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THE

PREFACE.

NOTHING can be more Self-evident, than that the Usefulness, and, consequently, the Value of Books of this kind, depend upon the Integrity and Care of the Writers, the Pains they take Themselves, and the good Help and Assistance they can procure from Others. *If any of these Requisites be wanting, they must necessarily deceive the Reader, be deceived Themselves, or, at best, produce nothing but what's Mean and Trifling, and unworthy a Publick Reception. There is nothing so easie, as the raising whole Regiments of* Nostrum's *and* Recipe's, *if we will but admit all the Voluntiers of this kind, as fast as they croud in, to be listed; but these forward Ones are generally found to fail us in the Time of Trial; and the Success of the Day most commonly to depend upon such, as with great Trouble and Expence are press'd and dragg'd into the Service.*

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As for myſelf, I have only to aſſure the Reader, That as the Deſire of doing Good, was the ſole Motive that at firſt engaged me in this Work; ſo has that great Principle ever been too ſacred in my Eſteem, to ſuffer the leaſt Mixture of Unfaithfulneſs or Careleſsneſs throughout the whole Management and Compoſure of it: And farther to declare, That there has been no Spare either of Labour, or Time, or Money, in order to the making this Collection *the Beſt, and moſt truly Profitable in its kind; and that the great Knowledge and long Experience of thoſe Excellent Perſons who contributed to its Production, have abundantly qualified them for ſetting the laſt Hand to ſuch a Work. To theſe therefore are due the greateſt Tribute of Praiſe, and higheſt Acknowledgements of Gratitude, who with a Noble Charity and Univerſal Benevolence have Expoſed to the World ſuch invaluable Secrets, as others, of a leſs generous Temper, would have taken a Pride, and made almoſt a Merit of Concealing.*

And here I freely own the greateſt Share of our Thanks to be juſtly owing to the Fair Sex; *who, whether it be from the greater Tenderneſs of their Natures, the greater Opportunities of Leiſure, or Advantages of acquiring Experience, or from whatever other Cauſe, are always found moſt Active and Induſtrious in this, as well as in all other kinds of Charity. Oh, Heavenly Charity!*

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Charity! How often have I ſeen thee employ the Rich in waiting upon the Poor, and Miſtreſſes in Nurſing and becoming Hand-maids to their own Servants? How often have I ſeen thee make Perſons of the Higheſt Quality kneel down to the Dreſſing of a Poor Man's Wound? Thoſe of the greateſt Niceneſs and Delicacy of Senſe, viſit the Chambers of ſuch, whoſe Poverty and Offenſive Diſtempers have render'd them Nauſeous and Loathſome beyond Expreſſion? And thoſe of Tender and Weakly Conſtitutions walk through Midnight-Froſts, to the Aſſiſtance of ſome Poor Neighbouring Woman in her Painful and Perilous Hour? And wonderful is the Succeſs with which Almighty God does often bleſs their Labours (even in the Uſe of Plain and Simple Means) whoſe Hearts he firſt diſpoſes to ſuch Beneficial Undertakings. How earneſtly is it to be wiſh'd that ſuch Examples did more univerſally abound, and that all our fine Ladies would ſtrive to adorn their Characters, by becoming (to uſe the Judicious Mr. Bickerſtaff's *Phraſe)* Notable Women?

Nor can I forbear recommending this Generous and Beneficial Practice to the Gentlemen of the Clergy, *eſpecially to thoſe whoſe Pariſhes are remote from other Help. How ſoon would their ſuperior Learning and Sagacity render them Maſters of this Uſeful Art? How greatly would the Exerciſe of it endear them to their People? What Reverence and Eſteem, and conſequently, what*

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Opportunities of doing Good in every other Way, would this procure them? And with what Power and Authority would their Divine Instructions enter into the Hearts of their Audience, when proceeding from the Mouth of such a Benefactor, to whom, under God, perhaps most of them are beholden for their Health, their Limbs, or, it may be, their very Lives? This will be to imitate their Great Master, who went about doing Good, and Healing all those who were oppressed by the Devil, and who, wherever He met a Patient, seldom fail'd of making a Convert.

I make no doubt, but the Learned Gentlemen of the Faculty will be too Generous to Mis-construe this small Collection of Physical Receipts, *(design'd for the Service of those who are neither within the Reach of their Visits, nor in a Capacity of Gratifying their Trouble) as an Invasion of their Province, or a Desrespect to their Persons. I declare myself so far from intending either of these, that, on the contrary, I esteem it a great Happiness and Blessing to be able to have a ready and constant Recourse to their Assistance. And I am proud to own, that most of the following* Prescriptions *came from the most Eminent Hands in that Profession. The rest are all Innocent and Safe; and both the one and the other Approved (not from single Instances of Success, but) from a long and repeated Experience.*

The

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The Directions relating to COOKERY *are Palatable, Useful, and Intelligible, which is more than can be said of any now Publick in that kind; some great Masters having given us Rules in that Art so strangely odd and fantastical, that 'tis hard to say, Whether the Reading has given more Sport and Diversion, or the Practice more Vexation and Chagrin, in spoiling us many a good Dish, by following their Directions. But so it is, that a Poor Woman must be laugh'd at, for only Sugaring a Mess of Beans; whilst a Great Name must be had in Admiration, for Contriving Relishes a thousand times more Distastful to the Palate, provided they are but at the same time more Expensive to the Purse.*

I can assure you, that a Number of very Curious and Delicate House-wives Clubb'd to furnish out this Collection, for the Service of Young and Unexperienced Dames, who may from hence be Instructed in the Polite Management of their Kitchens, and the Art of Adorning their Tables with a Splendid Frugality. Nor do I despair but the Use of it may descend into a Lower Form, and teach Cook-maids at Country-Inns to serve us up a very agreeable Meal, from such Provisions as are Plainest, and always at hand; instead of Spoiling those which are most Rare and Costly, and provoking the Company to pass them away, in hasty Curses, to the Place from whence the

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unlucky Proverb *ſuppoſes them to have come; and ſo quit Scores with him that ſent them.*

The Wines *which you are here taught to make, are certainly of the greateſt Perfection in their Kind; their Flavour and Taſte is Generous, and their Ingredients are Wholeſome; and ſo lucky have their Authors been in their Imitation, that many very good Criticks have not only eſteem'd them the genuine Produce, but of the nobler Sorts too, of the Foreign Vintages.*

Thus much, I think, may ſuffice by way of Preface; *and leſs I could not poſſibly ſay with any tolerable Regard, either to the Merits of thoſe worthy Perſons to whom I am indebted, or the Intereſt of Thoſe whom I am endeavouring to oblige, who, thro' Ignorance or Prejudice, might otherwiſe have depriv'd themſelves of ſo very Uſeful and Beneficial an Undertaking.*

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A COLLECTION OF RECEIPTS IN COOKERY, &c.

A Green-Peaſe-Soup, *without Meat.*

TAKE your Peaſe, and in ſhelling, ſeparate the Young from the Old, then boil the Old ones ſoft enough to ſtrain through a Cullender, then put the Liquor and what you ſtrained through together: With the Young Peaſe whole, add ſome whole Pepper, two or three Blades of Mace, and ſome Cloves. When the laſt Peaſe are near enough, take ſome Spinage,

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a little Mint, and a little Green Onion, not ſhred too ſmall, a little Faggot of Thyme and Sweet-marjoram ; put theſe into a little Sauce-pan with near a Pound of Butter ; and as they boil up, ſhake in ſome Flower to boil with it to the Quantity of a Dredging-box full ; then put a Loaf of French-Bread into the Broth to boil ; mingle the Broth and Herbs together : When you have ſeaſon'd it to your Taſte for Salt, add ſome ſmall white Toaſt neatly cut, and the Young Peaſe.

A very good Soup.

TAKE a Shin of Beef, a Crag of Mutton or Veal, and a bit of very good Bacon, and half a Pound of Rice, ſet them on the Fire in as much Water as you think will boil them to Rags ; keep it covered all the while : When all the Goodneſs of the Meat is out, ſtrain it off, and put to it ſome whole Pepper, ſome Cloves, Mace and Salt to your Taſte. You may put Soup-Herbs, or a quarter of a Pound of plumpt Rice or Verma-jelly ; boil a French-Loaf, or two or three Pigeons, for the Middle ; put in with the Spice, a little Faggot of Thyme, Savory and Marjoram : This makes an incomparable Peaſe-Soup, if you put in a Quart of Peaſe with the Meat at firſt, inſtead of Rice.

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A very good Peaſe-Soup.

PUT three or four Pounds of lean coarſe Beef, with three Pints of Peaſe, into two Gallons of Water; let it boil 'till the Meat is all to Rags; and half an Hour before you ſtrain it out, put in two or three Anchovies; then ſtrain it from the Husks and Meat, and put into the Sauce-pan as much as you want for that Meal, with an Onion ſtuck with Cloves, a Race of Ginger bruiſed, a little Faggot of Thyme, Savory, and Parſly, and a little Pepper: Let it boil thus near half an Hour; ſtir in a Piece of Butter, and fry ſome Forc'd-Meat Balls, Bacon, and French-Bread cut in Dice, with Spinage boiled green, to put to it in the Diſh.

To make Craw-fiſh *or* Prawn-Soup.

TAKE ſix Whitings, one large Eel, with half a Thorn-back, clean them as to boil, and put them into a Pot with as much Water as will cover them; ſcum them clean, and put in whole Pepper, Mace, Ginger, Thyme, Parſly, and an Onion ſtuck with Cloves, with a little Salt, ſo let them boil to Maſh; then take fifty Craw-fiſh, or, if they cannot be got, take an hundred Prawns, take out the Tails, and pick out the Bag, and

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and all the Woolly Parts that are about the Body; put all into a Sauce-pan, with Water and Vinegar, Lemon, Salt, and a Bunch of Sweet-Herbs; let them ſtew over a gentle Fire till ready to boil; then take out the Tails, and ſave them carefully, but beat all the other Shells in the little Liquor they were ſtewed in, which, with a French-Roll, you muſt beat till the Shells are extremely fine: When you have waſhed all the Goodneſs out with their own Liquor, pour the other Fiſh Liquor through the Shells, and ſtrain all from the Fiſh and Grit; then have a large Carp ready ſtewed, and lay it in the Middle of the Diſh; add the Body of a Lobſter to the Soup, with ſome ſtrong Gravy, and burnt Butter; heat the Tails of the Craw-fiſh in the Soup, and pour all over the Carp.

Peaſe-Soup *for* Lent, *or any Faſting-Day.*

PUT a Quart of good breaking Peaſe to ſix Quarts of Water, and boil them 'till they are tender; then take out ſome of the clear Liquor, and ſtrain the Peaſe as clean as you can from the Husks: Take ſome Butter and boil it, and when it breaks in the Middle, put to it an Onion and ſome Mint cut very ſmall, Spinage and Sorrel, and a little Sallery cut large; ſtir it often, and let it

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it boil about a quarter of an Hour; then ſhake in ſome Flower with one Hand, and ſome of your thin Liquor with the other; then put in the thick ſtrained Liquor ſome Pepper, Mace, and Salt, and boil it an Hour longer; then put into as much as will make a large Diſh, one Pint of ſweet thick Cream; put a French-Roll criſpt, and dipt in Milk, in the middle of the Diſh.

To make a Meat-Soup, *very good.*

TAKE a Piece of coarſe Neck Beef, a Crag of Mutton, and a Knuckle of Veal; boil all theſe to Rags, with Salt, and Onion, and whole Pepper: When there is no more Goodneſs left in the Meat, ſtrain the Liquor into a Stew-pan, and ſet it over the Fire; put into it Cloves and Mace, and a little Lemon-peel; let it boil a little, then put in a Pint of ſtrong Claret, three or four Anchovies, with Gravy ſqueez'd out of a lean Piece of Beef fry'd for that Purpoſe: Put in Ox Palates cut in Dice, let them be firſt boil'd very tender, Veal-Sweetbreads boil'd, Lettice, Endive, Spinage, or what Herbs you pleaſe, boil'd green; then take French-Bread, cut it thin, and toaſt it; lay your Palates, Sweetbreads and Herbs over all the Toaſts: Have a Fowl boil'd, and the Breaſt ſtuff'd with Forc'd-meat, and lay in the middle of the Diſh; pour the Soup over all.

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To Collar Beef, *a very good Way.*

TAKE a Piece of Flank-Beef, cut it ſquare, and take off the inner Skin, make a Brine of Water and Bay-ſalt, ſtrong enough to bear an Egg, to the Breadth of a Six-pence; let the Beef lie in it one Week, then rub it all over with Salt-petre, and let it lie three Days longer; then take one Ounce of White-Pepper, one large Nutmeg, the weight of it in Mace, and the weight of both in Cloves; beat it all groſly, and ſtrew upon the Beef; then roll it up hard, bind it with a Tape, and ſew it up in a Cloth, and put it in a long Earthen Pan, fill it up with half Claret and half Water; cover it cloſe with a coarſe Paſte, and bake it twelve Hours in a very hot Oven; then take off the Tape and roll the Cloth very hard about it again, tye it up, and hang it up to drain and cool: If you like Herbs; Thyme, Sweet-marjoram, and Parſly ſhred, are the proper Sort; but it does not roll ſo cloſe with as without. It can't be Bak'd too tender.

To make French-Cutlets, *very good.*

SKIN a Loin of Mutton, and cut it into Stakes, then take ſome of the Lean of a Leg of Veal, the weight in Beef-ſuet,

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two Anchovies, Thyme, Parſly, Sweet-marjoram and Onion, all finely ſhred; Nutmeg, Pepper, Salt, and grated Bread, with the Yolks of two Eggs; make Holes in the Lean of the Stakes, and fill them full of this Seaſoning, and ſpread it all over the Stakes, then butter as many Pieces of white Paper as you have Cutlets, and wrap them up every one by themſelves, turn up the Edges of the Papers with great care, that none of the Moiſture get out; therefore let the Papers be large enough to turn up ſeveral times at the Edge; and, if occaſion be, ſtick a Pin to keep it all in; for this Gravy is all their Sauce: When they are thus tight wrapt up, put them upon a Mazareen, and bake them: When they are enough, take them off the Diſh they were baked on, and put them on a clean hot Diſh; do not take off the Papers, but ſerve them in as they were baked: This is a very delicious ſavoury Diſh, and done with little Danger of ſpoiling, if you wrap them up cloſe. Many People like theſe beſt without Sauce; but if you chuſe it, let it be ſtrong Gravy, Spice, Onion, ſhred Capers, Juice of Lemon ſhook up with a bit of Butter; but they are ſavoury and moſt wholeſome alone.

To

To Collar a Breast of Mutton, *to Eat Hot.*

TAKE a large Breast of Mutton, bone it, and take out all the Gristles, rub it all over with the Yolk of an Egg, season it with Pepper, Salt and Nutmeg, Parsly, Thyme, Sweet-marjoram, all shred small, Shallot, if you love it, wash and cut Anchovy in bits, strew all this over the Meat, roll it up hard, tie it with a Tape, and put it into boiling Water; when 'tis tender, take it out, cut it in round Slices, not too thin, pour over it a Sauce made of Gravy, Spice, Anchovy, Claret, Onion, a few Sweet Herbs, strain'd and thicken'd with Butter and shred Pickles. Garnish with Pickles.

To Stew Pigeons.

TAKE six Pigeons with their Giblets, cut the Pigeons in Quarters, and put them in the Stew-pan with two Blades of Mace, a little Pepper and Salt, and just Water enough to Stew them without burning; when they are tender, thicken the Liquor with the Yolk of one Egg, three Spoonfuls of thick sweet Cream, a Bit of Butter, and a little shred Thyme and Parsly; shake them all up together, and garnish it with Lemon.

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To broil Pigeons *whole.*

CUT off the Wings and Neck close, leave the Skin at the Neck to tie close, then have some grated Bread, two Pigeons Livers, one Anchovy, a quarter of a Pound of Butter, half a Nutmeg grated, a little Pepper and Salt, a very little Thyme and Sweet-marjoram shred: mix all together; put a Piece as big as a Walnut into each Pigeon, sew up your Rumps and Necks, strew a little Pepper, Salt and Nutmeg on the Outside, broil them on a very slow Charcoal-fire on the Hearth; baste and turn them very often. Sauce is melted Butter; or rich Gravy, if you like it higher tasted.

To Dress a Turbet, *or any Dish of Fish.*

LAY the Fish you are to broil, into a Pint of Vinegar, season'd with Salt, Pepper, Onion, and a Faggot of Thyme, Marjoram and Parsly; when it has lain an Hour, put the Fish with the Pickle carefully into your Fish-kettle of boiling Water; to it put Cloves, Mace and Anchovies, and a Bit of Horse-radish; when they are enough take them out to drain, let the ground of your Sauce be half a Pint of the well-season'd Liquor in which they were boil'd, and the strain'd

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Liquor of a Quart of Oysters, with half a Pint of White-wine, and the Body of a large Lobster; add to it a little more Spice, and a little of Lemon-peel, and one large, or two small Anchovies; then strain it, and put to this Quantity a full Pound and half of Butter; into one Piece of which strew as much Flower as will make it of a fit Thickness: Your Oysters must be first stew'd, and the Tail and Claws of your Lobster cut in Dice, and both put into the Sauce to heat, when 'tis ready to pour on the Fish. Fry'd Smelts, fry'd Parsly, scrap'd Horse-radish, and slic'd Lemon, with the following Patties, is the Garnish. *Note*, That the Liquor of any well-tasted Fish, is more agreeable to the Taste of Fish than any Sort of rich Gravy made with Flesh: And I believe you cannot err, in dressing Fish by this Rule for the Sauce. *Note*, Never boil in too much Liquor, nor too fast.

Patties, *for a Dish of Fish.*

TAKE a Carp or fat Eel, bone and shred it very small; to half a Pound of this put four Ounces of Butter, which you must mix in the shredding; boil four Eggs in the Shell, not hard, but as for eating, and put in the Yolks of those Eggs a very small Nutmeg grated, about the weight in Mace, finely beat, as much Salt as both, and a very little

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little Parſly finely ſhred; mix this very well, and put them into little ſquare Paſties of hot Cruſt, or Puff-cruſt, if you like it better: Faſten them very well, and fry them in a large Pan-full of Lard, clarified Butter, Suet or Oil. You may roll this Forc'd-fiſh into Balls with grated Bread; lay them round, and upon your Fiſh.

To Pickle Pork, *a good way.*

BONE it, and cut it into ſuch Pieces as will lie moſt convenient in your Powdering-tub, which muſt be large and ſound to hold the Meat and preſerve the Brine; the narrower and deeper your Tub is, the better 'twill keep the Meat; rub every Piece well with Salt-petre, then take one part Bay-ſalt, and two parts common Salt, and rub every Piece very well, and cover it with Salt, as you do a Flitch of Bacon; then ſtrew Salt in the Bottom of your Tub, and lay the Pieces in as cloſe as poſſible, ſtrewing Salt round the Sides of the Tub: As your Salt melts on the top, ſtrew on more. It will keep a great while, and is very good.

To Collar a Pig.

SPLIT it up the Belly and Back, then take out all the Bones, waſh it clean from the Blood, and lay it to ſoak in a Pan

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of Water a Day and Night, ſhifting the Water as it grows red ; then take it out and wipe it very dry, ſtrew all the Inſide of both Pieces very well with Salt, Pepper, Cloves, Mace and Nutmeg beat and grated ; then roll them up as hard and tight as you poſſibly can in two Collars, bind them with a long Tape as cloſe as 'twill lie, and after that ſew them up in Cloths : The Liquor you boil them in muſt be a Quart of White-wine, a little good Vinegar, and the reſt Water ; there muſt be a great deal more than will cover them, becauſe they muſt boil leiſurely above three Hours ; put into the Liquor a Piece of Ginger, a Nutmeg cut in pieces, a few Cloves, and two Blades of Mace, a Sprig of Bays, and a few Leaves of Sage, with ſome Salt ; when they are tender, take them up, and ſqueeze them tight in the Cloth, that they may come out in ſhape : When the Liquor they were boil'd in is cold, add half a Pint of Vinegar, and keep the Collars in it.

To Make Veal-Cutlets.

CUT as many Slices of a Leg of Veal as will make a handſome Diſh, beat them with your Rolling-pin, lay them ſingle in a large Diſh, and grate Nutmeg all over them, and ſtrew them with Salt, lard ſome with Bacon, and pour the Yolks of three Eggs, well

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well beaten, over all; make them all moiſt with the Egg, and fry them of a fine Colour in clarified Butter; put freſh Frying to every Diſh: When they are all nicely fry'd, put ſome Gravy into the Pan, and the Juice of a Lemon, with Butter and Flower ſhook in; toſs up all 'till 'tis thick, and pour it over the Cutlets; garniſh with bits of Bacon fry'd, and Forc'd-meat Balls. If it be a Cow-Calf, fill the Udder and Fat with the Forc'd-meat, and roaſt it finely for the Middle. Make your Gravy for the Sauce, of the Bones and Skins you do not uſe; a bit of Beef, Sweet-herbs, Spice, and White-wine, to make it look pale.

To make Dutch-Beef, *a very good way.*

TAKE eight Pound of Buttock-Beef without Bone, rub it all over with ſix Ounces of coarſe Sugar; let it lie two Days, then wipe it a little; then take ſix Ounces of Saltpetre beaten, a Pint of Petre-ſalt, and a Pint of White-ſalt, rub it well in, and let it lie three Weeks, rubbing and turning it every Day; then ſew it up in a Cloth, and hang it in your Chimney to dry; turn it upſide down every Day, that the Brine do not ſettle: Boil it in Pump-water 'till 'tis very tender.

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To Fricassey Chickens, *or* Sweet-breads.

TAKE two or three Chickens (if ſmall) waſh them clean from the Blood, and cut them to pieces, not too ſmall, ſet them on in as much Water as will cover them; when they boil up, ſcum them very clean, then take them out and ſtrain the Liquor; take part of it, to which put ſome Pepper whole and beaten, a Blade or two of Mace, and Salt to your Taſte, a little Lemon-peel, a very ſmall Onion ſtuck with three or four Cloves, a quarter of a Pint of White-wine warm'd and put to it: Boil all theſe together 'till the Chickens are enough; then take three ſpoonfuls of Cream, a little Flower mix'd with it, and put to the Chickens; ſhake it well over the Fire 'till it begins to thicken; then take the Yolks of two Eggs well beaten, a little grated Nutmeg and Juice of Lemon beat together with the Eggs; mix theſe with the Liquor very carefully, by little and little, for fear it curdle; put in half a Pound of good Butter, and ſhake it together 'till that be melted.

Another for the ſame.

TAKE three Chickens, flea them, and cut them into pieces, put them into a Stew-pan, with as much Gravy and Water as will juſt cover them; put in two Anchovies,

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chovies, ſome whole Pepper, ſome Salt, and a Blade of Mace, a ſmall Onion, with a few Cloves; ſet them to ſtew, and when they are almoſt enough, take them from the Liquor, and fry them in Vinegar, but a very little; ſtrain the Liquor, and take as much of it as you ſhall want for Sauce, and add to it a little Parſley, Thyme, and Sorrel, boil'd green, and ſhred ſmall, half a Pint of thick Cream, two Yolks of Eggs well beaten, ſome grated Nutmeg; ſhake all over the Fire 'till 'tis thick, throw in half a Pound of Butter, and ſhake it 'till that is melted.

To Stew a Hare.

PULL your Hare to pieces, and bruiſe the Bones, and put it into a Stew-pan, with three Pints of ſtrong Broth, and at the ſame time put in an Onion, and a Faggot of Sweet-herbs; let it ſtew leiſurely for four Hours, then put in a Pint of Claret; let it ſtew two or three Hours longer, 'till 'tis tender; take out what Bones you can find, with the Herbs and Onions, if not diſſolv'd; put in an Anchovy or two with the Claret: Stewing ſo long, it will be thick enough; you need only ſhake it up with half a Pound of Butter, when ready for the Table.

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To Roast a Calf's-Head.

AFTER the Head is nicely wash'd and pick'd, take out the Brains and Tongue; make a large quantity of Forc'd-meat, with Veal and Suet well-season'd, fill the Hole of the Head; skewer it, and tie it together upon the Spit: One Hour and an half roasts it: beat up the Brains with a little Sage and Parsly finely shred, a little Salt, and the Yolks of two or three Eggs: boil and blanch the Tongue, cut it in large Dice, and fry that and the Brains, as also some of the Forc'd-meat in Balls, and some Slices of Bacon. The Sauce is strong Broth, with Oysters, Mushrooms, Capers, and a little White-wine thicken'd.

To Force a Leg *of* Lamb.

SLIT the Leg of Lamb down on the Wrong-side, and take out all the Meat, as near as you can, without cutting or cracking the Out-side Skin; beat it very small, with its weight in good fresh Suet; add to it twelve large Oysters, two Anchovies, both neatly wash'd, and the Anchovies nicely bon'd; season it with Pepper, Salt, Mace, and Nutmeg, a little Thyme and Parsly nicely shred; beat all very fine together, and mix it up with the Yolks of three Eggs;

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Eggs; fill the Skin again with the Meat, and ſew it up very carefully. The Meat that is left out, muſt be fry'd for Garniſh to the Loin, which you muſt Fricaſſey as you do Chickens, and lay under the Leg of Lamb. You muſt tie the Leg on to the Spit, for any Hole will ſpoil the Meat; but 'tis eaſy to faſten the Back to the Spit with Packthread. In your Fricaſſey for this Lamb, leave out the Cream, and add a little Oyſter-liquor, and fry'd Oyſters.

The beſt way to Pot Beef, *which is as good as Veniſon.*

TAKE a piece of lean Buttock-Beef, rub it over with Salt-petre; let it lie one Night, then take it out and ſalt it very well with white and bay Salt, put it into a Pot juſt fit for it, cover it with Water, and let it lie four Days; then wipe it well with a Cloth, and rub it with Pepper finely beaten; put it down cloſe into a Pot without any Liquor, cover the Pot cloſe with Paſte, and let it bake with large Loaves ſix Hours at leaſt; then take it out, and, when 'tis cold, pick it clean from the Skins and Strings, and beat it in a Sone-Mortar very fine; then ſeaſon it with Nutmeg, Cloves, and Mace finely beaten, to your Taſte, and pour in melted Butter, which you may work up with it like a Paſte: Put it cloſe down and even

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even in your Pots, and cover it with clarify'd Butter.

To Make Lobſter-Loaves.

PICK out all the Meat of three little Lobſters, ſhred it a little; take a piece of Butter, and brown it with Flower in a Sauce-pan; then ſtir in a very little Onion and Parſly ſhred very fine, and put in a little Pepper, a Spoonful of Anchovy Liquor, three or four Spoonfuls of good Gravy, three Yolks of Eggs well beat; ſtir all theſe over the Fire in the brown Butter, then put in the Lobſter, and ſtir it a little together: Take three French Rolls, and cut a round piece off the top of each, and pick out the Crumb, but do not break the Holes through the Sides of the Bread; fill up the Roll with the Mixture you have prepared; put on the piece of Top you cut off, cloſe, and tie them round with a piece of Tape: Make ſome Dripping boiling hot in your Frying-pan; and when you have juſt dipt the Roll in Milk, throw it into the Pan-full of ſcalding Liquor: When they are criſp, take them out, and take off the Tape: Be ſure to put in three times as much Parſly as Onion. Thus you may do *Shrimp* or *Oyſter-Loaves.*

To

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To Roaſt a Breaſt of Pork.

OUT of your Quarter cut off only a Knuckle, leaving as much Skin on the Breaſt as you can; take off the Neck, and leave a very large Breaſt; bone it, and rub it with Salt pretty well all over; then take Sage and a little Thyme ſhred ſmall, a whole Nutmeg and a little Cloves and Mace finely beaten; ſtrew the Spice and Herbs very thick all over the Meat, and rub it in; then roll it tight up, with the Fleſh inward, ſtitch it faſt together, and roaſt it lengthwiſe 'till 'tis full enough done.

To Haſh a Calf's-Head.

BOIL your Calf's-Head 'till the Meat is near enough for eating; take it up, and cut it in thin Slices; then take half a Pint of White-wine, and three quarters of a Pint of good Gravy, or ſtrong Broth; put to this Liquor two Anchovies, half a Nutmeg, and a little Mace, a ſmall Onion ſtuck with Cloves; boil this up in the Liquor a quarter of an Hour, then ſtrain it, and let it boil up again; when it does ſo, throw in the Meat, with a little Salt to your Taſte, and ſome Lemon-peel ſhred fine; let it ſtew a little, and, if you pleaſe, add Sweet-breads: Make Forc'd-meat Balls of Veal; mix the Brains

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Brains with the Yolks of Eggs, and fry them, to lay for Garnish. When the Head is ready to be sent in, shake in a bit of Butter.

To Dress Hog's-Feet *and* Ears *the best Way.*

WHEN they are nicely clean'd, put them into a Pot, with a Bay-leaf, and a large Onion, and as much Water as will cover them; season it with Salt and a little Pepper; bake them with Houshold Bread; keep them in this Pickle 'till you want them, then take them out and cut them in handsome Pieces; fry them, and take for Sauce three Spoonfuls of the Pickle; shake in some Flower, a Piece of Butter, and a Spoonful of Mustard: Lay the Ears in the middle, the Feet round, and pour the Sauce over.

To Collar a Breast of Veal, *to eat Hot.*

BONE your Veal; take some Thyme, Sweet-marjoram, Pepper, Salt, grated Nutmeg, and beaten Mace, shred Suet, and Crumbs of Bread, with a few Oisters; beat all these in a Mortar, to mix it together; strew it thick over the Veal; then roll it up into a Collar; then sew it tight in a Cloth, and boil it three Hours. Make your Sauce as for a White Fricassey, thicken'd with

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with Cream, and Yolks of Eggs, boiling the Bones firſt for good Gravy; fry the Sweet-bread in Bits neatly cut. Save ſome of the Stuffing, for Forc'd-meat; to which add Juice of Spinage, for Colour; and Yolks of Eggs, to make it roll tight, to fry or boil for Garniſh in the Sauce, with the Sweet-bread.

To make Stove-Veal.

TAKE a Fillet of Veal of a Cow-Calf, cut away an Inch of the middle Bone on each Side, that the Meat may lie flat in the Stew-pan; cut off the Udder, and ſlice it in long Pieces, and roll it in Seaſoning of Pepper, Salt, Nutmeg, and Sweet-herbs finely ſhred; make Holes through the Fillet, and ſtick in theſe ſeaſon'd Pieces of fat Udder as thick as you can, 'till the whole is ſtuff'd in; then lay Butter in the Pan, and put in the Meat; ſet it on a gentle Fire, turning and ſhaking it as you have Occaſion; then ſcum off the Fat, and put in one Onion ſtuck with Cloves, a Lemon pared, and cut in half, and ſqueezed in: Continue to ſhake it. If your Fire be as ſlow as it ought to be, it will take five Hours to make it ready: One Hour before it is ſo, put in a large Pint of ſtrong Broth. When the Meat is juſt enough ſet on a Pint of Oiſters, and a Pint of Muſhrooms, with a little of the Broth, and two Spoon-

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Spoonfuls of Capers. Let the Meat be again clean ſcum'd from the Fat, before you uſe the Liquor; thicken this with Flower, and pour it into the Diſh to the Meat. 'Tis a grateful, ſavoury Diſh.

To make a Potatoe-Pye.

TAKE two Pound of *Spaniſh* Potatoes, boil them 'till tender; then peel them, and ſlice them the long way; lay them in the Diſh; and take the Marrow of four large Bones, pick it out of the Bones in large Pieces, and lay it upon the Potatoes; put in two Ounces of preſerv'd Barberries, as much Citron and Orange-peel, ſix Slices of Lemon dipp'd in Sugar, cut off the Rind; put in a quarter of a Pint of Sack: Cover it with Puff-paſte; and when the Cruſt is baked, it is enough: Then cut off the Lid, that it may cool a little; and make a Caudle of half a Pint of Sack, half a Pound of Butter, the Yolks of four Eggs, and a quarter of an Ounce of beaten Cinnamon: Take care it does not turn. Make your Caudle very ſweet, and pour it into the Pye.

To Stew Carp.

SCALE and waſh your Carps clean before you open them; then ſlit them carefully, and ſave the Blood in Vinegar; take out all the

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the Inſide with Caution, for fear of breaking any thing, becauſe they muſt not be waſh'd on the Inſide; put into their Bellies ſome whole Pepper, Salt, and a Blade of Mace; cover them in the Stew-pan, or Diſh, with Claret and half as much Water, Spice, Sweet-herbs, and a bit of Horſe-radiſh; ſtew them gently, and turn them when they are enough; lay them on the Diſh to drain; and boil up the Sauce they were ſtew'd in, with two Anchovies bon'd and waſh'd, the Vinegar and Blood was ſav'd in, and a Pound of good Butter; thick it with a little Flower, before you put in your Butter.

Good Sauce for Boil'd Rabbets, *in-ſtead of Onions.*

BOIL the Livers, and ſhred them very ſmall, as alſo two Eggs not boil'd too hard, a large Spoonful of grated white Bread; have ready ſome ſtrong Broth of Beef and Sweet-herbs; to a little of that add two Spoonfuls of White-wine, and one of Vinegar; a little Salt, and ſome Butter; ſtir all in, and take care the Butter do not Oil: ſhred your Eggs very ſmall.

A pretty

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A pretty Sauce for Woodcock, *or any Wild-Fowl.*

TAKE a quarter of a Pint of Claret, and as much Water, ſome grated *B*read, two or three Heads of Rocambole, or a Shallot, a little whole Pepper, Mace, and ſlic'd Nutmeg and Salt; let this ſtew very well over the Fire, then beat it up with Butter, and put it under the Wild-Fowl, which being under-roaſted, will afford Gravy to mix with this Sauce.

To Fry Oiſters, *for Garniſh for Fiſh or Haſh.*

WASH them in their own Liquor, and dry them very well; then have ſome Yolks of Eggs beat up, with Spice and Salt finely beat, and Flower to make it thick enough to hang on the Oiſters: Fry them quick, in clarified Beef-ſuet.

A ſweet Pye, *which may be made of young Lamb or Chickens.*

TO two Chickens you may take eight Ounces of Marrow, or Butter, if that cannot be had; but a Loin of Lamb wants very little more than its own Fat: Seaſon your

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your Lamb or Chickens with Salt, Sugar, beaten Cloves and Mace; lay it into the Dish, and put in five Yolks of hard Eggs, with some of the Forc'd-meat Balls, made as follows: Shred a Pound of lean Veal, with a Pound and Half of Beef-suet, a very little Parsly, Spinage, and Thyme, shred very small, mix'd up with grated Bread, the Yolks of two Eggs, and season it with Cloves, Mace, Salt and Sugar beat all fine, and colour it with a little Juice of Spinage; make it into large Balls, and put as many in as will lie well; shred a Lemon-peel fine, and strew in; put in also some Sweet-meats, and a Coffee-cup of Water, with the Juice of a large Lemon; cover it with Puffe-paste, and when it comes out of the Oven, cut off the Lid, to let the Fierceness of the Heat go out, before you put in your Caudle, which must be Half a Pint of White-wine, thicken'd with the Yolks of three Eggs, and sweeten'd as you find Occasion.

To Stew Herrings.

FIRST broil them very brown, then have ready some White-wine, made hot with an Anchovy, a Blade of Mace, and a bit of Onion, with a little whole Pepper, all stew'd in the Wine; then cut off the Heads of the Fish, and bruise them in the Wine and Spice, and take them out again before you put in

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your Herrings; let them ſtew over Coals, in a Diſh that they may lie at length in; let them ſtew on both Sides 'till they are enough at the Bone; take them out, and ſhake up the Sauce with Butter and Flower. 'Tis a very good Way to dreſs them.

To make Sauſages.

