

A
COLLECTION
Of above Three Hundred
RECEIPTS
IN
Cookery,
Phyſick *and* Surgery;

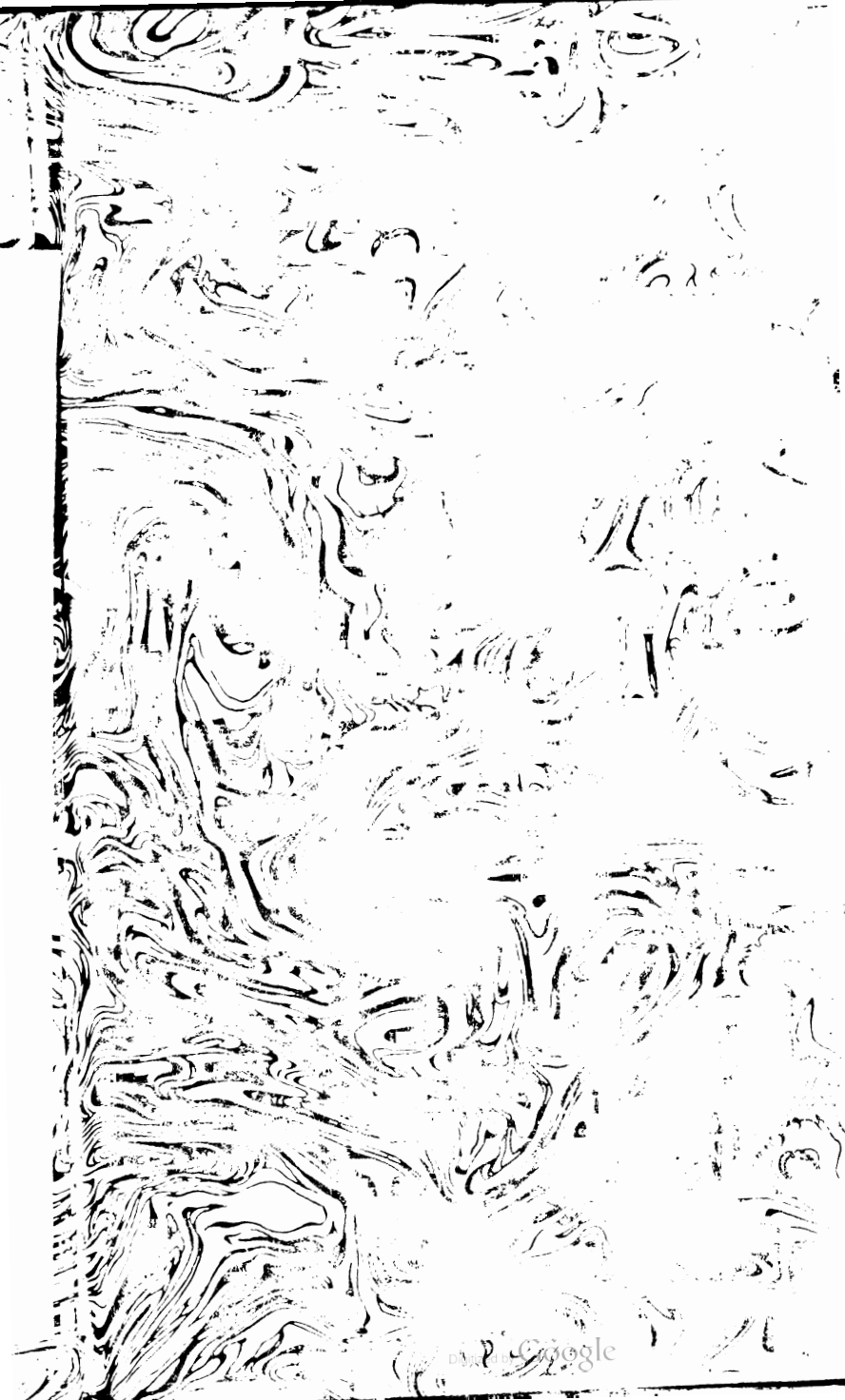
For the Uſe of all
Good Wives, Tender Mothers,
and Careful Nurſes.

By ſeveral Hands.

L O N D O N,
Printed for RICHARD WILKIN, at the
King's Head in *St. Paul's Church-yard.*
M D C C X I V.

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UNITED STATES

PI

1910

William H. H. H.



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

P R E F A C E.

Mean and Trifling, and unworthy a Publick Reception. There is nothing so easie, as the raising whole Regiments of Nostrums and Recipes, 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.

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.

P R E F A C E.

fer 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 Acknowledgments of Gratitude, who with a Noble Charity and Universal Benevolence have Exposed to the World such invaluable

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P R E F A C E.

valuable 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! How often have I seen thee employ the Rich in waiting upon the Poor, and Mistresses in Nursing and becoming Hand-maids to
their*

P R E F A C E.

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

P R E F A C E.

ficial 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 Opportunities

P R E F A C E.

tunities 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 Misconstrue this small Collection of
Physical

P R E F A C E.

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 Disrespect 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

P R E F A C E.

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 Dis tastful to the Palate, provided they are but
at

P R E F A C E.

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 Unexperienc'd 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

P R E F A C E.

them away, in hasty Curses, to the Place from whence the 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 Wholsome; 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*

P R E F A C E.

*the Merits of those Worthy
Persons to whom I am indebted,
or the Interest of Those whom
I am endeavouring to oblige,
who through Ignorance or Pre-
judice, might otherwise have
depriv'd themselves of so very
Useful and Beneficial an Un-
dertaking.*

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A
COLLECTION
OF
RECEIPTS.

*A Green-Pease Soop, 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
B Pepper,

2 *A Collection of Receipts.*

Pepper, two or three blades of Mace, and some Cloves. When the last Pease are near enough, take some Spinage, a little Mint, and a little Green Onion, not shred too small, a little faggot of Thyme and Sweet-marjoram; put these into a large 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 Drudging-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 Toasts neatly cut, and the Young Pease.

A very good Soop.

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 cover'd all the while: When all the Goodness of the Meat is out, strain it off, and put to it some whole Pepper, some

A Collection of Receipts. 3

some Cloves, Mace, and Salt, to your Taste. You may put Sloop-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 incóparable Pease-Soop, if you put in a quart of Pease with the Meat at first, instead of Rice.

A very good Pease-Soop.

PUT three or four pound 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

4 *A Collection of Receipts.*

Forc'd-meat-Balls, Bacon, and French-Bread cut in Dice, with Spinnage boiled green, to put to it in the Dish.

To make Craw-fish or Prawn-Soop.

TAKE six Whittings, 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 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-

A Collection of Receipts. 5

French-Roul, 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 Soop, with some strong Gravy, and burnt Butter; heat the Tails of the Craw-fish in the Soop, and pour all over the Carp.

Pease-Soop for Lent, or any Fasting-Day.

PUT a quart of good breaking Pease to three 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 boil about a quarter of an hour; then

B 3

shake

6 *A Collection of Receipts.*

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-Roul crispt, and dip it in Milk, in the middle of the Dish.

To make a Meat-Soop, 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,

A Collection of Receipts. 7.

Lettice, Endive, Spinnage, 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 with Force'd-meat, and lay in the middle of the Dish; pour the Soup over all.

To Coller 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 grossly and strew upon the Beef; then roul 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
B 4 half

8 *A Collection of Receipts.*

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 roul 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 roul 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, 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

A Collection of Receipts. 9

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 Savory 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 savory and most wholesome alone.

To

10 *A Collection of Receipts.*

To Coller 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, strow all this over the Meat, roul 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

A Collection of Receipts. 11

per 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.

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 their 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

12 *A Collection of Receipts.*

To Dress a Turbet, or any Dish of Fish.

LA Y the Fish you are to boil, 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 you Sauce be half a pint of the well season'd Liquor in which they were boil'd, and the strain'd 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-peal, 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

A Collection of Receipts. 13

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 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 Parsly finely shred; mix this very well and put them into little square Pasties of hot Crust, or Puff-crust, if you

14 *A Collection of Receipts.*

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 roul this Fore'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 in 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

To Coller 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 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 roul 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,

16 *A Collection of Receipts.*

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 singly 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 beaten over all; make them all moist with the Egg, and fry them of a fine colour in clarify'd 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

A Collection of Receipts. 17

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 Salt-petre-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.

C

To

*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

A Collection of Receipts. 19

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, 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 Parsly, 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,

C 2

To

20 *A Collection of Receipts.*

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 Onion, 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.

