Lobsters or Crabs, or with Crasfish.

246. *To make a Pie of Larks, or of Sparrows.*

Pluck your Birds and draw them, then fill the Bellies of them with this mixture following, grated bread, sweet herbs minced small, Beef Suet or Marrow minced, Almonds blanched and beaten with Rose-water, a little Cream, beaten Spice, and a little Salt, some Eggs and some Currans, mix these together, and do as I have said, then have your Pie ready raised or laid in your baking-pan, put in Butter, and then fill it with Birds.

Then

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Then put in Nutmeg, Pepper and Salt, and  
in the yolks of hard Eggs, and some  
of herbs minced, then lay in pieces of  
Crown, and cover it with Butter, and so  
bake it and bake it; then cut it open and  
pour in the Juice of an Orange and some  
Water, and serve it.

### 247. To make a Lettuce Pie

Take your Cabbage Lettuce and cut them  
in halves, wash them and boil them in wa-  
ter and Salt very green, then drain them  
from the water, so having your Pie in reaf-  
ers, put in Butter; then put in your boi-  
led Lettuce, with some Marrow, Raisins of  
Sun stoned, Dates stoned and sliced thin,  
with some large Mace, and Nutmeg sliced,  
then put in more Butter, close it and bake  
it; then cut it open, and put in Verjuice,  
Butter and Sugar, and so serve it.

### To stew a Neck of Mutton.

Put your Neck of Mutton cut in Steaks  
into so much Wine and Water as will co-  
ver it, with some whole Spice, let it stew  
till it be enough, then put in two Anchovies,  
and a handful of Capers, with a piece of  
sweet

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sweet Butter shake it very well, and serve upon Sippets.

248. *To make a Pie of a roasted Kidney of Veal.*

Mince the Kidney with the Fat, and put to it some sweet herbs minced very small, a quarter of a pound of Dates stoned, and sliced thin and minced, season it with beaten Spice, Sugar and Salt, put in half a pound of Currans, and some grated bread, mingle all these together very well with Verjuice and Eggs, and make them into Balls, so put some Butter into your Pie, and then these Balls, then more Butter, so close it and bake it;

Then cut it open, and put in Verjuice, Butter and Sugar made green with the Juice of some Spinage; add to it the yolks of Eggs.

249. *To make a Potato Pie.*

Having your Pie ready, lay in Butter, and then your Potatoes boiled very tender, then some whole Spice and Marrow, Dates and the yolks of hard Eggs, blanched Almonds



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ds, and Pistacho Nuts, the Candied  
of Citron, Orange and Limon, put in  
e Butter close it and bake it, then cut it  
a, and put in Wine, Sugar, the yolks  
Eggs and Butter.

**250. To make a Pig Pie.**

Spit a whole Pig and rost it till it will  
7, then take it off the Spit, and take off  
Skin, and lard it with Hogs Lard, sea-  
it with Pepper, Salt, Nutmeg and Sage,  
n lay it into your Pie upon some Butter,  
en lay on some large Mace, and some  
ore Butter, and close it and bake it: It is  
her good hot or cold.

**251. To make a Carp Pie.**

Take a large Carp and scale him, gut  
and wash him clean, and dry him well,  
then lay Butter into your Pie, and fill your  
Carps belly with this Pudding; grated  
bread, sweet herbs, and a little Bacon min-  
ced small, the yolks of hard Eggs and an  
Anchovie minced, also a little Marrow,  
Nutmeg, and then put in a little Salt, but  
very little, and make some of this up in  
Balls, then Lard the Carp, sew up his  
O Belly

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Belly, and lay him into your Pie, then lay in the Balls of Pudding, with some Oysters, Shrimps and Capers, and the yolks of hard Eggs and little Slices of Bacon, then put in large Mace and Butter, so close it and bake it, then cut off the Lid, and stick it full of pretty Conceits made in Paste, and serve it in hot.

252. *To make an Almond Tart.*

Take a Quart of Cream, and when it boils, put in half a pound of sweet Almonds blanched and beaten with Rosewater, boil them together till it be thick, always stirring it for fear it burn, then when it is cold, put in a little raw Cream, the yolks of twelve Eggs, and some beaten Spice, some Canded Citron Pill and Eringo Roots sliced, with as much fine Sugar as will sweeten it, then fill your Tart and bake it, and stick it with Almonds blanched, and some Citron Pill, and strew on some small French Comfits of several colours, and garnish your Dish with Almonds blanched, and preserved Barberies.

253. *To make a dainty White-Pot.*

Take a Manchet cut like Lozenges, and  
ald it in some Cream, then put to it beaten  
oice, Eggs, Sugar and a little Salt, then  
at in Raisins, and Dates stoned, and some  
arrow; do not bake it too much for fear  
Whey, then strew on some fine Sugar and  
erve it in.

254. *To make a Red Deer Pie.*

Bone your Venison, and if it be a Side,  
then skin it, and beat it with an Iron Pestle  
ut not too small, then lay it in Claret Wine,  
nd Vinegar, in some close things two days  
nd nights if it be Winter, else half so long,  
then drain it and dry it very well, and if  
ean, lard it with fat Bacon as big as your  
inger, season it very high with all manner  
of Spices and Salt, make your Pie with  
Rye Flower, round and very high, then  
lay store of Butter in the bottom and Bay-  
Leaves, then lay in your Venison with more  
Bay leaves and Butter, so close it, and  
make a Tunnel in the middle, and bake it as  
long as you do great Loaves, when it is  
baked, fill it up with melted Butter, and

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so keep it two or three months, serve it in with the Lid off, and Bay Leaves about the Dish; eat it with Mustard and Sugar.

255. *To make a Pie of a Leg of Pork.*

Take a Leg of Pork well powdred and stuffed with all manner of good Herbs, and Pepper, and boil it very tender, then take off the Skin, and stick it with Cloves and Sage Leaves, then put it into your Pie with Butter top and bottom, close it and bake it, and eat it cold with Mustard and Sugar.

256. *To make a Lamprey Pie.*

Take your Lamprey and gut him, and take away the Black string in the back, wash him very well, and dry him and season him with Nutmeg, Pepper and Salt, then lay him into your Pie in pieces with Butter in the bottom, and some Shelots and Bay Leaves and more Butter, so close it and bake it, and fill it up with melted Butter, and keep it cold, and serve it in with some Mustard and Sugar.

257. *To*

257. *To make a Salmon Pie.*

Take a Joll of Salmon raw, and scale it, and lay it into your Pie upon Butter and Bay leaves, then season it with whole spice and a little Salt, then lay on some Shrimps and Oysters with some Anchovies, then more Spice and Butter, so close the Lid and bake it, but first put in some White Wine, serve it hot, then if it wants, put in more Wine and Butter.

258. *To make a Pudding of French Barley.*

Take French Barley tenderly boiled, then take to one Pint of Barley half a Manchet grated, and four Ounces of sweet Almonds blanched and beaten with Rosewater, half a Pint of Cream, and eight Eggs with half the Whites, season it with Nutmeg, Mace, Sugar and Salt, then put in some Fruit, both Raisins and Currans, and some Marrow, mingle these well together, and fill Hogs Guts with it.

259. *To make a Hasty pudding in a Bag or Cloth.*

Boil a Quart of thick Cream with six spoonfuls of fine Flower, then season it with Nutmeg and Salt, then wet a Cloth, and flower it and butter it, then boil it, and butter it, and serve it in.

260. *To make a shaking Pudding.*

Take a Quart of Cream and boil it, then put in some Almonds blanch'd and beaten, when it is boiled and almost cold, put in eight Eggs, and half the Whites, with a little grated Bread, Spice and Sugar, and a very little Salt;

Then wet Flower and Butter, and put it in a Cloth and boil it, but not too much, serve it in with Rosewater, Butter and Sugar, and strew it with small French Comfits.

261. *To make a Haggus pudding.*

Take a Calves Chaldron well scowred, boiled, and the Kernels taken out, mince it small, then take four or five Eggs, and half the Whites, some thick Cream, grated bread,

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read, Rosewater and Sugar, and a little  
salt, Currans and Spice, and some sweet  
herbs chopped small, then put in some Mar-  
row or Suet finely shred, so fill the Guts,  
and boil them.

**262. To make an Oatmeal pudding.**

Take the biggest Oatmeal and steep it in  
warm Cream one night, then put in some  
sweet herbs minced small, the yolks of Eggs,  
Sugar, Spice, Rosewater and a little Salt,  
with some Marrow, then Butter a Cloth,  
and boil it well, and serve it in with Rosewa-  
ter, Butter and Sugar.

**263. To make puddings of wine.**

Slice two Manchets into a Pint of White  
Wine, and let your Wine be first mulled  
with Spice, and with Limon Pill, then put  
to it ten Eggs well beaten with Rosewater,  
some Sugar and a little Salt, with some  
Marrow and Dates, so bake it a very little,  
strew Sugar on it, and serve it; instead of  
Manchet you may use Naples Bisket, which  
is better.

264. *To make Puddings with Hogs Lights.*

Parboil them very well, and mince them small with Suet of a Hog, then mix it with bread grated, and some Cream and Eggs, Nutmeg, Rosewater, Sugar and a little Salt, with some Currans, mingle them well together, and fill the Guts and boil them.

265. *To make Stone Cream.*

Boil a quart of Cream with whole Spice, then pour it out into a Dish, but let it be one quarter consumed in the boiling, then stir it till it be almost cold, then put some Runnet into it as for a Cheese, and stir it well together, and colour it with a little Saffron, serve it in with Sack and Sugar.

266. *To make a Posset Pie with Apples.*

Take the Pulp of roasted Apples and beat it well with Sugar and Rosewater to make it very sweet, then mix it with sweet Cream, and the yolks of raw Eggs, some Spice and Sack, then having your Paste ready in your Bake-pan, put in this stuff and bake it a little, then stick it with Candied Pills, and so serve it in cold.



67. *To dry Pippins about Christmas  
or before.*

When your Household Bread is drawn ;  
then set in a Dish full of Pippins, and about  
six hours after take them out and lay them  
in several Dishes one by one, and flat them  
with your hands a little, so do twice a day,  
and still set them into a warm Oven every  
time till they are dry enough ; then lay  
them into Boxes with Papers between every  
Lay.

268. *To make Snow Cream.*

Take a Quart of Cream, and 4 Ounces  
of blanched Almonds, beaten and strained,  
with half a Pint of White Wine, a piece of  
Orange Pill and a Nutmeg sliced, and three  
Sprigs of Rosemary, mix these things toge-  
ther, and let them stand three hours, then  
strain it, and put the thick part into a deep  
Dish, and sweeten it with Sugar, then beat  
some Cream with the Whites of Eggs till  
it be a thick Froth, and cast the Froth over  
it to a good thickness.

269. *To boil Whitings or Flounders.*

Boil some White Wine, Water, and Salt, with some sweet Herbs and whole Spice; when it boils put in a little Vinegar, for that will make Fish crisp, then let it boil apace and put in your Fish, and boil them till they swim, then take them out and drain them, and make Sauce for them with some of the Liquor and an Anchovie or two, some Butter and some Capers, heat them over the Fire, and beat it up thick and pour it over them; garnish your Dish with Capers and Parsley, Oranges and Limons and let it be very hot when you serve it in.

270. *To make a Pie of a Gammon of Bacon.*

Take a *Westphalia* Gammon, and boil it tender with hay in the Kettle, then take off the Skin and stick it with Cloves and strew it with Pepper; then make your Pie ready, and put it therein with Butter at the bottom, then cover your Bacon with Oysters, par-boiled in Wine and their own Liquor, and put

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put in Balls made of Sausage meat, then put  
in the Liquor of the parboiled Oysters, some  
whole Spice and Bay Leaves, with some  
Butter, so close it, and bake it and eat it  
cold, you may put into it the yolks of hard  
Eggs if you please; serve it with Mustard,  
Sugar and Bay Leaves.

271. *To bake a Bullocks Cheek to be  
eaten hot.*

Take your Cheek and stuff it very well  
with Parsley and sweet herbs chopped, then  
put it into a Pot with some Claret wine and  
a little strong Beer, and some whole Spice,  
and so season it well with Salt to your taste,  
and cover your Pot and bake it, then take it  
out, and pull out the Bones, and serve it  
upon toasted bread with some of the Li-  
quor.

272. *To bake a Bullocks Cheek to eat  
cold, as Venison.*

Take a Bullocks Cheek, or rather two  
fair Fat Cheeks, and lay them in water one  
night, then take out every bone, and stuff  
it very well with all manner of Spice and  
Salt, then put it into a Pot, one Cheek  
clapped

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clapped close together upon the other, then lay it over with Bay Leaves, and put in a Quart of Claret Wine, so cover the Pot and bake it with Household Bread, when you draw it, pour all the Liquor out, and take only the fat of it and some melted Butter, and pour in again, serve it cold with Mustard and Sugar, and dress it with Bay Leaves, it will eat like Venison.

273. *To make a Bacon Froize.*

Take eight Eggs well beaten, and a little Cream, and a little Flower, and beat them well together to be like other Batter, then fry very thin slices of Bacon, and pour some of this over, then fry it, and turn the other side, and pour more upon that, so fry it and serve it to the Table.

274. *To make fried Nuts.*

Take Eggs, Flower, Spice and Cream, and make it into a Paste, then make it into round Balls and fry them, they must be as big as Walnuts, be sure to shake them well in the Pan and fry them brown, then roul some out thin, and cut them into several shapes, and fry them, so mix them together,

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her, and serve them in with Spice beaten  
and Sugar.

275. *To make a Suffex Pancake.*

Take only some very good Pie Paste made  
with hot Liquor, and roul it thin, and fry  
it with Butter, and serve it in with beaten  
spice and sugar as hot as you can.

276. *To make a Venison Pasty.*

Take a Peck of fine Flower, and three  
Pounds of fresh Butter, break your Butter  
into your Flower, and put in one Egg, and  
make it into a Past with so much cold cream  
as you think fit but do not mould it too  
much, then roul it pretty thin and broad,  
almost square, then lay some Butter on the  
bottom, then season your Venison on the  
fleshy side with Pepper grossly beaten, and  
Salt mixed, then lay your Venison upon  
your Butter, with the seasoned side down-  
ward, and then cut the Venison over with  
your Knife quite cross the Pasty to let the  
Gravie come out the better in baking, then  
rub some seasoning in those Cuts, and do  
not lay any else, because it will make it look  
ill-favoured and black, then put some paste  
rouled

rouled thin about the Meat to keep it in compass, and lay Butter on the top, then close it up and bake it very well, but you must trim it up with several Fancies made in the same Paste, and make also a Tunnel or Vent, and just when you are going to set it into the Oven, put in half a Pint of Claret Wine, that will season your Venison finely, and make it shall not look or taste greasie; thus you may bake Mutton if you please.

*277. To make a brave Tart of several Sweet Meats.*

Take some Puff-paste, and roule it very thin, and lay it in the bottom of your baking-pan, then lay in a Lay of preserved Rasberries, then some more Paste very thin to cover them, then some Currans preserved, and then a Sheet of Paste to cover them, then Cherries, and another Sheet to cover them, then any white Sweet-Meat, as Pippins, white Plumbs or Grapes, so lid it with Puff-paste, cut in some pretty Fancy to shew the Fruit, then bake it, and stick it full of Candied Pills, and serve it in cold.

278. *To make Ice and Snow.*

Take new Milk and some Cream and mix together, and put it into a Dish, and set it together with Runnet as for a Cheese, and stir it together, when it is come, pour over it some Sack and Sugar, then take a Pint of Cream and a little Rosewater, and the Whites of three Eggs, and whip it to a Froth with a Birchen Rod, then as the Froth arises, cast it upon your Cream which hath the Runnet in it, till it lies deep, then lay on Bunches of preserved Barberries here and there carelessly, and cast more Snow upon them, which will look exceeding well; then garnish your Dish being broad brim'd with all kind of Jellies in pretty fancies, and several Colours.

279. *To make a Mutton Pie.*

Cut a Loin or Neck of Mutton in steaks; and season it with Pepper and Salt, and Nutmeg, then lay it into your Pie upon Butter; then fill up your Pie with Apples sliced thin, and a few great Onions sliced thin, then put in more Butter, and close it and bake it, and serve it in hot.

280. *To poach Eggs the best way.*

Boil Vinegar and Water together with a few Cloves and Mace, when it boils break in your Eggs, and turn them about gently with a Tin slice till the White be hard, then take them up, and pare away what is not handfom, and lay them on Sippets, and strew them over with plumped Currans, then take Verjuice, Butter and Sugar heat together, and pour over, and serve them in hot.

281. *A good Sallad in Winter.*

Take a good hard Cabbage, and with a sharp Knife shave it so thin as you may not discern what it is, then serve it with Oyl and Vinegar.

282. *Another Sallad in Winter.*

Take Corn Sallad clean picked and also well washed, and clear from the water, put it into a Dish in some handfom form with some Horse Radish scraped, and some Oyl and Vinegar,



33. *To make Sorrel Sops for Green Geese or Chickens, or for a Sick Body to eat alone.*

Take a good quantity of French Sorrel clean picked, and stamp it in a Mortar, then strain it into a Dish, and set it over a Chafin dish of Coals, and put a little Vinegar to it, then when it is thick by wasting, wring out the Juice of a Limon and sweeten it with Sugar, and put in a little grated bread and Nutmeg, then warm another Dish with thin Slices of white bread, and put some Butter to your Sorrel Liquor, and pour over them, serve them in with Slices of Limon and fine Sugar.

283. *To make Green Sauce for a powdered Leg of Pork, or for a Spring.*

Take a great quantity of French Sorrel, and pick out the Strings and wash it well, and drain it clean from the water, then stamp it in a Mortar till it be extream fine, then put in grated bread and beat it again, then a few Currans and the yolks of hard Eggs, and when it is beaten to a kind of Pap, put in a little Vinegar and Sugar into it; so serve it in upon a Plate with your Meat. 285.

285. To make Vin de Molosso, or  
Treacle Wine.

Take fair Water and make it so strong with Molossoes, otherwise called Treacle, as that it will bear an Egg, then boil it with a Bag of all kinds of Spices, and a Branch or two of Rosemary, boil it and scum it, and put in some sweet herbs or flowers, according to the time of the Year, boil it till a good part be consumed, and that it be very clear, then set it to cool in several things, and when it is almost cold, work it with yest, as you do Beer, the next day put it into the Vessel, and so soon as it hath done working stop it up close, and when it hath stood a fortnight, bottle it; this is a very wholesom Drink against any Infection, or for any that are troubled with the Pilsick.

286. For a Consumption an excellent  
Medicine.

Take shell Snails, and cast Salt upon them, and when you think they are cleansed well from their slime, wash them, and crack their Shells and take them off, then wash them in the distilled Water of Hyssop, then

**The Queen-like Closet.** 307

Put them into a Bag made of Canvas, with  
the White Sugar Candy beaten, and hang  
the Bag, and let it drop as long as it will,  
which if you bruise the Snails before you  
hang them up, it is the better; this Liquor  
in morning and evening a Spoonful at a  
time is very rare.

**287. A suitable Dish for Lent.**

Take a large Dish with broad brims, and  
in the middle put in blanched Almonds round  
about them, Raisins of the Sun, and round  
them Figs, and beyond them all coloured  
Mellies, and on the Brims Fig-Cheese.

**288. To make a Rock in Sweat-Meats.**

First take a flat broad voiding Basket;  
then have in readiness a good thick Plum  
Cake, then cut your Cake fit to the bottom  
of the Basket, and cut a hole in the middle  
of it, that the Foot of your Glass may go  
in, which must be a Fountain-Glass, let it  
be as high a one as you can get; put the foot  
of it in the hole of the Cake edgling that  
it may stand the faster, then tie the Cake  
fast with a Tape to the Basket, first cross  
one way and then another, then tie the foot  
of

308 **The Queen-like Closet.**

of the Glass in that manner too, that it may stand steady, then cut some odd holes in your Cake carelessly, then take some Gum Dragon steeped in Rosewater, and mix it with some fine Sugar, not too thick, and with that you must fasten all your Rock together, in these holes which you cut in your Cake you must fasten some sort of Biskets, as Naple Biskets, and other common Bisket made long, and some ragged, and some coloured, that they may look like great ill-favoured Stones, and some handsome, some long, some short, some bigger, and some lesser, as you know Nature doth afford, and some of one colour and some of another, let some stand upright and some assaunt, and some quite along, and fasten them all with your Gum, then put in some better Sweet-meats, as Mackerons and Marchpanes, carelessly made as to the shape, and not put on the Rock in a set form, also some rough Almond Cakes made with the long slices of Almonds (as I have directed before;) so build it up in this manner, and fasten it with the Gum and Sugar, till it be very high, then in some places you must put whole Quinces Candied, both red and white, whole Orange Pills and Limon Pills Candied; dried Apricocks, Pears and Pip-pins

## The Queen-like Closet. 309

Candied, whole Peaches Candied, set up here and there great lumps of brown and white Sugar-candy upon the top, which much resembles some clusters of fine Stones growing on a Rock; for which which lies sometimes among the little ones, strew some brown Sugar; for the shells, take herbs of a Rock Candy; then you must make the likeness of Snakes and Scorpions and Worms, and of any venomous creature you can think of; make them in a Sugar Plate and colour them to their likenesses, and put them in the holes that they may seem to lurk, and some Snails creeping one way and some another; then take all manner of Comfits, both rough and smooth, both great and small, and colour many of them, some of one colour and some of another; let some be white and some speckled, then when you have coloured them, and that they are dry, mix them together, and throw them into the Clefts, but not too many in one place, for that will hide the shape of your work, then throw in some Chips of all sorts of Fruit Candied, as Orange, Limon, Citron, Quince, Pear, and Apples, for of all these you may make Chips; then all manner of dried Plumbs, and Cherries, Cornelions dried, Rasps and Currans,

## 310 The Queen-like Closet.

Curran; and in some places throw a few Prunelles, Pistacho Nuts, blanched Almonds, Pine Kernels, or any such like, and a pound of the great round perfumed Comfits; then take the lid off the top of the Glass and fill it with preserved Grapes, and fill another with some Harts-horn Jelly, place these two far from one another, and if you set some kind of Fowl, made in Marchpanes, as a Peacock, or such like, and some right Feathers gummed on with Gum-Arabick, let this Fowl stand as though it did go to drink at the Glass of Harts-horn Jelly, and then they will know who see it, that those two liquid Glasses serve for resemblance of several Waters in the Rock.

Then make good store of Oyster shells and Cockle shells of Sugar Plate, let some be pure white as though the Sea-water had washed them, some brown on the out side, and some green, some as it were dirty, and others worn away in some Places, some of them broke, and some whole, so set them here and there about the Rock, some edgling, and some flat, some the hollow side upward, and some the other, then stick the Moss, some upon the shells, and some upon the stones, and also little branches of Candied Fruit, as Barberries, Plumbs, and the like

**The Queen-like Closet. 311**

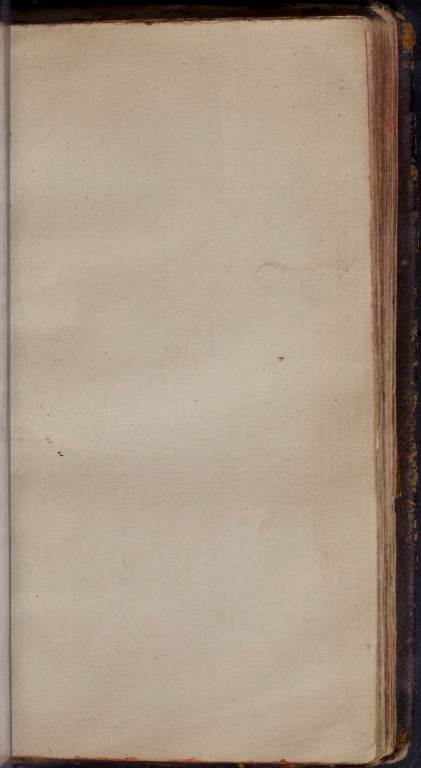
then when all is done, sprinkle it over  
Rosewater, with a Grain or two of  
Saffron or Ambergreece in it; your Glass  
must be made with a reasonable proportion  
of Saffron to hold the Wine, and from that,  
in the middle of it, there must be a convey-  
ance to fall into a Glass below it, which  
must have Spouts for the Wine to play up-  
ward or downward, then from thence in a  
second Glass below, with Spouts also, and  
from thence it hath a Conveyance into a  
third Glass below that, somewhat in form like a  
Cibub Pot, where the Wine may be drunk  
at the Spout; you may put some Eringo  
Spouts, and being coloured they will shew  
very well among the other Sweet-Meats, tie  
your Basket about with several sorts of small  
Ribbons: Do not take this for a simple  
trick, for I assure you, it is the very same  
that I taught to a young Gentlewoman to  
use for a Present to a Person of Quality.

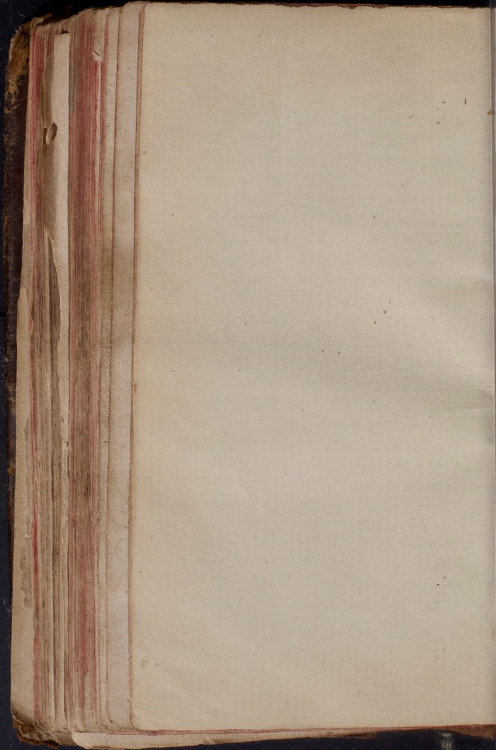
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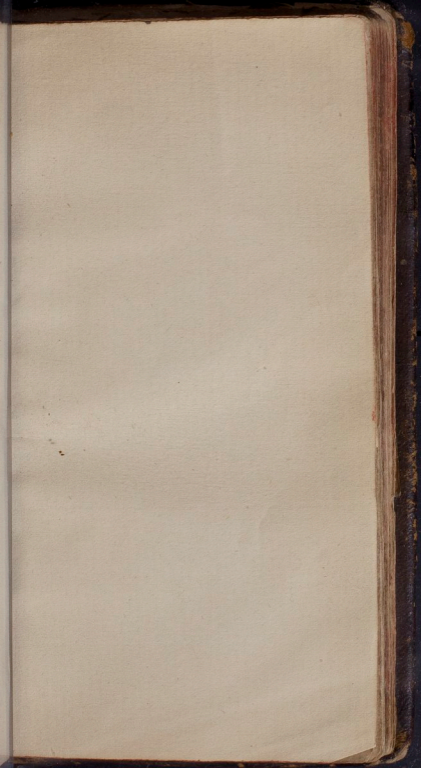
...the whole is done; ...  
...with a ...  
...in it, ...  
...be made with a ...  
...to hold the Wine, and ...  
...the middle of it, ...  
...to fill into a Glass below it, which  
...have points for the Wine to play up-  
...or downward, then from thence in a  
...Glass below, with points also, and  
...thence it hath a Conveyance into a  
...below that, ...  
...the Wine and ...  
...the ...  
...and being coloured they will flow  
...well among the other Sweet Meats, as  
...the ...  
...Do not take this for a simple  
...it is the very same  
...to a young ...  
...to a Person of Quality.