TAKE almoſt the double Weight of Fat to your Lean Pork, and pick both clean from Bones, Skin, and Kernels; ſhred it ſeverally very fine; then mix and ſhred it together, and to Four Pound of this Meat, you may put a very large Nutmeg, the Weight of the Nutmeg in Cloves and Mace, and almoſt the Weight of all the Spice in Pepper; beat all fine, and let your Heap of Salt be as big again as the Spice and Pepper; ſhred a large Handful of freſh Sage, and a little Thyme, very fine; grate Two Spoonfuls of White Bread, and take two Yolks of Eggs, mix all very well together, and fill your Skins: If you love Oiſters, Half a Pint ſhred to this Quantity, gives it a rich Taſte; theſe roll and fry without Skins, and keep better in a Pot; add the Yolks of Eggs when you uſe them. *Norfolk* Links are only Fat and Lean Pork, more groſly cut; and the Seaſoning, Pepper, Salt, and a large Quantity of Sage ſhred ſmall, and put in large Skins.

To

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To make a Hog-Meat-Pye.

TAKE Two Buttock-Pieces, or Rearing-Pieces of Pork, 'tis what Lean is cut off the Gammon on the Inſide of the Flitch, cut ſome of the Fat off the End of the Chine, and beat Fat and Lean together very ſmall; ſeaſon it with Pepper, Salt, Mace, and Nutmeg; tie the Meat, when beat and ſeaſon'd, in a wet clean Cloth, lay it, into the Shape you would have it, in the Cloth, and cut ſome long Slips of the Chine-Fat, to mix and lay between every Layer of the beaten Meat; when 'tis thus laid round, and in Order, tie it up hard, and lay a heavy Weight to preſs it very hard and cloſe for Three or Four Hours: Make your Pye, and when you have laid in the Meat, lay half a Pound of Butter over the Meat: Juſt as you ſet it into the Oven, pour in a Quarter of a Pint of Claret. When you draw it, if you find it dry, pour in melted Butter.

Scotch Collops, *a very good Way.*

TAKE a Fillet of Veal, cut away the Outſide Skin, and cut it out in thin Collops, with the Grain, hack them with the Back of your Knife, lard ſome of them with Bacon, and ſeaſon all of them with Salt, Nutmeg and Thyme, Parſly, and a little Savory;

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ſhred all the Herbs very ſmall, then fry them in a good quantity of clarified Butter, till they look of a fine Yellow; take care they are not burnt black: When they are ſo done, lay them before the Fire to drain; pour the Butter they were fry'd in from the Gravy, and put to the Gravy three Anchovies, a little ſtrong Beef-broth, a little Oiſter-liquor, and Oiſters, with a quarter of a Pint of Claret; let your Oiſters ſtew thus 'till they are enough, then ſhake in five or ſix Ounces of Butter; rub the Pan firſt with Shallot, put in the Yolks of three Eggs, and take care to ſtir or ſhake it conſtantly, for fear of curdling; juſt before you pour it out, ſqueeze in the Juice of a Lemon, and pour it over the Collops: You muſt have Forc'd-meat Balls and Muſhrooms, and ſome fry'd Oiſters, with ſliced Lemon, for Garniſh.

To Stew Oiſters.

TAKE a Quart of Oiſters, and clear them well from bits of Shells and Droſs in their own Liquor; then ſtrain that Liquor, and put to it a large Blade of Mace, a ſmall Nutmeg ſlic'd, and a little Salt; let your Oiſters boil in this Liquor, and ſcum them clean; when they are near enough, put to them ſome Parſly ſhred fine, and a little Shallot, if you love it, alſo ſhred fine the Yolks

Yolks of four Eggs, and near half a Pound of Butter: Shake it conſtantly.

To make Lobſter-Pyes.

WHEN your Lobſters are boil'd, take them clean out of the Shells, ſlice the Tails and Claws thin; ſeaſon them with Pepper, and a little Mace and Nutmeg beat fine; take the Bodies with ſome Oiſters ſhred, mix it up with a little Onion fine ſhred, a little Parſly fine ſhred, and a little grated Bread, and ſeaſon it as the reſt; then take the Yolks of raw Eggs, to roll it up in Balls; lay all into the Pye, with Butter at bottom and top of the Fiſh; when it comes out of the Oven, pour in a Sauce of ſtrong Gravy, Oiſter-liquor and White-wine, thicken'd with the Yolk of an Egg: 'tis to eat Hot.

To Boil a Turkey, *or any Fowl, with* Oiſter-*Sauce.*

WASH your Oiſters very clean in their own Liquor, which Liquor you muſt then ſtrain out into a clean Sauce-pan; put in your Oiſters, with a Bundle of Sweet-herbs, an Onion, ſome Mace, whole Pepper, and a bit of Lemon-peel: Then take fifteen, if large, of theſe Oiſters, with a little grated Bread, twice as much Beef-ſuet ſhred ſmall, the Yolks of four hard Eggs, two An-

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chovies, a very little Onion fine ſhred, Salt, Pepper, Nutmeg, Thyme, and Winter-ſavory; ſhred all together very fine, and mix it up with a Yolk of raw Egg; ſtuff the Turkey, or Fowls, under the Skin on the Breaſt; while they boil, ſet your Oiſters, for the Sauce, to ſtew very gently over the Fire; when they are almoſt enough, take them out, and put in a quarter of a Pint of White-wine, and half a Pint of ſtrong Gravy, with an Anchovy, Herbs and Spice, firſt boil'd in, and ſtrain'd clean out of the Gravy; when all this is boil'd together, put in as much Butter as will make it thick and well taſted, 'twill take near a Pound to a Quart of Oiſters: If you find it ſo thin as to part, mix a little Flower in a bit of the Butter, then throw in your Oiſters again, the Juice of a Lemon, and ſome ſhred Parſly to look Green: Pour it over the Fowl; and Garniſh with Oiſters and Lemon.

To make Weſtphalia-Hams; *abſolutely the beſt way to do them.*

CUT your Leg of fat large Pork, as like a right Ham as you can (black Hogs make the beſt) hang it up two Days, then beat it very well on the fleſhy Side with a Rolling-pin; rub in an Ounce of Salt-petre (finely beaten) in every Place, ſo let it lie a Day and Night; then take an Ounce of beaten

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beaten Salt-prunel, with two large Handfuls of common Salt, and a Handful of Bay-ſalt, a Pound of coarſe Sugar; mix all theſe together, and warm them thorough-hot in a Stew-pan, but be ſure not to melt it; and while 'tis hot, rub it all over the Ham very well, with two large Handfuls more of Salt; thus let it lie 'till it melts to Brine, then turn it every Day twice, and baſte it with that Brine for three Weeks together: Dry it as Bacon.

Note, That your Handfuls of common Salt be very large.

To Pot Neat's-Tongues, *a better way than Drying them.*

PICKLE them Red, as you do to Dry; and when you think them Salt enough to Dry, boil them very tender; take them up and peel them, and rub them with Pepper, Cloves and Mace all over; then turn them round into a Pot to bake: Lay them in ſingle Pots on their ſide; you muſt cut off the Root as well as the Skin, and cover them with Butter: Bake them with brown Bread; when they come out of the Oven, pour out the Gravy, and let the ſame Butter ſerve, when clear'd; if there is not enough, add more clarified.

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To Pot Salmon, *as at* Newcaſtle.

TAKE a Side of Salmon, ſcale and wipe it very well and clean, but don't waſh it; Salt it very well, and let it lie till the Salt be melted, and drained from it, then ſeaſon it with beat Mace and Cloves, and whole Pepper; lay in three or four Bay-leaves, and cover it all over with Butter; when 'tis well bak'd take it out, and let it drain from the Gravy, then put it into your Pot to keep; and when cold, cover it with clarified Butter. Thus you may do Carp, Tench, Trout, or any firm Fiſh.

To Pickle Mackarel, *call'd* Caveach.

CUT your Mackarel into round Pieces, and divide one into five or ſix Pieces: To ſix large Mackarel you may take one Ounce of beaten Pepper, three large Nutmegs, a little Mace, and a Handful of Salt; mix your Salt and beaten Spice together, and make two or three Holes in each Piece, and thruſt the Seaſoning into thoſe Holes with your Finger; rub the Pieces all over with the Seaſoning; fry them brown in Oil, and let them ſtand 'till they are cold; then put them into Vinegar, and cover them with Oil. They will keep, well cover'd, a great while, and are delicious.

To

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To Stew a Rump of Beef.

FIRST boil it more than half enough, then take it off the Fire, and peel the Skin off the Top: Have ready ſome Pepper, beaten Mace, grated Nutmeg, Salt, ſhred Thyme, Savory, Marjoram, and Parſly; ſtuff it in large holes through the Fat; lay the reſt of the Seaſoning all over the Top; and to bind it on, ſpread over it the Yolk of one or two Eggs. Be ſure to ſave the Gravy that runs out in Stuffing, to which add a Pint of Claret, and ſome Vinegar; Put it in a deep Pan that will not be too big, but let the Liquor come up to the Top: Bake it two Hours; and when you put it in a clean Diſh, pour the Gravy and Wine it was baked in, all over.

To make a good Forc'd-Meat *for any Uſe.*

TAKE a Pound of Veal, and full its weight in Beef-ſuet, a bit of Bacon; ſhred all together, beat it in a Mortar very fine; then ſeaſon it with Sweet-Herbs, Pepper, Salt, Cloves, Mace, and Nutmegs: And when you roll it up to fry, add the Yolks of two or three Eggs, to bind it. You may add Oiſters or Marrow, on extraordinary Occaſions.

To

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To Pot Lamprey.

SEASON your Fish with Pepper, Salt, and Nutmeg, a large Onion stuck with Cloves, three Spoonfuls of Claret; cover it with Butter, and bake it: When 'tis enough, take it out, and strain it from the Liquor: Pour off the clear Butter, and add it to as much more as will cover the Fish, in a Pan fit to keep it, and bring to Table. Remember always to clarify all the Butter you pour over Potted Things.

A Westphalia-Ham-Pye.

BOIL your Ham as tender as you usually do to eat when 'tis cold; bone and skin it; season it with Pepper, Cloves and Mace beaten; put it into very good Crust, or in a Dish cover'd over with Pasty-crust. Before you Lid it, lay in Butter; and when it comes out of the Oven, put in clarify'd Butter. 'Tis good either Hot or Cold.

To Pickle Codlins, *like* Mangoe.

MAKE a Brine of Salt and Water, strong enough to bear an Egg, into which put half a Hundred of the fairest and largest Codlins you can get; they must be full grown, but not full ripe; let them lie in this

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this Brine nine or ten Days, ſhifting the Pickle every other Day, then dry them, and very carefully ſcoop out the Core: Take out the Stalk ſo whole, as that it may fit in again; and you may leave the Eye in, if you don't put your Scoop quite through; Fill it, in the room of the Core, with Ginger ſliced thin, and cut ſhort, a Clove of Garlick, and whole Muſtard-ſeed, as much as it will hold: Put in the Piece, and tie it up tight. Make your Pickle of as much White-wine Vinegar as will cover them, with ſliced Ginger, Cloves of Garlick, and whole Muſtard-ſeed: Pour this Pickle boiling hot upon them every other Day, for a Fortnight or Three Weeks. Stone Jars are beſt for all Sorts of Pickles.

And this is as good a Way as any for a midling large *Cucumber*; only don't cut them to put the Garlick and Muſtard-ſeed in; for they keep much longer, and eat much criſper, if you let them be whole. But neither *Cucumbers*, *Peaches*, nor *Melons*, are comparable to *Codlins*, for imitating the right *Mangoe*.

To Pickle Wallnuts.

TAKE a Hundred of the large *French* Wallnuts, at the beginning of *July* before they have a hard Shell: Juſt ſcald them that the firſt Skin may rub off; then throw them into Water and Salt for nine or ten Days,

Days, ſhifting them every other Day, and keep them cloſe cover'd from the Air ; then dry them : And make your Pickle of two Quarts of White-wine Vinegar, Long-Pepper, Black-Pepper, and Ginger, of each one Ounce ; Cloves, Mace, and Nutmegs, of each half an Ounce ; beat the Spice, and with it a large Spoonful of Muſtard-ſeed ; ſtrew this between every Layer of Wallnuts, and pour your Liquor boiling hot upon them three or four times, or oftener, if you ſee Occaſion : Be ſure to keep them cloſe ſtopt. A Spoonful of this Pickle is good in Fiſh, or any ſavoury Sauce. Three or four Cloves of Garlick do well, if you do not diſlike the Taſte.

To Pickle Muſhrooms.

GATHER the ſmalleſt Buttons, cut off the bottom of the Stalk, and throw them into Water and Salt ; then rub them with a coarſe Cloth or Flannel very clean, and throw them into another Pan of clean Water : Boil them in Milk and Water: Take them out upon a clean Cloth : When they are dry, put them into Glaſſes, with White Pepper-corns, and a good quantity of Mace : Make your Pickle of half White-wine and half good ſharp White-wine Vinegar. Many put it to the Muſhrooms unboil'd : If you boil it, you muſt let it ſtand to be cold, before

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fore you pour it to the Mushrooms. Pour good Oil on the Top of the Pickle; it keeps them best; and put them in as small Glasses as you can, because they soon decay when they have taken Air.

To Pickle Neat's Tongues, *very good.*

LAY your Tongues twelve Days in common Salt and Salt-petre, then boil them very tender, and blanch them; cut off the Root, and lay them into a Pot, and pour over them a Pickle made of good White-wine Vinegar, which you must boil up with Pepper, Cloves, Mace, and a little Ginger: When 'tis ready to take off the Fire, throw in a piece of Lemon-peel, and three or four Bay-leaves; put it not to the Tongues 'till cool; tie them close from the Air. A little of the Pickle, with good Oil, is their Sauce.

To Pickle Pigeons.

BONE them neatly, and season them with Salt, Pepper, Cloves, and Mace; sew them up at the Back, and tie the Neck and Rump; boil them in two Quarts of Water, a Pint of White-wine, and as much White-wine Vinegar; put into it a small Faggot of Sweet-herbs, and a bit of Lemon-peel. When the Pigeons are enough, take them off the Fire: When they are out, boil and

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and ſcum the Pickle very clean ; pour it not to the Pigeons 'till 'tis cold.

To Pickle Smelts.

GUT and waſh them clean, then lay them in Rows, and put Pepper, Nutmeg, Cloves, Mace and Salt between every Layer of Fiſh, and four or five Bay-leaves, powder'd Cochineal, and Petre-ſalt beat and mix'd with the Spice : Boil (as much as will cover them) good Red-wine Vinegar, and put to them when cold. They exceed *Anchovies*.

To Pickle Oiſters.

TAKE a Peck of very large Oiſters ; when carefully open'd without cutting, waſh them three or four times in their own Liquor ; ſtrain the Liquor, and put that into a Skillet : When it boils, put in your Oiſters, with half an Ounce of White Pepper, and five or ſix Blades of Mace : Let them boil 'till they begin to ſhrivel up ; then take them out of the Liquor, and cover them cloſe, while the Spice and Liquor boils a quarter of an Hour longer ; then pour it on the Oiſters ; and always keep them as much from the Air as you can, to keep their Colour.

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An Apple-Pudding *to Bake, very good.*

TAKE twelve fair large Pippins, coddle them over the Fire very ſlowly, that they do not crack; when they are ſoft, peel and core them, and pulp them through a Cullender: Add to this three Spoonfuls of Orange-flower Water, ten Eggs well beat and ſtrained, half a Pound of very good Butter melted; make it very ſweet, the Apples require it: Add Candy'd Orange, Lemon, or Citron-peel: Put a Sheet of Puff-paſte into a Diſh, and pour in your Pudding; bake it with care: 'Tis done in half an Hour.

The beſt Orange-Pudding *that ever was taſted.*

PARE the Yellow Rind of two fair *Sevil*-Oranges, ſo very thin, that no part of the White comes with it; ſhred and beat it extremely ſmall in a large Stone Mortar; add to it, when very fine, half a Pound of Butter, half a Pound of Sugar, and the Yolks of ſixteen Eggs; beat all together in the Mortar till 'tis all of a Colour; then pour it into your Diſh in which you have laid a Sheet of Puff-paſte. I think grating the Peel ſaves Trouble, and does it finer and thinner than you can ſhred

or

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or beat it: But you muſt beat up the Butter and Sugar with it, and the Eggs with all, to mix them well.

A Rice-Pudding.

GRIND or Beat half a Pound of Rice to Flower, mix it, by degrees, with three Pints of Milk, and thicken it over the Fire with care, for fear of Burning, 'till 'tis like a Haſty-Pudding: When 'tis ſo thick, pour it out, and let it ſtand to cool: Put to it nine Eggs, (but half the Whites) three or four Spoonfuls of Orange-flower Water: Melt almoſt a Pound of good Butter, and ſweeten it to your Taſte. Add Sweet-meats, if you pleaſe.

White Hog's Puddings.

TAKE a Quart of Cream, and fourteen Eggs (only half the Whites) beat them but a little; and when the Cream boils, put in the Eggs; keep them ſtirring on a gentle Fire 'till 'tis all a thick Curd: After 'tis almoſt cold, put to it a Pound of grated white Bread, two Pound of Suet ſhred very fine, two Nutmegs grated, ſome Citron cut ſmall, half a Pound of Almonds beat ſmall, with Orange-flower-Water; Salt, and Sugar to your Taſte: To this you may put three quar-

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quarters of a Pint of Cream when you go to filling.

A Neat's-Foot-Pudding.

TAKE to a Pound of Neat's-foot finely ſhred, three quarters of a Pound of Suet ſhred as ſmall, a whole Nutmeg grated, candy'd Orange minced, ſome Salt, and ſome Currants, a little grated Bread, and ſeven Eggs (leave out half the Whites); flower the Bag, and let it boil two Hours and a half at leaſt. The Sauce is Sack, Sugar and Butter melted.

Cuſtards, *very good.*

BOIL a Quart of Cream, then ſweeten it with fine powder'd Sugar, beat eight Yolks of Eggs, with two ſpoonfuls of Orange-flower Water; ſtir this in the Cream, and ſtrain all through a Sieve: Fill your Cups or Cruſt, and bake them with Care.

Orange Cheeſe-cakes, *very good.*

BLANCH half a Pound of ſound Sweet-Almonds, beat them very fine, with two ſpoonfuls of Orange-flower Water, half a Pound of Sugar beat and ſifted, three quarters of a Pound of melted Butter: Put to the reſt, when almoſt cold, eight Eggs, leav-

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ing out half the Whites; beat and ſtrain them: Boil the Peel of a *Sevil* Orange 'till the Bitterneſs is out, beat it fine, and mix it with the reſt; put it into very light Cruſt: 'Tis an incomparable Cheeſe-cake without the Orange.

Another Cheeſe-cake, *without Curd, very good.*

TAKE a quart of Cream, and ſeven Eggs, Yolks and Whites; beat three of the Eggs, and put as much Rice-flower to them as will make them thick as a Paſte; then put in the other four Eggs, being a little beaten, and ſtir all well together; ſet on your Cream to boil, and put in your Eggs and Rice, ſtirring it all the Time, 'till 'tis a pretty thick Curd: When 'tis cold, ſeaſon one part with a ſpoonful or two of Sack, Nutmeg, Sugar and Currants, and the other with Orange-flower Water, Ambergreeſe and Sugar; put them in a very good Cruſt: A little time bakes them.

A good Cheeſe-cake, *with Curd.*

TO a Pound and half of Cheeſe-curd put ten Ounces of Butter, beat both in a Mortar, 'till all looks like Butter; then add a quarter of a Pound of Almonds, beat with Orange-flower Water, a Pound of Sugar,

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eight Eggs, half the Whites, a little beaten Mace, and a little Cream, beat all together: A quarter of an Hour bakes them in Puff-cruſt, and in a quick Oven.

Thin Cream Pan-cakes, *called a* Quire of Paper.

TAKE to a Pint of Cream, eight Eggs, leaving out two Whites, three Spoonfuls of fine Flower, three Spoonfuls of Sack, and one Spoonful of Orange-flower Water, a little Sugar, a grated Nutmeg, and a quarter of a Pound of Butter, melted in the Cream; mingle all well together, mixing the Flower with a little Cream at firſt, that it may be ſmooth: Butter your Pan for the firſt Pan-cake, and let them run as thin as you can poſſibly to be whole; when one ſide is colour'd 'tis enough; take them carefully out of the Pan, and ſtrew ſome fine ſifted Sugar between each; lay them as even on each other as you can: This Quantity will make Twenty.

An Almond-Pudding.

BEAT half a Pound of good ſweet Almonds, with Orange-flower Water, grated Biskets, three or four, as they are for ſize, half a Pound of Butter, and four large Spoonfuls of Sack, eight Eggs, leaving out

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half the Whites, and a Quart of Cream, with Sugar to your Taſte; put a Puff-paſte at the Bottom of the Diſh; and garniſh the edge with Paſte; ſo pour it in, and bake it: Thoſe that love not Orange-flower Water may put a grated Nutmeg inſtead of it, and beat the Almonds with fair Water, for fear of oiling.

Orange-Pudding.

TAKE three fair Oranges, cut them, and ſqueeze off the Juice into a clean Pan, boil the Peels in two or three Waters, 'till the Bitterneſs is off, then pick out the Pulp and Strings, and beat the Peel very fine in your Mortar, with Orange-flower Water, then mix it up with the ſtrain'd Juice; add to it nine Eggs, leaving out four Whites, half a Pound of Butter, and Sugar to your Taſte; put a Puff-paſte at the Bottom of the Diſh; and garniſh the Edge of the Diſh with Paſte: Some People only grate in the Peels raw, and leave out the Juice; but I think the above-written Way is the moſt grateful and pleaſant. *Note*, You muſt beat all in the Mortar a full Hour at leaſt, 'till the Ingredients look all alike.

A Cuſtard Sack-Poſſet.

TAKE a Quart of Cream, boil it, and ſeaſon it well with Sugar; then take ten Eggs, with two Whites, beaten very well,

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well, ſtrain them to half a Pint of Sack, ſtir the Eggs and Sack with care over the Fire, 'till 'tis very hot; then pour in the Cream, holding it very high, and ſtir all very well together; cover it cloſe, and ſet it over a Kettle of Water, 'till 'tis come as thick and ſmooth as a Cuſtard: 'Tis by much the beſt Sort of Poſſet that is made.

Cheeſe-curd Pudding.

TAKE the Curd of a Gallon of new Milk, drain'd from the Whey, beat it very well in a Mortar, with half a Pound of Butter; then take ſix Eggs, but three of the Whites, beat them very well, and ſtrain them to the Curd; two grated Naples-biskets, or a Half-penny Loaf, if they cannot be had, with half a Pint of Flower; mix all theſe together, and ſweeten it to your Palate: Butter your Patty-pans very well, fill and bake them: Let not the Oven be too hot; turn them out, and pour over them Sack, Sugar, and Butter melted very thick, cut ſlips of candy'd Orange-peel, or Citron, to ſtick up in them; and ſlice blanch'd Almonds for thoſe that have not Sweet-meats.

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A very good Tanſie.

TAKE a Pint of Milk, and a Pint of Cream, about a Pint of Juice of Spinage, which muſt be well dried, after waſhing, before you ſtamp it; ſtrain it and pour it in; beat fifteen Eggs with a little Salt, leave out eight Whites, ſtrain them into the other Things, put in near a Pint of grated Bread or Bisket, grate in a whole large Nutmeg, and as much Sugar as will make it very ſweet, thicken it over the Fire as thick as a Haſty-Pudding; put it into a butter'd Diſh, and a cool Oven: Half an Hour bakes it.

To make Hogs-Puddings.

TAKE the Hog's Tongue, and ſome of the Lights, with a Piece of Liver; when all is boil'd tender, grate the Liver, and chop the Tongue and Lights very ſmall; put this to a Gallon of grated Bread, three Pounds of Currants, Mace, Cinnamon, Nutmeg, Salt and Sugar, nine Eggs, leave out four Whites, three Pound of Suet finely ſhred; wet it with the Top of the Liquor you boil'd your Meat in; it muſt not be too limber: When 'tis ready, fill your Skins.

Liver-

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Liver-Puddings, *very good.*

TAKE the Crumb of a Two-penny White-Loaf grated, a Pound of Marrow, or freſh Beef-ſuet, ſo finely ſhred as to go through a Cullender; take a Pound of Hog's Liver boil'd, grate and ſift that very fine; boil a Quart of Cream, with a Blade of Mace, and ſweeten it; grate a Nutmeg, and put it to the reſt; beat up ſix Eggs with the Whites, a little Salt, and a Spoonful of Orange-flower Water, mix all together, and fill your Skins: If you like Currants, you muſt plump them before they go in.

A Sagoe-Pudding.

TAKE half a Pound of Sagoe, and waſh it well in three or four hot Waters, then put to it a Quart of New Milk, and let it boil together, 'till thick as a Haſty-Pudding; ſtir it carefully, for 'tis apt to burn; put in a Stick of Cinnamon, when you ſet it on the Fire; when 'tis boil'd take it out: Before you pour it out, ſtir in near half a Pound of Butter, beat nine Eggs, with four Spoonfuls of Sack, leave out four Whites, ſtir all together, ſweeten it to your Taſte, and put in a quarter of a Pound of plump'd

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Currants; lay a Sheet of Puff-paſte under, and to garniſh the Brim.

To Stew Golden-Pippins, *a very good Way.*

PARE them, and nicely ſcoop out the Core, with a very ſmall Scoop, throw them into Water, to preſerve their Colour; to a Pound of Pippins thus prepared, take half a Pound of double refin'd Sugar, and one Pint of Water, boil and ſcum the Syrup before you put in the Pippins; when the Pippins are in, let them boil apace, to make them clear, and when they are ſo, put in a bit of Lemon-peel, and the Juice of Lemon to your Taſte.

Hart's-Horn, *or* Calf's-foot-Jelly, *the beſt Way.*

TAKE to half a Pound of good Hart's-horn, three Quarts of fair Water, let it boil very ſlowly, 'till above one Quart be conſumed; if you cannot get Hart's-horn, one Sett of Calf's-feet will make more in Quantity, and taſte almoſt as well; the Look, with care, will be the ſame; ſtrain this Liquor, and let it ſtand to cool; the ſtronger you make your Jelly, the more Ingredients you may uſe; to make it Palatable, when it is ſettled, as it will be the next Day, take off

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off what is clear of the Hart's-horn, and of the Calf's-foot-Jelly; you muſt take off the Fat from the Top, as well as leave the Droſs at the Bottom; to this two Quarts of ſtrong Jelly, you may put a Pint of Rheniſh, and a quarter of a Pint of Canary; beat up the Whites of five Eggs to a Froth; ſtir all together with Sugar, to make it very ſweet; mix it well, and ſet it on the Fire, and ſtir it till it melts and curdles; then put in the Juice of five large Lemons, and a bit of the Peel; let this boil up, then pour it through your Jelly-bag, and paſs the firſt Quart or two, over and over again, 'till 'tis perfectly fine.

To make Almondnet, *or* White-Jelly.

BLANCH half a Pound of Almonds, and beat them very fine, with a little Orange-flower Water, juſt enough to keep them from Oiling; when they are pounded as ſmall as 'tis poſſible to do them, mix them up with ſome of your Jelly, that is not ſo much weaken'd with Wine and Lemon; this will colour a Pint and half of the Jelly; paſs this through a very fine Hair-Sieve, very often, and ſtir it 'till it grows thick, that the Colour of the Almond may not ſettle to the Bottom; pour it into pretty ſhaped Glaſſes, that it may look handſome, when turn'd out upon *China* Plates. This

Jelly

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Jelly muſt be made very good taſted, tho' you may abate a little of the Wine, and Juice of Lemon, becauſe the Almonds ſupply that want; and then being ſerv'd out of the Glaſſes, it wants Strength.

Lemon-Cream, *the beſt Way.*

TAKE three ſmooth fair Lemons, pare them, and ſqueeze out the Juice; cut the Peel in ſmall Pieces, and put it to the Juice; for two or three Hours, cover it cloſe; and when it taſtes of the Peel, add to it the Whites of four Eggs, and the Yolks of two, beat this well with two Spoonfuls of Orange-flower Water, then put all theſe to a Pint of fair Water, ſtrain it, and ſweeten it with Double-refin'd Sugar; ſet it over a gentle Fire, and ſtir it carefully 'till 'tis as thick as Cream: Put it into your Jelly-Glaſſes.

To make Black-Caps, *the beſt Way.*

TAKE a dozen and half of very large *French*-Pippins, or Golden-Runnets, cut them in half, and lay them with the flat Side down to the Mazareen, which muſt be large; lay them ſingle, as cloſe by each other as they can lie; ſqueeze a large Lemon into two Spoonfuls of Orange-flower Water, and pour over them; ſhred Lemon-peel very fine, and ſhake between; and grate Double-refin'd

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fin'd Sugar all over them ; put them into a quick Oven, and they are done in half an Hour.

Almond-Cream.

TAKE half a Pound of good Almonds, blanch and beat them very fine, with Orange-flower-Water ; take a Quart of Cream boil'd, cool'd and ſweeten'd, put the Almonds into it, and when they are mixt, ſtrain it through a Canvas, then ſtir it over the Fire, 'till it thickens, and pour it into Glaſſes ; if you love it richly perfum'd, put in a Grain of Ambergreeſe.

To make Orange-Cream.

TAKE four Oranges, and grate the Peels into a Pint of Water, then ſqueeze the Juice into the Water ; beat the Yolks of four Eggs very well, and put into the Water ; ſweeten it very well with double-refin'd Sugar ; preſs all hard through a ſtrong Strainer, ſet it on the Fire, and ſtir it carefully all one way, 'till 'tis as thick as Cream ; then pour it into your Glaſſes.

A very Rich Almond-Cream, *to Jelly.*

MAKE a very ſtrong Jelly of Hart's-horn ; and that it may be ſo, put half a Pound of good Hart's-horn, to a Quart and half

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half a Pint of Water; let it boil away near half; ſtrain it off through a Jelly-bag; then have ready beaten to a very fine Paſte ſix Ounces of Almonds, which muſt be carefully beat with one Spoonful of good Orange-flower Water, with ſix or eight Spoonfuls of very thick ſweet Cream; then take near as much Cream as you have Jelly, and put both into a Skellet, and ſtrain in your Almonds; ſweeten it to your Taſte with double-refin'd Sugar; ſet it over the Fire, and ſtir it with care conſtantly 'till 'tis ready to boil; ſo take it off, and keep it ſtirring 'till it is near cold; then pour it into narrow-bottom'd Drinking-glaſſes, in which let it ſtand a whole Day: When you would turn it out, put your Glaſſes into warm Water for a Minute, and 'twill turn out like a Sugar-loaf. This is call'd *Steeple-Cream.*

To make Orange-Poſſet.

SQUEEZE the Juice of two *Sevil*-Oranges, and one Lemon, into a *China*-Baſon that holds about a Quart; ſweeten this Juice like a Syrup with Double-refin'd Sugar, put to it two Spoonfuls of Orange-flower Water, and ſtrain it through a fine Sieve; boil a large Pint of thick Cream, with ſome of the Orange-peel in it cut thin: When 'tis pretty cool, pour it into the Baſon of Juice through a Funnel, which muſt be held as high

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high as you can from the Baſon: It muſt ſtand a Day before you uſe it. When it goes to Table, ſtick Slips of Candy'd Orange, Lemon, and Citron-peel on the Top.

Poſtatia-Cream, *very good.*

TAKE an Ounce of the Kernels of *Poſtatia*-Nut, beat them ſmall with two Spoonfuls of Orange-flower Water, and four Yolks of Eggs; boil a Quart of Cream, and mix all together: When the Cream is ſo cool it will not curdle the Eggs, thicken it over the Fire with great Care, and put it into your Glaſſes.

To make Fry'd Cream.

TAKE a Quart of good new Cream, the Yolks of ſeven Eggs, a bit of Lemon-peel, a grated Nutmeg, two Spoonfuls of Sack, as much Orange-flower Water: Butter your Sauce-pan, and put it over the Fire; ſtir it all the while one Way with a little white Whisk, and as you ſtir, ſtrew in Flower very lightly, 'till 'tis thick and ſmooth; then 'tis boil'd enough, and may be pour'd out upon a Cheeſe-plate or Mazareen; ſpread it with a Knife exactly even, about half an Inch thick, then cut it in Diamond-ſquares, and fry it in a Pan full of boiling ſweet Suet.

To

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To make a very good Barley-Gruel.

OF three Ounces of Pearl-barley make a Quart of Barley-water; ſhift it once or twice, if it is not white; put to it four Ounces of Currants clean pick'd and waſh'd; when they are plumpt, pour the Gruel out to cool a little, and beat up the Yolks of three Eggs and put into it, with half a Pint of White-wine, and half a Pint of new thick Cream, the Peel of a Lemon, and as much Sugar as you like; ſtir it gently over the Fire 'till 'tis as thick as Cream. 'Tis a pretty wholeſome Spoon-meat for Suppers.

To make the Thick Square Cream-Cheeſe, *as at* Newport.

YOU muſt get a Vat made a quarter and half high, the Bottom (nor Top) muſt not be faſtned in, it muſt be Four-ſquare, with Holes all over, then take two Quarts of good thick Cream, two Quarts of Stroakings, and a Gallon of new Milk, ſet it with Runnet as for common Cheeſe; when 'tis come take out the Curd with a *China* Saucer, and put it into the Vat, ſtrew a little clean dry Salt in two or three Places as it is laid in; and as the Curd ſinks, fill up the Vat, 'till all the Cheeſe is in; preſs it as other Cheeſe: Let it ſtand in the Vat two or three Days, 'till

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'till all the Whey is out, and turn'd often while 'tis in; ſalt it two Days: When you take it out, you muſt let it dry without rubbing; and make it in *May*. If you deſire it exactly Four-ſquare, let the Vat be full a quarter and half high, and the Square want an Inch of a Quarter.

To make a pretty ſort of Flummery.

PUT three large Handfuls of Oat-meal ground ſmall, into two Quarts of fair Water, let it ſteep a Day and Night; then pour off the clear Water, and put the ſame Quantity of freſh Water to it; ſtrain it through a fine Hair-ſieve, and boil it 'till 'tis as thick as Haſty-pudding; ſtir it all the while, that it may be extremely ſmooth: (and when you firſt ſtrain it out, before you ſet it on the Fire, put in one Spoonful of Sugar, and two of good Orange-flower Water.) When 'tis boil'd enough, pour it into ſhallow Diſhes, for your Uſe.

To make Hart's-horn Flummery.

PUT a Pound of Hart's-horn Shavings to three Quarts of Spring-Water, boil it very gently over a ſoft Fire 'till 'tis conſumed to one Quart; then ſtrain it through a fine Sieve into your Baſon, and let it ſtand 'till cold; then juſt melt it over the Fire, and put to

to it half a Pint of White-wine, a Pint of new thick Cream, and four Spoonfuls of Orange-flower Water; ſcald your Cream, and let it be cold before you mix it with Wine and Jelly; put in double-refin'd Sugar to your Taſte, and then beat it all one way for an Hour and an half at leaſt; for if you are not thus careful in beating, 'twill neither mix nor look to pleaſe you. Let the Cups you pour it into, be dipp'd in clean Water; for if they are dry, it will not turn out well: Keep it in the Cups a Day before you uſe it. When 'tis ſent to Table, you muſt turn it out, and ſtick it all over the Top with blanch'd Almonds cut in Slips. Eat it in Cream, or Wine, which you like beſt.

A Whipt Sillibub, *extraordinary.*

TAKE a Quart of Cream, and boil it, let it ſtand 'till 'tis cold; then take a Pint of White-wine; pare a Lemon thin, and ſteep the Peel in the Wine two Hours before you uſe it; to this add the Juice of a Lemon, and as much Sugar as will make it very ſweet: Put all this together into a Baſon, and whisk it all one way 'till 'tis pretty thick: Fill your Glaſſes, and keep it a Day before you uſe it; 'twill keep good three or four Days. Let your Cream be full Meaſure, and your Wine rather leſs. If you like it perfumed, put in a Grain or two of Ambergreeſe.

Panada,

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Panada, *for a Sick or Weak Stomach.*

PUT the Crumb of a Penny White-loaf grated into a Quart of cold Water, ſet both on the Fire together, with a Blade of Mace: When 'tis boil'd ſmooth, take it off the Fire, and put in a bit of Lemon-peel, the Juice of a Lemon, a Glaſs of Sack, and Sugar to your Taſte. This is very Nouriſhing, and never offends the Stomach. Some ſeaſon with Butter and Sugar, adding Currants, which on ſome Occaſions are proper; but the firſt is the moſt grateful and innocent.

