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A BOOK OF

Fruits & Flowers.

SHEWING

The Nature and Use of them, either  
for Meat or Medicine.

AS ALSO:

To Preserve, Conserve, Candy, and in Wedges,  
or Dry them. To make Powders, Civet bagges,  
all sorts of Sugar-works, turn'd works in Sugar,  
Hollow, or Frutages; and to Pickell them.

\_\_And for Meat.\_\_

To make Pyes, Biscat, Maid Dishes, Marchpanes, Leeches,

and Snow, Craknels, Caudels, Cakes, Broths, Fritter-stuffe,  
Puddings, Tarts, Syrupes, and Sallets.

\_For Medicines.\_

To make all sorts of Poultisses, and Serecloaths for any member  
swell'd or inflamed, Ointments, Waters for all Wounds, and Cancers,  
Salves for Aches, to take the Ague out of any place Burning or  
Scalding; For the stopping of suddain Bleeding, curing the Piles,  
Ulcers, Ruptures, Coughs, Consumptions, and killing of Warts, to  
dissolve the Stone, killing the Ring-worme, Emroids, and Dropsie,  
Paine in the Ears and Teeth, Deafnesse.

\_Contra vim mortis, non est Medicamen in hortis.\_

\_LONDON\_:

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the \_Royall Exchange\_, London, 1653.

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Of Lemmons.

[Illustration: Lemmon.]

\_A Lemmon Sallet.\_

Take Lemmons, rub them upon a Grate, to make their rinds smooth, cut them in halves, take out the meat of them, and boyle them in faire water a good while, changing the water once or twice in the boyling, to take away the bitternesse of them, when they are tender take them out and scrape away all the meat (if any be left) very cleane, then cut them as thin as you can (to make them hold) in a long string, or in reasonable short pieces, and lay them in your glasse, and boyling some of the best \_White\_-wine vineger with shugar, to a reasonable thin Syrupe, powre it upon them into your glasse, and keep them for your use.

\_To Preserve Oranges or Lemmons.\_

Take your \_Oranges\_ or \_Lemmons\_, lay them in water three dayes, and three nights, to take away their bitternesse, then boyle them in faire water till they be tender, make as much Syrupe for them as will make them swim about the pan, let them not boyle too long therein, for it will make the skins tough; then let them lie all night in the Syrupe, to make them take the Syrupe in the morning, boyle the Syrupe to his thicknesse, and put them in gally pots or glasses, to keep all the yeare, and this is the best way to Preserve \_Orenge\_, Lemmons\_, or

\_Citrons\_.

\_To make Past of Lemmons\_.

Take halfe a dozen of thick-rined \_Lemmons\_, cut them through the middest, and boyle them tender in faire water, then stamp them in a Morter, strayne the juyce or pulp from them, and dry it, and put two pound of \_Shugar\_ to it, then make it into what fashion you will, on a sheet of white paper, dry it in an Oven, and turne it often for two dayes and two nights, for in that time it will be dry enough; box it thus up, and it will endure all the Yeare.

\_Sweet Bagges to lay amongst Linnen\_.

Take \_Orris, Cypris, Calamus, Fusic\_, all of them grosse beaten, and \_Gallingall\_ roots, of each a handfull, and as much of the small tops of \_Lavender\_, dryed, and put them into baggs to lay among your cloaths. You may put in a handfull or two of \_Damask Rose\_ leaves dryed, which will somewhat better the sent.

Medicines made of Lemmons.

\_To take away the Spots, or red Pimpels of the face\_.

Take halfe a pint of raine water, and halfe a pint of good \_Verjuice\_,  
seeth it till it be halfe consumed, then whilst it boils fill it up  
again with juyce of \_Lemmon\_, and so let it seeth a pretty while;  
then take it from the fire, and when it is cold put to it the whites  
of four new laid Eggs, well beaten, and with this water annoynt  
the place often.

\_A very good Medicine for the Stone\_.

Make a Posset of a quart of \_Rhenish\_ wine, a pint of \_Ale\_ and a  
pint of \_Milke\_, then take away the curd, and put into the drink,  
two handfulls of Sorrell, one handfull of \_Burnet\_, and halfe a handfull  
of \_Balm\_, boyle them together a good while, but not too long,  
least the drink be too unpleasant, then take of the drink a quarter  
of a pint, or rather halfe a pint, at once, at morning, and to bed-ward,  
putting therein first two or three spoonfulls of juice of \_Lemmons\_,  
this is an excellent Medicine for the \_Stone in the Kidneyes\_, to  
dissolve and bring it away. It is very good in these Diseases of the  
\_Stone\_, to use \_Burnet\_ often in your drink at Meales, and often to  
steep it in over night, and in the morning put in three or foure  
spoonfulls of juice of \_Lemmons\_, and to drink thereof a good  
draught every morning a week together, about the full of the  
Moone, three dayes before, and three dayes after.

\_To roste a Shoulder of Mutton with Lemmons\_.

Take a Shoulder of Mutton halfe roasted, cut off most of the meat thereof, in thin slices, into a faire dish with the gravy thereof, put thereto about the quantity of a pint of clarret wine, with a spoonfull or two at most of the best wine Vineger, season it with Nutmeggs, and a little Ginger, then pare off the rines of one or two good Lemmons, and slice them thin into the Mutton, when it is almost well stewed between two dishes, and so let them stew together two or three warmes, when they are enough, put them in a clean dish, and take the shoulder blade being well broyled on a grid-iron, and lay it upon your meat, garnishing your dishes with some slices and rinds of the Lemmons, and so serve it.

To Boyle A Capon with Oranges and Lemmons.

Take Orenges and Lemmons peeled, and cut them the long way, and if you can keep your cloves whole, and put them into your best Broth of Mutton or Capon, with Prunes or Currants three or four dayes, and when they have been well sodden, cut whole Pepper, great Mase, a great peice of Suggar, some Rose-water, and either White wine, or Clarret wine, and let all these seeth together a while, and serve it upon Sopps with your Capon.

A Lemmond Sallet.

Cut out slices of the peelee of the Lemmons, long wayes, a quarter

of an inch one piece from another, and then slice the \_Lemmons\_  
very thin, and lay them in a dish crosse, and the peeles about  
the \_Lemmons\_, and scrape a good deal of \_Suggar\_ upon them, and  
so serve them.

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\_Of Quinces\_.

\_The best way to Preserve Quinces.\_

First pare and coare the \_Quinces\_, and boyle them in faire water  
till they be very tender, not covering them, then taking them  
out of the water, take to every pound of them, two pound of \_Sugar\_,  
and half a pint of water, boyle it to a Syrupe, scumming it well,  
then put in some of the Jelly that is washed from the \_Quince\_ kernels,  
and after that, making it boyle a little, put in your \_Quinces\_,  
boyle them very fast, keeping the holes upward as neer as you  
can, for fear of breaking, and when they are so tender that you  
may thrust a rush through them, take them off, and put them up  
in your glasses, having first saved some Syrupe till it be cold to fill  
up your glasses.

\_A speciall Remembrance in doing them\_.

When you Preserve \_Quinces\_, or make \_Marmalade\_, take the Kernels out of the raw \_Quinces\_, and wash off the Jelly that groweth about them, in faire water, then straine the water and Jelly from the kernels, through some fine Cobweb laune, and put the same into the \_Marmalade\_, or preserved \_Quinces\_, when they are well scum'd, but put not so much into your \_Quinces\_, as into the \_Marmalade\_, for it will Jelly the Syrupe too much; put six or seven spoonfulls of Syrupe into the Jelly. Before you put it into the \_Marmalade\_, you must boyle your \_Quinces\_ more for \_Marmalade\_, then to preserve your \_Quinces\_, and least of them when you make your clear Cakes.

When you would preserve your \_Quinces\_ white, you must not cover them in the boyling, and you must put halfe as much \_Sugar\_ more for the white, as for the other. When you would have them red, you must cover them in the boyling.

[Illustration: Quince]

\_To Pickle Quinces.\_

Boyle your \_Quinces\_ that you intend to keep, whole and unpared, in faire water, till they be soft, but not too violently for feare you break them, when they are soft take them out, and boyle some \_Quinces\_ pared, quarter'd, and coar'd, and the parings of the \_Quinces\_

with them in the same liquor, to make it strong, and when they have boyled a good time, enough to make the liquor of sufficient strength, take out the quartered \_Quinces\_ and parings, and put the liquor into a pot big enough to receive all the \_Quinces\_, both whole and quartered, and put them into it, when the liquor is thorow cold, and so keep them for your use close covered.

\_To make Quince Cakes\_.

Prepare your \_Quinces\_, and take the just weight of them in \_Sugar\_, beaten finely, and searcing halfe of it, then of the rest make a Syrupe, using the ordinary proportion of a pint of water to a pound of \_Sugar\_, let your \_Quinces\_ be well beaten, and when the Syrupe is cand height, put in your \_Quince\_, and boyle it to a past, keeping it with continuall stirring, then work it up with the beaten \_Sugar\_ which you reserved, and these Cakes will tast well of the \_Quinces\_.

\_To make Printed Quidony of Quinces\_.

Take two pound of \_Quinces\_, paired, coared, and cut in small pieces, and put them into a faire posnet, with a quart of faire water, and when they are boyled tender, put into them one pound of \_Sugar\_ clarified, with halfe a pint of faire water, let them boyle till all the fruit fall to the bottom of the posnet, then let the liquid

substance run through a faire linnen cloath into a clean bason,  
then put it into a posnet, and let it boyle till it come to a jelly,  
then Print it in your Moulds, and turne it into your boxes. You  
shall know when it is ready to Print, by rouling it on the back of  
a Spoone.

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\_Of Roses\_.

\_To make sweet Bagges to lay Linnen in\_.