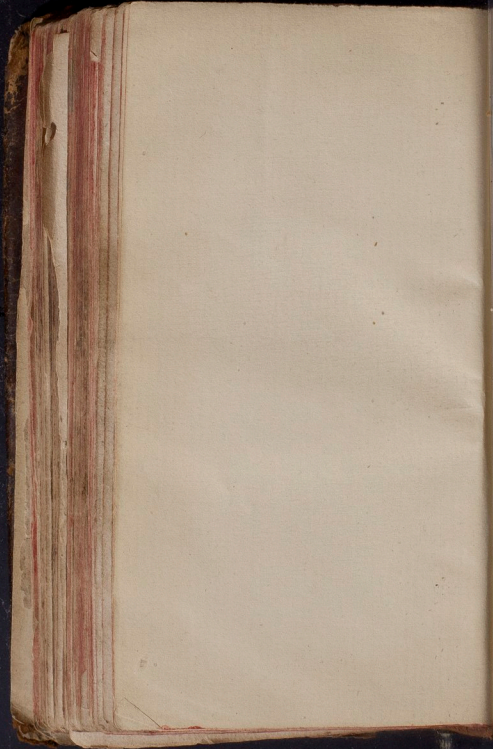
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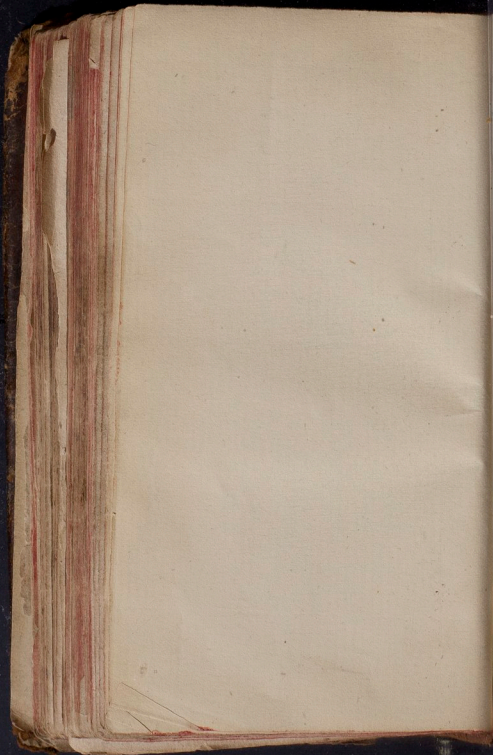


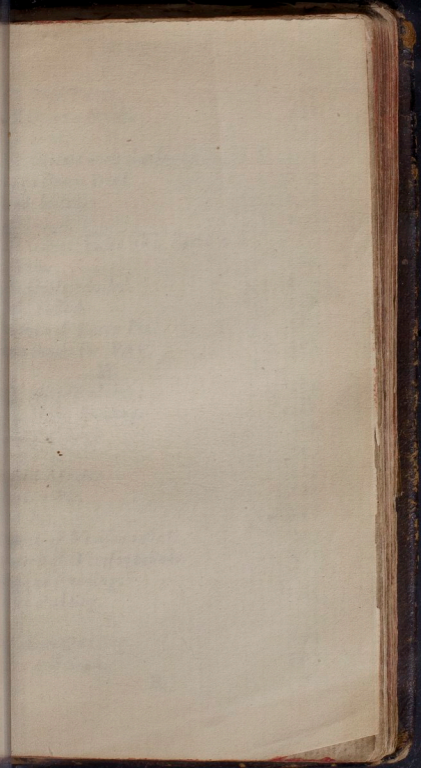


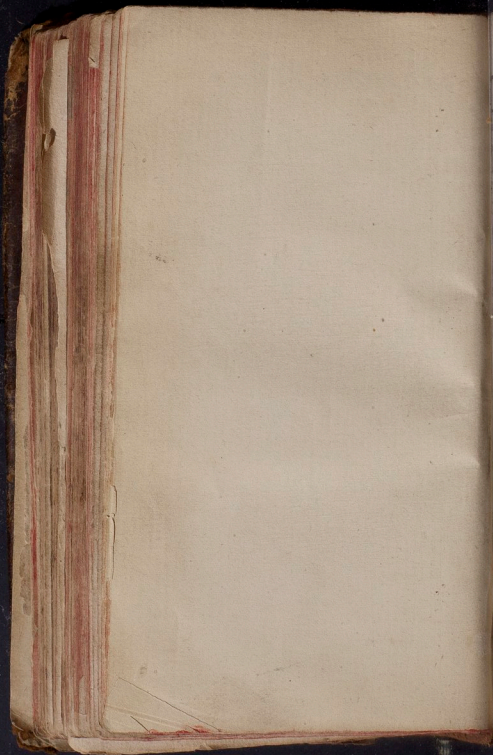














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Postscript.

**N**OW good Readers,  
here are three hun-  
dred and ten choice Re-  
ceipts added for a Second  
Part of the *Queen-like*  
*Closet*, and you may, I am  
sure, make many more of  
them if you observe how  
many I have taught in  
one; if I had not taken  
that course, only for bre-  
vity sake, & that it might  
not

not be tedious and imper-  
tinent to you, I might  
have enlarged this Vo-  
lume very much.

---

*FINIS.*

---



These things following are sold by  
*Richard Lowndes* Book-seller, at  
the *White-Lion* in *Duck-Lane* near  
*West-Smithfield*.

**A** Cordial Powder, which doth infalli-  
bly Cure the *Rickets* in Children, and  
enseth an easie production of Teeth.

*Dr. Lionel Lockyer's* Universal Pill, cu-  
ring any Disease curable by Physick; it  
operates gently and safely, it being very  
amicable to Nature in purifying the whole  
body throughout, and then subduing all  
diseases, whether internal or external, as  
hath been experimented by persons of all  
Ages and sexes, both young and old, with  
amirable success.

*Mr. Matthew* his Diaphoretick and Diu-  
rictick Pill, purging by Sweet and Urine:  
this Pill being composed of Simples of a  
very powerful operation, purged from their  
murlish and malignant quality by an excel-  
lent Balsam of long preparation, is by it  
made so amicable to Nature, that it hath  
upon ample experience been found effectuat  
for curing all common Diseases.

Mr.

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The famous Spirit of Salt of the World, well known for a soveraign Remedy against most Diseases. Truly and only prepared by *Constantine Rhodocanaces*, Grecian, one of His Majesties Chymists.

A  
SUPPLEMENT  
TO THE  
QUEEN-LIKE  
CLOSET;  
OR  
A LITTLE  
OF  
EVERY THING.

PRESENTED  
To all Ingenious Ladies,  
and Gentlewomen.

---

By *HANNA WOOLLEY.*

---

L O N D O N,

Printed by T.R. for *Richard Lownds,*  
and are to be Sold at the Sign of the  
*White Lion* in *Duck-Lane,* 1674.

SUPPLEMENT  
TO THE  
QUEEN-LIKE  
GLOSET;  
OR  
A LITTLE  
OF  
EVERY THING

PRESENTED  
To all Ingenious Ladies  
and Gentlemen.

By HANNA WOOLLE.

LONDON.

Printed by T. R. for Richard Lowndes  
and are to be sold at the Sign of the  
White Lion in Dr. King's Church-yard.

To all Ingenious

Ladies and Gentlemen,

**A**DIES, The last I sent unto your view,  
The Queen-like Closet I presented you:  
And in it such rare Secrets, I may say,  
As no Book you will find (though read you may)  
Tis twelve years past since first in print I came  
More for my Countries good, than to get fame.  
My Study was to impart to others free,  
What God and Nature hath informed me.  
I must not hide that Talent God me gave,  
Content I am others a share should have  
To practice what I teach; if pains they'l take,  
Amends for all my Care they will me make.  
Servant to Ingenuity I'll be,  
Such Ladies shall command all Arts from me.  
Nothing from them I'll hide, that's in my heart,  
To wait on them I think it is my part.

And to confirm to them what I have writ,  
Fearing no Censures, 'mongst them that have Wit,  
If any one that Honour will me give,  
To see me in the place where I do live,  
I will them satisfie in every thing  
That they desire, and vindication bring  
Unto my self, who have been much abus'd  
By a late printed Book, my Name there us'd:  
I was far distant when they printed it,  
Therefore that Book to own I think not fit.  
To boast, to brag, tell stories in my praise,  
That's not the way (I know) my Fame to raise;  
Nor shall I borrow any Pen or Wit  
(Innocence will shew what faults I do commit.)  
My true intention is far to serve you all, as I can best,  
To Work, to Write, to Coyn, when you do best  
Nor would I seem as dead while I do live,  
No commendation to me would that give;  
Nor like the idle Drone in time to pass,  
But as the Bee, suck Hony from Flower and Grass.  
The Quintessence of what I have I send;  
Accept it really, as I intend,  
For to accomplish those who want the skill,  
Their Tables to adorn and Closets fill.  
To those of riper Judgment I submit,  
To commend, or to censure what I've writ.  
Thus Ladies, I take leave, desiring still,  
Your pleasures and your fancies to fulfil.

H. W.





T O T H E  
R E A D E R.

**Y**OU find in my former Books Instructions, for *Cookery*, *Preserving*, *Rare Waters*, both Cordial and pleasant; *Cakes*, *Jellies*; several excellent Remedies for those in *Consumptions*, and for the *Stone*.

I shall now give you some Directions for washing *Black*, and *White Sarsnets*, or *Coloured Silks*; washing of *Points*, *Laces*, or the like; starching of *Tiffanies*, making clean *Plate*, cleaning of *Gold*  
and

To the Reader.

and *Silver Lace*, washing *Silk Stockings*, adorning of *Closets* with several pretty *Fancies*; things excellent to keep the *Hands* white, and *Face* and *Eyes* clear; how to make *Transparent Work*, and the *Colours* thereto belonging; also *Puff Work*: Some more *Receipts* for *Preserving* and *Cookery*: Some *Remedies* for such *Ailments* as are incident to all *People*; as *Corns*, *Sore Eyes*, *Cut Fingers*, *Bruises*, *Bleeding at Nose*; all these you may help, by my *Directions*, with a small matter of *Cost*; whereas else, you may be at a great *Charge* and long *Trouble*, and perhaps endanger your *Eyes*, or *Limbs*. I shall give you none, but such things as I have had many years *Experience* of, with good success, I praise *God*.

As you dare confide in me, I pray make use of them: I hope you will not fear, since what I have

To the Reader.

have already imparted hath been  
found true, and hath benefited  
many.

Some are of that mind, that  
they value nothing but what is,  
*Far fetcht, Dear bought, or Hard to  
be had,* and will rather prize those  
things which are kept Secret,  
though if known, are but simple:  
And such are apt to slight what is  
made known to them, not regard-  
ing the *reality* of the Friend who  
doth impart it to them, meerly  
out of *Mr Good-will*, and to  
save their *Curfes*. Such is the *va-  
nity* of this wicked World, that  
whatsoever one doth out of a sin-  
cere and Christian-like mind;  
yet it is slighted. I may compare  
it to those words in the *Gospel*,  
which says, *Cast not Pearl before  
Swine.* And, if *Gallen*, and *Hippo-  
crates* and *Paracelsus* were alive,  
or any of the *Wiseft Philosophers*,  
and should declare in Writing all  
their

To the Reader.

their Skill, and lay those Writings  
down to the view of every Eye  
not one in ten would believe  
For my part, I am of that mind  
never to condemn any Man till  
prove it false; nor publickly  
commend any thing, till I find  
good. You may believe me,  
you please, and as you find the  
Truth, so trust me.

I have been *Physician* and *Chirurgion*  
in my own House to many and  
also to many of my Neighbours  
eight or ten Miles round  
not amiss to recite some of those  
Cures I have done, the Place  
where I have done them, and  
upon whom; but cannot particu-  
larly tell you with what, where  
the Cure is difficult; because there  
is in those cases a good Judgment  
required; and I use those things  
in those Cases which are not Com-  
mon Receipts, which may as well  
Kill, as Cure; but such things as I  
find

*To the Reader.*

find proper to take away the Cause of the Distemper; Experience with much Reading must give that understanding. I dare not therefore adventure to teach, but only those things wherein People cannot easily Erre, and by which they may receive good.

For the rest of what I have spoken, and for many other things which I cannot in few words relate, if any Person will come to me, I will satisfie them to their content; and be

*Their Friend,*

*and Servant,*

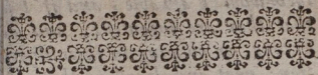
H. Woolley.

And proper to take away the  
Gale of the Ill-timber; and  
to give with much Reading and  
to give the understanding. I dare  
not therefore adventure to teach,  
but only those things wherein  
people cannot easily err, and by  
which they may receive good.

For the rest of what I have  
spoken, and for many other things  
which I cannot in few words re-  
late, if any Person will come to  
me, I will tell them so their  
concern; and so shall I be

Your Friend,  
and Servant,

H. Woolley.



A N

## Advertisment.

**I**f any Person desire to speak with  
me, they may find me at Mr.  
Richard Wolleys House in the  
Old-Baily in Golden Cup Court,  
He is Master of Arts, and Reader at  
St. Martins Ludgate. They may  
have of me several Remedies for  
several Distempers, at reasonable  
Rates. Likewise, If any Gentle-  
women, or other Maids, who desire  
to go forth to Service, and do want  
Accomplishment for the same: For  
a reasonable Gratuity I shall inform  
them

them what I am able; and if I see  
that they are Ingenious, and de-  
serving, or obliging in their disposi-  
tion; neat and cleanly in their Ha-  
bit; not too costly, yet decent-  
ly Spirited, not bold; and that  
can give me a good account of their  
Parentage, and truly tell me how  
and where they have spent their  
time: I shall not only be willing  
to Instruct them, but, as occasion  
serves, be ready to give Commenda-  
tions of them to some Friend or other  
of mine, who may want a Servant.

Richard Wolley's House in the  
Old-Baily in Golden Cup Court,  
He is Master of Arts and Reader at  
St. Martin's Ludgate. They may  
have of me several Remedies for  
several Disorders, as venereal  
Diseases, If any Gentle-  
man, or other Maids, who desire  
to go forth to Service, and do want  
an Accomplishment for the same: For  
a reasonable Gratuity I shall inform  
them.

The



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# A Supplement

T O T H E

## Queen-like Closet:

O R,

## A little of every Thing.

*Imprimis: To starch Tiffany.*

**D**O not soap your Tiffany, save only on the hems or laces, with Crown Soap, then wash them very well in three ladders pretty hot, and your last ladder be made thin of the soap, do not wrinse them nor wring them hard, then dry them over Brim-

B

stone,

A

stone, and keep them all the time from the Air, for that will spoil them.

Then make your starch of a reasonable thickness, and blew it according to your liking, and to a quarter of a pound of Starch, put as much Allom as an Hafe Nut; boyl it very well and strain it, and while it is hot, wet your Tiffanies with it very well, and lay them in a Cloth to keep them from drying, then wash your hands clean and dry them, then hold your Tiffanies to a good fire till they be through hot, then clap them and rub them between your hands from the fire till you see they be very clear, then shape them by a piece of Paper cut out by them before they were washed, and iron them with a good hot Iron, and then they will look glossie like new Tiffany.

Thus you may starch Lawns; but observe to iron them on the wrong side, and upon a Cloth wetted and wrung out again. Sometimes (if you please) instead of Starch you may lay Gum-Arabick in water, and when it is dissolved, wet your Lawns in that instead of Starch, and hold them to the fire as before directed, clapping them and rubbing them till they are very cleer.

*To make clean Points or Laces.*

Take white Bread of half a day old, and cut it in the middle, and pare the crust round the edge, so that you may not hurt your Points when you rub them, then lay them on a Table upon a clean cloth, and rub them very well with the white Bread all over, then take a clean little brush and rub over the Bread very well, till you think you have rubbed it very clean, then take your Point or Lace and shake the Bread clean off; then brush very well from the Bread, and take a clean linnen Cloth and gently flap it over six-times.

Thus you may get the soil off from white Satten, Tabby, Taffety, or any Coloured Silk; provided it be not greazy nor too much soiled.

*To wash and starch Points.*

Take your Points and put them into a pail, then make a strong ladder with the best Soap you can get; then dip a brush in that ladder and soundly rub your Point on both sides; so do till you

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have washed it in four ladders, then wash it in fair water alone, then with blew water; and when you have so done, take Starch made thin with Water, and with your brush on the wrong side wash it over with it, so let it dry: then lay your tent upon a Table, and with an Ivory bodkin made for the purpose run into every closer and narrow part of it, to open it betwixt the gimp or over-cast; likewise into every Ilet hole to open them.

For the Laces after you have pulled them out well with your hands, you must iron them on the wrong side.

Let your water be warm wherewith you make your ladder.

When you take them out of the tent, iron them on the wrong side: let not the water be too blew with which you wash them.

*To wash White Sarsnets.*

Lay them very smooth and streight upon a Board, and if there be any dirty plats soap them a little, then take a little hard brush and soap it well, then dip that brush in water, and with it make a pretty thick ladder, then take the brush and rub



Queen-like Closet. 5

Wash your Sarsnet well, the right way of  
the Sarsnet side-waies of the brush, and  
when you have washed one side well,  
turn it and wash the other.

Then have a clean ladder scalding hot,  
and cast your Hoods in double into it,  
and cover it, and still as fast as you wash  
them cast them into that; you must give  
them three good washes upon the board,  
and after the first ladder let the other be  
very hot, and cast them in a scald every  
time, then make up a scalding hot ladder,  
unto which put some Gum-Arabick,  
steeped before in water, and some small  
blew it a little, let them lie doubled up  
in that, close covered for one hour; when  
you come to take them out, be sure you  
clip them very well all over, and then fold  
them up to a very little compass, and  
squeeze them smooth betwixt your  
hands, then smoak them over Brimstone,  
when draw them between your hands e-  
very way till they be little more than  
half dry, then smooth them with good  
hot Irons the same way you did wash  
them, and upon the right side of the  
Sarsnet.

*To wash Coloured Silk.*

They are done the same way with the White, only there must be no blew, in smoaking over brimstone.

*To wash Black Sarsnets.*

They are washed the very same way with the other, only wrinled in strong Beer cold, without any Gum, and iron'd upon the wrong side, and on a woollen Cloth.

*To wash Silk Stockings.*

Make a good strong ladder with Soap, and pretty hot, then lay your stockings on a Table, and take a piece of such Cloth as the Sea-men uses for their Sails, double it up and rub them soundly with it; turn them first on one side, and then on the other, till they have past through three ladders, then wrinse them well, and hang them to dry with the wrong sides outward; and when they are near dry, pluck them out with your hands, and smooth them with an Iron on the wrong side.

*To make clean Gold and Silver Lace.*

Take the Lace off from your garment, and lay it upon a Table, and with a brush rub it all over very well with burnt Alom beaten fine, till you find it to become of the right colour, then shake it very well, and wipe it very well with a clean linnen Cloth often times over.

*To get spots of Ink out of any linnen Cloth.*

Before that you suffer it to be washed, lay it all night in Urine, the next day rub all the spots in the Urine, as if you were washing in water, then lay it in more Urine another night, and then rub it again, and so do till you find they be quite out.

*To get the stains of Fruit out of any linnen Cloth.*

Take them before they are washed, and with a little Butter rub every spot very well, then let the Cloth lye in scalding-hot Milk a while, and when it is a little cooled, rub the spotted places in the Milk till you see they are quite out, and then wash it in Water and Soap.

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*To take out any greasie spots out of Silk  
Stuff, or Cloth.*

Take a linnen rag and wet it very well  
in fair water, then with a pair of tongs  
put a live Sea-coal or Wood-coal up-  
on the wet rag, and hastily close the  
rest of the rag about the coal, and pre-  
sently lay it upon the greasie spot while it  
is smoaking hot; and when you do per-  
ceive it to be cool do so again, and so do  
till you find they are quite taken out.

*To make clean Plate.*

Wash your Plate first in Soap-suds and  
dry it, then if there be any spots, rub  
them out with Salt and Vinegar.

Then when you have so done anoint  
your Plate all over with Vinegar and  
Chalk, and lay it in the Sun or before the  
fire to dry, then rub it off with warm  
clean linnen Cloths very well, and it will  
look like new.

*To keep the Hair clean, and to preserve it.*

Take two handfuls of Rosemary, and  
boil it softly in a quart of Spring-water  
till it comes to a pint, and let it be cover-  
red

## Queen-like Closet. 9

ed all the while, then strain it out and  
keep it; every Morning when you Comb  
your head, dip a sponge in this water and  
rub up your Hair, and it will keep it  
clean and preserve it, for it is very good  
for the brain, and will dry up Rheum.

### *To wash the Face.*

There is no better thing to wash the  
face with, to keep it smooth and to scour  
it clean, than to wash it every night with  
Brandy, wherein you have steeped a little  
powder of Brimstone, and the next day  
wipe it only with a Cloth.

### *To make a Salve for the Lips.*

Take two ounces of white Bees-wax  
and slice it thin, then melt it over the fire  
with 2 ounces or more of pure salad Oyl  
and a little white Sugar Candy, and when  
you see that it is well incorporated take  
it off the fire, and let it stand till it be  
cold. Then set the skillet on the fire again  
till the bottom is warm, and so turn it  
out; anoint your Lips or fore Nose, or  
fore Nipples with this, and it will heal.

*To keep the Teeth clean and sound.*

Take common white Salt one ounce, as much of Cuttle-bone beat, them together, and rub your Teeth with it every Morning, and then wash them with fair water.

I have spoken enough concerning your Cloaths, and Face and Hands; now I will give you direction for to be your own Chirurgions and Phylicians, unless the case be desperate: but before I begin to teach, be pleased to take notice of vvhhat Cures I have done, that you may be assured of my ability.

**F**irst, Take notice that my Mother and my Elder Sisters vvere very vvell skilled in Phylick and Chirurgery, from vvhom I learned a little, and at the age of seventeen I had the fortune to belong to a Noble Lady in this Kingdom, till I Married, which was at twenty four years (those seven years I was with her) she finding my genius, and being of a Charitable temper to do good amongst her poor Neighbours, I had her purse at command to buy what Ingredients might be

required to make Balsoms, Salves, Ointments, Waters for Wounds, Oyls, Cordials and the like; besides she procured such knowledge for me from her Physicians and Chirurgions ( who were the best that all *England* could afford ) and also bought many Books for me to read, that in short time, with the help of those Worthy men before mentioned, I soon became a Practitioner, and did begin with Cut fingers, Bruises, Aches, Agues, Head-ach, Bleeding at the Nose, Felons, Whitloes on the fingers, Sore eyes, Drawing of Blisters, Burnings, Tooth-ach, and any thing which is commonly incident; and in all those Cures God was pleased to give me good success.

When I was about the age of two and twenty years, I was sent by this Noble Lady to a Woman in hard labour of Child, who being quite wearied out with her pains, she fell into strong Convulsion fits, which greatly endangered both her self and her Child; but by Gods help those Remedies which I gave her caused her Fits to cease, and a safe Delivery followed.

When

When I was Married to Mr. *Wolley*, we lived together at *Newport Pond* in *Essex* near *Saffron Walden* seven years; my Husband having been Master of that Free-School fourteen years before; we having many Boarders my skill was often exercised amongst them, for oftentimes they got mishaps when they were playing, and oftentimes fell into distempers; as Agues, Feavors, Meazles, Small-pox, Consumptions, and many other Diseases; in all which, unless they were desperately ill, their Parents trusted me without the help of any Phyfician or Chirurgion: likewise the Neighbours in eight or ten miles round came to me for Cure.

A Woman vwho had had a sore Leg one and twenty years I quite Cured.

Another being kicked by a Churlish Husband on her Leg, so that a Vein vvas burst, whereby she lost at the least a pottle of Blood; I stayed the Blood and cured her Leg.

A young Maid as she vvas cutting Sticks vwith an Ax, by chance cut her Leg sorely, she having long time been afflicted vwith the Green-sickness and Droplie; I not only Cured her Leg, but also her other Distempers at the same time.



A Gentleman having got a bruise on his Leg by the lash of a Whip, and being in a desperate condition with it, so that he was in danger of his life, I in a competent time did Cure.

Many of the Convulsion-fits, and Rickets among Children I did Cure.

One being bitten with a Mad-Dog, I in very short time did Cure him.

Several Women who had sore Breasts and sore Nipples, I Cured.

Many who had violent fits of the Stone, I eased them.

A Man being much bruised with the fall of a Cart upon him, I cured.

One being much bruised by Rogues meeting him on the way, and after they had beaten him down, kicked him on one side of his Head, so that his Ear was swelled you could see no shape it had, and withal fell into a Feavor: I, by Gods help did Cure.

A Woman who for divers Months had a very great Flux upon her, I speedily Cured.

A man lying sick of the Meazles, and being all struck in, so that it was thought he could not possibly have lived, I gave him a Cordial which brought them forth again and recovered him. A

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A Child of a year old being taken with the shaking Palsie, I Cured.

A Man having a Pitch-fork run into the Corner of his Eye, I Cured.

A Woman having a Stick run into the corner of her Eye, I Cured.

A little Boy falling from a Bridge into a little River, cut his Head so with a stone, that while I had it in Cure there came forth a sliver of the Skull; I Cured.

A Man taken suddenly with an Apoplex, as he walked the Street, his Neighbours taking him into a House, and as they thought he was quite dead, I being called unto him, chanced to come just when they had taken the Pillow from his Head, and were going to strip him; but I caused him to be set upright, and his mouth to be open by force, then did I give him something out of a little glass, and caused him to be rubbed and chaffed, and Air to be given him, so that in a little time he came to himself and knew every one: He lived about ten hours after, and gave God and me thanks, that he was not taken away in that condition, but gave him sence to make his Peace with God and to order what he had left. I willed him

to send for a Physician; which he did, who did approve of what I had done, but could not save his life.

A Woman being struck with a staff upon the Lip, so that it was cut asunder with the blow: I in short time Cured.

Many I did cure in that Town, which were burned with Fire, and some scalded, and none of them had a Scar.

A Girle about twelve years of Age being taken with a Lethargy, and after had brought her out of it she fell into strong and strange Convulsion-fits, which in few weeks I did perfectly Cure.

