

SOME ALCHEMICAL RECIPES

The following are a number of "recipes" that were translated from German by Mr. Kjell Hellesøe of Stavanger Norway. He found these notes while attending an alchemical class in Salt Lake City Utah. The author is unknown but a possibility exists that the original was written by one Augusto Pancaldi, who had been at the same school in prior years. These notes should be of high interest to the laboratory alchemist.

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I. TARTARUM

The winestone or Tartarum (Potassium Tartrate) was highly valued by the ancients. From it one may obtain:

a tincture (fixed and unfixed)
an oil (fixed and unfixed)
and an alkahest

The alkahest is, however, not obtained by way of the tincture. There are MANY alkahests. The alkahest from winestone is one of the most important ones, but it is not *THE* alkahest. It works extremely well and will even extract the sulphur from metals.

THE alkahest (*i.e.*, philosphical mercury) will completely dissolve gold. This yields the Aurum Potabile.

The raw winestone is called Argal or Argol. The winestone that we shall be working with is the calcined winestone. (Potassium Carbonate)

II. THE TINCTURE FROM WINESTONE

Raw winestone, scraped from the cask, is calcined and then glowed out in order to burn up all the carbon. This is done until it turns a greyish color. This matter is then leached with water. (distilled water is best). The water is then evaporated off and a white powder is obtained, freed from carbon. The powder is then calcined once again and dissolved in water. This is filtered and the water is evaporated off. The powder, or salt of Tartar, should be well dried. This powder is then extracted with a suitable *menstruum* (such as acetone) to obtain a tincture. From this tincture, one can obtain the oil by the usual methods.

This tincture is of great importance. It is to be used in a fashion analagous to the tincture of antimony. Antimony is a blood purifier. If, however, there are deposits present, one needs a solvent. This is especially true with the tartaric diseases. These (tartaric diseases) are those accompanied by deposits in such bodily parts as the arteries, kidneys, veins and gall. These deposits are quite common and hence, the tincture of winestone is of great value. In addition to combatting the deposits, it is effective against high blood pressure which is caused by the arteries being too narrow. It is also effective against low blood pressure caused by too narrow arteries. It is important not only to keep the blood clean, but to prevent build-up of deposits.

III. THE ALKAHEST FROM WINESTONE

This alkahest is similar to what we have in the vegetable kingdom, alcohol. This we can "sharpen" or acuate, with ammonium chloride.

Similarly, the product from Tartar is half vegetable, half mineral. We take wine in which there is both an acid and a base. *viz.* acetic acid and winestone. We shall use both. In this wine the potassium went through a change by which it became shut up. The end product is a salt that becomes volatile during distillation and can be distilled over.

Thus, one takes winestone as it comes out of the wine barrel, or better yet, wine that one has made themselves, and evaporates this until one has a fluid thick as honey. One allows all moisture to evaporate, dries it and then calcines it. The matter will turn black and bubbles will arise. The calcination should be continued until the matter is as white as possible. Then acetic acid is poured on the whitened matter. This will cause foaming. From this salt, one may obtain the alkahest.

Solution: One exposes a salt to the air, not directly in the sun, until it becomes fluid. (*i.e.*, the matter is hygroscopic) The best way is to put it on an inclined glass plate, or inside a funnel with filter paper, which sits on top of a bottle or receiver. This will allow that which has already dissolved (*per deliquium*) to run into the bottle. The dissolution in air is to vivify the totally calcined body by means of the air moisture. This moisture encloses (contains) the Spirit. This method is superior to using dew to dissolve the salt. In rain water there is even less spirit. The fluid obtained by dissolving the calcined winestone is then distilled until the salt is dry. **Do not** discard the distillate as it is more potent than dew since it contains more life (spirit) within it.

Calcined winestone, which chemically has a different formula (K_2CO_3) than untreated winestone ($K_2C_4H_4O_6$) dissolves in the air into a liquid far better than non-calcined. Experimentation has shown that after calcination, a weight loss of about 66% obtains.

