

Virtues. *It is good for coughs and for diseases of the Lungs.*

*Lohoch's.*

*Lohoch of the Pine, in Latin, Lohoch e pino.*

Take of pine nuts fresh and cleansed, fifteen drams, of sweet Almonds Blanched, of Hazel nuts gently toasted, of Gum Tragacanth, Arabick, of the powder of Liquorice, and juice of the same, of white Starch, Maiden hair, and the roots of Orris, each two drams, of the the pulp of yellow Dates two ounces, of bitter Almonds a dram and an half, of Honey of Raisins, and of white Sugar, each four ounces, of oyl of sweet Almonds, to be added at the time it is used, if there be occasion half an ounce, of the best Hony a pound and an half, dissolve the Gums in four times their weight of Maiden-hair water, till they are quite soft, pulp them through a Hair five, and mingle with them two pounds of the best Honey over a gentle fire, stirring it a long while with a wooden Spatula; afterwards sprinkle in the fine powders of Orris, Maidenhair, Liquorice, Sugar, Starch, then the Dates, Pin nuts, Almonds, and Hazelnuts, which must be cut small, and beat fine apart, in a marble mortar, and mix them well, then add the Gums mixed with the Honey of Rafins, (wherein the juice of Liquorice is first to be dissolved) and take the vessel from the fire, and stir all the things a little while, that they may be well mixed, add the fresh oyl; if you are to use it presently, and make a Lohoch.

Virtues. *It is good for Coughs and Heat of Urine, it is to be taken with a Liquorice stick.*

*Lohoch*

*Loboch of Purslain, in Latin, Lohoch de Portulaca.*

Take of the juice of Purslain strained, a quart of the Troches of the Lemnian Earth two drams, of the Troches of Ambar, of Gum Arabick, of Dragons blood, each one dram, of the blood stone of Hairs down burnt, each two scruples, of white Sugar one pound, mix them, and make a Lohoch.

*Virtues. This is an astringent Medicine, and is good for Fluxes, Ruptures, and the running of the Reins.*

*Dose.* Two or three drams of it may be taken at a time.

*Loboch of the Lungs of a Fox, in Latin, Lohoch e pulmone vulpis.*

Take of the Lungs of a Fox rightly prepared, of the juice of Liquorice, Maidenhair, the seeds of Anise and Fennel, each equal parts, of Sugar boiled to a Syrup in Coltsfoot, and Scabious water, three times as much as all the rest; add the other things finely powdred, and mix them very well together and make a Lohoch.

*Virtues. It is excellent for ulcers of the Lungs.*

*The Healing Loboch, in Latin, Lohoch Sannans.*

Take of the leaves of Garden Hyssop, and of Calamint, each half an ounce of Jujubes, and Sebestines, the stones being taken out, each fifteen pair, of Raisins of the Sun stoned, and of fat Figs, of fresh Dates, each two ounces, of Linseed, and Fenugreek seeds, each five drams, of Maiden-hair one handful, of the Seeds of Anise, and Fennel, and the Roots

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of Orris cut, of Liquorish bruised, and Cinnamon, each half an ounce, boyl all in two quarts of clear water, until half is consumed, then add Penidiar, Sugar two pound, of Gum Tragacanth, and Gum Arabick, dissolved in the Decoction above mentioned, each three drams, boil it to a Syrup; afterwards cut small and bruise five drams, of Pine nuts, sweet Almonds blanched, Liquorice and Starch, each three drams, of roots of Orris two drams, sprinkle these into the Syrup taken off the fire, and stir it well about with a wooden Spatula, till it is white.

*Virtues* It is very good for Coughs, and diseases of the Lungs.

*Conserves of Roots, Stalks, Flowers, Fruits, Barks, Pulps.*

Take of Eringo roots, as much as you please, cleanse them within and without, and take out the pith; infuse them one or two days in clear water, change it some times, and dry them with a cloath; then take an equal weight of white Sugar, put it into as much rose water as is sufficient to dissolve it; remove it from the fire, and take off the scum, afterwards boil it up almost to the consistence of a Syrup, add the roots which are also to be boiled a little, till the superflous moisture is consumed, and it has obtained the consistence of a Syrup; much in the same manner are preserved the roots of sweet smelling flag, Angelica, Borrage, Bugloss, Succory, Elecampan, Burnet, Satoryion, Comfry, Ginger, Zedoary.

Take of the Stalks of Artichoaks not too ripe, as many as you please, of which take only the pith, boil them with an equal quantity of Sugar, as before, till they are preserved; so are preserved the stalks of Angelica, Burdock and Lettice, gathered before they are too ripe.

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Take of the bark of fresh Oranges, as much as you please, take off the outward yellow peel, infuse it three days in Fountain water, change the water often, then put them into Sugar, boiled as before, and preserve them, in like manner are preserved the peels of Citrons, Lemons, and the like.

Take of the flowers of Citron, as many as you please, and preserve them in Sugar; the same way are preserved the flowers of Oranges, Borrage, Primroses, and the like.

Take Apricocks as many as you please, peel off the outward skin, and take out the stones and mingle them with an equal weight of white Sugar, then after four hours take them out, and boil the Sugar without any other Liquor; then put them in again, and boil them according to art: Other Fruits are preserved much in the same manner, as whole Barberries, Cherries, Cornels, Quinces, Peaches, Common Apples, the five species of Myrobalans, Hazelnuts, Walnuts, Nutmegs, Raisins, Peper in the branches from *India*.

Garden and wild Pruns, Pears, and Grapes, Pulps, are also preserved, as of Barberries, Cassia, Citrons, Hips, Quinces, wild Pruns, and the like.

Take of Barberries as many as you please, boil them in a sufficient quantity of Fountain water, till they are soft; then pulp them through a sieve, that they may be cleared of their stones, afterwards boil them in an earthen vessel, over a gentle fire, stir them often least they should burn, till the watry humor is consumed, then to six pound of the pulp add ten pound of Sugar, and boil them to a due consistence.

Broom-buds, Capers, Olives, and the like, are preserved in pickle, lastly, among Barks, Cinnamon, among Flowers, Roses, and Marygold flowers,

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ers, among Fruits, Almonds, Cloves, Pine-apples, Pistaches, and the like, are said to be preserved, so also Seeds and Twigs, but with this difference; that for the most part, they are crusted with Sugar, and therefore are more properly called Confections.

### *Conserves and Sugars.*

#### *Conserves.*

Of the Herbs Wormwood, and wood Sorrel, of the flowers of Bettony, Borrage, Bugloss, Marygolds, Gillyflowers, and Succory, of the leaves of Scurvy-grass, of Hipes, of the Roots of Elecampane, of the tops of Fumitory, of Broom-buds, of red Roses, Flowers of Rosemary, Peony, Violets, Lilly of the Valleys, of all these are made Conserves, with thrice their weight of fine Sugar: But it is to be noted, that they are not all to be mingled alike; for some are to be first cut, bruised, and gently boyled, others are to be neither cut, bruised, nor boyled, and some lastly require only one of these, and others all; one but one of these. But any Artift may easily avoid Mistakes by this one premonition.

#### *Sugars.*

##### *Pearled Sugar.*

Is made with Sugar boyled in half the weight of Rose-water, towards the end, add to each pound of Sugar half an ounce of prepared Pearl, and eight or ten leaves of Gold.

##### *Penidiat Sugar, in Latin, Saccharum Penidium.*

It is made with Sugar dissolved in barley water, over a gentle fire, and well beat with whites of eggs and twice clarified. As it boyls, strain it through a

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