To make Sagoe.

PUT an Ounce of Sagoe to a Pint of Water, ſet it over the Fire, and ſtir it carefully 'till 'tis thick; ſeaſon it with three Spoonfuls of Sack or White-wine, a bit of Lemon-peel, and the Juice of a Lemon. Sweeten it to your Taſte.

To make Salep.

PUT half an Ounce of Salep to a Pint of Water, ſet it over the Fire, and ſtir it 'till 'tis as thick as Chocolate, and ſeaſon it with Roſe-Water, or Orange-flower-Water, or Sack: If you like it better, a little Juice of Lemon and Sugar. 'Tis good for Weak or Conſumptive People.

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To make Orange-Marmalade, *very good.*

TAKE eighteen fair large *Sevil*-Oranges, pare them very thin, then cut them in halves, and ſave their Juice in a clean Veſſel, and ſet it cover'd in a cool Place; put the half Oranges into Water for one Night, then boil them very tender, ſhifting the Water 'till all the Bitterneſs is out, then dry them well, and pick out the Seeds and Strings as nicely as you can; pound them fine, and to every Pound of Pulp take a Pound of double-refin'd Sugar; boil your Pulp and Sugar almoſt to a Candy-height: When this is ready, you muſt take the Juice of ſix Lemons, the Juice of all the Oranges, ſtrain it, and take its full weight in double-refin'd Sugar, all which pour in to the Pulp and Sugar; and boil the whole pretty faſt 'till it will Jelly. Keep your Glaſſes cover'd, and 'twill be a laſting wholeſome Sweet-meat for any Uſe. If you would rather have it Jelly, add Pippin-Jelly, and leave out half the Juice of Orange and Lemon.

Lemon-Cakes.

TAKE a Pound of double-refin'd Sugar, beat and ſift it very fine, wet it with Juice of Lemon, boil it almoſt to a Candy-height, then drop it on Plates; ſet it in a warm Place, 'till they will ſlip off the Plates.

They

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They are grateful, and proper to quench Thirſt. You may ſhred the Peel very fine, and boil up with one half, if you like it ; but add freſh Juice with that, or 'twill be too thick to drop neatly.

Orange-Chips.

CUT off the Peels of very fine Oranges, not too thin, boil them in a large quantity of Water, ſhifting them often, that they may not be bitter : When they are tender, dry them, and take their weight in double-refin'd Sugar ; boil the Chips and Sugar, when wet, to a Candy, 'till the Sugar be almoſt conſumed : Lay them thin on Plates, to dry.

Jelly *of* Currants.

TAKE your Currants, and ſtrip them from the Stalks into a Gally-pot, which Pot you muſt put into a Kettle of Water over the Fire 'till they be enough ; ſtrain them through a Flannel Jelly-bag, but don't ſqueeze it ; add to the Liquor its weight in double-refin'd Sugar, boil both up for a quarter of an Hour very gently, then put it into Glaſſes.

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Apricot-Chips.

TAKE the weight of the whole Apricot in double-refin'd Sugar, then ſlice them the long-way, but don't pare them; boil your Sugar to a thin Candy, then put the Fruit in, and let them ſtand on the Fire 'till ſcalding-hot; lay them thin on Plates, and ſet them in the Sun to dry, when they have lain one Night in the Liquor.

To Preſerve Apricots *in* Jelly.

TO a Pound of Apricots, before they are ſtoned and pared, take a Pound and a quarter of double-refin'd Sugar; ſtone and pare your Apricots, and have your Sugar finely beat; as you pare them, lay ſome Sugar under and over them; when the Sugar is pretty well melted, ſet them on the Fire and boil them; keep ſome Sugar out to ſtrew on them in the boiling, to keep their Colour; and as the Scum riſes, take it off very clean, and ſometimes turn them with the Ladle, as you ſee Occaſion: When they are tender, put them into Glaſſes. Add to your Syrup a quarter of a Pint of Pippin-liquor, and the weight of it in Sugar, and let it boil a while; put it to your Apricots: Let your Fire be quick; for the ſooner any White-Sweetmeat is done, 'twill look the better. You may

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may let the Liquor run through a Jelly-bag, if you would have it delicately clear.

Prawlins, *or Fry'd* Almonds.

TAKE a Pound of the beſt *Jordan*-Almonds, rub them very clean from the Duſt: Take their weight in Loaf-Sugar, wet it with Orange-flower Water, and boil it to a Syrup; then throw the Almonds into it, and boil them to a Candy, conſtantly ſtirring 'till they are dry; then put them into a Diſh, and take away the looſe Bits and Knobs which will be about them: Put the Almonds again into the Preſerving-pan, and ſet them on a ſlow Fire, 'till ſome of their Oil comes from them into the Bottom of the Pan.

To Preſerve Orange-Flowers.

PICK the Flowers, and little Oranges and Stalks apart, boil the Flowers in clear Water 'till they are tender; boil the little Oranges and Stalks alſo in ſeveral Waters, 'till the Bitterneſs be quite gone: To a Pound of Flowers take three Pounds of double-refin'd Sugar, wet the Sugar with Water, and boil it to a Syrup; then drain the Flowers from their Water, and put them into the Syrup, boil them a little, and put them into Glaſſes.

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Cakes *of* Orange-Flowers.

TO a Pound of Flowers take five Pounds of double-refin'd Sugar; dip your Sugar in Water, and lay it in the Preserving-pan to melt; pick the out-side Leaves off, boil the Flowers in Water 'till they are tender, and drain them well: While they boil, you must set your dissolv'd Sugar on the Fire, and boil it to a thick Syrup, and be sure to let it stand to be cold, before you put in your Orange-flowers; drop them nicely on Plates, in round Cakes, and dry them in the hot Sun, or a Stove.

A very good way to make Conserve of Roses.

MAKE a strong Infusion of Red Roses, with Red-rose Water, as much as you think will boil the Quantity you intend to make; then take the fresh Buds of Roses, and clip off all the white and withered Leaves; and boil these Buds in the infused Liquor, as soft as may be, 'till they are very tender, and as red as they were at first; then take them out, and weigh them, and put twice the weight of double-refin'd Sugar, and boil it again, with the Sugar, as fast as can be, 'till it Jellies; when you take it out, you

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you may add either Amber, Pearl, Coral, Gold, or Spirit of Vitriol; these last Additions, are as well made, when 'tis used; because 'tis good for many Distempers, and they may be suited to the Occasion.

A Powder *for* Digestion.

TAKE a very large Nutmeg, the same weight in Mace, the same weight in Anniseeds, and the Weight of all the Ingredients of Angelica-seeds; bake all these in the middle of a small brown Wheaten-Loaf, when 'tis enough, take out the Spice and Seeds, and beat them to a very fine Powder, with Powder of Crab's-Eyes, and double-refin'd Sugar, of each a like Quantity, enough to make the Powder palatable; take as much as will lie on a Shilling, after every Meal. I have known it wonderfully relieve a windy, sowre, weaken'd Stomach; it must be continued a Month or two.

To Candy *any sort of* Flowers.

TAKE the best treble-refin'd Sugar you can get, break it in Lumps, dip them piece by piece in Water; put them in a Silver Sauce-pan, or Bason, melt them over the Fire; when it just boils, strain it through a Muslin, and set it on the Fire again, and let it boil, 'till it draws in Hairs, which you

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may ſee by holding up your Spoon; then put in the Flowers, of any Sort, and ſet them in Cups or Glaſſes, and when 'tis of a hard Candy, break it in Lumps, and lay it as high as you pleaſe: Dry it in a Stove, or the Sun, and 'twill look like Sugar-candy.

Thick Ginger-Bread.

A Pound and half of Flower, takes up one Pound of Treacle, almoſt as much Sugar, an Ounce of beaten Ginger, two Ounces of Carraway-ſeeds, four Ounces of Citron, and Lemon-peel candy'd, the Yolks of four Eggs; cut your Sweet-meats, mix all, and bake it in large Cakes, on Tin-plates.

Wafers.

DRY your Flower, and make it into a thick Batter with Cream, put in Mace very fine beat, a little Sugar to your Taſte; Butter your Irons, and let them be hot, then put in a Tea-ſpoonful of the Batter; ſo bake them with care, and roll them off the Iron, on a ſmall Stick.

A good Sort of Portugal Cakes.

TAKE a Pound of new Butter, and ſix Eggs, leaving out two Whites; then work it together with your Hand, 'till the Eggs

Eggs are perfectly mixt in the Butter; to this put one Pound of Loaf-Sugar sifted, a Pound of fine Flower dry'd, half a Pound of Currants, a little beaten Mace, mix all together; Butter the Pans; fill and bake them in an Oven that won't colour a White Paper.

A Carraway-Cake, *without Yeast.*

TAKE five Pounds of Flower, and four Pounds of single-refin'd Sugar beat, and finely sifted, mix this with a Pound and half of Carraway-seeds; to this Quantity, you must take four Pounds of Butter, which must be work'd in eight Spoonfuls of Orange-flower Water, 'till 'tis perfectly mix'd, and looks like Cream; break twenty Eggs, but half of the Whites, beat them well; and in beating, add six Spoonfuls of Sack, strew in the Flower, Sugar, and Seeds, by little and little, into the Eggs and Butter, with a Pound of candy'd Citron, Lemon and Orange-peel: Let the first Fierceness of your Oven be over, before you put the Cake in, for fear of scorching; for the Oven must be hot, and you must keep beating your Cake, 'till it goes into the Hoop, which must be just as the Oven is ready.

Note, That half a Pound of the Carraway-seeds may be omitted.

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An excellent Plumb-Pudding.

TAKE one Pound of Suet, ſhred very ſmall and ſifted, one Pound of Raiſins ſton'd, four Spoonfuls of Flower, and four Spoonfuls of Sugar, five Eggs, but three Whites; beat the Eggs with a little Salt: Tie it up cloſe, and boil it four Hours at leaſt.

To make Stone-Cream.

TAKE a Pint and half of thick Cream, boil in it a Blade of Mace, and a Stick of Cinnamon, and ſix Spoonfuls of Orange-flower Water, ſweeten it to your Taſte, and boil it 'till thick; then pour it out, and keep it ſtirring 'till 'tis almoſt cold; then put in a ſmall Spoonful of Runnet, and put it into your Cups or Glaſſes: Make it three or four Hours before you uſe it; 'tis good.

To make Cracknels.

TO a Quart of Flower, take a Pound of Butter, half a Nutmeg grated, the Yolks of four Eggs beat, with four Spoonfuls of Roſe-Water; put the Nutmeg and Eggs into the Flower, and wet it into a ſtiff Paſte, with cold Water; then roll in the Butter, and make them into ſhape; put them into a Kettle

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Kettle of boiling Water; when they ſwim, take them out with a Skimmer, and put them into cold Water; when they are harden'd, lay them out to dry, and bake them on Tin-plates.

A very good Seed-Cake.

TAKE a quarter of a Peck of fine Flower, and dry it before the Fire, with three quarters of a Pound of Sugar, beat a quarter of a Pound of Almonds, to keep them from Oiling, pour in two Spoonfuls of Orange-flower Water, as you beat them, and mix this with the Flower and Sugar, put in the full weight of a Pound and half of Butter; rub in one half dry, and melt the other in a full Pint of Cream; before you begin to mix, put a Pint of good Ale-yeaſt, to half a Pint of Sack, and let it riſe before the Fire; let your Butter and Cream juſt melt over a gentle Fire, and when 'tis pretty cool, make a Hole in the middle of your Flower, and pour in the Cream and Butter, the Sack and Yeaſt, with nine Eggs, leaving out four Whites; beat and ſtrain your Eggs, and mix all well together, and ſet it to the Fire to riſe: When 'tis ready to put into the Hoop, mix in a Pound and a half of ſmooth Carraways, with half a Pound of Citron, Orange and Lemon-peel candy'd; cut this in long bits, and ſtrew it in the middle of your Cake: You may

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may put more Sweet-meats, and Ice it, if you desire it very rich.

The London-Wigs.

TAKE a quarter of a Peck of Flower, put to it half a Pound of Sugar, and as much Carraways, smooth or rough, as you like; mix these, and set them to the Fire to dry, then make a Pound and half of Butter hot over a gentle Fire; stir it often, and add to it near a Quart of good Milk or Cream, when the Butter is melted in the Cream, pour it into the middle of the Flower, and to it pour a little Sack, and full a Pint and half of very good Ale-yeast; let it stand before the Fire to rise, before you lay them on your Tin-plates to bake.

Egg Minc'd-Pyes.

TAKE six Eggs, boil them very hard, and shred them small; shred the double quantity of good Suet very fine; put Currants, neatly wash'd and pick'd, one Pound, or more if your Eggs were large; the Peel of one Lemon very fine shred, half the Juice, and five or six Spoonfuls of Sack, Mace, Nutmeg, Sugar, and a little Salt; and Candy'd Citron, or Orange-peel, if you would have them rich.

An

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An extraordinary Plumb-Cake.

TAKE ſeven Pounds of fine Flower, and two Pounds and half of Butter; put the Butter into the Flower; ſeven Pounds of Currants, and two large Nutmegs, with half an Ounce of Mace, and a quarter of an Ounce of Cloves, all finely beat and grated; one Pound of Sugar, ſixteen Eggs, leaving out four Whites, put in a full Pint and half of Ale-yeaſt; warm as much Cream as you think will wet it, and pour Sack to your Cream, to make it as thick as Batter; beat alſo one Pound of Almonds, with Sack and Orange-flower Water; but don't let them be fine, but groſly beat; put in a Pound of candy'd Orange, Lemon, and Citron-peel, or more, if you deſire it very rich; mix all, and put it into your Hoop, with a Paſte under it, to ſave the bottom. This was given by one of the niceſt Houſe-wives in *England*; and is as good as ever was made.

Icing *for the* Cake.

TAKE the Whites of five Eggs, whipt up to a Froth, and put a Pound of double-refin'd Sugar ſifted, a Grain of Ambergreeſe, and three Spoonfuls of Orange-flower Water; whip it all the while the Cake is in the Oven; when it comes out of the Oven,

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Oven, Ice it; but ſet it in no more: Leave out the Perfume, if it be offenſive.

Lemon *or* Chocolate-Puffs.

TAKE half a Pound of double-refin'd Sugar, finely beat and ſifted, grate into it the yellow Rind of a very fair large Lemon; then whip up the White of an Egg to a Froth, and wet it with this Froth, 'till 'tis as ſtiff as good working Paſte, lay it on Papers, and bake it in a very ſlow Oven; lay ſome round and ſome long: If you make Chocolate, grate about an Ounce as you did the Peel.

Almond-Puffs.

BEAT two Ounces of blanch'd Almonds, with a quarter of a Pint of Orange-flower Water, and ſifted Sugar, 'till they are fine; whip up the Whites of three Eggs, and mix them with Almonds, Sugar, and Orange-flower Water; then add as much ſifted Sugar, as will make it into Paſte; lay it in Cakes, and bake it in a cool Oven.

The Right Dutch-Wafer.

TAKE four Eggs, and beat them very well, then take a good Spoonful of fine Sugar, one Nutmeg grated, a Pint of Cream,

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Cream, and a Pound of Flower, a Pound of Butter melted, two or three Spoonfuls of Rose-water, and two good Spoonfuls of Yeast; mix all well together, and bake them in your Wafer-tongs on the Fire. For the Sauce, take grated Cinnamon, Sack, and melted Butter, sweeten'd to your Taste.

To make Ratafia-Cakes.

TAKE eight Ounces of Apricot-Kernels, or, if they cannot be had, Bitter-Almonds will do as well, blanch them, and beat them very fine with a little Orange-flower Water, mix them with the Whites of three Eggs well beaten, and put to them two Pounds of single-refin'd Sugar finely beaten and sifted; work all together, and 'twill be like a Paste; then lay it in little round Bits on Tin-plates flower'd, set them in an Oven that is not too hot, and they will puff up, and be soon baked.

The Nuns-Bisket.

TAKE the Whites of six Eggs, and beat them to a Froth; take also half a Pound of Almonds, blanch and beat them with the Froth of the Whites of your Eggs as it rises; then take the Yolks, with a Pound of fine Sugar, beat these well together, and mix your Almonds with your Eggs and Sugar; then

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then put in a quarter of a Pound of Flower, with the Peel of two Lemons grated, and ſome Citron finely ſhred; bake them in little Cake-pans in a quick Oven, and when they are colour'd, turn them on Tins, to harden the Bottoms; but before you ſet them in the Oven again, ſtrew ſome double-refin'd Sugar on them finely ſifted. Remember to butter your Pans, and fill them but half.

Pancakes, *very good.*

TAKE a Pint of thick Cream, three Spoonfuls of Sack, and half a Pint of Flower, ſix Eggs (but three Whites) one grated Nutmeg, a quarter of a Pound of melted Butter, a very little Salt, and ſome Sugar; fry theſe thin in a dry Pan.

To make good Fritters.

MIX half a Pint of good Cream, very thick with Flower, beat ſix Eggs, leaving out four Whites, and to the Eggs put ſix Spoonfuls of Sack, and ſtrain them into the Batter; put in a little grated Nutmeg, Ginger and Cinnamon, all very fine, alſo a little Salt; then put in another half Pint of Cream, and beat the Batter near an Hour; pare and ſlice your Apples thin, dip every Piece in the Batter, and throw them in a Pan-full of boiling Lard.

A Spin-

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A Spinage-Tart, *very good.*

TAKE ſix Handfuls of Spinage, waſh it clean, and dry it, pick it clean from Stalks, and the hard Rib that goes up the middle of the Leaf, ſhred it extremely fine as 'tis poſſible to be; put to it a Pint of grated Bread the lighteſt you can get, a Pint of very thick Cream, nine Eggs (but four of the Whites) three Spoonfuls of Orange-flower Water, a little Salt and Sugar to your Taſte; it ought to be pretty ſweet: If with your Orange-flower Water you beat up two Ounces of blanch'd Almonds, 'tis an incomparable Addition to the Taſte. Garniſh the Brim of your Diſh with Paſte, and lay Slips croſs the Top. Thus you may make *Couſlip-Tart*; but that being not ſo juicy, will bear beating in a Mortar. Heat it with Care before it be put into the Diſh.

An Almond-Tart, *very good.*

TO half a Pound of Almonds blanch'd, and very finely beat with Orange-flower Water, put a Pint of thick Cream, two large *Naples*-Biskets grated, and five Yolks of Eggs, near half a Pound of Sugar; put all into a Diſh garniſh'd with Paſte, and lay Slips in Diamonds croſs the Top; bake it in a cool Oven, and when it comes

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out, ſtick Slips of Candy'd Citron in each Diamond.

To Preſerve Golden-Pippins, *the beſt Way.*

TAKE to a Pound of Apples a Pound of double-refin'd Sugar, and a Pint of clear Spring-Water; ſet it on the Fire; neatly pare the Pippins, and take out the Stalks and Eyes, put them into the Sugar and Water, cover them cloſe, and let them boil as faſt as you can half a quarter of an Hour; then take them off a little to cool; then ſet them on again to boil as faſt and as long as they did before; do this three or four times, 'till they are very clear: Cover them very cloſe, 'till you make the following Jelly for them.

Codlin *or* Pippin-Jelly.

SLICE a Pound of Codlins or Pippins into a Pint of clear Spring-Water, let them boil 'till the Liquor takes all the Taſte of the Fruit; then ſtrain it out, and to a Pint of this Liquor take a Pound of double-refin'd Sugar, boil'd to Sugar again; then put in your Codlin-Liquor, boil it a little together as faſt as you can; then put in your Golden-Pippins, boil them up faſt for a little while; juſt before the laſt boiling, ſqueeze in the Juice of a Lemon; boil it up quick once more;

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more ; take great care they do not loſe Colour : Take the Pippins out, and put them into the Glaſſes with the Jelly. This is the moſt grateful Way that ever was invented to preſerve them.

To make Raiſin Elder-Wine.

TAKE ſix Gallons of Water, and boil it half an Hour ; and when 'tis boil'd, add to every Gallon of Water five Pounds of *Malaga*-Raiſins ſhred ſmall ; pour the Water boiling-hot upon them, and let it ſtand nine Days, ſtirring it twice a Day : Boil your Berries as you do Currants for Jelly, and ſtrain it as fine ; then add to every Gallon of Liquor a Pint of Elder-berry Juice : When you have ſtirr'd all well together, ſpread a Toaſt on both ſides with Yeaſt, let it work a Day and a Night, then put it into a Veſſel, which beſure to fill as it works over ; ſtop it cloſe when it has done working, 'till you are ſure 'tis fine, then bottle it.

Another, very Wholeſome.

TO every Gallon of pick'd Elder-berries, put a full Gallon of Water, boil them together 'till the Berries are tender, then ſtrain it off through a fine Sieve ; let what will run through, but don't preſs the Berries ; to every Gallon of the Liquor put two full

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Pounds of good *Lisbon*-Sugar : This Sort for present Drinking. What you design to keep some Years, must have two Pounds and a half of Sugar; boil the Liquor and Sugar together, and scum it clean in the boiling as long as any will rise ; when cool, work it with Yeast for a Night and a Day ; put it into the Vessel, and when it has done working, stop it close for five or six Months : Bottle it then, if fine. This ought to be the constant Drink for all Gouty People : If well boil'd and work'd, it never ferments in the Bottle or Stomach.

Quince-Wine.

CLEAN the Quinces with a coarse Cloth, then grate them on large Graters ; then squeeze them through a Linnen Strainer, to clear it from the gross Thickness ; then squeeze it through a Flannel-Strainer, to clear it from all the Thick that remains : To every Gallon of this Liquor put two Pounds of single Loaf-Sugar ; let it dissolve, and pour it off several times, as it settles to the Bottom ; do this a Night and a Day : When 'tis fine, put it into your Vessel, but don't stop it down for a Week, nor Bottle it in six Months ; then you may, if 'tis perfectly fine ; if not, draw it into another Vessel, and stop it up again.

Be sure to put all *English* Wines into cool Cellars.

Orange-

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Orange-Wine.

TO ſix Gallons of Spring-Water put twelve Pounds of ſingle-refin'd Sugar, the Whites of four Eggs well beaten, put theſe to the Water cold; then let it boil three quarters of an Hour, taking off the Scum as faſt as it riſes: When 'tis cold, put in ſix Spoonfuls of Yeaſt, and ſix Ounces of Syrup of Lemon, beaten together; put in alſo the Juice and Rind of fifty large Oranges thin pared, that no White-part nor any of the Seeds go in with the Juice, which ſhould be ſtrained: Let all this ſtand two Nights and two Days in an open Veſſel, or large Pan, then put it into your cloſe Veſſel, and in three or four Days ſtop it down: When it has ſtood three Weeks thus, draw it off into another Veſſel, and add to it two Quarts of Rheniſh or White-wine; then ſtop it cloſe again, and in a Month or Six Weeks, 'twill be fine enough to Bottle, and to drink in a Month after. If you deſire it ſhould keep, put in Brandy inſtead of Rheniſh.

Birch-Wine, *as made in* Suſſex.

TAKE the Sap of Birch freſh drawn, boil it as long as any Scum ariſes; to every Gallon of Liquor put two Pounds of good Sugar; boil it half an Hour, and ſcum

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it very clean; when 'tis almoſt cold, ſet it with a little Yeaſt ſpread on a Toaſt; let it ſtand five or ſix Days in an open Veſſel, ſtirring it often; then take ſuch a Cask as the Liquor will be ſure to fill; and fire a large Match dipt in Brimſtone, and put it into the Cask, and ſtop in the Smoak, 'till the Match is extinguiſh'd, always keeping it ſhook, then ſhake out the Aſhes, and, as quick as poſſible, pour in a Pint of Sack or Rheniſh, which Taſte you like beſt, for the Liquor retains it; rince the Cask well with this, and pour it out: Pour in your Wine, and ſtop it cloſe for ſix Months, then, if 'tis perfectly fine, you may Bottle it.

Black-Cherry Wine.

BOIL ſix Gallons of Spring-Water one Hour, then bruiſe twenty-four Pounds of Black-Cherries, but don't break the Stones; pour the Water boiling hot on the Cherries, ſtir the Cherries well in the Water, and let it ſtand twenty-four Hours; then ſtrain it off, and to every Gallon put near two Pounds of good Sugar, mix it well with the Liquor, and let it ſtand one Day longer; then pour it off clear into the Veſſel, and ſtop it cloſe: Let it be very fine before you draw it off into Bottles.

Sage-

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Sage-Wine, *very good.*

TO twenty-eight Pounds of *Malaga*-Raiſins, pick'd and ſhred, have twenty-eight Quarts of Spring-Water well boil'd, but let it be cool as Milk from the Cow before you pour it on the Raiſins; then put in half a Buſhel of Red-Sage groſly ſhred; ſtir all together, and let it ſtand ſix Days, ſtirring it very well every Day, and cover it as cloſe as you can; then ſtrain it off, and pour it into your Veſſel; it will ſoon be fine, but you may add two Quarts of Sack or White-wine to fine it: Raiſins of the Sun will do as well as *Malaga*, if they cannot be had.

Cherry-Wine, *as in* Kent.

WHEN your Red Cherries are full ripe, ſtrip them from the Strigs, and ſtamp them, as Apples, 'till the Stones are broke, then put it into a Tub, and cover it up cloſe for three Days and Nights; then preſs it in a Cyder-preſs, and put your Liquor again into a Tub, and let it ſtand cloſe cover'd two Days more; then take off the Scum very carefully, for fear of jogging, and pour it off the Lees into another Tub, and let it ſtand to clear two Days more, then ſcum and pour it off, as before. If your Cherries were full ripe and ſweet, put only a Pound and

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a half of good Sugar to each Gallon of Liquor; ſtir it well together, and cover it cloſe, and ſtir it no more 'till the next Day, then pour it carefully off the Lees, as before; let it ſtand again, and do the ſame the next Day into the Veſſel you keep it in: You may repeat this oftner, if you ſee the Lees are groſs, and like to make it fret. When 'tis ſettled, ſtop it up 'till ſeven or eight Months are paſt; then, if 'tis perfectly fine, bottle it; if not, draw it off into another Veſſel, and ſtop it up as much longer: 'Twill keep Seven Years, if Bottled fine, and had not beſt be drank 'till 'tis a Year old. Our *Engliſh* Wines want only Age, to equal, if not exceed all Foreign Liquors.

Rasberry-Wine, *very good.*

TO every Quart of Fruit, you muſt pour, boiling hot, a Quart of Water; cover it very cloſe, and let it ſtand Twenty-four Hours; then ſtrain it, and to three Quarts of Liquor, put two Pounds of good Sugar; ſtir it together, and ſpread a Toaſt with Yeaſt; ſet it to work, and pour it off the Lees; put it into your Veſſel, and when it has quite done working, ſtop it up: If 'tis fine in ſix or ſeven Months, you may Bottle it, and keep it a Year in Bottles.

Note, You muſt at firſt watch all Wines: And if you find them Fret, continue to Fine them

them off the Lees every Day, for ſome Time, as faſt as any ſettles.

White Mead, *very good.*

TO every Gallon of Water put a Pint of Honey, and half a Pound of Loaf-Sugar, ſtir in the Whites of Eggs beat to a Froth, and boil it as long as any Scum ariſes: When 'tis cold, work it with Yeaſt, and to every Gallon put the Juice and Peel of a large Lemon: Stop it up when it has done working, and Bottle it ten Days.

To make Apricot-Wine, *Incomparable.*

TO two Gallons of Spring-water take eight Pounds of ripe Apricots, ſlice them into the Water, and add to both five Pounds of Loaf-Sugar; let all boil, and be nicely ſcum'd as faſt as it riſes, but let it boil ſome time before you begin to ſcum; take your Scum off into a clean Sieve, and ſet it in a Pot, to ſave what Liquor comes from it: When the Wine is clear as you can make it from the Droſs of the Sugar, pour it hot upon the Kernels, which muſt be crack'd, and put, with the Shells, into the Pan you deſign the Liquor to cool in; ſtir it together, and cover it 'till cool, then work it with a Toaſt and Yeaſt; and

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and in two or three Days, when 'tis ſettled, fine it off into your Veſſel ; let it work as long as it will : When it has done working, pour in a Bottle of Rheniſh or ſmall White-wine, and ſtop it up for ſix Months ; then, if very fine, Bottle it, and keep it a Twelve-month longer.

Damſon-Wine.

TO every Gallon of Water put two Pounds and half of Sugar, which you muſt boil and ſcum three-quarters of an Hour ; and to every Gallon put five Pints of Damſons ſtoned ; let them boil 'till 'tis of a fine Colour, then ſtrain it through a fine Sieve ; work it in an open Veſſel three or four Days, then pour it off the Lees, and let it work in that Veſſel as long as it will ; then ſtop it up for ſix or eight Months, when, if fine, you may Bottle it : Keep it a Year or two in Bottles.

Cowſlip *or* Marigold-Wine.

TO every Gallon of Water take two Pounds and a half of Sugar, boil this an Hour, and ſcum it very well, and pour it boiling-hot upon the Yellow Tops of either ſort of Flowers : To every Gallon of the Liquor put half a Peck of Flowers nicely cut ; let this ſteep all Night, and to each Gallon ſqueeze in

two

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two or three Lemons, with a Piece of Peel cut thin: When these have steep'd a Night and a Day, work it with a Toast and Yeast: When you put it in your Vessel, pour it from the Settlement; and when it has work'd as long as it will, pour into every Gallon one Pint of Rhenish or White-wine. If 'tis fine in six Months, you may Bottle it, but 'tis best to drink at three or four Years old. Either Sort is Cordial, Wholesome, and Pleasant.

To Improve Cyder, *and make it perfectly Fine.*

WHEN 'tis first made, put into a Hogshead six Ounces of Brimstone in the Stone to colour it; put a Gallon of good *French*-Brandy highly tinctured with Cochineal; beat one Pound of Allom, and three Pounds of Sugar-candy fine, and put it in when you stop it up: When 'tis fine, Bottle it, which will be in six Months. This great Secret is successfully practis'd by the *Hereford-shire* Artists.

To make Milk-Punch.

TO two Quarts of Water put two Quarts of good *French*-Brandy, a dozen and a half of Lemons, three-quarters of a Pound of double-

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double-refin'd Sugar, and three Pints of New Milk; mix all together, and ſtrain it through a Jelly-bag; put it up often, 'till it looks perfectly clear and fine. You muſt make it a Day or two before you uſe it; for it will not keep long Bottled.

To make ſtrong Mead.

TO four Gallons of Water put eighteen Pounds of Honey; beat the Whites of four Eggs, ſtir them in with the Honey 'till it be all melted; ſcum it well as long as it boils, and be ſure it boil an Hour and a half: If you like the Taſte, you may put a Sprig of Roſemary in the Boiling: When it is cold, work it with a Toaſt ſpread with Yeaſt; and when you put it into the Veſſel, hang therein one Nutmeg, the weight of that in Mace, and the ſame quantity in Cloves, with four Races of Ginger, in a bit of Muſlin; the Spice muſt be beaten; put in the Peel of two Lemons. When it has done working, ſtop it up, and let it ſtand ſix Months before you Bottle it.

To make Gooſe-berry-Wine.

TO four Pounds of Gooſe-berries full ripe put a Quart of Water, and to every Gallon of Water put four Pounds of Sugar; bruiſe

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bruiſe the Gooſe-berries well, and let them ſtand in the Water two Days, ſtirring it twice or thrice a Day, and then ſtrain it through a fine Hair-bag; then put in the Sugar, and ſtir it very well 'till it is melted; When it is well mix'd, cover it, and let it ſtand a while; then ſtrain it through a Flannel Bag into the Veſſel: When it has done working, ſtop it cloſe, and let it ſtand ſix Weeks, or two Months, and, if fine, Bottle it.

Nothing of Braſs muſt be us'd about any Wine.

To make Elder-flower Wine.

TO twelve Gallons of Water put thirty Pounds of ſingle Loaf-Sugar, boil it 'till two Gallons be waſted, ſcumming it well; let it ſtand 'till it be as cool as Wort, then put two or three Spoonfuls of Yeaſt; when it works, put in two Quarts of Bloſſoms, pick'd from the Stalks, ſtirring it every Day 'till it has done working, which will not be under five or ſix Days; then ſtrain it, and put it into the Veſſel: After it is ſtopt down, let it ſtand two Months, and then, if fine, Bottle it.

To

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To make Ratafia.

TO every Gallon of Brandy put a Quart of the beſt Orange-flower Water, and a Quart of good *French* White-wine; you muſt alſo take care your Brandy be right and good; to each Gallon of Brandy you muſt likewiſe put four hundred Apricot-Stones, and a Pound and a quarter of White Sugar-candy; juſt crack the Stones, and put them in, Shells and all, into a large Bottle, which muſt be very cloſe ſtopt, and ſeal'd down; let it ſtand in the Sun for ſix Weeks; take it in every Night, and in wet Weather; and ſhake it when you take it in, or ſet it out: After this is done, you muſt let it ſtand to ſettle, and rack it off 'till 'tis perfectly fine.

Cinnamon-Water, *very good.*

IN two Gallons of extraordinary Brandy ſteep a Pound of good Cinnamon bruiſed, there let it lie three or four Days; then put it into your Limbeck, with two Quarts of Cold-ſtill'd Plantain-water; you may draw as much off as you put in; and with a Quart of the ſmalleſt boil up two Pounds and an half of double-refin'd Sugar: When 'tis cold, mix all together for your uſe. 'Tis a noble Cordial.

A Cor-

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A Cordial Orange-Water.

TAKE three Quarts of good Brandy, and the Rinds of a dozen and a half of Oranges, pare them very thin, that none of the White go in, let them ſteep in the Brandy three Days and Nights cloſe ſtopt; then take five Pints of fair Water, and a Pound and a half of double-refin'd Sugar: Boil this Syrup half an Hour, and ſcum it as any riſes; then ſtrain it through a Jelly-bag, and let it ſtand 'till cold; then mix it with the Brandy, which muſt be firſt pour'd from the Peels, and ſettled: Keep it for Uſe.

Thus you may do *Lemons*, which is a pleaſanter Cordial.

To make Citron-Water.

TAKE Citrons, and pare off the outward Rinds half a Finger thick, ſlice 'em thin; and take the Citron Kernels, ſlice them in as you think fit; put as much good Sack as will cover them over the Top; put all into a Stone-Jug, and ſtop it very cloſe; let it ſtand in a Cellar five Days, then diſtil it in a Glaſs Still; let it run into a Bottle wherein is fine Sugar-candy in Powder and Ambergreeſe: Draw off in ſeveral Runnings, and mix it as you like.

To

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To make Spirit of Clary.

TAKE a Gallon of good Sack, a Pint of the Juice of Clary, a Pound of Clary-flowers, as many Clove-July-flowers, and half as many Arch-angel-flowers, as many Comfry-flowers, and as many Flowers of Lillies of the Valley; let these steep in the Sack all Night, then put it into a Glass Still; the softer it distils, the stronger 'twill be: You must have great care to keep in the Spirits, by pasting the Still every-where; let it drop through a Bag of good Ambergreese upon as much sifted White Sugar-candy as you think will sweeten it. 'Tis a very high Cordial.

To make Spirit of Carraways.

TO a Quart of true Spirit of Sack, put two Pounds of good smooth-sugar'd Carraways, bruise them, and put them into a Bottle, with a Grain of the best Ambergreese; pour the Spirit on them, and seal the Cork very close; set it in the Sun for a Month; strain it off, and keep it always close stopt for Use. One Spoonful does often give Ease in the Cholick.

A Cor-

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A Cordial Black-Cherry-Water, *very good.*

TAKE two Quarts of ſtrong Claret, and four Pounds of Black-Cherries full ripe, ſtamp them, and put them to the Wine, with one Handful of Angelica, one Handful of Balm, and as much Carduus, half as much Mint, and as many Roſemary-flowers as you can hold in both your Hands, three Handfuls of Clove-July-flowers, two Ounces of Cinnamon cut ſmall, one Ounce of Nutmegs; put all theſe into a deep Pot, let them be well ſtirred together, then cover it ſo cloſe that no Air can get in; let it ſtand one Day and a Night; then put it into your Still, which you muſt alſo paſte cloſe; and draw off as much as runs good; ſweeten it with Sugar-candy to your Taſte. 'Tis good in any Melancholy, or for the Vapours.

