V.a.425: Receipt book of Sarah Longe [manuscript], ca. 1610.

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Mrs Sarah Longe her

Receipt Booke

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1.

To make Snow.

Take a pint of thicke sweete Creame,

and halfe a pint of Sack, and halfe a

pound of Sugar, and the white of two Eggs

well beaten, and a pretty deale of limon,

and mingle all this together, and put it into

a pretty big earthen Pan, or Bason, and

take a pretty big birchen rod, and beate it

till the froth doth rise, and then take it

of with a stirre, and put it into the thing

you would have it goe in, (it should bee

a glasse Sillibubbe pot, if you have it, if not,

a white creame dish will serve: you should

lett it stand a pretty while before you eate

it, because it should settle with a little

kinde of drinke at the bottome, like a

Sillibubbe.

To make a Goosebery Foole.

Take two handfulls of greene Goosebery's, and

pricke them, then scald them very soft, and

poure the water from them very cleane, and

breake them very small, and season them

with rose-water, and sugar, and then take

a quart of Creame, or better, and put in a little

mace, and sett it on the fire, (letting it boyle)

and then take it of, and take out the Mace,

and poure it into the Gooseberies, and stirre it

about, and lett it stand till it bee cold, and then

eate it.

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1

2

To make Conserve of Roses.

Take rose-buds, dip of the white at the bottome,

then weigh them, and take to a pound of roses

3 pound of lofe sugar, beate the sugar very

fine, beate the roses in a stone morter, straw

in the sugar in the beating of them, beate them

one hour or longer, till they are very finely

beaten, then put it up in your Gally pot.

To make a White-pot.

Take a quart of Creame, a lofe of bread,

and slice it then (the crust being taken from

it) one Nutmegge, and stirre it, a pound of Cur=

rence, and sett it on the fire a quarter of an

hour, and boyle it thicke, (keeping it stirr'd)

and take 7 Eggs, and beate them, and take

3 whites from them, and take a quarter

of a pound of sugar, put the Eggs, and suger

into the rest, and boyle it, then put it in a

dish, and bake it in an Oven for the space of

an hour; you may put the marrow of 2 bones

into it when you put it into the Oven, and

for want of that, you may put in a little

slice of butter.

To preserve Gooseberies.

Stone your Goose-beries, and lay them in faire

water an hour, and shift the water once or

3.

twice, and prick them round with a great

pin, then take a pound and an halfe of sugar,

and a wine-pint of water; melt your sugar,

and boyle your sirrope, and skim it well, then

put in your Gooseberies, and lett them stand,

and boyle an hour or two, then take them

of, and sett them by, 2. or 3. days in a glasse,

(but does not cover them till they be cold,)

Then boyle them upon a quick fire, till

the sirrope gelly, but not to high, for feare

they turne red.

To preserve Cherries.

Cut of the stalks, and then weigh them,

stons and all; To a pound of Cherries put

3 quarters of a pound of sugar; put your

sugar into a pan, and poure 5 sponefulls

of water into it, then sett it on the fire, and

boyle it, and skim it, and then put in your

Cherries; boyle them on a quicke fire

(taking them of now and then, stirring

them about the pan) and when the sirrope

will gelly they are enough; you must stone

the Cherries after they bee weighed;

when your Cherries bee boyld, poure them

out into a silver dish, and lett them

stand till they bee cold, then poure them

into a glass; you may put to a pound of or-

=dinarie Cherries about 3 quarters of a pound of

sugar

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4.

To make red marmelett

Take Quinces and pare them, quarter them,

and core them, then take a pound of them,

and a pound of sugar, and halfwe a pint of

water, and put all in a skillet, and when it

is hot, take a good many of the cores of the

Quinces and tye them up in a peece of lawne,

and put them in, then cover them, and lett

them boyle softly for 2 hours, then take out

the Cores, and wring them betweene 2 trenchers,

and then breake the Quinces, and cover them,

and lett them boyle a pace, and stirre them

till they bee enough, and soe put it into boxes.

To make white marmelet.

Take Quinces and par-boyle them very tender,

then pare them, and scrape the pap from

the Core, then take a pound of the pap and

dry it in a dish a little while, and take a

pound of sugar finely beaten, and wet your

sugar with 2 or 3. sponefulls of water boyle

your sugar againe, and then put in your

pap that is a drying and stirre it well to-

-gether, and sett it on the fire till it bee made

to boyle, then take it of, and put it into

glasses, and sett it in a stove till it bee

canded.

5.

To make rice-puddings.

Take a pound of Rice, boyle it in a pottle of

milke till it bee thicke as you may cutt it

with a knife, when it is cold, and take halfe

a pound of Almonds, and grind them very

small in a stone morter adding now and

then in the grinding a sponefull of milke

that hath bin boyled and cold againe

put in 3 pound of Beefe Seuett, 2 penny-

loves grated, one ounce of Mace, 3 Nut-

megg's, the yelkes of 15 Eggs, one pound

of sugar, a little rose-water, and fine salt,

Temper all these with Creame, being

boyl'd and cold againe, and lett it not bee

tempered too thin.

To make a Cake.

Take halfe a bushell of fflower, 8 pound of Cur=

=rence, and 5 pound of butter, and boyle it

by it selfe, and skim it, 3 pints of Creame and

boyle it, 3 quarters of a pound of sugar, one

Ounce of Mace, one Ounce of Nut-megg's,

halfe an Ounce of Cinamen, a little Ginger,

halfe a quarter of a pint of Rose-water, 10

Eggs, (halfe the whites) and halfe a pound of

Carroway-comfetts, one quart of yeast, and

lett it stand in the Oven an hour and an

halfe.

note.

made 3 hooles in the

flower, and put the

Eggs in one hole,

the melted butter

in the other, and

the yeast in the 3d,

and have a care that

you scald not the yest

with the Creame when

you mingle the Cake.

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6.

To make Snow-Creame.

Take a quart of Creame, and put in a little

large mace, and then sett it on the fire,

and lett it boyle, and then take it of, and

poure it into a bason, and take the mace

and lett it stand till it bee almost cold,

and then poure it into a platter, and

put in a sponefull of good Runnett, and

then stirr it together, soe lett it stand till

it be cold.

To make a Posset without milke.

Take 12 or 14. Eggs, beate them very well with

halfe a pound of sugar, saving from it soe much

sugar as to straw on it when it is made, and

with halfe a white-lofe grated stirre it well

together, then take a pint of aile, and halfe

a pint of Sack, a few cloves and mace, and

halfe a nut-megge, breake it in 2.or 3. peeces,

and put in the spice into the Sack and aile

together in a Skillet on the fire, and as soone

as it seetheth, put in the Eggs (the Skillet

being still on the fire) and keeping it very

well stirr'd till you perceive that it is as

thicke as you will have it, the presently

power it out into your bason, and if you

thinke it too cleare, sett the bason on the

7.