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

A Collection of Receipts. 21

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, Mushromes, 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
666 C 3 Yolks

22 *A Collection of Receipts.*

Yolks of three 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 fricassee 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 easie to fasten the Back to the Spit with Packthread. In your Fricassee 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

A Collection of Receipts. 23

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 Stone-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 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 spoon-full of Anchovy-Liquor, three or four spoon-fulls 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,

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and

24 *A Collection of Receipts.*

and, cut a round Piece off the top of each, and pick out the Crumb, but do not break a hole through the sides of the Bread; fill up the Roul 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 Roul 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 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;

A Collection of Receipts. 25

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 with the Yolks of Eggs, and fry them, to lay for Garnish. When the
Head

26 *A Collection of Receipts.*

Head is ready to be sent in, shake in a bit of Butter.

To Dress Hogs-Foot 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 Household-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 spoon-fulls of the Pickle; shake in some Flower; a piece of Butter, and a spoon-full of Mustard: Lay the Ears in the middle, the Feet round, and pour the Sauce over.

To

*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 Oysters ; 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 Fricassee, thicken'd 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 Spinnage, 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

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 squeez'd in: Continue to shake it. If your Fire be as slow as it ought to be, 'twill 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 Oysters, and a pint of Mushromes, with a little of the Broth, and two spoon-fulls of Capers. Let the
Meat

A Collection of Receipts. 29

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 dip'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 Cinamon: Take care it does not turn. Make
your

30 *A Collection of Receipts.*

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 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 the blood was sav'd in, and a pound of good Butter; thicken it with a little Flower, before you put in your Butter.

Good

*Good Sauce for Boil'd Rabbits,
instead of Onions.*

BOIL the Livers, and shred them very small, as also two Eggs not boil'd too hard, a large spoon-full of grated white Bread; have ready some strong Broth of Beef and Sweet-herbs; to a little of that add two spoon-fulls 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 Sauce for Woodcocks,
or any Wild-Fowl.*

TAKE a quarter of a pint of Claret, and as much Water, some grated Bread, two or three Heads of Rocumbole, or a Shalot, 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 pour it under the Wild-Fowl, which being under roasted,

32 *A Collection of Receipts.*

roasted, will afford Gravy to mix with this Sauce.

To Fry Oyfters, 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 Oyfters : 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 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

A Collection of Receipts. 33

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, Spinnage and Thyme, shred very small, mixed 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 Spinnage; 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 Puff-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 sweetn'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
D Mace,

34 *A Collection of Receipts.*

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 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,

A Collection of Receipts. 35

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 Oysters, 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 grossly cut; and the Seasoning, Pepper, Salt, and a large quantity of Sage shred small, and put in large Skins.

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

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and

36 *A Collection of Receipts.*

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 ; 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 :

A Collection of Receipts. 37

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 Oyster-liquor, and Oysters, with a quarter of a pint of Claret; let your Oysters 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 Mushromes, and some fry'd Oysters, with sliced Lemon, for Garnish.

To Stew Oysters.

TAKE a quart of Oysters, 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 Oysters boil

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38 *A Collection of Receipts.*

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 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 Oysters 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 Fith; when it comes out of the Oven, pour in a Sauce of strong Gravy, Oyster-liquor and White-wine, thicken'd with the Yolk of an Egg : 'Tis to eat Hot.

To

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

WASH your Oyſters very clean in their own Liquor, which Liquor you muſt then ſtrain out into a clean Sauce-pan; put in your Oyſters, 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 Oyſters, with a little grated Bread, twice as much Beef-fuet ſhred ſmall, the Yolks of four hard Eggs, two Anchovies, a very little Onion fine ſhred, Salt, Pepper, Nutmeg, Thyme, and Winter-favoury; 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 Breſt; while they boil, ſet your Oyſters 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;

D 4

when

40 *A Collection of Receipts.*

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 Oysters: If you find it so thin as to part, mix a little Flower in a bit of the Butter, then throw in your Oysters again, the Juice of a Lemon, and some shred Parsly to look Green: Pour it over the Fowl; and Garnish with Oysters 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 more of beaten Salt-petre, with two large handfuls of common Salt, and a handful

A Collection of Receipts. 41

ful 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.

To Pot Neat's-Tongues, a better way then 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 Skin, and cover them with Butter: Bake them with Brown-Bread; when they come out of the Oven, pour out the Gravy, and

42 *A Collection of Receipts.*

and let the same Butter serve, when clear'd; if there is not enough, add more clarified.

To Pot Salmon, as at New- Castle.

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 drain'd 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

*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 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

44 *A Collection of Receipts.*

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 it.

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

TAKE a pound of Veal, and full its weight in Beef-fuet, 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 Oysters;
or

A Collection of Receipts. 45

or Marrow, on extraordinary Occasions.

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 Clarifie 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,

46 *A Collection of Receipts.*

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 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-

A Collection of Receipts. 47

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 *Mangae*.

To Pickle Wall-nuts.

TAKE a Hundred of the large *French* Wall-nuts, 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, 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

48 *A Collection of Receipts.*

beat the Spice, and with it a large spoonful of Mustard-seed; strew this between every Layer of Wall-nuts, and pour your Liquor boiling-hot upon them three or four times, or oftner, if you see Occasion: Be sure to keep them close stopt. A spoonful of this Pickle is good in Fish, or any favoury Sauce. Three or four Cloves of Garlick do well, if you do not dislike the Taste.

To Pickle Mushromes.

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: Pour good Oil on the top of the Pickle; it keeps them best; and put them in as small Glasses as you can, because

A Collection of Receipts. 49

cause they soon decay when they have taken Air.

To Pickle Neats-Tongues, very good.

LA Y 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,
E and

50 *A Collection of Receipts.*

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 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

To Pickle Oyſters.

TAKE a Peck of very large Oyſters; 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 Oyſters, with half an ounce of White-Pepper, and five or fix 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 Oyſters; and always keep them as much from the Air as you can, to keep their Colour.

*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

E 2. pulp

52 *A Collection of Receipts.*

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.

PA R E 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

A Collection of Receipts. 53

can shred 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 Sweetmeats, 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
E 3 them

54 *A Collection of Receipts.*

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

A Neat's-foot-Pudding.

TAKE to a pound of Neats-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,

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, leaving 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.

36 *A Collection of Receipts.*

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 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

A Collection of Receipts. 57

of Almonds, beat with Orange-flower-Water, a pound of Sugar, 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, call'd 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 Pancake, 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

58 *A Collection of Receipts.*

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 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-

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.

A Custard Sack-Poffet.

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

60 *A Collection of Receipts.*

beaten very 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 Naple-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

A Collection of Receipts. 61

ter 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.

A very good Tansie.

TAKE a pint of Milk, and a pint of Cream, about a pint of Juice of Spinnage, 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

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 Pound of Currants, Mace, Cinamon, 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-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

A Collection of Receipts. 63

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 Hasty-Pudding; stir it carefully, for 'tis apt to burn; put in a stick of Cinamon, 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 Currants; lay a Sheet of Puff-paste under, and to Garnish the brim.

To

64 *A Collection of Receipts.*

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 Syrrup, before you put in the Pippins; when the Pippins are in, let them boil a-pace, 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 set of Calf's-feet, will make more in quantity,

A Collection of Receipts. 65

tity, 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 settl'd, as it will be, the next Day, take 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.

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To

66 *A Collection of Receipts.*

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

Lemon

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

F 2

them

68 *A Collection of Receipts.*

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 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 sweetn'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

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 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

F 3

spoon-

70 *A Collection of Receipts.*

spoonfuls of very thick sweet Cream : then take neat 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-Poffet.

SQUEEZE the Juice of two *Sevil-* Oranges, and one Lemon, into a *China-Bason* that holds about a quart; sweeten this Juice like a Syrop 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

A Collection of Receipts. 71

'tis pretty cool, pour it into the Bason of Juice through a Funnel, which must be held as 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
F 4 spoon.

72 *A Collection of Receipts.*

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 Cheefe-plate or Mazaréen; 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 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 plump, 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

A Collection of Receipts. 73

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 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 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

74 *A Collection of Receipts.*

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

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 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 the 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 dip'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.

To

76 *A Collection of Receipts.*

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 Perfum'd, put in a grain or two of Ambergreece.

Panada, for a Sick or Weak Stomach.

PUT the Crum of a Peny White-Loaf grated into a quart of cold Water, set both on the Fire together, with

A Collection of Receipts. 77

with a blade of Mace : When 'tis boiled smooth, take it off the Fire, and put in a bit of Lemon-peel, the Juice of a Lemon, a Glas 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 that has been boil'd and is cold, 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 Salop.