After these Seven years were past, we lived at *Hackney*, near *London*, where we had above threescore Boarders; and there I had many more Trials for my Skill both at home and abroad.

I Cured my own Son of an Impostume in the Head, and of a deep Consumption, after the Physicians had given him over.

I Cured a Woman of Threescore years old, who had lyen Bed-ridden half a year of a Timpany, and was not able to help her self: This Cure I did in three days.

I Cured a Man-servant to a Gentleman, who had a sore Leg by a fall from an high place, and it was grown so dangerous, that it was thought incurable.

I Cured a Bricklayer who had a sore Leg by the fall of Timber, and because he was poor his Chirurgion gave it over.

I Cured a Shoe-maker of a sore Leg, who had spent three pounds on it before he came to me.

I Cured a poor Woman of a sore Leg, who was advised by a Chirurgion to have it cut off.

A Cancer in the Nose I have Cured.

Cankers in the Mouth and Throat.

The Green-sicknes in many. Dropsie, Jaundies, Scurvy, Sciatica, Gripping of the Guts, Vomiting and Loosnes.

And for the Pallie, whether Dead or Shaking, I am sure none can give better Remedies, nor know it better than I do, having bought my Experience at a dear rate; there is none who have been more afflicted with it than my self, and (I humbly bless God for it) there is no Person more freer from it than my self, nor from any other Disease, and that is very much, I being now in my Two and fiftieth year.

Much

Much more I could say, but I think need not; for they who do believe any thing I write, will, I hope, have confidence to make use of these Receipts I shall give them without any fear. It is altogether as necessary that you should know how to keep your Bodies in health, to preserve your Eye-sight and your Limbs, as it is to Feed or Cloath your self. Therefore the more fully to accomplish you, let me perswade you not to slight, but to value what I shall teach, and give God the glory; who out of so mean things as I shall name, he should, of his goodness to us, create in them so great a vertue. I do not attribute any thing but to his alone power, and give him praise when he pleaseth to make me an Instrument of doing good.

For

*For any Ague whatever.*

**T**AKE of the dried leaves of Lawrel  
which is esteemed in Gardens:  
Take of the fine powder thereof as much  
as will lie upon a sixpence by heap, mix  
it vvith any liquid thing, and take it one  
hour or two before the fit comes; do this  
three times and go to bed, and keep warm.  
The best thing to give it in is Treacle-  
water, Cardus-water, or Dragon-water.

*For the falling Sicknes.*

**T**AKE a live Mole, and cut the throat  
of it into a Glafs of Whitewine, and  
presently give it to the party to drink at  
the New and Full of the Moon (*viz.*)  
the day before the New, the day of the  
New, and the day after, and so at the  
Full.

This vvill Cure absolutely, if the Par-  
ty be not above forty years of Age.

an extream Rheum falling from the  
Head.

Take some *Lucatelia* Balsom, and  
spread it thin upon the smooth sides of  
Sage leaves, take five or six of these  
leaves with the other side downward  
upon a few embers of Wood Coals, and  
suck the smoak through a paper tunnel  
into your mouth; thus do every morn-  
ing till you find a Cure.

For Worms, a miraculous Cure.

Let the party drink their own Water  
with a little *Methridate* mingled therein,  
for three days together in the morning  
fasting, and walk after it.

A most excellent Oyntment for all manner  
of swellings and sores, and for the Kings  
Evil, it will dissolve it if it be to be dis-  
solved, it will both break and heal; it  
is good also for sore Eyes if anointed  
therewith.

Take one pint of the juyce of *Celon-  
dine*, and boil it in one pound and half  
of new Butter never salted, till you may  
by your judgment think it to be enough,

so keep it in a Gally-pot for your use, and when you apply it let it be warm, and bath the place well, if it be not broken, but if it be broken, then dip fine linnen Cloths in it and lay on twice in the day, anooint sore Eyes gently with a Feather, every night till they are well.

*A most excellent Balsom for Wounds.*

Take a pint of the purest sallad Oyl, and put to it four ounces of common Brimstone beaten fine, and set it in the Sun for three weeks or more before you use it.

If the Wound be inflamed, spread some conserve of Red-roses upon a linnen Cloth, and lay on over night, the next Morning bath it well with Brandy, and then lay on this Balsom with a Feather warm, use the Conserve of Roses till you find the inflammation to be quite gone, and if you perceive proud flesh to grow in the Wound, then lay in a little burnt Allom after you have washed it, before you lay on the Balsom.

Conserve of Red-roses is also very good to lay upon inflamed Eyes, moistned first with a few drops of Plantain Water,



ter, and then spread upon Lawn, and  
laid on the Eye-lids with a Lawn be-  
tween, bind it on all night, and the next  
morning wash it off with a little red-Rose-  
water, and a little White sugar Candy.

*a Cancer in the Breast; or to Cure sore  
Eyes.*

There is no better thing in the World  
than to take inwardly Sows or Wood-  
peckers, in this manner following.

Take about six score of them alive,  
and wash them in a little White-wine,  
then bruise them well in a Porringer  
with the back of a Spoon, then pour in  
some clean White-wine into them, and  
strain the juyce of them into a quart of  
Whitewine or Ale, but Whitewine is bet-  
ter; keep it in a Glas-bottle, and every  
morning fasting, and at four of the Clock  
in the Afternoon drink one quarter of a  
pint of it, so long as you find you need it.  
Then take a quart of Spring-water that  
issues in the East, and boyl therein two  
handfuls of red-Sage till half your water  
be consumed, then strain it out and put  
in a little Roch-Allom, and then some  
Honey, heat them together over the fire,  
and then put in a Glas for your use:  
lay

lay nothing to your Breast but linnen Cloths dipped in some of this Sage-water warmed, Morning and Evening. It is the Wood-lice which doth the Cure, for any Drink which is made of them, especially if it be in White-wine, doth not only Cure a Cancer in the Breast, but also sore Eyes, Scurvy, drowfiness in the Brain, Convulsion-fits in Children or in Older people, or any manner of Obstructions, for they will carry out all evil and venomous Humours out of the Body.

*For any Spots in the Face.*

Take a piece of the After-birth of a Womans first Child, and rub your Face with it over night, the next morning wash it off with a little new Milk warm from the Cow; do so three or four times and it will help.

*To Cure one who pisseth their Bed.*

Take of the After-birth of a Woman and dry it in an Oven, and beat it to powder, and give as much as will lye on a sixpence in a little Wine or Syrup, for a week together, every Morning fasting, and nothing is better.

*For*

*Madness, and for fumes in the Head.*

Rub the soles of the Feet with the Spirit of Brandy every night, and apply Herb Henbane, bruised with a little Nutmeg and Whitewine Vinegar to the Temples; it will ease pain in the Head, and cause the Party to sleep.

*For pain in the Bones.*

Anoint the place grieved with Dogs Grease every night by the fire, and wear socks cut out of a Bears skin in their shoes every day, and their pain will be gone.

*For the Leprosie, or any other venemous Humour.*

Swallow every twelve hours a bullet of Gold, and still as you void one wash in Treacle-vvater, and at the due hour swallow it again; continue doing this a long time and it vwill Cure.

*To kill Rats.*

Fry a Spung in Butter and hang it by a string, and the Rats vwill forsake the room.

*To Cure a Horse of a Cold, though he hath had it never so long a time.*

Take two new laid Eggs, put them into an Earthen-pot, and then put in as much Whitewine Vinegar as will cover them, then cover them close and put them into a Horse-dunghill and cover it over with the dung, so let it stand twelve hours, then pour it down the Horses throat shells and all, and gallop him after it, and Cloath him very warm; be sure you give it him three or four times, but there must be a day between every time.

*For a Cow that Stales bloud.*

Take a good handful of the Herb called Peruwinkle and bruise it, and boyl it in a quart of Ale till it comes to a pint, then strain it and give it her to drink; do so three times. Peruwinkle hath also an excellent vertue to stench bleeding at the Nose in Christians, if it be made into a garland and hung about the Neck.

*An excellent Medicine for the Cold  
Gout.*

Take Stone-pitch three drams, pound  
it to dust, and set it over the fire; Venice  
Turpentine so much as being mingled  
with the Pitch, will make it spread when  
the Pitch is cold; the best Turmerick, 5 or  
6 Races beaten to powder, Letharge of  
Gold half an ounce; mix all these toge-  
ther when you have warmed the Pitch,  
and work them together that all may  
become one substance, and use it for your  
Plaster, following the Gout as it shall  
remove.

*For the Hot Gout,  
A most admirable Medicine.*

Take the Bones of a Horses Legs,  
break them, and take the Marrow out of  
them and wash it clean, it must be the  
whitest Marrow, wash the Bones also,  
and put both the Marrow and them into  
a Kettle with Running-water, and set  
them a boyling, scim off the first rising  
for that will be froth, then scim of all  
the rest that ariseth and save it, as you  
do

do the Neats-foot Oyl ; then take of IG  
 fop, Time, Camomile, Rosemary, and six  
 leaves of red Sage (of all) the quantity  
 of a handful, and when you have got as  
 much Oil as you can, then boil the Herbs  
 in it for a quarter of an hour, then strain  
 it and keep it in a Gally-pot or Glafs ;  
 the quantity of a small Nut will go a  
 great way ; you must strip the Rosemary  
 and Time upwards, and be sure you put  
 in none of the stalks ; put in as much  
 Sothernwood-tops and of Lavender-  
 Cotton, as you did of each of the other  
 Herbs , and boil them with the other,  
 keep it well from the Air.

*An excellent Glister to Cool and  
 Bind.*

Take a quart of new Milk , and a  
 handful of Knot-grass , as much of  
 Bramble, as much of small Plantain; boil  
 these together in the Milk, then strain it,  
 and put in six penny weight of Bolear-  
 monack, and administer it blood-warm.

*For*

or the running-Gout, or any hot Tumor.

Take Mallows, Violet leaves, Marsh-Mallows, Melilot, of each two handfuls, Linseeds beaten two ounces, Crumbs of Bread, as much; boil these in Milk and make a Poultis therewith; then put into it a little Oil of Roses, and apply it to the grieved place very warm twice a day.

To Cure a Deafness which is caused by the stoppage of the Ears by wax.

If it hath been long, then drop into the Ear a little of Bitter-Almonds warmed, for a week together every Night; when the Party is in Bed then take a little warmed Sack, with as much of the best white Anniseed-water, and seringe the Ears with it once a day for three days together, and keep them stopped with black Wool. If they have been deaf but a little while, then the Wine with the Anniseed-water will be sufficient, without the Oil of Almonds.

*For the falling down of the Mother.*

Take Smiths Water and Oaken leaves, or the Bark of Oak, and boil them well in a Pewter dish close covered, then strain it through a Cloth; wet Cloaths therein and apply them hot two or three times in a Night when you go to Bed: Thus do for a week together, and keep your self warm in the day time.

*A most excellent Plaister for the Gout, wherewith a Gentleman as I knew was Cured after all the Chirurgions had given him over.*

Take half a pound of un-wrought Wax, half a pound of Rosin, one ounce of Olibenum, four ounces of Letharge of Gold, three quarters of a pound of White-lead finely beaten and searced; then take a pint of Neats-foot Oyl, set it on the fire with the Wax and Rosin, and when it is melted put thereto the other powders, and stir it fast with a stick till you find it be enough: so make it up in Rouls, and keep it for your use, and when you feel any pain apply it upon linnen.

*For*



*For the biting of a Mad-dog, taught by  
Doct̃or Mathias.*

Take of Rue, of Garlick, of scraped  
Vewter, of each two ounces, of Venice-  
treacle one ounce, of Muscadine one  
quart; put all these into it, stop it close  
and boil it in a Kettle of water for the  
space of two hours, then pour off the  
clearest, and apply some of the dregs to  
the place bitten, and give the Patient two  
 Spoonfuls to drink of the Liquor, Morn-  
ing and Evening for nine days together.  
This never failed Man nor Beast.

*To make the Oil of Charity.*

Take Rosemary, Sage, Lavender, Ca-  
romile, the lesser Valerian, of each one  
handful; cut them small and put them  
into Oyl-Olive, let it be very thick with  
the Herbs, let it infuse seven daies in the  
sun; then take the Glass wherein they  
are and wind about the bottom a little  
Clay, and set it into a Kettle of seething  
Water, and let it stand two hours; then  
strain it out and put in Herbs, and do as  
before, so do three times; then put in  
the Valerian alone and do as before, then

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strain it and let the Oyl settle: keep the clearest for Christians, and the grounds and Herbs for Beasts.

*The Vertues.*

It healeth green-Wounds and Bruises (if inwardly:) Take a spoonfull of the clearest Oil in a little warm Posset-drink, and go to Bed and sweate after it. It cureth the Tooth-ach if it comes of a cold Rheum, dipping Clothes in it and lay to the Cheek. It is good for all Aches that come of Cold. It is good for Deafness, if it be dropped into the Ear warm; if first the head be carefully opened with the steam of red-Sage and Milk boyled together. It will also Cure or knit together a broken Rib.

*To Cure a Tympany. Proved by me.*

Take shell-Snails, crack their shells and take them off, then put the Snails into a Cullender for a little while to drain, then beat them in a Wooden-Bowl or Mortar till you find they are well beaten; then warm it a little in a stone-Pan and spread it upon Sheeps-leather, and lay it all over the Belly when the Party goes to Bed, and bind it on: the next Morning take it off, and lay in the stead thereof a warm Cloth. Thus do three Nights together.

## Queen-like Closet.

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*make the Black-water, to Cure a Thistlow Woolf; Noli me tangere; or any Letter or Scald; or any other Sores.*

Take the fattest Wool about the Cod of a Sheep, dry it in an Oven after Household-Bread is drawn; then beat it into fine powder; put to it a sufficient quantity of white Rose-water, with a little Mercury sublimate, and so apply it to the griev'd places, by wetting linnen Rags and lay it on warm.

*A most excellent Diet-drink for any Disease, caused by sharp or foul Humors.*

Take Safa-perilla 4 ounces, Safafras-wood 4 ounces, and China-root 1 ounce, 4 handfuls of Egrimony, 4 handfuls of Colts-foot, 4 handfuls of Scabions, 2 penny worth of Marsh-Mallow-root, one handful of Betony, 1 handful of Ladies-mantle, 1 handful of Sanicle, and 1 root of Columbine; shread the Roots above-said, and put them together with the Herbs into three gallons of Running-water; boil it to two Gallons, then strain it, and put to the water one gallon more of Water, and boil it until it be half consumed; then strain this

C 4 drink

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drink, and put thereto one pottle of  
Whitewine, and one pint and half of  
Hony, boil it a little again and feum it  
very clean, then take it from the fire,  
and put in two ounces of Sena, and  
three quarters of an ounce of Rubarb;  
drink a draught thereof Morning and E-  
vening: It is good for Droplie and Scur-  
vy.

*For a Film in the Eye.*

Take *English* Hony, and the Marrow  
of a Goose wing, of each a like quantity,  
warm them together, and lay them on  
the Eyelid with a Feather, and let it go  
into the Eye, dress it twice a day till it  
be well. It will cure those films which  
do come of the small Pox.

*To Cure sore Nipples, or for a bruise which  
comes by a fall.*

Take Persley and shred it, and boyl it  
in Cream till you see an oil on the top of  
it, then take that oil and boil with a little  
Loaf Sugar, and so apply it.

*For the Stone and Choler.*

Half an ounce of Cassia in the Cane,  
taken from the point of a knife, and pre-  
sently

Queen-like Closet. 33

After it half an ounce of Manna,  
dissolved in Posset-drink, and two hours  
after that drink Lemmon Posset-drink:  
This you must do three days together.

*To make Thistolow Water.*

Take of Bolearmoniack four ounces,  
Camphire four ounces, white Coperus  
one ounce; slice the Camphire thin and  
beat the Coperus fine; then boil them  
two together in an Earthen-Pan never  
covered, they will melt of themselves with-  
out any thing to them; when they are  
melted, stir them together with a little  
stick till they are hard, then beat them  
in a Mortar to a powder, and then beat  
your Bolearmoniack and mix with them  
very well, and keep it tied up in a blad-  
der (it will keep seven years:) when you  
use of it, take a quart of Spring-water  
and make it boiling hot, then put in one  
good spoonful of the powder and stir it  
about, and when it is cold put it into a  
Glass, and cover it: When you dress  
any Wound or Thistolow with it, you  
must warm it very hot, and bath the  
place well with it, then double some  
soft Rags and wet them in it, having

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before a little Hony in the heating of it, so lay on your wetted Rags, and bind them on: thus do twice a day till it be well. This heals very fast, if the Wound be fit to be healed; but if there be any inflammation in it, it is not for it.

If you use it for the Eyes, you must warm it, and drop it in. I did Cure a Gentlewoman of a Thistlow in the Eye with it, which she had by the Small-Pox: And several sore Legs I have Cured with it.

It is very good for the Itch (and for Gald-Horse backs) only you must double your quantity of powder, and always put in Hony when you heat it; for that doth cleanse and help to heal.

*For Rheum in the Eyes.*

Dragons-blood, Bole-armoniack, and Mastick beaten and sear'd, of each a like quantity; mix them with the white of an Egg well beaten: then spread it on a piece of Leather, and lay it on the Fore-head, from one Temple to another, and let it lie till you be Cured; which, with Gods blessing, will be in three days.

*To stench Bleeding at the Nose, or in  
Wounds.*

Take of Frankinsence one dram, Aloes half a dram, beat them into fine powder; then beat the white of an Egg and mix with it, let it be of the thickness of Hony; dip the wool of a Hare in it, and apply it to the Wound, and bind it on: if to the Nose, spread it upon a linnen Cloth, and lay it to it.

*For Kibed Heels.*

Take the Wool of a Cony, and the white of an Egg, beaten together, and spread it upon a linnen Cloth and lay it on: but if they are broken, then take a live-Mouse and flea it, and lay the skin on while it is warm.

*For the Rickets in Children.*

Take of the inner Bark of Ivy, the inner Bark of Ash, Harts-tongue leaves, branches of Tamerisk, boil them in four Gallons of middle-Wort, and in so many of Hops as you think fit keep it: when it is cold enough, work it up with Yeast as you do  
other

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other drink, have one Vessel under another, and let the Child drink no other drink for a quarter of a year. I have cured many with this drink, and a Plaster of Paracelsus upon Sheeps leather to the small of the back.

*An excellent Remedy for the Stone.*

Take White-wine and quench a black Flint in it five several times, then sweeten it with Sirrup of Marsh-Mallows, and take it Morning and Evening for three days.

*An excellent Cordial Electuary.*

Take of Conserve of Sage-flowers, Rosemary-flowers, Marigold-flowers, and of red-Roses, of each one ounce, mix them together with one ounce of Sirrup of Clove-gilly flowers, and six sheets of leaf-Gold, keep it in a Gally-pot, and take every night when you go to bed as much as a little Walnut. It is very good for any weak Body.

*Hea the Bloody-Flux, or other Loasness.*

Take two or three Races of Ginger and slice them thin, and lay some of them over



er a Chaffing-dish of Coals; then sit  
 er the heat and smoak of it, and take  
 ed you catch no Cold: Do this Morn-  
 g and Evening for three or four days.

*For the Worms in Children.*

Take of the tops of unfet-Leeks, with  
 the lower part also of them, one hand-  
 full, as much of the tops of Wormwood;  
 chop them small; then set them on the  
 fire with a little fresh Butter and a little  
 Whitewine Vinegar, and boil them till  
 the Herbs be soft, and that it be reasona-  
 ble thick; then put it between two linnen  
 clothes sewed like a Bag, and lay it  
 warm all over the belly of the Child  
 at Night, and bind it on with a Cloth.  
 The next Morning take it off and put a  
 warm Cloth instead thereof.

Thus do three or four Nights toge-  
 ther and it will cause them to void the  
 Worms. It doth also draw Wind and  
 Infection out of the Body.

*To make a black Salve very good for Corns,  
 or for any Sore old or new.*

Take a pint of fallad Oyl, and half a  
 pound of Red-lead, and put them into a  
 skillet

skillet that will hold three pints, or near, for fear of boyling over; stir it all the while, and let it boil softly till you perceive it to look black, and that it leave boiling and doth smoak; then take it from the fire, and let it stand till it be quite cold, then warm the bottom of the Skillet and turn it out.

*An excellent Water for a Canker in the Mouth, or for any Sore.*

Take of Rosemary, Sage, Plantain and Scurvy-grass, of each one handfull, one little branch of Herb of Grace, and a little Sweet-bryer; boil these in a quart of Water and a quart of White-wine, and put therein a bright shining Sea-coal as big as an Egg, one that was never burned; let them boil softly over a slow-fire, close covered, till half be consumed; then strain it out and put in some Roach-allom; make it sharp with it; then make it very sweet with Hony, and set over the fire again till it be boyling hot; then when it is almost cold put it into a Glass-bottle, and keep it for use. When you use it, wash your Mouth with it very hot, three or four times in a day, and then take a little warm Hony in  
your

ur Mouth to ease the smart : Bath  
ounds with it very hot and well, then  
p linnen Clothes in warm Honny and  
oy\_on. Dress it twice a day.

*very fine Poultis to lay on any Sore ; to  
take the inflammation out of it ; or to  
lay to a sore Breast to break, or to dissolve  
it if it will not break : It will also  
heal it if broken.*

Take a quart of Milk, and boil it with  
two slight handfuls of Oatmeal, and one  
good handful of white-Lilly leaves ( I  
mean the green leaves of the white Lil-  
ies cut small) when it is boiled enough,  
put in as much of the best fallad Oil as  
will make it very soft and moist; accord-  
ing to the bigness of your Sore spread  
some of it upon a linnen Cloth, and lay o-  
ver it as hot as you can suffer it Morning  
and Evening : when you dress it wash  
it with a little Brandy and Butter.

*For a tickling Rheum and Cough.*

Take of Conserve of Fox-lungs two  
ounces, Sirrup of Colts-foot, Sirrup of  
Maiden-hair, Sirrup of Hore-hound, Sir-  
rup of Hyfop, Sirrup of Violets, of each  
one ounce; mix them well together, and  
take them often in the day or night upon  
a Liquorish-stick.

*An*

*An excellent Balsom for inward Bruises,  
for outward Wounds, and for the Stone.*

Take of Oyl-Olive, Oyl of Turpentine, and of the best Whitewine, of each one quart, put into them three good handfuls of the tops of *St. Johns Wort*, with the flowers and seeds; let them stand in a Glass in the Sun ten daies; then put them into a long Gally-pot, and set that pot into a Kettle of water, and fasten it with Hay; let the water seeth for two hours, then take it out and set it by: alwaies keep it covered.

If you take it for the Stone, take a spoonful of it at a time in a Glass of Whitewine, in the Morning fasting, for three days together at the New and Full of the Moon; but if you should be suddenly taken, then take it when your self is in pain.

For Sores, warm it a little, and after you have well vvashed the Wound with Brandy, lay on the Balsom with a Feather, and dip Lint in it and lay into it, and a piece of Hogs-bladder over that, that the linnen you bind it up with may not soak it up; dress your wounds Morning and Evening. If

If you take it for an inward Bruise,  
 take two spoonfuls of it in a Glass of  
 whitewine, and go to bed and sweat, do  
 three nights together; be sure to jum-  
 pe the pot well together when you take  
 it, or else the Oils vwill be at the top,  
 and the Wine at the bottom; the Herbs  
 and Flowers applyed stench bleeding in  
 Wounds, or at the Nose.

*most admirable Drink for a Cough: it  
 also expelleth any congealed Blood, Im-  
 postume, or other filthy Humour. It  
 healeth all inward Ulcers, and cooleth  
 inflamed Lungs, and also healeth Ul-  
 cers in them.*

Take two pounds of quick-Lime, and  
 put it into ten quarts of Spring-water in  
 an Earthen-pot; let it stand twenty four  
 hours; then you will see as it were a thin  
 scum on the top of it, which you must take  
 off very clean with a scimmer, then pour  
 off all that is clear into another pot, and  
 put into it these things following:

Of blew Figgs slit in two half a pound,  
 of Raisons of the Sun stoned half a  
 pound, of Liquorish scraped and sliced  
 thin four ounces, of China Root sliced  
 thin

thin two ounces, of Anniseeds bruised  
 one ounce, of the shavings of Ivory four  
 ounces, of Maiden-hair one handful, of  
 Burrage, of Pimpernel, of Balm, of  
 Penny-Royal, of Colts-foot, Scabions,  
 Horehound, of *St. Johns Wort*, of each  
 one handful, and half a handful of Ma-  
 rigold flowers; then put in four ounces  
 of Earth-worms, slit and cleansed from  
 their filth with Whitewine.

Let all these steep in that water 24  
 hours; then take it and strain it gently  
 and keep it in Glass-bottles; drink there-  
 of Morning and Evening a good draught  
 (or if you please) oftener, and you will  
 find a great benefit.

Take two pounds more of quick-Lime,  
 and put it into the same quantity of  
 Spring-water, and do as you did before;  
 only you may use the same Ingredients  
 as you made the other, without any  
 new.

For

*For a Pin and Web in the Eye.*

Take of red-Rosewater one quarter  
 of a pint, put into it two pennyworth of  
 mastick finely powdered, and one quar-  
 ter of an ounce of white Sugar-Candy;  
 then have in readines of burnt-Allom,  
 and white Sugar-Candy, of each a like  
 quantity beaten fine and searsed, and mix-  
 well together: When you dress the  
 eye, first wash it well with the Water,  
 and then blow in some of the powder  
 with a quill, and hold your hand over it  
 till the smart be gone; the next Morning  
 let some Breast-milk be milked into it,  
 and do nothing else in the Morning; and  
 every Evening use the other: so do till  
 your Eye be well.

Do not put any Cloth, or Silk before  
 your Eye, for that poysons it, by causing  
 the venemous humor to return.

This Water is very good for other  
 sore-Eyes, if they be well washed with  
 it Morning and Evening, and if the  
 Rheum be very much in the Eyes; then  
 lay a plaister of Burgundy-Pitch to the  
 Nape of the Neck, and let it lie as long  
 as it will stick.

For

*For the Tooth-ach.*

Anoint that side of the face on which the Tooth-ach is, from the Temple down to the lower part of the Ear (upon all those Veins which carry the Rheum to the Teeth) with a few drops of Oil of Amber; work it well with your hand and gently, then spread a black Ribbon two penny broad with Mastick, and lay it upon the place which you did anoint, and keep it on.

*For a Thrush in a Childs mouth.*

Wash it Morning and Evening with a little Verjuyce and Hony, warmed a little, and then blow in some white Sugar-Candy beaten fine with a quill.

