

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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cloth

cloth, and boyl it again gently, until it rise in bubbles, and being chewed does not stick to your teeth, then pour it upon a marble besmeared with oyl of Almonds, (letting first the bubbles sink, after it is removed from the fire) bring back the outsides of it to the middle, till it looks like larch Rosin; then your hands being rubed with white starch, you may draw it into threads, either short or long, thick or thin, as you please.

Sugar of Roses, in Latin, Sacharum Rosatum Tabulatum.

Take of the flowers of Red Roses, the whites cut off and dried quickly in the Sun, one ounce, of fine Sugar one pound, dissolve the Sugar over the fire in four ounces of red Rose water, and in four ounces of the juice of the same, which being evaporated by degrees, add the Roses powdred, mingle them, and pour them on a stone, and so make Tablets.

Species, or Powders.

Aromatick Rosat, in Latin, Aromaticum Rosatum.

Take of red Roses, the white being cut off, fifteen drams, of Liquorice Rasped, seven drams, of the wood of Aloes, and of yellow Sanders, each three drams, choice Cinnamon five drams, of Cloves and Mace, each two drams and an half, of Gum Arabick, and Tragacanth, each eight scruples, of Nutmegs, the greater Cardamoms, and Galingal, each one dram, of Spick Indian, and Nard, and of Ambergrease, each two scruples, of Musk one scruple, make a powder to be kept in a glass or glazed pot.

Virtues. It is cordial, strengthens the stomach, and expels wind.

Dose.