PUT half an ounce of Salop to a pint of Water, stir it 'till 'tis thick ; and season it with Rose-water, or Orange-flower-

78 *A Collection of Receipts.*

flower-water, or Sack: If you like it better, a little Juice of Lemon and Sugar. 'Tis good for Weak or Consumptive People.

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

A Collection of Receipts. 79

pretty fast 'till it will Jelly. Keep your Glasses cover'd, and 'twill be a lasting wholesome Sweet-meat for any Use.

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 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,

80 *A Collection of Receipts.*

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.

Apricock-Chips.

TAKE the weight of the whole Apricocks in double-refin'd Sugar, then slice them the long-way, but don't pare them; boil your Sugar to a thin Candy,

A Collection of Receipts. 81

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 Apricocks in Jelly.

TO a pound of Apricocks, before they are stoned and pared, take a pound and a quarter of double-refined Sugar; stone and pare your Apricocks, 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 Syrop 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 Apricocks: Let your Fire be quick;
G for

82 *A Collection of Receipts.*

for the sooner any White Sweet-meat is done, 'twill look the better. You 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 Syrop; 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

A Collection of Receipts. 83

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 Syrop; then drain the Flowers from their Water, and put them into the Syrop, boil them a little, and put them into Glasses.

Cakes of Orange-Flowers.

TO a pound of Flowers take five pounds of double-refined 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 Syrop, and be sure

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to

84 *A Collection of Receipts.*

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 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 Distem-

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 Aniseeds, 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, sour, 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 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 beat Ginger, two ounces of Carraway-seeds, four ounces of Citron, and Lemon-peel Candy'd,

A Collection of Receipts. 87

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 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;

G 4

Butter

88 *A Collection of Receipts.*

Butter the Pans ; fill and bake them in an Oven that won't colour a White Paper.

A Carraway-Cake, without Yeast.

TAKE five pound of Flower, and four pound 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 pound 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

A Collection of Receipts. 89

into the Hoop, which must be just as the Oven is ready.

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 Cinamon, 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 into your Cups or Glasses: Make it three or four Hours before you use it; 'tis good.

To

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 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

A Collection of Receipts. 91.

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 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 put more Sweetmeats, and Ice it, if you desire it very rich.

The

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

A Collection of Receipts. 93

one Lemon very fine shred, half the Juice, and five or six spoonfuls of Sack, Mace, Nutmeg, Sugar, and a little Salt; Candy'd Citron, or Orange-peel, if you would have them rich.

An extraordinary Plumb-Cake.

TAKE seven pound of fine Flower, and two pound and half of Butter; put the Butter into the Flower; seven pound 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 grossly 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

94 *A Collection of Receipts.*

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.

Iceing 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 Ambergreece, 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, 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

A Collection of Receipts. 95

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, and a pound
of

96 *A Collection of Receipts.*

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 Cinamon, Sack, and melted Butter, sweeten'd to your Taste.

To make Ratafia-Cakes.

TAKE eight ounces of Apricock-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

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 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
H Whites,)

98 *A Collection of Receipts.*

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 Cinamon, 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 Spinnage-Tart, very Good.

TAKE six handfuls of Spinnage, wash it clean, and dry it, pick it clean from Stalks, and the hard Rib
that

A Collection of Receipts. 99

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 *Coussip-Tart*; but that being not so Juicy, will bear beating in a Mortar. Heat it with Care before it be put it 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 Naple-Biskets grated, and five Yolks of Eggs, near half a pound of Sugar; put all into a Dish garnish'd

H 2

with

100 *A Collection of Receipts.*

with Pafte, and lay Slips in Diamonds crofs the Top; bake it in a cool Oven, and when it comes out ftick Slips of Candy'd Citron in each Diamond.

To Preferve Golden-Pippins, the beft Way.

TAKE to a pound of Apples a pound of double-refin'd Sugar, and a pint of clear Spring-Water, fet it on the Fire; neatly pare the Pippins, and take out the Stalks and Eyes, put them into the Sugar and Water, cover them clofe, and let them boil as faft as you can half a quarter of an Hour; then take them off a little to cool; then fet them on again to boil as faft and as long as they did before; do this three or four times, till they are very clear: Cover them very clofe, '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
Tafte

A Collection of Receipts. 101

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; 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 Raifon 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 *Maliga-Raisons* 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 gal-

H 3

lon

102 *A Collection of Receipts.*

lon 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 be sure 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 Wholsome.

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 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

A Collection of Receipts. 103

Bottle it then, if fine. This ought to be the constant Drink for all Gouty People : If well boil'd and workt, 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 Linen-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-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 Syrop 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.

Birch-

Birch-Wine, *as made in Suffex.*

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 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 dip'd 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-

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-Wine, *very Good.*

TO twenty-eight pounds of *Malaga-Raisons*, 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 Raisons; then put in half a Bushel
of

A Collection of Receipts. 107

of Red-Sage grossly 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: Raifons of the Sun will do as well as *Malaga*, if they cannot be had.

Cherry-Wine, as in Kent.

WHEN your Red-Cheries 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 Syder-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
a half

108 *A Collection of Receipts.*

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 Bottl'd 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.

Raspberry-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

A Collection of Receipts. 109

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 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 in ten Days.

To

*To make Apricock-Wine,
Incomparable.*

TO two gallons of Spring-Water take eight pounds of ripe Apricocks, 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 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-

Damson-Wine.

TO every gallon of Water put two pounds and a 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.

Cowflip 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

112 *A Collection of Receipts.*

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, Wholsome, and Pleasant.

To Improve Syder, and make it perfectly Fine.

WHEN 'tis first made, put into a Hogs-head six ounces of Brimstone in the Stone to Colour it; put a gallon of good *French-Brandy* highly tinctur'd with Cochineal; beat one pound of Allum, 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 *Herefordshire* Artists.

To

*To make Beer, Wine, or any
Liquor, Fine.*

SET your Vessel on two Boards the whole length of the Barrel, and lay upon these Boards a large quantity of Bay-salt, so that the Barrel may be fix'd in the Salt; let it stand thus one Fortnight, and 'twill be perfectly Fine, tho' full of gross Lees before. This certainly clears any Liquor better than Isinglass, and is neater, because 'tis only laid to the Out-side of the Vessel. Pray try before you despise it, and lay a little under any made Wines at first; for if they Fret before they Fine, the Wine is never Good.

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-refin'd Sugar, and three pints of New Milk;
I mix

114 *A Collection of Receipts.*

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 then 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

To make Goose-berry-Wine.

TO four pound of Goose-berries full ripe put a quart of Water, and to every gallon of Water put four pound of Sugar; 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
I 2 cool

116 *A Collection of Receipts.*

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 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 Apricock-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 may 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

A Collection of Receipts. 117

stand to settle, and rack it off 'till 'tis perfectly fine.

Cinamon-Water, very Good.

IN two gallons of extraordinary Brandy steep a pound of good Cinamon 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 pound and an half of double-refin'd Sugar: When 'tis cold, mix all together for your Use: 'Tis a noble Cordial.

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
I 3 of

118 *A Collection of Receipts.*

of Fair-Water, and a pound and a half of double-refin'd Sugar : Boil this Syrop 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 pleaster 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

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 passing the Still everywhere; let it drop through a Bag of good Ambergreefe 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 Ambergreefe; pour the Spirit on them, and seal the Cork very
I 4 close;

120 *A Collection of Receipts.*

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 Cordial Black-Cherry-Water, very Good.

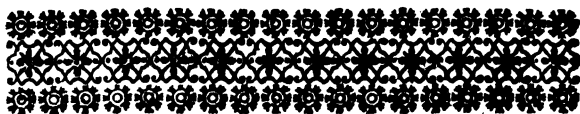
TAKE two quarts of strong Claret, and four pounds of Black-Cherries full ripe, stamp them, and put them to the Wine, with one handful of Angelica, one handful of Balm, and as much Carduus, half as much Mint, and as many Rosemary-flowers as you can hold in both your Hands, three handfuls of Clove-July-flowers, two ounces of Cinamon 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

A very Rich Cherry-Cordial.

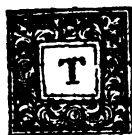
TAKE a Stone-Pot that has a broad Bottom, and a narrow Top, and lay a Layer of Black-Cherries, and a Layer of very fine powder'd Sugar; do this 'till your Pot is full: Measure your Pot, and to every gallon it holds put a quarter of a pint of true Spirit of Wine. You are to pick your Cherries clean from 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 stoppt for your Use. 'Twill Revive, when all other Cordials fail.