*For the Itch.*

Take some common Brimstone beaten fine, and mix a little beaten Ginger with it, then tie it up in a Tiffany or Lawn, and let it lie in strong Whitewine Vinegar with some Roach-Allom; when it hath lien all night you may begin to use it, but the longer it lies the better it will be; when you use it, take up the Cloth wherein



wherein the Brimstone is tied, and rub  
 your Joynts with it very well every  
 night when you go to bed; then take a  
 little Methridate before you go to bed;  
 do till you are Cured. It is a dan-  
 gerous thing to cure the Itch, and not to  
 drive it out, for that strikes it in, and  
 many times it falls upon the Lungs; some-  
 times it causes Convulsion-fits, Apo-  
 plexies or Lethargies if not driven out.  
 It is also very necessary when you have  
 it killed and cured it, to purge the  
 body very well, to prevent further mis-  
 chief.

*For a Bruise where no skin is broken.*

There is no better thing than to bath it  
 with Oil of Spike, morning and e-  
 ning.

*For a Sinew-strain.*

Take strong Beer or Ale and boil it  
 till it be very thin, then spread it upon  
 leather, and lay it on as hot as you can  
 suffer it, and let it stay on.

*For*

*For a Consumption, or other weaknesse.*

Take a Gallon of strong Ale-wor  
and put therein two ounces of Liquor  
scraped clean and sliced thin, and on  
ounce of Anniseeds bruised; boil ther  
together till it be very thick; then strai  
it while it is hot, and keep it in a Gally  
pot, and take thereof every Mornin  
and Evening: It is a very good Remedy

*For a Burn.*

Take the juyce of a great Onion, and  
put to it three spoonfuls of Fair-water  
and as much pure fallad Oil, and beat it  
together very well with two or three  
Feathers tied together; beat it till it be  
thick and white, and lay it on with a  
Feather; then lay on very thin Raggs  
dipped therein; dress it three times in a  
day, for you must not let it be dry; and  
when you do dress it, anoint the Cloths  
with some of it before you take them  
off, that they may come easily: the pul-  
ling of them off when they are hard and  
dry is that which makes a Scar.

When you perceive the fire to be quite  
out, then leave out the juyce of Onion  
and

Use only the Oil and Water, and be  
 re you anoint it eight or ten days after  
 is quite well.

I have Cured many Burnings, and  
 me with Gunpowder, without a Scar,  
 with this Medicine.

*For the Shingles.*

Take a Cat, and cut off her Ears, or  
 er Tail, and mix the Blood thereof with  
 little new-Milk, and anoint the grieved  
 ace with it Morning and Evening for  
 ree days; and every night vwhen the  
 arty goes to Bed give her or him two  
 onfuls of Treacle-water, to drive out  
 e venom.

*To take away the pain in the Huckle-bone,  
 or for any Old ach.*

Take of Burgundy-Pitch, Oxicrosci-  
 in, and Paracelsus, of each a like quan-  
 ty; melt them together in an Earthen-  
 orringer, and spread them upon Sheeps-  
 eather; then anoint the grieved place  
 with Oil of Amber, and lay on your  
 plaister.

This is very good also for any Sprain.

*For*

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*For one who is suddenly taken with  
Numbness in any Limb.*

Take Brandy and Mustard, and warm them well together, and bath the place very well with it twice a day for a week together, and it will work a wonderful effect.

*To take away any extream pain in the  
Head in any Sickness.*

At your going to rest, let a linnen Cloth be dipped in Aquavite, and laid all over the Forehead from one Temple to another; then dip little linnen Rags in Cinnamon-water and put up the Nostrils, let them not be too short for fear the breath draw them into the Head.

*For an Impostume in the Ear.*

Take a great Onion and roast it in a paper wetted (in wood-Embers) when it is enough, put to it two pennyworth of Saffron, and a little spoonful of fallad Oil, and work them well together with the back of a Spoon; then apply it on a linnen Cloth to the hole of the Ear as hot as the Party can suffer it, at the time  
of

going to rest, and the next day when you take it off, put a warm Cloth instead thereof; thus do three Nights together, and when you find that it is broken and well drawn out: Seringe the Ear with a little warm Sack and Betony-water for three days together, twice a day.

*For Deafness in Young or Old.*

Take Brine which comes from Beef at the first salting, and boil it very well, and scum it well, and keep it in a Glass for your use:

Then take the Kidney-Suet of a Loin of Mutton, and shave it very thin, and when the Party goes to Bed, fill the hole of the Ear that is grieved with some of the Suet, and stop it with Black-wool, and let him lie on the other side that it fall not out, and as he sleeps it will melt into the Ear; thus do for a Week every Night: when that is done, then take three or four drops of the Brine in a Spoon and warm it a little, and drop into the Ear every night for a Week.

This hath done very much good to one of Fourscore years Old.

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*For the Emorroids or Piles.*

Take of Unguentum Album, vvhich you have at the Apothecaries commonly, melt it over the fire vwith a little sallad Oil, and put in a little of the best Bole-armoniack; apply it upon a linnen Cloth every Night vwhen you go to bed till you are vvell.

*For to Cure Heart-burning.*

Take prepared Crabs-Eyes, and mix leaf-Gold therein, and keep them in a Box; and when you find your Heart begin to burn, lick two or three times of the powder, and it vvill Cure you for that time, and be a means to keep it away for the future. Also a draught of Milk never at all boiled doth help it; but the other Medicine is much better.

*For the passion of the Heart.*

Take as much Confection of Alkermes as a Pea, in a drop or two of Sirrup of Clove-Gilly-flowers, and it will ease you in such an instant, as you cannot but admire; it is beyond all things that ever I used, and not of much cost. Take heed that it be good Alkermes, for there is much of deceit used in it.

*For*

*For the Cramp in the Legs.*

Take a lock of black-Thred, about half an ounce, and dip it in such Oil as they greaze Wool withal; then draw it through your hands very well that the Oil may not drop from it; then vwind it about your Thighs, and tie it and keep it on day and night. Eel-skins are also good to tie about the Thighs; but first they must be made gentle and easie.

And that which is as good as either of these, is to anoint the grieved parts with Oil of Spike a vweek together. The same perfectly Cures a Crick in the neck, in two or three times using. I like the latter best.

*To Cure a Scabbed-Head, and to kill the Lice.*

Take the yolks of six hard Eggs, and bruise them well with a spoon; then put one pound of new-Butter to them that was never salted; boil them together till you find it to be enough, which will be in an hours space, upon a slow fire; let it look blackish when you take it off the fire; then strain it and keep it for your use;

use; anoint the Head very well with it twice a day, and it will soon destroy both Scabs and Lice in a short time, to much admiration.

*For Chilblanes, on the Hands.*

So soon as you find your Fingers begin to itch, spread some Burgundy Pitch upon Leather, and lay round about your Arms; let the Plaisters be four-fingers broad, and lay them four-fingers above your hand.

They will soon abate the itching, and draw forth the humor where they lie, not suffering it any more to fall into your hands. Wash your hands every day with right Venice Soap, and that will help you in the Cure. This is a very certain Remedy to my knowledge. It also Cureth sore hands that are crackt and chopt with a sharp humour, if you lay the Plaisters round about the upper-part of your Arm above the Elbow, and wash with the same Soap.



*To kill the Scurvy before you purge.*

Take of Scurvy-grass, of Worm-wood and Sage, of each half a handful, with a little Rue; put them into a pint of Whitewine, and let them boil softly till half be consum'd, close covered; then strain it, and put in as much Saffron as will well colour it.

Divide this into three parts, and take every Morning one; then take this Purge following:

Take five Gallons of Ale, put into it a quarter of a peck of Garden-Scurvy-grass bruised, two great handfuls of Sage, two ounces of Horse-Radish-root scraped and sliced very thin, Red-Dock-root sliced very thin two ounces, Anniseeds bruised one ounce and an half, Liquorish scraped and sliced thin four ounces, Sena two ounces, Figs sliced thin half a pound. When your Ale hath done working, put in all these things and stop it up; when it hath been four days, then drink every Morning a pint, and again at four in the After-noon, till you have drunk all the Ale. With this I have Cured many who were very bad.

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*For a Squinacy, or other sore Throat.*

Take the whitest dung of a Dog, which he hath dinged abroad in *May*, let it dry in the Sun very well, and when you have occasion to use it, beat it fine and searce it, and give the Party thereof a slight spoonful in a Glass of White-wine; and mix some with Honey, and spread it and lay to the Throat: let the Plaister lie on, and take the other three Nights and it will Cure you.

*For a Red-face.*

Every Night wash your Face with this following: Take Fumitory-water half a pint, a little lump of Allom, and a little white Sugar-Candy; with the juyce of one Lemmon, and as much common Brimstone beaten fine as will lye upon a half Crown heaped. Do not wipe your Face when you have washed it, but let it dry in.

Every Morning drink a Glass of old *Malago-Sack*, and eat a little Toast dipped therein.

It will be very good for you to Purge every Spring, if you find much heat in it, which you may know by a dry hot hand, and inward heat.

*to help one who but begins to be Crooked.*

Let the Party sit down with her Bo-  
 dice off, and her Shift stripped off from  
 her shoulders, by a good fire; then take  
 pure sallad Oil, and dip your fingers in  
 it, and stroak the Party well all along the  
 Back-bone, on that side which is weak;  
 first gently, and then harder, and chiefly  
 the Sinews adjoyning to the Back-bone:  
 rub alwaies your hand downward: thus  
 do for one hour at least every Morning;  
 it will both supple the Bones, and bring  
 the blood into the weak part.

In the mean time the Party is anoint-  
 ing, let her drink a draught of any  
 Broth which is made with strengthening  
 things.

*For the Kings-Evil, when it is broken,  
 or if it be not.*

*Here is two excellent Medicines taught me,  
 by both those that were Cured by them,  
 when the King was absent from us.*

Take Neats-foot Oil, and Verjuyce, of  
 each a like quantity; mix them well to-  
 gether, and dip Cloths therein, and lay  
 on Morning and Evening.

*The other Medicin:*

Take of the finest Wheat-flower, and the purest fallad Oil; blend them together very well, and spread it upon a linnen Cloth, and lay to the places grieved Morning and Evening.

Let their drink be midling-Ale, wherein there is laid in steep, Angelico-leaves and stalks, Elder-leaves, and the inward Bark of it, Hounds-tongue leaves, and Plantain-leaves, of each three handfuls to four Gallons of Ale: Drink of it two or three times in a day a good draught.

They who have been touched by his Majesty, ought to do something besides. (I commend this to them.)

*For a Botch or Boil.*

Take Shoemakers-wax, and lay it to it spread upon Leather; that will both break it, and also heal it: When you dress it after it is broken, you must wash it every time with Brandy and Butter before you lay on your Plaister; and do not lay a new one too often, because it will draw too much; and nothing makes a greater Scar then so doing: yet you must  
be

sure to shift them often, till the  
soar be drawn out.

*For a Plague-Sore.*

Take Figgs half a pound, and of Ho-  
y as much; beat them together ex-  
creamly well; then spread some of it  
upon a Burdock-leaf, if you can have  
one, or else upon a linnen Cloth: dress it  
twice a day; this will both break and  
heal it. Use it till it be quite well.

*An excellent Medicine prescribed by a  
Worthy Physician, against the Plague  
and Pestilence.*

Take of strong White-wine Vinegar  
half a pint, of Spring-water one quar-  
ter of a Pint; mix them together, and  
put thereto one ounce of Venice-Trea-  
cle: Take of this every Morning two  
spoonfuls, and anoint your Nostrils with a  
little Methridate; for that will not suffer  
any Infection to pass that way.

*To kill Worms which breed about the Nose.*

Wash it often with Vinegar, Allom, and Brimstone, till you find they are killed: and then use Pomatum every Night to smooth the skin.

*For Childrens Scabbed-faces.*

Take Mallow-leaves, and the leaves of Red-Dock, of each a like quantity; shred them small, and put as much fallad Oil to them as will just stand even with them; then boil them on a soft fire till you find the Herbs begin to be crispy; then presently take it off, and strain it out and keep it: Anoint the Face with it twice in a day, and every time before you dress it, wash off that you laid on before with Butter and Beer. This is very good to Heal and Cleanse.

*For Chest-Worms.*

Take a quarter of a pint of New-Milk, and when it boils put in a piece of Allom, and stir it about till you see that the Milk be well turned, then take out the Allom, and take off the Curd very clean,

ean, and give the Party the Clear  
rink, to drink in the Morning fasting;  
so so three Mornings together, and it  
will kill all the Worms; but then it will  
be necessary for to purge them with these  
things following:

Take a pound of Pruons, and stew  
them leisurely in fair Water; and take  
half an ounce of Sena and tie it up in a  
piece of Tiffany, with half an ounce of  
Liquorish scraped and sliced thin, and a  
quarter of an ounce of Anniseeds bruif-  
ed; let these stew in the Pipkin with the  
Pruons till they are enough; then every  
Morning fasting give four or five, or  
more, of the Pruons, according to the  
Age of the Party; and also two or three  
spoonfuls of the Liquor: do so so long  
as you see fitting. I have given this with  
very good success.

*A fine Julip for one in an Ague or  
Feaver.*

Take four ounces of French-Barley,  
and wash it well, then boil it in three  
quarts of Water till half be consumed;  
then strain the Barley from it, and put  
into the Water the juyce of two Lem-  
mons,

mons, and as much white Sugar-Candy as will well sweeten it; then put in two ounces of Sirrup of Violets, and nine sheets of Leaf-Gold cut very small, give the sick Party of this three or four times in a day, four or five spoonfuls at once; it is both cordial, and very pleasant.

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**I** Think I have said enough concerning those things which I have already written in this little Book: I will now give you some Directions for several sorts of Work, which may pleasure you in your Chambers and Closets.

And if any of you shall desire to be further informed than I can possibly direct in Writing; or to confirm themselves in what they have already made Trial of, if you please to give your selves the trouble as to come to me, I shall give you the best assistance I can in any of those things which I profess to teach, and for a competent gratuity.



I have set down every thing as plain  
 I can; and I know there are many  
 who have done things very well by my  
 books only: but you may imagine that  
 if you did learn a little by sight of my  
 writing, you would do much better; For  
 if my Pen can teach you well, how much  
 better would my Tongue and Hands do?  
 The one to make answer to any Objection  
 or Question; the other to order or to shape  
 any thing. So that in my opinion you  
 would not lose by having some personal  
 acquaintance with me; neither would I  
 willingly lose my time and labour in in-  
 forming you: Therefore I beseech you  
 let it be thus;

*Be pleased to afford me some of your Mony;  
 And  
 I will repay you with my pains and Skill.*

That I judge to be fair on both sides.

Impri-

*Imprimis: To make Transparent Work.*

**B**oil all in Earth, and let your Pipkin be three quarts full of Minglas, such as you have at the Apothecaries, broken into small pieces, and a small quantity of Gum-Dragon amongst it; then fill it up with fair Water, and boil it till you find it be enough, which you may well know by dipping your Wye therein; which must be shaped according to the Leaves or Flowers you intend it for. Strain it while it is hot.

Now for the **COLOURS.**

*First, For Red.*

Take the shavings of Brazil-wood, and fill your Pipkin half full with them; then fill it up with Water, and put in a little Roch-Allom; set it over the fire, and when it boils strain it out. This and Oil-Tartar makes a Purple: Do not mix it too hot for that will spoil it.

*For*

*For Sea-Green.*

Take one ounce of Verdigreace, and  
 pint of Whitewine, and let it but just  
 boil together; then let it drop thorough  
 double Brown-paper, and it will be a  
 perfect Sea-Green.

*For White.*

Take of the best Cerus, and dissolve it  
 in some of the best Isinglass-liquor, and  
 it is done: So must you mix all your  
 Colours, as you do use them, with some  
 of that Liquor, and put them into Gally-  
 pots.

*For Yellow.*

Take Saffron and tie it in a Rag, and  
 put it into some of your Liquor; to  
 which you must add Gum-Arabick and  
 Fair-water; two parts of Gum, and one  
 of Water: When you use them, you must  
 warm them, and lay them on with a  
 Pencil, on the wrong-side of the Flowers.

*For Primrose-Colour.*

Yellow and White makes it very right:  
 You may make it as Deep or as Pale as  
 you will; some will do well a little  
 Deeper than the other.

*Flesh-*

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            *Flesh-Colour.*

Vermillion and White makes Flesh-  
Colour.

*Damask-Rose Colour.*

Vermillion, and Brazil, and Purple,  
and White makes the Damafck-Rose  
Colour.

*Grass-Green.*

The yellow added to the Sea-Green  
makes a perfect Grass-Green, and very  
beautiful.

*Blew.*

You must put in some Smalt into your  
Liquor, and strain it very well; and  
when you will have it Pale, mix a little  
White with it.

*Clove-Colour.*

Take Logwood and boil as you do the  
Brazil.

*Tauney.*

Mix the Clove-Colour and Red toge-  
ther.

*To make the Puff-work.*

Take two ounces of white Vellom cut  
in pieces, and steep it in a pint and half  
of

Water all night; the next day boil it  
 off away, and strain it, and dip your  
 Leaves in it while it is hot. The manner  
 of dipping of your Leaves, both for the  
 transparent Work, and this (is thus;)   
 After you have shaped your Leaves or  
 Flowers, you must hold them by that  
 part of the Wier which is to be the stalk,  
 and dip them in the hot Liquor, and  
 take them out, and wave them up and  
 down in your hand till it be cool; for  
 you must dip them one by one though  
 ever so small; and as they begin to cool  
 that you see it is fixed fast in the Wier;  
 and looks Transparent; then bend the  
 end of the Wier a little, and hang them  
 on a line of Packthread till they be very  
 cold.

*To make the Puffs,*

Take one ounce of Ising-glass, and boil  
 it in a pint of fair Water, with a piece of  
 Allom as big as a Wall-nut; then take a  
 little Porringer full of that you boiled be-  
 fore, and scrape as much White-lead as a  
 little Nutmeg into it; then set it by and  
 let it cool; then heat it again, and stir  
 it well; then put in two Spoonfuls  
 of cold Water; then strain your I-  
 sing-glass Liquor and that together;  
 then

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then brew it with the whites of two Eggs well beaten; beat it and brew it very well, and if you find any white specks in it strain it again.

Colour them with such Colours as you make for the Transparent-Work: lay this puff stuff on the right-side of your Flowers or Leaves.

*How to stain Satten for a Face; or for other things what you fancy besides.*

Take Red-Sanders, and steep it in the Spirit of Sack, and it will make a perfect Blush: shadow the Face first with a Black-lead Pencil, then lay on this with a Pencil of Hogs-Brissels; and if you would have a dark-Complexion, you must add a little to the rest (of Saffron.)

*For Scarlet.*

The Canker-flowers being stamp't and strained, dry the juyce of them, and mix it with the Spirit of Sack, and it will be a pure Scarlet.

*Purple.*

Take Scutcheneal, and the juyce of Lemmon.

*Blew*

*Blew.*

Take Indico and mix with the Spirit of Sack, and when your stains are thorough dry, rub them over with Whitelead, and wipe it off again with a soft linnen Cloth.

*most excellent Black-Dye for any Stuffs or Stockens.*

Take one peck and half of black Alder-Bark, and break it indifferently small; then steep it three days in three Pails full of water, and if you have any rusty Iron steep it with it; then boil it with a pound of green-Copperus, for the space of an hour and half; if you can get them, put also one ounce of Nut-galls beaten to boil with the rest: then scum off all the Bark and let it boil up again; then put your Stuff in which you mean to dye, and stir it down altogether as near as you can, and keep stirring of it down for a quarter of an hour; then take it out and drain it, and let it half-dry, then put it in again and do as before; then let it be quite dry, and when it is so, wash it so long as it will blaze the Water, then dry it well.

*To make clean Glass-Windows.*

First brush them with a Cobwebbing Broom, then take some Spanish-Whiting and warm Water and wash them all over very well, and rub them every where then wash it off again with cold Water very well, and rub them with clean Rags till they are very dry.

And if you would paint the Wooden-barrs of your Windows white or red, take Red-lead, or White-lead, and grind it with a little Linseed-Oil, and then lay it on with a Brush; but first you must let them be very clean: Do it over twice, but let the first be dry before you lay on the second.

*To make pretty Frames for slight Pictures in Black only.*

Cut Past-board plain, without form, but only long narrow pieces about two fingers breadth, and fasten them together at the corners with a little Grew; then wash them over with a Brush, with a little Lamb-black and Size mixed well together; then presently before it be dry, firew



ow it all over with French-Frost, of  
at Colour you please; then put on  
ne Shells with Bees-wax and Rosin  
ltd together hot.

*make Frames for Pictures in work of  
Satten, Stitch, and the like.*

Let a handsome plain Frame be made  
Deal-wood, fit for your piece of Work;  
then black it over as you did the other,  
and Frost it; then have in readiness some  
bones out of the Heads of Whitings,  
rosted over first; do them over with a  
rather, with some Water wherein  
um-Arabick hath been steeped, and put  
n your Frost, and let some be of one  
colour, and some of another. Make  
ome little Flowers of several Colours  
pon round pieces of Cards, with small  
atten-Ribbon, and fasten some Wier for  
ne stalks; get some Shells and some Mo-  
ner-Pearl; some Corral and some Am-  
er; some little kinds of Creatures made  
n Wax, as Frogs, and such like; pieces  
f old Neck-Laces, and Pendants, with a  
ttle Moss. When you have got all your  
hings ready, put on your Shells first in se-  
veral Fancies with Bees-wax and Rosin,  
and

and do them quick, and crush them hard; then put on the Mother-pearl, and then as you please the rest of the thing, till you have put on all. It will look like a Frame of great price, but it will not cost any great matter.

*To adorn a Room with Prints.*

Buy of your Prints only Black and White, of sorts what are good, and cut them very exactly with a small pair of Cissors from the paper, put them into a Book as you do cut them; then let your Room be done with plain Deal, but Wainscot fashion, and let it be painted all over with White-lead and Linseed-Oil, ground together, and some little streaks imitating Marble: then lay your Prints upon a smooth-board with the wrong-sides upwards; then with a knife take some Gum-Dragon, steeped well in fair water, spread them all over as thin as you can, and still as you do them, take them up with your knife, and so turn them into your hand, and clap them upon the Wainscot; but let it be dry first; close them well on with your fingers that they be not hollow in any place; and observe

serve to put them in proper places, or  
 it will be ridiculous; be sure to put the  
 things flying above, and the walking and  
 creeping things below; let the Houses  
 and Trees be set sensibly, as also Water  
 with Ships sailing, as you put them on,  
 observe that they have a relation one to  
 another.

If you employ your fancy well, you  
 may make fine stories, which will be ve-  
 ry delightful and commendable; also  
 Gardens and Forrests, Landskips, or in-  
 deed any thing you can imagine; for  
 there is not any to be named, but you  
 may find it in Prints, if you go to a Shop  
 that is well stored, nor no Pencil can  
 shadow more rare than that will shew;  
 it makes a Room very lightsome as well  
 as fine: as for those in Colours I do not  
 esteem for this purpose, for they look  
 Childishly, and too gay.

If you mean to make Stories, you must  
 buy good store of Figures; the colou-  
 red ones are good to put upon white  
 Plates and Flower-pots for Closets.

*To dress up Glass-Plates, on which you may lay dry Sweetmeats or Biskets.*

Take your Glass-Plates, and lay the right-sides downward upon a Table; then have in readines some coloured Prints finely cut, and lay them on with Gum with their right-sides to the wrong-side of the Plates; then take some Spanish-Whiting, mixed with Size which is purely cleer, let it be as Batter for a Pudding; order it so that there may be no knots in it, but that it may be very smooth; then spread the same all over upon the Prints (not too thick) and when they are very dry, wipe the right-side clean, and set them up in your Closet to use at your pleasure.

*Fine Hangings for Closets.*

Make some plain Net with Brown-thread, and a good round Pin; let the Panes be as long and as broad as you think fit; when they are done, wash them and starch them very stiff, and pull them out against the fire till they are quite dry, then put one of them into a long Tent, and let it be very streight; then have in  
readines

andiness a Paper drawn with Leaves, or  
flowers and Leaves together, or any o-  
ther things you like; tack it at the cor-  
ners under the Net, and so flourish it ac-  
cording to the Paper.

*Make Feathers of Woosted which do look  
every like natural Feathers, for the Cor-  
ners of Beds.*

About four pounds of French-Woo-  
d will serve your turn; three pounds  
of that colour your Bed is wrought with,  
and one pound of White.

First, Buy three quarters of a pound  
of Wier of sixteen pence the pound;  
burn it in the fire till it be red-hot; then  
take it out and cool it, then cut it into  
pieces; twenty of them must be a yard  
long, and sixteen something shorter, and  
twelve must be but a quarter of a yard  
long, or little more; double all these  
in the middle, and twist them  
tightly; then take your Woosted and  
open it, and cut every skean twice; then  
comb it well with a Horn-Comb; then  
cut it in whole locks as it is, in pieces a-  
bout a quarter of a yard long, or some-  
thing less, and comb every one of them;  
E then

then take three Brown-threads, turn a large Stool the bottom upwards, and tie these Brown-threads from one foot of the Stool to the other very streight; then take a long double Brown-thread in a Needle, and then take one of your short locks of Cruel, or Woofted, and cast over your Threads which you have tied to the Stool; hang them even; then sew them fast to the tied string; which that you may the better do, be sure to hold the ends of the Woofted in one hand, and sew with the other; for if you do not sew the tied Thred fast in, your Feather will not hold but come to pieces: and one thing you must be sure of, that as you sew them, to clap another lock on before you have done that you begun, or else there will be gaps in your Feathers: In every Feather you must put three locks of White, or more if you please; but not too much in a lock: When you have thus sewed them, then take your Wiers, fasten a Needle and double Brown-thread to the bolt end of it, and begin at one end of your Woofted you have sewn; and sew the Wier very fast to it; you must leave at the other end as much Wier as may be convenient

convenient to bind them up in a Plume,  
 when you have done them all: When  
 you have done thus, then take some  
 double white Woofed, and sew over all  
 that so thick, that nothing may be dis-  
 covered that you have done before;  
 then cut the Feather from the tied string,  
 and lay it on your Lap, or a Table, and  
 comb it; then take it by the stalk, and  
 with a Bodkin part it as right in the  
 middle as you can; then comb it up-  
 wards, towards the tip, and you will  
 quickly perceive it to look like a natural  
 feather; then with your Cissers cut it in  
 tape, and then comb it a little again:  
 the little ones of all must be made with  
 Woofed not above half a quarter of a  
 yard long, for they are for the sprigs  
 which stand up in the middle, and there  
 must be three in every sprig. The  
 twenty large Feathers are for every Cor-  
 ner five, and the other sixteen are for  
 every Corner four.

When you bind them up, first bind  
 those three together which are for the  
 sprig, and turn the right-sides inward;  
 then put on the four with the right-sides  
 upwards, and then the five; and bind the  
 Sivers very fast.

Then put them into the Cups, and turn the Feathers quite back, and bow them down as you would have them be.

I have given you as full a direction as I can in writing; but you may imagine, that if you were with me but one hour, you would learn perfectly. For these kind of Feathers I have taken many a pound.