Take \_Damask Rose\_ budds, pluck them, and dry the leaves in the  
shadow, the tops of \_Lavender\_ flowers, sweet \_Margerom\_, and \_Basill\_,  
of each a handfull, all dryed and mingled with the \_Rose\_ leaves, take  
also of \_Benjamin, Storax, Gallingall\_ roots, and \_Ireos\_ or \_Orris\_ roots,  
twice as much of the Orris as of any of the other, beaten in fine  
powder: a peece of cotten wool wetted in \_Rose\_-water, and put  
to it a good quantity of \_Musk\_ and \_Ambergreece\_ made into powder,  
and sprinkle them with some \_Civet\_ dissolved in \_Rose\_-water, lay the  
Cotten in double paper, and dry it over a chaffin dish of coales:  
Lastly, take halfe a handfull of \_Cloves\_, and as much \_Cinamon\_ bruised,  
not small beaten, mixe all these together, and put them up in  
your Bagge.

\_A very good Poultis for any Member swell'd and inflamed,  
and not broken, to take away the paine\_.

Take three pints of new milk, of stale Manchet crums two handfulls,  
or so much as shall make the milk somewhat thick, and thereto  
put two handfulls of dried red \_Rose\_ leaves, and three ounces of  
Oyle of \_Roses\_, boyle all these together to the thicknesse of a Poultisse,  
then let it stand and coole, and while it cooleth rake a spoonfull  
of Oyle of \_Roses\_, and with a warm hand rub the place grieved,  
till the Oyle be dried in, and then lay the Poultisse as warm as you  
may endure it, to the part inflamed; doe this morning and evening  
for three or four dayes, as you shall see cause.

\_To make a sweet Cake, and with it a very sweet water.\_

Take \_Damask Rose\_ leaves, \_Bay\_ leaves, \_Lavinder\_ tops, sweet \_Marjerome\_  
tops, \_Ireos\_ powder, \_Damask\_ powder, and a little \_Musk\_ first  
dissolved in sweet water, put the \_Rose\_ leaves and hearbs into a Bason,  
and sprinkle a quarter of a pint of \_Rose\_-water among them,  
and stirring them all together, cover the Bason close with a dish,  
and let them stand so covered, all night, in the morning Distill  
them, so shall you have at once an excellent sweet water, and a  
very fine sweet Cake to lay among your finest linnen.

\_Oyle of Roses.\_

Take Sallet Oyle and put it into an earthen pot, then take \_Rose\_ leaves, clip off all the white, and bruise them a little, and put them into the Oyle, and then stop the top close with past, and set it into a boyling pot of water, and let it boyle one hour, then let it stand al one night upon hot embers, the next day take the Oyle, and straine it from the \_Rose\_ leaves, into a glasse, and put therein some fresh \_Rose\_ leaves, clipt as before, stop it, and set it in the Sun every day for a fortnight or three weeks.

#### \_Syrupe of Roses.\_

Take \_Damask Roses\_, clip off the white of them, and take six ounces of them to every pint of faire water, first well boyled and scummed, let them stand so as abovesaid, twelve hours, as you doe in the Syrupe of \_Violets\_, wringing out the \_Roses\_ and putting in new eight times, then wringing out the last put in onely the juice of four ounces of \_Roses\_, so make it up as before, if you will put in \_Rubarb\_, take to every two drams, slice it, string it on a thred, hang it within the pot after the first shifting, and let it infuse within your \_Roses\_: Some use to boyle the \_Rubarb\_ in the Syrupe, but it is dangerous, the Syrupe purgeth \_Choller\_ and \_Melancholly\_.

#### \_A Conserve of Roses.\_

Take red \_Rose\_ buds, clip of all the white, bruised, and withered

from them, then weigh them out, and taking to every pound of  
\_Roses\_ three pound of \_Sugar\_, stamp the \_Roses\_ by themselves very  
small putting a little juice of \_Lemmons\_ or \_Rose\_ water to them as  
they wax dry, when you see the \_Roses\_ small enough, put the \_Sugar\_  
to them, and beat them together till they be well mingled,  
then put it up in Gally pots or glasses; in like manner are the  
Conserves of Flowers, of \_Violets, Cowslips, Marigolds, Sage\_, and  
\_Sea boise\_ made.

\_To Preserve Roses or any other Flowers.\_

Take one pound of \_Roses\_, three pound of \_Sugar\_, one pint of  
\_Rose\_ water, or more, make your Syrupe first, and let it stand till it  
be cold, then take your \_Rose\_ leaves, having first clipt off all the  
white, put them into the cold Syrupe, then cover them, and set  
them on a soft fire, that they may but simper for two or three  
hours, then while they are hot put them into pots or glasses for  
your use.

\_How to Preserve Barbaries.\_

First take the fairest \_Barbaries\_, and of them the greatest bunches  
you can get, and with a needle take out the stones on the one  
side of them, then weigh out to every halfe pound of them one  
pound of \_Sugar\_, put them into a Preserving pan, strow the \_Sugar\_  
on them, and let them boyle a quarter of an hour softly, then taking

out the \_Barbaries\_ let the Syrupe boyle a quarter of an hour more,  
then put in the \_Barbaries\_ againe, and let them boyle a pretty while  
with the Syrupe, then take them from the Syrupe, and let them  
both stand till they be cold, and so put them up.

\_To keep Barbaries to garnish your Meat.\_

Take the worst of them, and boyle them in faire water, and  
straine the liquor from them, and while the liquor is hot put it into  
your \_Barbaries\_, being clean picked, and stop them up, and if they  
mould much, wash them thoroughly in the liquor, then boyle the  
liquor againe, and strayne it, and let it coole, then put it to your  
\_Barbaries\_ againe.

[Illustration: A Rose]

\_Conserve of Barbaries.\_

Take your \_Barbaries\_, pick them clean in faire branches, and  
wash them clean, and dry them on a cloath, then take some other  
\_Barbaries\_, and boyle them in \_Clarret\_ wine till they be very soft,  
then straine them, and rub them so well through the strainer, that  
you may know the substance of them, and boyle up this matter  
thus strained out, till it be very sweet, and somewhat thick, then setting  
it by till it be cold, and then put in your branches of \_Barbaries\_

into gally pots, or glasses, and fill it up with the cold Syrupe,  
and so shall you have both Syrupe, and also \_Barbaries\_, to use at  
your pleasure.

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\_Of Almonds.\_

\_To make Almond Biscate.\_

Steepe one pound of \_Almonds\_ so long in cold water, till they will  
blanch, then put them in \_Rose\_-water, and beat them in so much  
\_Rose\_-water as will keep them from growing to an Oyle, and no  
more; take one pound of \_Sugar\_ beaten very fine, and sifted  
through a Searce, take the whites of six Eggs beat to a froth, as  
you use to doe for other Bisket, with a spoonfull of fine flower,  
set the \_Almonds\_ and \_Sugar\_ on a soft Charcoal fire, let them boyle  
together till they be very thick, and so let them stand till they be  
almost cold, then beat the Eggs and that together, put in a little  
\_Muske\_ for the better tast, if you please, then lay them upon papers,  
in what proportion you will, and dry them in an Oven, with  
a slack fire.

\_To make Almond Milke.\_

Take a rib of Mutton or Veale, or rather a Chicken, boyle it in faire water, put thereto French Barley, a Fennill root, a Parsly root, Violet leaves, Strawberry leaves, and Cinquefoyle leaves, and boyle them all together, till the meat be over boyled, then strayne out the liquor from the rest, while they are boyling blanch a proportion of Almonds answerable to the liquor, beat them well in a clean stone Morter, and then grind them therein with Rose water and Sugar, and when they are well ground put in all your liquor by little and little, and grind with them till they be all well Compounded, and then strayne it into a faire glasse, and use it at your pleasure.

An approved Medicine for the running of the Reines.

Make Almond Milke of Plantine water, or else boyle Plantine in the liquor whereof you make your Almond Milk, take a quart of it, and put thereto three spoonfulls of Lentive farine, and three spoonfulls of Cinamon water, take of this at six in the morning, a good draught, two hours before dinner another, at four of the clock in the afternoon, a third, and two hours after supper a fourth; and twice or thrice between meals, eat a spoonfull of Conserve of Red Roses at a time.

Oyle of Almonds.

Take Almonds, blanch them, and put them into a pot, and set that pot in another pot of water that boyleth, and the steam of the seething pot will arise and enter into the pot with the Almonds, and that will become Oyle when they are stamped and wringed through a cloath. Thus they make Oyle of the kernels of Filberts, Walnuts, &c.

A Barley Cream to procure sleep, or Almond Milke.

Take a good handfull of French Barley, wash it cleane in warme water, and boyle it in a quart of sayre water to the halfe, then put our the water from the Barley, and put the Barley into a pottell of new clean water, with a Parsley, and a Fennell root, clean washed, and picked with Bourage, Buglos, Violet leaves, and Lettice, of each one handfull, boyle them with the Barley, till more then halfe be consumed; then strayne out the liquor, and take of blanched Almonds a handfull, of the seeds of Melons, Cucumbers, Citralls, and Gourds, husked, of each halfe a quarter of an ounce, beat these seeds, and the Almonds together, in a stone mortar, with so much Sugar, and Rose-water as is fit, and strayne them through a cleane cloath into the liquor, and drink thereof at night going to bed, and in the night, if this doth not sufficiently provoke sleep, then make some more of the same liquor, and boyle in the same the beads, or a little of white Poppey.

\_An Oyntment to kill the Worms in little Children\_.

For stomach Wormes, annoynt the stomach with Oyle of \_Wormwood\_,  
and the belly with Oyle of sweet \_Almonds\_, for belly Wormes take  
all of \_Wormwood\_, Oyle of \_Savine\_, and the Powder of \_Aloe Cicatrina\_,  
finely beaten, annoynt the belly therewith, morning and evening.  
You must not use \_Savine\_ in Medicines for Mayden Children,  
but in stead of Oyle of \_Savine\_, take as much of an Oxes  
Gall.