A COL-



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,

124 *A Collection of Receipts*

flowers, Sage and Betony-flowers, of each one handful: Take each Flower in their Season, and so put into some of the Spirits aforesaid, in an open-mouth'd Glas 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 stop't 'till you use it; Take Lavender-flowers in their Season, strip them clean from their Stalks, and fill a wide-mouth'd gallon Glas 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 Glas, which will be exceeding strong; then a pint Glas, which will be almost as good; lastly, receive from it a pint Glas-full, or as much as runs strong;

in Physick and Surgery. 125

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 Cinamon one ounce; of Nutmegs, Mace, Cardamoms, Cucubies, and Yellow Sanders, each half an ounce; of 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 afore-said: Take also of Prepared Pearls two drams; of Prepared Smaragd a scruple, Amber, Greate, 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 stop't.

The

126 *A Collection of Receipts*

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

in Phyfick and Surgery. 127

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 Saffnet-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 Palfey, and generally helps 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 bruife them Shells and all in a Mortar; put to them a gallon of New Milk; as alſo Balmi, Mint, Carduus, uſet Hyſſop, and Burrage, of each one handful; Raiſons
of

128 *A Collection of Receipts*

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 Harts-horn, one ounce of Cardamoms, one ounce of Cinamom, 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-

in Phyſick and Surgery. 129
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 Nutmeg 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, Plantain, Mugwort, Bonewort, Scabious, Avens, Wild Hony-suckle, Egremony, Bramble-buds, Cinquefoil, Spearmint, Senacle, White-bottle, Ribwort, Daisy-roots, Dandelion, Bugloss, Hawthorn-buds: Put to these Herbs two
K quarts

130 *A Collection of Receipts*

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 Excellent 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

in Phyfick and Surgery. 131

and put to it eight ounces of Gum-Guaice ; fet it in the Sun, as before, fhaking it very often, 'till all the Gum be diffolv'd, except Dregs, which will be in ten or twelve Days ; then clear it a fecond time from the Dregs, and put to it one ounce of Natural Balfom of *Peru* ; fhake it well together, and fet it in the Sun for two Days ; then put in one ounce of Balm of *Gilead* ; fhake all well together once more, and fet it in the Sun for a Fortnight ; 'tis then fit for Ufe, and will keep many Years. Its Virtues are too long to insert : 'Tis good to take Inwardly in moft Diftempers, and proper for all Sores or Wounds, by pouring in fome Drops, and binding Lint thereon. The Dofe, taken Inwardly, is from half a fpoonful to a whole one, in Sugar, or any Liquid Vehicle, for Con-fumptions, or any Inward Ulcer : Ufe moderate Exercife with it.

An Oyl for any Bruise or Wound.

TAKE of the tender Tops of the Bay-Tree, Red-Sage, Lavender, Wormwood, Plantain, Rue, Tormen-til, Scabious, Comfrey, Broom, Rape, Osman-royal, Southernwood, Camomil, Charity, St. John's-wort, Solaman-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 Oyl-Olive, and three pints of Neat-Oyl; stop 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 Oyl is Green; then strain it clear from the Herbs, and add to the Oyl again, half a handful of the Herbs, as before, shred, with one ounce of Oyl of Turpentine, One ounce of Natural-Balsom, and one ounce of Oyl of Worms: Digest all in the Sun, as before; boil and strain it, and keep it close stoppt for Use. It must be made in *May*.

A Salve

A Salve for the King's-Evil.

TAKE one pint of the best Sallad-Oyl, four ounces of Red-Lead finely powder'd, as much White-Lead, one ounce of Bees-Wax thinly sliced, of Frankincense and the best Mastick each one ounce, of *Burgundy-Pitch* two ounces; let all be beaten; boil the Oyl and Leads some little time together over a gentle Fire; keep the Oyl 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 Oyl'd-Paper for Use. Let the

K 3

Party

134 *A Collection of Receipts*

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 rolled 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 for the Evil.

TAKE of White Arch-angel two handfuls, of Outlandish Sweet Fennel-seed bruised one ounce, of Licorish 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

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

TAKE Guaiacum one ounce, Sassafras, Sarsaparilla, Sharp-pointed-Dock, and Daify-Roots, of each half an ounce; Arch-angel-Flowers, and Millepedes, of each two large spoonfuls; 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 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-Oyl, beat them well together; then set it over
K 4 the

136 *A Collection of Receipts*

the Fire, and let it boil slowly half an Hour; add two ounces of Beeswax, 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; Archangel-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 four Hours: Into each Draught squeeze the Juice of a small spoonful of Millepedes.

An

*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, Tanfy, Penny-royal, Sage, Mint, Rue, Lillies of the Valley, Angelica, Meadow-Saxifrage, of each one ounce; shred it small, and add of Oyl one quart; Deer-suet, and Claret, of each one pint; Mace one ounce: Boil these 'till all the Watery-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

A Good Powder for Worms.

TAKE an ounce of Worm-feed, 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-feed, a quarter of an ounce of Tansey-feed, a quarter of an ounce of Annis-feed, a few Leaves of Wood-Betony; dry all these, and beat them together very fine; mix it into a Bolus with Syrop 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

For Worms.

BRUISE a pound of Worm-feed, and put it into a large Still full of Spear-mint; draw it off as long as it runs Good: Let the Child drink three spoonfuls of this Nine Mornings together.

For the same.

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

For the same.

TO four pounds of the Husks of Wall-nuts put half a pound of Worm-feed, 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 *Faundice*, and has done great Cures.

For

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 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 Syrop of Peach-blossoms : At the same time, bind the Leaves of the Peach-Tree to the Navil of the Child. If you have no Syrop of Peach-blossoms, use Syrop 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,

in Physick and Surgery. 141

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 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 Methridate, 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 Harts-horn, and one ounce of
Prepar'd

142 *A Collection of Receipts*

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 Harts-horn.

A very

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 a Hickock in Man, Woman, or Child.

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

An

*An Excellent Powder for
Convulsion-Fits.*

TAKE two drams of Piony-roots, Mistletoe 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 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 Syrop of Black-Cherries: Take it three Days together at every Change of the Moon, to prevent Returns.

A Powder for Digestion.

TAKE Gallingle and Setwal of each one ounce; Long-Pepper, Mace, and Nutmeg, of each two ounces; Annis-seeds, Carraway-seeds, Fennel-seeds, and Angelica-seeds, of each

in Physick and Surgery. 145

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 depriv'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 for the same.

INFUSE Turnips in a Pot close stop't, and set into 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 *Mala-*
L *ga* ;

146 *A Collection of Receipts*

ga: It has Cured the Falling-Sickness in grown-up People; but is almost Infallible for Children.

A Syrop 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 Syrop, 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-

in Phyfick and Surgery. 147

gar-Candy half a pound; Infuse these in two quarts of Rhenish, for 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 flow 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 Cinamon-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 Cinamon, and a quart of Canary; Sweeten it, and Drink a Draught at any time, in a Fever and Looseness.

Wall-nut-Water.

GATHER a large quantity of Green Wall-nuts, 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 Consumption and Surfeits; Drank with
Wine

in Physick and Surgery. 149

Wine in a Morning, 'tis good for a Paley. 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 Hyfop, half a pound of Dates, as many Figs, and one pound of Raisons of the Sun; distil all together, and let it be the constant Drink in a Consumption.

A good Milk-Water for Surfeit or Worms.

TAKE of Rue, Wormwood, Carduus and Mint, each three handfuls; cut the Herbs and steep them
L 3 all

150 *A Collection of Receipts*

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 Liquorish, thin slic'd, one ounce of Aniseeds, one ounce of Carraway-

in Physick and Surgery. 151

Carraway-seeds, one pound of Raisons of the Sun ston'd, steep these together in a gallon of good strong 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 in 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 gal-

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lon

152 *A Collection of Receipts.*

lon 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, Bitany, three Leav'd Grass, Cinquifoile, 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 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 Scar-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 Camo-

in Phyfick and Surgery. 153

Camomile, of each one ounce ; fet 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, ftir 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 well ; take it from the Air ; and when you lie to Sleep, gently anoint your Eye-lid with it.

The

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 Plaster 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 Oyl 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

*To give certain Ease in the
Tooth-ach.*

TAKE *French-Flies*, *Methridate*,
and a few drops of *Vinegar*; beat
this to a *Paste*, and lay a *Plaister* on
the *Cheek-bone*, or behind the *Ear*;
• It will *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

156 *A Collection of Receipts*

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

TAKE of unset Hyssop, Goats-
Rue, Adder-spear, Alehoof, Worm-
wood, Camomile, Ladies-mantle, Plan-
tain, 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 it, that I
cannot doubt of its Virtues, tho' I smile
at the Preparation.

An

An Ointment for a Burn.

