

## Outside the Box

### Transcript

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A Most Excellent  
Medicine against  
The Plague /22

Take 3 pints of Muscadine Wine boyl  
in it a handfull of Sage as much Rue till  
a pint is wasted then Strain it & set it on  
the fire again then put therein Long pepper  
ginger & Nuttmeggs of each 3 quarters of an  
Ounce beat alltogether into a fine Power Let  
it boyl a little then put therein two Ounces  
of Treackle one Ounce of Mithredate & a  
quarter pint of Angelica Watter dissolve  
the Treackle and Mithhredate in the Angelica  
Watter before you put then in take of it  
Warm both Morning & Evening in your bed  
a spoonful or two if not infected a Spoonfull a  
day is Sufficient half in the Morning &  
half in the Evening to prevent Infection

Keep this as your Life above all things  
in the plague time under God trust to this  
for there never was Man Woman or Child  
that is deceived tis good in the Smallpox  
Measels Surfeits or fevers.

To Make Cheese  
Cakes /23

Set Ten Quarts of new Milk when it is  
tender Curd hang it up in a Cloth & Drain  
it put in a Sieve whith a pound of Sweet  
butter & rub it through with a Clean hand  
then have ready one pound of Currants plump  
& ten Eggs take half of the Whites away one  
Nuttmeegg as much Mace one pound of fine  
Sugar  
two Spoonfulls of Orange flower Water Mix it  
Well together half an hour bakes them the  
Oven must be as hot as for White Bread &