\_To make the best white Puddings\_.

Take a pound of \_Almonds\_, blanch them, putting in  
a little Milk sometime to them in the stamping, then put to them  
three handfulls of fine Flower, or as much grated bread first baked  
in an Oven, six Eggs well beaten, a good deale of marrow cut in  
little pieces, season them with \_Nutmeg\_ and \_Sugar\_, three spoonfulls  
of \_Rose-water\_, and a little Salt; temper them all together,  
with as much Cream as will serve to wet or mingle them; and so  
fill them up.

\_An Almond Candle\_.

Blanch Jordan \_Almonds\_, beat them with a little small Ale, and  
strayne them out with as much more Ale as you minde to make

your Caudle of, then boyle it as you doe an Egg Caudle, with a little Mace in it, and when it is off the fire sweeten it with Sugar.

\_To make fine white Leach of Almonds\_.

Take halfe a pound of small Almonds, beat them, and strayne them with Rose water, and sweet Milk from the Cow, and put into it two or three pieces of large Mace, one graine of Musk, two ounces of Isinglasse, and so boyle it in a Chafin-dish of coales, a quarter of an hour, till it will stand, which you shall try thus, set a saucer in a little cold water, so that none come into it, and put a spoonfull of the Leach into it, and if you see that stand, rake the other off the fire, then you may slice it in what fashion you please.

\_To make Almond Butter\_.

Blanch one pound of \_Almonds\_, or more; or lesse, as you please, lay them four hours in cold water, then stamp them with some Rose water, as fine as you can, put them in a cloath, and presse out as much Milk as you can, then if you think they be not enough beat them, and straine them againe, till you get as much Milk of them, as you can, then set it on the fire, till they be ready to boyle, putting in a good quantity of Salt and Rose water, to turne it after one boyling, being turned, take it off, cast it abroad upon a linnen cloath, being holden between two, then with a

spoon take off the Whey under the cloath, so long as any will drop or run, then take so much of the finest Sugar you can get, as will sweeten it, and melt it in as much Rose-water as will serve to dissolve it, put thereto so much \_Saffron\_ in fine powder, as will colour it, and so steeping the \_Saffron\_ and \_Sugar\_ in Rose-water, season your Butter therewith, when you make it up.

[Illustration: Olives]

\_To make Almond Cakes\_.

Take of Jordan Almonds, one pound, beat them as you doe for Almond milk, draw them through a strainer, with the yolks of two or three Eggs, season it well with Sugar, and make it into a thick Batter, with fine flower, as you doe for Bisket bread, then powre it on small Trencher plates, and bake them in an Oven, or baking pan, and these are the best Almond Cakes.

\_To make Paste of Almonds\_.

Take one pound of small Almonds, blanch them out of hot water into cold, then dry them with a cloath, and beat them in a stone Morter, till they come to Past, putting now and then a spoonful of Rose water to them, to keep them from Oyling, when they are beaten to fine past, take halfe a pound of \_Sugar\_ finely

beaten and searsed, put it to your past, and beat it till it will twist between your fingers and thumb, finely without knots, for then it is enough, then make thereof Pyes, Birds, Fruits, Flowers, or any pretty things, printed with Molds, and so gild them, and put them into your Stove, and use them at your pleasure.

\_To make a Marchpine\_.

Take a pound of small Almonds, blanch them, and beat them, as you doe your past of Almonds, then drive it into a sheet of past, and spread it on a botome of wafers, according to the proportion, or bignesse you please, then set an edge round about it, as you doe about a Tart, and pinch it if you will, then bake it in a pan, or Oven, when it is enough, take it forth, and Ice it with an Ice made of Rose-water and Sugar, as thick as batter, spread it on with a brush of bristles, or with feathers, and put it in the Oven againe, and when you see the Ice rise white and dry, take it forth, and stick long comfits in it, and set up a staddard in the middest of it, so gild it, and serve it.

\_To make White-Broth with Almonds\_.

First look that the Meat be clean washed, and then set it on the fire, and when it boyleth, scum it clean, and put some salt into the pot, then take \_Rosemary, Thyme, Hysop\_, and \_Marjerome\_, bind them together, and put them into the pot, then take a dish of sweet

Butter, and put it also into the pot amongst the meat, and take whole Mase, and bind them in a cloath, and put them into the pot, with a quantity of Verjuice, and after that take such a quantity of Almonds as shall serve turne, blanch them, and beat them in the Morter, and then straine them with the broth when your Meat is in, and when these Almonds are strained put them in a pot by themselves, with some \_Sugar\_, a little \_Ginger\_, and also a little Rose water, then stir it while it boyle, and after that take some sliced \_Oringes\_ without the kernels, and boyle them with the broth of the pot, upon a chafin-dish of coales, with a little \_Sugar\_, and then have some Sipits ready in a platter, and serve the meat upon them, and put not your Almonds in till it be ready to be served.

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[Illustration: Straw-berries]

\_Of Straw-Berries.\_

\_A Tart of Straw-Berries.\_

Pick and wash your \_Straw-Berries\_ clean, and put them in the past one by another, as thick as you can, then take \_Sugar, Cinamon\_, and a little \_Ginger\_ finely beaten, and well mingled together, cast

them upon the Straw Berries, and cover them with the lid finely cut into Lozenges, and so let them bake a quarter of an houre, then take it out, stewing it with a little Cinamon, and Sugar, and so serve it.

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Of Hartichoakes.

How to make a Hartichoake Pye.

Boyle your Hartichoakes, take off all the leaves, pull out all the strings, leaving only the bottoms, then season them with Cinamon and Sugar, laying between every Hartichoake a good piece of Butter; and when you put your Pye into the Oven, stick the Hartichoakes with slices of Dates, and put a quarter of a pint of White-wine into the Pye, and when you take it out of the Oven, doe the like againe, with some butter, and sugar, and Rose-water, melting the butter upon some coales, before you put it into the Pye.

To keep Hartichoakes for all the yeare.

The fittest time is about Michaelmas, and then according to the proportion of Hartichoakes you will keep, seeth a quantity of water in a pot or pan, seasoning it so with white salt that it may have

a reasonable tast, then put a fit quantity of white salt into the water, and boyle them together, and scum them well; then put a good quantity of good Vineger to them, to make the liquor somewhat sharp, and boyle it again, then parboyle your Hartichoakes that you mind to keep, in another liquor, take them out of it, and let them coole, then set your first liquor againe on the fire to boyle, and scumming it throughly, let it coole againe; when it is throughly cold, put it up in some firkin, or large earthen pot, and put in your Hartichoakes to them handsomely, for bruising them; then cover them close from the aire, and so keep them to spend at your pleasure.

To Preserve Hartichoakes.

Heat water scalding hot first, then put in your Hartichoakes and scald them, and take away all the bottomes, and leaves about them, then take Rose water and Sugar and boyle them alone a little while, then put the Hartichoakes therein, and let them boyle on a soft fire till they be tender enough, let them be covered all the time they boyle, then take them out and put them up for your use.

To make a maid dish of Hartechoakes.

Take your Hartichoakes and pare away all the top, even to the Meat, and boyle them in sweet Broth till they be somewhat tender,

then take them oat, and put them in a dish, and seeth them  
with \_Pepper, Cinamon\_, and \_Ginger\_, then put them in the dish you  
mean to bake them in and put in marrow to them good store, and  
so let them bake, and when they be baked, put in a little \_Vineger\_  
and \_Butter\_, and stick three or four leaves of the \_Hartichoakes\_ in  
the dish when you serve them up, and scrape Sugar upon the dish.

\*OF MEDICINES.\*

\_An Excellent Medicine or Salve for an Ache  
coming of cold, easie to be made by any  
Country Housewife.\_

Take of good Neats-foot Oyle, Honey, and new Wax, like  
quantities, boyle them all well together, then put to them a quarter  
so much \_of Aqua vitae\_ as was of each of the other, and then setting  
it on the fire, boyle it till it be well incorporated together,  
then spread it upon a piece of thin Leather, or thick linnen cloath,  
and so apply it to the place pained.

\_To cake the Ague out of any place\_.

Take \_Vervine\_ and \_Black Hemlocke\_, of each an handfull, boyle  
them in a pint of fresh \_Butter\_ till they be soft, and begin to parch  
again, then straine the \_Butter\_ from the hearbs, and put it into a

gally pot, and two or three times annoynt the place grieved with  
a spoonfull or two thereof, \_probat\_.

\_For the Ague in Children, or Women with Child\_.

Take \_Venice Turpentine\_, spread it on the rough side of a piece of  
thin \_Leather\_, two fingers breadth, and strew thereon the powder of  
\_Frankincense\_ finely beaten, and upon it some \_Nutmeg\_ grated, binde  
this upon the wrists an hour before the fit comes, and renew it  
still till the fit be gone.

\_To strengthen the Back weak or diseased.\_

Take the pith of an Oxes back, wash it in Wine or Ale, and  
beating it very small straine it through a course cloath, and make a  
Caudle of it, with \_Muskadine\_ or strong \_Ale\_ boyling it therein a few  
\_Dates\_ sliced, and the stones taken out, and drink it first and last as  
warm as you can, walking well, but temperately after it. Toasted  
dates often eaten are very good for the same.

\_For a Paine or Ache in the Back.\_

Take \_Nepe, Archangel, Parsley\_, and \_Clarie\_, of each halfe a handfull  
wash them cleane, and cut them small, and then fry them with  
a little sweet Butter, then take the yolks of three or four Eggs,

beat them well together, and put them to the Hearbs, fry them all together, and eat them fasting every morning, with some \_Sugar\_; to take away the unsavorinesse of the Hearbs, some use to take only \_Clary\_ leaves, and \_Parsley\_ washed, not cut, or \_Clary\_ leaves alone, and powring the yolks of the Eggs upon them, so fry them, and eat them.