In general, acids can be distilled over but not bases. The volatile winestone salt is a base but it IS capable of being distilled. We refer here to a dry distillation, one that has no fluid added. And the term "rectify" means re-distillation, or repeated distillations.

The alchemical Tartarus will dissolve stones and other calcifications in a controlled manner. This process should not be done too quickly lest the arteries become clogged with dissolved matter.

IV. PREPARATION

R: Dissolve, in the air, one pound of well calcined winestone, *per deliquium*. Then, the following operations will be repeated ten times: filtration of the fluid, congelation (evaporation of the water), calcination (this process should take 8-10 hours at incandescence but not allowing matter to melt or flux!) Following the calcination, the matter should cool and be allowed to re-solve back into a liquid and this entire process done ten times.

Finally, the matter, after the tenth repetition of the various operations, is dissolved in good distilled wine vinegar.

The solution of salt and vinegar is now distilled, under vacuum, and in a water bath. (B.M.) Caution must be exercised so as not to burn the tender flowers. The distillation should be done in a slow process. This will separate the following fractions:

1. The *phlegma*. This fraction is over as noted by the arrival of the first sour drops.
2. The next fraction is distilled so slowly that only one drop comes over every 8 seconds. It is finished when the mixture has been thickened to the consistency of syrup or honey.
3. The strongest part now comes over. The process of distillation is continued until smoke is observed and the bulk of the matter in the retort is dry.

V. PREPARATION OF THE ALKAHEST OF THE WINESTONE (after K. Digby)

Calcine sufficient of your winestone to yield a pound of salt. During calcination, the winestone should **not** be allowed to flux nor to turn blue. (govern the fire properly). Take the salt now and liquify it in the air *per deliquium* then filter it. Coagulate the filtrate via evaporation. Calcine again and heat to incandescence for 6-8 hours without allowing the salt to flux. (melt) Then cool it, liquify it, etc and repeat the operation ten times. Dissolve the salt now in a 33% solution of distilled wine vinegar. Extract the vinegar by distillation. This distillation is a wary process involving the use of a *Balneum Maria* (water bath) and vacuum. The phlegma is to be drawn off in this manner. The distillation is continued until sour drops come over. Then the receiver is changed and the fire augmented until one drop comes over every eight seconds. This is done until the remaining matter attains a syrupy consistency. The receiver is changed again and distillation proceeds until the matter gives off smoke and becomes, for the most part, dry. The distillate is the strongest part and must now be rectified and then added to the weaker part. The phlegm is kept for other purposes.

One rectifies until there is not the least trace remaining in the bottom of the retort. Each time, the retort is to be dried and cleaned. Although the *Spiritus Aceti* thus obtained is not overly strong, this is alright as it will work well nonetheless. Now one takes 7-8 ounces of the winestone salt and dissolves this amount in the Spirit. This is allowed to stand until black impurities precipitate out. One then filters, coagulates and calcines as before, but with a less strong fire, for about an hour at a temperature barely at incandescence. The matter is to be ground, while still hot with freshly distilled wine vinegar. The impurities are then removed by filtration, then once again it is congealed and calcines as before. This entire operation is repeated until no more impurities show themselves. This should take seven or eight repetitions.

Then place an ounce of this dry substance into a retort and add 100% spirit of wine to make a thin solution, not merely wet. Seal the retort and allow to digest at a temperature of 37°C for twenty four (24) hours. Following this, distill at low heat.

If, instead of the *Spirit* the *Phlegma* comes first due to the Spirit of the *Spiritus Vini* having become bound, then one may proceed in exactly the same way with the remnant part, the remaining ounces. If not, continue to dissolve in wine vinegar, then filter, coagulate and calcine until the spirit stays with the salt; which it will do in a short time. Thereafter, one proceeds with the rest of the matter as they did with the test ounce. One continues to imbibe, distill and distill with *spiritus vini* until the SV comes off exactly as strong as it was when it was poured on. For herein lies the secret of its sublimation.