TAKE of Houfleeck, smooth Plantain-leaves, and green Elder, each one pound; ftamp them together fmall; put to them a quarter of a pint of Wine-Vinegar, three fpoonfuls of Urine, and four ounces of Old Tallow-Candle, with three pints of Oyl-Olive; boil thefe two or three Hours, ftirring them constantly with a Stick: Then ftain it through a new Canvas-Strainer, and put it on the Fire again, with four ounces of Yellow Bees-wax fliced 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 ufe it, rub White Paper 'till 'tis foft, then fpread 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 fure to ufe nothing elfe: 'Twill give Eafe in a quarter of an Hour. 'Tis a certain
as well

158 *A Collection of Receipts*

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 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

in Phyfick and Surgery. 159

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-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, Camomil-flowers, Lavender-flowers, Sage, and young Bay-leaves, of each a large handful; a very large Nutmeg, and its weight

160 *A Collection of Receipts*

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 Balsom.

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 Oyl-Olive, and work that with the rest: Then put it into an Earthen Pot well stop'd for eight Days: Then boil it on a soft Fire: Being ready to take off, pour in three ounces of Oyl of Spike; let it boil a little together; then strain it, and keep it for Use: Take care it do not burn. It
must

in Phyfick and Surgery. 161

must be made in *May*, and will keep many Years: Rub'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 Wool, helps Pains there; It Cures Stiffness or Streins, 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 Balsom 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.

M

An

*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 Amoniacum dissolv'd in Vinegar, half an ounce; Juice of Briamy-roots, Smal-lage, 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

in Phyfick and Surgery. 163

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 Sicknefs, Lameness, and Deformity.

The Ricketty Drink.

PUT an ounce of Rhubarb, three hundred live Wood-lice, Saffafras, China, and Eringo-roots, of each three ounces ; Roots of Osmond-royal, two onnces ; Raisons 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
M 2 bit

164 *A Collection of Receipts*

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 Pumpkin-seeds, of each half an ounce; white Poppey-seeds, half a dram; when these are well boil'd, mix the Liquor with the Almonds, and strain all. Sweeten it with Syrop of Lemons, for a Fever, or Syrop 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-forrel, 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 it to your Taste, and Drink as freely as you please.

Another

Another Drink.

TO three pints of Barley-Water; often ſhifted, put Harts-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 Syrop 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-forrel only, is good, and allays Thirſt better than any other; and Pippins ſlic'd into Milk, is 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 spoonfuls of Sack, and Sugar to your Taste; Syrop of Lemons one ounce, if you have not fresh Lemons, does as well; Brew all together 'till well mixt, 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.

*Wall-nut-Water, good in Agues
or Fever.*

TAKE a pound of Rue, and a pound of Green Wall-nuts, 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

*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 scoured clean with Salt and Water; beat them with the Snails; then take Angelica, Salendine, Wood-sorrel, Agrimony, Bearfoot, Barberry-bark, Great Dock-roots, of each two handfuls; Rue half a handful, Rosemary-flowers, one quart; half a pound of Harts-horn, Termarick, and Fenigreek, 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

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Y68 *A Collection of Receipts*

ly 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, Rosafolis, Balm, Scordium, Carduus, Dragon, Marigold-flowers and Leaves, Goats-Rue, Mint, and Angelica, of each two handfuls; take the
the

in Phyſick and Surgery. 169

the Roots of Elecampane, Piony, Maſterwort, and Butter-bur, of each one pound ; Gentian, Tormentil, Scorzone-ra, and *Virginia-Snake-weed*, of each four ounces ; Saffron one ounce : In- fuſe all theſe, when ſhred, in two quarts of White-wine, one quart of Water, and one quart of *French-Brand- dy* diſtil'd, and uſe it in any Malignant Diſtemper.

*An admirable Poſſet-Drink, in
a Pluriſie, or Shortneſs of
Breath.*

INFUſE two ounces of Flax-feed, in a pint of clear Poſſet-Drink ; firſt bruife the Seeds. Drink this quanti- ty at a Draught every Morning, and at Night, if very Ill.

It has the ſame Virtues of Linſeed- Oil ; but is not ſo hard to take.

For

*For an Inflammation in the
Throat.*

INFUSE one large handful of Cinqfoile in a quart of Water; let it boil to a pint; strain it, and sweeten it with Honey very sweet, and swallow two or three spoonfuls often. This, tho' a simple Medicine, has done great Cures, and may be rely'd on. The Herb is otherwise call'd *Five-leav'd-Grass*.

*For a Cough, and Shortness
of Breath.*

TAKE eight ounces of Colts-foot pick'd clean from the Stalks; beat it to a perfect Conserve, with four ounces of Brown Sugar-candy, four ounces of Raisons 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

in Physick and Surgery. 171

and take as much as a large Nutmeg, as often as you please. I think the Juice of the Colts-foot, mixt 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 Oat-meal; 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.

A very

A very Good Purge in a Fever.

TA K E Sena two drams, Rhubarb one dram, Tamarinds two drams; boil these in half a pint of Water, 'till two-thirds is wasted: To what remains, add half an ounce of Cream of Tartar sweetned with one ounce of Syrop of Succory, or Syrop 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 an a half of Tamarinds, three ounces of Currants, and two ounces of ston'd Raisons, boiled in three pints of Water 'till near one-third be consumed. Strain and drink this when you are Costive.

A Draught

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 fix Weeks, in the Spring. It has recover'd many from Weakneſs, and Faint Sweats.

*An Excellent Electuary for
a Conſumption.*

TAKE Hore-hound, Harts-tongue, Liver-wort, Maiden-hair, Egri-mony, Unſet Hyſſop, Germander, and Colts-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 Annis-ſeed; ſift them both through a Sieve: Boil theſe together 'till it come to the Conſiſtence of an Electuary. Take the quantity of a
Nutmeg

174 *A Collection of Receipts*

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 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

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 pound 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 Raisons stoned; Carraway and Angelica-seeds bruised, of each one ounce; Mace, Cinamon, 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 Whol-

A Wholsome Cordial.

TAKE one pound of Gentian-roots sliced, common Dock-roots sliced half a pound ; Centory, both Flowers and Leaves, of each half a pound : Put these into a great Glas, 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

in Phyfick and Surgery. 177

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 for the Gout.

Sarfaparilla eight ounces, Sassafras, China, and Harts-horn-Shavings, of each three ounces, Angelica-Roots three ounces, Raifons 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.

N

For

For the Head-ach.

DR Y 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 Rhubard in Powder a dram and a half, Cyprus-Turpentine well washed seven drams, Spic'd Diatragacanth one scruple, Powder of Licorice half a dram; mix it in a good quantity of Syrop of Marsh-mallows. Take the quantity of a Wall-nut 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-

in Phyfick and Surgery. 179

White-wine-Poffet fweeten'd with Syrop of Marsh-mallows.

N. B. This was the Prefcription of a Learned Phyfician ; and has been long kept as a choice Secret in a very Charitable Family, who have made numberlefs Experiments of it with miraculous Succels, even to Diffolve the Stone.

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

TAKE four fpoonfuls of the Juice of Parsley in a pint of White-wine ; fweeten it with Syrop of Marsh-mallows, and (if you can) drink the whole quantity at a Draught.

For the Stone.

MAKE a very ftrong 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 ftrain it, and add half as many Leaves, and boil it again : Then add Licorice, ftoned Raifons, and Syrop
N 2 of

180 *A Collection of Receipts*

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 Parsley-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 Syrop 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-Tansy, 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

in Phyfick and Surgery. 181

der of Wake-Robin: Take as much Syrop 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 Garden-Tansy, Garden-Scurvy-grass, of each six handfuls; Buck-bean, Water-creffes, Brook-lime, and Wood-forrel, 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 *Rhumatism*.

182 *A Collection of Receipts*

For the same.

ONE handful of Garden-Tansy, 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.

IN TO 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-crelles, one pound of Burdock-root scraped and sliced, 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-feed, and half a pound of Horseradish-root.

An

*An Excellent Purging-Ale for
a Dropſy.*

SENA four ounces, Saffafras, and Tartar, of each two ounces; Jalop, and Licorice, of each one ounce; Rhubarb, Coriander, and Annis-feed, 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, Raiſons of the Sun ſtoned one pound, with a little Ginger: Put theſe Ingredients into ſweet Alewort 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. 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

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your

184 *A Collection of Receipts*

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; sift 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 Humour: While you take it, let the Meat you Eat be dry roasted; and your Drink, strong Ale or Wine.

For

For the Dropfy.