\_For a suddain Bleeding at the Nose.\_

Burne an Egg shell in the fire till it be as black as a coale, then beat it to a fine powder, and let the party snuffle it up into his Nostrills.

\_A Medicine for Burning or Scalding.\_

Take \_Madenwort\_, stamp it, and seeth it in fresh Butter, and therewith anynt the place grieved presently.

\_For the Canker in Womens Breasts.\_

Take \_Goose\_-dung, \_Celedonie\_, stamp them well together, and lay it plaister-wise to the soare, it will cleanse the \_Canker\_, kill the wormes, and heale the soare.

\_For the Canker in the Mouth.\_

Take the juice of \_Plantaine, Vineger\_ and \_Rose\_ water, of each a like quantity, mingle them together, and wash the mouth often with them.

\_To make a Tooth fall out of it selfe.\_

Take wheat flower and mix it with the Milk of an Hearb called \_Spurge\_, make thereof a past, and fill the hole of the Tooth therewith, and leave it there, changing it every two houres, and the Tooth will fall out.

\_To take away the cause of the paine in the Teeth.\_

Wash the mouth two or three times together in the morning every moneth, with \_White-wine\_ wherein the root of \_Spurge\_ hath been sodden, and you shall never have paine in your Teeth.

\_For A Consumption.\_

Take Ash-keyes so soon as they look wither'd, set them into an Oven, the bread being drawne, in a pewter, or rather an earthen dish, and being so dryed pull off the out side, and reserving the

inner part, or the seed, or keyes, beat them to fine powder, and either mix it with good English honey, and so eat of it, first and last, morning and evening, a pretty deale of it at once, upon the point of a knife, or else drink of the powder in some posset Ale, or thin broth. Mares milk, or Asses milk, which is best, being drunk warm morning and evening, is the most soveraigne Medicine for it.

An excellent Medicine for the Cough of the Lungs.

Take Fennell and Angelica of each one handfull, the leaves in Summer, roots in Winter, sliced figgs twelve, but if the body be bound, twenty at least, green Licorice if you can, two or three good sticks scraped and sliced, Anniseed cleaved and bruised, two good spoonfulls, two or three Parsley roots scraped, and the pith taken out, and twenty leaves of Foale-foot, boyle all these in three pints of Hysop water, to a pint and halfe, then straine it out into a glasse, putting to it as much white Sugar-candy as will make it sweet, drink hereof, being warmed, five spoonfulls at a time, first in the morning, and last in the evening, taking heed that you eat nor drink any thing two howres before nor after.

\* \* \* \* \*

Of Violets.

The use of Oyle of Violets.

Oyle of Violets, Cammomile, Lillies, Elder flowers, Cowslips, Rue, Wormwood\_, and Mint\_, are made after the same sort; Oyle of Violets\_, if it be rubbed about the Tempels of the head, doth remove the extream heat, asswageth the head Ache, provoketh sleep, and moistneth the braine; it is good against melancholly, dullnesse, and heavinesse of the spirits, and against swellings, and soares that be over-hot.

The Syrupe of Violets.

Take faire water, boyle it, scum it, and to every ounce of it so boyled and scummed, take six ounces of the blew of Violets\_, only shift them as before, nine times, and the last time take nine ounces of Violets\_, let them stand between times of shifting, 12 houres, keeping the liquor still on hot embers, that it may be milk warm, and no warmer; after the first shifting you must stamp and straine your last nine ounces of Violets\_, and put in only the juice of them, then take to every pint of this liquor thus prepared, one pound of Sugar finely beaten, boyle it, and keep it with stirring till the Sugar be all melted, which if you can, let be done before it boyle, and then boyle it up with a quick fire. This doth coole and open in a burning Ague\_, being dissolved in Almond milk, and taken; especially it is good for any Inflammation in Children. The Conserves

are of the same effect.

The use of Conserve of Violets and Cowslips.

That of Cowslips doth marvelously strengthen the Braine, preserveth against Madnesse, against the decay of memory, stoppeth Head-ache, and most infirmities thereof; for Violets it hath the same use the Syrupe hath.

[Illustration: Violets]

To make Paste of Violets, or any kind of Flowers.

Take your Flowers, pick them, and stamp them in an Alablaster mortar, then steep them two howres in a sauser of Rose-water, after straine it, and steep a little Gum Dragon in the same water, then beat it to past, print it in your Moulds, and it will be of the very colour and tast of the Flowers, then gild them, and so you may have every Flower in his owne colour, and tast better for the mouth, then any printed colour.

Powder of Violets.

Take sweet Ireos roots one ounce, red Roses two ounces, Storax

one ounce and a halfe, \_Cloves\_ two drams, \_Marjerome\_ one dram,  
\_Lavinder\_ flowers one dram and a halfe, make these into powder;  
then take eight graines of fine \_Muske\_ powdered, also put to it two  
ounces of \_Rose\_-water, stir them together, and put all the rest to  
them, and stir them halfe an hour, till the water be dried, then  
set it by one day, and dry it by the fire halfe an houre, and when  
it is dry put it up into bagges.

\_A good Plaister for the Strangury.\_

Take \_Violets\_, and \_Hollyhokes\_, and \_Mercury\_, the leaves of these  
Hearbs, or the seeds of them, also the rinde of the \_Elderne\_ tree,  
and \_Leydwort\_, of each of these a handfull, and beat them small,  
and seeth them in water, till halfe be consumed, and put thereto  
a little oyle Olive, and make thereof a plaister, and lay it to the  
soare and reines; also in the summer thou must make him a  
drink on this manner, take \_Saxifrage\_, and the leaves of \_Elderne\_,  
five leav'd grasse, and seath them in a pottell of staile Ale, till the  
halfe be wasted, then straine it, and keep it clean, and let the sick  
drink thereof first and last, and if you lack these hearbs because of  
winter, then take the roots of five-leav'd grasse, and dry them,  
and make thereof a powder, then take Oyster-shells, and burne  
them, and make powder also of them, and mingling them together,  
let the sick use thereof in his pottage, and drink, and it  
will help him.

\_A Medicine for sore blood-shotten and Rhuematick  
eyes.\_

Take ground \_Ivy\_, \_Daises\_, and \_Celedony\_, of each a like quantity,  
stamp and straine out the juice out of them, and put to it a little  
brown \_Sugar\_ Candy dissolved in white Rose-water, and drop two  
or three drops of this liquor at one time into the grieved eye,  
with a feather, lying upon the back when you doe it an hour after,  
this is a most approved Medicine to take away all \_Inflamations\_,  
Spots, Webbs, Itches, Smartings\_, or any grieffe whatsoever in the eyes.

\_A Glister to open and loosen the Body being  
bound, which may safely be administred  
to any man or woman.\_

Take \_Mellowes\_ and \_Mercury\_ unwashed, of each two handfulls,  
halfe a handfull of \_Barley\_ clean rubbed and washed, boyle them in  
a pottell of running water to a quart, then strayne out the water,  
and put it in a Skillet, and put to it three spoonfulls of Sallet  
Oyle, and two spoonfulls of Honey, and a little salt; then make  
it luke warm, and so minister it.

\_To cleanse the head, and take the Ache away.\_

Chew the root of \_Pellitory of Spaine\_, often in the mouth.

\_A Medicine that hath healed old Sores upon  
the leggs, that have run so long that  
the bones have been seen.\_

Take a quantity of good sweet \_Cream\_, and as much \_Brimstone\_  
beaten in fine powder, as will make it thick like Paste, then  
take so much \_Butter\_ as will make it into the form of Oyntment,  
and herewith annoynt the place grieved, twice a day.

\_An Oyntment for a Rupture.\_

Take of \_Sanicle\_ two handfulls, of \_Adders\_ tongue, \_Doves\_ foot, and  
\_Shephards purse\_, of each as much, of \_Limaria\_ one handfull, chop  
them somewhat small, and boyle them in \_Deers\_ seuet, untill the  
Hearbs doe crumble, and wax dry.

\_A Barley Water to purge the Lungs and  
lights of all Diseases.\_

Take halfe a pound of faire \_Barley\_, a gallon of running water,  
\_Licorice\_ halfe an ounce, \_Fennell\_ seed, \_Violet\_ leaves, \_Parsley\_  
seed, of each one quarter of an ounce, red \_Roses\_ as much, \_Hysop\_ and  
\_Sage\_ dried, a good quantity of either, \_Harts tongue\_ twelve leaves, a  
quarter of a pound of \_Figges\_, and as many \_Raisons\_, still the \_Figges\_

and Raisons, put them all into a new earthen pot, with the water cold, let them seeth well, and then strain the clearest from it, drink of this a good quantity, morning and afternoone, observing good diet upon it, it taketh away all Agues that come of heat, and all ill heat; it purgeth the Lights, Spleene, Kidneyes, and Bladder.

To Cure the Diseases of the Mother.

Take six or seaven drops of the Spirit of Castoreum in the beginning of the fit, in two or three spoonfulls of posset Ale, applying a Plaister of Gavanum to the Navill.

To kill Warts: an approved Medicine.

Take a Radish root, scrape off the out side of it, and rub it all over with salt, then set it thus dressed upright in a saucer, or some other small dish, that you may save the liquor that runneth from it, and therewith annoynt your Warts three or four times in a day, the oftner the better, and in five or six dayes they will consume away, Sepe probatum.

For the Piles.

Set a Chafin-dish of coales under a close stoole chaire, or in a close stoole case, and strew Amber beaten in fine powder, upon

the coales, and sit downe over it, that the smoak may ascend up  
into the place grieved.