A very Rich Cherry-Cordial.

TAKE a Stone-Pot that has a broad Bottom, and a narrow Top, and lay a Layer of Black-Cherries, and a Layer of very fine powder'd Sugar; do this 'till your Pot is full: Meaſure your Pot, and to every Gallon it holds, put a quarter of a Pint of true Spirit of Wine. You are to pick your Cherries clean

 from

from Soil and Stalks, but not wash them. When you have thus fill'd your Pot, stop it with a Cork, and tie first a Bladder, then a Leather over it; and if you fear it is not close enough, pitch it down close, and bury it deep in the Earth six Months, or longer; then strain it out, and keep it close stopt for your Use. 'Twill revive, when all other Cordials fail.

A COL-

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A COLLECTION OF RECEIPTS IN *Physick* and *Surgery*.

Strong Palſey-Water.

TAKE the Spirits of five Gallons of the beſt Old Sherry-Sack, diſtill'd in a Limbeck : Take Cowſlip-flowers, the Flowers of Burrage and Bugloſs, and of the Lillies of the Valley, of each one Handful : Take alſo Roſemary-flowers, Sage and Betony-flowers, of each one Handful : Take each Flower in their Seaſon, and ſo put into ſome of the Spirits

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aforesaid, in an open-mouth'd Glass of near a Quart, for that will hold them all, with the Spirits, 'till you are ready to distil the Water; but this, and the rest of the Spirits, must be most carefully stopt 'till you use it: Take Lavender-flowers in their Season, strip them clean from their Stalks, and fill a wide-mouth'd Gallon Glass with them; pour into them the Remainder of your Spirits; then stop them close with Cork and Bladder (as before) and let them stand six Weeks to digest in the Sun; then put all together, these and the first steep'd Flowers, with all the Spirits in both Glasses; add also Balm, Motherwort, Spike-flowers, Bay-leaves, and Orange-leaves, if to be had, of each an Ounce, cut small, and put to the former Flowers and Spirits: Distil all these together in a Limbeck; make three Runnings of it; first a Quart Glass, which will be exceeding strong; then a Pint Glass, which will be almost as good; lastly, receive from it a Pint Glass-full, or as much as runs strong; for when it runs weak, which you may know by its Taste and Colour, which will be whiter, let it run no longer: Put your three Runnings all together: Then take Citron-peel, the out-side Yellow Rind, or Lemon-peels thin pared, also Pine-seeds hull'd, of each six Drams; of Cinnamon one Ounce; of Nutmegs, Mace, Cardamoms, Cucubies, and Yellow Sanders, each half an Ounce; of

Lignum

Lignum Aloes one Dram; make all these into a gross Powder, putting among them also half a Pound of Jujubes new and good, being stoned, and cut small: Put all these Ingredients into a White Sarsnet-bag, to be hung in the Water aforesaid: Take also of Prepared Pearls two Drams; of Prepared Smaragd a Scruple, Amber-greese, Musk, and Saffron, of each one Scruple; of Red Roses well dried and sweet, one Ounce: These may be put in a little Bag by themselves, and hung in the Spirit, as the other: Close it well, that no Air gets in, for six Weeks; then take out the Water, and press the Bags dry; keep the Water in narrow-mouth'd Glasses close stopt.

The Use of the Water.

'Tis so strong and powerful, that it cannot be taken alone, but must be dropt on Crumbs of Bread and Sugar by any one, for Prevention: Take it first and last, and at Four in the Afternoon: Fast always before and after it a full Hour at least. 'Tis of exceeding Virtue in all Swoonings, Weakness of Heart, and Decay'd Spirits, in all Palseys, Apoplexies, both to help in, and prevent a Fit; 'twill also keep all Cold Dispositions off the Liver, restores lost Appetite, and fortifies and strengthens the Stomach; 'twill alone cure a Dropsy, if taken at first, and the Patient be kept from small and cooling Liquors.

A ſecond Palſey-Water, *made upon the Ingredients of the firſt.*

WHEN the firſt Water has run what is ſtrong, there will be ſome ſmall Water at the Bottom of the Limbeck; pour it out from the Herbs and Flowers, and drain them; put them into a Gallon of the beſt Sherry, ſo let them ſtand cloſe ſtopt five Weeks; then diſtil them, and let it run as long as it continues ſtrong; then pour it into the Glaſs where the Sarſnet-bags are, and let them be in this ſecond Liquor cloſe ſtopt ſix Weeks; then you may uſe it, as the former, with Bread and Sugar: For tho' this is not ſo powerful as the former, 'tis too ſtrong to take alone. Both theſe are good to bathe Outwardly the Part affected with Weakneſs by Palſey, and generally help any violent Pains or Aches that any Part is vexed with; but becauſe Bathing waſtes moſt, and this ſort is leſs coſtly, they commonly uſe this ſecond ſort for that.

A very good Snail-Water, *for a* Conſumption.

TAKE half a Peck of Shell-Snails, wipe them, and bruiſe them Shells and all in a Mortar; put to them a Gallon of New Milk; as alſo Balm, Mint, Carduus, unſet Hyſſop,

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Hyssop, and Burrage, of each one Handful; Raisins of the Sun stoned, Figs, and Dates, of each a quarter of a Pound; two large Nutmegs: Slice all these, and put them to the Milk, and distil it with a quick Fire in a cold Still; this will yield near four Wine-quarts of Water very good: You must put two Ounces of White Sugar-candy into each Bottle, and let the Water drop on it; stir the Herbs sometimes while it distils, and keep it cover'd on the Head with wet Cloths. Take five Spoonfuls at a time, first and last, and at Four in the Afternoon.

A good Water *for the* Spleen; *a Cordial.*

TAKE four Ounces of Hart's-horn, one Ounce of Cardamoms, one Ounce of Cinnamon, one Ounce of Saffron, two Handfuls of Red Sage, as much Balm; steep these twenty-four Hours in two Quarts of Sack, or as much good Brandy, which you please; distil it in a cold Still as quick as you can, and let it drop on four Ounces of Sugar-candy. Drink of this when low-spirited.

A Good Water *for the* Stone.

TAKE four Quarts of White-Thorn-flowers, infuse them in two Quarts of strong White-wine, with two Ounces of Nut-

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meg ſliced; let theſe ſtand two Days, then diſtil it in a cold Still. Drink it with Sugar, or without, as you like beſt.

A Drink *for any* Inward Bruiſe *or* Wound.

TAKE one Handful of each of the Herbs following, *viz.* Wormwood, Comfrey, Throatwort, Wood-Betony, Plaintain, Mugwort, Bonewort, Scabious, Avens, Wild Honey-ſuckle, Agremony, Bramble-buds, Cinquefoil, Spearmint, Senacle, White-bottle, Ribwort, Daiſy-roots, Dandelion, Bugloſs, Hauthorn-buds: Put to theſe Herbs two Quarts of White-wine, and a Gallon of running Water, and boil it 'till it be half waſted; then ſtrain it, and add to it a Quart of Honey; let that boil in the Liquor ſome time: When 'tis cold, Bottle it very cloſe, and keep it for Uſe. 'Twill keep many Years, and is neceſſary for all Families; two or three Spoonfuls of it taken Morning and Night. 'Tis really good for Sores, Wounds, and Hurts New or Old, in Men, Women, and Children: Its Virtues of that kind are too long to mention: It has broke and brought away inward Impoſthumes.

An

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An excellent Balsom, *called, The* Fryer's Balsom.

TAKE a Quart of Spirit of Sack, infuse in it four Ounces of Sarsaparilla cut short, two Ounces of *China* sliced thin, one Ounce of *Virginia* Snake-weed cut small; put all these in a two-quart Bottle, and set it in the Sun, shaking it twice or thrice a Day, 'till the Spirit be tinctur'd as Yellow as Gold; then clear off the Spirit into another Bottle, and put to it eight Ounces of Gum Guaice; set it in the Sun, as before, shaking it very often, 'till all the Gum be dissolv'd, except Dregs, which will be in ten or twelve Days; then clear it a second time from the Dregs, and put to it one Ounce of Natural Balsom of *Peru*; shake it well together, and set it in the Sun for two Days; then put in one Ounce of Balm of *Gilead*; shake all well together once more, and set it in the Sun for a Fortnight; 'tis then fit for Use, and will keep many Years. Its Virtues are too long to insert: 'Tis good to take Inwardly in most Distempers, and proper for all Sores or Wounds, by pouring in some Drops, and binding Lint thereon. The Dose, taken Inwardly, is from half a Spoonful to a whole one, in Sugar, or any Liquid Vehicle, for Consumptions or any Inward Ulcer: Use moderate Exercise with it.

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An Oil *for any* Bruiſe *or* Wound.

TAKE of the tender Tops of the Bay-Tree, Red-Sage, Lavender, Wormwood, Plantain, Rue, Tormentil, Scabious, Comfrey, Broom, Rape, Oſmond-royal, Southernwood, Camomil, Charity, St. John's-wort, Solomon-ſeal, Amber, Roſemary, Adders-ſpear, Golden-Rod, Herb-Robert, Ground-pine, Sanicle, and Bugle, of each one Handful; ſhred all theſe very ſmall, and infuſe them in one Quart of Oil-Olive, and three Pints of Neat-Oil; ſtrop them cloſe in a Glaſs Veſſel, and let them ſtand ten or twelve Days in the Heat of the Sun; ſtir them every Night when you take them in: After this, boil it over a gentle Fire 'till the Oil is green; then ſtrain it clear from the Herbs, and add to the Oil again half a Handful of the Herbs, as before, ſhred, with one Ounce of Oil of Turpentine, one Ounce of Natural Balſam, and one Ounce of Oil of Worms: Digeſt all in the Sun, as before; boil and ſtrain it, and keep it cloſe ſtopt for Uſe. It muſt be made in *May*.

A Salve *for the* King's Evil.

TAKE one Pint of the beſt Sallad-Oil, four Ounces of Red Lead finely powder'd, as much White-Lead, one Ounce of Bees-

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Bees-wax thinly sliced, of Frankincense and the best Mastick each one Ounce, of *Burgundy*-Pitch two Ounces; let all be beaten; boil the Oil and Leads some little time together over a gentle Fire; keep the Oil stirring while you add the Wax; then boil these together for half an Hour, stirring it constantly: Take it off the Fire, and stir it 'till the Heat is abated; then add your Mastick, and keep it from the Fire 'till it has done working: Boil it gently again, and put in your Frankincense, stirring it off the Fire, as you did before; Set it on again, and then add the *Burgundy*-Pitch, as before, with Care; then boil all together, 'till it look like Pitch; stir it 'till cold: Leave your Stick in the Middle, and the next Day set it on the Fire to melt the Edges; then take it out, and keep it in an Oil'd-Paper for Use. Let the Party afflicted spread a Plaister as big as the Swelling is, and apply: If it gather to a Head, and break, after you have wash'd the Wound with warm Vinegar, apply some Lint roll'd in an equal Quantity of the Salve warm'd, and Honey; spread a Plaister of the Salve, and when the Corruption is out, that will heal it. 'Tis incomparable, and safely may be used for any Swelling.

A Drink

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A Drink *for the* Evil.

TAKE of White Arch-angel two Handfuls, of Outlandiſh Sweet Fennel-ſeed bruiſed, one Ounce, of Liquorice one Ounce; boil theſe together in two Wine-quarts of Spring-Water; ſtop it cloſe 'till half be conſumed: When cold, ſtrain it from the Ingredients; add to the Liquor two Ounces of Damask Roſes: Let the Party drink of this Liquor Spring and Fall, five, ſeven, or nine Days together, as you beſt find it agree, three times in the Day, a quarter of a Pint Firſt and Laſt, and at Four in the Afternoon.

A Drink *for the* King's-Evil, *and* Cancer.

TAKE Guaiacum one Ounce, Saſſafras, Sarſaparilla, Sharp-pointed Dock, and Daiſy-Roots, of each half an Ounce: Arch-angel Flowers, and Millepedes, of each two large Spoonſuls; Ground-Ivy, and Herb-Robert, of each one Handful: Bruiſe and ſhred all theſe Ingredients, and put them to ſteep one Night in three Pints of good clear New Ale; ſtrain it, and drink no other Drink for ſix Weeks, Spring and Fall. You may do a larger Quantity at a time for Man or Woman; but you muſt not infuſe too much at a time, becauſe the Herbs are apt to

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to change it. At the same time, if the Swellings are painful, anoint with *Juice of Rue*, prepared as follows.

An Ointment *for the* Swellings *in the* King's Evil.

TAKE two Spoonfuls of Juice of Rue, as much Sallad-Oil, beat them well together; then set it over the Fire, and let it boil slowly half an Hour; add two Ounces of Bees-wax, let it boil a little with this: Pour it out, and keep it close cover'd. 'Tis an incomparable Ointment to use all the time you take the Diet-Drink.

A Milk-Water *for* Cancer *or* King's-Evil, *for those that cannot drink an Infusion.*

TAKE Roots of Daisies, Burdock, Guaiacum, Sassafras, Sarsaparilla, China, Tormentil, and Hounds-tongue, each two Ounces; Selandine, Yarrow, Plantain, Herb-Robert, Agrimony, Speedwel, Ground-Ivy, and Cinquefoil, of each a large Handful; Arch-angel-flowers one Pint: Sweet-fennel, and Coriander-seeds, of each one Ounce: shred and bruise all, and put them to a Gallon of Milk: Draw off as much as runs good, and drink daily a quarter of a Pint every

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every four Hours : Into each Draught ſqueeze the Juice of a ſmall Spoonful of Millepedes.

An Ointment *for the* Evil, *or* Rickets.

TAKE Leaves of Oſmond-royal, St. John's-wort, Wormwood, Centaury, White Hore-hound, Germander, Ground-Pine, Golden-Rod, Carduus, Southernwood, Camomil, Tanſy, Penny-royal, Sage, Mint, Rue, Lillies of the Valley, Angelica, Meadow-Saxifrage, of each one Ounce ; ſhred it ſmall, and add of Oil one Quart ; Deer-ſuet, and Claret, of each one Pint ; Mace one Ounce : Boil theſe 'till all the Watry-part is conſumed : Strain it, and anoint the Belly and Joints with it all the Spring and Fall. This has done great Cures on Weakly Children.

For a Strain.

PUT the Arm or Leg into a Pail of cold Spring-water, and keep it there 'till the Water be warm ; then take it out, and repeat it 'till it be well, which it will be without applying any other Remedy.

A Good

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A Good Powder *for* Worms.

TAKE an Ounce of Worm-ſeed, and half an Ounce of Rhubarb, beat both to a fine Powder, and take a quarter of an Ounce of Powder of Prepar'd Coral; mix all three together, and let the Child take as much of this as will lie on a Shilling, for three Mornings together, drinking a Glaſs of ſmall warm Ale after each Doſe.

Another Powder *for the* Worms.

TAKE an Ounce of Sena, a quarter of an Ounce of whole Worm-ſeed, a quarter of an Ounce of Tanſy-ſeed, a quarter of an Ounce of Aniſeed, a few Leaves of Wood-Betony; dry all theſe, and beat them together very fine; mix it into a Bolus with Syrup of Turnips. A Child of Nine Years old may take a quarter of an Ounce of this Mixture; ſo, leſs or more, for any other Age. Drink Water-gruel or Poſſet-drink in the working. 'Tis good for Men or Women, as well as Children.

For Worms.

BRUISE a Pound of Worm-ſeed, and put it into a large Still full of Spear-mint, draw it off as long as it runs good: Let the Child

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Child drink three Spoonfuls of this nine Mornings together.

For the ſame.

ONE Drop of Oil of Brimſtone in a little warm Ale, for three Mornings together. Do not exceed one Drop for a Child; three are enough for a Man or Woman.

For the ſame.

TO four Pounds of the Husks of Wall-nuts put half a Pound of Worm-ſeed, and as much Flower of Brimſtone: Draw it off in a Cold Still, and let a Tea-cup be taken every Morning for a Month. 'Tis an Excellent Medicine for *Worms*, or *Jaundice*, and has done great Cures.

For the ſame.

TAKE one Handful of Spear-mint, as much Plantain, as much Goats Rue, a Spoonful of Plantain-ſeeds: Stamp all together, and ſqueeze out the Juice, and take two Spoonfuls of it in a Glaſs of Sack, three Mornings together.

For

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For the same; well recommended.

HUSK and Dry an Ounce of *Sevil*-Orange-seeds, beat them to a fine Powder, and give as much as will lie on a Sixpence, in a Spoonful of Syrup of Peach-blossoms: At the same time, bind the Leaves of the Peach-Tree to the Navel of the Child. If you have no Syrup of Peach-blossoms, use Syrup of Black-cherries.

The Red Powder, *for* Fevers, Small-pox, *or* Surfeits.

TAKE of Carduus, Rue, Red-Sage, Lillies of the Valley, Tormentil, Pimpernel, Dragon, Betony, Angelica, Scabious, Speedwel, of each one Handful; *Virginia*-Snake-weed one Handful; Wormwood half a Handful; Agrimony and Verum, of each a quarter of a Handful: Shred the Herbs very small, and infuse them in two Quarts of White-wine, in a Jug, which you must stop very close, and set nine Days in the Sun: Then strain the Wine from the Herbs, and infuse the same quantity of the fresh Herbs in the same Wine; let it stand, as before, nine Days more: Then take a Pound of Bole-armoniac finely powder'd; then put as much of the Wine (after it is a second time pressed out) as the Powder will take up, and set it

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in the Sun to dry; and as it dries up, put in more of the Wine, ſtirring it two or three times a Day, 'till all the Wine be dried up in the Powder, ſo as to be fit to work like Paſte: Then put to it one Ounce of Diaſcordium, and one Ounce of Mithridate, half an Ounce of Cochineal, one Ounce of Powder of Red Coral, one Ounce of prepar'd Saffron, forty Grains of Bezoar, one Ounce of Powder of Crabs-eyes, one Ounce of Burn'd Hart's-horn, and one Ounce of Prepar'd Pearl; mix theſe in the laſt Wetting, and work them all together: Make them up in Balls, (when well mix'd) and dry them in the Sun. Take forty or fifty Grains of this for a Doſe. Drink Mace-Ale after it.

Of Gaſcoign Powder, *a good Sort for the ſame Uſes.*

TAKE Prepar'd Crabs-eyes, Red Coral, White Amber very finely powder'd, of each half an Ounce; Burnt Harts-horn half an Ounce, one Ounce of Pearls very finely powder'd, one Ounce of Oriental Bezoar, of the Black Tops of Crabs-claws finely powder'd four Ounces; grind all theſe on a Marble-Stone, 'till they caſt a Greeniſh Colour; then make it into Balls with Jelly made of *Engliſh* Vipers-Skin, which may be made, and will jelly like Hart's-horn.

A very

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A very good Powder *for a* Dizziness in the Head, *and to prevent* Apoplectick Fits.

TAKE the Seeds and Roots of single Piony of each a like Quantity, dry and beat them severally into a fine Powder; take the weight in Nutmeg, which you must beat and dry, and beat again; mix fine-sifted Sugar, and take as much as will lie on a Shilling every Morning for a Month constantly.

A Powder *to stop the* Hickup *in Man, Woman, or Child.*

PUT as much Dill-seed finely powder'd as will lie on a Shilling, into two Spoonfuls of Syrup of Black Cherries, and take it presently.

An Excellent Powder *for* Convulsion Fits.

TAKE two Drams of Piony-roots, Misletoe of the Oak one Dram; Prepar'd Pearl, White Amber Prepar'd, and Coral Prepar'd, of each half a Dram; Bezoar two Grains, and five Leaves of Gold; make all these into a very fine Powder, and give as

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much of it as will lie on a Three-pence to a Child of a Month old, and proportionable to a bigger: Mix it up with a Spoonful of Black-cherry Water, which ſweeten with the Syrup of Black-Cherries: Take it three Days together at every Change of the Moon, to prevent Returns.

A Powder *for* Digeſtion.

TAKE Gallingale and Setwal of each one Ounce, Long-Pepper, Mace, and Nutmeg, of each two Ounces; Aniſeeds, Carraway-ſeeds, Fennel-ſeeds, and Angelica-ſeeds, of each half an Ounce: Put to theſe, all finely powder'd, the weight in fine powder'd Sugar; take as much as will lie on a Shilling after every Meal, and drink a Glaſs of Simple Carduus Water after it: This has done mighty Cures to weak deprav'd Stomachs.

A Preſent Remedy for Convulſion Fits.

MAKE a Draught of an equal quantity of Piony and Simple Black-Cherry water; and for a Man put thirty, for a Woman twenty, for a Child five Drops of Spirit of Hart's-horn; Drink this in or before a Fit.

Another

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Another for the ſame.

INFUSE Turnips in a Pot cloſe ſtopt, and ſet them in a Kettle of Water, 'till they are tender enough to ſqueeze; then take the Liquor clear from them, and take three Spoonfuls of it, in one Spoonful of rich Old *Malaga*: It has cured the Falling-Sickneſs in grown-up People; but is almoſt infallible for Children.

A Syrup *for* Convulſion Fits.

TAKE one Pint of ſmall Black-Cherry Water, two Pounds of Black Cherries, bruiſe them, Stones and all, in a Mortar; put theſe with the Water into a Jug, with two Blades of Mace, and four Tops of Spear-mint; ſtop the Jug cloſe, and ſet it into a Kettle of Water: Let it ſimmer three Hours over the Fire, then ſtrain it out, and let it be boil'd to a Syrup, with a full Pound and half of *Lisbon* Sugar to each Pint of that Liquor.

For Convulſions *or* Vertigo.

TAKE one Ounce of Juniper-Berries, two Ounces of freſh *Sevil* Orange-peel, Male-Piony Roots three Ounces, Peacocks Dung ſix Ounces, Sugar-candy half a Pound; Infuſe theſe in two Quarts of Rheniſh, for

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twenty-four Hours, in hot Aſhes; then let it ſettle, and take two Spoonfuls of this in a Glaſs of Angelica-water: It has done great Cures.

A Strong Milk-Water.

TAKE Mint, Sage and Balm, of each two good Handfuls, Rue, Carduus, Wormwood, and Meadow-ſweet, of each one Handful; chop theſe Herbs together, and put them, with four Quarts of New Milk, and a whole Nutmeg ſlic'd, into a Copper Limbeck; from this Quantity you may draw two Quarts, if you keep an even ſlow Fire, 'till that Quantity is drawn off: When you have drawn off what you deſign, mix it all together, for the Uſe of any Feveriſh or Conſumptive Perſon.

The Barley Cinnamon-Water.

PUT two Pounds of Pearl Barley, into four Quarts of Spring-Water, draw it off in a cold Still, as long as it runs ſweet: Infuſe in it half a Pound of Cinnamon, and a Quart of Canary; Sweeten it, and drink a Draught at any time, in a Fever and Looſeneſs.

Wall-

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Wallnut-Water.

GATHER a large Quantity of Green Wallnuts, in the beginning of *June*, break them in a Mortar, and diſtil them in a cold Still; keep this Water by itſelf, and at *Midſummer* do the like, keeping that Water by itſelf alſo; about a Fortnight after *Midſummer* do the like; and ſo again a Fortnight after that; then put all the four Sorts of Water together, and diſtil it off; keep it cloſe for Uſe; its Perfections are many: 'Tis good in Conſumptions and Surfeits; Drank with Wine in a Morning, 'tis good for a Palſey. A Bottle or two in a Veſſel of decay'd Wine, revives it: It's good to waſh the Eyes and Temples. I have not met with any Simple Water ſo well recommended, or by a Perſon of more Experience.

A very good Snail-Water.

TAKE a Peck of Snails clean wip'd, crack them and put them into a Gallon of Milk, with a Handful of Balm, as much Mint and unſet Hyſſop, half a Pound of Dates, as many Figs, and one Pound of Raiſins of the Sun; diſtil all together, and let it be the conſtant Drink in a Conſumption.

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A good Milk-Water *for* Surfeit *or* Worms.

TAKE of Rue, Wormwood, Carduus and Mint, each three Handfuls; cut the Herbs, and ſteep them all Night in two Quarts of Milk; diſtil it off next Morning in a cold Still; from this Quantity draw three Pints, then diſtil this Water over again, with the ſame quantity of Milk and Herbs; ſweeten it to your Taſte, if for Children; but for wiſer People, 'tis beſt alone.

Strong Elder-berry Water.

TAKE a Buſhel of Elder-berries, and put to them a Quart of Ale-yeaſt, let them ſtand nine or ten Days, ſtirring it two or three times a Day, and then diſtil it in a Limbeck: 'Tis a very good Cordial in any Illneſs.

A Cordial Mint-Water.

TAKE one Pound of Mint, ſtript from the Stalks, and gather'd the Day before you weigh it; a quarter of a Pound of Liquorice, thin ſlic'd, one Ounce of Aniſeeds, one Ounce of Carraway-ſeeds, one Pound of Raiſins of the Sun ſton'd; ſteep theſe together in a Gallon of good ſtrong Claret;

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Claret; diſtil it off a Limbeck, or cold Still, if you don't like it ſo hot and ſtrong; let it drop on a little fine Sugar, through a Bag of Saffron.

A good Milk-Water.

TAKE one Pound of Carduus, half a Pound of Wormwood, Spear-mint, Balm ſhred a little; put them into an ordinary Still, with a Gallon of Milk; and diſtil it off leiſurely: 'Tis good in any Thirſt.

Another Milk-Water.

CARDUUS and Wormwood, of each one Handful, Spear-mint two Handfuls, pick and cut the Herbs, and pour upon them a Pint of Sack; let them ſtand all Night, and next Day put them into a cold Still, with a Gallon of New Milk, or New Whey clarified: Draw off while it runs good.

A moſt excellent Drink *for the* King's-Evil *in the* Eyes.

TAKE Sage, Celandine, Yarrow, Betony, three-leav'd Graſs, Cinquefoile, Daiſy-roots and Leaves, of each a Handful, Honey-ſuckles and Ground-Ivy, the ſame Quantity; pick, waſh, dry, and bruiſe them, and put to them a good Quart of White-wine,

or

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or Beer, ſteep them two Nights and Days; preſs the Herbs out, and drink four Spoonfuls Morning and Night: Juſt as you drink it, ſqueeze in the Juice of fifty Millepedes, freſh bruis'd.

A good Cere-Cloth.

TAKE one Pint of Oil of Olives, eight Ounces of Red Lead, Virgins-wax four Ounces; of Ointment of Populion, Oil of Roſes, and Oil of Camomile, of each one Ounce; ſet the Pint of Oil on the Fire, and melt the Wax in it; then put in the Populion, and other Oils; when all is melted, put in the Red-Lead, ſtir all well together, and let them boil 'till they are black; then dip in your Cloth.

An Incomparable Salve *for the Eyes.*

TAKE two Ounces of *May* Butter, one Ounce of Virgins-wax, half an Ounce of Camphire, one Ounce of Powder of Tutty; you muſt firſt put your Wax and Camphire, into a Silver Porringer, and let both melt on a gentle ſlow Fire together; conſtantly ſtirring 'till they be diſſolved, ſome little time after put in your *May* Butter, and diſſolve it with a large Spoonful of Red Roſe-water; keep it on the Fire 'till all be incorporated; then add the Powder of Tutty, and mix all very

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very well; take it from the Air; and when you lie to sleep, gently anoint your Eye-lid with it.

The Smallage-Ointment.

TAKE a Handful of Smallage, as much Mallows, and as much Elder; pick and shred all small; put them into a Skillet with a Pound of Mutton-suet shred small; let all boil together; Strain it, and keep it to anoint any Swelling.

A very good Plaister *for a Stomach sore with Coughing.*

TAKE of *Burgundy*-Pitch, Rosin, and Bees-wax, of each one Ounce; melt these together: Then take three-quarters of an Ounce of coarse Turpentine, and half an Ounce of Oil of Mace; melt these with the other, and keep it for Use: When you have Occasion, spread it on Sheep's-leather prick'd full of Holes; and when you lay it on, grate some Nutmeg over it.

To give certain Ease in the Tooth-ach.

TAKE *French*-Flies, Mithridate, and a few Drops of Vinegar; beat this to a Paste, and lay a Plaister on the Cheek-bone, or

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or behind the Ear: 'Twill blister, but rarely fails to cure.

Plaisters *for a* Fever.

BEAT two Handfuls of Rue, with as many Currants, 'till they are fine, and well mix'd; spread it on Cloths, and bind it to the Wrists, and Soles of the Feet: This draws from the Head; and, if laid on in time, does as much good as Pigeons to the Feet, in Extremity.

An Ointment *that is good for any* Ach *or* Swelling *in Man or Beast.*

TAKE of unset Hyssop, Goats-Rue, Adder-spear, Alehoof, Wormwood, Camomile, Ladies-mantle, Plantain, Harts-tongue, Ladder to Heaven, Southernwood, Red-Sage, Agrimony, Bone-wort, Amber-leaves, Bay-leaves, of each one Handful; shred these, and stamp them together: Then mix with them one Pound and a half of Butter without Salt, and make it up in nine Balls, and let it lie nine Days; then boil it over the Fire gently: When it looks very green, strain it off, and keep it for Use.

This Number of Days and Balls, seems superstitious and whimsical; but it has been so long approv'd in the Family from whence I had

I had it, that I cannot doubt of its Virtues, tho' I smile at the Preparation.

An Ointment *for a* Burn.

TAKE of Housleek, smooth Plantain-leaves, and green Elder, each one Pound; stamp them together small; put to them a quarter of a Pint of Wine-Vinegar, three Spoonfuls of Urine, and four Ounces of old Tallow-Candle, with three Pints of Oil-Olive; boil these two or three Hours, stirring them constantly with a Stick. Then strain it through a new Canvas-strainer, and put it on the Fire again, with four Ounces of Yellow Bees-wax slic'd thin; let it boil half an Hour this time, and pour it into Pots. 'Twill keep many Years, if ty'd down with Bladders. When you use it, rub white Paper 'till 'tis soft, then spread it over with the Ointment, and anoint the Burn with the Ointment: Do it with a Feather, and lay the Paper over it: Do this Morning and Night, 'till 'tis quite well. 'Twill skin the Wound, as well as take out the Fire; therefore be sure to use nothing else: 'Twill give Ease in a quarter of an Hour. 'Tis a certain as well as a quick Cure, if the Vitals are not burn'd; and is recommended on the Experience of a Person of great Worth and Charity. A third-part of this Quantity will

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will last many Years, and may be made very Cheap.

An Ointment *which is a certain Cure for any* Scabs, Pimples, *or Old Inveterate* Itch.

TAKE a quarter of an Ounce of Red Precipitate, grind it on a Marble Stone, 'till 'tis as fine as the Flower of Brimstone; mix this with an Ounce of Flower of Brimstone, and work both up with three Ounces of Butter without Salt, as it comes from the Churn; mix it very well, and anoint the Place very thin with the Ointment. 'Tis not the Nature of it to Check, but Draw out the Distemper; and in a Week or Ten Days Confinement, will make an absolute Cure.

I should say many things to recommend this, being sure of its Virtues; but it will not need that, to Any-body of Judgment.

A very good Poultis *for a* Sore-Breast, *to Break it, if there be Occasion; and also Heal it, without any other Salve.*

TAKE of Smallage, Spear-mint, and Wormwood, each a good Handful; boil all these in Milk, and thicken it with Oat-

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Oat-meal: Lay it on as hot as you can bear it, and repeat it when hard or dry.

An Incomparable Ointment *for a* Strain, Weakneſs, *or* Shrinking *in the* Nerves.

TAKE Sweet-marjoram, Penny-royal, Roſemary-tops, Camomile-flowers, Lavender-flowers, Sage, and young Bay-leaves, of each a large Handful; a very large Nutmeg, and its weight in Mace; the Rind of four Lemons, and as many Oranges: Stamp all very fine, and boil it in a quarter of a Pint of rich *Malaga* Wine, and half a Pound of unſalted Butter: Let it boil 'till the Wine is waſted; preſs it through a fine Sieve, and keep it cool for Uſe. Rub it Morning and Night before the Fire, on the Part affected.

The French-King's Balſam.

TAKE Red-Sage, and Rue, of each half a Pound; young Bay-leaves, and Wormwood, of each a quarter of a Pound: Stamp them unwaſh'd in a Mortar, with a Pound and a half of Sheep's-ſuet hot from the Sheep, 'till 'tis all of a Colour: Then add to it a Quart of Oil-Olive, and work that with the reſt: Then put it into an Earthen Pot well ſtopt for eight Days; Then boil it

on

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on a ſoft Fire: Being ready to take off, pour in three Ounces of Oil of Spike; let it boil a little together; then ſtrain it, and keep it for Uſe: Take care it do not burn. It muſt be made in *May*, and will keep many Years: Rubb'd into the Small of the Back, it eaſes the Stone: The Quantity of half a Pea in the Ear, chafed in and ſtopt with black Wooll, helps Pains there; It cures Stiffneſs or Strains, in Man or Beaſt; as alſo Bruiſes, Over-ſtretching of Veins, Fellons, Anguiſh or Swelling of Wounds: It eaſes the Cramp; and is a good and uſeful Balſam in all Families.

For the Biting *of a* Mad-Dog.

TAKE four Ounces of Rue, four Ounces of *London* Treacle, four Spoonfuls of ſcrap'd Pewter, and four Ounces of Garlick; ſtamp the Garlick, and boil all in a Pottle of Stale ſtrong Ale; ſtrain this Drink; let that which is thick be apply'd to the Wound, and take nine Spoonfuls of the clear, for nine Days together.

An Ointment *for a Child that has the Rickets.*

TAKE one Ounce of Beef Marrow, as much Oil of Lillies, and Tamariſk, Bees-wax two Ounces, Gum Ammoniacum

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dissolv'd in Vinegar, half an Ounce; Juice of Briony-roots, Smallage, and Golden-Rod, of each one Ounce; let all boil, 'till the Juice of the Herbs be consumed: With this anoint the Belly of the Child, rubbing it in with your warm Hand by the Fire, half an Hour every Night. 'Tis good if the Belly is swell'd with Rickets, Worms, or Ague.

An Ointment, *for the Back of a Weak Ricketty Child.*

PICK Snails clean out of the Shells, and prick them full of Holes, hang them up in a Cloth, and put a Bason to catch what drops from them; which you must boil up with Speracity, and Blades of Mace, of each one Ounce: Rub this Ointment along the Back-bone, round the Neck, Wrists, and Ancles. Use this constantly Night and Morning, and chafe it in by the Fire: This, with the Drink that follows, has recover'd many Weak Children from Sickness, Lameness and Deformity.

The Ricketty *Drink.*

PUT an Ounce of Rhubarb, three hundred live Wood-lice, Sassafras, China, and Eringo-roots, of each three Ounces; Roots of Osmond-royal, two Ounces; Raisins of the Sun ston'd, two Ounces; Hart's-

Tongue, two Handfuls: Put theſe into ſix Quarts of Small-Ale, and drink, Spring and Fall, no other Drink; 'tis almoſt infallible for weak Children.

A cooling Drink *in a* Fever *or* Pluriſie.

PUT an Ounce of Pearl-Barley, into three Pints of Water, ſhift it twice; beat half an Ounce of Almonds, with a bit of Lemon-peel, and a Spoonful or two of the Water; when they are very fine, waſh the Almond-Milk through your Sieve, with three Pints of Barley-Water; in the laſt boiling of this, you may put Mellon-ſeeds, and Pumpion-ſeeds, of each half an Ounce; white Poppy-ſeeds, half a Dram; when theſe are well boil'd, mix the Liquor with the Almonds, and ſtrain all. Sweeten it with Syrup of Lemons, for a Fever, or Syrup of Maiden-hair, and drink four Ounces every three or four Hours.

Another Drink *in a* Fever.

TAKE a little Sage, a little Balm, and a little Wood-ſorrel, waſh and dry them; ſlice a ſmall Lemon, (after you have par'd it clean from the white and bitter part); To theſe Herbs and ſliced Lemon, pour three Pints of boiling Water: Sweeten

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it to your Taste, and drink as freely as you please.

Another Drink.