MIX four ounces of Syrop of Elderberries, 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 Raisons of the Sun (if they can be had) eaten constantly, instead of Suppers, have Cured that Distemper without Phyfick: 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

186 *A Collection of Receipts*

nine Days; it greatly sweetens and clears the Blood.

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

TAKE Scurvy-grafs, Maiden-hair, Wild Germander, Wood-forrel, 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, Centory,

in Phyfick and Surgery. 187

Centory, Camomile-flowers, of each three drams, Yellow peep of Oranges, half an ounce ; Nutmegs, Mace, and Cloves, of each one dram : Infuse all thefe two Days and Nights ; ftrain and Drink a glafs Fasting, and an Hour before Dinner, and Supper : Add Filings of Steel (if 'tis proper) two ounces.

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

ROAST a large Lemon 'till 'tis foft, take care it do not break ; cut it and squeeze it (while 'tis very hot) upon a dram of Termerick flic'd or grated, and half a dram of Saffron ; pour upon thefe 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 Taffe 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 Occafion. 'Tis for the moft part a certain cure.

For

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 wracking 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 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. Take it Fasting, or when in Pain.

An

*An excellent Drink in the Gout
or Rhumatifm.*

TAKE fix ounces of Sassafras;
Sarfaparilla, and China, of each
four ounces; Liquorish and Anifeeds,
of each two ounces; Sage of Virtue,
half a handful; Candy'd Eringo-root,
two ounces; Raifons and Figs, of each
half a pound: Put all thefe into four
quarts of Water: let it infufe over a
flow Fire, 'till one third is wafted,
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 flic'd, a bit of Allum; boil
theſe in a pint of Claret, and as much
Water, 'till a third is wafted; then put
in the peel of one Sevil-Orange, a hand-
ful of Scurvy-grafs, and as much Pow-
der'd

190 *A Collection of Receipts*

der'd Myrrh as will lie on a Shilling ; stir all together, and let it boil up ; 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

A Gargle in the Palfey.

PUT a large spoonful of Mustard-feed, 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 Gargle in the Palfey.

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

*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 Allum; 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 of fair Water,
in

in Phyfick and Surgery. 193

in which hold it for a Moment; with this Rag, fo 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 carelessly. 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-feed, 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 Syrop of Mulberries, or Rasberries.

O

To

*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 cod'd 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 Licorice, and as much Powder of Aniseeds; mix all well together, and take a dram Morning and 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

For the same.

TAKE two ounces of Syrop 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 Hoarsness.

SYROP 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 Licorice-stick when you Cough.

For a Hoarsness.

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 Chincups that grow upon Moss, a large
O 2 hand.

196 *A Collection of Receipts*

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, if it can.

For a Cough.

MAKE a strong Tea of Ale-hoof, sweeten it with Sugar-candy, 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 Perfume, a grain of Ambergreece does well; drop it in little Cakes on a Mazareen that has been Butter'd, and wiped.

This has Cured those that have spit Blood.

A very

*A very Good Pectoral Drink
for the ſame.*

TAKE Quitch-grafs-Roots two ounces, Eringo-Roots one ounce, Loris two drams, Harts-horn one ounce, Raiſons ſtoned two ounces, fix 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 Syrop 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 Licorice, as much Flower of Brimſtone, and Powder of Annis-feed, and two ounces of Sugar-candy powder'd; make all into Pills with a ſufficient quantity of Tar:

O 3

Take

198 *A Collection of Receipts*

Take four large Pills when going to Rest.

This is an Incomparable Medicine for an *Asthma*.

Another for the same.

H A L F 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.

T A K E Hyssop-water, and Poppy-water, of each five ounces ; Oxymel of Squills three ounces, Syrop of Maiden-hair one ounce : Take One Spoonful when you find any Difficulty of Breathing.

A good Drink in a Consumption.

T A K E of St. John's-wort, the Great Daify-flowers (call'd Ox-eyes,) and Scabious, of each two handfuls ;
boil

in Phyfick and Surgery. 199

boil thefe in a gallon of Spring-water 'till half be wafted; then ftrain it, and fweeten 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 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 an Asthma; Incomparable.

TAKE Juice of Hyssop, Juice of Elecampane-Root, of each one pound; boyl these to a Syrop with
double

in Phyfick and Surgery. 201

double their weight in Honey or Sugar-candy : Take one spoonful of this Syrop, in two spoonfuls of Hyffop-Water, and one spoonful of compound Briany-Water ; take this three times a Day.

For a Cough and Shortnefs of Breath.

TAKE Elecampane-Roots, one ounce ; Saffron, a quarter of an ounce ; Ground-Ivy and Hyffop, 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.

SYROP 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

202 *A Collection of Receipts*

tient can bear it, before you begin to take so hot a Medicine.

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 Syrop of Hoar-hound, Ground-Ivy, and White Poppy, of each one ounce; Crabs-eyes, one dram; and Sperma-ceti, half a dram; mix

in Phyfick and Surgery. 203

mix and beat thefe very fine, and take a little fpoonful when your Cough is troublefome, and at going to Reft.

For the Plurifie.

TAKE Broom-tops, Dandelion, Red Poppies, and Hyffop, of each two handfuls fhred; Flax-feed bruif'd, two ounces; four ounces of frefh Orange-peel, and nine large Balls of frefh Stone-horfe-dung; to thefe Ingredients, put a gallon of Milk, and diftil it in a cold Still: 'Tis an incomparable Water, and may be Drank freely of. If you think it too cold, add a fpoonful of Sack or White-wine, in every glafs.

Another.

MAKE a Poffet-Drink pretty clear, with fmall Ale and White-wine; and to a quart of that, put three balls of Horfe-dung, and one ounce of Angelica-feeds; let it Infufe three Hours; Strain and Drink often, half a pint at a time;

204 *A Collection of Receipts*

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

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

For the Cholick.

TAKE a quart of Double-Still'd Aniseed-Water ; Infuse in it one ounce of Hirapica ; stop it very close, and keep it near a Fire, where it must stand some Days ; shake the Glafs 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, grossly 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 *Irisb*-Uisquebaugh, in half a pint of Ale, slice in a little Ginger, and sweeten with Syrop of Rhubarb : This is a pretty

in Phyfick and Surgery. 207
pretty certain Cure, and feldom fails to
give prefent Eafe.

For the Cholick.

TAKE the thin Peel that comes
off the Kernels of a Ripe Wall-
nut dry'd and beat to Powder; the
thin Yellow Peel of Orange Powder'd,
of each a like Quantity; mix it in a
cup of hot Ale and Drink it up. A
small fpoonful of the Powders, mix'd,
is a Dofe.

For a Stitch in the Side.

TAKE Powder of Angelica-feed,
and a large Acorn dry'd and
powder'd, of each a like quantity:
Drink after it a glafs of Black Cher-
ry-Water.

A

A Posset-Drink for a Cough.

TAKE one handful of Hyssop, four sprigs of Mint, as much Savoury and Angelica, one handful of ston'd Raisons, and twelve Figs; Infuse all these in three pints of clear Posset-Drink; add, when strain'd, one ounce of Syrop of Maiden-hair, as much Syrop of Violets: Drink often.

To Cure Deafness.

TAKE clean fine Black Wool, 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

in Phyfick and Surgery. 209

drop three drops in the Ears going to Bed; stop them with Black Wool, 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 when the Strength is pretty well waſted, wrap your Head very warm and go into Bed.

P

For

*For a Violent Cholick-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 Sallet-Oyl, 'till 'tis a Poultis pretty soft; bind it on the Part; and as it dries, lay on
fresh

in Phyfick and Surgery. 211

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-feed very fine; ſift it, and put to it two ſpoonfuls of Capon-greaſe, and two ſpoonfuls of Linfeed-Oyl ; make it hot over the Fire, and anoint the Side with it : Dip a Flanel 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 Linfeed-Oyl new drawn ; ſweeten it with Syrop of Lemons ;

212 *A Collection of Receipts*

mons; 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 half an ounce of *Hipecoanna*, 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 Oyl; give it in a Clyster to the Party afflicted. If the Patient is Weak, or a Child, you must Infuse less of the Root; a Dram 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 Ingenuous Physician.

The

*The beſt Way of Burning Claret,
for a Loofeneſs.*

TAKE a large Quart-Bottle that will hold more than a quart of Wine; put to that quantity half an ounce of Cinamon, 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 Loofeneſs.

TAKE an ounce of Cinamon, 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.

P 3 !

For

For a Looseness.

TAKE three large Nutmegs, and the weight of them in Cinamon; 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 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.

Cinamon.

Cinamon-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 Cinamon: 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 Oyl of Cinamon, and three drops of Oyl 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.