Dissolve the impregnated winestone salt with the *phlegma* of the above distilled wine vinegar or in a very weak SV. Use only as much as is needed to make the dissolution complete. Shake well. Then the very best and finest (subtle) parts of the winestone salt (~~mainfrinanz~~) will soon be dissolved and its unprofitable parts left behind, for the latter is not readily dissolved. Decant this solution, filter and distill off the *phlegma* or the weak SV. Then the dry spiritus, or the dry water, will fly up, dry, in the form of the most pure crystals, like icicles. This is the right volatile winestonesalt and the spiritus vini in the form of a salt. It is the vegetable mesntrum that will dissolve gold leaf in a gentle heat.

The winestone that remains on the bottom during this sublimation must be added to that which the *phlegma* of the wine vinegar (or weak SV) did not dissolve. To this, one adds more SV and after calcining with a fire not as strong as previous, one continues the process of fixation. Dissolve this in the air (*per deliquium*) several times. Then filter and coagulate it as before, and in three (3) repetitions one will obtain more than during the whole previous process, for the winestone has become changed in its nature. Thereafter, imbibe with SV as previously. You will then be able to fix as much SV as you like and sublime as much quantity of pure and clear crystals as you desire.

When the SV becomes fixed on the winestonesalt, it will become as sweet as sugar. But when it is separated from it as indicated above, the winestone will keep its most noble nature and yet will be ready for impregnation with much less turbulent movement.

VI. THE VINEGAR OF ANTIMONY

The vinegar of antimony is an alkahest that will relieve inflammation. It contains the element Carbon,; which the initial material did NOT. From whence came this carbon?

Also, the regulus of antimony can be melted into a glass, from which one may obtain a tincture. But this tincture is lifeless. The life having flown when the antimony was melted into the

regulus. In the same way, one may take the blood from a living person, which will still contain the life force, and the blood from a deceased person, which will NOT contain the life force. The tincture from the regulus of antimony no longer contains the spirit. This, in the form of the *vinegar of antimony*, is missing. It having been driven off. However, it is not really known if the vinegar of antimony burns in the same way that sulphur does. Now, from antimony, one may extract a mercury that resembles ordinary quicksilver.

VII. PREPARATION OF ANTIMONY

1. One makes glass, pulverizes it, extracts it with ordinary acetic acid and then removes the acetic acid by careful distillation. One then washes with water and evaporates the water off. Now, distilling this once again, something sour comes over. This has been described by Kerckring in his comments to Valentine as: "*The Vinegar of Antimony*".

2. Melt glass (or: take melted glass), pulverize it and extract a tincture with alcohol. Then, dry the powder and macerate it with dew or rainwater. Allow to stand for several weeks, the liquid atop the powder will start to turn sour. When this is observed, decant the water and pour on fresh dew or rainwater. Alternatively, one can separate the vinegar from the water and pour this back on the powder. (See Valentine, page 278)

3. One can also macerate the antimony ore directly with water. Rainwater would be best. However, this method will yield some sulphuric acid in the water.

Question: When antimony ore is macerated with water, the vinegar of antimony will be produced and simultaneously a sulphuric acid obtains due to the natural sulphur inherent in the ore. (This is chemical sulphur being described). Is this acid of sulphur of a poisonous nature or is it an alchemical acid, *viz*: the Mercury of Sulphur?

Answer: When the ore is distilled in its dry state, we will obtain an alchemical acid of sulphur and NOT a chemical acid.

Note: Some believe the vinegar of antimony is sulphureous acid.

From pyrites (iron sulphide) one may obtain the sulphur in the form of beautiful light blue crystals. However, as soon as they come in contact with oxygen, they turn brown and are no longer of any great value.

With antimony ore, the same situation prevails. As long as it is not exposed to air, it has quite different (valuable) properties. But as soon as it is exposed to or comes in contact with, moisture, the poisonous chemical acid of sulphur is produced. From this, it would then be possible to obtain the non-toxic alchemical acid of sulphur, but this would be a complex and difficult process. It would be the wet way.