Some count it folly in me to declare so many things, and rather wish me to keep them secret; but I am of that humour that I must and will impart all, what may be beneficial to others; For we are not born for our selves alone. God made us to serve him, and to keep his Commandements; and I am sure it is part of my duty to be kind to my Neighbour, and what is kindness more shewed in, than by giving good Counsel, and good Instructions; and when we are not near, then to express our selves in Writing. So do I do by you all, and do beseech you to practice what I direct you to.



*How to save much work, and to make a  
suit of Chairs which be very noble.*

Let what Draught you please be drawn upon a very course French-Canvas; then have your Chairs cut out as you would have them, either of Camlet or Paragon; put your Stuff into a Tent, and then tack your Canvas streight upon it; so work it in Crostitch, and take heed that you do not cleave the Threds of the Canvas in the working, nor work your Woofted or Silk too full; and when you have done, cut your Canvas between your Leaves and Flowers, and pluck out every Thred one by one, and there will be your Work very brave upon your Stuff, and will look very high; then form it about with what coloured Gimp you fancy best.

And if you want skill to shadow, desire the Drawer to direct you in the drawing of it; but then you must get an Embroiderer to draw it, for no other can direct you right; and you had better not work, then that which is ridiculous.

This way saves the grounding, or cutting out to Embroider, and is much better and not common; therefore to be more esteemed.

*Another way for Chairs.*

Let your Draught be drawn upon Stuff or Satten, what else you please, and work it with Woolsted or Silk, or both together, which doth better then Silk alone if it be upon Stuff; but if upon Silk, then Silk alone doth best: Work it in Satten-stich, and as many other stiches as you know, or can devise; and when you bring off one shadow, take a bright one from another, and that wil much quicken and enliven your works for one shadow simply of it self looks very faint: Observe when you walk abroad and find a dead Leaf, or beginning but to wither, how many shadows there is mixed together; also what Bark of a Tree, what Flie, Worm, or Snail do we admire but those which are extraordinary for their Colours: it is in those things, and as much difference as is between a beautiful Lady and a Cinder Woman (the one hath loveliness to their dying hour, the other are never comely). there are also some Leaves which be of a perfect Grass-green, some Willow, some Sea-green, which are in themselves very pleasant,

pleasant, and some of the dullest Colours you must put in, and then your work will shew the more naturally; and whatsoever you do, be sure to let your shadow be very dark, for without a dark shadow you can make no lively Work.

Now for the folds of your Leaves or Flowers there must be a place for shadow, but that must be begun with a midling Colour, and fall very light, with some other shadow among those you begin with; but be sure not to choose your Colours too near in such a case, but skip a Colour, or sometimes two, and you will find it very fine work; when you have done one piece, form it about with a Back-stich, and let it be purely wrought, and of such a Colour, sad or light, as may agree with the Leaf or Flower you work: Let the Stalks of all be of one shadow, Hair-colour or Ash-colour will suit with any thing.

You must be sure to shadow your Stalks with Black, where you find any part of any thing to lie over it; and in all dark places be sure to begin your shadow with Black.

This kind of Work I have wrought often upon Demities; and have wrought thereon with Woosted, Cruel, and Mohair, in all sorts of Stiches, all kinds of Shadows, and many fancies which were after my own fancy, not at all to imitate others; for there is nothing which I hate more, than to work as a Child doth after a Sampler: That brain that can invent nothing, is good for nothing; nor there is nothing which I more love than Invention.

One Bed thus wrought, with Chairs belonging to it, is worth a hundred Ginies before the Upholsterer comes to touch it; and may, if it be cleanly wrought, be used several years before it be washed; as hath been proved.

It will not be amiss to give you some directions for the washing of it.

First, Make a strong ladder with Soap and good Water, reasonable warm; then lay one of your Curtains upon a Table, and with a Brush and some of this ladder, rub it very well all over, and do so till three Ladders are spent; then pour on good store of fair Water to Rinse it very well; then hang it to dry from the Sun, with the wrong-side outward, and as it dries

tries, pluck it out and smooth it, and fold it up, and then hang it out again, and so do till it be quite dry: There is no Colour but will hold, if you do wash it after this manner; but if you do rub the Soap upon it, that will change the Colours.

The best Lining for these Beds is changable Sarsnet, or Ducape, for that will agree with any of your shadows, and it is as cheap as any thing.

*To embroider Petty-coats, Bodices,  
or Belts.*

When your Pattern is drawn, form it about with black Gimp, or other, which you do fancy best, and fill the Leaves and under-parts of the Flowers with Saxon-stich, some dark and some lighter: then for the upper-parts, and seeds of Flowers, let them be done with high-work, as Purple-stich, and such like, and let your stalks be all alike with a great Gimp twisted: your Flowers may be of all manner of Shadows as you fancy; and if you shadow them well, they will look very naturally. Thus you may go fine, and with less cost than if you bought good Lace.

It is more commendable a great deal to wear ones own Work, than to be made fine vwith the Art of others; and though one may be envied for it, yet none can have so just a quarrel against them, because it is their Ingenuity; and besides it argues that Person not to be idle, but rather a good House-wife. Any fool may be made fine with Cost, but give me those who can be neat and nobly habited with but a reasonable charge. The World is grown very fine of late years, but it is with so much charge (together with so ill a phantie some have in choosing things) that they look more like Stage-players than fit to come into any Church, or Civil places: Some will plead Ignorance, not knowing how to do these things, but that's a bare Excuse; for if they know not already, they may learn: In a Weeks time I dare undertake to teach any Ingenious Person to Embroider any of these things; therefore if any of you have a desire to Learn, I shall be willing to wait on you at your Houses, and to teach you and your Servants; and for my Work, what I shall do, and for Teaching of you, I shall expect four shillings the day, and, I hope,

hope, you vwill judge it reasonable: for you may imagine, that the mean while I am with you, I am wholly sequestred from all profits and benefits which might happen. Likewise if any Gentlewoman would learn to Preserve, if she please to give me forty shillings in hand, she shall have the liberty to come so oft as she pleases, and bring her materials with her; and at any time if there be any new thing to be learned, at any time, for seven years, I will direct her, or give her a Receipt, if at distance.

I think it will not be amiss if I give you some direction what stitches to put into a Bed which is wrought only with one Colour, therefore observe this following:

Form it all with a double Back-stitch, and on the one side of the Stalks work a broad Gold-stitch, and bring it off by degrees with powdering, first pretty big stitches, and so smaller and smaller; work the veins of the leaves with Bread-stitch, Chain-stitch, open Chain-stitch, and any other that you can think on, or devise; then sprig them thick with several Fancies, and let the folds of your Leaves be the thinnest work, and be sure you put a shadow under every fold.

If your leaves be great, let them be the fuller of Work, or else you had as good do nothing; for how will the Ground shew if the work be too thin.

I saw a very fine Bed once wrought in this manner following :

The Ground was an Ash-colour Paragon, and drawn all over vwith Clouds, some of one sort, some of another, and wrought to resemble the Clouds of Night; some very dark, some lighter, and here and there between were Stars made vwith eyes, vvhich you must be sure to have them good, or else they vwill change; else they vwill hold as long as your other vwork will last.

I have often been desired to give some directions for Work in Print, and truly I have so done as plain as I can: I heartily wish I could infuse all that I can do, into those vvhich are desirous to learn; it vwould do them good, and me no harm; for I am still, and shall be all my lifetime improving my self: and still as I do purchase new things, I shall impart them to you.

I shall now give you something of Cookery, and such as hath not yet been Printed.



*mprimis: To pot Fowl to carry to Sea;  
or to keep to be spent in your House.*

**T**ake a good company of Duck and Mallard, pluck them, and draw them, and lay them in a Tub with a little Pepper and Salt for twenty four hours; then truss them and roast them; and when they are roasted let them drain from their Gravy, for that will make them corrupt; then put them handsomly into a Pot, and take the Fat which came from them in the roasting, and good store of Butter, and melt together in a pot, set into a Kettle of boiling-water, put therein good store of Cloves bruised a little, some sliced Nutmeg, Mace, Bay-leaves, and Salt, and let them stew in the Butter a while; then while it is hot pour it over your Fowls in the Pot, and let the Pot be filled, so that the Fowls may be covered; then lay a Trencher in upon them, and keep them down with a vveight or stone till they are cold; then take of the same kind of Spice which you did put into your Butter, beat it very fine, and  
strew

strew over it, and lay some Bay-leaves on the top, so cover it up; they will keep a good while. Drain your Fowl from the Gravy twenty four hours before you put them into your Pot.

*A very fine way to pot Neats-Tongues.*

Take the largest Neats-Tongues you can get, and Salt them very well; two days after pour away the bloody-Brine, and Salt them again, and let them lie in that Salt a Month; then take some Salt-Peter, and a little Roach-Allom beaten together, and rub them over with that, and let them lie one Week; then boil them till they be tender, with some Hay on the top of them; then take them out of the Kettle, and pull off the skins; then hang them up in a Chimney where Wood is burnt for four daies and nights: then melt some Butter with Spice, as you do for the Potted-fowl, and put your Tongues in a Pot, and pour that over them; and when they have been Potted one Month, take out one, and eat it with Mustard and Sugar, or Mustard alone. These will look very red, and eat pleasantly.

*To boil Beef or Mutton to eat savourly.*

Take any piece of good Beef, and set on the fire with as much water as will cover it; put in such a quantity of Salt as you think fit; let it boil, and scum it very well; then put in a little whole pepper, Lemmon-pill, a blade or two of Mace, some sliced Nutmeg, a few Cloves, and a little Time and Winter-savory; so let them stew together close covered upon a slow-fire till your Meat begin to be tender; then put in good store of Herbs, as Parsley, Spinage, Lettice, Chervil, Radish-tops, Sorrel, or any other Herb you love: and when the Herbs are boiled, and the Meat thoroughly tender, put some sliced Bread into the bottom of the Dish, and lay your Meat on it, then pour your Broth thereon, and serve it to the Table: One drop of this Broth will be better than twenty which is made the plain way.

If they vvho are to eat it do love Onion or Shelot, it will do very well to put some in.

*To Boil, or rather to Stew a Leg of Veal  
a very savory Dish.*

Take a large white Leg of Veal, and stuff it with some fat Bacon and Sage shred small together, with a little Sage and Nutmeg; cover it with Water, put in some Salt, let it boil, and scim it well; then put in some sweet Herbs, and some Spice, such as you love, and let it boil leisurely close covered; then when you find that the Knuckle begins to be tender, put in a pound of Sausages cut one by one, and let them stew with it for a while; when you find it is enough, put in a piece of fresh Butter, and serve it in with the Broth upon sliced Bread, and lay the Sausages on the top: Garnish the Dish with Collops of Bacon and Sausages.

*To fry Clary the best way.*

Take the Yolks and White of Eggs beaten together very well; then put a little grated Nutmeg, and beaten Cinnamon therein; then having your Butter very hot in the Frying-pan, take a Leaf by the stalk end and dip it therein, and lay

Put it into the Pan, and so another as fast  
you can, till your Pan be full; fry  
them brown with a very quick fire, and  
serve them in with a little Butter: For-  
get not a little Salt amongst your Eggs  
when you beat them.

To dress a Legg of Mutton; a very savory  
Dish.

Boil your Mutton in Water and Salt  
for the space of an hour; then cut it in  
thin slices, and put it into a Dish over a  
Chaffing-dish of Coals, without any Li-  
quor, and in a little time you will find  
the Gravy will be Liquor enough; then  
put in a little Salt, and a little grated  
Nutmeg, one Onion, or two or three  
Shelots sliced, a sprig of Time, and  
Winter-savory, and one Anchovy; let  
it stew between two Dishes till it be al-  
most enough; then put in a piece of fresh  
Butter, and when it hath stewed a little  
longer, take it up and serve it in: Gar-  
nish your Dish with pickled Barberries,  
and pickled Oysters.

*To stew Muscles, or Cockles.*

Take any of them, and wash them very well, and put them into boiling Water and Salt, and let them boil till they gape; then take them up, and take them out of their shells, and put them into a Dish over a Chaffing-dish of Coals with a little Whitewine, a blade or two of Mace, and a little Nutmeg and whole Pepper; let them stew a while; then put in a piece of Butter and shake them together; then put your Fish into a hot Dish, and take the yolks of two or three Eggs well beaten, and thicken the Sauce vvith them over the fire; you must let them be but a little time over the fire, and stir it vvell for fear it turn. Garnish your Dish vvith Parsley, Salt, and pickled Barberries.

*To stew Parsnips: A good Dish.*

Boil the tenderest Parsnips very well, then scrape them very clean, and cut them in two, and then slit them in half; put them in a Dish vvith some Whitevvine, vvhole Mace, grated Nutmeg, and a little  
Salt

It; vwhen they have stewed close covered one hour, then put in some pieces of Marrow, and a little Sugar; then stew them very vvell, and a little before you take them up, put in a little Butter, and shake them vvell together, and serve them in. Garnish your Dish vwith thin slices of boiled Parsnip, and fine Sugar beaten and searced.

*To make a good Pye of Beef.*

Take of the tenderest piece of Beef, and cut it in thin slices, and beat it very vvell vwith a Rouling-pin, and lay it in a little quantity of Claret-vvine all night, vwith a little grated Nutmeg, and cracked Pepper; in the Morning make your Pye, and lay some Butter in the bottom; then lay in your Meat, but first Salt it a little; then lay some more Butter on the top, and pour in that Wine in vvhich it lay, and so close it up, and let it Bake three hours, or more: So serve it in hot.

*To dress red Beet-Roots.*

Wash them and boil them very well, slice them in round slices, and eat them with Butter, Vinegar and Salt; and you may if you please eat them cold with Oyl, and Vinegar and Salt; it is a very pleasant Sallad.

*To make a good Pidgeon Pye.*

Pluck your Pidgeons very well; then cut them in halves, wash them and dry them; cleanse their Livers and Gizzards also, and let them go with them; season them with Pepper, Salt, and Nutmeg: When your Pye is raised, lay in some Butter in the bottom, then lay in your Pidgeons, with the cut-side downward; and then the Yolks of hard Eggs, and a little Time stripped from the Stalks; then lay on some more Butter on the top, and put in a glass-full of Claret-wine: So lid your Pye, and let it bake one Hour.



*boil a Cock, and to make good Broth with him.*

Pluck and draw your Fowl, wash him very well, and bruise his Leggs; boil in a little Water and Salt for one hour; then add some Water wherein button hath been boiled, and put in a quarter of a pound of French-Barley, or Rice, which you please, with some Time, Winter-savory, and a little Lemmon-pill, a little large Mace and sliced Nutmeg, with a Clove or two.

When it is clean scummed, let it only stew till it be enough; then take up the stock for a while, and boil the Broth very well; then put him in again and heat him thoroughly; then serve it to the table, and garnish your dish with Lemmon and Barberries.

Be sure to truss your Fowl handsomly. This Dish is very good for Weak People.

*To boil a Fore-Loyn of Pork, with good Sauce to it.*

Let your Pork be reasonably well salted, and boil it very well; then have in readiness a good quantity of Sorrel stripped

stripped from the Stalks, and beaten in a Mortar as fine as possible you can, then put in a few Crumbs of Bread, the yolke of hard Eggs, vvith a little Mustard, and a little Salt: and so serue in your Pork vvith this Sauce, and garnish your Dish vvith Parsley, or any other Green Leaves.

*To stew Rabbits.*

When they are flea'd cut them in pieces, and put them into a Pot vvith as much Water as vvill vvell cover them; put in some Salt and let them boil, and scum them vvell, then put in a faggot of Sweet-herbs, and let them stew close covered; then pill a good quantity of great Onions, and boil them in several Waters till they be tender; put them also into the Pot vvith your Rabbits, and let them stew till the Rabbits be very tender: a little before you take them up, put in a good quantity of fresh Butter, and a little Vinegar, and stir it about very vvell; and then Dish them for the Table, and garnish your Dish vvith Onion, Salt, and green Leaves.

*To boil Green-Pease.*

When they are sheal'd put them into a long Gally-pot, and set it into a Pot of boiling-vvater, and cover the Gally-pot very vvell, and in a short time you will find the Pease to be fine and tender; then put them out into a Dish, and strew some Salt upon them, and put in a good quantity of Butter, and so shake them vvell betvveen tvvo Dishes; then put them into a hot Dish, and serve them to the Table. If they vvho are to eat them do love Sparemint, put in a sprigg into the Pot vvith them.

These are far more pleasant and svveet, then those vvhich are boiled in Water.

*To preserve Green-Pease a while.*

When they are sheal'd and pickt, put them into a long Gally-pot, and take some Butter, and cover them vvith it, and close it down upon them vvith your hand; your Butter must not be melted but cold; then cover your Pot very vvell and set it in a cool place.

To

*To dress Old Beans.*

Lay them in Water one Night; then put them into cold Water, and set them over the fire, and let them heat by degrees; and when they are hot, let them boil apace, and with them a piece of Bacon, and some Parsley; when they are very tender take them up, and drain them well from the Water; pour some Butter melted very thick over them, and lay Bacon on each side of them, and serve them to the Table.

*To dress Old French-Beans.*

Water them as you do the other Old Beans, and boil them after the same manner, but no Bacon with them, and when they are enough, take them up, and drain them well from the Water; strew some Salt and grated Nutmeg on them, and Butter them well.

*To stew Beef, a very fine way.*

Slice your Beef in thin slices, and put into a long Gally-pot, with a sliced Onion, some Pepper, and some Salt, and sweet Herbs, with a little Parsley; cover the Pot close, and set it in a Kettle of boiling water; so let it be ten or twelve hours, and put in a little Clarret Wine so.

Let the fire be well tended under the Kettle, and you will find a dainty Dish of it.

Your meat must be reasonable Fat: serve it to the Table upon sippets of white-bread.

*To make rare Pyes of a Calves-Head.*

Take a fine fat Calves-Head, and cleanse it well; boil it with Water and Salt till it be very tender; then take it from the Bones and mince it very small; then to a pound of this Meat, take one pound of Currans, washed and picked very well, one pound of Raisins of the Sun, a little Salt, some Nutmeg, Cloves, Mace, and Cinnamon beaten fine, a little

F            White-

Whitewine, and a little Lemmon-pi-  
 fhred small, with a little Sugar, and the  
 yolks of four hard Eggs; having your  
 Tye ready raised lay Butter in the bot-  
 tom; then put in your minc'd Meate  
 and on the top of it lay some pieces of  
 Marrow, and some Dates cut in thin  
 slices, then lay Butter over that, and  
 it and bake it; and when it is baked  
 cut open the Lid, and put in a little  
 Whitewine, Butter and Sugar. This is  
 a very good Pye, and may be eaten hot  
 or cold.

*To make a Pudding of cold Meat.*

Take any pieces of cold Meat, which  
 is not fit to come to the Table any more  
 as Veal, Mutton, Lamb, Capon, Chicken,  
 Rabbit, or the like; mince either of  
 these very small, and put some Milk to  
 it, and the yolks and whites of Eggs  
 with some beaten Spice and Salt, and  
 little Sugar; make it up with a little  
 Flower, so that you may wrap it in  
 a piece of thin Paste; put it into boiling  
 water, and let it boil two or three hours  
 then take it up and put it into a Dish, and  
 to cut it in slices, and Butter it; fire  
 Sugar

gar on your Dish and serve it in. This  
 y<sup>e</sup> is called *The good House-wives Pud-*

5.  
 They are fools who cannot tell what  
 to do with scraps of Meat: (Are they  
 any worse than the rest?) If any be too  
 fat, let them try it up for Suet, else make  
 a Florentine or Pudding with it; and  
 if used, you may bring it (if occasion  
 require) before a Great Person. It is an  
 odd matter here for any that hath Mo-  
 re, if they have nothing but cold Meat  
 in the House, to go to the Market and  
 buy a Joynt of Meat: But, I pray, what  
 do they in other Countries, where they  
 have not such plenty? Do they not live  
 upon green Herbs, Plants and Roots, as  
 much as any kind of Meat? And who are  
 so weak as our *English* People? for they  
 eat so much of Meat, that they distem-  
 per themselves with it: whereas if they  
 should eat Herbs, Roots and Plants more  
 freely, it would be better for them.  
 Observe the Diet of the *French, Italian,*  
*Dutch, Spaniards, Portugals,* or any other  
 Nation; they make good savory Meat,  
 and do not spend half so much Meat  
 as we do; yet, who so strong as they?  
 you shall hardly ever see a Crooked

person among a thousand of them, m  
 weak ey'd, so far as to give blemish  
 them; and I do impute that to the  
 Diet partly: And that they do not Co  
 their Children too soon, when they a  
 young, but keep them long in the  
 Blankets; that prevents the Rickets, an  
 many other Distempers: but our prou  
 Nurses here must be humour'd, althoug  
 it be to the ruine of a Child; but if the  
 were none would humour them mor  
 than I, they would be mute. Let the  
 look well to a Child, and keep it swee  
 and clean, and then if they have thei  
 Wages duly paid them, they have n  
 reason to find fault: If the Child do no  
 go so fine as they would have it, it wi  
 be the Parents shame, not theirs. It i  
 better to let a Child, or ones self go  
 plain, than to run in Debt for fine  
 Cloaths. They that will heed what  
 say, I believe it will do no harm, bu  
 a great deal of good, for they will find  
 it true what I say.

Did I not see what fools we are  
 made, here in England, both by our  
 Nurses and Servants, and what destru  
 ction there is made in many Houses, I  
 should not speak; but really there is in  
 some



the Houses, I know, so much Waste, that it is a great shame and discredit to those who guide the Family; and if they would look a little more into their Affairs, they would be more careful for the future.

Therefore all you who are Mistresses of Families, look narrowly to your Servants, and let them not spoil or waste your Goods, for which you must take pains and care: Be watchful that they do not sit up beyond their usual time, pincketing, and making their Friends welcome (as they call them) with your Goods; while you are asleep, and think to harm of them. Suffer not your Children to go too frequently abroad with your Servants, least it cause such an obligation, as you shall pay dearly for the Requital.

If you see your Servant go beyond what you think the Wages you allow him will well maintain, and to lay up somewhat in case of Sickness, or being out of Service, you ought to Question him, or him; for either they must run in Debt, or Cheat you, or take some ill Course to maintain their pride and folly; and then of necessity discredit must follow:

On the other side; If you find a Servant to be Civil, neat, cleanly, and careful to please, I do advise such a Servant may be cherished and encouraged, not only by good Words, but good Gifts also; for such a Servant cannot be too highly prized: yet too much of Familiarity I do not hold with, for that will breed much Contempt. Keep your distance as you being her Superiour, and shew your love and favour in what may benefit her.

Trust not a Servant too much with Secrets which concern your Credit, or your Livelyhood, lest you thereby enslave your self to them; for I have seen very sad effects from such confidings. You may make the Messengers for to carry Letters, but do not trust them to be your Counsellours.

If any Servant, who hath performed her Duty to you, do ask your advice in Marriage, give her the best Counsel you can, and also bestow somewhat towards the forwarding of it: If you probably think she may be happy, let the Man who she hath an inclination to, know that you have a Kindness for her, and that you will shew them all the Favour you

can; if they will endeavour honestly  
 live in the World.

If your ability will reach to it, be  
 kind to them upon their Wedding-day;  
 either to give them their Meat, or at  
 least wife, to give them somewhat to-  
 wards their Charges: And when she is  
 gone from you, afford her your assistance  
 when she stands in need, and grace her  
 with your Company when it is requi-  
 red; for then her Husband will be apt  
 to be the more kind to her, and will have  
 a awful reverence for you.

*For Nurjes.*

If you find an ill one, take your Child  
 away, and own her no more. Let your  
 silence be her sorrow, and her shame:  
 report not ill of her, least it be her  
 ruine; neither Commend her, least you  
 ruine your own Credit. It is better to  
 be silent, and let others find her out, then  
 for you to accuse her: It is enough, that  
 you have taken your Child away.

If you find a good and faithful Nurse,  
 one who hath done her duty to you in  
 the care for the Child, cherish her, nou-  
 rish her, and never think any thing too

much that you can do for her, without prejudice to your self: If she hath been careful of the Childs Cloaths, give her what you can well spare of them for her own Child, or else give her the worth of them to lay out her self; and as your Child grows up, teach it to love the Nurse, and infuse these Principles into it, that when you are dead and gone, your Child may still remember her with a perpetual kindness. This is my own mind: I would have my Children do so, and therefore I commend these Directions to others.

For Preserving I have before given you very many Receipts, and of the very best, for all manner of things; therefore you must not expect that I shall say much as to that Art; yet some things there be which you have not, as followeth; and a mixture of things, such as commeth into my mind, that I have not yet written.

*Imprimis : To make very fine Bisket.*

**T**Ake one pound of the yolks of hard Eggs, one pound of the finest Sugar beaten and searced, two ounces of candid Iringo-root, one ounce of candid Cittrou-pill, the whites of two Eggs well beaten, one quarter of an ounce of Cinnamon beaten fine, one Nutmeg grated, half a quarter of an ounce of beaten Ginger; beat all these in a Mortar to a Paste, with a little Sack, and one grain of Amber-grease; then mould it up with searced Sugar; make it into little Cakes, according to your fancy, and lay them upon Wafer sheets, upon a Tin-plate, and bake them after Bread is drawn.

*Another sort of Bisket.*

Take half a pound of Naples-Bisket, mix them with a little Sack, when you have sliced them thin, and let them lye in soak in it; then take half a pound of sweet Almonds blanched in cold Water,

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and beaten to a Paste with a little fair Water, to keep them from oyling; then beat that Paste with the Naples Bisket and the Yolks of three Eggs, and the Whites of one: when you have mixed them, then put in three quarters of a pound of searced Sugar, a little juyce of Lemmon, and one grain of Ambergreace; of what Spice you like, you may put in a little beaten and searced.

When these are well incorporated, take them out of the Mortar, and mould it up with searced Sugar, upon a smooth Board, and make it into what form you please; bake them upon Wafer-sheets on tin Plates after Brown-bread is drawn: do not take them from the Plates till they are cold enough,

*To make Sirrop of Violets.*

Pick your Violets very clean, and beat them well in a Mortar; then strain them, and to one pint of the juyce take one quarter of a pint of Spring-water; put it into the Mortar with the stamped Violets which you have strained, stamp them

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... together a while, and strain the  
water well from them, and mix them  
with your other juyce; then put it into  
a long Gally-pot, and to each pint of  
juyce put in one pound of double Re-  
fined Sugar; let it stand close covered  
for the space of twelve hours; then put  
in a little quantity of Juyce of Lemmon,  
that will make it look purely transpa-  
rent; then set your Gally-pot into a  
Kettle of seething-water covered, till  
you find it to be thick enough; then set  
it by till it is cold, and then put it  
up.