TO three Pints of Barley-water, often shifted, put Hart's-horn, and Ivory-shavings, of each three Drams; Quick-grass-Roots, two Ounces; Currants, one Ounce; Red-rose Water, half a Pint; a very little Balm: Let it boil, and sweeten it with Syrup of Lemons or Violets. If the Patient is Costive, a few Drops of Spirit of Vitriol serves instead of Lemons, when that cannot be had: Of this you may drink freely in a Fever or Quinsie.

Another Sort.

CLEAR Posset-drink, pour'd on Wood-sorrel only, is good, and allays Thirst better than any other; and Pippins slic'd into Milk, are as good and better than all, if you have a Lemon to slice in with them, being not sharp enough of themselves to turn it to a pleasant Clearness.

A cold Caudle *in a* Fever.

BOIL a Quart of Spring-water; let it stand 'till cold, then add the Yolk of one Egg, the Juice of a small Lemon, six Spoon-

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ſuls of Sack, and Sugar to your Taſte; Syrup of Lemons one Ounce; if you have not this, freſh Lemons do as well; Brew all together 'till well mix'd, then drink freely.

Elder-flower Water cold ſtill'd, is an excellent Drink for Heat and Thirſt; quicken each Draught with five or ſix Drops of Spirit of Vitriol; and ſweeten it to your Taſte.

Wallnut-Water, *good in* Agues *or* Fever.

TAKE a Pound of Rue, and a Pound of Green Wallnuts, before the Shell be hard, a Pound of good Figs; bruiſe all and diſtil it: Take a Draught before your Fit, and try to ſweat after it.

An excellent Snail-Water *in a* Conſumption.

TAKE a Peck of large Shell-Snails, lay them on a hot Hearth before the Fire; let them lie 'till they have done Hiſſing and Spitting; then wipe them from the Froth, and break them in a Mortar; have a Quart of Earth-worms, ſlit and ſcour'd clean with Salt and Water; beat them with the Snails; then take Angelica, Celendine, Wood-ſorrel, Agrimony, Bearfoot, Barberry-bark, Great Dock-roots, of each two Handfuls; Rue half a Handful, Roſemary-flowers, one Quart; half

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half a Pound of Hart's-horn, Turmarick, and Fenugreek, of each two Ounces; half an Ounce of powder'd Saffron, and three Ounces of Cloves fresh beat; shred these Ingredients, and infuse all in three Gallons of Strong Ale, for twelve Hours; then distil it, and draw off what runs good; and take three Spoonfuls of this in a Glass of Sack or White-wine, an Hour before every Meal. Use moderate Exercise with it: 'Tis highly recommended, and has been us'd with constant Success in Consumptions and Jaundice.

A Posset-Drink, *to be taken before the* Fit *of an* Ague.

POUR a Gallon of clear Posset-drink upon four large Handfuls of Angelica, shred small; let it infuse, 'till 'tis very strong: Let the Person, if possible, drink all, that the Stomach may be perfectly clear; and go into a warm Bed, as soon as the Vomit has done working: Cover yourself close, and try to sweat. It has seldom fail'd, and is a safe Vomit.

A good Epidemick-Water.

TAKE Rue, Rosemary, Pimpernel, Rosa-solis, Balm, Scordium, Carduus, Dragon, Marigold-flowers and Leaves, Goats-Rue, Mint, and Angelica, of each two

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Handfuls; take the Roots of Elecampane, Piony, Mafterwort, and Butter-bur, of each one Pound: Gentian, Tormentil, Scorzonera, and *Virginia* Snake-weed, of each four Ounces; Saffron one Ounce: Infufe all thefe, when fhred, in two Quarts of White-wine, one Quart of Water, and one Quart of *French*-Brandy diftill'd, and ufe it in any malignant Diftemper.

An admirable Poffet-Drink, *in a* Plurifie, *or* Shortnefs of Breath.

INFUSE two Ounces of Flax-feed in a Pint of clear Poffet-Drink; firft bruife the Seeds. Drink this Quantity at a Draught every Morning, and at Night, if very ill.

It has the fame Virtues of Linfeed Oil; but is not fo hard to take.

For an Inflammation *in the* Throat.

INFUSE one large Handful of Cinquefoile in a Quart of Water, let it boil to a Pint; ftrain it, and fweeten it with Honey very fweet, and fwallow two or three Spoonfuls often. This, tho' a fimple Medicine, has done great Cures, and may be rely'd on. The Herb is otherwife call'd *Five-leav'd Grafs*.

For

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For a Cough, *and* Shortneſs *of* Breath.

TAKE eight Ounces of Colt's-foot pick'd clean from the Stalks; beat it to a perfect Conſerve, with four Ounces of Brown Sugar-candy, four Ounces of Raiſins ſtoned: When 'tis very fine, and well mix'd, add four Ounces of Conſerve of Roſes; then add twenty Drops of Spirit of Sulphur, and ten Drops of Spirit of Vitriol: Mix it well, and take as much as a large Nutmeg, as often as you pleaſe. I think the Juice of the Colts-foot, mix'd with the Sugar-candy, is better than the Leaves, without ſtraining.

A good Way to make Caudle.

TO four full Quarts of Water, you may put a Pint of whole Oatmeal; let it boil very ſlow for five or ſix Hours at leaſt; then ſtrain it out, and put to two Quarts three large Blades of Mace, a full Pint and a half of White or Rheniſh-wine; and make it ſweet to your Taſte: And juſt as you take it off the Fire, ſlice in a Lemon from which all the White is cut, which is apt, by lying long, to make it bitter; juſt the Yellow of the Peel may be put in. A little Salt does very well in Caudle, but is not often uſed.

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A very good Purge *in a* Fever.

TAKE Sena two Drams, Rhubarb one Dram, Tamarinds two Drams; boil these in half a Pint of Water, 'till two-thirds be wasted: to what remains, add half an Ounce of Cream of Tartar, sweeten'd with one Ounce of Syrup of Succory, or Syrup of Roses solutive; strain and drink it at a Draught. In the Working, drink clarify'd Whey, rather than Posset-Drink. 'Tis good to cool and thin the Blood.

An Incomparable Drink *in a Thirsty* Fever.

AN Ounce and a half of Tamarinds, three Ounces of Currants, and two Ounces of ston'd Raisins, boil'd in three Pints of Water 'till near one-third be consumed. Strain and drink this when you are Costive.

A Draught *for a* Consumption.

TAKE Mint, and Red-Rose Water, of each two large Spoonfuls, Sugar-candy finely beat, one Ounce; warm these together, with a little grated Nutmeg; pour to it near half a Pint of Milk just warm from the Cow. Drink this twice a Day, for six Weeks in the Spring. It has recover'd many from Weakness, and Faint-Sweats.

An

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An excellent Electuary *for a* Consumption.

TAKE Hore-hound, Hart's-tongue, Liver-wort, Maiden-hair, Egrimony, unset Hyssop, Germander, and Colt's-foot, of each one Handful; boil them in a Gallon of Spring-water 'till half be consumed: Then take three Pounds of Live Honey, half an Ounce of Powder of Elecampane, and an Ounce of Powder of Aniseed; sift them both through a Sieve: Boil these together 'till it come to the Consistence of an Electuary. Take the Quantity of a Nutmeg fasting in the Morning, and fast an Hour after it. Take the like Quantity at Night when you go to Bed.

A Poppy-Water *for* Surfeits.

BREW ten Gallons of strong Ale-wort; when 'tis cool, work it with Yeast, and add as many fresh Red Poppies as the Wort will conveniently wet, so that you may stir it daily: Let the Poppies infuse in this Wort three Days and Nights; then draw it off in a Limbeck as quick as you can, 'till the whole is distill'd off: Mix the Small and Strong together, and take a Glass at any time, with or without Sugar, after a full or disgusting Meal. 'Tis not much stronger than

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than a Simple Water, but has been the only Cordial of an infirm Lady, who has us'd it ever ſince Fifteen, and ſhe is now Ninety-ſeven. This of my own Knowledge.

Another for a Surfeit.

BOIL a Handful of freſh or dry'd Poppies in Ale, with an Ounce of Carraway-ſeeds bruiſed: Sweeten it, and drink a large Draught. If the Stomach is ſo ſick as to diſcharge it, repeat it 'till it does ſtay, and ſleep on it.

A Rich Surfeit Cordial-Water.

TAKE four Pounds of freſh Red Poppies, Infuſe them in four Quarts of Brandy; add to it half a Pound of Dates ſliced, half a Pound of Figs ſliced, a Pound of Raiſins ſtoned; Carraway and Angelica-ſeeds bruiſed, of each one Ounce; Mace, Cinnamon, Cloves, and Nutmeg, of each a quarter of an Ounce; Marigold-flowers, and Balm, of each one Handful; Sugar-candy one Pound, Hot Angelica and cold, of each one Pint: ſteep all theſe a Month, ſtirring them every Day. If you have a convenient Place, let it ſtand in the Sun.

A Whole-

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A Wholesome Cordial.

TAKE one Pound of Gentian-roots sliced, common Dock-roots sliced half a Pound; Centaury, both Flowers and Leaves, of each half a Pound: Put these into a great Glass, with one Pound of Poppies: Pour upon these Ingredients six Quarts of White-wine: Let it stand twenty-four Hours to infuse; then draw it off in a Limbeck. 'Tis good and safe in any Illness of the Stomach.

For the Gout.

MAKE a Conserve of Buck-bean, with the weight in Sugar-candy; beat both fine, and take as much as a large Nutmeg, first and last; and drink a Tea made of the same Herb every Morning and Afternoon, constantly, for one whole Year.

This alone, without any other Medicine, made a perfect Cure in a Person that had been many Years most grievously afflicted; and is effectual in the *Scurvy*, or *Rheumatick Pains*. Where the Patient is weak and very restless, 'tis best to mix a third Part *Venice*-Treacle in the Conserve they take, when going to Rest.

A Drink

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A Drink *for the* Gout.

SArſaparilla eight Ounces, Saſſafras, China, and Hart's-horn-ſhavings, of each three Ounces, Angelica-roots three Ounces, Raiſins one Pound, and the Roots of Sweet-ſmelling Flag, three Ounces; of candy'd Eringo-root half a Pound; hang theſe in ſix Gallons of ſmall Ale, when you tun it up: And as ſoon as 'tis a Fortnight old, drink of it conſtantly.

'Tis an incomparable *Drink* to ſweeten the Blood, and correct thoſe very ſharp Humours, that occaſion that diſmal tormenting Diſtemper.

For the Head-ach.

DRY Roſemary before the Fire 'till 'twill crumble to a very fine Powder; one Pugil of Saffron; and with the Powder of Roſemary and Saffron, make the Yolk of an Egg into a ſtiff Poultis, and lay it as hot as you can endure it to the Temples.

For the Stone *and* Gravel.

TAKE of Caſſia newly drawn, one Ounce and a half, choice Rhubarb in Powder, a Dram and a half, *Cyprus*-Turpentine well waſh'd, ſeven Drams, ſpic'd Diatragacanth one

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one Scruple, Powder of Liquorice half a Dram; mix it in a good quantity of Syrup of Marsh-mallows. Take the Quantity of a Wallnut in a Morning fasting: Drink a Draught of plain Ale Posset-drink immediately after it: then walk an Hour: And after that, drink a Pint (if your Stomach will bear it) of White-wine Posset, sweeten'd with Syrup of Marsh-mallows.

N. B. This was the Prescription of a learned Physician; and has been long kept as a choice Secret in a very charitable Family, who have made numberless Experiments of it with miraculous Success, even to dissolve the Stone.

Another for Stoppage of Water, *in the* Stone.

TAKE four Spoonfuls of the Juice of Parsly in a Pint of White-wine; sweeten it with Syrup of Marsh-mallows, and (if you can) drink the whole Quantity at a Draught.

For the Stone.

MAKE a very strong Decoction of Mallows, thus; Put in half a Peck of Leaves into one Gallon of Water; let it boil to near half the Quantity: Then strain it, and add half as many Leaves, and boil it again: Then

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Then add Liquorice, ſtoned Raiſins, and Syrup of Marſh-mallows, of each two Ounces; and drink continually of this Drink: It has given Eaſe to many in Extremity. Obſerve to ſtrain it clean, and let it ſettle from the Thick before you pour it off.

For the Stone.

TAKE of good White-wine one Pint: Fennel, and Parſly-water, of each one Pint: Into this Mixture put one Ounce of live Wood-lice, well cleanſed, one Lemon ſliced thin, and two Ounces of Syrup of Marſh-mallows; put theſe into a Jug to infuſe for five or ſix Days: Then ſtrain it out, and let the Patient take four Ounces at a time, twice a Day.

For the Scurvy.

TAKE Scurvy-graſs, Garden-Tanſey, Wood-ſorrel, and Golden-rod, of each one Handful; beat theſe Herbs to a Conſerve with their weight in Sugar; add to them an Ounce of Powder of Wake-Robin: Take as much Syrup of Oranges as will make this into an Electuary, of which take a Dram three times a Day, for ſix Weeks together, in the Spring; drinking after it the following *Drink*.

TAKE

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TAKE Garden-Tanſey, Garden-Scurvy-graſs, of each ſix Handfuls; Buck-bean, Water-creſſes, Brook-lime, and Wood-ſorrel, of each four Handfuls, the Peel of ſix Oranges, and one Ounce of Nutmegs bruiſed: Infuſe theſe in two Gallons of new ſtrong Ale-wort; let it work together a Day and a Night; then diſtil it off in a cold Still as long as it runs good; Mix the Small, and drink a Wine-Glaſs-full after every Doſe of the *Electuary*.

This has been taken with great Succeſs, by People who have been much afflicted with *Scurvy-Pains*, and *Spots*. It has, by conſtant Taking, cur'd a *Rheumatiſm*.

For the ſame.

ONE Handful of Garden-Tanſey, as much Sage, and twice as much Scurvy-graſs, ſteep'd in two Quarts of White-wine, or Strong Ale. Drink half a Pint of this, Morning and Night.

For the ſame.

INTO five Gallons of well-brew'd Small-Ale, put in a Bag one large Handful of Fir-tree-Tops cut ſmall, two Handfuls of Scurvy-graſs, as much Water-creſſes, one Pound of Burdock-root ſcraped and ſliced, the

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the Juice and Rinds of twelve *Sevil*-Oranges; let these be put in while the Ale is working: When it has done, stop it down 'till 'tis Fine; then drink of it for a Month, or Six Weeks.

Use the same for a *Dropsy*; adding only a quarter of a Pound of Mustard-seed, and half a Pound of Horse-radish Root.

An Excellent Purging Ale *for a* Dropsy.

SENA four Ounces, Sassafras, and Tartar, of each two Ounces; Jalop, and Liquorice, of each one Ounce; Rhubarb, Coriander, and Aniseed, of each one Ounce; Polypodium eight Ounces, Broom-ashes one Quart, and one Ounce of Cloves; put all in a Bag, with some little Weight to sink it: Take Scabious, and Agrimony, of each three Handfuls; of the Roots of Daneswort one Handful, Raisins of the Sun stoned one Pound, with a little Ginger: Put these Ingredients into sweet Ale-wort when you put in your Hops, and let all boil together half an Hour; then pour it scalding-hot on your Bag of Drugs: When 'tis cold enough, set it to work with Yeast: When it has done working, stop it up for Twelve Days, or a Fortnight: Hang the Bag of Drugs in the Vessel,

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Vessel. Drink a large Glass of this in the Morning, and at Four in the Afternoon, unless you find it works too much at first; if so, lessen your Dose; but take it Daily, 'till you have taken all.

For a Dropsy.

TAKE Broom, and burn it by itself, in a clean Oven; shift the Ashes from the Stalks and Coals that are not quite consumed, and put two full Pounds of these Ashes into a two Quart Bottle; pour on Old Hock, 'till the Bottle is up to the Neck; take care 'tis not too full; if it has not room to ferment, 'twill be apt to split the Bottle: digest it in hot Ashes by the Fire, or in the Sun, and shake it often; when it has stood three or four Days, pour off a Quart of the clear Lye: If it is not perfectly fine, decant again and again, 'till it is so; fill up your Bottle again with Hock, and do as before, 'till all the Strength of the Ashes be out. Drink this first, and at four or five in the Afternoon; continue it for some time, and 'twill carry off the Dropsical Humours: While you take it, let the Meat you eat be dry roasted; and your Drink, strong Ale or Wine.

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For the Dropſy.

MIX four Ounces of Syrup of Elder-berries, with two Ounces of Oil of Turpentine, incorporate them well together; and take one large Spoonful of this Mixture, firſt and laſt, for a Fortnight.

Note, That Sea-bisket, and New Raiſins of the Sun (if they can be had) eaten conſtantly, inſtead of Suppers, have cured that Diſtemper without Phyſick: Eſpecially if the Party can refrain from ſmall Liquors.

For the Jaundice.

CUT off the Top of a *Sevil*-Orange, and take out, as well as you can, the middle Core and Seeds, without the Juice; fill the Vacancy with Saffron, and lay the Top on again; then roaſt it carefully without burning, and throw it into a Pint of White-wine: Drink a quarter of a Pint faſting, for nine Days; it greatly ſweetens and clears the Blood.

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To Sweeten the Blood, *in* Scurvy, Jaundice, *or any Pains in the* Limbs.

TAKE Scurvy-grass, Maiden-hair, Wild Germander, Wood-sorrel, Fumitory, of each half a Handful; Wild Mercury one Handful, Damask-Roses two Handfuls; put these into two Quarts of clarify'd Whey; let all stand 'till 'tis scalding hot, then strain it off; and drink half a Pint at a Draught, four or five times in a Day, for a Month or five Weeks in the Spring. This is highly recommended in the Gout.

A good Bitter Wine.

TAKE two Quarts of strong White-wine, infuse in it one Dram of Rhubarb, a Dram and half of Gentian-root, Roman Wormwood, Tops of Carduus, Centaury, Camomile-flowers, of each three Drams, Yellow Peel of Oranges, half an Ounce; Nutmegs, Mace, and Cloves, of each one Dram: Infuse all these two Days and Nights; strain and drink a Glass fasting, and an Hour before Dinner, and Supper: Add Filings of Steel (if 'tis proper) two Ounces.

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A Pleasant and Safe Medicine, *for the* Yellow Jaundice.

ROAST a large Lemon 'till 'tis soft, take care it do not break; cut it and squeeze it (while 'tis very hot) upon a Dram of Turmerick slic'd or grated, and half a Dram of Saffron; pour upon these Ingredients a Pint of good White-wine: Let all infuse one Night; and in the Morning fasting, take a quarter of a Pint of this Liquor; sweeten it to your Taste with Sugar-candy; or if your Stomach can bear it, the Sugar-candy may be omitted; repeat this for four Mornings, or longer if you have Occasion. 'Tis for the most Part a certain Cure.

For the Stone.

WASH, dry, and very finely powder, the inner Skin of Pigeons-Gizzards: Take as much as will lie on a Shilling of this Powder, in a Glass of White-wine. This does very often give Ease in racking Pain.

Another for the Stone.

DRY and powder the Haw-thorn Berries, and take as much as will lie on a Shilling in a Glass of White-wine: This has done great Cures, by constant taking; it may

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may be taken in Ale, if you cannot have Wine; the Virtue is in the Berry, and has been experienc'd to the great Eaſe of many poor People, in Ale as well as Wine; but the laſt is beſt: And a Poſſet-Drink turn'd with White-wine, is a proper Vehicle for it; taking it Faſting, or when in Pain.

An excellent Drink *in the* Gout *or* Rheumatiſm.

TAKE ſix Ounces of Saſſafras; Sarſaparilla, and China, of each four Ounces; Liquorice and Aniſeeds, of each two Ounces; Sage of Virtue, half a Handful; Candy'd Eringo-root, two Ounces; Raiſins and Figs, of each half a Pound: Put all theſe into four Quarts of Water; let it infuſe over a ſlow Fire, 'till one third is waſted. Strain and drink it conſtantly, to ſweeten the Blood.

A good Mouth-Water, *to be us'd Daily in the* Scurvy.

TAKE half a Handful of Red-roſe-Leaves, three Ounces of Black-thorn Bark ſlic'd, a bit of Allom; boil theſe in a Pint of Claret, and as much Water, 'till a third is waſted; then put in the Peel of one *Sevil*-Orange, a Handful of Scurvy-graſs, and as much Powder'd Myrrh as will lie on a Shilling; ſtir all together, and let it boil up;

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then ſtrain it, and hold a Mouthful as long as you can, once or twice a Day: It faſtens looſe Teeth, and makes the Gums grow up to the Teeth.

A Gargle *for a* Sore Throat.

TAKE Plantain, and Red-Roſe Water, of each half a Pint; the Whites of Eggs beat into Water, four Spoonfuls; Juice of Houſe-leek, freſh beat, four Spoonfuls; as much of the Water in which Jews-Ears have been boil'd; twenty drops of Spirit of Vitriol, and an Ounce of Honey of Roſes.

For a Canker *in the* Mouth *or* Gums.

MIX forty drops of Spirit of Vitriol, in an Ounce of Honey of Roſes: Keep the ſore Place always moiſt with this Mixture; and 'tis a certain Cure.

A Gargle *in the* Palſey.

PUT a large Spoonful of Muſtard-ſeed, bruis'd, into a Pint of White-wine; drop in Spirit of Vitriol, to make it ſharp; and waſh your Mouth often in a Day, hold it as long at the Root of your Tongue, as you can endure it at a time.

Another

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Another Gargle *in the* Palsey.

POUR a Quart of boiling Water upon a very large Handful of Lavender-flowers; let it Infuse in the Ashes, 'till 'tis very strong; strain it, and add a Spoonful of Vinegar, a Spoonful of Hungary-water, and a Spoonful of Honey. Wash your Mouth often with this; it is a very good Gargle.

A constant Daily Wash *for your* Teeth.

TO one Quart of Claret, put an Ounce of Bole-armoniac, half an Ounce of Myrrh, one Dram of Allom; Salt of Vitriol, ten Grains; an Ounce of Hungary-Water, and two Ounces of Honey of Roses; when these have stood in a warm Sun, or near the Fire for three Days, set it by to settle; and pour a Spoonful of it into a Tea-cup of Water, with which wash your Teeth: It preserves them sound, and makes them white.

To clean very foul Spotted Teeth.

MAKE a Skewer very sharp at one end, over which wind a bit of fine Rag, tie it on very hard, and cut it very sharp, that it may be like a fine Pencil for Painting; dip this in Spirit of Salt, take it out immediately, and dip it then into a Cup

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of fair Water, in which hold it for a Moment; with this Rag ſo carefully wet, rub your Teeth, and take care you do not touch your Lips or Gums; have a Cup of cold Water ready to waſh your Mouth, that the Rag has not been dip'd in: with this you may make any furr'd Teeth as white as Snow; but you muſt not uſe it often or careleſly. When they are once thus clean'd, the Claret-waſh will preſerve them ſo.

A Mucilage *in a* Sore Throat.

TAKE four Drams of Quince-ſeed, decoct it in a quarter of a Pint of Roſe or Plantain-water, 'till 'tis a ſtrong Jelly; add a Spoonful of the White of an Egg beat to Water; and ſweeten it with Syrup of Mulberries or Rasberries.

To Cure a Cough *and* Shortneſs of Breath.

TAKE Elecampane-roots, and boil them very tender and pulp them fine through a Sieve; take their weight in the Pulp of coddled Pippins; if you have a Pound weight of both together, boil it in a Pint and half of clarify'd Honey, for half an Hour; then take one Ounce of Powder of Liquorice, and as much Powder of Aniſeeds; mix all well together, and take a Dram Morning and Night,

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Night, and in the Afternoon: 'Tis an excellent Medicine in an Asthma.

Another for a Cough.

ROAST a large Lemon very carefully without burning; when 'tis thorough hot, cut and squeeze it into a Cup, upon three Ounces of Sugar-candy finely powder'd; take a Spoonful whenever your Cough troubles you: 'Tis as good as 'tis pleasant.

For the same.

TAKE two Ounces of Syrup of Poppies, as much Conserve of Red Roses; mix and take one Spoonful for Three Nights, when going to Rest.

For the same, with a Hoarseness.

SYRUP of Jujubes and Althea, of each two Ounces, Lohoch Sanans one Ounce; Saffron and Water-flag powder'd, of each a Scruple: Lick it off a Liquorice-stick when you cough.

For

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For a Hoarſeneſs.

TAKE every Night, going to Reſt, half a Pint of Mum, as warm as you can drink it at a Draught, for three Nights together.

For a Hooping-Cough, *very good.*

TAKE a Quart of Spring-water, put to it a large Handful of Chin-Cups that grow upon Moſs, a large Handful of unſet Hyſſop; boil it to a Pint; ſtrain it off, and ſweeten it with Sugar-candy. Let the Child, as oft as it coughs, take two Spoonfuls at a time.

For a Cough.

MAKE a ſtrong Tea of Ale-hoof, ſweeten it with Sugar-candy, pour this upon a white Toaſt, well rubb'd with Nutmeg, and drink it Firſt and Laſt.

For a Conſumptive Cough.

TAKE half a Pound of double-refin'd Sugar finely beat and ſifted, wet this with Orange-flower Water, and boil it up to a Candy-height; then ſtir in an Ounce of Caſſia-Earth finely powder'd. If you love Per-

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Perfume, a Grain of Amber-greese does well; drop it in little Cakes on a Mazareen that has been butter'd, and wip'd.

This has cured those that have spit Blood.

A very good Pectoral Drink *for the same.*

TAKE Quitch-grass-roots, two Ounces, Eringo-roots one Ounce, Loris two Drams, Hart's-horn one Ounce, Raisins stoned two Ounces, six Figs, one Spoonful of Pearl-Barley, Colts-foot and Sage of Jerusalem, of each one Handful; boil these in three Pints of Water 'till a third-part is wasted; strain it, and dissolve therein two Drams of Sal-prunella, and one Ounce of Syrup of Violets. Drink a quarter of a Pint often, when you cough, or are dry.

Pills *for* Shortness of Breath.

TAKE a quarter of an Ounce of Powder of Elecampane-root, half an Ounce of Powder of Liquorice, as much Flower of Brimstone, and Powder of Aniseed, and two Ounces of Sugar-candy powder'd; make all into Pills with a sufficient Quantity of Tar: Take four large Pills when going to Rest.

This is an incomparable Medicine for an *Asthma.*

Another

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Another for the ſame.

HALF a Pint of the Juice of Stinging Nettles; boil, and ſcum it, and mix it up with as much clarify'd Honey: Take a Spoonful Firſt and Laſt. It has done mighty Cures.

For an Aſthma.

TAKE Hyſſop-water, and Poppy-water, of each five Ounces: Oxymel of Squils three Ounces, Syrup of Maiden-hair one Ounce: Take one Spoonful when you find any Difficulty of Breathing.

A good Drink *in a* Conſumption.

TAKE of St. John's-wort, the Great Daiſy-flowers (called Ox-eyes) and Scabious, of each two Handfuls; boil theſe in a Gallon of Spring-water, 'till half be waſted; then ſtrain it, and ſweeten it with clarify'd Honey to your Taſte: Take a quarter of a Pint of this in half a Pint of New Milk; make your Liquor juſt ſo warm; and take it in a Morning, and at Four in the Afternoon.

This *Drink* is highly recommended, and that too upon long Experience.

A Pow-

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A Powder *for a* Consumption.

TAKE twelve Dozen of the smallest Grigs you can get, wipe them very clean; bake them in a well-glaz'd Pan all Night; set it into the Oven again 'till they are dry enough to Powder; then make them into a very fine powder, and take as much as will lie on a Half-Crown, three times a Day, drinking with it a Glass of Old Malaga, or Canary.

'Tis restorative, and well approv'd by many who have try'd it with Success.

For Sweating in the Night, *in a* Consumption.

DRINK a Glass of Tent, or Old Malaga, with a Toast, every Morning early, and sleep an Hour after it.

This is good for Consumptive Persons, or such as are Weak, in recovering a long Sickness.

For a Shortness of Breath.

TAKE Flower of Brimstone, and Elecampane-root finely powder'd, of each an equal quantity; mix this into an Electuary with clarify'd Honey, and take it whenever you cough, or find it difficult to breathe.

For

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For an Asthma; *Incomparable.*

TAKE Juice of Hyssop, Juice of Elecampane-root, of each one Pound; boil these to a Syrup, with double their weight in Honey or Sugar-candy: Take one Spoonful of this Syrup, in two Spoonfuls of Hyssop-water, and one Spoonful of compound Briony-water; take this three times a Day.

For a Cough *and* Shortness of Breath.

TAKE Elecampane-roots, one Ounce; Saffron, a quarter of an Ounce; Ground-Ivy and Hyssop, of each one Handful; boil this in two Quarts of Water, 'till 'tis above half consumed; strain it out, and sweeten it with Sugar-candy, and take three Spoonfuls often.

Another for the same.

SYRUP of Garlick two Spoonfuls, or the Cloves of Garlick preserv'd; either of them very good; but if the Breath be very bad, 'tis best to lose nine or ten Ounces of Blood, if the Patient can bear it, before you begin to take so hot a Medicine.

Another

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Another for the ſame.

TAKE one Spoonful of Linſeed-Oil new drawn, Firſt and Laſt: This is good in a Pluriſie, or any other Cough; and may be uſed ſafely at any Age.

For a Chin-Cough.

DRY the Leaves of Box-Tree very well, and powder them ſmall; and give the Child of this fine Powder, in all its Meat and Drink, that it can be diſguiſed in: 'Tis excellent in that Diſtemper.

An admirable Electuary *for a* Cough.

TAKE Syrup of Hore-hound, Ground-Ivy, and white Poppy, of each one Ounce; Crabs-eyes, one Dram; and Spermaceti, half a Dram; mix and beat theſe very fine, and take a little Spoonful when your Cough is troubleſome, and at going to Reſt.

For the Pleuriſie.

TAKE Broom-tops, Dandelion, Red-Poppies, and Hyſſop, of each two Handfuls ſhred; Flax-ſeed bruis'd, two Ounces; four Ounces of freſh Orange-peel, and nine large Balls

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Balls of freſh Stone-horſe-dung; to theſe Ingredients, put a Gallon of Milk, and diſtil it in a cold Still: 'Tis an incomparable Water, and may be drank freely of. If you think it too cold, add a Spoonful of Sack or White-wine, in every Glaſs.

Another.

MAKE a Poſſet-Drink pretty clear, with ſmall Ale and White-wine; and to a Quart of that, put three Balls of Horſe-dung, and one Ounce of Angelica-ſeeds; let it infuſe three Hours; Strain and drink often, half a Pint at a time: This has the ſame Virtue, and is ſooner prepared; but 'tis ſo very nauſeous, that many Stomachs cannot bear it.

An excellent Water *for the* Stone-Cholick.

PUT four Pounds of Haw-berries bruis'd, into four Quarts of ſtrong White-wine; let it ſteep twenty-four Hours; then draw off, in a cold Still, two Quarts of very ſtrong; and what runs after, keep by itſelf: A quarter of a Pint of the Strongeſt, has given Eaſe in very bad Fits at once taking; but if it comes up, you muſt repeat it 'till it does ſtay.

For

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For the Cholick.

SLICE one Ounce of the very best Rhubarb you can get, into a Quart of Sack; let it infuse twelve Hours at least, then drink four large Spoonfuls, and fill your Bottle up again: Drink this Quantity once a Day for six Weeks or two Months at least; when your Rhubarb has lost its Virtue, you must put fresh. This has cured some People, who could not find Ease in Opiats, nor the Bath; it must be constantly continued, till the Bowels and Blood are strengthened: It has done such miraculous Cures, where even Laudanum could not; that 'tis impossible to praise it so much as it deserves.

I do therefore advise every Person so afflicted, for their own sakes, to make the harmless Experiment.

For the Cholick.

TAKE a Quart of Double-still'd Aniseed-water; infuse in it one Ounce of Hirapicra; stop it very close, and keep it near a Fire, where it must stand some Days; shake the Glass twice every Day: Take three or four Spoonfuls of this in a Fit, when 'tis new; less will serve, after it has stood a Year or two.

For a Convulsive-Cholick.

TAKE Yellow transparent Amber, grosly powder'd; Ginger minced; mix

and fill a Pipe, ſmoke three or four while in Pain, and always going to Reſt.

Another for the Cholick.

BOIL four Spoonfuls of right good *Iriſh* Uſquebaugh, in half a Pint of Ale, ſlice in a little Ginger, and ſweeten with Syrup of Rhubarb: This is a pretty certain Cure, and ſeldom fails to give preſent Eaſe.

For the Cholick.

TAKE the thin Peel that comes off the Kernels of a ripe Wallnut dry'd and beat to Powder; the thin yellow Peel of Orange powder'd; of each a like Quantity; mix in a Cup of hot Ale, and drink it up. A ſmall Spoonful of the Powders, mix'd, is a Doſe.

For a Stitch *in the* Side.

TAKE Powder of Angelica-ſeed, and a large Acorn dry'd and powder'd, of each a like Quantity; drink after it a Glaſs of Black-Cherry Water.

A Poſſet Drink *for a* Cough.

TAke one Handful of Hyſſop, four Sprigs of Minth, as much Savoury and Angelica, one Handful of ſton'd Raiſins, and twelve Figs; infuſe all theſe in three Pints of clear Poſſet-drink; add, when ſtrain'd, one Ounce of Syrup of Maiden-hair, as much Syrup of Violets: drink often.

To

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To Cure Deafness.

TAKE clean fine black Wooll, and dip it in Civet, put it into the Ear; as it dries, which in a Day or two it will, dip it again; and keep it moisten'd in the Ear for three Weeks or a Month.

Another.

TAKE an equal Quantity of good *Hungary* Water, and Oil of bitter Almonds, beat them together; and drop three Drops in the Ears going to Bed; stop them with black Wooll, and repeat this nine Nights at least.

Another for a Pain *in the* Ear.

THE Juice of Mountain Sage, Oil of Fennel, Oil of bitter Almonds, Oil of Olives; take an equal Quantity of each, and mix them well together: Drop into the pained Ear three Drops, for three Nights. 'Twill ease and draw out any Imposthume, if that be the Cause.

For a Pain *in the* Ear.

TAKE half a Pint of Claret, a quarter of a Pint of Wine-Vinegar; put in Sage, Rue, and Rosemary; let it boil up; put it into a new Mug, and hold your Ear close, so that the Steam may be sure to go in: As it cools, heat it again and again; and

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when the Strength is pretty well wasted, wrap your Head very warm, and go into Bed.

For a violent Cholic-Pain *in the* Side.

MIX an equal Quantity of Spirit of Lavender, Spirit of Sal-Armoniac, and *Hungary*-water; rub it in with a very hot Hand, and lay a Flannel on as hot as you can bear it. Repeat this often.

For a Blow *or* Hurt *in the* Eye.

BEAT the Leaves of Eye-bright with a rotten Apple; lay it on the Eye as a Poultis: Repeat it as it grows dry. I think the Juice of the Eye-bright is best.

A certain Remedy to take Fire *out of a* Burn.

BEAT an Apple with Sallad Oil, 'till 'tis a Poultis pretty soft; bind it on the Part; and as it dries, lay on fresh. You must be sure to pare, core, and beat your Apple well, for fear of breaking the Skin of the Burn: But if the Skin be off, there is not any thing in Nature so sure to take out the Fire.

An excellent Ointment *for a* Pain *in the* Side.

BEAT two Ounces of Cummin-seed very fine; sift it, and put to it two Spoonfuls of Capon-grease, and two Spoonfuls of Linseed-Oil; make it hot over the Fire, and anoint

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anoint the Side with it: Dip a Flannel in the Ointment, and lay it on as hot as you can endure it.

For a Pleurisy *and* Fever.

AFTER Bleeding once or twice, as there is Occasion, let the Patient take an Ounce of Linseed-Oil new drawn; sweeten it with Syrup of Lemons; shake them together 'till they mix, and let this Quantity be taken every four Hours: At going to Rest, let them take thirty Grains of *Gascoign*-Powder, with a composing Draught. They must forbear Malt-drink; and take care they do not catch cold.

This has done great Cures, when taken in time, and will prevent the Distemper falling upon the Lungs.

For a Looseness.

TAKE a quarter of an Ounce of Hipecacoanna, decoct it in an equal Quantity of Claret and Water; let it boil from a Quart to less than a Pint; strain it, and add one Spoonful of Oil; give it in a Clyster to the Party afflicted. If the Patient is weak, or a Child, you must infuse less of the Root; two Drams being a full Quantity for a strong Man.