Calles a little while, but stirre it about,

then straw on the rest of the sugar with

beaten Cinamon.

How to dry Cherries.

Take your Cherries and stone them, and to 5lb of

Cherries take one pound of sugar, and halfe a

pint of water, you may take pouder sugar,

but if it bee cource you must clarify it, then

put in your Cherries, and boyle them a quarter

of an hour apace, then take them of the

fire, and lett them stand till they bee cold,

then take them out, and lay them upon

plates with their holes downe wards, and

flatt them with your finger, then sett them

into a warme Oven, or in the Sun, and dry

them, but an Oven is the best; when they

are a little dry you must shift them on

cleane plates, and when they are enough,

you must tye them up close in paper, and

soe they will keepe all the yeare.

To preserve Barberies.

Take a pound and an halfe of sugar, and melt

it with halfe a pint of water, and skim it

very cleane, then take a pound of barberies

ready stoned and put them into the liquor,

and soe sett them till they bee throughly warme,

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8

Then sett them on the fire, then boyle them

apace, that the liquor may rise, skiming them

very purely, and looke to them very well, for

the colour will soone bee gone, and they will

bee quickely boyled.

To make cleare Cakes of Gooseberies.

Take your Gooseberies, and pick them, and put

them into a Gally pot, and stop it close, and then

set it in a Skillet of water (but lett the water

boyle before you put in your pot) and when it

hath stood about a quarter of an hour, or more,

you may try if any of the cleare will poure

from them, through a strainer, but you must

doe it very carefully, not brusing the Gooseberies

at all for feare it will bee thicke, and you

must keepe your iuice warme till you use it,

then take dubble refine sugar, finely beaten,

and wett it, and boyle it, then put in your ieuce

and sett it on the fire, when it is ready to boyle

(but it must not boyle) then put it into sacers,

and soe dry it as you doe white marmelet;

you must take a pound and an halfe ^ of sugar

to a pound of ieuce, and if it bee a hot sun

shine day you may set it in the sun, and

when you thinke they bee dry enough, you

may cut them off what fashion you please.

9

To make Cherries Marmelet

Take 5 pound of Cherries, you must weigh them

with their stones in them, after stone

them, then take one pound of sugar such as

you make marmelet with, and put your

Cherries and your sugar both together into

the pan, or skillet which you will make it

in, but beate your sugar very well: and soe

lett it boyle as you doe other marmelett, and

when you thinke it is boyled enough, put it

into your Boxes or glasses as fast as you can.

To make sugar Cakes.

Take a pound of butter, and wash it in rose-water,

and halfe a pound of sugar, and halfe a douzen

sponefulls of thicke Creame, and the yelkes

of 4 Eggs, and a little mace finely beaten,

and as much fine flower as it will wett, and

worke it well together, then roll them out

very thin, and cut them with a glasse, and

pricke them very thicke with a great pin,

and lay them on plates, and soe bake them

gently.

To make another Bisket.

Take halfe a pound of sugar, as much flower,

11 Eggs, leave out all the whites but two,

+rose-water. with 2. or .3. sponefulls of water, beate it 2

hours, and then put in a few anniseeds, and

a few Carroway seeds, bake it an hour, then

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10

take it forth, and shift it, then you must

dry it againe in the Sun.

or oven.

To make Metheglen.

Take of the best Condit-water, and the best

and purest hony you can gett, put them

together in a tub, and beate them together

till it bee strong enough to beare a new

lade Egg from the bottome, then sett it over

the fire, and put into it a little rose-mary,

Time, mariorum, and winter savery ty'd

up in a bundle, (if you please you may

put in Maiden-haire, Liver-wort, or

any other herbs, as you thinke fitt) then

make a little fine bagg of linnen, and

put into it 3. or 4. races of ginger, 2. or 3. nut-

meggs, a little Cloves, and mace, and if

you will a little Cinamon, sow it up, and

put it into the boyling, lett it boyle one

whole hour, skiming it all the while, then

poure it out into Earthen pans, and soe lett

it stand till next morning, then poure

all the cleare of the pans into a good

vessell, one that hath binn used with

sacke or white-wine, and hang your

bag of spice in it, soe stop it close, and

lett it stand at least 2 moneths before

you drinke of it, then draw it into bottles

if you please it will ^be beater; you ^may make

11.

it with a lemon pill put into the vessell;

if you intend to keepe it, make it the

stronger of hony, and spice it to drinke

at 2 moneths End, lett the Egg only rise

from the bottome without swiming.

A speciall water for sore Eyes if a man

have lost his sight 5 yeares if it be

possible it will restore it within 40 days.

Take small dye Rue, fennell veruen, Egrimony,

Bitany Scabius, hounes stongue, Eye bright, pim-

pernet sage, distill all these together, with a

little urin of a man-child, and 5 graines of

ffrankinsence, drop of the same every night

into the sore Eyes.

For sore nipples.

Take house-leeke, marigold leaves, platine

Ribwort, Sedwell parsly, Beesewax, of each

a like quantity, boyle them in fresh butter

unwashed, while it is enough, then stirre it,

and keepe it for your use.

To preserve Barberies

Take a pound and halfe of sugar, and melt it

with halfe a pint of water, and skim it

very cleane, then take a pound of Bar-

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12.

beries stoned, and put them into the

liquor, and then lett ^'um lye till they be through

warme, then sett them on the fire, and

lett them boyle a little while gently, taking

them of againe a while, then againe

boyle them a pace that the liquor may

rise, scuming them very cleane, and

looke to them very well, for they will be

quickly be boyled, and the Colour will soone

be gone.

To preserve Apricockes, and dry them.

ffirst gather your Apricocks before they are

ripe, then a day after they be gathered

stone them, and paire them very thin,

and to a pound of apricocks put a pound of

sugar, and lett your Apricocks lye in the

sugar covered for 2 hours untill the sugar

be moist as it will melt without water,

Then put your sugar, and apricocks upon

a soft fire, that they boyle not in halfe

an hour, then let them boyle very softly

for halfe an hour, or more, turning them

often that they breake not, when you

thinke they be enough put them into a

deepe glasse, and the sirrope into a

silver dish, and lett the Sirrope

13.

seeth a little, then poure into your apricocks

the same, and soe let it stand uncovered

untill the next day, then cover them,

and when they haue laine a weeke in

the Sirrope, take them out, and lay them

on a faire glass, and put them into a stove,

or some cleane place, where they may have

some aire of the fire, and every day

turne them uppon cleane glasses untill

they be through dry.

A more approved way to preserve

Apricocks.

