

Recipe to Make Pine Water, 18th century

To Make Pine Water

take branches of pine & green pine Apples, cut ym [them] in small peices put them in an earthen pott, put to a quart¹ of nants [Nantes] brandy and two quarts of Malaga sack² if quinces are to be had at ye [the] same time with ye pine Apples put in the cores & kernels of two dozen of Quinces sliced lett ys [this] stand in steep two nights and days, then slice into thees ingredients the top and bottom crust of a quartern Loaf of bread, then take three Large handfulls of spear=mint & the out side rine [rind] of four Sevill oranges cutt and mixed with the rest of the ingredients and put them in to a Large still, then take the whites of twenty new Laid eggs and beat them up to a froth and mix them well with a gallon or five quarts of new milk & pour them in to the still upon the other ingredients and then slice in four Large nutmegs & break in four sticks of cin[n]amon and still it off[f] in a cold still with an even moderate fire & put one Lump of d[o]uble refine sugar in to ev[e]ry bottle you still it in to, besure keep the head of the still cover'd with wet cloaths, when all is stilled off, mix the first runing and the other water all together, lett the person drink a quarter of a pint of it at night going to bed and in the morning & at five in the after noon; it is good to prevent miscarying [miscarrying] & very strength =ning for any inward weakness, and the Like quantety is very good to take at any time if the person with childe is frighted [frightened] by any accident

Notes

1. A quart equals 2 pints.
2. Sack is an antiquated wine term referring to white fortified wine imported from Spain or the Canary Islands. Malaga sack comes from Malaga.