A Medicine for the Piles.

Take a little Orpine, Hackdagger, and Elecampane, stamp them all  
together with Boares grease, into the form of an Oyntment, and  
lay them to the place grieved.

A Diet for the Patient that hath Ulcers or  
Wounds that will hardly be Cured with  
Oyntments, Salves, or Plaisters.

Take one pound of Guaicum, boyle it in three pottels of Ale,  
with a soft fire, to the consuming of two parts, but if it be where  
you may have wild Whay, or cheese Whay, they are better. Let  
the Patient drink of this morning and evening, halfe a pint at a  
time, and let him sweat after it two hours. His drink at his Meals  
must be thus used, put into the same vessel where the former was  
made, to the Guaicum that is left, three pottels of Ale, and not  
Whey, let it boyle to the one halfe, let him drink thereof at all  
times, and at his meale, which must be but one in a day, and that  
so little, that he may rise hungry. Thus he must doe for five  
dayes together, but he must first be purged.

\* \* \* \* \*

[Illustration: Cowslips]

\_Of Cowslips\_.

\_Oyle of Cowslips\_.

Oyle of \_Cowslips\_, if the Nape of the Neck be annointed with it, is good for the \_Palsie\_, it comforteth the sinews, the heart and the head.

\_The use of the Oyle of Wormwood, and Oyle of Mint\_.

Oyle of Wormwood is good for straines and bruises, and to comfort the stomach; it is made of the green Hearb, as are the Oyle of \_Cammomile\_, \_Rue\_, and \_Mint\_, are made.

Oyle of \_Mint\_ comforteth the stomack, overlayed or weakned with Casting, it doth drive back, or dry up Weomend breasts, and doth keep them from being soare, being therewith annointed.

\_Syrupe of Cowslips\_.

Instead of running water you must take distilled water of Cowslips, put thereto your Cowslip flowers clean picked, and the green knobs in the bottome cut off, and therewith boyle up a Syrupe, as in the Syrupe of Roses is shewed; it is good against the Frensie, comforting and staying the head in all hot Agues, &c. It is good against the Palsie, and procures a sick Patient to sleep; it must be taken in Almond-milk, or some other warm thing.

To keep Cowslips for Salates.

Take a quart of White wine Vineger, and halfe a quarter of a pound of fine beaten Sugar, and mix them together, then take your Cowslips, pull them out of the podds, and cut off the green knobs at the lower end, put them into the pot or glasse wherein you mind to keep them, and well shaking the Vineger and Sugar together in the glasse wherein they were before, powre it upon the Cowslips, and so stirring them morning and evening to make them settle for three weeks, keep them for your use.

To Conserve Cowslips.

Gather your Flowers in the midst of the day when all the dew is off, then cut off all the white leaving none but the yellow blossome so picked and cut, before they wither, weigh out ten ounces,

taking to every ten ounces of them, or greater proportion, if you please, eight ounces of the best refined \_Sugar\_, in fine powder, put the \_Sugar\_ into a pan, and candy it, with as little water as you can, then taking it off the fire, put in your Flowers by little and little, never ceasing to stir them till they be dry, and enough; then put them into glasses, or gally pots, and keep them dry for your use. These are rather Candied then Conserved \_Cowslips\_.

\_To Preserve all kinde of Flowers in the Spanish Candy in Wedges\_.

Take \_Violets\_, \_Cowslips\_, or any other kinde of Flowers, pick them, and temper them with the pap of two roasted \_Apples\_, and a drop or two of \_Verjuice\_, and a graine of \_Muske\_, then take halfe a pound of fine hard \_Sugar\_, boyle it to the height of \_Manus Christi\_, then mix them together, and pour it on a wet Pye plate, then cut it in Wedges before it be through cold, gild it, and so you may box it, and keep it all the year. It is a fine sort of Banquetting stufte, and newly used, your \_Manus Christi\_ must boyle a good while and be kept with good stirring.

\_A Medicine to break and heale sore breasts of Women, used by Mid-wives, and other skillfull Women in\_ London.

Boyle \_Oatmeale\_, of the smallest you can get, and red \_Sage\_ together, in running or Conduit water, till it be thick enough to make a Plaister and then put into it a fit proportion of \_Honey\_, and let it boyle a little together, take it off the fire, and while it is yet boyling hot, put thereto so much of the best \_Venice Terpentine\_ as will make it thick enough to spread, then spreading it on some soft leather, or a good thick linnen cloath, apply it to the brest, and it will first break the soare; and after that being continued, will also heale it up.

\_A Medicine that hath recovered some from the Dropsie whome the Physitian hath given over\_.

Take green \_Broome\_ and burne it in some clean place, that you may save the ashes of it, take some ten or twelve spoonfulls of the same Ashes, and boyle them in a pint of \_White\_ wine till the vertue of it be in the wine, then coole it, and drayne the wine from the dreggs, and make three draughts of the Wine, and drink one fasting in the morning, another at three in the afternoone, another late at night neer going to bed. Continue this, and by Gods grace it will cure you.

\_An especiall Medicine for all manner of Poyson\_.

Take \_Hemp seed\_, dry it very well, and get off the husks, and beat the \_Hemp seed\_ into fine powder, take \_Mintes\_ also, dry them, and make them into powder, boyle a spoonfull of either of these in halfe a pint of \_Goats\_ milk, a pretty while, then put the milk into a cup to coole, and put into it a spoonfull of \_Treacle\_, and stir them together till it be coole enough, then drink it in the morning fasting, and eat nothing till noon, or at least two hours; doe the like at night, and use it so three dayes, and it will kill and overcome any poyson.

\_Doctor\_ Lewin's \_Unguentum Rosatum, good  
for the heat in the Back.\_

Take a certain quantity of \_Barrowes\_ grease; Oyle of sweet \_Almonds\_, and \_Rose-water\_, either red or damask, of each a like quantity, but of neither so much as of the \_Hoggs\_ grease, beat them together to an Oyntment, put it in some gally pot, and when you would use it, heat it, and therewith annoynt the Back and Reins.

\* \* \* \* \*

\_Of Beanes.\_

\_To defend Humours.\_

Take Beanes, the rinde or the upper skin being pul'd off, bruise them, and mingle them with the white of an Egg, and make it stick to the temples, it keepeth back humours flowing to the Eyes.

To dissolve the Stone; which is one of the Physitians greatest secrets.

Take a peck of green Beane cods, well cleaved, and without dew or rain, and two good handfulls of Saxifrage, lay the same into a Still, one row of Bean cods, another of Saxifrage, and so Distill another quart of water after this manner, and then Distill another proportion of Bean cods alone, and use to drink oft these two Waters; if the Patient be most troubled with heat of the Reins, then it is good to use the Bean codd water stilled alone more often, and the other upon comming downe of the sharp gravell or stone.

[Illustration: Beanes]

Unguentum Sanativum.

Take of Terpentine one pound, Wax six ounces, Oyle of Cammomile halfe a pint, put all these together in a pan, and put to them a handfull of Cammomile, bruised, or cut very small, boyle them

upon a soft fire till they be well melted, and no more; then take it from the fire, and strayne it into a clean pan, and so let it coole all night, and in the morning put it up for your use. This Oyntment is good for any cut, wound, or breaking of the flesh, it eateth away dead flesh, and ranklings, and doth heale againe quickly.

\_A Serecloath for all Aches\_.

Take \_Rossen\_ one pound, \_Perrossen\_ a quarter of a pound, as \_Mastick\_ and \_Deer sewet\_ the like, \_Turpentine\_ two ounces, \_Cloves\_ bruised, one ounce, \_Mace\_ bruised, two ounces, \_Saffron\_ two drams, boyle all these together in Oyle of \_Cammomile\_, and keep it for your use.

\_An Oyntment to be made at any time of the yeare, and is approved good, and hath helped old Paines, Griefes, and Aches.\_

Take \_Steers Gall, Sallet Oyle\_ and \_Aqua vita\_ of each five spoon-fulls, boyle them together a little, and therewith annoint the place pained, by the fire, and lay a warm cloath on it.

\_An Oyntment for the Sciatica\_.

Roaste a handfull or two of \_Onions\_, and take \_Neats-foot\_ Oyle,

and Aqua vita, of each a pint, stamp, or rather boyle all these together to an Oyle, or Oyntment, and straine it into a gally pot, and therewith annoynt the place grieved as hot as you can endure it, morning and evening.

A Water to drive away any Infection.

Take Draggons, Angelica, Rue, Wormwood, of each a handfull, chop them pretty small, and steep them in a quart of White-wine, twenty four hours, then distill them in a Still, and reserve the water in a glasse close stopped; give to the sick Patient six or seaven spoonfuls thereof at a time fasting, and let him fast an houre and an halfe after, and keep himselfe very warme in his bed, or otherwise.

An excellent Conservative for the stomach,  
helping digestion, warming the braine,  
and drying the Rheumes.

Take two ounces of good old Conserve of red Roses, of chosen Methridate two drams, mingle them well together, and eat thereof to bed-ward, the quantity of a hazell nut; this doth expell all windinesse of the stomach, expelleth raw humours and venomous vapours, causeth good digestion, dryeth the Rheume, strengthneth the memory and sight.

\_An Oyntment for any wound or sore\_.

Take two pound of \_Sheeps\_ suet, or rather \_Deers\_ suet, a pint of  
\_Candy Oyle\_, a quarter of a pound of the newest and best \_Bees-wax\_,  
melt them together, stirring them well, and put to them one  
ounce of the Oyle of \_Spike\_, and halfe an ounce of the \_Goldsmiths  
Boras\_, then heating them againe, and stirring them all together,  
put it up in a gally pot, and keep it close stopped till you have  
cause to use it; this is an approved Oyntment to cure any wounds  
or sores new or old.