*Sirrop of Roses; a good way.*

Fill a great Stone-pot with Damask-  
Rose leaves, as hard as you can thrust it;  
then fill it up with Damask-Rose water,  
and cover it with Stone or Glass, and  
set it into a Kettle of boiling Water, till  
you find that the Rose-water be very  
well coloured, which may be about  
four hours; then strain it out hard,  
and put the Liqueur into a Gally-pot,  
and to every pint of it, put two  
pounds of Sugar; then cover the Pot  
and

and set it into a Kettle of seething Water, and let it stand till it be a thick Sirup: when it is cold put it up and keep it for your use; it will worke very kindly, and very effectually.

*The best way to preserve Fruits.*

Wet the Sugar for them with the juyce of some of the same Fruit, instead of Water, and that will give a full and lively taste, and they will keep the better: The worst of your Fruit will serve for that.

Be pleased to observe my former Books for the ordering of all Fruits in the Preserving, only do not put in Rose-water so generally, as is set down, because it is not so much used as formerly, unless in Cordial things, or some other particular things; therefore where it is liked use it, or else not, for we have new Modes for Eating and Drinking, as well as for Apparel: One cannot so strictly set down any thing, but that in the making of Sauce, dressing of Meat, with Seasoning, Preserving several things, and the like, there must be a judgment in those who order them, to leave out, or  
to



to add, or else they will please but a few pallets; for some do hate the taste what others do extreamly love.

*To make very fine Jelly for a weak stomach.*

Take Calves-Feet, or Sheeps-Trotters cleanly dressed, and split them in half; put them into a Pipkin with as much Whitewine as will cover them, put in a little Salt, make it boil, and scum it well; then put in a blade or two of whole Mace, with a sprig or two of Fennel, and a little Lemmon-pill, put in a few Dates sliced very thin; cover it close, and let it boil leisurely till the Feet be very tender; then take them up, and eat them if you please; and take the Liquor and strain it, and to a quart of it put in the juyce of one Lemmon, and as much fine Sugar as will well sweeten it, and set it over the fire till the Sugar be thoroughly melted; then keep it in a Gally-pot, and give the Party of it three or four times in a day, as much as they please to take; if you like it, you may put in a little Ambergreace and Rose-water; the one is pleasing and good for a weak stomach, the other for the Brain;

Amber-

Amber-greace is good for the Head ( if inwardly taken ) but it is not good to smell to, because it will raise fumes to the head: Yet observe this, I once did ask a Phylician concerning Musk and Ambergreace, Why the smell of either of them did offend so much? He Answered me thus; " The reason ( saith he ) why either of them are so offensive, is, because they smell but a little, and do only disturb; but if they go into a Shop where store is, and smell to divers pounds of it, they will find it rather a purge downward, than a raiser of Fumes to the Head.

*To Candy White Sugar; excellent good for any Cough or Cold.*

Take two pounds of the best powdered Sugar, and put it in a Dish to dry very well in a warm Oven; then beat it fine and searce it; mix with this quantity, one ounce of the best prepared Amber; mingle them very well together, and put them into a Preserving-Pan, with one pint of Fair-water; melt it over a gentle fire, and when it boils,

put

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Put in the White of an Egg to clarify  
it, then scum it very well, and when  
you perceive it to be as clear as Chry-  
stal, then let it stand in the Pan until  
it be cold, covered very close: then take  
your Running-water about two quarts,  
and one ounce of the clearest Roch-  
allom beaten to powder, mix them  
together, and let them stand twenty  
four hours: When you have so done,  
make an Earthen-Vessel, or Pot, and  
drive some few sticks of the whitest sappy-  
r-ir, splintered from un-wrought Deal,  
and place your sticks as you do in a  
Bee-Hive, cross every way, set this  
Pot over a few Embers empty; then  
mix your Sugar and your Water in your  
Preserving-Pan, setting them upon the  
fire; and so soon as you perceive the  
Sugar to sink, then pour out the Wa-  
ter, having a Cullender; pour your  
Sugar into the said Pot very gently  
through the Cullender, and it will  
Candy presently in square forms, and  
that which falleth to the bottom will  
be as good as the rest, though perhaps  
not altogether so clear of colour; as soon  
as you have poured in all your Sugar,  
which will rope like Honey; then stop  
your

your Pot very close, and let the Pot stand in a Vessel of cold water four daies very well luted; they usually break the Pot when they take the Candy; then break it off the sticks, and keep it in a Box in some dry place.

*A most rare Receipt for the Scurvy; for old Catarrhs or Rheums; or for a Consumption.*

Take a good quantity of Scurvy-grass, and beat it, and strain it; take the juyce thereof and set it over the fire till it be hot, but let it not boil; so soon as you see a thick scum arise, take it off, and strain it through a linnen Cloth, but never press it between your fingers; as soon as the scum is thrown away, then set it over the fire again, and take clarified Hony three ounces, Butter clarified with three Cloves of Garlick one ounce, Anniseeds half an ounce, Ennulacampane half an ounce, Liquorish half an ounce, powdered very fine, and searced through a lawn Sieve, Saffron one dram finely beaten, White Sugar-Candy finely beaten one ounce; mix all these powders very

y well together, and strew them  
 efully into the aforesaid Juyce, with  
 clarified Butter and Hony, and keep  
 continually stirring till you have incor-  
 orated it fully over the fire; then take  
 from the fire, and keep it stirring till  
 be cold: then if you have a mind to  
 ep it for a Sirrop, you may keep it in  
 Gally-pot, or you may make it thicker  
 ith more Sugar-Candy; add a little  
 os Sulphuris, and you may perfume  
 em if you please; that is, if you stiffen  
 enough for Lozenges.

*An excellent Medicine for any Ob-  
structions.*

Take a quarter of a peck of fine  
 Wheat-flower, half an ounce of Cloves  
 beaten very fine, two Nutmegs, and a  
 quarter of an ounce of Mace beaten fine,  
 mix these well with the Flower; as also  
 half a pound of fine Sugar beaten and  
 reared; put in some juyce of Harts-  
 tongue and Liver-wort, the yolks of six  
 Eggs, and six ounces of fresh sweet  
 Butter, knead it together very well, and  
 make it into a Cake, and bake it with  
 Bread;

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Bread; eat of it very often and no doubt you will find good of it, for it hath done very great Cures upon many who were Obstructed.

*Here is a most excellent Plaster, which is called the Catholick, and for fear I should forget it, I will not omit it any longer.*

Take of Rosin beaten beaten to powder two pounds and a half, Heifers Tallow one pound and a quarter, tryed with a gentle fire and cleansed; when it is cold scrape away the dross from the bottom, and melt it in a Brass Vessel; then strew in the Rosin by handfuls, and stir it with a Willow Spatula, continually stirring it until it be all stirred in and melted; then have ready a Bason of Pewter, and in it of Water of Camomile, of *English* Briony-Root, and of Damask Rose-water, of each eight ounces, with powder of Salt of Wormwood, Salt of Tartar, Salt of Scurvy-grass, Vitriol camphonate, of each one ounce and half; then pour in the melted body, and stir it with the Spatula from the East to the West,

best, round continually, until the body  
 have seemingly swallowed up all the  
 Waters and Salt; continue it stirring  
 until the Water appear, and thus work  
 until the body be as white as Snow;  
 then let it stand a Month in the Water,  
 covered from dust; and when you use  
 it, let it not come near any fire, but  
 work a little at a time, until it be as  
 white as Snow on the brawn of your  
 hand, over against the little-Finger;  
 spread it on a linnen-Cloth or Leather,  
 or the best *Catholick* Plaister in the  
 World; for the Reins in all Accidents;  
 for all Bruises and great Contusions, and  
 where the Bones are broken into small  
 bits, to ease pains, least a Gangrene en-  
 sue; then twice a day foment the part  
 with hot stroops wrung out of a fomen-  
 tation, made with a strong Lye of three  
 quarts made with Wood-Ashes, then  
 in the Lye Centaury, *St. Johns* Wort,  
 Mallows, Wormwood, of each a good  
 handful, one root of *Solomons* Seal, if  
 you can get one, or else it may be made  
 without foment with hot stroops wrung  
 out of this liquor of Wollen Cloaths, and  
 apply to the part as hot as may be, and  
 cover it with Blankets to keep in the heat,  
 and

and before it be quite cold, renew another hot stroop; continue this order one hour Morning and Evening, then presently apply the Plaister a little warmed every time; when you see want, spread it again if you see cause. But when such shatterings are of Bones, Contused Wounds, Dislocations; roul it not up as other fractures, but have a Box made open at each end, and lay the part on a pillow, and let the strings of binding come about the pillow, and lay the Member in the Box; bind it not hard, and sometimes not at all. This is a very great Secret, and to be valued.

*To make fine Jelly of Fruit, which will look transparent.*

Take some Ilinglass and break it in little bits, and boil it in Water very well, and strain it; then colour it with any sort of Fruit, by putting in the juyce thereof; then to every pint of it take one pound of the best refined Sugar, boil them together, and scum it very well; and when you find it to be enough, put it into flat Glasses, and keep it in a Cubbord.

You



You may make Jelly of any Cordial  
 herb or Flower in this manner, which  
 will be very comfortable and strength-  
 ning, and also very pleasant.

*A pretty sweet Meat of Lettuce-stalks.*

Boil them in several Waters till they  
 are tender, then wash them in cold wa-  
 ter, and dry them well, then take their  
 weight in fine Sugar, just wet it with  
 Water, and boil it to a Candy-height;  
 then put in your stalks, being first stam-  
 ped in a Mortar very well; boil them  
 together till it be very cleer, and take  
 them from the fire, and put them into  
 Glasses; and if you please you may add  
 a little juyce of a Lemmon to it as it  
 boils, and a little candid pill of a Lem-  
 mon shred small, for that will give a  
 good taste, and make it look very beau-  
 tiful.

In like manner you may do with Harty-  
 Choaks bottoms, when they are boiled  
 tender.

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*To make Marmalade of Damsons.*

Take your Damsons and scald them in Water till the skins do crack; then pill them, and take away the Stones; then beat them well in a Mortar; then take their weight in fine Sugar, wet it with Water, and boil it to a Candy-height; then put in your Damsons, and boil it, and keep it stirring continually, till it will come from the bottom of the Posnet.

*To make Sirrop of Snails; most admirable in Consumptions.*

Take shell-Snails, and break their shells off, and wash them very well in a Pan with Water and Salt, and then with several Waters alone till they be very clean; then put them into a long Gally-pot, with a blade or two of Mace, and a little quantity of Whitewine; cover the Pot, and set it into a Kettle of boiling Water, for the space of two hours or more; then put them out into an Hippocras Bag, and hang them up to drain, and let them drop into a Glass with a mouth so wide as that it may not drop besides, and when it hath dropped all it will; then to a pint of it take a pound of White Sugar Candy, two spoonfuls of  
the

the best Cinnamon-water, one quarter of a pint of red Rose-water, one grain of Ambergreace, and twelve sheets of Leaf-gold; put all these into the Glass, and let it stand all night; then set it carefully into a Kettle of Water when it is cold, and fasten it very well about with Hay, and let the Kettle be set on the fire, and by degrees be made to boil; but if you should put in a Pot or Glass into a Kettle of boiling hot Water, the suddain heat would break it, or else not.

Let it stand thus slightly covered, till you find that the Sugar be quite incorporated with the Juyce; when it is taken off and cold, put it up to keep, and give the Party of it two spoonfuls at a time, twice in a day, in the Morning and in the Afternoon, about four of the Clock.

*Very fine Lozenges for a Cough of defluxion of Rheum.*

Take two ounces of powder of Liquorish, half an ounce of powder of Anniseeds, one quarter of an ounce of powder of Elecampane, one dram of flower of Brimstone, and one dram of prepared red Corral, one pound of double refined Sugar beaten and searced; then with some Gum-Dragon steeped all night

in red Rose-water, beat them into a paste then mold it up with a little searced Sugar, and make it up into Lozenges print them with a Seal, and dry them in the Sun, or in some warm place; eat of these often in the day or night, putting one in your mouth, and let it lye till it be quite melted.

*To make a Paste very delicate, rich, and very pleasant.*

Take one pound of red Quince-Marmelade, which is made very smooth, one ounce of candid Lemmon-pill, one ounce of candid Cittron-pill, one ounce of candid Iringo-root, one ounce of candid Ginger, one ounce of Dates sliced thin, and one ounce of Prunels; let all these be cut small, and beaten with a little Sack to a Paste; then put your Marmelade to them, with four ounces of sweet Almonds blached and beaten, and four ounces of fine Sugar beaten and searced, and a little Gum-Dragon, steeped all night in fair water; when you have beaten them extream well, then take it out and mold it up with searced Sugar, and make it into little Cakes, of what form you please, and dry them upon Wafer-sheets

ats on Tin-plates in an Oven after  
ad is drawn. If you please you may  
sume some of them.

*make good Drink to comfort you in a  
cold Morning.*

Take a pint and a half of Claret-  
one, and half a pint of stale strong-  
er; boil them with such Spice as you  
e very well, and a little Lemmon-pill;  
n take the Yolks of four or five Eggs,  
beat them very well; then put so  
ch Sugar into your Wine, as you  
nk will well sweeten it; and after  
king some of your hot Wine with  
Eggs, brew them and the Wine ve-  
well together, and let there be a little  
ce of Butter in it. Be sure to brew  
pace that it curdle not, for then it is  
biled.

*make an excellent Cordial Elecuary,  
for to restore one that is weak, or against  
Melancholy.*

Take of Conserve of Burrage flowers,  
semmary flowers, of Marigold flowers,  
Sage flowers, of Betony flowers; of each  
these one ounce, two ounces of Sirrop

G of

of Clove-Gilly flowers, two ounces of the Sirrop of the juyce of Cittrons, one dram of Confection of Alkermes, two ounces of the best Cinnamon Water, and twelve or fourteen leaves of Leaf-Gold, with one ounce of prepared Coral, either White or Red; mix all these together very well, and take about the quantity of a Walnut every night when you go to Bed.

*A very good Cordial Water without the trouble of a Still.*

Take two quarts of Brandy, and keep it in a great Glas with a reasonable narrow mouth; put into it of Cloves, Nutmeg, Cinnamon and Ginger, Cardamon seeds, Coriander seeds, Anni-seeds, Liquorish, of each of these half an ounce bruised; Long-pepper and Grains of each one dram bruised, Elecampane one quarter of an ounce bruised; let all these steep in the Brandy a fortnight, then pour it out into another Glas softly, so long as it will run clear; then put more Brandy into the Glas where the Ingredients are, and let that stand three weeks; and so long as you  
find

and there is any strength in the Ingredients, still put in more Brandy, and let it stand every time longer and longer.

Then take your first two quarts of Brandy which you poured off, and put in it four ounces of White Sugar-Candy, and so much Sirrop of Clove-Gillyflowers as will well colour it, with store of Leaf-Gold; give two spoonfuls at a time: It is good in case of any Illness or Swouning, to drive out any infection and venemous humors; it is good for Wind in the Stomach, and to keep out Cold.

*A pretty Sweet-meat made of Grapes,  
very good in Feavors.*

Take Grapes, and pluck them from their Stalks, and bruise them well; then strain them through a Strainer made of French Canvas; then set that juyce in a Gally-pot into a Kettle of boiling Water for three hours, then take the weight of it in fine Sugar, and boil it to a Candy height, then put in your juyce of Grapes, and boil it till it be very clear, and scum it well; then put it into Glasses, and set them into a Stove for a while.

To make Marmelade with Barberries,  
and Pippins.

Take one pound of fine Sugar, and a pint of Water, and boil them together, and scum them very well; then put into that Sirrop one pound of the best Pippins pared, and cut in quarters and Coared; boil them quick in this Sirrop till they are extream clear; then take them and bruise them as small as you can with the back of a Spoon; then put to them one pound of Conserve of Barberries that is curiously made, and stir them well together, and let them boil till they are well incorporated, and then put them into Glasses. This is very Cordial and pleasant in Feavors.

To Candy Fruits after they have lien in Sirrop.

Take any sort of Fruit which you have preserved; as Apples, Pears, Plumbs, Oranges, Lemmons, Citrons, or any other, and lay them out of their Sirrop all night to drain; then lay them upon Sieves, and set them into a warm Oven to dry; then wash them over with Water  
wherein



herein Gum-Arabiick hath lien to sleep  
 the night, and do it with a Feather;  
 then have in readines some White Su-  
 gar Candy, beaten not fine but grossly,  
 and some small, some bigger; so soon  
 as you have washed your Fruit with  
 Gum-water, then strew it over with this  
 Sugar Candy, so thick as the Gum will  
 hold them on, and lay them upon slicked-  
 papers to dry in the Sun, and turn them  
 often; and if you see any fault mend it  
 with more Gum-water and Sugar.

This is an extraordinary pretty way,  
 and looks very delicately; and as they  
 lie in the Sun they will sparkle like Dia-  
 monds: it is soon done, and with as  
 little Cost as that which taketh up more  
 time.

*To make a pretty Toy to hang up in the  
 Kitchin to catch Flies, or rather to keep  
 them from spoiling the Pewter, or trou-  
 bling People.*

Take a square Trencher, and bore a  
 hole at each Corner; then take four  
 Cucumbers of an equal bigness; and not  
 too long, and let them every one have  
 stalks, by which you must tie them with

pack-thred to the four holes of the Trencher, and let your Trencher be painted over; and when it is dry wash it over with Gum-water, and strew it thick with French-frost; then take some Barley, and stick your Cucumbers thick with the Corns, with the growing ends outward; then wash them over with Gum-water, and Frost them, and so let them dry as they hang; and on the top of the Trencher set some pretty kinds of Toys, as Babies, Dogs, Birds, or any thing you fancy better, and tie knots of fine Ribbon at every Corner, which may hide the Stalks of the Cucumbers; they do look strangely and prettily, and the sight of them is pleasing to Children to quiet them.

*To lay on Leaf-Gold or Silver to any thing you would Gild.*

Take Gum-water, made with Arabick, and let it be pretty stiff; then lay it on with your Pencil where you would Gild; then take a little Cushion, made for the purpose, of very smooth Leather, and upon that cut your Gold with a sharp Knife, as you will; and to take it up, draw

Draw the edge of your Knife finely up-  
 your Tongue, that it may be only  
 set, with which, do but touch the very  
 edge of your Gold and it will come up,  
 and you may lay it as you list; but be-  
 fore you lay it on, let your Gum be ab-  
 solutely dry, or else it will drown your  
 Gold: and when you have laid it, press  
 down hard with the skut of a Hare,  
 and when it is dry, burnish it over with  
 Dogs-tooth. This is the right way  
 to lay on either Gold or Silver. You may  
 gild any Wood, or Stone, or Sweet-  
 meats, as what you make in Sugar,  
 Plate, or such like.

*To dress up a Chimney very fine for the  
 Summer time, as I have done many,  
 and they have been liked very well.*

First, take a pack-thread and fasten it  
 even to the inner part of the Chimney, so  
 high as that you can see no higher as you  
 walk up and down the House; you must  
 drive in several Nails to hold this pack-  
 thread, for that is to hold up all your  
 work; then get good store of old green  
 Moss from Trees, and melt an equal pro-  
 portion of Bees-wax and Rosin together,

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and while it is hot, dip the wrong ends of the Moss in it, and presently clap it upon your pack-thread, and press it down hard with your hand; you must make hast, else it will cool before you can fasten it, and then it will fall down; do so all round where the pack-thread goes, and the next row you must joyn to that so that it may seem all in one, thus do till you have finished it down to the bottom: then take some other kind of Moss, of a whitish-colour and stiff, and of several sorts or kinds, and place that upon the other, here and there carelesly, and in some places put a good deal, and some a little; then any kind of fine Snail-shells, in which the Snails are dead, and little Toad-stools, which are very old, and look like Velvet, or any other thing that is old and pretty; place it here and there as your fancy serves, and fasten all with Wax and Rosin. Then for the Hearth of your Chimney, you may lay some Orpan-Sprigs in order all over, and it will grow as it lies; and according to the Season, get what flowers you can, and stick in as if they grew, and a few sprigs of Sweet-Bryer: the Flowers you must renew every Week; but

the Moss will last all the Summer,  
it will be time to make a fire; and  
the Orpan vwill last near two Months.  
Chimney thus done doth grace a  
Room exceedingly.

Another way for Chimneys, very fine; but  
will not last half so long.

Take a fine thin Wainscot-board, a-  
bout three quarters of a yard long, and  
proportionably broad, for what you de-  
signe it; let it be cut in what form best  
pleases you.

I have seen some cut like a Rose and  
Crown; some a Flower de Luce; some  
other flowers: when it is cut out, let  
it be all over thick with pieces of Wier  
sharped at one end, and drove in about  
an inch in length, each of them: then  
lay it upon a Table, and take some Clay  
wetted a little, and lay all over it, till  
you have quite filled up the Wiers with  
the Clay, for it is they must hold it on:  
Then round about the edges every  
where, stick it thick with little small  
sprigs of green Tamerisk or Cypress;  
or for want of either of these, take  
Yew-sprigs, and be sure to stick them so

that not any part of the edges may be discovered; then according to the form of the Board you must choose your Flowers and Herbs.

If it be for a Rose, then your Flowers must be all Red, yet of divers kinds; if there be a Crown that must be all of Yellow flowers; if a Flower de Luce, then Blew, or Purple and Yellow, and so to every other: let your Flowers be all pick'd ready, and every sort laid by themselves; then run the Stalks of them into the Clay near to the Flower, and so do till you have finished all; and put the Greens also in their proper place, as in the leaves and beards of the Flowers; when you have quite done, set it into the Chimney, and let the bottom of it rest within a great Flower-pot, such as they make for Chimneys: It must be lifted by three or four People at once very carefully, or else you will spoil all; for it will be so weighty, and the Board so thin, that it is easily broke in the moving. When you have set it as it should be, then cover your Chimneys-Hearth with Green things, and then with fine Flowers, and be sure to cover your Pot also that there may be no discovery; it will

will be fresh two Months if you sprinkle  
with Water.

I have here directed you to many  
things, which will (no doubt) be plea-  
sant and profitable to you. Give me leave  
now to treat a little concerning the Be-  
haviour of the Female Sex, and to give  
Counsel to those who need it, because I  
and there is some need of it. In my  
Book called *The Ladies Guide*, I did  
speak very much to them, but most to  
the Younger sort. My intention was to  
have enlarged that Book, if Mr. Newman  
had done me that right, as to have let me  
know when he would print it; but it  
was his pleasure to employ another; who  
hath so transformed the Book, that it is  
nothing like what I had written: It is  
now about Eight years or more since I  
wrote that *Guide*, which was sold for  
twelve pence the Book; and it is above  
twelve Months since the New one came  
out, which sold for half a Crown the  
Book. I thought to have sued him for  
it, but he very cunningly prevented that  
by taking advantage of me; notwith-  
standing he must give me leave to  
say the truth, That that Edition was  
none of my Writing, I will never disown  
what

what I do Write, nor am I willing to own what I writ not. He did indeed (after I had Cavilled with him, and shewed him vvherein I vvvas abused by his Writer) give me a small matter to look it over, and told me that I should take out, and put in the room of it vvhat I best pleased, and agreed with me by the Sheet vvhat to give me, which I did accordingly: and truly, I dealt very Friendly with him; for I took away nothing but that which was scandalous, ridiculous, and impertinent, and put in only that vvwhich vvvas innocent and harmless: So willing was I to be peaceable vvith him, and I thought he vvould have been Civil to me; but vvhen I brought it to him, he did not give me the one half of what I bargain'd for: I asking him why he dealt so unworthily with me? He said, it was his humour to give me no more. So now he may take notice that it is my Humour to let all People know, that I was abused in that his late printed Book. He told me, he cared not for my Name, he would print it without it: if he do so, I have nothing to do with it. I should not speak so much did I not find a prejudice:  
for



People of vworth do wonder why  
I would Write so; and I have vindicated  
my self to those who told me of it, with  
telling the Truth. Now to proceed:  
In that Book which was mine ( called  
*the Ladies Guide* ) there was as good  
Instructions to Youth, as I can imagine  
to give; and also to all manner of Ser-  
vants, what their duty was each one in  
their severall Employes; and there vvas  
the Mistresses part as well as theirs: The  
Wife to the Husband, the Widow to the  
World: and indeed when I writ it, I  
could not tell how to say more. He  
could do himself much right, as well  
as me, to print the same *Verbatim*: in  
the mean time I desire you to observe  
what I shall say, which may do some  
of you much good for the future. There  
are very many at this present time vvhov  
servant Services, both Gentlewomen and  
others, and some of them very well  
accomplisht (those I find to be the most  
humble, and willing to please:) Another  
sort there be which have little in them;  
yet none but great Places vwill serve  
them; vvhich vvhenthe they have wearied  
themselves to find, and at last miss of  
what they have propounded to them-  
selves,

elves, they are ready to run any extravagant Course still to purchase fine Cloaths, then to conform to any Civility or Manners, or to take the Advice of those who would assist them. Some who have apt Wits, and that same Nature hath been favourable to, they are Court-ed to be Players: Some other of them to Bawdy-Houses: Some are tempted to Steal. And thus many Wickednesses are committed against God and Man, and themselves brought into a most miserable condition of living, or to a shameful end: whilst the first I spake of are diligent to get wherewith to feed and cloath themselves by some honest employ or other, till such time as it shall please God better to provide for them, and keep close to their business (not shewing themselves in the Streets, but vvhhen they have just occasion to go forth:) Such as these last shall never want my assistance, if it lye in my power to help them; for it is a great deal of pity but that all Ingenious and Honest minded Persons should be encouraged. I do love such vvvith my heart, and do beseech them still to trust in him vvho is able to remedy all, or to give patience in sufferings. I will now  
tell

you several Causes vvhich may bring  
 good Children, and Children of good  
 Parents, many times, to be in Distress;  
 also, Why the other do commonly  
 fall into Wickedness, and vvhhat may for  
 the future prevent such Miscarriages;  
 with my loving and Christian Advice  
 to both their Parents and them; and  
 somewhat to those under whose Tuition  
 they are, or may happen under.

---

*The Cause why good Children, or the  
 Children of worthy Parents, are oft-  
 times in a distressed Condition.*

**T**hapneth oft-times, that a Gentle-  
 man having a good Estate, but many  
 Children, he, and the care of a good Mo-  
 ther together doth make a very good  
 shift to bring them all up (in appearance  
 to the eye of the World) very handsom-  
 ly; their Attire being such as becomes  
 his and her Children; their Education  
 such as is fitting for, or the best  
 which can be attained in that  
 place

place they live in: this they do till some of the Eldest are Women grown; and by that time they are considering how to bestow them in the World, finding the Charge to be too great for them. If an Elder one Marry; although there be one less in the Family, yet carries more with her, than, if she had stay'd, would have been spent upon her: Her Husband perhaps in a short time, by playing the Ill-fellow, is quite ruin'd, and his Wife turn'd home to her Parents again, with a Child or two to provide for. Where, after a vvhile, she cannot abide to hear her Husband blamed, neither is she willing to burden her Parents so much; she endeavours to get into some good Service, to be Nurse, and leaves her Child or Children vwith them. She hath her affliction; and doth vvashte her self vwith grief and sorrow. The Parents find themselves so burden'd, that they must needs send some of the rest out to Service: and here they come to *London*, perhaps to some Cozin, or some Friend, thinking to get some place or other quickly, but find it a hard business. Their Friends beginning to grumble at their being; their Cloaths beginning to wear  
out

and all their Mony spent; then do they find themselves in a desperate Condition, and do seek some place or other Lodge in, and are content to be imployed in any honest way to get a penny, if they can procure a Service; being not willing to return to their Parents, to add to their greif. Some men are undone by Surety-ship; some with the chance of a Die; some by Fire; some by Sea; some by long-sickness; some by robbery; some by Suits in Law; some by War; and many other waies there are to bring Men to destruction; and when their Wives and Children must needs be exposed to Misery: The poor Mother, she employs her self in somewhat or other to maintain her self, and the younger Children, who are not yet able to take care of themselves: and for the Elder ones, they are forced to Service, and are fain to accept for the present, which are but slavish, rather then to follow any Ill-course of Life. All these, you will say, have their Afflictions; and you have sufficient Reasons for the Causes thereof.