Take ripe Apricocks, and sun them and

paire them, Then take a pound of lofe

sugar finely beaten, and put it into a pan,

and melt it with halfe a pint of water,

and boyle it up that it be throughly melted

to skum, then take your pound of apri-

cockes that are paired, then put them into

the liquor, and there let them stand a

quarter of an hour, till they be throughly

warme, then sett them on the fire for the

space of halfe an hour, taking them of

one 2. or 3. times in the space of halfe

an hour, then take them of from the

fire, boyling them gently, covering them

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14.

with a cloath and a dish, and soe lett them

stand till they are cold, then sett them

on the fire, boyling them gently till you

thinke they are halfe boyled, then take

them of, and let them stand till next

day, and then boyle them up, but put

them not into your glasses untill they be

cold.

note If you please you may make your water

that you melt your sugar with all to be

halfe of pipins.

To sun the Apricockes.

Boyle greene pippins in water, and

when your liquor is strong of the pippins

then straine it out and use the liquor

instead of water for preserving the

Apricockes.

To preserve Damsons.

You must preserve damsons eaven as you

doe Apricockes, but take a pound and

quarter of sugar, to a pound of damsons,

and take noe other liquor but halfe a

pint of water

15.

To preserve greene Apricockes.

ffirst gather your Apricockes before they have

any stone in them with the stalkes one, and

waigh them, and take to a pound of Apri-

cockes a pound of sugar, then take a skillet

of faire water and make it boyle, and put in

your Apricockes, and make them boyle,

till they have lost their Colour, then take

them out of that water and put them into

another Skillet of water that boyleth, and

let them boyle till they be tender, and

take them out of the water againe, and put

them againe into the other water, and sett

them on a few Embers, and lett them simper

till they come to their Colour againe, and

then take them up, and beate your sugar

very fine, and put it in your preserving

pan, and lay in your Apricockes, and

take a little of the liquor and drop upon

them all, and soe preserve them.

To preserve Quinces Red.

Take a pound of quinces ready pared, and

Cored, a pound and halfe of lofe sugar, a

wine pint of water, and make your

liquor, and keepe a quarter of a pound

of sugar out to straw upon them

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16

as they boyle to keepe them from breaking,

and when your liquor hath boyled, and is

skumed, then put in your Quinces, and

boyle them gently at first, and cover

them till they be red, and then boyle

them up faster till they be enough.

To preserve Quinces white.

Take 8 pound of pouder sugar, and a pint and

halfe of water, with the whites of 2 Eggs.

stirre these well together in your pre-

-serving pan, then set it over the fire,

and lett it boyle 4 or 5 warms (you must

not stirre it while it is upon the fire)

when it hath boyled you must straine it

into a cleane pan, and sett the sirrope

upon the fire till it be boyled.

Take 3 pound of Quinces boyle them in

faire water till they be tender, you

must lett the water boyle before you

put in the Quinces, and when they

are tender boyled you must paire them,

and core them, then put your Quinces

into the Sirrope that you haue made

and when they haue boyled a pretty

while, you must take halfe a pound of

lofe sugar finely beaten, and put all

17.

the halfe pound in the boyling, boyle it

till you find the sirrope thicke; you must

preserve them upon a quick fire, and puot

a little musk in them when you haue

found them enough; Then put them up

into your glasses or potts: before you take

up your Quinces, take up some of the

Sirrope into a little dish, and when

they are both cold enough, then put

the sirrope to cover the Quinces.

To preserve Wallnutts.

Take your Walnutts when they be greene,

and pare all the greene of them, then

prick 3 pricks in every walnut, then

scald them as you doe other things, when

they be scalded take them forth, and

- lett them lye in water 2 or 3 day's

and shift the water twice a day, then

take them forth, then take the 6th

part of a Clove and stick it in one end of

each wallnut, soe put them in sugar,

and preserve them as other fruite.

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18.

To preserve Wallnutts the Physicall

way.

Take a pound of walnuts, and a pound of sugar,

and halfe a pint, or a pint of Damask

rose-water, scald the walnuts, and shift

them twice, then put them to the rose-

water and sugar, and stew them as you

doe pruines, and soe keepe them all the

yeare for your Vse.

To make sirrope of Roses.

Take Damask roses, and pick them, and

put them into a bottle of water as many

as you can well thrust in, and keepe it

in a close pott in a warme place, and

shift it every second day till it bee 9.

times shifted, then straine it, and

put to a quart of liquor one pound and

halfe of sugar; you must shift them

from the seeds.

How to Clarifie sugar.

Take the whites of 2 Eggs, and beate them

with a little birchen rod very well,

then put halfe into your sugar that

you melt with your water, then when

it boyles up put the other halfe in,

19.

and soe lett it boyle 2 or 3. warmes, then

straine it into a dish, then wash your

pann very cleane, and put in your

clarify'd liquor, then put in your

plumbes, and soe preserve them.

To make Biskets of Almons

very dainty, and knowne

of few.

Take a pound of Almons, blanch them,

then beate them in a morter, then

put in a little rose-water to them,

that they may not burne to an Oyle

in their beating; when they are

beaten very small take them up, and

put them into a Dish, then take

halfe a pound of sugar beaten very

small, and put to them the whites

of 4. Eggs, with a little Quantity of

musk, and Ambergrease, then

beate it altogether a quarter of an

hour, then put it upon papers in

what fashion you will. You must

be carefull in the making of it, that

it be not Coloured to much.

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20

Another Bisket.

Take 3 quarters of a pound of sugar,

beate it fine, as much flower, take

a little handfull of Anniseeds, and as

much Coriander seeds, beate them

and search them fine, take 7. Eggs

and leave out 2 of the whites, put in

2 sponefulls of rose-water, mingle

them together, and beate it an hour

and halfe; when you put it into the

oven, cast fine sugar over the top

of it.

To make another Bisket, whereof

King Iames , and his Queene

have eaten with much liking.

Take a pound and quarter of sugar, and a

pound of flower very finely boulted, and

after finely searched, you must beate the

sugar very fine, and then search it through

a fine lawne search, and mingle the

flower and sugar together, then take

12 Eggs where of you must take but halfe

the whites, first beate the Eggs with 3. or 4.

Sponefulls of rose-water, then put the

flower and sugar that are mingled to

21.

=gether to the Eggs; then beate them one hour

together, a little before you put them into

your Oven, put a few Caroway seeds, and

Aniseeds into it, and cutt your plates before

you put on the stuff, and the oven must

be noe hotter then for a Tart.

To stop the bleeding of a wound.

Take a peece of an Old hatt, and burne

it in the fire to a Cole, then grind it to

pouder, and straw in into the wound.

A remedy for such as are subiect to

miscarry.