It has cured the most violent Illness of that sort, and was recommended on the Experience of a worthy and ingenious Physician.

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The beſt Way of burning Claret *for a* Looſeneſs.

TAKE a large Quart-Bottle that will hold more than a Quart of Wine; put to that Quantity half an Ounce of Cinnamon, four large Blades of Mace, and a large Nutmeg ſliced; put a Cork into the Bottle, to keep in the Steam, but don't ſtop it cloſe or hard, for fear of breaking: Set this Bottle of Wine and Spice into a Skellet of cold Water, and let it ſimmer 'till the Wine is a little waſted; ſweeten it with Loaf-Sugar, and drink often, if the Patient have a cold decay'd Stomach, and no Fever.

For a Looſeneſs.

TAKE an Ounce of Cinnamon, and as much Ginger; ſlice both ſmall, and ſtrew it on a Chafing-diſh of Coals, over which let the Patient ſit as long as the Fume laſts.

For a Looſeneſs.

TAKE three large Nutmegs, and the weight of them in Cinnamon; grate and beat the Spice extremely fine; make it into a moiſt Paſte with new-lay'd Eggs, dry them in little Cakes, in a Shovel, over a gentle Fire: Eat the bigneſs of a Half Crown, firſt and laſt, and at Four in the Afternoon.

Another

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Another for a Looseness.

TAKE a Quart of new Milk, and set it on the Fire 'till it boil; then scum it, and let it boil, and scum it again, as long as any Scum rises: When 'tis almost cold, to the clear Milk put two-penny-worth of Aqua-Vitæ, and let it stand: 'twill jelly, and keep (in a cool Vessel and Place) two or three Days. It has done great Cures.

Cinnamon-Water *for a* Looseness *and* Fever.

BOIL a Pound of Pearl-Barley, and six Ounces of Plantain-Seed, in six Quarts of Water; when both are tender, pour it upon eight Ounces of Cinnamon: Let it infuse all Night, and next Day draw it off in a cold Still: Let the Patients drink of this as often as they please: If they like it sweet, put in double-refin'd Sugar.

For a Looseness *and* Gripes.

MIX up twenty Grains of Rhubarb, three Drops of Oil of Cinnamon, and three Drops of Oil of Juniper, in near a Dram of good *Venice*-Treacle; make it into a Bolus, and take it all over Night. Next Morning, in the working, drink warm Posset-drink in which Mallows have been infus'd.

This has done great Cures, when the Distemper has been very dangerous.

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Another for a Looſeneſs *and* Gripes.

INfuſe a Pound of Poppies, in half a Pint of Spirit of Wine: Take a large Spoonful of this Liquor, with ſix Drops of Oil of Juniper, in a Glaſs of Black-Cherry Water, ſweeten'd with double-refin'd Sugar. 'Twill give Eaſe in extreme Pain and Torture.

Note, You muſt mix your Oil with the powder'd Sugar before you put it into the Liquor, or 'twill ſwim on the Top, and not mix.

For the ſame.

PUT a large Spoonful of good Plantain-ſeed into half a Pint of Spring-water; boil it half away, and ſtrain it out; ſweeten it with double-refin'd Sugar, and drink it all.

It often cures at once; but muſt be repeated, if there be Occaſion.

To help a Hot *and* Coſtive Habit *of* Body.

PReſerve green Wallnuts before the Shell is hard, after they have lain a Day and a Night in Water, firſt prick'd full of Holes; boil and ſhift the Water often, till they are tender; ſtick in each a bit of candy'd Orange-peel, and take their weight in a ſweet *Lisbon* Sugar; boil them up, and take two, three, or four of theſe when going to reſt.

They are a gentle, wholeſome, and certain Purge.

Another.

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Another.

DISTILL a Quantity of Wood-ſorrel Water in the Spring, and ſweeten it with Syrup of Violets: An Ounce of Syrup to a quarter of a Pint of Water is a Doſe for any Body, and may be ſafely taken, even in a Fever, or Lying-in: A leſs Quantity for a Child.

Another.

ROASTED Apples, with Carraway-Comfits, eaten conſtantly every Night, has been the Method of a Gentleman of Fourſcore, who has hardly ever taken other Phyſick, or omitted this for Fifty Years, and never felt the Gout, or Stone, or any other Diſtemper incident to old Age.

Another.

BOIL a few Mallows in one Porringer of Water-gruel; ſtrain it out, and inſtead of Salt, put in a Pugil of Cream of Tartar: Let this be your Morning's Draught.

Another.

ONE Spoonful of Syrup of Peach-Bloſſoms, taken in a Glaſs of the Water diſtill'd from the Leaves, or in which the Leaves and Worm-ſeed have been decocted, is a moſt ſafe and certain Medicine for the Worms in Children.

AD-

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ADDITIONS *to* PART I.

To make Catchup *that will keep good Twenty Years.*

TAKE a Gallon of ſtrong Stale-Beer, one Pound of Anchovies waſh'd and clean'd from the Guts, half an Ounce of Mace, half an Ounce of Cloves, a quarter of an Ounce of Pepper, three large Races of Ginger, one Pound of Shallots, one Quart of flap Muſhrooms, well rubb'd and pick'd; boil all theſe over a ſlow Fire, till 'tis half waſted, then ſtrain it thro' a Flannel-bag; let it ſtand till 'tis quite cold, then bottle, and ſtop it very cloſe. This is thought to exceed what is brought from *India*; and muſt be allowed, the moſt agreeable Reliſh that can be given to Fiſh-Sauce. One Spoonful to a Pint of melted Butter, gives Taſte and Colour, above all other Ingredients.

Note, That the ſtronger and ſtaler the Beer is, the better the Catchup will be.

To make Catchup *of* Muſhrooms.

TAKE a Stew-pan full of the large flap Muſhrooms, and the Tips of thoſe you wipe

wipe for Pickling; ſet it on a ſlow Fire, with a Handful of Salt; they will make a great deal of Liquor, which you muſt ſtrain, and put to it a quarter of a Pound of Shallots, two Cloves of Garlick, ſome Pepper, Ginger, Cloves, Mace, and a Bay-leaf; boil and ſcum it very well; when 'tis quite cold, bottle, and ſtop it very cloſe.

Paris Pyes.

TAKE a Capon and parboil it a little; bone and skin it, then ſhred it extremely fine; ſhred alſo as ſmall, one Pound of Beef-ſuet. Beat a Pound of Blanch'd Almonds, with ſo much Sack and Orange-flower Water, as will keep them from Oiling. Seaſon all with Nutmeg, Cloves and Mace, a little Salt, and twice as much fine Sugar as there is Spice and Salt; mix all very well together, and make them into little puff-paſte Patties to bake or fry; before you cloſe them, you muſt lay candy'd Orange, Lemon and Citron-peel, in thin Slices, with bits of Marrow, and the Kernels of Piſtachia Nuts.

Note, That large Chicken does as well as Capon, and is an exact Quantity for half the Suet and Almond.

A Steake Florendine.

CUT a Neck of Mutton into Steakes, take off the Skin and ſome of the Fat at the thick End; ſeaſon it with Pepper and Salt, put

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put into the Dish one Anchovy shred small, a little Nutmeg slic'd thin, and a little Thyme shred fine, lay in the Steakes, and a Pint of Oisters, fifty Balls of Forc'd-meat, half a Pint of Claret, and as much Water, cover the Dish with a Puff-crust, and bake it.

Beef Alamode, *to eat hot.*

TAKE the Round of a Buttock of Beef from the Under-side, let it be about three Inches thick; if you like it red, let it lie a Day and Night rubb'd over with Salt-Petre; when that is done, take off the Fat, and chop it with Parsly, Thyme, Sweet-marjoram, and a little Onion (if you like it) add to this Pepper, Salt, Cloves and Mace; work it up in form of Sausages, then cut some fat Bacon into Slips of the same Thickness, and cover it over with the Salt and Spice, without the Herbs; cut the Beef into holes, about two Inches distant from each other, and quite through the Beef; stuff into one the spiced Slips of Bacon, and into the other the Forc'd-meat, till all is full, strew Salt all over it, put it into your Stew-pan, with half a Pound of Butter, set it on a quick Fire, that it may be brown and harden on the outside, turn and flower it, that both sides may be alike; then put half a Pint of Water to it, and cover it close; put it over a slow Fire, that it may stew leisurely seven or eight Hours;

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Hours; when it grows dry, add a Cup of Water or Gravy. The Liquor 'tis ſtew'd in, if clear'd from Fat, and ſhook up with Claret, is the Sauce to it; to which you may add Muſhrooms, Sweetbreads, Artichoke-bottoms, or what you pleaſe for Ornaments, but the Gravy and Claret are ſufficient to make it as ſavoury a Diſh as can be eat, and 'tis as good to ſlice cold as eat hot.

Pan-Puddings *to fry.*

TO a full Pint of Milk, you may put near three quarters of a Pound of Flower, ſix Ounces of Beef-ſuet ſhred very fine, and ſifted through a Cullender, ſix Ounces of Currants pick'd, waſh'd and plump'd, a little Salt, a little Nutmeg, and a little Sugar, if you like it, but they are lighteſt without; three or four Eggs beat and ſtrain'd; mix all well together, fry them in a large Quantity of Lard or Dripping, and make them little bigger than Fritters.

A Spaniſh Potatoe *or* Parſnip *Fritter.*

TAKE two large *Spaniſh* or *Portugal* Potatoes, boil, peel and ſcrape them, beat them with four Eggs, leave out two of the Whites, a large Spoonful of Cream, and as much Sack as Cream, a little grated Nutmeg; beat all for one Hour, till they are very light, and fry them in a large Quantity of Lard. The Sauce that is ordered for

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for them, is melted Butter, Sack and Sugar, but Lemon and Sugar gives more Quickneſs to the Fritter, and is leſs apt to diſagree with the Stomach. *Note*, That Parſnips are as good as Potatoes.

To boil Garden Things *green.*

YOU muſt be ſure the Water boils when you put in your Peaſe, Greens, French-beans, or Aſparagus; when they are in, make it boil very faſt again, you need not cover them, but watch them, and may be aſſured they are enough when they begin to ſink to the Bottom, provided they have boil'd all the time; take them out as ſoon as they ſink, or they immediately change Colour.

To Pickle Lemons.

TAKE large Lemons, and grate off a little of the yellow Rind, make eight Scores in the Peel long-ways; then lay them in the Sun, and take care no Rain comes to them, for ſix Weeks, when they will be dry; put them into a Jar when you have fill'd them with Muſtard-ſeed, pour Muſtard-ſeed and White-wine Vinegar over them, with ſome ſlic'd Ginger in it; put as much of this Pickle as will cover them.

To Pickle Artichoke Bottoms.

TAKE Artichokes before they are at their full growth, boil them fit to eat, then

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then pull off the Leaves quick, and put the Bottoms into cold Water; ſhift them twice, let them lie twelve Hours in the third Water; then wipe dry, and put them into Jars, and cover them with a Pickle made of White-wine, and White-wine Vinegar; one part Wine, two parts Vinegar; half an Ounce of Mace, as much Cloves and Pepper, all whole; boil it up, and let it ſtand 'till 'tis cold before you put it to the Bottoms.

To keep Wallnuts *good all the Year.*

PUT them into a Jar, on a Layer of Seaſand, ſtrew Sand again, and ſo another Layer of Nuts 'till 'tis full, and be ſure they do not touch each other in any of the Layers; when you would uſe them, lay them in warm Water, ſhifting it as it cools for an Hour; then rub them dry, and they will peel well, and eat ſweet. Lemons will keep thus cover'd with Sand, longer than any other way you can try.

To keep Gooſeberries *for* Tarts *all the Year.*

GATHER them at their full growth before they turn from the green Look, Top and Tail them, then put them into large-mouth'd Bottles, put Corks in the Bottles, and ſet them into a Kettle of Water up to the Neck, but take care the Cork be not

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not wet; let the Water heat over a flow Fire, till the Gooſeberries begin to look white or break; ſet the Bottle on a Cloth, when they come hot out of the Kettle, becauſe 'tis apt to break; when they are cold drive the Corks hard in, and pitch them down.

To keep White-Bullice *or* Pear-Plumbs.

GATHER them when full grown, and before they turn, pick out the largeſt, and to the ſmall ones, put as much cold Water as will make Liquor to cover the fine ones, let theſe boil gently till they are ſoft, then ſtrain the Liquor from them, and let it ſtand till it is cool enough to bear your Finger; then put your large ones into this Pickle till they are quite cold, then you muſt put them into large-neck'd Bottles, or ſmall Jars, and lay Paper, cut fit, upon them, over which pour melted Butter, or rather ſweet Oil; if you are careful in taking it off, this Method ſeldom fails.

To keep Damaſcens *for* Tarts.

YOU muſt make a Syrup of a Pound and half of Sugar, to a Quart of Water, boil and ſcum it very clear, when cold put them into the Syrup, ſet them down on a ſoft Fire, and keep them down in the Syrup, and gently ſtirring 'till they are ſcalding hot, then ſet them off till cold, put them into little Pots or Jars, ſuch as you can uſe at once; for

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for when any of these Fruits are expos'd to the Air, they spoil in a Day or two, unless such Sweet-meats as you preserve with full weight of Sugar: Cover these over as the other, with melted Butter or Oil; Beef-suet is hard, and apter to crack at the Edge in Winter.

MEDICINE.

Dr. Wadensield's *Remedy for* Lunacy, *with which a Person of Quality cured Threescore.*

TAKE of Ground-Ivy three large Handfuls shred small, boil it in two Quarts of White-wine, 'till two Parts in three be consumed. Strain, and add to it six Ounces of the best Sallad Oil, boil it up to an Ointment; let the Patient's Head be shav'd, rub and chafe it with the Ointment made warm. Then take fresh Herbs, bruis'd and apply'd Plaisterwise, tying it on the Top of the Head very hard. Repeat this every other Day, ten or twelve times; give the Patient three Spoonfuls of the Juice of Ground-Ivy every Morning fasting, in a Glass of Beer for the first ten Days.

The Infallible Powder for Shortness of Breath, *especially in* Young Ladies.

TAKE of Carraway and Aniseed, each one Ounce, Liquorice half an Ounce, one large Nutmeg, one Ounce of prepared

Steel, and two Ounces of double-refin'd Sugar; reduce all to a very fine Powder, and take as much as will lie on a Shilling, in the Morning faſting, and at Five in the Afternoon, uſing Exerciſe.

A Conſumptive Syrup.

TAKE a Score of Shell-Snails, waſh them clean, and crack the Shells, put them into a large Jelly-bag, with half a Pound of White Sugar-candy beat and ſtrew'd among them; let this hang twelve Hours at leaſt, 'till all the Sugar-candy be melted and drop out, of which you muſt take a large Teaſpoonful firſt and laſt, and whenever your Cough is troubleſome. This is a quicker and more effectual Medicine than Snail-water.

The Famous French *Method for the Bite of a* Mad-Dog.

TAKE the Leaves of Rue, Vervin, the leſſer Sage, Plantain, Polypody, Common Wormwood, Mint, Motherwort, Balm, Betony, St. John's-wort, and the leſſer Centaury, of each an equal Quantity; gather theſe in *June*, tie them up in little Bundles, which are to be wrapp'd up in Papers, and hung in the Air where 'tis ſhady; when wanted, you are to pound them ſo fine as to ſift through a Silk or Lawn Sieve. The Doſe is from two, to three Drams of this Powder, with half a Dram of the Powder of Vipers-

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Vipers-flesh, in a Glass of good White-wine in a Morning fasting, for fifty-two Days together; if the Bite is near the Head or Face, you must double the Dose. In this you are caution'd against washing the Wound with Water, which contradicts our *English* Practice of going to the Sea for that Purpose. However, since 'tis necessary to cleanse off the Foam or Blood, Camphirated Spirit, or Spirit of Myrrh is better to wash with: I set down this because highly recommended; but am, from late Experience, convinc'd, that no Remedy is so sure, as the Liver of the Dog; dry and powder it immediately, and give from three to six Ounces of it, in Wine, Syrup, or any way you can best get the Patient to swallow it. And depend upon it 'tis the best Medicine yet discovered for that sad Malady; take the Quantity within twenty-four Hours, if possible.

An outward Application for a Chin-Cough.

MIX an equal Quantity of Spirit of Hart's-horn, and Oil of Amber, not exceeding half an Ounce at a time, because in often opening, it decays. With this anoint the Palms of the Hands, Pit of the Stomach, and Soles of the Feet, for a Month together; and let no Water come nigh any of the Parts anointed: The Fingers and Backs of the Hands may be wip'd with a wet Cloth.

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For St. Anthony's *Fire.*

TAKE one part fine Spirit or Oil of Turpentine, and one part finely rectified Spirit of Wine; mix and ſhake the Glaſs when you uſe it, anointing the Face gently with a Feather, or your Finger, not covering it. Do it often, and it cures in a Day or two, but take care not to come near your Eyes. It ſoftens and heals, though at firſt you think it inflames. You may put more or leſs Spirit of Wine, as you like.

A moſt excellent Bitter, *not inferior to* Stoughton's *Drops.*

TAKE two Ounces of Gentian-root, the Rinds of nine Oranges, they muſt be of the largeſt right *Sevil*, and pared very thin, two Drams of Saffron, and two Drams of Cochineal; infuſe all in one Quart of Brandy, for forty-eight Hours, in the hotteſt Sun; then philter it through whited-brown Paper: After this you may take from twenty Drops to a Tea-ſpoonful, in Wine, Beer, Tea, or any Liquor you like.

The beſt Way to prepare Gum Ammoniacum.

TO half a Pint of choice Spirit of Wine, put one Ounce of Gum Ammoniacum, nicely powder'd and ſifted; ſet it in a hot Sun for Six Weeks, ſhaking the Glaſs often, 'till

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'till within three Days of pouring it off; then let it stand to settle, and decant it as clear as you can, without taking any of the Powder; a Tea-spoonful of this Spirit, with twenty Drops of Tincture of Castor, in what sort of Liquor you like, gives immediate Relief in an Asthma; four Spoonfuls of Spring-water, and two of Sack, is as proper as any.

An Infusion for the Cure of Melancholy.

TAKE two Drams of Aniseed, two Drams of Myrrh, one Dram of Cochineal, two Drams of Hira-picra; infuse all in a Quart of White-wine; let it stand three Days, then philter it, and give the Patient five Spoonfuls in a Morning fasting, and at Four in the Afternoon, 'till they have taken two Quarts.

An Infusion for a Dropsy.

PUT six Spoonfuls of the Juice of Garlick, a Pint of the best Rack, with one Dram of Cochineal; let it stand twenty-four Hours, then philter it, and give four Spoonfuls twice a Day, 'till the whole be taken. 'Tis a most nauseous Medicine, but has done mighty Cures; especially when the Throat or Breath is much affected by the Distemper.

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A Preſervative againſt the Peſtilence.

TAKE of Rue, Sage, Mint, Roſemary, Wormwood and Lavender, of each one Handful; infuſe them in a Gallon of the beſt White-wine Vinegar, put all into a Stone Bottle cloſely cover'd and paſted; ſet the Bottle, thus clos'd, upon warm Aſhes for eight Days together. After which, ſtrain it through a Flannel, and put the Liquor into Bottles, and to every Quart put an Ounce of Camphire; then cork the Bottles very cloſe, and it will keep ſome Years. With this Preparation, waſh your Mouth, rub your Temples, and your Loins every Day; ſnuff a little up your Noſtrils when you go into the Air, and carry about you a Sponge dipt in the ſame, when you deſire to refreſh the Smell upon any Occaſion, eſpecially when near to any Place or Perſon that is infected. From a Phyſician in the Duke of *Berwick*'s Army, in the Year 1721. we were told, That four Malefactors, who uſed to rob the infected Houſes, *&c.* had own'd at their Execution, That they preſerved themſelves from the Contagion by uſing this Medicine only. And the Truth having been ſince confirm'd by a Gentleman then preſent, I thought it deſerv'd a Place here; eſpecially ſince the Ingredients are ſo well choſen for that purpoſe, as to need no Recommendation but their own Virtue.

To

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To cure a Quinsey.

WHEN Bleeding has fail'd, take a Swallow's Nest, as whole as you can get it down, boil it in Milk 'till 'tis soft, then wrap it in a Cloth, and apply it to the Throat as hot as the Patient can bear it. This excellent Poultis has very often cured, when other Remedies have been used to no Effect.

Another present Remedy.

TAKE fresh Cow's-dung, mix it well with Hog's-lard over the Fire, apply it by way of Poultis as hot as it can be borne, shift it as it cools, and continue it 'till the Person is eas'd. It draws the Humour outward, and opens the Passage of the Gullet.

An admirable Snuff *for the Head.*

TAKE of Sage, Rosemary, Lillies of the Valley, the Tops of Sweet-marjoram, of each half an Ounce, of Nutmeg, and of Asarabacca-roots, each one Dram; dry them, and reduce them to a very fine Powder.

The END *of the* FIRST PART.

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The THIRD EDITION.

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A COLLECTION OF RECEIPTS IN COOKERY, &c.

PART II.

To make Plum-Porridge.

BOIL a large Leg of Beef to Rags, and make as much Broth as will Jelly when cold; when 'tis enough, ſtrain it, let it ſtand to be cold, that you may take off all the Fat, then put it over the Fire again; and to every Gallon of Broth, put near a Pound of Currants, and half a Pound of Raiſins, clean waſh'd and pick'd; Stew alſo two Pounds of Prunes, and when they are

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plumpt, take out the fairest to put in whole, and pulp the rest through a Cullender, and wash the Stone and Skins clean with some of the Broth; take also the Crumb of a Penny white Loaf grated, to every Gallon; and to four Gallons, you may put about two Nutmegs, the weight of that in Cloves and Mace, and the weight of all in Cinnamon; let all the Spice be finely beat and grated, add Salt and Sugar to your Taste; when the Fruit is plump, 'tis enough; but just before you take it from the Fire, squeeze in the Juice of four or five Lemons, and throw in the Peel of two; four Gallons will require a Quart of Claret, and a Pint of Sack, which must be put in with the Fruit.

To make Calves-Foot Broth.

BOIL your Feet in as much Water as will make a good Jelly, when 'tis enough strain it, and set the Liquor on the Fire again, with two or three Blades of Mace; if 'tis two Quarts, about half a Pint of Sack, half a Pound of Currants clean wash'd and pick'd: When they are plump, beat up the Yolks of two Eggs, and mix them with a little of the cool Liquor, so thicken it with great Care over a gentle Fire, put Salt and Sugar to your Taste, and stir in a bit of Butter; a little before you take it off the Fire, put in the Juice and Peel of a fresh Lemon:

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Lemon : This, tho' old-fashion'd, is a pretty Supper-Dish.

Calves-Feet, *another way.*

BOIL two Calves-Feet, a bit of Veal, a bit of Beef, and the Bottom of a white Loaf; add no Seasoning, but two or three Blades of Mace, a sliced Nutmeg, and some Salt ; have some boil'd Rice to stir in after you have strain'd it from the Bones and Skins ; put a boil'd Chicken in the middle, and Sippits in the Dish. This is very nourishing, and less offensive to weak Stomachs, than any Soup that is made.

To Dress a Cod's-Head.

WHEN you have wash'd and pick'd it extremely clean, tie it up tight with a broad Filleting, that it may keep together, and take out as whole as 'tis possible ; let the Liquor you boil it in, be one Pint of Vinegar, and the rest Water, enough to cover it ; put into this three Onions quartered, some whole Pepper, Mace, and Sweet-herbs, and when it boils, throw in a Handful of Salt ; 'tis apt to discolour it, if put in at first ; when 'tis clean scumm'd, and tastes well of the Spice, put in the Head, let it simmer at least half an Hour ; then take it out, and place it on your Dish, over a hot Chafing-dish

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of Coals; that it may be ſure to drain very dry, prick the Eyes, and other parts of the Head, to let out the Liquor, and ſoak up all with a Sponge; the Sauce muſt be made with a Pint of White-wine, almoſt as much Water, ſix or eight Anchovies, a large Onion, a Nutmeg, four or five Blades of Mace, ſome whole Pepper, and a bit of Lemon-peel and Horſe-radiſh, if you like it; when the Anchovies are diſſolv'd, ſtrain it, and add the Liver of the Cod bruis'd, the Body of a Lobſter, and at leaſt a Pound of extraordinary Butter, work a little Flower with a bit of the Butter, that it may mix, and be all of a Colour; let the laſt thing be the Juice of a Lemon or Vinegar, the reſt of the Lobſter cut in Dice, ſome Shrimps and Oiſters fry'd and ſcalded, and fry'd flattiſh round the Head.

To Broil Chickens.

LET your Chickens be very fat, ſlit them down the Back, and ſeaſon them with Salt and Pepper, lay them on a very clear Fire, and at a great diſtance, and let the Inſide lie next the Fire, that the fleſhy ſide be not ſcorch'd or diſcolour'd; when they are half done, you may turn them often, and baſte them mightily; ſtrew on ſome Raſpings of a *French*-Roll, that it may be criſp, it muſt be finely grated; Shred-parſley and

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and melted Butter, is a good and a ready Sauce: But I am ordered to ſet down what follows as extraordinary; Take a large Handful of Sorrel, dip it in ſcalding Water, then drain it, and have ready half a Pint of ſtrong Broth or Gravy, a Shallot ſhred ſmall, a little Thyme, a little Parſley, a bit of burnt Butter to thicken it, lay the Sorrel in Heaps, and pour the Sauce over it; Garniſh with ſliced Lemon.

To Stew Wild-Fowl.

HALF roaſt them, and cut them in Pieces, ſet them over a Chafingdiſh of Coals, with half a Pint of Claret, as much good Gravy, which muſt be firſt boil'd and ſeaſon'd with Shallot and Spice; let it ſtew in this Liquor, 'till 'tis high colour'd and well mix'd, and they eat better than off the Spit.

A good Gravy, *to keep ready for any Uſe.*

BURN an Ounce of Butter in your Frying-pan, but always take care to do it at ſuch a Diſtance from the Fire, that as you ſtrew in the Flower to the Butter, it may be brown, but not black; put to it two Pounds of coarſe lean Beef, a Quart of Water, and half a Pint of Wine, Red or White,

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as you like the Colour; put three Anchovies, two Shallots, ſome whole Pepper, Cloves and Mace, three or four Muſhrooms, or as many Pickled Wallnuts, let it ſtew gently near an Hour, then ſtrain it; 'twill keep ſome Time, and is proper for any ſavoury Diſh.

To Roaſt Pike *or* Mackarel.

TAKE one large Pike, or four large Mackarel, draw and waſh them clean, make the Seaſoning of four Anchovies, a Pint of Oiſters, or Shrimps, Nutmegs, Cloves and Mace, a little Parſley, an Onion or Shallot, if you like it; ſhred and grate all theſe very ſmall, and mix it up with full half a Pound of good Butter, fill the Bellies of the Fiſh with this Seaſoning, and ſtrew ſome on the outſide of them; with flat large Skewers and a broad Tape, tie them on to the Spit, baſte it as it roaſts with Claret or Butter (I prefer the laſt); let your Sauce be Wine, Oiſter-Liquor, Anchovy, Spice, Butter and Vinegar, which is always to be the laſt Ingredient; when you ſtir in your Butter, take care you ſtir in no more Flower than will make it mix well, becauſe the Seaſoning thickens it.

To

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To Roaſt a Haunch of Veniſon.

MAKE up a ſubſtantial Fire before you lay it down, then baſte and flower it, and with very fine Skewers faſten a Piece of Veal-Cawl over the fat Part; if that cannot be had, the White of an Egg, or Paper well butter'd will ſerve. A Haunch of 12 Pounds weight will take up three full Hours to be well ſoaked: Your Sauce muſt be Gravy, with a great deal of Claret in it; the faſhionable ſweet Sauce, is Jelly of Currants made hot. What was formerly uſed, was a Pap-Sauce made of white Bread boil'd in Claret, with a large Stick of Cinnamon, and when boil'd 'till ſmooth, take out the Cinnamon, and add Sugar. It is difficult to give general Rules about Roaſting and Boiling, becauſe Cooks are apt to neglect a Fire, and not mind the Diſtance, that it may neither ſcorch nor pawl; but as to Time, I will venture to ſay, that allowing a quarter of an Hour to every Pound of Meat at a ſteady Fire, your Expectations ſhall hardly ever fail, from a Fowl to a Sirloin of the largeſt Ox. And the ſame Method may be follow'd in Boiling.

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To Roaſt Eels.

SKIN and waſh the fineſt large Eels you can get, cut them in three, four or five Pieces, according as they are for Size; make a Seaſoning of grated Nutmeg, beaten Pepper and Salt, a little Thyme and Sage, a little Lemon-peel, the Crumb of white Bread; let all theſe be finely grated and ſhred, and ſtrew'd on the Eels, ſtick them croſs each other on Skewers, and tie the Skewers to your Spit, and let them roaſt 'till they begin to crack, and are white at the Bone: be ſure to baſte them well, as they roaſt; melted Butter and Juice of Lemon is the beſt Sauce, becauſe the Seaſoning gives them as good a Reliſh as they can have; they fry or broil, as well as roaſt, ſo ſeaſon'd.

A Sweet Sauce for boil'd Mutton, *very good.*

TAKE a quarter of a Pint of the Broth your Mutton was boil'd in, put to it four Spoonfuls of the Pickle of Capers or Samphire, ſet it on the Fire to boil; then ſhred a Carrot, which has been firſt boil'd tender, and four Spoonfuls of Capers or Samphire ſhred: put this into the Liquor; when it boils ſtir in four Ounces of Butter, and ſhake

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a very little Flower, ſweeten it, and pour it over the Meat: 'Tis a grateful, tho' old-faſhion'd Sauce.

To make a Paſty of Beef *or* Mutton, *as good as* Veniſon.

BONE a ſmall Rump, or a Piece of a Sir-loin of Beef; or, if you like Mutton better, let it be a Loin or a Shoulder of Mutton, but Beef is beſt; when your Meat is Boned, beat it very well with your Rolling Pin, then rub ten Pounds of this Meat with four Ounces of Sugar, and let it lie twenty-four Hours, then wipe it very clean, or waſh it off with a Glaſs of Claret, and ſeaſon it high with Pepper, Nutmeg, and Salt; lay it in your Cruſt, and cover ſo much Meat with full two Pounds of Butter; put on the Cruſt, and bake it as much as Veniſon; ſet the Bones into the Oven, with no more Water than will cover them, that you may have a little good Gravy, to put into the Paſty, if it wants it when drawn. Let no one diſlike the laying it in Sugar, 'till they have try'd it, for how prepoſterous an Ingredient ſoever it may ſeem in a ſavoury Pye, I muſt beg leave to aſſure the Reader, that nothing gives ſo certain a Shortneſs and Tenderneſs to the Meat as Sugar; and, if carefully waſh'd or wip'd off, it leaves a Delicacy that is equal to Veniſon; and ſince I have

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I have Occaſion to mention Sugar, 'tis my Opinion, that in our common *Engliſh* Bacon, 'tis as effectual in the Cure of it, as Salt; and whereas abundance of Salt makes it hard and dry, the Addition of Sugar gives a Tenderneſs almoſt equal to right *Weſtphalia*, and preſerves it good all the Year, with half the Quantity of Salt we formerly uſed.

A Shrimp-Pye.

TAKE a Quart of Shrimps, clean pick'd from the Shells: if they are very ſalt in the boiling, ſeaſon them only with a little Cloves and Mace, but if they want Salt, ſhred two or three Anchovies very fine, and mix them with the Spice, and ſeaſon the Shrimps; you may make a good Cruſt, becauſe they don't want much baking; put a pretty deal of Butter over and under them, one Glaſs of White-wine, and ſet it in the Oven: Where Shrimps are to be had, this is not an expenſive, but a very delicious Diſh.

A Hare-Pye.

BONE the Hare, and ſhred the Meat ſmall, take almoſt the weight in freſh Beef-ſuet, ſhred that ſmall then too, beat both in a Marble Mortar, 'till 'tis ſo finely mix'd you cannot diſcover the Meat from the Suet; if the

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the Hare was large, it will take up two Ounces of Salt, two ſmall Nutmegs, their weight in Cloves and Mace, and add alſo a little fine Pepper; mix the Spice well with the Meat, and put it into a good Cruſt and bake it; 'tis good hot or cold.

A very pretty Cruſt *for* Tarts.

TAKE three Eggs and beat them well together, put to them three Spoonfuls of cold Water, then break in a Pound of Butter; while you are working it all together, let ſome Flower be ſhak'd in, and work it together, ſtill ſtrewing in more Flower, 'till 'tis a pretty ſtiff Paſte, then roul it out for Tarts; it keeps criſper and longer than Puff-Cruſt for moſt Uſes.

A Green-Gooſe Pye.

TAKE two fat Green Geeſe, bone them and ſeaſon them pretty high, with Nutmegs, Cloves, Mace, Pepper and Salt, and, if you like it, two whole Onions; lay them upon each other, and fill the Sides, and cover them with Butter: Let them be well bak'd, and they eat delicately hot or cold.

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To Pot Cheſhire-Cheeſe.

TAKE three Pounds of Cheſhire-Cheeſe, and put it into a Mortar, with half a Pound of the beſt freſh Butter you can get; pound them together, and in the Beating add a Glaſs or two of rich Canary, and half an Ounce of Mace, ſo finely beat and ſifted that it may not be diſcern'd; when all is extremely well mix'd, preſs it hard down into a Gallipot, cover it with melted Butter, and keep it cool; a Slice of this exceeds all the Cream Cheeſes that can poſſibly be made, and is generally more acceptable.

To make a Cold Haſh, or Salad-Magundy.

TAKE a cold Turkey, two cold Chickens, or, if you have neither, a piece of fine white Veal will do; cut the Breaſts of theſe Fowls into fair ſlices, and mince all the reſt; to the Quantity of two Chickens you muſt take eight or ten large Anchovies, waſh and bone them, eight large Pickled Oiſters, ten or twelve fine green Pickled Cucumbers, ſhred the Oiſters, the Anchovies, the Cucumbers, and one whole Lemon ſmall; mix them with the ſhred Meat, lay it in the middle of the Diſh, lay the Slices of the white

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white Part round the Diſh, with halv'd Anchovies, whole Pickled Oiſters, quarter'd Cucumbers, ſliced Lemon, whole Pickled Muſhrooms, Capers or any Pickle you like; cut alſo ſome fine Lettice, and lay round among the Garniſh; but put not Oil and Vinegar to the minced Meat, 'till it comes to Table.

To Souſe a Turkey, *in Imitation of* Sturgeon.

TAKE a fine large Turkey, dreſs it very clean, dry and bone it, then tie it up, as you do Sturgeon; put into the Pot you boil it in, one Quart of White-wine, one Quart of Water, and one Quart of good Vinegar, and a very large Handful of Salt, let it boil, and ſcum it well, and then put in the Turkey; when 'tis enough, take it out and tie it tighter, let the Liquor boil a little longer, and if it wants more Vinegar or Salt, add it when 'tis cold: pour it upon the Turkey, 'twill keep ſome Months; you eat it with Oil and Vinegar, or Sugar and Vinegar; 'tis more delicate than Sturgeon, and makes a pretty Variety; if that is not to be had, cover it with Fennel, when it is brought to the Table.

A very

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A very pretty way to eat cold boil'd Beef.

SLICE it as thin as 'tis possible, slice also an Onion, or a Shallot, and squeeze on it the Juice of a Lemon or two, then beat it between two Plates, as you do Cucumbers; when 'tis very well beaten, and tastes sharp of the Lemon, put it into a deep *China* Dish, pick out the Onion, and pour on Oil, shake in also some shred Parsly, and garnish with sliced Lemon; 'tis very savoury and delicious.

To make excellent Meat of a Hog's-Head.

TAKE the Head and split it, take out the Brains, cut off the Ears, and lay it in Water one Day, then boil it 'till all the Bones come out, then take off the Skin as whole as you can, for that is to be laid over and under it: chop it small, as fast as you can, while 'tis hot; season it with Pepper, Salt, Mace, Nutmeg, or *Jamaica* Pepper, if you like it, instead of Mace; press it down into a Pudding or Venison-pan, lay the Skin over and under it, cover and press it down very close, and when 'tis quite cold 'twill turn out, and cut as close as a Cheese; you may add Salt and Vinegar to some of the

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the Liquor 'twas boil'd in, and keep it in that Pickle : 'Tis eat with Vinegar or Mustard, and is better than Brawn, if the Head you make it of be large and fat.