The

*The Causes why others do commonly run  
into Mischief, and Wickedness.*

They are such, whose Fathers have died vvhhen they vvere young, and their Mother perhaps by a second match hath ruin'd her self, and them; or she hath been left in so miserable a condition, that she hath not been capable of Advising them, nor able to bring them up as she should do in the Fear of God: so that wanting that, they have grown Refractory to her, and forgot their Duty, and then liable to all Temptations whatever. Some Parents have both died, and left their Children to the Care of some near Friend, and their Estates to be managed by them for the Childrens good; and those Trustees have been neglectful of those in their Charge, and have spent all which vvas left for them, and then exposed them to the mercy of the World, vvithout Education or Mony: And some are naturally inclin'd to Wickedness, and that is worst of all; For it is as hard to bring them to good, as to vvasht a Black-Moor white, or to make a Fool vvise; both vvich are I think impossible:

: some for vvant of good Principles,  
 vvhich have been left too much to  
 or own Will, to do even vvhat they  
 and vvhen they list. God knows  
 Nature of it self is prone to nothing  
 Evil; therefore how happy are they  
 that have careful Parents, that are not  
 over-fond to leave them to their own  
 Will, nor cruel to them in their Cor-  
 rections; but do vvisely and soberly,  
 religiously and lovingly Nurture them,  
 and strictly keep them to Church, and  
 Family Duties, such do seldome go a-  
 way; for God vvill certainly bless those  
 Children for the Parents sake.

And how unhappy are those vvhose  
 Parents are careles of their Childrens  
 Education, and not only so, but do  
 so ruine them by giving an ill Exam-  
 ple.

Of all these vvhich I have mentioned,  
 at this present know some, both Pa-  
 rents and Children, every one of their  
 Conditions in particular, and am truly  
 sorry for their Affliction; for certainly  
 there is no greater Grief than ill Huf-  
 bands, and ill Wives, cause to one  
 another, or vvhat ill Children create  
 to their Parents or they to them.

I thank God, though I have pass  
 through many more Afflictions and  
 Troubles than thousands of my Sex,  
 I never had an ill Husband, nor and-  
 ritiful Children; but (on the contrary)  
 I have been marryed to two Worthy, E-  
 minent, and brave Persons; and I have  
 four Sons, as good Children as ever Mo-  
 ther did bear. For my own part, I can  
 say nothing for my self, what Wife or  
 Mother I have been; but if no Accusa-  
 tion come against me, I have no reason  
 to accuse my self. I give thanks and  
 glory to Almighty God, for what bene-  
 fits I have received from time to time,  
 especially for those Blessings which I  
 do at this present enjoy; The lives and  
 welfare of my Dear Children, The happy  
 choice which two of them have made  
 in their Wives, and that I have lived to  
 see two sweet Babes from their Loyns.  
 Such like comfort as this I wish to all  
 good Christians.

Conditions in particular, and am  
 sorry for their Afflictions, for certain-  
 ly there is no greater Grief than ill Hus-  
 bands, and ill Wives, and ill Children create  
 another, or what ill Children create  
 to their Parents or they to their

*Advice*



God is worthy of Thanks and Praise  
 the least bit or drop they fear et  
 for them be near and decent in  
 Advice to Parents concerning their Chil-  
 dren, and advice to Children concern-  
 ing their Parents: Also to any Person  
 under whose Tuition they may be;  
 which (if well observed) may prevent  
 much wickedness for the future.

YOU who are the Mothers of Chil-  
 dren, I advise you to have an espe-  
 cial Care, first, That they be well-  
 grounded in the Principles of true Reli-  
 gion: That they keep duly to Church and  
 Family Duties: That they duly ask  
 a Blessing; and make them to know  
 their Distance, by keeping them to all  
 due Reverence: Let them be lovingly  
 and quietly Governed; not with perpe-  
 tual Chiding and Brawling, but treat  
 with them mildly and gently; unless  
 you find them Refractory to your Com-  
 mands; if so, then some Austere lan-  
 guage must be used: and when they do  
 well, be kind to them, and encourage  
 them. Let them not be too nice in  
 their Diet; but teach them to know, that  
 God

God is worthy of Thanks and Praise for  
 the least bit or drop they Eat or Drink.  
 Let them be neat and decent in their  
 Habit, not at all Extravagant: have  
 care what Company they keep, and  
 not give them too much Liberty, nei-  
 ther deny them lawful Recreations. Let  
 them not have the command of your  
 Purse, neither let them be without  
 little; and as they manage that, give  
 them more. Let them learn whatever  
 they are capable of, or that you have  
 opportunity for the Learning, and espe-  
 cially what their Genious is inclined to  
 for that to be sure they will be excellen-  
 at. Let them be fully employed, but  
 with diversity of things; that will be a  
 delight to them, and they will have no  
 time to give heed to wicked Temptati-  
 ons, nor no room for idle Thoughts.  
 Suffer them not to tell you a Lie, but  
 encourage them alwaies to tell the  
 Truth; for lying is the ground of all  
 Mischiefe. Teach them to be Houf-wifely  
 in their Cloaths, and too sparing of  
 them. Let them learn the way of House-  
 keeping, by acting your Commands. Let  
 them know how to entertain Friends,  
 and to be Courteous to Strangers, and  
 loving

ing to your Servants; not Domineering over them, nor yet too familiar with them. Advise them to be modest in their Carriage in mens Company, for fear of ill Censures. Suffer them not to be too loud in their Discourse; nor to be opprobrious and Peevish with any. Give them Counsel, who are your Children, to Love one another, and alwaies to give more than ordinary Respect to the eldest.

These things, if you will please to observe to Command them, and they will be careful to obey you, you shall not need to doubt of your happiness in them; and they will alwaies have reason to bless God for such a Parent, or Parents, who were not only the Cause of their being, but also of their well-being. But if by ill-Fate (after all this Care) you should have a Rebellious and refractory Child, your frequent Prayers to Almighty God will be the only way to reclaim them. But truly, I do think there is no other way, nor no better way to prevent Wickedness in Children, then this I have proposed; which perhaps, you may say is needless, because you know already how to order them.

I beseech your pardon; for we are not so fit to advise our selves as others, for our Indulgence oftentimes blinds us: Therefore we are fitter to Advise one another, then any one to Advise their selves.

Neglect of Childrens good, by being over-Fond ruines them. Too much Severity doth so too: I cannot tell which is worst: Therefore it is good to shun both, and to keep the middle way.

All you Children, who have Parents living, observe your Duty to them, and whatsoever they Command you, do, and God will bless you the better; for he hath Commanded you, to *Honour your Father and Mother*. If they do Chide you, bear it patiently, and do not provoke them to continue their Anger by unreverent Answers, but be silent and submissive to them.

Be careful of your time when you Learn any thing, and do not let the Money (which they are willing to disburse for you) be lost through your Idleness. Observe every one how they do order their Houses, and how they do make this or that; and what you cannot remember,

Remember, that write down, that it may  
 be read you another time.

Be careful of your Parents when  
 they are Sick, and reverence them when  
 they are Aged. Burthen them not when  
 they come to be of Age of Discretion,  
 but think with your self how, or which  
 way to ease them.

Take heed what Company you keep,  
 for fear they corrupt you, and draw you  
 into mischief.

Go not from your Parents without  
 their leave, least you grieve them; and  
 bring a Curse upon your selves, by Dis-  
 obeying them.

Depend on no Friends, but trust in  
 God who is able always to provide for  
 you, and that will never fail those who  
 wait upon him patiently without dis-  
 trust; he is never weary of hearing the  
 complaint of the Widow and Fatherless,  
 nor of any who are in Distress. On the  
 other side, do not neglect or slight your  
 Friends; but shew your duty to them in  
 your respects, and give ear to their good  
 Counsel.

When you are absent from your Pa-  
 rents, be sure to Write to them so often  
 as need shall require, and let not what

you Write be impertinent and troublesome.

If God hath blest you with a good Lady or Mistres, be you observing alwaies what may please her, and be humble and modest in your Behaviour; be neat and Houfwisely in your Cloaths, and lay up what Mony can handsomly be spared. Be careful of what she gives you, or what you have in your Charge, that by so doing you may oblige her to be loving and kind to you, and cause her to speak well of you. Do not keep familiarity with any, but those by whom you may improve your time.

If you be an Apprentice; be careful that you learn your Trade well, that you may live another day: and let not the Mony your Parent or Friends gave for your good be thrown away by your Neglect and Carelesness.

If God hath blest you with a Fortune, be careful to improve it, and trust not too much upon it. Never consent to Marry with any man without your Parents or Friends Consent, lest you be the Cause of their Grief and Sorrow; and bring your self to Affliction and Misery.

All you who have any Young Maidens, or Gentlewomen, under your charge or Tuition, be you alwaies mindful of their Good as well as your own. When they are put to School to you, or Apprentices, let them not lose their youthful time, which cannot be recovered; but keep them strictly to their duty in a loving and mild way. If they come as Servants to you for Wages, be not cruel to them in severe Language; nor impose more upon them than they shall be able to perform; nor pinch them in their Diet, but allow them such Food as is convenient for them. When they do their Duty to you, be you pleased to encourage them, by giving them good words, and bestow some small Favour on them. Advise them how to lay out their Mony, and never to spend all, but keep some for a Reserve. Let them go decently, not vainly and proudly: and command them duly to the Service of God.

I think I have spoken sufficiently of all I mentioned; and as I mean well, so, I hope, you will all of you take it well. With this my advice I wish you the Blessing of GOD,

and do desire the same from you upon my self; which is all the Gratification I do desire or expect from you.

Be pleased to take notice, that in my Book *The Ladies Guide*, I did give direction for the Writing of Letters; but it was only to such as were Young, and to Servants. I think it not amiss to give some Forms or Patterns of Letters for Elder, and more serious people: for I do daily find, that in Writing most Women are to seek. They many times spend their time in Learning a good Hand; but their English and Language is, The one not ealie to understand, The other weak and impertinent. I meet with Letters my self sometimes, that I could even tear them as I read them, they are so full of impertinency, and so tedious. I will begin with one of them; not that you should take example by it to do the same; but I set it as a thing to be abhorr'd, and shun'd.

daily to the service of God.  
I think I have spoken sufficiently  
to all I mentioned; and as I meant  
well to I hope, you will all of you  
With this my service  
I wish you the Blessing of GOD.  
H

From



from a Sister to a Brother, far distant  
from her.

Dear Brother,

**M**Y love remembred unto you; hoping that you are in good health  
I am at the writing hereof, praised  
the God. I hope you got well to your  
journeys end; I pray let us know. My  
Father and my Mother do remember  
their Love to you; and my Sister *Betty*  
remembers her Love to you; and my  
Brother *John*, and my Brother *Nicholas*  
do so too: and my Couzin *Jane* is Mar-  
ried, and she doth remember her Love  
to you, and her Husband remembers his  
Love to you, and says, he would be glad  
to see you, and to be acquainted with you.  
My Couzin *Robin* remembers his Love  
to you; and my Couzin *Nan* remembers  
her Love to you; and I remember my  
Love to you. So I rest

*Your loving Sister till death,*

Elizabeth Spanner.

You see in this Letter how ridiculous  
it is to Write after this manner, the lan-  
guage being both impertinent and foo-  
lish: Give me leave now to shew you

what ill English is, and tell me which is worst, for I do not yet know.

*From a Daughter to her Mother.*

*Dear Mother,*

**M**Y duty remembred unto you hoping that you are in good helth as i am at the Riting hereof prased be God, this is to let you understand that i have receved the things you sent to me by *Tomas Freuge* and he had a grot of me for the bringing them, i pray do not forget my *Come* i left in the Kichen windo and my *Aporn* in the Chamber, pray send them al to me, i hop my Father is wel and my brother *Ned* and my suster *Joice* and i hop godie *welsh* is wel, thus with my love and duty to you i rest

*your dutifull daster*

*Ann Blackwell.*

Now I have shewed you how ridiculous and simple, and how impertinent these are; I will also shew you how to Write that it may be effectual in what  
you

shall desire, and also acceptable to  
 those you Write to. You shall find here  
 Letters upon all Occasions which com-  
 monly concern us; and some others  
 which accidentally may happen. Ob-  
 serve that you are not to Write word  
 for word, but to take the manner of the  
 Form it will teach you, and by so doing  
 you may save your Purse, and keep your  
 secrets to your self.

Take notice that those Letters I shall  
 write as from People well knowing, is  
 not to teach them how to Write, but to  
 teach you how to Answer them.

*From a Mother to a Daughter in a Ladies  
 Service.*

*Dear Child,*

Do desire to know how you do in  
 your Service, and whether or no you  
 think you shall be able to perform what  
 you have undertaken: however I com-  
 mand you to be very diligent to please,  
 that you may by that oblige your Lady  
 to be kind to you, and willing to keep  
 you. Be careful to serve God, and be  
 pleasing in your Carriage to all People.  
 So soon as I know you shall stay I will  
 send your Trunck, and other things.

Thus with your Fathers and my Blessing  
to you, and your Brothers and Sisters  
Love, I rest

*Your careful and loving Mother,*

March 3. 1663.

Sarah Wild.

*The Answer.*

*Most Dear and Honoured Mother,*

I Received yours dated *March* the third,  
and do give you humble thanks for  
your Motherly Care of me; I have not  
yet been long enough to give you a full  
account how my Lady will like me: I  
hope well, because as yet she finds little  
or no fault with me. I beseech you to  
assure your self, that if I should be tur-  
ned home to you again, it shall be for  
what I cannot do, not what I will not  
do; but I hope better things, and I will  
stay here if it be possible, for it is a wor-  
thy Family, and they are very kind to me.  
My Lady likes my Dressing very well,  
and also what I Starch; but she would  
fain have me more curious in my Point-  
Work. She will not let me wash her  
Chamber because I should not spoil my  
Hands for Work. If she like me well, I  
shall

Queen-like Closet. 153

I shall be glad, for I like her Service very well. Thus with my humble Duty presented to you and to my Father, with my Love to my Brothers and Sisters, and to all my Friends: I take my leave, and do beseech you to esteem me as I endeavour to be,  
*Dear Mother,*

*Your most Obedient Daughter,*

March 10. 1663.

Mary Wild.

*From a Sister to a Brother.*

*Dear Brother,*

**Y**our absence at first caused much Grief, both to our Parents, and to us your loving Brothers and Sisters; but since we hear of your welfare, and very good liking, we are as much joyed, and do heartily wish and pray for the continuance of the same. We want the comfort of your Company; but we cannot live by sight of each other. This is a miserable World, and every one must be Careful and Industrious, or else it is impossible to wade the Troubles which it brings people in. We are happy in our Parents, that they took such good Care

for us in our Education, to make us able to live in the World. I thank God I am in a very good Place, where I have the Love and good word of the People I serve: I do not doubt but to gain it more and more. My Mother as well as my Father Commanded me to write to you, and to let you know their Indisposition, or else my Father would have Written to you himself. He hath been ill of the Gout, and my Mother of an Agues but I hope they will both do very well again. My Brother *James* hath also hurt his Side by a Fall, but he is on the mending hand. Thus with my Fathers and Mothers Blessing to you; with mine, my Brothers and Sisters Love to you, I rest,

*Dear Brother,*

*Your ever affectionate Sister,*

*Decemb. 4. 1675.*

*Martha Hopewell.*

*From one-Friend to another.*

*Honoured Friend,*

I Have written to you several times, to let you know what I have done concerning the Business you were pleased to intrust me withal; but hearing no

Answer

answer, I fear my Letters have miscarried. This is now again to give you an account of what I have done. So soon as your Letter of commands came to my hands, I went straight to Mr. *Shewer*, and demanded your Mony, delivering the Letter of Attorney you sent, to peruse, that he might know the truth; but he willing to while-off, told me, that he would pay it to you so soon as he could see you, and speak with you about some Business which concerns your good. If he keep his Word it will do very well. I was also with Mrs. *Madewell*, and she hath paid me; also with Mr. *Stockwell*, and he hath also paid me. I pray do me the favour as to see my little Girl for me, and know what Nurse wants, and I will send it down. I shall trouble you no more at this present, save only with the Service and Respects of

*Your most affectionate Kinswoman,  
and humble Servant,*

Novemb. 2, 1667,

Ann Boarman.

*The Answer.**Dear Friend,*

I Received yours; wherein you have given me full satisfaction concerning what I desired you, for which I most humbly thank you, and do desire you will be pleased to accept this Token from me: I wish it were better; but I know your Temper so well, that your Eye will not be over-curious with me, nor mind the Gift more than the Giver, but take all in good part. I have seen your little one, which is in good health. Nurse wants nothing as yet. All our Friends here are well, and desire you to accept their Love and Service. Thus with mine in particular to you, I rest

*Your ever obliged Friend,**and devoted Servant,**Novemb. 2. 1667.*

J. M.

*From one Sister to another.**Dear Sister,*

I Am very glad to hear you do so well, and that you have recovered your Health again; I pray God continue it to you. My Mother remembers her  
Love



Love and Blessing to you, and desires you  
will send her the Receipt for the Stone ;  
for she hath great need of it , both for  
her self and others. She desires to know  
when you think you shall come to Town.  
I am in a little haste , and nought else at  
present, but my dear Love and Respects  
to you, and to tell you that I am , and  
ever will be,

*Dear Sister,*

*Yours ever to love and serve you,*

*Decemb. 6. 1664.*

Mary South.

*From a Lady to a Gentlewoman, whom  
she hath a kindness for.*

*My dear Friend,*

**Y**OUR Humility commands what Fa-  
vour lies in my power to do for you  
or yours ; therefore if you can conde-  
scend that your Daughter shall be a Ser-  
vant to me , you shall find that I will  
be more a Mother than a Mistress to her.  
I doubt not of her Abilities , since I  
know your care hath been very much  
for her Education. However, I may find  
her not at present altogether fit for my  
Service, yet I am confident she will be  
capable that I do intend her good ;  
and

and in relation to that, I know she will endeavour to please me, or else she must not be your Daughter. Fear nothing in me, I value your worth, and shall also value your Child; and what is wanting in her, I shall not spare my Purse to give a full Accomplishment to her; therefore if you please to send her speedily it will be very well, because at this time I am destitute; yet I might have the Choice of many Accomplisht Women, were it not a particular Kindness I have to you, that causes me to refuse them. I desire you will let her be handsomly Cloathed for your Credits sake; which, if you lack Money to do it, let me know, and I will soon furnish you. Thus desiring you not to delay, I remain

*Your Friend to love*

*and serve you,*

M. C.

*The Answer.**Madam,*

You have so much obliged me by your goodnes and Charity towards me and my poor Child, that we are euen transported with joy. Poor Girl, she sleeps not in the night, least any thing should happen to hinder her coming to you. Her Cloaths are making, but indeed I have not wherewith to pay for them, nor to provide other things which she very much wants: therefore since it is your Ladyships pleasure to send me Mony, I beseech you it may be speedily; and so soon as her Cloaths are finished, and other things bought, she shall tender her Duty and Service to you, and I will give her the best Instructions I can. I hope she will not be refractory to her Duty, but strive to be a good and faithful Servant; yet, if she should have any Childish faults, I beseech you, be pleased to let me know, that I may rebuke her for them. Be pleased to accept of my humble Service, and to believe that I am, *Madam,*

*The most humble of your  
poor Servants,  
C. H.*

*From*

*From a Wife to her Husband, Craving his  
pardon for her long absence from him.*

*Dear Heart,*

**W**Hen you gave me leave for my Journey, I did intend no other but to Return according to your Order; but the much Kindness, and Intreaty for my stay, together with the late very ill Weather, hath caused me to transgress my bounds; which I do wholly trust to your Goodness to pardon, and do the more hope for it, because it is the first time I ever offended you in this Nature. I do desire, you will please to let me know how you and my Children do, and whether our Servant doth her Duty; likewise how our little one at Nurse doth: And I desire you also to send me some Mony speedily, to bear my Charges to you. This is all at present, save only the Love and Duty of

*Your most obedient,*

*and loving Wife,*

E. D.

*From*

*From an Aunt to her Neece.*

*Dear Neece,*

Y Our Parents being Dead, I would have you take notice that I shall take Care of you; therefore do not think your self destitute in the World. On the other side, I would have you endeavour what you can for your self, in an honest way; but want nothing that is fitting for you. Let me know at any time what you would have, and I shall furnish you; either with Mony, or with Necessaries. Be careful you do not consent to Marry with any Man, without my leave, for fear you make your self Unhappy. I have sent you a Bible, and twenty shillings in Mony by the Carryer. I pray let me know if you have received it or no. Be careful in the first place to serve God, and to please those whom you serve; and you shall never be forgotten by

*Your most Affectionate Aunt,*

M.C.

*The*

*The Answer.**Honoured Aunt,*

I Never doubted of your Kindness; but could not have expected so much as you are pleased to shew me, because I know I have never deserved it: But since I know your Care for me, I do assure you that it shall cause me to be more careful of my self. I have received the Mony and the Bible, and do give you most humble and hearty Thanks for them. My Lady finds little or no fault with me, therefore I presume I do please her. I have not an overstock of Cloaths, neither can I complain of much want; yet if I had a new and fashionable Gown it would do me Credit. I have somewhat towards it, and if you please to make it up, I shall be the more bound to pray for you; because no Body is now esteemed without fine Cloaths. For my Marrying with any one without your Consent, I shall not be so mad; neither do I think any man will as yet be troubled with me. When you think it is time, I had rather take your Choice than my own: In the mean time, I shall endeavour only to perform what

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that I am obliged to; and to shew my  
Duty to you. Thus with the tender of  
my humblest Respects, and Service, I  
do leave humbly, and remain,

*Dear Aunt,*

*Your most obliged Niece,  
and most humble Servant.*

E. C.

*From a Widow to her Friend, desiring her  
Assistance.*

*Dear Friend,*

Stile you as I have alwaies found you:  
But now is the only trial of a Friend  
in this my necessity. It is not unknown  
to you the Charge which I have now  
upon me, and the many Troubles I am  
involved in; my Husband having had a  
long time of Sicknes, and died in Debt;  
so that I have little or no Comfort in  
my life: Yet, if I had a Stock to begin,  
I could set up my own Trade, and live  
very well; but who to ask, besides your  
self I do not know, and how to ask you  
I cannot tell, having already been so  
much obliged to you; yet my Necessity en-  
forces me to crave this one Favour from  
you, That you will please to lend to me  
10 l. for the space of one whole year,  
and

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and I will faithfully return it again with many Thanks. This if you will please to do, will give a new Life to

*Your most faithful Friend,  
to love and serve you.*

*The Answer.*

*Dear Friend,*

**I** Am very sorry for the occasion of your sad Letter, and shall not deny your Request, in hopes that the grant thereof may make you happy: yet I do assure you, that were it any one else who did sue to me upon such an account I would deny them; for the World is so base, and Money so hard to come by, that there is hardly any that will let Money go out of their hands. I shall freely lend you so much, and for a longer time than you do propound; but I would fain speak with you first, and advise you in your Way: Therefore do not delay the time, but come as soon as possible you can, and you shall find me then, and for ever,

*Your most faithful Friend,  
and ready to serve you.*

*From*



*From a Woman in Prison to her Friend,  
to help her.*

*Dear Friend,*

Suppose you have heard how wrong-  
fully I have been dealt with since  
Husbands departure; how they have  
abus'd me of what I was never guilty  
of and cast me in Prison to my great  
Discredit, Charge and Detriment in the  
World. I do desire that loving favour  
of you as to come and see me, and to  
send me a small sum towards the de-  
paying of my Charges here, and then  
make no doubt but I shall get quickly  
out of this place. *Dear Friend*, Have pity  
on me, and if it ever lie in my power, I  
will restore you Seven-fold. Thus with  
my due Respects to you, desiring speedily  
to hear from you, I rest

*Your true Friend and Servant.*

*The Answer.*

*Dear Friend,*

I Am extream sorry for your Trouble,  
and do verily believe that you are  
much wronged, therefore I shall assist  
you in what I can. I have some busi-  
ness to dispatch this Week of great con-  
cern,

cern, which will keep me in; but upon Monday next ( God willing ) I do intend to be with you, and answer your desires : In the mean time I desire you to comfort your self, and to be assured that I am

*Your loving Friend to serve you.*

*From a Seamans Wife to her Husband.*

*Dear Husband,*

**S**ince your departure our little Boy is dead of the Small-Pox; and our Girl hath been ill too, but now I thank God she is reasonable well again. I desire you will remember to bring me home some fine things for my House. *Edward Long* also desires that you will not forget what he spake to you for; as also *Mrs. Chappel*. We are very glad for your safe Arrival, and wish you a speedy and safe return; but especially

*Your poor, but loving Wife.*

*From a Servant to her Mistriss, concerning her Charge.*

*Madam,*

**Y**our sweet Children; I thank God, are all very well, but think long for your coming home. I have spoken with your Tenant, *Goodman Porter*, and he

desires you should know that the  
ony shall be ready for you at your  
turn; but as for the Widow *Totnam*,  
hath had a great Loss lately, therefore  
desires your Patience yet a while. I  
ve no more at this time but the tender  
my Duty and Service, beseeching you  
believe that I am

*Your obedient Servant.*

*Letter of Complement from one Friend  
to another.*

*Honoured Friend,*

The last time I saw you, you laid on  
me such an obligation of Kindness  
I fear I shall never be able to Re-  
quite; but I will endeavor what possible  
can. I wish you would do me the Fa-  
vour as to lay your Commands on me,  
when I should give you some proof of  
my Gratitude, and I know you are so  
good as that you will accept the Will  
or the Deed. I desire you will please,  
when you have a leisure time, to Honour  
me with your Company; of which I  
shall be proud as well as happy, and I  
presume our Air would do no harm, but  
rather good; you also add to the Favour,  
if you please to let me know a little before,  
that

that I may meet you some part of the way. Your God-son is very well, but is not able as yet to shew his Duty to you. I desire you will please to bring little Miss with you, and then I shall hope to enjoy your Company the longer; for I know you cannot be without her many daies. If you please to grant this, you will oblige her who is, and ever will be