The dry way is much better in this case. However, one must exert care so as not to burn the sulphur. Even then, the separation is a difficult process. Also, from the purified sulphur one may obtain its sulphur (philosophical) and its mercury. These are both

non-toxic. The alchemical sulphuric acid will color litmus paper red and is non-corrosive. This means it can be applied, externally, to wounds. Also, in contrast to the chemical sulphuric acid, it does not dissolve quicksilver.

In the chemical element sulphur, there lies a great secret! One will find there an alchemical acid of sulphur which is NOT one of the known acids of sulphur. There are two methods of obtaining the acid of sulphur:

- a. The Dry Way (*Via Sicca, Trockene Weg*) No Menstruum
- b. The Wet Way (*Via Humida, Nass Weg*), With a Menstruum

If one tries to drive out the acid of sulphur from the antimony ore via the wet way, one will only obtain the chemical acid of sulphur. The alchemical and chemical acids can then only be separated with great difficulty.

On the dry way, one may obtain the innate moisture of antimony by distilling without any menstruum. One then has no problem with admixture from acids of sulphur.

This moisture is driven out by the right *Regimen Ignis*. One takes the ore without calcining it, without adding any moisture - it is digested at body temperature for a longer period of time, several weeks. When a vapor is seen ascending, one then distills it off and both mercuries are thereby obtained. The one from antimony and the other from the sulphur. This will yield an even more excellent medicine! In this process, a vacuum must be used so that not even the slightest bit of moisture can enter.

VIII. THE PHILOSOPHIC GOLD

This is not merely a virtue or spiritual quality, but rather, a substance, a tangible gold. The Philosophic Mercury is required in its preparation. This substance may be prepared by either the wet or the dry way. That is, with or without a menstruum.

On the dry way, without menstruum, the substance is brought to sweat inside a retort. A phlegm will then appear, a watery substance, the "flood". As soon as this has been distilled over, the hitherto dry and bright substance, will suddenly turn black. It does not necessarily require weeks and months, in fact, it may prove that only a day is sufficient!

Subsequently, a smoky vapor develops, which condenses again and an almost golden yellow water drips over. The residuum is then pitch black and dry. When ignited, this residuum turns into a yellow or ochre colored mass (depending on the material it consists of). The distilled water is somewhat volatile and has a curious odor. (*vide*: Nicholas Flamel) This water has a very penetrating smell, even when the vessel is closed. It must be rectified and yields the rectified *MERCURIUS PHILOSOPHORUM*, a clear water, *Lac Virginis*, *Aqua Benedicta*, etc.

An oil remains behind, the sulphur. After separation, they are joined together again. Thus one obtains a still darker tincture

than before; which after a longer period of time, takes on a deep dark, color. This is then, the philosophic gold. (*vide*: A.Cockren)

This Philosophic Gold is **not** the *Aurum Potabile*. It does not contain any gold. However, it DOES have a high degree of medicinal potency. The substance to start out with, will be found in the mineral kingdom. We are, however, not concerned with the four elements; hence the first substance is not water. The first substance has been mentioned so often that one cannot see the forest for the trees!

From the mercury of antimony, one may also obtain the Philosophic Mercury - this is a rather difficult process. From Quicksilver also, one may obtain the Philosophic Mercury. This necessitates using living Quicksilver which has not yet been rectified. The *MERCURIUS PHILOSOPHORUM* can only be obtained from a metal and not a mineral. It is **not** made from Stibnite. (*vide*: Valentine, pg. 319)

The Philosophic Mercury is obtained from a very simple substance. The process is also a simple one. It is needed to confection the Firestone.

Sericon is an antimony compound. Probably the sulphide. When extracted with vinegar, it gives the gum. From three pounds of antimony, one obtains two pounds of gum. (another school of thought indicates *Sericon* could possibly refer to a lead compound)

NOTES

- i. The reference to Valentine page 278 can also be found in the English edition of Waite's translation of "Triumphal Chariot of Antimony". This is Kerckring's note on vinegar.
Similarly, Valentine 310 is found in Waite, page 196 which is Kerckring's reference to Phylades and Orestes.
- ii. Reference to Cockren is his "Alchemy Re-Discovered and Restored".