Take a quart or 2 of stronge Aile, and a

pound of Currence, an ounce of Nutmegg's,

and prick them full of holes, and take pith

of 2 oxen, and one handfull of Nipp, &

an handfull of Pimpernell, one hand-

=full of Clary and boyle them together,

till a pint be boyled away, bruse the

Currence, and the Pith of the Oxen,

and put them in againe, and boyle it

againe, and then drinke it morning, and

Evening warmed.

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22.

Another for the same Remedy.

Take a little Clary, a little Comfery, a little

knott grass, the Pith of an Ox. boyle these

in a quart of Aile, till halfe be wasted,

then straine it, and take every Morning a

Poringer full of it, and thicken it with

an Egg, and put in it some Cinamon &

sugar.

To make Conserve of Barberries

Boyle your Barberries in an Earthen pott,

in a kittle of water while they be tender,

then straine them through a cloath, then

take a pound of sugar, and wett it with 4.

or 5. sponefulls of water, then boyle it to

sugar againe, (continually stirring it)

then put in a pound of your Barberies,

that you have strained into your sugar,

stirring it, then set it on the fire, and

let it boyle halfe a douzen warmes,

then take it of from the fire, and scum

it, then put it into your glasses, and

set it in a stove, and soe candy it.

23.

A receipt for my Capp

Take Bittony, red sage, red-rose leaves,

sweet margerum, Cowslip flowers,

and penyriall, of either an equall Quan-

=tity, lett them be all well dried, and

beaten into a gross pouder, and put to

it nutmeggs, Cloves, and mace all pounded,

a little quantity to a good handfull of each

of the herbes, take halfe an ounce of each

of these spices, lett all be mingled toge-

-ther, take some of this pouder, and

quilt it with some Bumbast, in a Capp

of a fitt bignes for your head.

A receipt for a Cordiall for a

woman that is in danger

to Miscarry.

Take the yelkes of halfe a doussen new laid

Eggs, and halfe a pint of plantine wa-

ter, and halfe a pint of red-wine, and

season it with Cinamon, and sugar, and soe

drinke it, also take the Top of a wheaten

lofe, and tost it and stick it with Cloves,

and wett it with Muscadine, and lay it

to her Navill.

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24

For a stinking, or poyson of

Snakes, or adders.

Take Bittony, Egrimony, and rusty bakon,

and beate them fine together, and lay it

to the wound, and it will keepe it from

Rankling, it is also good for the biting

of a madd dogg to keepe it from rank-

=ling, or to draw out a Thorne.

To make ffritters.

Take 3 pints of Milke, a quart of aile,

and make a Posset of these, stirre it all

=together, and lett it stand till it be pretty

Cold, then put in 16 Eggs, (taking

out halfe the whites) and put in flower,

and make it as thicke as you would have

it for the ffritters, then put in good store

of Apples sliced thin, keepe the butter

warme, for if it be cold the fritters

will be heavy; fry them on a quick fire,

with store of beefe suett.

25.

To boyle a Pike.

Take your Pike and open him, and wash him

cleane, and salt him on the In-side, then

boyle it in water and salt, lett the water

boyle a pace before you put him in, put

in a good bundle of sweet herbs, with some

rose-mary, lett it boyle altogether, till it

be boyled enough, take 3 sponefulls of

white-wine, one sponefull or 2 of Viniger,

2 sponefulls of sugar, 3 or 4. yelkes of Eggs,

beate it altogether in a dish, then take

halfe a pound of sweet butter, a nutmegge

grated, and a little beaten ginger, and

worke it in your Butter very well, (your

butter being cold) then put it into the

Eggs, and wine, sett it on the fire, &

stirre it till it be very Thick in a

dish, then take your Pike up, and

dish it, and poure this broth on it.

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26

To make a Hagis.&nbsp;

To make chalves Chadarne, and parboyle it,

when it is cold mingle it fine, with a pound

of Beefe suet, a penny-lofe grated, some rose-

mary, time, winter-savery, and penyriall,

of all a small handfull, a little Cloves,

Mace, nutmegge, and Cinamon, one

quarter of a pound of Currence, a little

sugar, a little salt, rose-water, all these

mixt together, wett with 16 yolkes of

Eggs, put it in a sheeps panch, and boyle it

To make Plague water .

Take Cowslip flowers, Redweed, Roman-

wormewood, Mugwort, Horshound, Pimper-

=nell, Rice, Sage, Saladine, Motherwort, Worm

=wood, Burnot, Turmentall, Sorrell, Elli-

compaine-rootes, ffeatherfew, Balme,

Dragon, Angelico, Marrigolds, Rose-

=mary halfe a pound, Brow may weeds,

Scabius, Egrimony, Bittony, Cardis, Endiff,

Sotherne-wood, The Birch lott, Macthaline,

Sinkfall, of each a quarter of a pound,

shred them very small, and lay them a

steepe 24 hours in 3 quarts of whitewine,

24

Then still them in a Limbeck, or still,

then save the first as strongest, and

soe a 2. and 3. sort.

An Excellent Plaister to keepe

a woman from miscarring.

Take of the choisest Mastick 4 drames, gum

Elemie halfe an Ounce, Burgandie pi^tch 3

drames, Beniamin, and Dragons blade of

Each 2 drames, melt all these, and straine

them, and add to them 2 drames of the

Trochises, called Alepta Muscata, one

drame of Venice Turpintine a little boyled,

3 drames of the plaster of red lead made

of Oile of Quinces, halfe an Ounce of

Bees-wax, one drame and halfe of

Endian Balsome, 2 scruple of Oile

of Spike, make these all into plaster,

and spread thereof upon your leather,

on for the region of your back, and ano-

=ther for the lower Region of the belly.

Sirrope of Violetts .

Take a reasonable quantity of Violetts,

and pick them, then weigh them, and

take to a quarterne of Violetts halfe a

pound of sugar, and halfe a pint of

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28

water, then shred the Violetts very small

and beate the sugar very fine, then

take halfe a pint of water and make

it boyle in a cleane Skillett, and put

in the sugar, and skim it very cleane,

then put the Violetts into a gally pott,

and put the liquor to them seething

hott, and stirre it about, and cover

it close, and lett it stand soe till next

morning, then thraine it, and boyle

it up to a Sirrope, and soe keepe it.

Note A quarter of a pint of Violetts will make

a pint of sirrope.

Hony ^ of roses.

Take red-rose budds, and white clipt

of them, take a pint of the best hony,

and stirre it in as many leaves as

you can, then sett it in a Skillett

of water over the fire, there lett it

stand while it is ready to boyle, then

sett it in the sun, shift it 3. or .4 times

every 2 day beating of it every time.

29.