*Your most humble Servant.*

*The Ladies Answer.*

*Madam,*

ALL that I have ever done, and can imagine to do, cannot merit the least of your expressions; which if I did not believe to be Realities, I should wrong you much, for I am very well acquainted with your temper. For your desire of my coming to wait on you, I do assure you, you might have spared your Invitation, for I did intend to come however; and seeing it is your desire that Miss should come too, she shall wait on you with me. I cannot tell what day I shall come as yet; neither am I willing to tell you if I could; because your free and noble heart will be

apt to transgress the bounds of my  
sires; else I should be very glad you  
ould be satisfied when I would come:  
sometime within this fortnight I shall  
ot fail you; in the mean time these are  
let you know that I am, and ever will

*Your truly devoted,  
and humble Servant.*

*Letter from a Mother to a Daughter,  
who had gone astray from her.*

*Susanna,*

Could never have believed I had  
had so wicked a Child, as you have  
proved your self in your late Actions:  
You have not only afflicted me, but ut-  
terly ruin'd your self, your Person and  
our Credit for ever. Had your Dear  
Father lived, you never durst have of-  
fered to think upon such Wickedness:  
His Severity kept you in awe, but my  
indulgence hath spoiled you. What  
Cause had you justly to leave me? I  
cannot tell, nor imagine any; but on-  
ly that bad Company (which I have  
often gave you warning of) I believe  
hath enticed you. You are my Child still,  
though never so bad, and I your Mother,  
I and

and if I thought you would be reclaimed, I would freely forgive you all that is past, for my heart still yearns upon you; but if you resolve to go on in Wickedness, think not of coming near me. Therefore bethink your self speedily, and let me know what you intend to do. I am yet

Your very loving, though  
very much afflicted Mother,

E. H.

*The Daughters Answer to her Mother.*

*Dear, and Honour'd Mother,*

**G**OD forbid, that your Indulgence to me should be the Cause of my Miscarriage. I do confess my Fault, and most humbly crave your pardon; which I desire I may be assured of before I do return to you, else I know not with what face I shall look upon you. You are not at all deceived: It was that ill Company you warned me from, which did entice me upon pretence of going only to make Merry; but after I was gone from you, I soon perceived they would

would have quite ruin'd me; and I fear  
 you do believe they have in part done  
 so; but I do assure you, that no harm  
 hath hapned to me, save your just dis-  
 pleasure for my coming away, and the  
 discredit I have gotten by so doing. I  
 staid not in their Company, after  
 I found out their design, but gat  
 me from them unawares, and would  
 willingly have returned home, if I  
 durst: Therefore be pleased to quiet  
 your Thoughts, and do not think your  
 Child is a Strumpet, although she hath  
 done foolishly. If you please to receive  
 me again, and freely to pardon me, you  
 shall find that I will strive alwaies to  
 shun the occasion of Evil, and ever  
 be truly careful to obey you in all things.  
 Therefore, *Dear Mother*, forgive your  
 poor unworthy Child, and she will be  
 alwaies bound to pray for you, and ever  
 be

*Your obedient Daughter.*

M. H.

*A Letter from a Gentleman to a Relation of his, wherein he doth advertise her of some Accusations laid against her.*

*Madam,*

I Chanced not long since to be in some Company, who, methought, did take a great deal of liberty to speak of you; and indeed their language was such, as I held it more wisdom to employ my self in a Book which lay by me, than to seem to observe, or to participate with them. I assure you, I minded not the Romance that was before me, but wholly employed my Ears to bring me (if possible) what the drift, and what the occasion was of their Discourse; but instead of satisfaction, they created in me a multitude of troubled Thoughts. I had ever an honourable esteem of your Vertue, and have been so great an Admirer of your Person, and excelling Beauty, that I have suffered (though never known to you) great torment for your sake. Love indeed did command me to commence my Sute to you; but the near Relation we have to each other forbade me: However, I know I did not transgress, in continuing an innocent Love  
and



and Respect to you, and resolution to serve you in what might be in my power to do for you; also to vindicate your Honour upon all accounts. Now, *Madam*, perhaps you will say, Why did you not do so now, when you heard me Abused and Aspersed? Your pardon I beseech you for that. I Answer thus: I could most willingly have given that Person who most did villifie you, a Challenge, and would have been content to have lost my dear Blood for you, could I have had the happiness to hear from you how the business was: For to answer Mens Passions without the true ground of all, is rash and vain. I presume it will oblige, though not please you, to have this intimation: and it will oblige me more to hear from you, what might be the occasion of this. I doubt not but you will deal candidly vwith me, vvhich vwill teach me what I have yet to do. I blush to question you; but it vwill be no prejudice for you to Answer: therefore do him that Favour, as to receive a few Lines from your Hands, who is, and alwaies must be, *Madam*,  
 Your truly devoted, and most  
 humble Servant.

The Ladies Answer, in which she vindicates her self.

*Mosi Honour'd Sir,*

**Y**OU have done me great Honour in telling me of my Dishonour. I fear not to give you a full satisfaction of what you desire, but am infinitely concerned for your disturbance. What Person he was which was so free of his Speech, I presume will not, nay, I know, dares not affirm to my face. Such pitiful Cowards would be Cudgeld into better Manners: They are not worth a Challenge.

*Sir,* For those very high Expressions you are pleas'd to make of me, I am Conscious to my self, I never deserved them, therefore your Obligation is the greater. I have no way to requite it, but to return to you the same Respect you say you have for me. If you dare be confident that what I say is Truth, then believe, *Sir,* I never yet did transgress the bounds of Modesty. Had I yielded to his base Design, he had never branded my Honour. I am glad you commanded your Passion so well as not

to fight: It would have been a lasting Trouble to me, if you should have lost one drop of Bloud for my sake. Let me alone with him, I will get some sturdy Porter to Kick him for me. The scandal is great: but my Honour will be the greater when the Truth is known. Be pleased to do me the favour as to let me see you, and then I shall more amply give you an account. In the mean time I beg the esteem of being

*Your most obliged Kinswoman,  
and very humble Servant,*  
E. N.

*From a Gentlewoman to her Father.*

*Honoured Sir,*

I Should be unworthy of such a Father, if I did not by all means possible, endeavour to testifie my Duty to you, there being a double Obligation upon me since my dear Mothers death. Your absence is my great Grief, and much the greater because you are so far distant from me. I shall pray heartily for the dispatch of your business, and for your safe return: In the mean time, I shall observe the

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Command you gave me. This, with the  
tender of my humble Duty, is all at pre-  
sent from, Sir,

*Your most obedient Daughter.*

*From a Gentlewoman to her Uncle, who  
had the Charge of her.*

*Honoured Uncle,*

Could you know how unwilling I  
am to displease you, you would  
not have such fears when I am from  
you. I wish I could tell how to give  
you confidence of my Obedience, which  
I doubt not to testify whenever I shall  
have the happiness to see you; and in  
relation to that desire of mine, I shall  
make as quick a dispatch of my business  
as is possible, and do not doubt but that  
you will be fully satisfied that I am,

*Sir,*

*Your most affectionate Niece,  
and humble Servant.*

*From*

*From a Widow to her Landlord.*

S I R,

I Beseech your Patience till Thursday next; when ( God willing ) I shall not fail to wait on you , and bring all that is due. I should have come before now , but that I was disappointed by those who faithfully promised me ; and because I would not deceive you any longer , I have craved from a Friend to lend me some Mony to make up your sum : Therefore think not ill of this delay, but esteem me

*Your honest Tenant,  
and humble Servant.*

*From a Gentlewoman of Quality, to her  
Brother at Oxford.*

*Dear Brother,*

THE content I have in the thoughts of your most pleasurable life, doth somewhat mitigate my Grief for your absence; yet when I am alone, and have none to condole with me, I hardly know how to satisfy my self. If you would be pleased to Write to me more frequently, it might much allay my Passion; for I should then fancy that I did Converse with you; nay,

and see you too; but I fear that your Studies will not admit you so much idle time as to think of me long; your Genius being wholly employed to hear the Sage Philosophers, and the Muses, which I do imagine cannot choose but be very delightful: However, be pleased to accept my dear Love and Respects, and believe that I am

*Your most affectionate Sister.*

*From a Gentlewoman, in Answer to a Letter from a Gentleman who Courted her.*

*STR.*

I Received your late Lines, which very much surprized me. The Expressions you are pleased to make, are very far greater than I am able to deserve. I wish you would undeceive your self; and if you have a true Respect for me, you must also be confident, that I will not tell you that which is not Truth. Believe me then, *Sir*, I have not that Fortune you hope for, and therefore shall not entertain one thought of giving any Countenance to your Sute. I know it is an ordinary thing, in these late Times, for Gentlemen, when they hear of a  
For-

Fortune; presently to make their Ad-  
dresses to that Lady, or Gentlewoman,  
let her be as deformed, or unhandfom  
a Creature as is imaginable. And, for the  
most part, Women are apt to believe  
their abominable Flattery, when ( God  
knows) it is their imagined Fortune they  
Court, and not their Person: And for  
fear any other should rob them of that  
Felicity they promise to themselves, they  
huddle up a Match; but when all things  
come to be made clear, they then begin  
to think how they shall quit themselves  
from that wicked Woman who so de-  
ceived them; when indeed they had no  
reason to complain, but of their own  
Covetous Humour: However he must  
now think of some way to advance him-  
self, and leave this miserable Woman to  
shift for her self; and while he yet pre-  
tends great Kindness to her, he gathers  
up all the Mony he can to fit him for  
his Intentions; and if perchance he have  
not an opportunity to go out of the  
Land, but fears therefore to be persecu-  
ted by her, or her Relations, he then  
protests that she was never his lawful  
Wife; so, that unless she can bring a  
Certificate to Testifie when and where  
she

she was Married, he quite defeats her; and then is she esteemed no better than a Whore; others go away beyond Sea, and get employ there, and never think upon the Person whom he hath so highly injured, unless it be to laugh at her Misery, and admiring his own Wit in serving of her so. If Women were of a more Jealous nature, and would consider the Policy of Men, they might be generally happy; whereas now very few are so. I have seen and known so much, as it hath given me a sufficient Caution to beware of them.

I am not in haste to Marry, I will take deliberation, and crave Gods assistance and my Friends advice, before I proceed in any such business: Therefore I do beseech you not to take it ill, if my Answer correspond not to your desires. If you have Respect for me in that way, I am sorry for it, because I cannot Answer it. I am sure there is nothing in my Person that is attractive, neither is my Fortune worthy one of your Quality and Estate. I have no more to say, but that I shall be very careful of myself; and if you please to give your self



no further trouble, but desist, I shall ever be

*Your obliged Friend.*

*Another Letter from a Gentlewoman, to one who Courted her for his Mistress.*

*Unworthy Sir,*

I Had scarce patience to read your Lines, after I perceived your base design; but perswading my self I might the better Answer you, I forced a forbearance of my Passion from tearing them.

Now know, *Sir*, that if you do not make me some satisfaction for this Dishonourable Sute of yours, by asking my pardon before some of my Friends, you shall receive your due reward for such Villany. If you have a mind to a Whore, there are enough without tempting of honest Women from their Husbands. Thus desiring you to consider what I have Written, and to have a care of your self for the future, least you meet with some Friends of hers

*Who is not yours.*

I have now done with the Letters, having given you the Forms of as many as may teach you all the rest, that possible you may have occasion for, and did here intend to have finished my Book; but being unwilling to keep any thing from you, I here present you with a very good Receipt, how to make Wax-work; which if you carefully observe, it is a very sufficient Direction.

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*How to make Wax-work.*

**R**ed-Lead is for Oranges. When your pure White-wax is melted take it off the fire, then put in so much of the finest Red-Lead as will make it of an Orange-colour, then wet your Moulds and pour it in; but be sure that you stir it well together to mix it first. Red-Root is for all Red, for red-Paste; and that Root must be boiled in the Wax a while, till you find the Colour very good. For Pruons, a little Lamb-Black: For Raspberries, Lamb-black and Red-Lead together, so much of each as your discretion shall think fit. Vermilion for Flesh-colour: Verdigreace for Willow

Willow-green: and if you put a litle Turmerick to it, it will make a perfect Grass-green; Saffron also will do the same, and likewise Turmerick and Saffron, or either of them makes a Lemon-colour; and also some kinds of Apples and Pears, and yellowish Plumbs; which when they are cast and cold, and taken out of the Moulds, you must colour them with a Pencil, with streaks and spots as you think fit, and with those Colours you think most natural for them. You must have all your Colours purely ground. Saffron or Turmerick will serve for any kind of Paste that should be Yellow, or for Cakes; but then you must white the bottoms of them, to make them look like Wafer-sheets. If you observe well the Transparent Work you may take several Colours from those Rules; and if you would gild any thing of Wax-work, you have already the Rule in this Book punctually given.

*To make the Moulds for the Wax-work.*

Take Plaister of Parris, and mix it with Water, and make it like Paste, as much as will serve for half a Mould at a time; for you must do no more, because it will dry so fast; then lay it upon a Board, and what you will, have a Mould on upon it, and let it lie till it be dry; when you have done the one half of the Mould, then do the other.

*Note,* That whatsoever you lay upon your Plaister of Parris, to make the Mould, must be first anointed with Linseed Oil, or else it will stick so fast as you cannot get it out again; and be sure to wash your Moulds very well in Water before you pour your Wax into them; and when you have pour'd it in, wave it up and down in your hand, that the Wax may run into every part of the

Now for Images; you must put every piece in its place, and tie it up, and fill the hollow place full with Water; and then pour it out, and pour in the Wax, and shake it about till it be reasonable cool; then take off the pieces from it, and order it as you think fit.

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In the same manner you must shake your Sweet-Meats or Fruit, and when you find that it is a little cool, take off the one half of the Mould.

*A very fine way to make the likeness of many several things in Wax, without the help of a Mould.*

Melt pure White-Wax, and colour it for what you intend it; then take an Orange, Lemmon, Apple, Pear, Plumb, or any other Fruit which you fancy, and tie a string to the stalk, and anoint your Fruit first with pure Sallad Oil, then let it down by the string into the melted Wax, and presently pull it up again, and hang it on a Line till it be cold; then with a hot knife cut it gently down each side, and take out the Fruit within; then heat your Knife again, and hold the two halves together, and close them neatly with your hot Knife, and so you have the direct shape: You may do so with an Egg, if you first make a little hole at each end and blow out the meat, and then draw a string through it with a knot at one end. Radishes  
with

with their Green-tops look very prettily. Green-Peascods, Beans, Walnuts or small Nuts, Chesnuts, black and white-Puddings, Savauges, Dishes, little Cups, Plates, or any thing almost that you can think of; for there is nothing which represents things more lively than Wax, if they that do it have skill for the Colours, or else it will look as unhand-somly.

*To take the shape of your own Hand.*

Have your Wax melted, and coloured Flesh-colour, then dip your Hand as high as you would have it in pure Salad Oil, or rather anoint your Hand all over with a Feather, and when the vehement heat is out of the Wax, dip in your hand, and presently pull it out again; and when it is cold take a hot knife, and cut it in such places as that you may get out your hand, and close it again with a hot knife. Thus you may also take the shape of your Legs.

*For*

*For a Dead-body for the Face.*

You must anoint it with Oil, and then pour the Wax all over it, and when it is cold take it off, and where you see it faulty, mend it with a hot knife: And if you would have the shape of the Arms, or of the Legs, you must dip them in, as I have said before.

*For Eggs to be hard, and cut in quarters.*

Take an Egg-shell, as I have said before, and when you have dipped it, and that it be cold, cut it with a hot knife in four quarters, then take the Yolk of a very hard Egg, and press it down gently into some Plaister of Parris, as before, half way; but first remember to Oil your Egg: when one half is made, then make the other, and then have melted Wax in a readines of the colour of the Yolk of an hard Egg; and then when it is cold, cut it in four quarters and fasten them with a little frong Gum-water to the fore-said Whites. In this Wax-work you may represent a Fridays, or Lenten-Dinner, as well as a Banquet;

Banquet, and both of them would do excellent well; but I would not wish to invite a Woman that is with Child to see it, for fear of harm. You may, if you please, mix a little pure Tallow in the melting of your Wax, to make it go the further. When you take the shape of any dead Face, you must put a little Clay round about by the Hair, to keep the melted Wax from running where you would not have it, else it will run very much to waste. I have known a living Bodies Face taken; but that must be with a great deal of Care; the Face being first well anointed with pure Oil, the Wax not too hot, the Eyes shut, and Clay, as in the other, to keep it off from their Hair; and be sure you make haste to make holes for the Mouth and Nostrils, for fear you stop the breath of the Party; then afterwards you may make the Eyes according to your discretion, and colour the Lips with a Pencil, with some Vermillion and Gum-water.

Now because you shall be excellent at this Art, I shall give you the knowledge of more Colours, and how to make some of them your selves, which may save you some Mony. These Directions, with your



your own Ingenuity, will make you perfect.

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*Orient Red Colour.*

**S**pirit of Salt and Smalt mixed together, makes it of an Orient Red Colour.

*Green.*

Verdigreace and Argil ground together make it very well.

*Yellow.*

The yellow Chives in white Lillies, Saffron and Argil ground together very fine, make it excellently well.

*Grass-Green.*

The Liver of a Lamprey dried and ground very fine makes a perfect Grass-Green, and very durable: Also Yellow and Blew mixt together make a perfect Grass-Green.

*Purple.*

*Purple.*

—The juyce of Bilberries mixed with Allom and Galls; and for a Murry take Rosset.

The Berries of Buckthorn gathered green and dried, make a very fair Yellow.

*Another for Green.*

Take the Berries of Buckthorn when they are through ripe and black, bruise them in a Copper; or Brass-Vessel; and set it three or four daies in a warm place; then heat it a little upon a fire, and put into it some Allom-water; then press it forth, and keep it in a Bladder, and hang it up till it be dry.

*A pure Black,*

**I**T is made with the smoak of a Torch, held under any thing which is made of Tinn.

You may, if you please, wash over your Wax-work when it is done, with a little Gum-Arabick Water if you would have them look glossie.

Date-

Date-Stones well burned upon a Colliers Hearth makes a pure Black; and so doth burnt Harts-Horn, and the Gall of a Neat ground together, and dried in a Shell in some shady places. These are all very good for Black.

Burnt Ivory, or burnt White-bread is also good Black.

*Note,* That the smoak of a Torch or link, as I have said, held under a Lat-ten Basen, is that which we call Lamb-black.

*For Blew.*

Take fine Litmose, ground with Ceruse as pale or as deep as you please, by putting in more or less of either of them. Also two parts of Ceruse, and one of Red-Lead doth make a perfect Crane-colour.

*For a Dark Red.*

Take Turnsoil-Raggs, and let them boil in the Wax for a while, till you find the Colour to your mind.

To

To make Spanish-white, which may save your Money; for much of that is used in all Houses generally.

Take two parts of fine Chalk, and one part of Allom, grind them with fair-Water till it be thick like Pap; then roul it up into Balls, letting it lie till it be dry; then put it into a clear Fire till it be red-hot; then take it out and let it cool, and keep it for your use.

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I Shall Conclude with some Observations, which I desire those, who desire to be good Work-women, will take notice of; because whatever they employ themselves in, they may be able to give an account of, and not work Non-sence. If they observe these Directions I give them, they may be able to teach them who are to Draw them.

I have seen such Ridiculous things done in Work, as is an abomination to any Artist to behold. As for Example: You may find in some Pieces, *Abraham* and *Sarah*, and many other Persons of Old

Old time, Cloathed as they go now a-  
daies, and truly sometimes worse; for  
they most resemble the Pictures in Bal-  
lads. Let all Ingenious Women have  
regard, that when they work any Image,  
to represent it aright. First let it be  
Drawn vvell, and then observe the Di-  
rections which are given by Knowing  
Men. I do assure you, I never durst work  
any Scripture-Story vwithout informing  
my self from the Ground of it; nor any  
other Story, or single Person, without  
informing my self both of the Visage  
and Habit; As followeth:

If you Work *Jupiter, the Imperial  
feigned God*, He must have long Black-  
Curled-hair, a Purple Garment trimmed  
with Gold, and sitting upon a Golden  
Throne, with bright yellow Clouds about  
him.

*Mercury, the Messenger of the Gods.*

With long Yellow Hair Curled, in a  
Coat of Flame Colour, with a pure  
white Mantle, trimmed with Gold and  
Silver, his Beaver white, and vwhite  
Feathers like Wings; his Shoes Golden,  
and his Rod of Silver.

won Apollo, *the Physical God.*  
 With long Curled yellow Hair, with  
 a Hawrel Wreath, a Purple Obey, a Sil-  
 ver Bow, a Golden Harp, and a Throne  
 of Emraulds.

Neptune, *the God of the Sea.*  
 With long hoary Hair, a blew or Sea-  
 green Mantle trimmed with Silver, ri-  
 ding in a blew Chariot, or upon a Dol-  
 phin of a Brown-black colour, with a  
 Silver Trident in his Right-hand.

Pluto, *the God of Riches.*  
 With Black Curl'd Hair, in a Robe  
 of Cloath of Gold.

Bacchus *the God of Wine.*  
 With Curl'd Brown Hair, Cloathed  
 in a Leopards Skin spotted, or in a green  
 Mantle, Crown'd with a Wreath of Ivy,  
 or Vine-Branches; his Complexion Taw-  
 ny.

Hymen, *the God of Marriage.*  
 With long Yellow Hair, in a Purple  
 or Saffron coloured Mantle.

Vulcan, *the Deified Black-Smith.*  
 Let him be Cloathed in a Scarlet-  
 Robe,

*Genius.*  
 In a Purple Mantle, fringed with Gold.

*Sleep.*

*Sleep.*

In a White Mantle cast over a Black.

*Cupid.*

In a Green Robe.

Minos, *one of the Judges of Hell.*

His Curuseers to be of Gold, his Robe  
Blew and Silver, his Buskins of Gold;  
vvith long Curl'd Brown Hair, and  
Crown'd with a Golden Crown.

Momus, *the Carping God.*

With a Dark-coloured Robe, the hair  
of his Beard must be Party-coloured.

*Goddesses.*

Juno, *the Queen of the Goddesses.*

With black Hair, and black Eyes, with  
a Skie-coloured Mantle wrought vvith  
Gold and Peacocks Eyes.

Diana, *the Virgin Goddess.*

With yellow Hair, a Grass-green  
mantle trimmed with Silver, Buskins of  
Silver, a Golden Bow, and a painted  
Quiver.

Pallas, *the Goddess of Wisdom.*

With a Blew Mantle, embroidered  
with Silver.

Venus, *the beautiful Goddess.*

With Gold yellow Hair, attired vwith Black, a Scarlet Robe, and a Dove-colour or Watchet Mantle.

Ceres, *the Goddess of Corn.*

With yellow Hair, and a Straw-coloured Mantle, trimmed vwith Silver.

Tellus, *the Goddess of the Earth.*

In a Green Mantle.

Proserpine, *Queen of Hell.*

In a black Mantle trimmed vwith Gold flames.

*Aurora.*

In a Purple Robe, and a blew Mantle fringed with Silver.

Urania, *one of the Muses.*

In a Mantle of Azure, filled with Lamps.

Vesta, *Daughter to Saturn.*

In White Garments, filled with Flames.

Astrea, *the Goddess of Justice.*

In a Crimson Mantle, trimmed with Silver.

Flora, *the Goddess of Flowers.*

In a Mantle of Divers Colours: And Night; In a black Mantle, spotted about with Stars of Gold.

Ceres,



Ceres, the Enchantress.

Her under garment Gold, the ground  
Green, the Mantle Purple, the three  
Graces in Silver Robes.

*The Twelve Months of the Year.*

*March:*

Is drawn in Tawny, with a fierce aspect, a Helmet upon his head, and leaning on a Spade, and a Basket of Garden Seeds in his Left hand, and in his Right hand the Sign of *Aries*: And Winged.

*April.*

A Young Man in Green, with a Garland of Mirtle, and Hawthorn-Buds; Winged; in one hand Primroses and Violets, in the other the Sign *Taurus*.

*May.*

With a sweet and lovely Countenance, clad in a Robe of White and Green, embroidered with several Flowers, upon his Head a garland of all manner of Roses; on the one hand a Nightingale, in the other a Lute. His Sign must be *Gemini*.

*June.*

In a Mantle of dark Grass-green, upon his Head a garland of Bents, Kings-Cups, and Maiden-hair; in his Left hand an  
Angle

198. A Supplement to the

Angle, with a box of Cantharides, in his Right the Sign *Cancer*, and upon his arms a Basket of seasonable Fruits.

*July.*

In a Jacket of light Yellow, eating Cherries; with his Face and Bosom Sun-burnt; on his Head a Wreath of Centaury and wild Tyme; a Seith on his shoulder, and a Bottle at his girdle: carrying the Sign *Leo*.

*August.*

A Young Man of fierce and Cholerick aspect, in a Flame-coloured Garment; upon his Head a garland of Wheat and Rye, upon his Arm a Basket of all manner of ripe Fruits, at his Belt a Sickle. His Sign *Virgo*.

*September.*

A merry and chearful Countenance, in a Purple Robe, upon his Head a Wreath of red and white Grapes, in his Left hand a handful of Oats, withal carrying a Horn of Plenty, full of all manner of ripe-Fruits, in his Right hand the Sign *Libra*.

*October.*

In a Garment of Yellow and Carnation, upon his head a garland of Oak-leaves

leaves with Akorns, in his Right hand the Sign *Scorpio*, in his Left hand a Basket of Medlars, Services, and Chestnuts; and any other Fruits then in Season.

*November.*

In a Garment of Changable Green and Black upon his Head, a garland of Olives with the Fruit in his Left hand, Bunches of Parsnips and Turnips in his Right. His Sign *Sagittarius*.

*December.*

A horrid and fearful aspect, clad in Irish-Rags, or course Freez girt unto him, upon his Head three or four Night-Caps, and over them a Turkish Turbant; his Nose red, his Mouth and Beard clog'd with Icicles, at his back a bundle of Holly, Ivy or Mistletoe, holding in fur'd Mittens the Sign of *Capricornus*.

*January.*

Clad all in White, as the Earth looks with the Snow, blowing his Nails; in his Left Arm a Billet, the Sign *Aquarius* standing by his side.

*February.*

Cloathed in a dark Skie-colour, carrying in his Right hand the Sign *Pisces*.

*Ladies*

**L**ADIES, I hope your pleas'd, and so  
 If what I've Writ, you may be gainers by:

If not; it is your fault, it is not mine,

Your benefit in this I do design.

Much labour and much time it hath me cost,

Therefore I beg, let none of it be lost.

The Mony you shall pay for this my Book,

You't not repent of, when in it you look.

No more at present to you I shall say,

But wish you all the happiness I may.

H. W.

**F I N I S.**