A very good way to keep Tongues *in Pickle for Boiling, to eat Hot or Cold.*

CLEAN them well, and rub them very dry, then lay them flat in a Tray, and salt them well with common Salt ; let them lie two Days, then beat an Ounce of Salt-petre for every Tongue, and strew it on the Top of the Tongue ; let it lie two or three Days, and then salt it again with common Salt, after this turn them often, and put fresh Salt when wanted ; these need never be Dried, but kept always in the Pickle, and boil'd, when you have Occasion, out of the Pickle.

An admirable Pickle, *in Imitation of* India Bamboo, *exactly as that is done.*

TAKE the largest and youngest Shoots of Elder, which put out the middle of *May*, the middle Stalks are most tender and biggest, the small are not worth doing ; peel

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peel off the outward Peel or Skin, and lay them in a ſtrong Brine of Salt and Water for one Night, and then dry them in a Cloth, piece by piece; in the mean Time, make your Pickle of half White-wine, and half Beer-Vinegar; to each Quart of Pickle you muſt put an Ounce of White or Red Pepper, an Ounce of Ginger ſliced, a little Mace, and a few Corns of *Jamaica* Pepper: when the Spice has boil'd in the Pickle, pour it hot upon the Shoots, ſtop them cloſe immediately, and ſet the Jar two Hours before the Fire, turning it often; 'tis as good a way to green this or any other Pickle as often boiling, though either way is certain, if you keep it ſcalding hot; always uſe Stone-jars, for any ſort of Pickle if they can be got; the firſt Charge is inconſiderable, and they do not only laſt longer than Earth, but keep the Pickle better, becauſe Vinegar will penetrate through all Earthen Veſſels, and Glaſs will not bear the Fire: This is a very criſp pretty-taſted Pickle.

To Pickle Small Onions.

TAKE ſmall Onions, peel off the outward Skin, and put them in Salt and Water all Night, pour that away, and put a freſh Pickle of Salt and Water, made ſtronger than the firſt; ſet them on the Fire in this, and let them juſt boil, ſcum them

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them well, and take them off the Fire, ſet them by to cool, and make a Pickle of White-wine Vinegar, Pepper, Mace, and a little Ginger; let all ſtand to be cold, then dry the Onions from the Brine, and put them into the Pickle; if you add Muſtard-ſeed, they will keep ſome Time: They taſte and look very pretty among green Pickles.

To Pickle Cucumbers *in Slices.*

TAKE Thirty large Cucumbers, cut them in Slices, but not too thin, put them in a broad Pan, and lay with them ſome ſmall Onions peel'd, let them ſtand Twenty-four Hours; then put them into a Cullender to drain; boil two Quarts of Vinegar, with whole Pepper, large Mace, and Ginger; put the Cucumbers into a Jar, and pour the Pickle boiling-hot upon them, ſtop them very cloſe that Moment; ſet them by for Two Days, and then boil the Pickle again, as before, 'till they are green'd.

Note, That they keep beſt unpared, and the whole ſmall Onion may be kept in the Pickle with them.

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An Incomparable Way to make Muſtard.

TAKE a Quart of the beſt Muſtard-ſeed you can get, let it be well dried, finely beat and ſifted, then put to mix it two parts White-wine Vinegar, and one Sack, alſo one Spoonful of double-refin'd Sugar, ſtop it cloſe, and 'twill keep a Year: If you are curious in your Seed, this way of making it, gives a very agreeable Quickneſs and Flavour, that is not ſo diſguſting in the Breath, as when Garlick is kept in the Jug.

To Stew Cucumbers *to eat Hot.*

TAKE ſix large Cucumbers, pare them and cut them in ſlices, not too thin, put them into your Sauce-pan, with ſome Salt, and a whole Onion, not too large; let them ſtew in their own Liquor a little, then drain all that Liquor away, as dry as you can; and put to them, when you have taken out the Onion, one Anchovy, two or three Blades of Mace, a Spoonful of Gravy, and a quarter of a Pint of Claret; when the Anchovy is diſſolved, ſhake in a bit of burnt Butter to thicken it; 'tis a Sauce generally lik'd with Veniſon or Mutton, and is indeed very ſavoury; ſome People add Ale,

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Ale, rather than Wine, and 'tis very good where Wine cannot be had.

To keep Artichoak *Bottoms for Sauce.*

TAKE your Artichoaks about *Michaelmas*, they may be the ſmall Plant ſort, boil them ſo much, as to take off all the Leaves, and the Choak; then put them on Tin Plates, and ſet them into your Oven, after your other things are out, when 'tis ſo cool as not to diſcolour them in the leaſt; do this till they are very dry, then put them into an Earthen Pot to keep; tie them down cloſe, and keep them in a dry Place; when you would uſe them, put them into ſome ſcalding Water, 'till they are tender, cut them in large Dice; they look white, and eat very ſweet all Winter.

To keep Muſhrooms *without Pickle, for Sauce.*

TAKE large Muſhrooms, peel them, and take out all the Inſide, lay them in Water ſome Hours; then ſtrew them in their own Liquor, and lay them on Tin Plates, as you do the Artichoak-Bottoms, in a cool Oven; repeat it till they are perfectly dry, tie them down, and keep them dry as the other. I cannot find they will look

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white, take what care we can; therefore in the Stewing, I put ſome Mace and Pepper, ſo they eat delicately, and look as well as Truffles.

To Collar Veal.

TAKE the Fillet of a Fat Leg of Veal, bone it, and cut the Fat in Slices to mix well, and roll up in the Collars; make your Seaſoning of Pepper, Cloves, Mace, and Salt, ſhred alſo Lemon-Thyme extremely ſmall, place the Pieces of Fat, and ſtrew the Seaſoning, that it may be in all Places alike; then roll it very tight, and boil it tender in half White-wine, and half Water, ſeaſon'd with Salt and Spice; when 'tis enough, new roll it, and keep it in that Pickle.

A Neat's-Tongue Pudding.

BOIL a ſmall Neat's-Tongue, before 'tis ſalted; when 'tis enough blanch it, and when 'tis cold, ſhred or grate it extremely fine, put to it a Penny-Loaf grated, near a Quart of Cream, eight Eggs, but half the Whites, beat and ſtrain the Eggs, then add a Spoonful or two of Sack, a little Salt, beaten Cloves and Mace, and Sugar to your Taſte; a few Currants, and ſome Citron-peel candy'd; when you have laid a Puff-paſte in the Diſh, put in the Pudding; and then ſtick all over with large Pieces of Marrow.

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The beſt way to make the Old Engliſh Bread-Pudding.

GRATE a Penny Loaf, all but the Cruſt, aud pour upon it a full Pint of boiling Milk; if you can get Cream 'tis better; cover it, and let it ſtand to ſcald; for this Quantity beat up five Eggs, leave out two Whites, with a little Salt, and a little Sugar, ſtrain this to the Bread and Milk; when that is pretty cool, grate in a little Nutmeg, and mix all well; pour it into little Wooden Diſhes that have been butter'd, and are of a Size, tie them up in Cloths, very tight; they require near an Hour to boil, when in Diſhes; be ſure to flower the Cloth you tie over the Diſh; becauſe if you would have your Pudding very good, you muſt make them almoſt as thin as Cuſtard; and in the Spring, the Addition of Juice of Spinage, makes them as good as Tanſy.

French Bread.

TAKE a Quart of Flower, and put to it three Spoonfuls of Ale-yeaſt, an equal Quantity of Milk and Water warm'd; about the bigneſs of a Wallnut of good Butter, and a little Salt; make them pretty light, and drop them on Tin-plates, ſet them before the Fire to riſe, and bake them in a quick Oven, raſp them; ſome People put three

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Eggs, only one White, to this Quantity; but I think Eggs make it tough, and not ſo ſhort; but that as you pleaſe.

An excellent Oatmeal Pudding.

PUT into a Quart of Milk, juſt warm, one Pint of whole Oatmeal, very carefully pick'd, let it ſoak at leaſt two Hours; then add to it a quarter of a Pound of ſtoned Raiſins, half a Pound of Currants, a little Salt, four Ounces of Sugar, and full half a Pound of good Butter; if you bake it, Marrow on the Top is a good Addition; 'tis very good either bak'd or boil'd.

A Rice *or* Millet Pudding.

TAKE ſix Ounces of whole Rice, or Millet-ſeed, to this put full three Pints of New Milk, rather more than a quarter of a Pound of Sugar, a little Salt, and ſix Ounces, or near half a Pound of Butter; for unleſs you have Marrow, Butter is better in all theſe than Suet: I ſet down all theſe without Eggs, becauſe they are generally as well, if not better lik'd without; but if you would have them of the Cuſtard ſort, you may add from four to nine Eggs; beat them well, and leave a little of your Milk to mix and ſtrain with them.

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A Pancake Pudding.

TAKE a Quart of Milk, four Eggs, two large Spoonfuls of Flower, a little Salt, and a very little grated Ginger; Butter your Dish, and bake it; pour melted Butter over it when it comes out of the Oven: 'Tis a cheap and very acceptable Pudding, being less offensive to the Stomach than fry'd Pancakes.

Puffs *to Fry instead of* Fritters.

TAKE a Pint of Milk, and mix as much Flower as will make it a Hasty-Pudding; take care to mix it with a little of the Milk at first, and so more and more, that when you set it on the Fire to thicken, it may not grow lumpy; pour it out to cool, and then add to it three Eggs, a little Salt and Sugar, beat all in a Mortar; fry them in good Lard over a quick Fire: They are to be dropp'd small, and will be round.

Herb Dumplins.

TAKE the Crumb of a Two-penny Loaf grated, sift it through a Cullender, take almost as much fresh Beef-suet, shred and sifted, put in Thyme, sweet Marjoram, Savory, and as much Penny-royal as all the other Herbs together; let all be shred extremely small; put in a few Cur-

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rants neatly pick'd and wash'd, a little Salt, grated Nutmeg, and a Spoonful of Sugar, beat two Eggs, with two Spoonfuls of Sack, mingle all these; rub a little Flower on your Hands, and roll them up as big as Tennis-Balls; boil them half an Hour; melt your Butter with a Glass of Sack, and strew Sugar over them; 'tis best to let your Water boil before you put them in.

An Almond Pudding.

BOIL a Quart of Cream, and when 'tis cold, put to it the Whites of seven Eggs new laid, that they may be beat to a Froth, blanch five Ounces of fine *Jordan* Almonds, and beat them small, with a little Orange-flower Water, then mix them with your Cream, and Whites of Eggs; make it pretty sweet with fine Powder Sugar, then lay on the Top some thin Slices of Orange, Lemon and Citron-peel neatly cut; take care to bake it in a cool Oven; for when the Crust is bak'd, 'tis enough; you are to lay a thin Crust in the Dish, before you pour it in, and garnish the Brim with the same: This is a very delicate Pudding as can be made, and not very expensive.

To make Mackeroons.

BLANCH and beat your Almonds, with Rose or Orange-flower Water; to every Pound of Almonds, put a Pound of fine

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fine Sugar, and the Whites of three large Eggs, beat to a Froth, put all to the Almonds, and beat it together very well in your Mortar; when 'tis ſmall enough, make it ſcalding hot in your Preſerving-pan, then drop it on Wafer Paper, and bake it on Sheets of Tin; be ſure the Oven be not ſcorching.

A Lemon-Pudding.

TAKE a quarter of a Pound of Almonds, blanch them, and beat them very fine, with Orange-flower Water, or fair Water will do, to keep them from Oiling as they beat; when they are fine, put in half a Pound of Butter, three quarters of a Pound of fine Sugar; then beat it again, and grate in the Rinds of two large Lemons, and ſqueeze in the Juice of one, and beat it again; put in the Yolks of twelve Eggs, well beaten, mix it again extremely well; put a Puff-paſte at the Bottom of the Diſh; put the Pudding in, and cover it with a Puff-paſte; three quarters of an Hour will bake it; take care your Oven be not ſo hot to ſcorch it: 'tis a moſt delicate Pudding, and a very exact and certain way for either Orange or Lemon.

An

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An Orange-Pudding *for Skins.*

TAKE the Rinds of twelve *Sevil*-Oranges, boil them in Water till they are very tender, and the Bitterneſs almoſt gone, the Water muſt be ſhifted ſeveral Times; then dry them from the Water, and put them into a Marble Mortar, and beat them pretty ſmall, with half a Pound of *Jordan* Almonds blanch'd, putting in often Sack, and three or four Spoonfuls of Orange-flower Water; grate a Pound of *Naples* Bisket, and a Penny white Loaf, which you muſt ſteep in warm Milk, breaking it ſometimes, for fear it ſhould gather into Lumps, when cold; put in twenty Eggs well beaten, leave out five Whites, take two full Pounds of the Hog's-Lard, which you muſt ſcrape very fine with your Spoon; put in a little Salt, and as much fine Sugar as will make it very ſweet; put all together when the Bread and Milk is cold, and mix it extremely well with your Hands, that the Fat be not in Lumps; this Fat eats as well as Marrow; fill your Skins, and boil them with great Care.

White Lemon Cream.

TAKE almoſt a Pint of Water, and the Whites of nine Eggs very well beaten, and the Juice of four large Lemons, or five if they are not large; then ſtrain it through a Jelly Bag, and put to it half a Pound of double-

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double-refin'd Sugar, beat and ſifted ; ſet it on a ſoft Fire, and keep it conſtantly ſtirring all one way, 'till 'tis as thick as Jelly ; pour it out quick.

A Rice White-Pot, *very good, indeed.*

TAKE one Pound of Rice, boil it in two Quarts of Milk, 'till 'tis thick and tender, then beat it very well in your Mortar, with three or four Ounces of blanch'd Almonds, boil two Quarts of Cream, with Crumbs of white Bread, and Blades of Mace ; put all together, with the Yolks of eight Eggs, ſome Roſe-water, and Sugar to your Taſte ; when 'tis in the Oven, lay in ſome Candy'd Orange and Citron-peels, cut thin in handſome Pieces : This is very good, and half the Quantity, or a quarter, makes a very pretty China Baſon full : Be very careful in the Baking ; 'tis ſoon ſpoil'd, if too hot.

Cream Flummery.

TAKE a Pint of Cream, three Spoonfuls of Rice Flower, very fine ground or beat, and ſifted 'till it is ſmall, three Ounces of Sugar, and two Ounces of Almonds, beat ſmall, beat with ſome Spoonfuls of Milk, for fear of Oiling, the Whites of three Eggs, beat ; ſtrain the Cream and Eggs to the Almonds, and ſet it on the Fire, and ſtir it all one way, 'till 'tis thick and ſmooth as a Cuſtard ;

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Cuſtard; then pour it into deep Glaſſes, that when 'tis cold, it may turn out in picked Shapes; blanch and cut ſome Almonds in Slips to ſtick upon it.

Currant *clear* Cakes.

INFUSE your Currants in a Stone Pot or Jug, that you may keep it cloſe cover'd in a Kettle of Water, to boil 'till they are tender; then paſs them while they are hot through your Jelly-bag; to a Pound of this Liquor, put a Pound of double-refin'd Sugar, boil'd to a thick Candy, 'till 'tis almoſt Sugar again; then put in your Liquor, and make it ſcalding hot, but it muſt not boil; then put it into Glaſſes, the Thickneſs you would have your Cakes of, and put them in your Stove, with a moderate Heat, 'till they are a ſtrong Jelly; then turn them out upon Glaſs Plates, ſift a little Sugar on the Top of them; keep them turn'd and ſtoved 'till they are candy'd. White Currants and Pear Plumbs are done the ſame way.

Rasberry-Cakes.

INFUSE your Rasberries as you do the Currants, and let the Liquor run out; then put to the Pulp of the Rasberries as much or more of the Currant Liquor as run out of the Rasberries; put the weight in Sugar, and boil it to a Candy as exactly as you did the other.

Note,

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Note, That the Seeds of the Rasberry are not to be mix'd, therefore 'tis beſt to ſtrain them through a thin ſtrong Cloth, that you may get all the Pulp, and leave only the dry Seeds hard preſt. Quinces and Apricot clear Cakes, are made the ſame way, only they are ſcalded in fair Water, 'till tender, and not by Infuſion, as this ſmall Liquid Fruit is.

Rasberry-Jamm.

YOU are to infuſe your Rasberries as before, but muſt be very careful to pick your Fruit from the Dead and Maggotty ones; when they are tender, take out ſome of their Liquor, and put the ſame Quantity of Currant Liquor to what is left; put the weight in Sugar, and boil it up together; put it into your Glaſſes, to eat with Cream all the Year.

I believe this general Rule will never fail you, becauſe the Perſon who ſent it, excels in Sweet-Meats; the Rasberry-Liquor that you take out, may be boil'd up for Syrup, which no Family ſhould be without; but ſome Currant Liquor put to the Rasberries makes it Jelly; ſo that it looks better, and taſtes quicker.

To make RedQuince Marmalade *in* Jelly.

SCALD as many fair large Quinces as you would uſe; then grate as many of the ſmall ones, as will make a Pint or a Quart of Juice,

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Juice, according to the Quantity you ſhall want; let this Juice ſettle, after you have preſs'd it through a coarſe Cloth; then ſtrain it through a Jelly-bag, that what you uſe may be perfectly clear; to every Pint of this Liquor, put a Pound and half of Sugar, and a Pound and half of the ſcalded Quinces, which muſt be par'd and cored, before they are weigh'd; ſet it all at firſt on a pretty brisk Fire; when it begins to boil, make it ſlower; and when you ſee it begins to turn Red, cover it with a Pye-plate tyed up in a Cloth; when 'tis a fine bright Red, take it off, and fill your Glaſſes: You muſt carefully watch the Colour, becauſe it turns muddy and black in a Moment, and the Colour is as delicate as the Taſte, in this and all Sweet-Meats.

To Preſerve Cherries.

TO a Pound of Cherries, after they are pick'd and ſton'd, put a quarter of a Pint of the Juice of White Currants (firſt infus'd and paſs'd through a Jelly-bag) and the weight of both Liquor and Cherries in double-refin'd Sugar; ſift your Sugar, and ſtrew it as you put them into your Preſerving-Pan; boil and ſcum it, 'till the Cherries look clear from the ſcum; then put them into your Glaſſes: Some put in Gooſeberry-Liquor ſo ſtrain'd, but Currant is better, if they are White and full Ripe.

A moſt

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A moſt admirable Way to Dry Cherries.

TO every five Pounds of Cherries ſton'd put one Pound of double-refin'd Sugar; put the Cherries into the Preſerving-Pan, with a very little Water; make both juſt ſcalding hot, take them immediately out of this Liquor, and dry them; then put them into the Pan again, ſtrewing the Sugar between every Layer of Cherries; let it ſtand to melt, and then ſet it on the Fire, and make it ſcalding hot, as before, which muſt be done twice or thrice with the Sugar; then drain them from this Syrup, and lay them ſingly to dry in the Sun, or in your Stove; when they are dry throw them into a Baſon of cold Water, and take them out again the ſame Moment, and dry them with a Cloth; ſet them once more into the hot Sun, and keep them all the Year in a dry Place: This is not only the beſt way for to give them a good Taſte, but alſo for Colour and Plumpneſs; I never found any way ſo certain.

To Preſerve Green Apricots.

TAKE your Apricots before the Stones are hard, put them into a coarſe Cloth, with a large Handful of Salt, rub them well in it; then put them into ſcalding hot Water; ſet them on the Fire, and keep them ſcalding on a gentle Fire, 'till they are green;

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then let them boil 'till they are tender; put to a Pound of Apricots, a Pound of Sugar double-refin'd; boil your Sugar to a thick Syrup; and when the Apricots are drain'd and cold, and the Syrup is cold, you may put them together; what you design for Tarts will keep some Time with half their Weight in single-refin'd Sugar: When you are to boil your Sugar to Syrup, you may wet it more than when 'tis to Candy.

To make Marmalade *of* ripe Apricots.

PARE, stone and cut your Apricots into thin Slices; then to a Pound of Fruit, put a Pound of double-refin'd Sugar, and a quarter of a Pint of strong Codlin Liquor; boil it as fast as you can, and when the Fruit is tender, and clear from the Scum, which you are carefully to take off, then set it off the Fire, and break what Pieces you think too big; then fill your Glasses, and paper them when cold.

To make a Marmalade *of* Orange-Flowers.

PICK your Orange-flowers, Leaf by Leaf, and then boil them tender, in as much Water as will quite cover them; then take twice their weight in double-refin'd Sugar; take a quarter of the Sugar, and beat with the Leaves in a Mortar; wet the rest of

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of the Sugar, and boil it up almoſt to a Candy heighth ; put the Flowers into it, and ſtir it in the Syrup 'till 'tis well mix'd ; boil it juſt up after 'tis mix'd, and fill your Glaſſes ; it may be turn'd out, and ſifted with Sugar, and dry'd in Cakes, or kept in deeper Glaſſes to eat wet : A Spoonful of this gives a fine Flavour in Almond Cream, or Cream Flummery, or any made Diſh that wants Perfume.

To make Apricot Cakes.

TAKE a Pound of your ripeſt Apricots, ſcald them, peel them, and take out the Stones; then maſh them to pieces with the back of your Spoon ; then take half a Pound of double-refin'd Sugar, and a Spoonful of Water, boil it to a Candy ; then put in the Pulp of your Apricots ; let it ſtand a quarter of an Hour on the Fire, and boil a little, ſtirring it well, then pour it into ſhallow flat Glaſſes, that it may eaſily turn out ; let it ſtand two Days in the Glaſſes ; then lay them on Glaſs Plates, ſtove them, and turn them daily.

You may do Quince Cakes thus, only allow more Sugar ; but if your Apricots are full Ripe, this, by that time they are skinn'd and ſton'd, is a fit Quantity, and will keep them all the Year.

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To Preſerve Currants Red *and* White.

PICK out all the little Seeds with a Quill, to half a Pound of theſe ſtoned Currants, put a Pound of the Currant Liquor, infus'd and paſs'd through a Jelly-bag, and put the weight of both in double-refin'd Sugar; put all together into your Preſerving Pan, boil them all together on a quick Fire, 'till they look clear, and the Scum has done riſing; then put them into your Glaſſes, and paper them cloſe.

To Preſerve Grapes.

SKIN and ſtone your Grapes, and to every Pound, put a Pound of double-refin'd Sugar, beat and ſifted; ſtrew ſome between and over the Grapes, as you put them carefully into your Preſerving Pan, and keep out one quarter of the Sugar, to ſtrew on them in boiling; ſet them on a quick Fire; cover them with a Silver or Earthen Plate; ſtrew on the remaining Sugar as they boil up; when they look clear, take them off the Fire; let it ſtand off the Fire, cover'd a little while, then ſcum them clean, and put them into Glaſſes.

To Dry Plumbs.

TAKE half the weight of the Plumbs in Sugar; boil it to a Syrup, not too thick; ſlit your Plumbs down the Seam, and put them

them into this Syrup; ſet them on the Fire, and keep them ſcalding hot, 'till they are tender, and be ſure to let the Syrup cover them, that they may keep their Colour; let them lie a Day in this Syrup; then make a thick Syrup of near the weight in Sugar, boil'd almoſt to a Candy; when 'tis cold, drain your Plumbs out of the firſt Syrup, and put them into this; they muſt alſo be cover'd with this Syrup, and ſet on the Fire to ſcald, 'till they look clear; ſet them by three Days in this laſt Syrup; then lay them on Glaſs Plates, and dry them in the Sun, or your Stove, turning them often; if green, they muſt be firſt rubb'd in Salt, and ſcalded green, as green Apricots.

An excellent Way to Preſerve or Candy Orange *or* Lemon-peels.

BOIL the Peels very tender, ſhifting the Water four or five times in the boiling, more or leſs, as you chuſe the bitteriſh Flavour; then put them in Water two or three Days; but if they are well boil'd, this laſt Watering is beſt let alone; though 'tis the Direction of a very nice Confectioner; but I leave it to the Judgment of the Experienced: Then take half their weight in Sugar; and to each Pound of Sugar, put a Quart of Water; boil and ſcum it very clean, then put in your Peels; let them lie a Fortnight: heat them once a Day, then take a little

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more than half their weight in Sugar again; and to each Pound of this Sugar, put a Pint of Water; boil this Syrup as before; put in your Peels, and heat them, 'till they look clear, but never let them boil; you may keep them all the Year for Use, in this last Syrup, if you sometimes heat it; 'tis best so for most Uses, as Apple-Pyes, Cakes, *&c.* but if you want it Candy'd, boil a little double-refin'd Loaf Sugar to a Candy heighth, and throw them in to boil up; lay them out to dry in the Sun, or in your Stove: Thus you may do Orange Chips.

To make a pretty sort of Lemon-Puffs.

TO a Pound of double-refin'd Sugar, finely beat and sifted, take the Juice of two Lemons, beat them together in a Bowl; and as you beat them, put in White of Egg, first beat to a very high Froth, 'till 'tis white as Snow; when you have beat all together some time, and put in the Quantity of Egg you design, which must be Three at least to every Pound of Sugar; then add the Rind of two fair Lemons, finely grated, beat it 'till all is well mix'd, sift your Papers with Sugar, and drop on the Puffs in small Drops; you may add any Perfume you like; but they are very good without.

To

To make Savoy-Biskets.

TAKE twelve Eggs, and leave out half the Whites, beat them up with a ſmall Whisk; put in two or three Spoonfuls of Roſe or Orange-flower Water, and as you beat it up ſtrew in a Pound of double-refin'd Sugar, that is firſt beat and ſifted very fine; when this Eggs and Sugar is as thick and white as Cream, take a Pound and two Ounces of the fineſt Flower that is dry'd, and mix it in; then lay them in long Cakes, and bake them in a cool Oven.

To ſeaſon a Veniſon-Paſty.

IF your Veniſon be the Side of a large Buck, you may take off a fine Neck to roaſt; then Bone and Skin what remains, which will make as large a Paſty as the whole Side of a Doe; but if you would bake all the Side of the Buck, your Seaſoning muſt be an Ounce and Quarter of beaten Pepper, and full as much Salt as twice the bigneſs of the Heap of Pepper, rub all over the Meat, and then lay your Meat, of an equal Thickneſs, into a very large Soup-diſh, without any Cruſt at Bottom: (for thus ſtewing in its own Gravy, is a great Improvement upon the old-faſhion'd way of a Bottom-Cruſt, and ſhred Suet upon that to keep it moiſt) This full Quantity of Meat

will require near three Pounds and a half of Butter to lay over it, unleſs your Veniſon be exceeding fat; put a Roll of Paſte quite round the Meat, that it may ſerve for Pudding-Cruſt, and to faſten the Lid to, which make by the Rule in the next Receipt; let the Lid be thick, and wet the inſide Roll, that you may cloſe it faſt; put what Ornaments you pleaſe on the Top, but the fewer there are, the better your Cruſt will riſe; make a Hole on the Top, and put in a quarter of a Pint of Water juſt as it goes into the Oven; this will take ſix Hours to be well ſoak'd. The Bones and Skins muſt be ſeaſon'd, and put into a Pan juſt cover'd with Water, and baked at the ſame Time, leſt the Paſty ſhould want Liquor.

Note, You muſt, at Diſcretion, abate of this Quantity of Seaſoning and Butter, as the Veniſon is in Quantity; this is in full for the largeſt Side.

Paſte *for the* Paſty.

TO ſeven Pounds of Flower, put three Pounds and a half of Butter, and ſix Eggs, leaving out half the Whites, which are apt to make the Cruſt tough; put in one Pound of the Butter with the Eggs, and Water into the Middle of the Flower, (which ſhould be always of the fineſt Sort) wet it pretty ſtiff, then roll it out, and work in the Remainder of the Butter, by ſticking it on in bits,

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bits, and ſhaking on Flower; ſo double and roll, and ſtick on more, 'till the whole is taken up. This for all Meat-Paſties is fat enough; but if you make it for Fruit-Tarts, where the Cruſt is to be very thin, you muſt allow full three quarters of a Pound of Butter and one Egg to every Pound of Flower.

Icing *for* Tarts.

TAKE a quarter of a Pound of fine Loaf-Sugar, beat it very fine, and ſift it; put it into your very clean Mortar, with the White of one Egg, and two Spoonfuls of Roſe or Orange-flower Water; ſtir it all one way, 'till your Tarts are baked, and almoſt cold; then ſtrike them all over the Top with a ſmall Bunch of Feathers dipp'd in this Icing, and ſet them into your cool Oven again, 'till they are harden'd; take care they do not grow diſcolour'd by ſtanding too long.

To make Orange-Tarts.

TAKE Twelve of the faireſt *Sevil*-Oranges; pare off the Rinds as thin as 'tis poſſible, that ſome of the Yellow may remain on the Orange; put them into fair Water as you pare them; then cut them in halves, and ſqueeze the Juice into a clean Baſon; ſtill throw your Oranges into clean Water; when all your Juice is out, put to it half a Pint of fair Water; cover it and ſet it by 'till you have boil'd your Oranges

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tender, in ſo many Waters as is requiſite to take off the Bitterneſs; when this is done, take out the Skin and ſtringy Part that is in the Inſide, ſtill throw them into Water; then cut them into Slices, and dry them in a clean Cloth; ſtrain out the Juice and Water from the Seeds, which will be pretty thick, like Jelly; put four or five Spoonfuls into every Tart; one Orange will fill a Tart; your Sugar muſt be fine Loaf powder'd, and about a Pound and a quarter will ſeaſon the twelve Tarts; when the Cruſt is bak'd they are enough, and will look very clear; if you like Apple, you may mix the Apple and Orange, and if your Oranges are not very juicy, you may add the Juice of a Lemon; theſe are a very proper Tart for Winter.

To make a good Ginger-Bread *without Butter.*

TAKE two Pounds of Treacle, candy'd Orange, Lemon and Citron-peel, of each a quarter of a Pound, as much candy'd Ginger, all ſliced thin; one Ounce of Carraway-ſeed, and one Ounce of Coriander-ſeed, with one Ounce of beaten Ginger; mix in as much Flower as will make it a ſoft Paſte; lay it in Cakes on Tin Plates, and bake it in a quick Oven; keep it dry, and it will be good ſome Months.

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A COLLECTION OF RECEIPTS IN *Physick* and *Surgery*.

PART II.

The true Way of making Barbadoes Water.

YOU muſt pare your Citrons extremely thin, and dry theſe Yellow Peels in the Sun, if poſſible; then grate the white Part of the Citron, 'till you come to the Pulp or Juice; take this that is grated, and put it into a cold Still, and diſtil as much of that Simple Water as you can draw off good, with

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with a pretty quick Fire; in the mean Time, you are to put one Pound of thoſe dry'd Peels into one Quart of Brandy, let it be the very beſt you can get; when theſe Peels are ſoak'd enough, put to each Quart of that Brandy, one Quart of *Madera* Wine; then diſtil that Brandy and Wine, and Peels in a cold Still, and put one Pint of the Simple Water, to a Quart of the other ſtrong Water; make a Syrup of double-refin'd Sugar; put to each Pound of Sugar, almoſt three Pints of Water, and the Whites of three Eggs; let it boil, and then paſs it through your Jelly-bag, 'till 'tis extremely fine; put half a Pint of this Syrup, to each Quart of the mix'd Water, more or leſs, as you love it for Sweetneſs; and to each Quart put a bit of Allom, as big as a Pea; when you ſee it perfectly clear and fine, rack it off into other Bottles; and put into each Bottle ſome of the Citron Flowers.

I did with great Difficulty procure this Receipt ſo exact, becauſe either Lemons or Oranges do as well, and are very often what we want to diſpoſe of, when we have had Occaſion to uſe large Quantities of the Juice; and having try'd it, you may be convinc'd, that of freſh thick-rind Lemons, you may at any Time make a Liquor as good as they do in *Barbados*; eſpecially where the Green-Houſe affords you Orange or Lemon Flowers.

An

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An excellent Poppy-Water *for an* Asthma.

FILL a large Glass full of fresh Poppies; pour to it one Quart of Hyssop Water; one Pint of Damask-Rose Water; one Pint of Penny-royal Water; and two Quarts of Compound Briony Water; put in also eight Ounces of stoned Raisins, four Ounces of sliced Figs, two Ounces of Sugar-candy, two Ounces of Syrup of Maiden-hair, two Ounces of Syrup of Ground-Ivy, two Ounces of sliced Liquorice, Carraway-seeds and Aniseed, of each three Ounces bruised; let these stand six Weeks in the Sun; then strain it off; and when the Breath is very bad, drink four Spoonfuls; In Extremity you may mix half an Ounce of Oximel of Squils with every Dose.

A Pleasant Medicine for a Cough.

PUT two large Lemons over a gentle Fire, to coddle as you do an Apple; when they are soft, take them out before they burst (which they will be very apt to do, if your Fire be fierce) cut them, and take out the Juice and soft Pulp from the Seeds, Strings and Rind; put to this Pulp four Ounces of Sugar-candy finely beat; four Ounces of Oil of Sweet Almonds, and two Ounces of Syrup of Poppies; mix all well together, and take a large Spoonful whenever your Cough is troublesome. *An*

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An easy Medicine for a dry Husking Cough.

DRINK near a Pint of Spring-Water as hot as you can, the last Thing you do going to Rest.

This is recommended by one whose Integrity may be depended on; and though 'tis seemingly a trifling Prescription, it has done very wonderful Cures.

An admirable Medicine for the Piles.

TAKE a Handful of the Leaves of Mullein, and boil it in a Pint of Milk; sweeten this with an Ounce of Syrup of Violets, and drink it every Night going to Rest, for five or six Weeks, and it will certainly take away the Cause.

Lozenges *for the* Piles, *as used in the* West-Indies.

TWO Ounces of Flower of Sulphur, of fine Sugar pounded, with Mucelage of Gum-Tacamahaca, and Red-rose Water four Ounces; make it into Lozenges, and dry them before the Fire, or in an Oven after the Things are drawn; take about the Quantity of one Dram daily. This is a most valuable Medicine.

An

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An excellent Remedy for the Stone-Cholick.

TAKE three Mornings together six Spoonfuls of Milk-Water cold Still'd, and as much good White-wine; and before you drink it, slice a Spoonful of Ginger very thin; wet it with some of this Mixture, swallow it, and drink the rest after it; do this for three Mornings; and the three following Mornings, take two Spoonfuls of the best Sallad Oil you can get; strew a little Sugar upon it, and swallow it down, drinking after it a Draught of warm Ale, sweeten'd with Honey; take these two Medicines interchangeably for nine Mornings together: This has been very often approved with admirable Success in violent Fits.

For a Cholick *attended with painful Vomitings.*

TAKE a large Chicken, and fill it with Manna as full as it will hold; put it into two Gallons of Water, with a quarter of an Ounce of Mace; let it boil as quick as possible, 'till two or three Quarts be wasted, the Manna consumed, and the Fowl boiled to Rags; then strain it, and let the Patient drink at least one Gallon of it, and as fast

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as one Porringer comes up, let him drink another, 'till it works downwards; when he has drank all, and the Operation is over, let him take the following Julep.

The Composing Draught *for the* Cholick.

TAKE two large Spoonfuls of Mint-Water, two of Hysterick-Water, one of Oil of Sweet Almonds, and one Ounce of Syrup of Diacodium; if 'tis for a Man, add ten Drops of Liquid Laudanum, and twenty Drops of Spirit of Hart's-horn; if for a Woman, only twenty Drops of Tincture of Castor; add also for either two or three Drops of Oil of Juniper; drink this Draught, and, under God, you may absolutely depend on Rest and Ease, and a safe Cure; for the Manna does so gently make its Passage, as by Repetition is sure to carry off that sharp Humour that was the Cause of this Tumult in the Bowels; and then an Opiate may be safely given, when this Operation is over; but before, 'tis dangerous: I would very earnestly recommend this Method, because 'twas Thirty Years the Successful Practice of an excellent Apothecary, and given me as a very valuable Specifick on this Occasion.

For

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For the Stone.