To make Chynie Broth.&nbsp;

Take one Ounce and halfe of Chiny, infust

it in a pottle of running water 24. hours,

then stirre it, and put in a Cock Chicken,

and handfull of reasons of the sun stoned, a

handfull of Currence, a blaid of mace,

a top of rose-mary, a quarter of an Ounce

of red Sanders, a quarter of an Ounce

of white Sanders, and thick it with the

bottome of a white-lofe, when it is boyled

take out the Chicken, and straine the

broth before the party must drinke

thereof, and lett him drinke it 3 hours

before dinner fasting, and a draft at

4. a Clock in the after-noone with a

little sugar; the broth will last but

3. days good.

An approved medicine called

purging aile, to be taken

Every spring, and fall.

Take 4 Gallons of aile-wort, the strongest

you can gett, boyle it till comes to 3 or

there abouts, lett it be of the first spent

as Brewers calls it, soe tun it up with

store of Barme, that it may worke

well, but against you tun it up, make a

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30

bag, and slitt it through, or thrust

a haisle stick through it, and soe

fasten it to the sticke, that it comes

not within 3 Inches of the barrells

bottome, not flote at the topp; with

the barme then put these things

following into the bagg;

2 Ounces of Bay-berries huld

2 Ounces of Anniseed's

3 Ounces of Ashen-keys brused

2 Ounces of Sasafras wood

2 Ounces of Saldeneta

2 drams of Ruburb.

lett all these be brused to pouder, except

the Cena which must be whole and when

the Aile leaves working, stop it up

close, leaving good store of barme

on the Top, and after 3. or 4 day's

drinke thereof halfe a pint every

morning, and in the Evening a

little lesse, but if you Take a

little warme broth 2. or 3. hours after

it, it will worke the better.

31.

A purge of a man

Rubrick 3 drames, Senny 3 drames,

a little sweet fennell seed, a blade

of mace, white wine 4 sponefulls,

as much Endiffe water as will cover

it, infuse all these 12 hours, then

straine it, and put to it 4. spone

=fulls of sirrope of Roses.

The Golden Oyle.

Violetts, Primrose, Cowslips, the leaves or

flowers of them. Sage, Margerom, Rosemary

Nips Lavender, rose leaves, Smallage,

Southerne-wood, Rew, Time, Dasmaske , ffe-

therfew, Clary, Tansy, Loveage, Muibs,

Camamell, Oke. of Ierusalem , Peneriall,

Safforne, Hysope, Balme, white-mint,

Marygold leaves, Dasy-leaves, Bay-leaves

Dill, Piony leaves, of each of these a hand-

full brused in a morter, infuse them in a

pipkin, with a pottle of Sallet oile. and

a quart of White-wine, and lett it boyle

softly till the Wine be boyled away,

after it is cold straine it through a

linnin Cloath, and put it into a glass.

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32

Because all these herbes are not to

be had altogether, you must make use

of such till you can gett the rest, stamp

them as aforesaid, and infuse them in

the Oyle, straining them every day,

to keepe them from moulding, till the

Oile be made Compleate; This Oyle

is especially good for the Goute, or any

humour that runs up and downe in

the Ioynts, it is good to anoint the

stomake for any windy, or belching

Cause, it is good to anoint the gutts in

Cause of the Collick, and also the

raines (mixing it with the Oile of

lillies) and a good meanes to bring

downe the Stone.

A receipt for One that cannot

make Water.&nbsp;

Let him use to hate Aglentine Berries,

and they will force him to make water

often times in a short space, you may keepe

them all the yeare, they will be good in

winter if you need them.

33.

ffor the Mother.

Take a dram of Methridate, dissolve it

in one Ounce and an halfe of Wormwood water,

drinke it 4. hours before you goe to bed.

To stint bleeding at the Nose.

Take yarrow and put into the Nostrills

of him that bleedeth, it will stint it

presently.

To boyle a Capon.

Take a Capon and Two Marro^ w bones, the

Marrow being taken out, and sett on the

fire, the Capons and the bones in a broad

mouth pott, or Kettle, and lett it seeth

till the broth be strong of the meate,

then take a pint of the broth, and a

pint of Renish wine, or halfe a pint of

sack, or halfe a pint of Muscadine

and put into it large mace, and Cinamon

sticks, 3. or 4. Cornes of whole pepper, 3.

or 4. dates cut in the middle, and the

stones taken out, lett this with halfe

a quarter of sugar be boyled on a soft

fire, till halfe be consumed, then

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34

beate 4 or 5 Eggs throughly, and straine

them in a porrenger, with 2. or 3. spone-

-fulls of cold Renish wine, or veriuice,

then put a quarterne of sugar to the Eggs,

and still stirre it, till the sugar be melted,

then take the other broath from of the

fire seathing, and pour out some of it

into a pottinger, and coole it, then

pour it all into a pipkin of broth (one

stirring it) and soe lett it boyle one warme

with your Marrow, Then lay the Capon

in a Dish, and poure the broth into

it; when the Capon is almost boyled,

take it, and lay it in a plaster, with

the breast upward, and scatter some

Salt thereon, untill your broth be

ready, then boyle it a little more, and

that will make it looke white.

35.

The Cocke water for a Consumption

Take a runing Cocke pull him alive, then

kill him, and when he is almost Cold,

knock him in the backe, and take out the

Intralls, and wipe them cleane, and then

put him in such a still, as you still rose-

water with, with a pottle of sack, a pottle

of new milke of a red Cow, a pound of Cur-

rance, a pound of raisons of the sun stoned,

a quarter of a pound of Dates, stoned, and

Cutt small, a handfull of pimpernell,

2 handfulls of Rose-mary blossoms, a

handfull of wild time, 2 handfulls of

Peneriall, 2 handfulls of Bugles

blossomes, 2 handfulls of Bourgage

blossomes, an handfull of fennell rootes,

and an handfull of parsly rootes scraped,

the pitch taken out an handfull of En-

dive leaves, an handfull of Succory leaves,

a handfull of maiden haire, a handfull

of figgs, 3 ounces of anniseeds brused, 7.

ounces of liquoras scraped, and brused,

still all these together with a soft fire,

puttint into the glass which The water

dropeth into halfe a pound of sugar,

Candy beaten small; a booke of leafe-gold

cut small among the sugar, 4 graines of

page 36 (folio 21 verso) || page 37 (folio 22 recto)

36.

Amber-greace, 12 graines prepared pearle,

and soe lett the water drop in upon these

things in the glass, mingle the first wa-

=ter and the last both together, and

take 4. sponefulls in the morning fast-

ing, and 4. sponefulls as hour before

supper, and shake it about the glass

before you take the water to drinke.

For a Vomitt.

Take Crocus, Merhelosuse, and put a

drame into a pint of sacke, and soe

keepe, and the night before you giue

it shake the glass, and soe giue six

sponefulls of the wine to one that is old,

and 3. to a Child, or by weight an Ounce,

and to a Child halfe an Ounce.

Another way to make snow.