\_An excellent Oyntment for any Bruise or Ache\_.

Take two pound of \_May Butter\_ purified, powre it out from the  
dregs, and put to it of \_Broome\_ flowers and \_Elder\_ flowers, of each a  
good handfull, so clean picked that you use nothing but the  
leaves, mix them all together in a stone pot, and boyle them seaven  
or eight howres in a kettell of water, being covered with a  
board, and kept downe with weights, keeping the kettell alwayes  
full of water, with the help of another kettell of boyling water  
ready to fill up the first as it wasteth, and when it waxeth somewhat  
coole, but not cold, straine the Oyntment from the Hearbs,  
into a gally pot, and keep it for your use.

\_A Plaister for a Bile or Push\_.

Take a yolk of an Egg, and halfe a spoonfull of English \_Honey\_,  
mix them together with fine wheat flower, and making it to a  
Plaister, apply it warme to the place grieved.

\_An approved good drink for the Pestilence\_.

Take six spoonfulls of \_Draggon\_-water, two good spoonfulls of  
\_Wine-Vineger\_, two penny weights of English \_Saffron\_, and as much  
Treacle of \_Gene\_, as a little \_Walnut\_, dissolve all these together upon  
the fire, and let the Patient drink it blood-warm, within twenty  
hours or sooner that he is sick, and let him neither eat nor drink  
six howres after, but lye so warme in his bed, that he may sweat,  
this expelleth the Disease from the heart, and if he be disposed to  
a sore, it will streightwayes appeare, which you shall draw out  
with a Plaister of \_Flos Unguentorum\_.

\_For the Rheume in the gums or teeth\_.

Boyle \_Rosemary\_ in faire water, with some ten or twelve \_Cloves\_,  
shut, and when it is boyled take as much \_Claret\_ wine as there is  
water left, and mingle with it, and make it boyle but a little againe,  
then strayne it into some glasse, and wash the mouth there  
with morning and evening; this will take away the Rheume in  
short time; and if you boyle a little \_Mastick\_ therewith, it is the

better.

\_For the Emroids\_.

Take \_Egremony\_ and bruise it small, and then fry it with \_Sheep suet\_, and \_Honey\_, of each a like quantity, and lay it as hot as you can suffer it to the Fundament, and it will heale very faire and well.

\_An approved medicine for the Dropsey\_.

Take the Hearb called \_Bitter sweet\_, it grows in waters, and bears a purple flower, slice the stalks, and boyle a pretty deale of them in \_White-wine\_, drink thereof first and last, morning and evening, and it will cure the \_Dropsey\_.

\_A Powder for Wounds\_.

Take \_Orpiment\_, and \_Verdigreese\_, of each an ounce, of \_Vitriall\_ burned till it be red, two ounces, beat each of them by it selfe in a brasen Morter, as small as flower, then mingle them all together, that they appear all as one, and keep it in bagges of leather, well bound, for it will last seaven years with the same vertue, and it is called \_Powder peerlesse\_, it hath no peer for working in \_Chyrurgery\_, for put of this powder in a wound where is dead flesh, and lay scrap't lint about it, and a Plainer of Disklosions next upon it,

and it will heale it.

An approved Medicine for the Green sicknesse.

Take a quart of Clarret wine, one pound of Currants, and a handfull of young Rosemary crops, and halfe an ounce of Mace, seeth these to a pint, and let the Patient drink thereof three spoonfulls at a time, morning and evening, and eat some of the Currants also after.

A Medicine for a Pleurisie, Stitch, or Winde,  
offending in any part of the Body.

Gather the young shutes of Oake, after the fall of a Wood, and picking out the tenderest and softest of them, especially those which look redest, bind them up together in a wet paper, and roste them in hot embers, as you doe a Warden, whereby they will dry to powder, of which powder let the Patient take a spoonfull in a little Posset Ale, or Beer, warmed, in the morning, fasting after it two hours, or more, if he be able, doing the like about three after noon, and two hours after supper, four or five dayes together, which thus done in the beginning of the Disease, is by often experiments found to cure such windy paines in the side, stomach, or other parts of the body; you may dry them also in a dish, in an Oven after the bread is drawn; you shall doe well to gather enough of them in the Spring, and make good store of the

powder then, to keep for all the year following.

An approved Medicine for the Gout in the feet.

Take an Oxes paunch new killed, and warm out of the belly, about the latter end of May, or beginning of June, make two holes therein, and put in your feet, and lay store of warm cloaths about it, to keep it warm so long as can be. Use this three or four dayes together, for three weeks or a moneth, whether you have the fit or paine of the Gout, at that time or no, so you have had it at any time before. This hath cured divers persons, that they have never been troubled with it againe.

For one that cannot make water.

Take the white strings of Filmy roots, of Primroses wash them very clean, and boyle of them halfe a handfull, in a pint of Beer or White-wine, till halfe be consumed, then straine it through a clean cloath, and drink thereof a quarter of a pint, somewhat warme, morning and evening, for three dayes, it will purge away all viscus or obstructions stopping the passage of the water, probatum.

To kill the Ring worme, and heat thereof.

Take a quart of White wine vineger, boyle therein of Woodbine

leaves, Sage, and Plantaine of each one handfull, of white Coperas,  
one pound, of Allum as much as an Egge; when it is boyled to  
halfe a pint, straine out the liquor, and therewith wash the soare as  
hard as you can suffer it.

To make a Water for all Wounds and Cankers.

Take a handfull of red Sage leaves, a handfull of Selandine, as  
much Woodbine leaves, then take a gallon of Conduict water, and  
put the hearbs in it, and let them boyle to a pottell, and then  
straying the Hearbs through a strainer, take the liquor and set  
it over the fire againe, and take a pint of English Honey, a good  
handfull of Roche Allum, as much of white Copperas tinne beaten,  
a penny worth of Graines bruised, and let them boyle all together  
three or four warms, and then let the scum be taken off with a feather,  
and when it is cold put it in an earthen pot or bottell, so as  
it may be kept close; and for an old Wound take of the thinnest,  
and for a green Wound, of the thickest, and having dressed them  
with this Water, cover the soare either with Veale, or Mutton, and  
skin it with Dock leaves.

For a Swelling that cometh suddenly in mans  
Limbs.

Take Harts tongue, Cherfoyle, and cut them small, and then take  
dreggs of Ale, and Wheat Branne, and Sheeps tallow molten, and

doe all in a pot, and seeth them till they be thick, and then make  
a Plaister, and lay it to the swelling.

\* \* \* \* \*

\_Of Apricocks\_.

\_To dry Apricocks\_.

Take them when they be ripe, stone them, and pare off their  
rindes very thin, then take halfe as much \_Sugar\_ as they weigh,  
finely beaten, and lay them with that \_Sugar\_ into a silver or earthen  
dish, laying first a lay of \_Sugar\_, and then of Fruit, and let them  
stand so all night, and in the morning the \_Sugar\_ will be all melted,  
then put them into a Skillet, and boyle them apace, scumming  
them well, and as soon as they grow tender take them off from the  
fire, and let them stand two dayes in the Syrupe, then take them  
out, and lay them on a fine plate, and so dry them in a Stove.

[Illustration: Aprecocks]

\_Clear Cakes of Quinces, or Apricocks.\_

Take of the best \_Sugar\_ finely beaten and searced, one pound, to

a pound of Quinces, or Apricocks, set your Sugar upon a chafin-dish of coales, and dry it above halfe an houre, then cooling it, stir into it a little Musk and Ambergreese finely beaten, and powdered, then pare your Quinces, and boyle them in faire water whole, till they be tender and not covering them for so they will be white; then take them, and scrape off all the Quince to the coare, into a silver dish, and boyle it therein till it grow dry, which you shall perceive by the rising of it up, when it is thus well dried, take it off, let it coole, and strew on the Sugar, letting some other to strew it, till it be all throughly wrought in, then lay it out on glasses, plates, or prints of Flowers, or letters, an inch thick, or lesse as you please.

#### The best way to Preserve Apricocks

Take the weight of your Apricocks, what quantity soever you mind to use, in Sugar finely beaten, pare and stone the Apricocks, and lay them in the Sugar, in your preserving pan all night, and in the morning set them upon hot embers till the Sugar be all melted, then let them stand, and scald an hour, then take them off the fire, and let them stand in that Syrupe two dayes, and then boyle them softly till they be tender and well coloured, and after that when they be cold put them up in glasses or pots, which you please.

\* \* \* \* \*

\_Of Lillies\_.

\_The use of Oyle of Lillies\_.

Oyle of \_Lillies\_ is good to supple, mollifie, and stretch sinews that be shrunk, it is good to annoynt the sides and veines in the fits of the \_Stone\_.

\_To Candy all kinde of Flowers as they grow, with their stalks on\_.

Take the Flowers, and cut the stalks somewhat short, then take one pound of the whitest and hardest \_Sugar\_ you can get, put to it eight spoonfulls of \_Rose\_ water, and boyle it till it will roule between your fingers and your thumb, then take it from the fire, coole it with a stick, and as it waxeth cold, dip in all your Flowers, and taking them out againe suddenly, lay them one by one on the bottome of a Sive; then turne a joynd stoole with the feet upwards, set the sive on the feet thereof, cover it with a faire linnen cloath, and set a chafin-dish of coales in the midst of the stoole underneath the five, and the heat thereof will run up to the sive, and dry your Candy presently; then box them up, and they will keep all the year, and look very pleasantly.

\_To make the Rock Candies upon all Spices,  
Flowers, and Roots\_.