*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 Oyl 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 Oyl 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

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

PRESERVE Green Wall-nuts 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, Wholsome, and Certain Purge.

Another.

DISTIL a quantity of Wood-sorrel-Water in the Spring, and sweeten it with Syrop of Violets: An ounce of Syrop 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

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 Syrop of Peach-Blossoms, taken in a glass of the Water distill'd from the Leaves, or in which the Leaves and Worm-Seed has been decocted, is a most Safe and Certain Medicine for the Worms in Children.

I N D E X.



I N D E X.



OR an Asthma, Page 198
Another for an Asthma, 200

B.

<i>To Broil Pigeons Whole,</i>	11
<i>To Boil a Turkey, or any Fowl, with Oyster-Sauce,</i>	39
<i>To make Black-Caps, the best way,</i>	67
<i>To make very good Barley-Gruel,</i>	72
<i>The Nuns Bisket,</i>	97
<i>An excellent Balsam,</i>	130
<i>The French King's Balsam,</i>	160
<i>For the Biting of a Mad-Dog,</i>	161
<i>A certain Remedy to take Fire out of a Burn,</i>	210

C.

<i>To Coller Beef,</i>	7
<i>To make French Cutlets,</i>	8
<i>To Coller a Breast of Mutton to eat Hot,</i>	10
<i>To Coller a Pig,</i>	15
<i>To make Veal-Cutlets,</i>	16
<i>To Coller a Breast of Veal to eat Hot,</i>	27
<i>Custards, very good,</i>	55
<i>Orange Cheese-Cakes,</i>	ibid.
<i>Another Cheese-Cake, without Curd,</i>	56
<i>A good</i>	

An INDEX.

<i>A good Cheese-Cake, with Curd,</i>	Page 56
<i>A Custard Sack-Possset,</i>	59
<i>Almond-Cream,</i>	68
<i>Orange-Cream,</i>	69
<i>A very rich Almond-Cream, to Jelly,</i>	ibid.
<i>Postatia-Cream,</i>	71
<i>To make Fry'd Cream,</i>	ibid.
<i>To make the Thick Square Cream-Cheese, as at Newport,</i>	73
<i>Orange-Chips,</i>	79
<i>Apricock-Chips,</i>	80
<i>Cakes of Orange-Flowers,</i>	83
<i>Conserve of Roses,</i>	84
<i>To Candy any Sort of Flowers,</i>	86
<i>A good sort of Portugal Cakes,</i>	87
<i>A Carraway-Cake without Yeast,</i>	88
<i>To make Stone-Cream,</i>	89
<i>To make Cracknels,</i>	90
<i>A very good Seed Cake,</i>	ibid.
<i>An extraordinary Plum-Cake,</i>	93
<i>Iceing for the Cake,</i>	94
<i>Ratafia-Cakes,</i>	96
<i>A very rich Cherry-Cordial,</i>	121
<i>For Convulsions, or Vertigo,</i>	146
<i>A Cold Caudle in a Fever,</i>	166
<i>For a Cough, and Shortness of Breath,</i>	170
<i>A good way to make a Caudle,</i>	171
<i>A Wholsome Cordial,</i>	176
<i>For a Canker in the Mouth or Gums,</i>	190
<i>To Cure a Cough, and Shortness of Breath,</i>	194
<i>Another for a Cough,</i>	ibid.
<i>For the same,</i>	195
<i>For the same, with a Hoarseness,</i>	ibid.
<i>For</i>	

An I N D E X.

<i>For a Hooping-Cough,</i>	Page 195
<i>For a Cough,</i>	196
<i>For a Consumptive-Cough,</i>	ibid.
<i>A very good Pectoral Drink for the same,</i>	197
<i>For a Cough, and Shortness of Breath,</i>	201
<i>Another for the same,</i>	ibid.
<i>Another for the same,</i>	202
<i>For a Chin-Cough,</i>	ibid.
<i>For the Cholick,</i>	205
<i>For the same,</i>	206
<i>For a Convulsive Cholick,</i>	ibid.
<i>Another for the Cholick,</i>	ibid.
<i>For the same,</i>	207
<i>For a violent Cholick-Pain in the Side,</i>	210

D.

<i>To Dress a Turbet, or any Dish of Fish,</i>	12
<i>To make Dutch-Beef,</i>	17
<i>To Dress Hogs Feet and Ears,</i>	26
<i>A Drink for any Inward Bruise or Wound,</i>	129
<i>A Drink for the Evil,</i>	134
<i>A Drink for the King's Evil and Cancer,</i>	135
<i>A most excellent Drink for the King's Evil in the Eyes,</i>	152
<i>The Ricketty Drink,</i>	163
<i>A Cooling Drink in a Fever or Pleurisy,</i>	ibid.
<i>Another Drink in a Fever,</i>	164
<i>Another Drink,</i>	165
<i>Another sort,</i>	ibid.
<i>An incomparable Drink in a Thirsty Fever,</i>	172
<i>A Draught for a Consumption,</i>	173
<i>A Drink for the Gout,</i>	177
	An

An INDEX.

<i>An excellent Purging Ale for a Dropfy,</i>	Page 183
<i>For a Dropfy,</i>	184
<i>For a Dropfy,</i>	185
<i>A Drink in the Gout, or Rheumatism,</i>	189
<i>A good Drink in a Consumption,</i>	198
<i>To Cure Deafness,</i>	208
<i>Another,</i>	ibid.
<i>Another for a Pain in the Ear,</i>	209
<i>Another for the same,</i>	ibid.

E.

<i>An Electuary for a Consumption,</i>	173
<i>An admirable Electuary for a Cough,</i>	202
<i>For a Elow or Hurt in the Eye,</i>	210

F.

<i>To Fricassee Chickens, or Sweet-breads,</i>	18
<i>Another for the same,</i>	19
<i>To Force a Leg of Lamb,</i>	21
<i>To Fry Oysters for Garnish for Fish or Hash,</i>	32
<i>To make good Forc'd-Meat for any Use,</i>	44
<i>A pretty sort of Flummery,</i>	74
<i>To make Harts-horn-Flummery,</i>	75
<i>To make good Fritters,</i>	98
<i>To Fine Beer, Wine, or any Liquor,</i>	113

G.

<i>Thick Ginger-bread,</i>	86
<i>For the Gout,</i>	176
<i>A Gargle</i>	

An INDEX.

<i>A Gargle for a Sore Throat,</i>	Page 190
<i>A Gargle in the Palsy,</i>	191
<i>Another Gargle in the Palsy,</i>	ibid.

H.

<i>To Hash a Calf's-Head,</i>	25
<i>For the Head-ach,</i>	178
<i>For a Hoarseness,</i>	195
<i>To Help a Hot and Costive Habit of Body,</i>	217
<i>Another,</i>	ibid.
<i>Another,</i>	218
<i>Another,</i>	ibid.
<i>Another,</i>	ibid.

J.

<i>Hart's-horn, or Calf's-foot-Jelly, the best way,</i>	64
<i>To make Almondnet, or White Jelly,</i>	66
<i>Jelly of Currants,</i>	80
<i>Codlin or Pippin-Jelly,</i>	100
<i>For an Inflammation in the Throat,</i>	170
<i>For the Jaundice,</i>	185
<i>A pleasant and safe Medicine for the Yellow-Jaundice,</i>	187

L.

<i>To make Lobster-Loaves,</i>	23
<i>Lemon-Cream, the best way,</i>	67
<i>Lemon-Cakes,</i>	79
<i>For a Looseness,</i>	212
	<i>The</i>

An I N D E X.

<i>The best way of Burning Claret for a Looseness,</i>	Page 213
<i>For a Looseness,</i>	ibid.
<i>Another for a Looseness,</i>	214
<i>Another for the same,</i>	ibid.
<i>Cinamon-Water for a Looseness and Fever,</i>	215
<i>For a Looseness and Gripes,</i>	ibid.
<i>Another for a Looseness and Gripes,</i>	216
<i>For the same,</i>	ibid.

M.

<i>To make Orange-Marmalade,</i>	78
<i>White Mead,</i>	109
<i>Strong Mead,</i>	114

O.

<i>An Oyl for any Bruise or Wound,</i>	132
<i>An Ointment for Swellings in the King's Evil,</i>	135
<i>An Ointment for the Evil, or Rickets,</i>	137
<i>The Smallage-Ointment,</i>	154
<i>An Ointment good for any Ach or Swelling in Man or Beast,</i>	156
<i>An Ointment for a Burn,</i>	157
<i>An Ointment which is a certain Cure for any Scabs, Pimples, or Old Inveterate Itch,</i>	158
<i>An incomparable Ointment for a Strein, Weakness, or Shrinking in the Nerves,</i>	159
<i>An Ointment for a Child that has the Rickets,</i>	162
<i>An</i>	An

An INDEX.