Take a pint of creame, and a little rose-

water, and the white of 2 Eggs, and as

much sugar as will sweeten it, and soe

wipe it, and take of the froath, but not

into the thing as you wold have it, and

soe lett it stand neere halfe an houre,

till it be settled to the bottome, then

take it out slightly into the thinge

you would have it goe in, and lay it in heapes.

37.

For the Megrim, or swiming

in the head.

Twenty ground Ivy leaves, and one prim-

-rose roote, cleane washed, and scraped,

stamp them together small, with a spone-

full of womans milke, If the medicine

be for a man, it must be the milke which

a Girle sucks on, if for a woman it

must be the milke which a boy sucks,

straine out the Iuice, and of that

substance take out one drop in a spone,

and sett a quill upon it, and holding

one nostrill with your finger snuffe

it up with one other, and after 3

dayes doe the like to the other nostrill,

and then noe more for a weeke.

For Expulsion of wind.

White pepper, Black pepper, of each a

peny-worth, Time, ginger, anniseeds

of each a spone-full, searched, and made

into fine powder, and a penyworth

of long pepper, the white must be

beaten grossly, Then take a pint and

an halfe of Isopp water, and put into

it 3 quarters of a pound of sugar,

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38.

boyle it till it comes to a sirrope, after

Cooling, then put in your pouders, stirring

it well together, and soe keepe it in a

gally-pott if you please a yeare to-

-gether.

A pouder for a weake back

which never failes, approved

of by Lady Parsons .

Take the kernells of Acrons, white-

-archangle flowers, or for want of

them Pomegranette blossomes, red

Corall, and amber, of each halfe an

Ounce, Sugar candy, an Ounce, powder

them all very fine, and drinke as

much of it morning, and Evening in

beere as will lye upon sixpence, if

the flux be very great, then drinke

it with this distilled water.

Take muskadine 3 pints, the inward

pith of the backe of a young bullock,

a quart of creame, a quarter of a

pound of Dates, 2 ounces of mastick,

brused Plantaine, and knott grass, of

each 2 good handfulls, steepe all these

together in a bason, covered a day, &

a night, then put it into a glasse,

39.

still and distill it in hott water, this water

with this pouder will stop the flux of

the whites, eaven the runing of the

raines, and restore any weake back.

To stay the whites, and runing

of the Raines, Mr Aires .

Take a quart of water, put into it one

Ounce of Anniseeds, and boyle it to a

pint, then straine it, and devide the

liquor into 3 parts, and into it one

sponefull of the Iuice of red mint,

and soe drinke a mornings cold, and

nights warme for a weake or longer if

you please, you must make the

Iuice of mint fresh every day, &

if you put a sponefull into your water

it will be the better.

Mr Triplett 's Receipt for the

Ague.

Take 3 Gallons of Aqua-vita, put into

it halfe a bushell of red poppy flowers,

lett it stand a day and a night in

a glass well stopt, then straine it

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40

very well, and put in it the same glass

againe, take halfe a pound of figgs,

halfe a pound of raisons of the sunn,

well stonedm and sliced, 3 ounces of

Anniseeds beate small, tye up all

these in a bagg, lett it stand upon

these ingredients, if you haue a

Convenient place to sun it for 10

days, it will much improve it.

note Be sure the poppy lie not in the

Aqua-vita above 24. houres.

In 2. or 3. sponefulls of this water

dissolve well the quantity of an

hasel nutt of london Treakle giue

it the patient an hour before

the fitt fasting, then exercise

a fast 4. or 5. hours after.

A white ffrigasy.

Take the fleash of 6 Chickens, &

cut the leggs and wings into peeces,

and the other cutt in as broad thin

peeces as you cann, then take strong

broth, and a bundle of sweet herbs

and large mace, and boyle all -

42.

together till they be tender, then put

your Chickens into the pan, then

take 9 yelkes of Eggs, and beate

them with a little white-wine,

or a little Vinigar, a little sugar

and the Iuice of a lemon, but fry

your Chickens, when they are

ready then put in your Eggs, and

toss them well together, fry them,

not too long after your Eggs be in,

for they will Curdle, soe serve them

with Cippits, straw minced parcly

over the Dish.

To make a limon Sallett.

Take limons, and cut them in the midst,

and take out the meate, and put them

into a Bason of cold water, then lett

them stand all night in cold water,

and the next morning cut them out

into little long strings, and wind them

up every halfe limon by it selfe, and

tye them with a thread, that they

doe not breake, then take them &

boyle them till they be a little ten=

der, then take a pint of Vinigar

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42.

and a pound of sugar, and boyle them,

till they come to a thicke Sirrope.

How to make an Excellent fine

Cake

Take a quarter of a Peck, or some-what

more, of the finest flower you can gett,

a pint of Thicke Creame, 10 yelkes (with

out whites) well beaten, 3 quarters of a

pound of fresh butter gently melted, and

poured on the flower, a little dish full

of Aile yeast strained, halfe a quarter

of a pint of Rosewater, with some musk

or Amber-greece dissolved in it, season

it with salt, a penny-worth of Cloves,

and as much mace, and more of Nut-

-megge, all finely beaten together,

2 pound of the best Currence, well pickt,

and washed in warme water, a pound

of raisons stoned, and shred very small,

with a little rose-water, halfe a pound of

fine sugar, first mingled, then knead all

these things very well together, then

lett them lye a full hour in their dough,

43.

and the Oven being ready make up

your Cake, lett not your oven bee too

hott, shutt not the nouth of it close,

turne your Cake now and then that

it may bake alike, lett it not stand a

full hour in the Oven, against the

time you draw your Cake, you must

have in readynes some Rosewater,

and sugar beaten small, and both

together beaten in a pottenger, then

dip in a tufte of feathers, or a little

brush in it, and wet the upperside of

the Cake all over very well, then

sett your Cake in the Oven to dry

it on, and when you draw your Cake

it will be covered as it were with Ice;

note This is calle Queene Elizabeth 's fine

Cake.

To stew a Rump of Beefe.

Take a Rump of Beefe, and cut it

into 4. peeces, put it into a great

pipkin with water, cut 4. or 5. Carrotts

in peeces, put good store of Onyons shred,

3 leaves of mace, and some whole

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44

pepper, a bundle of time, and Rose-

=mary, 6 sponefulls of Vinigar, a

pint and halfe of Renish wine,

a little veriuice, and salt, lett it

stand a great while softly, and

then send it in with browne Cippits.

A white-Pott.

To a quart of Creame, take 8 yelks

of Eggs, the whites of 2, beate them

very well, season them with sugar,

rose-water, nutmegge, 4. dates sliced,

take a peny lofe, and slice it thin, then

put it into a dish, with the marrow

of 2 bones, butter the bottomes of the

dish, and strew the raisons at top,

an hour will bake it.