Take two pound of \_Barbary Sugar\_, Clarifie it with a pint of water,  
and the whites of two \_Eggs\_, then boyle it in a posnet to the  
height of \_Manus Christi\_, then put it into an earthen Pipkin and  
therewith the things that you will Candy, as \_Cinamon, Ginger, Nutmegs,  
Rose buds, Marigolds, Eringo roots, &c.\_ cover it, and stop it  
close with clay or paste, then put it into a Still, with a leasurely  
fire under it, for the space of three dayes and three nights, then  
open the pot, and if the Candy begin to come, keep it unstopped  
for the space of three or four dayes more, and then leaving the  
Syrupe, take out the Candy, lay it on a Wye grate, and put it in  
an Oven after the bread is drawne, and there let it remaine one  
night, and your Candy will dry. This is the best way for rock  
Candy, making so small a quantity.

\_The Candy Sucket for green Ginger, Lettice,  
Flowers.\_

Whatsoever you have Preserved, either Hearbs, Fruits, or  
Flowers, take them out of the Syrupe, and wash them in warm  
water, and dry them well, then boyle the \_Sugar\_ to the height of  
Candy, for Flowers, and draw them through it, then lay them on  
the bottome of a Sive, dry them before the fire, and when they  
are enough, box them for your use. This is that the \_Comfet-makers\_

use and call Sucket Candy.

\* \* \* \* \*

Of Grapes.

Syrupe Gresta, or a Syrupe of Unripe Grapes.

Take a good basket full of unripe Grapes, set them three dayes in a vessel after they be gathered, stamp them, and straine out the juice out of them, take thereof six quarts, boyle it with a soft fire till the third part be consumed then four quarts will remaine, let that run through a woollen bagge, and stand till it be clear in it selfe, then take of the clearest of it, seven pints, put thereto five pound of Clarified Sugar, boyle them together to the thicknesse of a Syrupe, and keep it in a glasse; it is good for a perbreaking stomach, proceeding of Choller, and for a swelling stomach, it taketh away thirst and drynesse, and chollerick Agues, it is of great comfort to the stomach of Women being with child, it is a preservative against all manner of Venome, and against the Pestilence.

\* \* \* \* \*

\*OF PURGES.\*

\_A Purge to drive out the French Pox, before  
you use the Oyntment.\_

Take halfe a pint of good \_Aqua vitae\_, one ounce of \_Treacle\_ of  
\_Gene\_, one quarter of an ounce of \_Spermacaeti\_, boyle all these together  
on a soft fire halfe a quarter of an hour, and let the Patient  
drink this as warme as he can, and lye downe in his bed, and  
sweat, and if any of the Disease be in his body, this will bring it  
forth, and bring him to an easie loosnesse; this is thought the  
best and surest of all other Cures for this infirmity.

\_The Oyntment for the French Pox.\_

Take \_Barrowes\_ grease well tryed from the filmes, beat it in a  
Morter till it be small and fine, put thereto of \_Lethargy\_ one ounce,  
of \_Mastick\_ in fine powder, two ounces, of \_Olibanum\_ in powder, one  
ounce, of Oyle of \_Spike\_ one ounce, Oyle of \_Paliolum\_ one ounce,  
of \_Terpentine\_ one quarter of a pound, beat all these together into  
a perfect Oyntment, and therewith annoynt these places.

\_What place to annoynt for the French Pox.\_

The principall bone in the Nape of the Neck, without the  
shoulder places, taking heed it come not neer the channell bone,

for then it will make the throat swell, else not, the elbowes on both sides, the hip bones, the share, the knees, the hammes, and the ankles; if the Patient have no Ache, annoynt not these places, but only the sores till they be whole; if there be any knobs lying in the flesh, as many have, annoynt them often, and lay lint upon them, and brown paper upon the lint, and keep the Patient close out of the aire, and this used will make him whole in ten dayes by the grace of God.

\_For a paine in the ears, or deafnesse.\_

Take a hot loafe, of the bignesse of a Bakers penny loaf, and pull or cut it in two in the midst, and lay the middle of the crummy side to the midst, or to the hole of the ear, or ears pained, as hot as they may be endured, and so bind them fast together on all night, and then if you find any pain in either or both ears, or any noyse, put into the pained ear or ears, a drop of \_Aqua vitae\_, in each, and then againe binding more hot bread to them, walk a little while, and after goe to bed; this done three or four dayes together, hath taken away the paine, hearing noyse in the ears, and much eased the deafnesse, and dullnesse of and in many.

\* \* \* \* \*

\_Of Marigolds.\_

\_A very good Plaister to heale and dry up

a Sore or Cut Suddenly.\_

Take of \_Marigold\_ leaves, \_Porret\_ blades or leaves, and \_Housleke\_,

of all two handfulls, beat them all very small in a Morter, and

put to them the whites of two new layd Eggs, and beat them very

well till they be throughly incorporated with the Eggs, and

apply this till you be well, renew it every day.

\_The use of Conserve of Marigolds.\_

Conserve of \_Marigolds\_ taken fasting in the morning, is good

for Melancholy, cureth the trembling and shaking of the heart,

is good to be used against the Plague, and Corruption of the

Aire.

\* \* \* \* \*

\_Of Cherries\_.

\_A way to dry Cherries\_.

Take three quarters of a pound of \_Sugar\_, and a pound of \_Cherries\_,

their stalks and stones taken from them, then put a spoonfull of clean water in the Skillet, and so lay a lay of \_Cherries\_ and another of \_Sugar\_, till your quantity be out, then set them on the fire, and boyle them as fast as conveniently you can, now and then shaking them about the Skillet, for fear of burning, and when you think they are enough, and clear, then take them off the fire, and let them stand till they be halfe cold, then take them out as clear from the Syrupe as you can, and lay them one by one upon sheets of glasse, setting them either abroad in the sunne, or in a window where the sunne may continually be upon them. If they dry not so fast as you would have them, then in the turning scrape some loafe \_Sugar\_ finely upon them, but add no greater heat then the sunne will afford, which will be sufficient if they be well tended, and let no dew fall on them by any means, but in the evening set them in some warm Cupboard.

#### \_How to Preserve Cherries\_.

Take the \_Cherries\_ when they be new gathered off the Tree, being full ripe, put them to the bottome of your Preserving pan, weighing to every pound of \_Cherries\_, one pound of \_sugar\_, then throw some of the \_sugar\_ upon the \_Cherries\_, and set them on a very quick fire, and as they boyle throw on the rest of the \_sugar\_, till the Syrupe be thick enough, then take them out, and put them in a gally pot while they are warm; you may if you will, put two or three spoonfulls of \_Rose-water\_ to them:

\_To make all manner of Fruit Tarts\_.

You must boyle your Fruit, whether it be \_Apple, Cherry, Peach,  
Damson, Peare, Mulberry\_, or \_Codling\_, in faire water, and when they  
be boyled enough, put them into a bowle, and bruise them with a  
ladle, and when they be cold straine them, and put in red wine, or  
\_Clarret\_ wine, and so season it with \_sugar, cinamon\_, and \_ginger\_.

[Illustration: Cherries]

\_To make a close Tart of Cherries\_.

Take out the stones, and lay them as whole as you can in a  
Charger, and put \_Mustard, Cinamon\_, and \_Sugar\_, into them, and lay  
them into a Tart whole, and close them, then let them stand three  
quarters of an hour in the Oven, and then make a Syrupe of \_Muskadine\_,  
and \_Damask water\_ and \_sugar\_, and so serve it.

\_To make fine Pippin Tarts\_.

Quarter, pare, core, and stew your \_Pippins\_ in a Pipkin, upon  
very hot embers, close covered, a whole day, for they must stew  
softly, then put to them some whole \_Cinamon\_, six \_Cloves\_, and \_sugar\_  
enough to make them sweet, and some \_Rose-water\_, and when they

are stewed enough, take them off the fire, and take all the Spice from them, and break them small like Marmalade, having your Coffins ready made, not above an inch deep, fill them with it, and lay on a very thin cover of puffed paste, close and fit, so bake them, serve them in cold, but you must take heed you do not over-bake them.

To make a Tart of Butter and Eggs.

Take the yolks of sixteen Eggs well parted from the whites, three quarters of a pound of Butter well Clarified, and straine it twice or thrice in a faire strainer, seasoned with sugar and a little Rose water, wherein Spinage first a little boyled, hath been strained, to make it green; be sure your paste be well made, and whole, and so bake it up, and serve it.

\* \* \* \* \*

Of Goose-Berries.

To keep Goose-Berries.

Take a handfull or two of the worser of your Goose-Berries, cut off their stalks and heads, and boyle them all to pieces, in a pottell of water, putting into the boyling thereof, halfe a quarter of

\_sugar\_, then take the liquor, straine it through a haire strainer, and while it cooleth cut off the stalks and heads of the fairest

\_Goose-Berries\_, being very carefull you cut not the skin of them above or below; put them into a gally pot, and pour the liquor in after them.

\_Purslaine\_ must be used as you doe the \_Goose-Berries\_.

\_The best way to Preserve Goose-Berries\_.

Gather them with their stalks on, cut off their heads, and stone them, then put them in scalding water, and let them stand therein covered a quarter of an hour, then take their weight in \_sugar\_ finely beaten, and laying first a lay of \_sugar\_, then one of your \_Goose-Berries\_, in your Preserving Skillet or pan, till all be in, putting in for every pound of \_Goose-Berries\_, six spoonfulls of water, set them on the embers till the \_sugar\_ be melted, then boyle them up as fast as you can, till the Syrupe be thick enough, and cold, and then put them up. This way serves also for \_Respasses\_ and \_Mulberries\_.

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\_Of Plums.\_

\_The best way to dry Plums.\_

Take your Plums when they are full grown, with the stalks on them, but yet green, split them on the one side, and put them in hot water, but not too hot, and so let them stand three or four hours, then to a spoonfull of them, take three quarters of a pound of sugar, beaten very fine, and eight spoonfulls of water to every pound, and set them on hot embers till the sugar be melted, and after that boyle them till they be very tender, letting them stand in that Syrupe three dayes to plump them; then take them out, wash the Syrupe from them with warm water, and wipe them with a fine linnen cloath, very dry, and lay them on plates, and set them to dry in a Stove, for if you dry them in an Oven, they will be tough.