<i>An Ointment for the Back of a Weak, Ricketty Child,</i>	Page 162
<i>An excellent Ointment for a Pain in the Side,</i>	211

P.

<i>Patties for a Dish of Fish,</i>	13
<i>To Pickle Pork,</i>	14
<i>The best way to Pot Beef,</i>	22
<i>To make a Potatoe-Pye,</i>	29
<i>A Sweet Pye, which may be made of Young Lamb, or Chickens,</i>	32
<i>To make a Hog-meat-Pye,</i>	35
<i>To make Lobster-Pyes,</i>	38
<i>To Pot Neats-Tongues, a better way than Drying them,</i>	41
<i>To Pot Salmon, as at New-Castle,</i>	42
<i>To Pickle Mackarel, call'd Caveach,</i>	43
<i>To Pot Lamprey,</i>	45
<i>A Westphalia-Ham-Pye,</i>	ibid.
<i>To Pickle Codlins, like Mango,</i>	46
<i>To Pickle Wall-nuts,</i>	47
<i>To Pickle Mushromes,</i>	48
<i>To Pickle Neats-Tongues,</i>	49
<i>To Pickle Pigeons,</i>	ibid.
<i>To Pickle Smelts,</i>	50
<i>To Pickle Oysters,</i>	51
<i>An Apple-Pudding to Bake,</i>	ibid.
<i>The best Orange-Pudding that ever was tasted,</i>	52
<i>A Rice-Pudding,</i>	53
<i>White Hog's-Puddings,</i>	ibid.
Q	<i>A Neat's-</i>

An INDEX.

A Neat's-Foot-Pudding,	Page 54
Thin Cream-Pan-cakes, call'd a Quire of Paper,	57
An Almond-Pudding,	58
Orange-Pudding,	59
Cheese-Curd-Pudding,	60
To make Hog's-Puddings,	62
Liver-Puddings, very good,	ibid.
A Sagoe-Pudding,	63
An Orange-Pesset,	70
Panada for a Sick or Weak Stomach,	76
To Preserve Apricocks in Jelly,	81
Prawlins, or Fry'd Almonds,	82
To Preserve Orange-Flowers,	83
A Powder for Digestion,	85
An excellent Plum-Pudding,	89
Egg-Minc'd Pyes,	92
Lemon or Chocolate-Puffs,	94
Almond-Puffs,	95
Pancakes, very good,	97
To Preserve Golden-Pippins, the best way,	100
To make Milk-Punch,	113
The Red Powder for Fevers, Small-pox, or Surfeits,	140
Gascoign-Powder, a good sort for the same Uses,	142
A very good Powder for a Dizziness in the Head, and to Prevent Apopletick Fits,	143
A Powder to Stop a Hiccock in Man, Woman, or Child,	ibid.
An excellent Powder for Convulsion-Fits,	144
A Powder for Digestion,	ibid.

A very

An INDEX.

<i>A very good Plaster for a Stomach Sore with Coughing,</i>	Page 154
<i>Plasters for a Fever,</i>	155
<i>A very good Poultis for a Sore Breast,</i>	159
<i>A Posset-Drink to be taken before the Fit of an Ague,</i>	168
<i>An admirable Posset-Drink in a Pleurisy, or Shortness of Breath,</i>	169
<i>A very good Purge in a Fever,</i>	172
<i>Pills for Shortness of Breath,</i>	197
<i>Another for the same,</i>	198
<i>A Powder for a Consumption,</i>	199
<i>For the Pleurisy,</i>	203
<i>Another,</i>	ibid.
<i>A Posset-Drink for a Cough,</i>	208
<i>For a Pleurisy and Fever,</i>	211

R.

<i>To Roast a Calf's-Head,</i>	29
<i>To Roast a Breast of Pork,</i>	24
<i>To make Ratafia,</i>	116
<i>A present Remedy for Convulsion-Fits,</i>	145
<i>Another for the same,</i>	ibid.

S.

<i>A Green Pease-Soop, without Meat,</i>	1
<i>A very good Soop,</i>	2
<i>A very good Pease-Soop,</i>	3
<i>Craw-fish or Prawn-Soop,</i>	4
<i>Pease-Soop for Lent, or any Fasting-Day,</i>	5
<i>A Meat-Soop,</i>	6

Q 2

To

An INDEX.

To Stew Pigeons,	Page 10
To Stew a Hare,	20
To make Stove-Veal,	28
To Stew Carp,	30
Good Sauce for Boil'd Rabbits,	31
A pretty Sauce for Woodcocks, or any Wild- Fowl,	31.
To Stew Herrings,	33
To make Sausages,	34
Scotch-Collops, a very good way,	36
To Stew Oysters,	37
To Stew a Rump of Beef,	43
To Stew Golden-Pippins,	64
A Whipt Syllabub, extraordinary,	76
To make Sagoe,	77
To make Salop,	ibid.
To Improve Syder, and make it perfectly Fine,	112
Spirit of Clary,	119
Spirit of Carraways,	ibid.
A Salve for the King's-Evil,	133
For a Strein,	137
A Syrop for Convulsion-Fits,	146
A good Sear-cloth,	152
An incomparable Salve for the Eyes,	153
For the Stone and Grawel,	178
For Stoppage of Water in the Stone,	179
For the Stone,	ibid.
Another for the Stone,	180
For the Scurvy,	ibid.
For the same,	182
For the same,	ibid.

To

AN INDEX.

<i>To Sweeten the Blood, in Scurvy, Jaundice, or any Pains in the Limbs,</i>	Page 186
<i>For the Stone,</i>	188
<i>Another for the Stone,</i>	ibid.
<i>For Sweating in the Night, in a Consump- tion,</i>	200
<i>Ibid. Shortness of Breath,</i>	ibid.
<i>For a Stitch in the Side,</i>	207

T.

<i>A very good Tansy,</i>	61
<i>A Spinnage-Tart, very good,</i>	98
<i>An Almond-Tart, very good,</i>	99
<i>To give certain Ease in the Tooth-ach,</i>	155
<i>A Constant Daily Wash for the Teeth,</i>	192
<i>To Clean very Foul Spotted Teeth,</i>	ibid.
<i>A Mucilage for a Sore Throat,</i>	193

W.

<i>To make Westphalia-Hams,</i>	40
<i>Wafers,</i>	87
<i>The London Wigs,</i>	92
<i>The right Dutch Wafer,</i>	95
<i>To make Raisin-Elder-Wine,</i>	101
<i>Another, very Wholsome,</i>	102
<i>Quince-Wine,</i>	103
<i>Orange-Wine,</i>	104
<i>Birch-Wine, as made in Suffex,</i>	105
<i>Black-Cherry-Wine,</i>	106
<i>Sage-Wine,</i>	ibid.
<i>Cherry-</i>	

An INDEX.

<i>Cherry-Wine, as in Kent,</i>	Page 107
<i>Raspberry-Wine,</i>	108
<i>Apricock-Wine,</i>	110
<i>Damson-Wine,</i>	111
<i>Cowslip or Marigold-Wine,</i>	ibid.
<i>Goosberry-Wine,</i>	115
<i>Elder-Flower-Wine,</i>	ibid.
<i>Cinamon-Water,</i>	117
<i>A Cordial Orange-Water,</i>	ibid.
<i>Citron-Water,</i>	118
<i>A Cordial Black-Cherry-Water,</i>	120
<i>A Strong Palsey-Water,</i>	123
<i>Use of that Water,</i>	126
<i>A Second Palsey-Water,</i>	ibid.
<i>A very good Snail-Water for a Consump-</i> <i>tion,</i>	127
<i>A good Water for the Spleen,</i>	128
<i>A good Water for the Stone,</i>	129
<i>A Milk-Water for Cancer or King's-Evil,</i>	136
<i>For Worms,</i>	139
<i>For the same,</i>	ibid.
<i>For the same,</i>	ibid.
<i>For the same,</i>	140
<i>For the same, well recommended,</i>	ibid.
<i>A Strong Milk-Water,</i>	147
<i>The Barley Cinamon-Water,</i>	148
<i>Wall-nut-Water,</i>	ibid.
<i>A very good Snail-Water,</i>	149
<i>A good Milk-Water, for Surfeits or Worms,</i>	ibid.
<i>Strong Elder-berry-Water,</i>	150
<i>A Cordial Mint-Water,</i>	ibid.
<i>A good Milk-Water,</i>	151
	<i>Another</i>