To make a good Posset.

Take 8 yelks of Eggs, and whites, beate

them well together, and straine them

into a quart of Creame, season them

with nutmeggs, and put to them a pint

of sack, stir them together, and put

45.

them into a bason, and sett it into

an oven noe hotter then for Custards

lett them stand in 2 hours.

To make an Excellent Sillibubbe.

Fill your Sillibubbe pot with Sider,

and good store of sugar, and a little

Nutmegge, stir it well together,

and when the Sugar is melted, put

in as much creame, by 2. or 3. spone-

fulls at a time, then stirre it softly

once about, lett it stand 2 hours at

least before it be eaten, the standing

makes it curdle.

To make Iumballs.

To a pound of fine flower dryed in

the Oven take a quarter of a pound

of sugar, 2 yelks of Eggs, and one

white, and thicke creame as

much as will wett it, Corriander

fennell seed a good quantity, worke

all together well, then roll it into

small rolls, and cast it into Knotts,

Take heed the Oven be not too hott.

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46

A sirrope for a Cough

of the lungs.

by D. R.

Take good deale of wood-Bittony, Sca-

bias, Egrimony, Colesfoot, Senecle,

alehoofe, tub a like quantity of

these hearbs, (except ales foote)

take a little less of this, because it

is of a strong tast, beate these in a

stone morter, and wring out the

Iuice a pint, or a quart (as you

will) then sett it on the fire, and

skim it iust as it boyleth, that it

may be cleared, then to a pound

of hony lett there be a pound and

a quarter of the iuice, and put

them altogether, and boyle them

to a Sirrope, and take a sponefull

or 2 of this Sirrope, morning and

Evening.

47.

To preserve Damaske roses.

Take Damaske -Rosebudds, with the

Nailes upon them, and shake the

seeds from them, halfe a peck, pick

them cleane from the out leaves, put

to them as much runing water as

will cover them, when they are thrust

downe, and prest altogether, boyle them

till they be tender close covered, put

in double the weight, and halfe of

fine sugar, and boyle them to a

Conserve, your sugar must be put in

at twice from the time you put in

your first sugar, till it be enough it,

will be an hour, but lett it not be too

long after your last sugar in, you

must not cover it after you begin

to put in your sugar.

Take a sponefull of it at a time,

(doe more as you will haue it worke)

in a morning early, and keepe in

a warme house, but you may goe

about the house if you will.

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48.

To preserve Raspas.

Take a quart of Raspas, and put

them into a Skillet, and boyle them

a little, untill the iuice will come

from them, then straine them

through a peece of Canvas, then

take a pound and a quarter of lofe

sugar well beaten, and put to the

sugar halfe a pint of the Iuice of

the Raspas, and sett it on a quick

fire, and boyle it and skim it, then

boyle that liquor till it come to a

thick sirrope, then take it of from

the fire, skim it cleane, and put

in a pound of great Raspas, and

lett them stand in the liquor a

little while till they are warme,

then set them on the fire, and

boyle them a little while gently,

then boyle them on a quick fire,

and soe boyle them till they bee

enough, which will be quickly, but if

you boyle them long they will be hard.

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ffor the Cough of the Lungs - - 46.

I.I.

A Glyster good against griping.

Take a peice of fat meat of Porke, an handfull of Camo=

=mile flowers & about an ounce of liquorish Cut & scrapt, & a

sponefull of aniseedes bruised, boyle them well, & take about 4

a wine pint of this broth, & about 4 sponefulls of Course sugar

& the yolkes of 2 Egges mix them well & so use them for

a glyster.

page 54 (folio 30 verso) || page 55 (folio 31 recto)

To make surfeit water

Take five quarts of anniseed water,

halfe a bushell of Popyes, steeped three

dayes in it, then straine it out and

pat a pound of raisons of the sunn

stoned, a pound of figgs sliced, halfe

a pound of licorish sliced thin, two

ounces of anniseeds, one ounce of

fennel seed, brused infuse them of

three or fower dayes more, then

put it into botteles.

To make the yellowe Salve.

Take of rosen and perrosen of each halfe a

pound, virgins wax and frankincence of each a

quarter pound, mastick & deer suit of each one

ounce, then cut the suet & wax & disolve them first

in a kettle, then put in the rosen & let yt melt

thenthe perrosen, thenthe frankincence, next the

mastick one after the other, but be sure to stirr

them all the while, till they be well melted, but by

noe meanes to boile, then take it of the fire, &

straine it through a course lining Cloath into a

pottle of white wine boiling hot & soe stirr it till it

be blood hott, & then put a quarter of pound of turpentine

two drames of beaten Chamfeir, & stirr them well in

when tis cold to handle take it out of the wine, & roll

it vp for your vse, but for a fistula put in 4 ounces of

myrrhe amongst the things whilst they are melting

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The wine that wash this salve would be

saved to wash a wound of sore with all

being very good for that purpose.

To make the Lead in learch Cloath

Take a pound of red lead, and a pound

of white, both beaten very fine, put

them into a deep earthen pan well-

leaded with a pint of sallet oyle &

12 ounces of cassell soap sliced in, &

3 ounces of bees wax cut very thin

then lett them over a soft fire & keepe

it with Continuall stiring till all be

melted, then boyle it gently till it comes

to an oyle coulor & when it will

neither sticke to your fingers nor

board tis enough, you either make it

into rolls or dip Cloaths in, & keepe

them for your vse.

A receipt for dizines in the head.

Take a pint of whit wine and put into it

halfe a handfull of Cardious Benidictus

sett it vpon a soft fire to infuse till halfe

be consumed then straine it out and

put to it two graines of bezar and

as much flower of brimstone as will

lay vpon sixpence, and soe drinke it

last to bed, or any other tyme, when

you find the distemper vpon you, if

it be vnpleasent add a little sugar

but lesse the better.

To make seed Cake.

Take fower pound of fine flower, one

pound of butter crumbled well into the

flower, then put in halfe a pint of ale

yeast, and as much Creame blood

warme, as will it a stife past, lett it

lay an hower in the dough th till the

Oven heat, then pull it in peeces, and

strowe in 3 quarters of a pound of

Carriway Comfitts, & halfe pound of biskett

Comfitts, reserving some to strowe on the

tope, going into Oven, bake it with

a good quicke heat.

page 58 (folio 32 verso) || page 59 (folio 33 recto)

To make the spleene salve.&nbsp;

Take millilet and camomile, of each three handfulls

Parsly and plantin of each one handfull, Deere suet

one pound, Vitgins wax twelve ounces, and rosen

three pound, put these Ingredients into an earthen

pot well leaded and ouer a soft fire melt the wax

rosen and suet, then put in the hearbes being first shred

& mixed vp with a pint of white wine, & soe stir them

well together, then sett the pot in a coole seller, 7 dayes

then sett it over the fire again, & boyle it halfe an hour

then streine it through a linin Cloath into dishes puting

a litle fair water into every bottome & when tis cold make it vp

in rolls, & keepe it close in paper, when tis vsd it must be

spread vpon thin leather, cut spleene fashion, pricked full

of holes & applied to the sides.