To Preserve Damsons.

Take Damsons before they be full ripe, but new gathered off the Tree, allow to every pound of them a pound of sugar, put a little Rose-water to them, and set them in the bottome of your pan, one by one, boyle them with a soft fire, and as they seeth strew your sugar upon them, and let them boyle till the Syrupe be thick enough, then while the Syrupe is yet warme, take the Plums out, and put them in a gally pot, Syrupe and all.

To Preserve Bullasses as green as grasse.

Take your Bullasses, as new gathered as you can, wipe them with a cloath, and prick them with a knife, and quaddle them in two waters, close covered, then take a pound of Clarified sugar, and a pint of Apple water, boyle them well together (keeping them well scummed) unto a Syrupe, and when your Bullasses are well dript from the water, put them into the Syrupe, and warm them three or four times at the least, at the last warming take them up, and set them a dropping from the Syrupe, and boyle the Syrupe a little by it selfe, till it come to a jelly, and then between hot and cold put them up to keep for all the year.

To Preserve Pares, Pare-Plums, Plums.

First take two pound and a halfe of fine sugar, and beat it small, and put it into a pretty brasse pot, with twenty spoonfulls of Rose-water, and when it boyleth skim it clean, then take it off the fire, and let it stand while it be almost cold, then take two pound of Pare-plums, and wipe them upon a faire cloath, and put them into your Syrupe when it is almost cold, and so set them upon the fire againe, and let them boyle as softly as you can, for when they are boyled enough, the kernels will be yellow, then take them up, but let your Syrupe boyle till it be thick; then put your Plums upon the fire againe, and let them boyle a walme or two, so take them from the fire, and let them stand in the vessell all night, and in the morning put them into your pot or glasse, and cover them close.

\* \* \* \* \*

\_Of Medlers.\_

\_To Preserve Medlers.\_

Take the fairest \_Medlers\_ you can get, but let them not be too ripe, then set on faire water on the fire, and when it boyleth put in your \_Medlers\_, and let them boyle till they be somewhat soft, then while they are hot pill them, cut off their crowns, and take out their stones, then take to every pound of \_Medlers\_, three quarters of a pound of \_sugar\_, and a quarter of a pint of \_Rose water\_, seeth your Syrupe, scumming it clean, then put in your \_Medlers\_ one by one, the stalks downward, when your Syrupe is somewhat coole then set them on the fire againe, let them boyle softly till the Syrupe be enough, then put in a few \_Cloves\_ and a little \_Cinamon\_, and so putting them up in pots reserve them for your use.

[Illustration: Medlers]

\_To make a Tart of Medlers.\_

Take \_Medlers\_ that be rotten, and stamp them, and set them upon

a chafin dish with coales, and beat in two yolks of Eggs, boyling  
till it be somewhat thick, then season it with \_Sugar, Cinamon\_,  
and \_Ginger\_, and lay it in paste.

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\_Of Cucumbers.\_

\_How to keep Cucumbers.\_

Take a kettle big enough for your use, halfe full of water, make  
it brackish with salt, boyle therein ten or twenty \_Cucumbers\_, cut  
in halves, then take the raw \_Cucumbers\_, being somewhat little,  
and put them into the vessell wherein you will keep them, and  
when your liquor is cold straine so much of it into them, as may  
keep the \_Cucumbers\_ alwayes covered.

\_To keep boyled Cucumbers.\_

Take a kettle of water, put salt to it, boyle it well, then take  
your raw \_Cucumbers\_, put them into it, and keep them with turning  
up and downe very softly, till they be as it were per-boyled,  
then take them out, and lay them aside till they be cold, then put  
them up in the vessel you will keep them in, and when the liquor  
is cold, straine it into them, till they be all covered.

\_To Pickle Cucumbers to keep all the yeare.\_

Pare a good quantity of the rindes of \_Cucumbers\_, and boyle them in a quart of running water, and a pint of wine \_Vineger\_, with a handfull of \_salt\_, till they be soft, then letting them stand till the liquor be quite cold, pour out the liquor from the rinds, into some little barrel, earthen pot, or other vessel, that may be close stopped, and put as many of the youngest \_Cucumbers\_ you can gather, therein, as the liquor will cover, and so keep them close covered, that no winde come to them, to use all the year till they have new; if your \_Cucumbers\_ be great, 'tis best to boyle them in the liquor till they be soft.

\* \* \* \* \*

\*OF COOKERY.\*

\_To make Snow.\_

Take a quart of thick \_Creame\_, and five or six whites of \_Eggs\_, a sauser full of \_sugar\_ finely beaten, and as much \_Rose water\_, beat them all together, and always as it riseth take it out with a spoon, then take a loaf of \_Bread\_, cut away the crust, set it in a platter, and a great \_Rosemary\_ bush in the midst of it, then lay your

Snow with a Spoon upon the Rosemary, and so serve it.

To make Spiced Bread.

Take two pound of Manchet paste, sweet Butter halfe a pound,  
Currants halfe a pound, sugar a quarter, and a little Mace, if you  
will put in any, and make it in a loafe, and bake it in an Oven,  
no hotter then for Manchet.

To make Craknels.

Take five or six pints of the finest Wheat flower you can get, to  
which you must put in a spoonfull (and not above) of good Yest,  
then mingle it well with Butter, cream, Rose-water, and sugar, finely  
beaten, and working it well into paste, make it after what forme  
you will, and bake it.

To make Veale-tooh's, or Olives.

Take the Kidney of a line of Veale roasted, with a good deale of  
the fat, and a little of the flesh, mingle it very small, and put to it  
two Eggs, one Nutmeg finely grated, a good quantity of sugar,  
a few Currants, a little salt, stir them well together, and make them  
into the form of little Pasties, and fry them in a pan with sweet  
Butter.

\_To make a Barley Creame to procure sleepe, or Almond

Milke.\_

Take a good handfull of French \_Barley\_, wash it cleane in warme water, and boyle it in a quart of fayre water to the halfe, then put out the water from the \_Barley\_, and put the \_Barley\_ into a pottell of new clean water, with a \_Parsley\_, and a \_Fennell\_ root, clean washed, and picked with \_Bourage, Buglos, Violet\_ leaves, and \_Lettice\_, of each one handfull, boyle them with the \_Barley\_, till more then halfe be consumed; then strayne out the liquor, and take of blanched \_Almonds\_ a handfull, of the seeds of \_Melons, Cucumbers, Citralls\_, and \_Gourds\_, husked, of each halfe a quarter of an ounce, beat these seeds, and the \_Almonds\_ together, in a stone mortar, with so much \_Sugar\_, and \_Rose-water\_ as is fit, and strayne them through a cleane cloath into the liquor, and drink thereof at night going to bed, and in the night, if this doth not sufficiently provoke sleep, then make some more of the same liquor, and boyle in the same the heads, or a little of white \_Poppey\_.

\_To pickle Oysters.\_

Take a peck of the greatest \_Oysters\_, open them, and put the liquor that comes from them saved by it selfe, to as much \_White-wine\_, and boyle it with a pound of \_Pepper\_ bruised, two or three spoonfulls of large \_Mace\_, and a handfull of \_salt\_, till the liquor

begin to waste away, then put in your \_Oysters\_, and plump them, and take them off the fire till they be cold, and so put them up in little barrels very close.

\_To make very fine Sausages.\_

Take four pound and a halfe of \_Porck\_, chop it small, and put to it three pound of \_Beefe\_ sewet, and chop them small together, then put to them a handfull of \_Sage\_, finely shred, one ounce of \_Pepper\_, one ounce of \_Mace\_, two ounces of \_Cloves\_, a good deale of \_salt\_, eight Eggs very well beaten before you put them in, then work them well with your hand, till they be throughly mingled, and then fill them up. Some like not the Eggs in them, it is not amisse therefore to leave them out.

\_To cast all kind of Sugar works into Moulds.\_

Take one pound of \_Barabry Sugar\_, Clarifie it with the white of an Egg, boyle it till it will roule between your finger and your thumb, then cast it into your standing Moulds, being watered two hours before in cold water, take it out and gild them to garnish a \_Marchpine\_ with them at your pleasure.

\_To make all kinde of turned works in fruitage,  
hollow.\_

Take the strongest bodyed Sugar you can get, boyle it to the height of Manus Christi, take your stone, or rather pewter moulds, being made in three pieces; ty the two great pieces together with Inkle, then poure in your Sugar being highly boyled, turne it round about your head apace, and so your fruitage will be hollow, whether it be Orange, or Lemmon, or whatsoever your Mould doth cast, after they be cast you must colour them after their naturall colours.

To make a Sallet of all kinds of Hearbs.

Take your Hearbs and pick them very fine in faire water, and pick your Flowers by themselves, and wash them clean, then swing them in a strayner, and when you put them into a dish mingle them with Cucumbers or Lemmons pared and sliced, also scrape sugar, and put in Vineger and Oyle, then spread the Flowers on the top of the sallet, and with every sort of the aforesaid things garnish the dish about, then take Eggs boyled hard, and lay about the dish and upon the Sallet.

To make Fritter-stuffe

Take fine flower, and three or four Eggs, and put into the flower, and a piece of Butter, and let them boyle all together in a

dish or chaffer, and put in \_sugar, cinamon, ginger\_, and \_rose\_ water, and  
in the boyling put in a little grated Bread, to make it big, then  
put it into a dish, and beat it well together, and so put it into your  
mould, and fry it with clarified Butter, but your Butter may not  
be too hot, nor too cold.

\* \* \* \* \*

\_FINIS.\_