TAKE Millepedes, and white Amber, of each a like Quantity, finely powder'd, half as much Nutmeg finely grated; as much Chio Turpentine as will beat; mix them in a warm Mortar, into a Mass for Pills; let your Millepedes die in White or Rhenish Wine; a little more Turpentine than all the rest weigh, is sufficient; take fasting the Quantity of five large Peas, in Tea or any such Thing.

For the Gravel.

TAKE half a Pint of Ale, boil it and scum it very clean; then set it off the Fire, 'till you beat up the Yolks of two new-laid Eggs, with one Spoonful of Honey; mix it with the Ale, when 'tis cold enough to mix without curdling: Drink this Draught nine Mornings.

To stop a violent Bleeding *immediately.*

DIP a Piece of black Bays, in the sharpest Vinegar you can get, and lay it to the Groin of the Patient; as it grows warm, dip it again: It gives a sudden Check, and is the Practice in the *West Indies*, among the Blacks, who are subject to this Distemper,

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and often loſt by the Violence of it: And this does ſeldom fail in Extremity.

For a Looſeneſs *and* Bloody-Flux.

TAKE the Yolks of two new-laid Eggs, and put them into a Glaſs of ſtrong Cinnamon-Water, and drink it all; Brandy, Rum, Roſa-ſolis, or indeed any ſtrong ſpirituous Liquor, will do as well as Cinnamon-Water, and does very ſeldom fail: But I think ſuch hot Things, how well ſoever recommended, ſhould never be uſed, but in the greateſt Extremity; becauſe chewing of Rhubarb is as certain, and carries off the Cauſe; and of all the ſudden Cures, I prefer *Venice* Treacle.

An excellent Ale *for the* Scurvy.

TAKE one Peck of Garden Scurvy-graſs, of Water-creſſes and Brooklime, each four Handfuls, dried Fumitory, Ground-Ivy, Liverwort, Tops of Firr and Tamerisk, of each two Handfuls; Roots of Sharp-pointed-dock ſliced, four Ounces; Horſe-radiſh Roots, Saſſafras and Daucus Seed, each one Ounce; two large *Sevil* Oranges ſliced; put all, being gently bruis'd, into a Canvas Bag, and hang it into ſix Gallons of Ale; when it is fine, drink a Draught in a Morning, or at any Time in the Day: This was order'd

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order'd by Sergeant *Barnard*, and is an incomparable Ale for that Purpose; but where the Scurvy and Dropsy meet, and the Legs swell, if the Stomach can bear it, the Juices of the Herbs, with *Sevil* Orange-Juice, is a more speedy and effectual Method.

A very good Purging Diet-Drink *for the same.*

TAKE new Wort, nine Gallons; boil in it one good Handful of Firr, with a few Hops; then strain it and work it in the Barrel, as for other Ale; then take Scurvy-grass, Water-cresses and Brooklime, of each four Handfuls; Hart's-tongue, Liver-wort, of each two Handfuls; Dock-root, and Polipody of the Oak sliced, of each two Handfuls; Rhubarb, Gentian, Sassafras, and Senna, of each two Ounces; cut your Herbs very small, and mix them all together; slice in four *Sevil* Oranges, and bruise two Ounces of Carraway and Cardimum-seeds; put all into a Bag; let it work together: when it has been stopp'd down a Week, 'tis fit to drink.

For a Dropsy.

TAKE the Leaves of Ash-trees, as soon as they begin to come out, and double Still them; give nine Spoonfuls of this Water, with one Spoonful of Mustard-seed, in

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the Morning; and at four or five in the Afternoon, give a Spoonful of Mustard-seed, in the like Quantity of White-wine: This is recommended as never-failing; when the Distemper is taken at first, rest from taking it for ten Days, and then begin again.

A most incomparable Spring Water *to sweeten the Blood, and ease all wandring Pains.*

TAKE the Leaves both of the Garden and Sea Scurvy-grass, wash and pick all clean, of each six Pounds; press out the Juice of the Sea Scurvy-grass; put also the Juice of Brooklime and Water-cresses, of each one Quart; of the best White-wine, one Gallon; twelve *Sevil* Oranges; of *Irish* and Briony-roots sliced, one Pound; Horse-radish Roots, two Pound; Winter Bark sliced, half a Pound; Nutmegs bruis'd, a quarter of a Pound; let all these steep four Days, and then distil them in a Limbeck: Take six Spoonfuls every Morning, and at four in the Afternoon.

An excellent Purging Elixir.

TAKE an Ounce of good Rhubarb; two Ounces of Senna; half an Ounce of Liquorice; Juniper, Aniseed, and Carraway-seed,

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seed, of each half an Ounce; Cochineal, Myrrh and Saffron, of each a quarter of an Ounce; Raisins stoned, two Ounces; bruise the Seeds, slice the Rhubarb and Liquorice, and put all the Ingredients into a Quart of good Brandy, and half a Pint of Compound Briony-Water: I also add long Pepper and Cinnamon, of each half an Ounce; when it has stood a Month to infuse, strain it out, and add half a Pint of the Purging Syrup of Roses. Take six Spoonfuls of this, whenever you fear a Fit of the Cholick, or find a Sickness and Loathing in your Stomach.

A Syrup *for an old* Cough, *and to cleanse the* Breast.

TAKE Liquorice and Maiden-hair, of each two Ounces, dried Hyssop one Ounce, Aniseeds two Drams; infuse all one Day and Night, in two Quarts of Spring Water; let them boil on a soft Fire, till half be consumed; strain it hard, and put to it a Pound and half of Clarified Honey, and good White-wine Vinegar, as much as will make it pretty sharp; then boil it again, till it is a thick Syrup; keep it for use, and if you would add a grateful Taste, drop in three or four Drops of Oil of Cinnamon: This is not only safe, but very highly recommended to be taken First and Last.

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A most excellent Process *in a* Consumption.

The Conserve.

CONSERVE of Hips, six Ounces.

The Milk Water.

TAKE dry'd Mint, one Handful; Ground-Ivy, three Handfuls; six Nutmegs sliced, one Quart of Snails, clean'd and bruis'd; Distil these in a Gallon of Milk, and a Quart of White-wine.

The Syrup.

TAKE Balsam of Tolu, half an Ounce; boil it in two Pints of Barley-Water, 'till half be boil'd away; strain, and add to it as much Sugar as will make it a weak Syrup.

The Pectoral Pills.

TAKE Pill of Storax, and of Hound's-Tongue, each half a Dram; mix them and make it into twelve Pills.

The Purging Pills.

TAKE Pill Rufus two Drams; Salt of Tartar, half a Scruple; Chymical Oil of Marjoram, three Drops; as much Syrup of Rhubarb as will make it into Pills.

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The Powder.

TAKE Powder of Crab's Eyes, one Ounce; Prepared Pearl, a quarter of an Ounce; white Sugar-candy, one Ounce; mix theſe all into a fine Powder.

The Directions how to take All.

TAKE as much of the Powder as will lie on a Sixpence, in half a Pint of Aſs's or Cow's Milk, and Barley-Water every Morning; take as much as a Cheſnut thrice every Day, and drink after it ſome of the Milk Water, ſweeten'd with the Balſamick Syrup; take three of the Pectoral Pills going to Reſt; and repeat the Doſe if your Cough diſturbs your Reſt; and once a Week take four of the Purging Pills at Night; make an Iſſue in the Arm; and once in a Month or ſix Weeks, take three or four Ounces of Blood away.

This is ſo ſafe and valuable a Method, that I ſhall only ſay, that every good Judgment muſt approve it; and it was as highly recommended to me, as, on Experience, I find it deſerv'd to be.

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An Excellent and Approv'd Procefs *for the* Eyes, *if the Rheum be violent, and they have Specks.*

TAKE Hemlock two Ounces, pound it in a Wooden Bowl, and add one Thimble-full of Bay-falt, and as much Bole Armoniack as will ferve to fpread it on a thick Cloth; lay it to the Wrift, and renew it every twelve Hours, as long as you have Occafion; If but one Eye is affected, lay it to the contrary Wrift.

Red-Rofe Water, one Ounce; Tutty and white Sugar, finely powder'd, of each one Ounce; fhake them well, and let it fettle, and wafh your Eye, with a fine Rag, three or four times a Day.

A moft excellent Salve *for the fame Purpofe, which will do without the other, when the Rheum is not fo violent.*

TAKE of the beft Sallad-Oil, one Pound; Yellow Wax, twelve Ounces; put them on the Fire in a new Pipkin, ftirring the Wax 'till it is melted; then add white Lead, half a Pound; and let it boil half an Hour; then put in Myrrh, finely powder'd, Olibanum,

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Olibanum, Maſtick, of each two Ounces; Camphire, one Ounce; each of them by themſelves, in the Order here named, ſtirring and mixing them well before you put in the other; let all boil ſoftly, 'till it is blackiſh; you muſt ſtir it all the time it is on the Fire, and alſo after it is taken off, 'till it be cold enough to make into Rolls, working it like Dough: Take great Care in the well mixing, and that it be not over or under boil'd; it is to be apply'd to the Temples, and behind the Ears, for the Eyes, to lie there 'till it grows moiſt, and falls off. It will keep a long Time, and is a ſweet and clean Plaiſter; a moſt admirable Diſſolvent, and therefore good for Swellings, as alſo for Cuts, and cures almoſt any Sore that does not need much drawing.

Theſe RECEIPTS coſt a Gentleman Fifteen Hundred Pounds, who had them of a Jeſuit, who came from *Rome*, to cure his Daughter's Eyes; and they have been often try'd with great Succeſs: Value theſe as choice Receipts.

The Sum is ſo conſiderable, that I ſhould not have mentioned it, if I had not receiv'd it thus, Word for Word, from a moſt generous Contributor, whoſe Veracity and Goodneſs makes it perfectly unqueſtionable.

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To draw out a Thorn.

TAKE a little black Soap, and chew ſome Nut-kernels to mix with the Soap, and lay it on to the Place grieved; repeat t 'till the Thorn comes out.

For the Canker.

TAKE a quarter of a Pound of Honey; the Quantity of a Wallnut of Allom beat fine; take Woodbine Leaves, Columbine Leaves, Briar Leaves, and Red Sage, Sorrel and Violet Leaves, of each one Handful; two or three Sprigs of Rue; ſtamp all the Leaves; ſtrain the Juice, and boil it with the Honey and Allum; ſcum it clean, and waſh the Mouth often with it.

To draw an Impoſthume *out of the* Ear.

TAKE Camomile, and burn it between two Tiles, and put it in a Cloth; apply it as hot to the Ear as it can be ſuffer'd; repeat it 'till you find Eaſe.

A Medicine

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A Medicine for the Jaundice.

TAKE Two-penny-worth of Saffron, finely powder'd; twice the weight in Turmerick, finely powder'd; a Nutmeg grated, as much powder'd Egg-ſhell as will lie on half a Crown; an Ounce and half of Sugar finely powder'd and ſifted; mix all theſe Powders together, and divide them into three Parts; and take one Part in nine Spoonfuls of White-wine in the Morning Faſting; faſt two Hours after it: Do this for three Mornings.

Another for the ſame, that is recommended as never-failing.

TAKE Cellandine and Yarrow, of each one Handful; twenty Earth-worms, ſcour'd in Aſhes; pound all together in a Stone Mortar; put to them a Pint of Ale or White-wine; ſtir all together well, then ſtrain it, and let it boil ſoftly, and put to it two Spoonfuls of the Powder of Hart's-horn; as much Saffron, freſh dry'd and powder'd, as will lie on half a Crown. The Patient muſt drink nine Spoonfuls of it Morning and Evening, being firſt warm'd; do this for three Days. This Medicine is not pleaſant, nor do I find one that is, except Steel Wine, or Water, which I think is allow'd Infallible.

A very

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A very good Drink *for a* Consumptive Cough.

TAKE Comfrey, and Marsh-mallow-roots, of each three Ounces; let them be first well dry'd, Scorzonera, and Orange-root candy'd, of each two Ounces; cut all these very small; mix them well together, then divide them into several Parts; that is an Ounce in each Paper; take a Quart of Spring Water, and put in one Ounce of these Ingredients; let it boil gently, then add a Pint of Milk, and let all boil gently, 'till it comes to a Quart; when 'tis cool drink half; do this twice a Day for some Time.

For a Pleuretick Cough, *or Pain in the Side.*

TAKE two Ounces of Oil of Turnip-seed, new drawn; the Syrups of Lemons and Maiden-hair, each half an Ounce; of Syrup of Violets one Ounce; beat all these with one Ounce of Sugar-candy; take a Spoonful as often as you can, and be sure you mix it well when you take it, being apt to separate.

Note, That Oil of Turnips, in any malignant Case, exceeds all other Oils that can be dtawn; and can always be had.

In

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In a strong Fit of the Asthma.

TAKE Three Ounces of Linseed Oil cold drawn; one Ounce of the Syrup of Balsam of Tolu, shook well together; drink all, or as much of this as you can, Fasting; 'twill cause a little Vomit, and perhaps a Stool; but has often relieved, when Squils and Bleeding have fail'd; tho' Squils in Extremity is almost a Specifick for that Distemper.

Lozenges *for the* Heart-burn.

TAKE calcin'd Oister-shells, as found on the Sea-Coast; let them be so well wash'd by Time, as to be as white within and without as Mother of Pearl; dry them well by the Fire, and let them be beat and sifted as fine as 'tis possible; with half a Pound of this Powder, mix half a Pound of Sugar well beat and sifted; wet this with a Spoonful or two of Milk and Water, to make it a very stiff Paste; then mould them into Lozenges neatly, and bake them very dry, in an Oven that is not too hot, for fear of discolouring them; they do best when every thing is drawn: This does so effectually sweeten that sour Humour in the Stomach, that causes this Distemper, that it not only prevents it, but helps Digestion, and

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and ſecures you from all the Ill Effects that are the Conſequences of it: And it was recommended on the Experience of a very worthy Gentleman, who had ſuffer'd extremely, 'till this Specifick was diſcover'd: And indeed this Medicine may be reaſonably ſuppoſed to work the Cure 'tis preſcribed for; if we will be at the Pains to try its immediate Power over the ſharpeſt Vinegar.

A Powder *for the* Worm-Fever *in Children.*

TAKE Crab's-Eyes and Corraline, of each two Drams; Cream of Tartar, one Dram; make all into a very fine Powder, and give as much as will lie on a Sixpence, three times a Day, in a Spoonful of Milk Water, and drink two or three Spoonfuls after it; if this does not keep it from being Coſtive, give ſometimes a Gliſter of Milk and Sugar; and if the Weakneſs continues, Rhubarb ſteep'd in ſmall Beer, drank conſtantly for three Weeks or a Month, will certainly effect a perfect Cure, and ſtrengthen as well as ſweeten the Blood: This Powder muſt be taken at the Full and Change of the Moon.

The

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The Milk-Water, *proper to take with the* Powder.

TAKE Shell Snails bruis'd, one Quart; Earth-worms, one Pint; Ale-hoof, Betony, Penny-royal, Sage, Mint, Scabious, of each one Handful; Comfry Leaves and Roots two Handfuls; Foxfern-roots two Handfuls; six Whites of Eggs, a Gallon of New Milk, a Quart of Canary; bruise the Herbs, slice the Roots, and distil all in a cold Still; sweeten it with Sugar-candy.

A good Drink *in the* Rickets.

TAKE Currants and Raisins of the Sun stoned, of each one Handful; Maiden-hair, Yarrow and Speedwell, of each one Handful; a large Handful of Liver-wort, a Handful of Dragon's Leaves; nine Leaves of Hart's-tongue; a Spoonful of Aniseeds, and an Ounce of Liquorice sliced; boil all these in three Quarts of small Ale, 'till half be consumed; then strain it, and put it in little Bottles, and drink a Draught of it every Morning, and at Four in the Afternoon.

Another

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Another for the Rickets.

TAKE of *French* Barley, one Ounce; Buds of Fern, two Ounces; of the Leaves of Egrimony, Liver-wort, Hart's-tongue, Betony, Maiden-hair, of each of these half a Handful; Raisins of the Sun ston'd, one Handful; eight Figs; Liquorice sliced, half an Ounce; Aniseeds bruised, one Ounce; boil these in three Pints of Spring Water, till a third be wasted: strain it, and mix with it an Ounce and half of Sugar-candy, and ten Drops of Spirit of Sulphur: This Medicine seldom fails, if you give four Spoonfuls twice a Day.

An admirable Method for Convulsion Fits.

TAKE Onions and black Pepper, of each a like Quantity, stamp both pretty small, and lay it to the Soles of the Feet, keep it on seven Hours: while the Party is in the Fit, force them not to take any thing, but anoint the Wrists, the Palms of the Hands, and the Temples with Mithridate if 'tis a Child, and Spirit of Amber if a Man or Woman: between the Fits give Black Cherry-Water, sweeten'd with Syrup of Male-Piony, and Syrup of Clove July-flowers; and for a Week after the Fit give

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give this constantly twice a Day; let it wear a Necklace of Male Piony-root about the Neck.

Another for Convulsions.

GIVE the Child five or six Drops of King's Drops, or Spirit of Hart's-horn, in two Spoonfuls of Black-Cherry Water, sweeten'd with Syrup of Male-Piony; repeat this whenever you see it coming, and twice in a Day before and after every Change of the Moon; Purge the Child once in ten Days, or a Fortnight, with a Spoonful or two of Syrup of Rhubarb, or with Manna; after this Method, take an Ounce of Manna, dissolve it in four Ounces of Barley-Water; strain it, and give the Child two Spoonfuls at a Time, every third Hour, till it begin to work; then desist, and give thin Chicken Broth, or Water-Gruel, in the working; the Child may purge thus before the Drops are given; if the Child start or grow pale, that you apprehend a Fit, lay a Blister behind and below the Ear, and give it a Glister of Milk and Sugar, with a very few Camomile Leaves and Aniseeds, and put as big as a small Nutmeg of Diascordium into the Glister: then strain and give it. When you purge with the Manna, add to it one Ounce of Oil of sweet Almonds, newly drawn, which be sure to mix well with

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with the Barley-Water and Manna, that it may work off ſmoothly, and take off all Gripings.

An admirable Powder *for any* Sore Mouth, Thruſh, *or* Canker.

TAKE of Red Sage, Red Fennel, Plantain, Woodbine and Rue, of each one Handful, and of Allum four Ounces; ſhred the Herbs, and beat the Allum, then heat all in a clean Shovel; keep them continually ſtirring; and when they are very well mix'd, and ſeem quite dry from all Juice, ſpread them to cool, and when they are cold, beat them to a very fine Powder, which you muſt ſift; you may uſe it dry, or mix it with Honey; 'Tis recommended as Infallible, to cure any ſort of Sore Mouth.

A moſt Incomparable Salve *to break any* Swelling, *and heal it*; *and good for a* Burn.

TAKE a quarter of a Pint of Sallad Oil, or for want of it, as much unſalted Butter; five Ounces of the beſt Turpentine, ſix Ounces of Honey, three Ounces of Bees-wax, two Ounces of Roſin; put the Turpentine, Roſin, and Bees-wax, and Honey,

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Honey, into a new Pipkin, and let them simmer together, 'till all be melted; then put in your Oil, and let all boil together a little while softly; then put it into Pots for Use.

This was sent as a very choice necessary Salve, for all Families, and almost for all Uses: And indeed I have seen almost a miraculous Cure, on a very bad Breast, by this alone; and therefore am obliged to do it this Justice.

For Sore Nipples, *or* Kibe Heels.

TAKE a Pint of the best Sallad Oil, half a Pound of Red Lead, one Ounce of Red Sealing-wax, and an Ounce of Rosin, six Ounces of Bees-wax; put all these together, and let them boil to a Salve; as soon as ever it turns black 'tis enough; then put it out presently, or 'twill be too hard: When you use it, you must melt it, and anoint the Place griev'd with your Finger, spread it on a Cloth, and keep a Plaister on it: This may be very good; but I think nothing so effectually cures Kibe Heels, as doing them with Camphirized Spirits, before they break.

To Camphirize Spirit *of* Wine.

PUT four Ounces of Camphire, into a Quart of highly-rectified Spirit of Wine; set it in the Sun, and always keep it close stopp'd; as soon as 'tis dissolv'd, 'tis fit

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almoſt for all Uſes, as Kibes, Chilblains, for Head-aches, many ſorts of Sores, that want drying; therefore is ſometimes diſſolv'd in good Hungary-Water: It ought always to be in a Family.

A good Salve *for* Sore Lips *or* Nipples.

TAKE two Ounces of Bees-wax, as much good Sallad Oil; ſet it over the Fire, colour it with Alcany-roots; when 'tis boil'd, and of a fine Red, ſtrain it, and drop in Six-penny-worth of Balſam of Peru; then pour it into the bottom of Tea Cups, that it may come out in little Cakes.

Another for the ſame.

TAKE four Ounces of freſh Beef-Marrow, or unſalted Butter, three Ounces of Virgin's-Wax, Alcany-roots half an Ounce, as much Storax, and as much Gumben, one ſliced Pippin, half an Ounce of Loaf-Sugar, ſix Spoonfuls of Claret, and four of Sack; let all boil 'till 'tis of a good Colour; then pour it into Cups to cool; and when you take them out, dry the Bottoms of the Cakes from the Liquid Part.

A pretty Medicine *for* Sore Nipples.

INFUSE Quince-ſeeds in White Roſe-Water, 'till 'tis a Jelly; ſtrain it through a Muſlin, and waſh the Sore Part often with it.

An

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An Ointment *for the* Piles, *when Swell'd and Painful.*

INFUSE Elder-flowers in Linseed Oil; let them stand in the Sun a Month, then strain it, and take two Spoonfuls of this Oil, an Ounce of Bees-wax, half an Ounce of Turpentine, the Yolk of an Egg; beat all together in a Mortar; spread it on a Cloth, and apply it to the Piles.

Another for the same.

TAKE an Ounce of Virgin's-wax, two Ounces of Linseed Oil, half an Ounce of Camphire, and as much Sperma-ceti, and one Dram of Oil of Amber; melt these together, and spread it on Plaisters; when you are in Pain, both these are very good; but the most effectual way to prevent coming to Extremity, is, to keep the Body always open with Lenitive Electuary, and Flower of Brimstone, Syrup of Roses, or any gentle cooling Medicines; among which Number, stew'd Prunes, though out of Fashion, must not be despis'd.

For an Apoplectick Pain *in the* Head.

BEAT Ground-Ivy, and strain out the Juice; put to this a Spoonful of Powder of Marum, but not enough to thicken the Juice; then take a Leaf of Tobacco, and

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wet it very wet in this Juice, roll it up in Pellets, and put it up your Noſtrils; as faſt as it hardens, put up a freſh one; 'twill give preſent Relief, and is much better than either Liquid or dry Snuff.

An Incomparable Medicine *for the* Scurvy *in the* Teeth.

TAKE a Quart of good White-wine Vinegar, heat a piece of Steel red hot, and quench it eight or ten times in the Vinegar, as faſt as you can heat it; then add to this Liquor an Ounce of powder'd Myrrh, and half an Ounce of Maſtick powder'd; waſh your Teeth twice or thrice a Day.

A certain and immediate Cure *for a* Bruiſe.

MAKE a Poultis of Bran and Urine, apply it as hot as you can bear it; if 'tis very bad, repeat it as it cools, and do it as ſoon as you can, to prevent its ſwelling, which the Air is apt to occaſion.

To Cure Deafneſs *and* Noiſe *in the* Head.

PUT your own Urine into a Pewter-Diſh, and cover it with another; then put ſome Coals under, and when 'tis hot bruſh off the clear Water that hangs on the upper

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upper Diſh with a Feather, and drop it into the Ear : This has done great Cures.

A Mouth-Water *to Cure a* Canker.

TAKE of Juice of Sage and Honey-Suckle, of each ſix Spoonfuls ; of White-wine Vinegar, two Spoonfuls ; Roch Allum, one Ounce ; take double the weight of the whole in Honey, boil it to a thick Syrup ; ſcum it very clean, and when 'tis cold put it up for your Uſe : This, with Syrup of Mulberries, is good for any Sore Mouth.

A good Cere-Cloth.

TAKE a Pint and half of Sallad Oil, half a Pound of Red Lead, a quarter of a Pound of White Lead, a quarter of a Pound of Caſtle Soap, two Ounces of Bees-wax, two Ounces of Oil of Bays, two Ounces of Barrows-greaſe ; boil the Leads in the Oils, till they look brown ; then put in the reſt, keeping it ſtirring 'till it works ; then make it into Rolls, firſt Oiling your Hands : This ſhould boil five Hours.

A moſt admirable Balſam, *for outward or inward* Sores, Fiſtula's, Ulcers, *&c.*

TAKE an equal Quantity of Linſeed and Sallad Oil ; to three Pints of this put

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one Pound of Chio Turpentine, well wash'd in Red-Rose Water, half a Pound of Red Sanders, half an Ounce of Mastick, half an Ounce of Cochineal, half a Pound of good Yellow Bees-wax, one Pint of Spirit of Sack; these must simmer over a slow Fire, 'till all are incorporated; then keep it close stopp'd for your Use: Half this Quantity will last many Years.

I could not, in Gratitude to the Generous Communicator, and Justice to the World, omit inserting this; because it promises Miracles in all inward Ulcers, as it does outward, if anointed; but as to my own particular, I believe no Balsam that was ever made, exceeds that called the *Fryar's Balsam*, in the first Part of this Book: You may take the bigness of a Nutmeg of this, always fasting an Hour before and after.

A Tincture *of the* Bark.

TAKE an Ounce of the finest Bark you can procure, put it in large Pieces, to four Ounces of Spirit of Sal-Armoniac; let it be close stopt, and set it in the Sun, or warm Embers, 24 Hours; then pour it off clear, and keep it for Use. It is to be given in Agues, or Fevers, from ten to forty Drops, according to the Age and Strength of Man, Woman or Child, in Wine and Water; it must be repeated every four Hours, as other Doses of the Bark. Here I am obliged to make a most

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most grateful Acknowledgement for this Receipt, which I take to be the safest and most effectual Medicine that was ever publish'd to the World.

A Draught *of the* Salts *in a* Fever.

TAKE Black Cherry-Water, two Ounces; Compound Piony-Water, one Ounce; Salt of Hart's-horn, one Scruple; Salt of Wormwood, half a Dram; Salt of Amber, three Grains; Spirit of Sulphur, fifteen Drops; take this Draught every six Hours, 'till you have taken eight or ten Draughts: This has done very great Cures, without the Bark, where the Fever is occasion'd by a great Cold; it sweetens and cools the Blood, and revives the Spirits and Head to Admiration.

A very pleasant Posset *in a* Fever.

PUT two Ounces of Preserv'd Barberries, into one Quart of Milk; let it boil and strain it: drink when you are thirsty.

A Milk-Water, *for a* Hooping-Cough.

TAKE of Ground-Ivy, Rosemary, and Hyssop, of each one Handful; distil them in a Quart of new Milk, and let it drop on a quarter of a Pound of Sugar-candy: Take a Spoonful Night and Morning, and as often as you please.

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An excellent Remedy for a Sore Throat, *which, taken in Time, will prevent a* Quinſey.

TAKE five Spoonfuls of Syrup of Elderberries, and mix with one Spoonful of Honey, and as much Salt Prunel (in Powder) as will lie on a Shilling: Take a Teaſpoonful of this as often as you can.

For Convulſion Fits.

GET a Dozen of Live Moles, when with young; ſtick them with a Knife in the Throat, 'till they are dead; then open them, and take out all the Intrails; put them in an Earthen Pan, and by degrees dry them in an Oven, 'till they are fit to powder; then powder and ſift them through a fine Sieve; give the Child as much as will lie on a half Crown in Black-Cherry Water, once in three Hours, for three times; then every Night going to Reſt, for three times. If you fear a Return, give it three Nights before the Full and New of the Moon.

I dare ſay this is an approv'd Receipt, becauſe I had it from a very choice Hand; but I ſhould fear 'twould be impoſſible to make a young Child take ſo much of ſo loathſome a Thing as this Powder muſt needs be.

Another

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Another for the ſame.

TAKE half a Pound of the Roots of ſingle Piony, ſlice them thin, four Ounces of Gentian-Root ſliced thin, a Peck of Juniper Berries bruis'd, Cummin-ſeeds, Coriander-ſeeds, Carraway-ſeed, Pine-ſeed, Grommile-ſeed, of each two Ounces bruis'd, Sage, Pimpernel Roots, Rue, Roſemary, Balm, of each two Handfuls, a good Quantity of Clove July-flowers, Lilly of the Valley, Sage-flowers, if they can be got, Roſemary-flowers you may always keep dry; add a Handful of each of theſe; Cloves, Ginger, Nutmegs, Gallingal, Cardimums, Cubebs, of each two Drams, bruiſe them; then take a Handful of dried Betony-flowers, half a Handful of Egrimony, chop all theſe Herbs, and put them in to ſteep in three Gallons of Ale, not too New; let it lie one Night or better in Steep; then Still it, and draw it down pretty low, ſo mingle ſmall and ſtrong together; if it be too ſtrong for a little Child, put to a Spoonful of this Water, one Spoonful of Black-Cherry Water.

A Salve *for a* Rupture.

MELT a Pound of Deer-ſuet, and put to it a Handful of Solomon-ſeal, as much Comfrey-roots, and as much Mouſe-ear, ſtamp all the Herbs and Roots; ſtrain and

and boil them with the Suet; when 'tis well mix'd and consumed to half of the Quantity, then add four Ounces of Adders-spear, and an Ounce of fine Bole-Armoniac, well powder'd and sifted; mix all, and keep it for Use: When you lay it on the Part, bind it hard. For a Rupture in the Throat, lie always in a Neckcloth tied hard.

An excellent Way to make the Purging Syrup *of* Roses.

TAKE Damask-Roses before they are full blown, cut off the White, then pour upon them two Quarts of Succory-Water boiling; let this infuse in the Embers an Hour; then strain it very dry, and pour that Liquor upon as many more Roses, so cut, as it will cover; let this infuse as before, then strain it, and to every Pint of this Liquor, put near two Pounds of Sugar; 'tis the best Purging Syrup, for almost all Uses, that is made.

A very good Electuary *for an* Asthma.

TAKE four Cloves of Garlick, roast them 'till they are soft; then bruise out the Pulp, and put it into six Spoonfuls of Honey, two Spoonfuls of the Powder of Elecampane; of Liquorice, Aniseeds, and Coriander-seeds, all finely powder'd and sifted, one Spoonful and a half; mix all well together,

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together, and take the bigneſs of a Nutmeg Morning and Night.

A moſt Incomparable Steel Electuary.

TAKE two Ounces of Conſerve of Brook-lime, Conſerve of Water-creſſes, and Scurvy-graſs, each two Ounces; the Yellow Rind of a *Sevil* Orange grated, two large Nutmegs grated, and an Ounce of Prepared Steel; mix up all with Syrup of Poppies, and take the bigneſs of a Wall-nut in the Morning, and at five in the Afternoon.

A bitter Tincture *for a* Pain *in the* Stomach.

TAKE a Handful of Roman Wormwood, as much Ground-Ivy, two Drams of Gentian, one Dram of Gallingal-root, four Ounces of the thin Yellow Rind of Oranges, one Dram of Cardimums the leſs, Saffron one Dram, Cochineal one Dram; infuſe all theſe in one Quart of Brandy, ſet them in the Sun, or in warm Embers, 'till 'tis well tinctured; ſtrain it, and take one Spoonful in a Glaſs of any Wine: 'Tis an incomparable Bitter.

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A Medicine *for any one that has been bit by a Mad-Dog.*

TAKE a Handful of the Herb call'd Ladies Bed-ſtraw, bruiſe it in a Mortar; then roll up the Leaf and Juice, with a Lump of Butter, and make the Party ſwallow it. 'Tis ſent me as an immediate Cure for Man or Beaſt.

A very good Way to prevent the Nail *growing into the* Toe.

IF the Nail of your Toe be hard, and apt to grow round, and into the Corners of your Toe, take a Piece of broken Glaſs and ſcrape the Top very thin, do this whenever you cut your Nails, and by conſtant uſe, it makes the Corners fly up, and grow flat; ſo that 'tis impoſſible they ſhould give you any Pain.

To make the Hair *grow thick.*

TAKE Roſemary, Maiden-hair, Southern-wood, Myrtle-Berries, Hazel-Bark, of each two Ounces; burn theſe to Aſhes on a clean Hearth, or in an Oven; put theſe Aſhes in White-wine, to make a ſtrong Lye, and waſh the Hair daily at the

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the Root; keep it cut pretty ſhort: It kills the Worm which is at the Root, and is more effectual than Bear's Greaſe, or any ſort of Pomatum, which rather feeds than deſtroys that Enemy to the Hair.

A Salve *for a* Burn *or* Scald, *which will effectually take out the* Fire.

TAKE a Pint of Sallad Oil, half a Pound of White-Lead, and a quarter of a Pound of Virgin's Wax; boil all together ſoftly, 'till it looks of a dark brown Colour, then roll it into Rolls.

An excellent Way to make the Salve Gratia Dei, *which is to be made about Midſummer.*

TAKE Vervain, Betony, and Pimpernel, of each one Handful; ſtamp them and boil them in three Quarts of White-wine, 'till half be conſumed; then ſtrain it through a Linen Cloth, and ſet it over the Fire again; put to it one Pound of the beſt Roſin, well beaten, four Ounces of Virgin's Wax, or Yellow Wax, diſſolv'd in Woman's Milk, and one Ounce of Maſtick well powder'd; boil all in the Wine, 'till it be melted, ſtirring well and faſt: then take it from

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from the Fire, and put to it a Pound of Turpentine, ſtirring it 'till it be cold; then the Salve will riſe above the reſt, which you muſt take out, and labour with your Hands, as Shoemakers do their Wax, and you may make it in Rolls, or keep it all together in a Pan. This was omitted in the Firſt Part; but is ſent me again from the ſame Charitable Family, on whoſe repeated Experience, I dare ſet down ſome of its many Virtues: 'Tis good for all Sorts of Wounds, new and old; it cleanſes and heals; eateth off Dead Fleſh, and generateth New; it mollifies Boils, draws out Thorns, breaks Impoſthumes; is good in the Canker and a Fiſtula, Bruiſes on the Sinews, St. *Anthony's* Fire, and it aſſuageth Swellings.

An Ointment *for St.* Anthony's *Fire.*

GATHER Elder-flowers in the Spring, and fill a Bottle as full as it can hold; then wet them with Linſeed Oil, and ſet them in the Sun, preſs out this very hard, and put to four Ounces of this, half a Dram of Saffron, an Ounce of ſoft Soap, and boil it to an Ointment; juſt before you take it off the Fire, ſtir in an Ounce of Ceruſe; when

when you use it, make it warm, and anoint the Place; dip soft Paper in the Ointment, and cover it when you dress it, which must be twice a Day, wash it with Spirit of Wine, in which a little *Venice* Treacle has been mix'd,

To make Extract of Amber.

TAKE two Drams of good Ambergrease, as much Sugar-candy, twelve Grains of Musk, and six Grains of Civet; beat all small together, and put this Mixture into a Bottle that has a Glass Stopper; pour upon these Ingredients four Ounces of highly Rectified Spirit of Wine; set it in warm Embers for twenty-four Hours, while 'tis warm, separate the Clear from the Dross: This Extract is much better for all sorts of Use, than Ambergreese; five or six Drops in any Thing, gives a most noble Perfume; half this Quantity will last a great many Years; but 'tis proper in all Families distant from *London*, because often prescrib'd in Cordials.

To make a Sweet Water.

TAKE half a Bushel of Damask Roses, not over-blown, pick them into a broad Pan, and put in two good Handfuls

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of Lavender Tops, when it has juſt ſhot the Ear; put in alſo four Ounces of Cloves, and ſtir all together, putting in three Pints of Roſe-Water, and cover them with a Pewter Diſh and a Napkin cloſe; let them ſtand a Day and a Night, ſtir them twice or thrice in a Day, and then diſtil them in a cold Still; put into the Bottle four Grains of Musk, and a Pebble Stone tied in a Rag.

The End of the SECOND PART.

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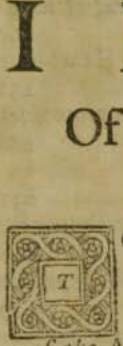

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