A most exellent drinke against the Plague.

Take 3 pints of the best muskadine & boyle in it one handfull of

Rue, one handfull of Sage over a Charcoale fire till one pint

be consumed, then streine the hearbs hard out, then sett it over the

fire again & put therin long pepper one ounce, ginger halfe an

ounce, nutmegge halfe an ounce, all beaten to powder, lett all

these boyle together, a little after take it of the fire, & put therin

an ounce of the best mithridate, an ounce of the best Treackle, a

quarter of a pint of the best Angelica water, keepe this above

all, if thou be infected with the plague tak morning &

evening one spoonfull luke warme, but if not, only thrice

a weeke one spoonfull at a tyme, it have bine observed this

never ifayled, if taken in tyme, it is good against the sweating

sickness, small pox, measells, surfeits if taken vpon the first

invasion, & soe layd downe to sweat, with poset drink made

with marrigold flowers.

To make the white oyntment

Take 2 pound of hoggs suet pilld & laid in water 3 dayes

running the water twice aday, then beat it in a cloath, & put it

in a bason, then slice in 2 Lemons halfe dozen pipins slic't

two penniworth mace, 6 cloves, quarter pint of rose water

then sett it over a pot of boyling water, till all be infused

then streine it, & when tis cold, beat it for 2 days together

& put it vp.

A water for a Burning

Take a handfull of the barke of an Elm root, scrape it & wash

it, & beat it, then lay it in a pint of runing water 24 howers

then strein it & dip a peice of lawne, & spread over the

burning.

A mouth water

Take a pint of runing water 3 spoonfulls of honey, handfull

of red Bramble leaves, litle woodbine, halfe dozen sage leaves

quarter pound Corrants, peniworth safron, as much allom as

an nutmegge, boyle it halfe away, & strein it.

To Stopp a Loosness.&nbsp;

Take the whites of 3 new laid eggs, then scrape Chalke & mixe

it, till it be a stiff past, make it into a Cake, & bake it

one the hearth, & lay it very hote to the Nobbe.

page 60 (folio 33 verso) || page 61 (folio 34 recto)

To make marmalade of Oranges

First weigh your oranges against soe much fine

sugar, & then pare them very thinn, taking of as

as litle of the pill as may be, then cut them into

quarters & take out all the meat & Iuice being

carefull to take out from it all the seeds &

strings & put that meat into a glass & cover it, to

which put a peice of sugar else it will loose its

spirits, then take your pills & boyle them in 3

severall waters, having laid the night before in

cold water, putting them into the 2 last waters

when they are boyling hot & when they be thus boyling

tender drye them in a Cloath & then cut them, not

shredding them over small, then take your sugar & iust

dipping every lumpe into water put it into a

skillet & boyle it very high till it be almost sugar

again, then boyle your pills in that sugar halfe an

hower & then to all this put your meat & Iuice

& boyle that a quarter of an hower, & soe put it vp

into glasses.

A Diet drink against the Gout.

Take of Camipytis or Ground pine i2 oz

Turbith 4 oz

Hermodactiles 4 oz

Rheubard 2 oz

Sennae 4 oz

Coriander Seedes i oz

Let these be bruised & infused 24 howers

in a gallon of fresh beere or smal Ale

& when well infused strain them and put

the Liquor into 5 Gallons of new strong

Ale shaking it well together, then put those

Druggs that are strained into a linnin bagg

& let it hang in the rundlet or vessell with

the infusion for 3 or 4 dayes then draw

it out into bottles, and let them be well

stopt, if the partie be weake add in the

infusion a quarter of an ounce of saffron

Drinke of this a pint in a morning

fasting Doctor Trigg

page 62 (folio 34 verso) || page 63 (folio 35 recto)

To make China Ale.

Take 2 bushels of mault, and make a firkin of ale out

of it, then take 3 quartars of a pound of stoned Reisons

and halfe an ounce of China , root sliced and halfe an

ounce of Coriander ^ seede , a blade or two of mace, 4 cloues

boyle all these 2 houres, and when it is almost cold

worke it up with yest, & lett it stand 4 or 5 days in

the vessell, then botle it, putting into every botle a good

lumpe of loafe sugar, Let it ^ be well cork't.

To make marmalade of Pippins

Take of the best Green pippens one pound, as much of the

best loafe sugar beaten, then as you pare the pippins put them

into water, then take them out, and chop them, till they

be very small and slice them from the core, then shred in

lemon pill to the quantity of halfe an one, it must first

be boyled tender, then put in your pill, and, 3 quarters of

the sugar, with 3 or 4 sponefulls of water, into a skillett, then

let it boyle quick, and as it boyles strew in the remainder of

the sugar, at severall tymes, and a sponefull of faire water

in the midle of the boyling then a litle before you take it

of the fire, squeze in the iuice of 2 lemons, and a muske

comfitt, when it cometh from the bottom of the skillet it is enough

To Preserue gooseberrys

To 3 quartars of a pound of gooseberrys, take 19 ounces of

sugar, slitt them & stonne them, and cut of theire heads

leaving but short stalkes uppon them, put them into cold

water as you stonne them, then beat the sugar very fine

strew some of the sugar in the bottom of the skillet, and then

lay in the gooseberrys one by one, with their slitt sides

downeward, and then strew in more sugar uppon them

and put in halfe a dozen sponefulls of water, when the

sugar be dissolved, then sett them uppon the fire being

a very quick one, and lett it boyle up to the top of the skillet

then take it of the fire, and strew in more of the sugar

that was left out, then cover it up close with a plate, and lett

it stand a small tyme, till the boyling sugar be fallen

downe, then sett it uppon the fire againe, as you did

before and boyle it up againe, this doe severall tymes

taking them of and setting them on againe till they be

enough, and lett them be covered till ^ when they be of the fire

make experiment of but one quartar of gooseberrys and sugar

proportionable at one tyme

page 64 (folio 35 verso) || page 65 (folio 36 recto)

A Diet drinke

Take 4 2 gallons of scurvy grasse, of water cressys

Brooklime younge ashen vines and buds, younge Elder vines

and buds of one or two yeares growth, Parsely and

the roots, Elecompany, Comfrey, Clary, Lungwoort,

Hartstongue Mallows red netles, White arckangel

Angelica, Red Sage, Rosemary, Hop roots & the buds

Herb Mercury, of every one an handfull, as much as you

can gripe, a pound of currants, halfe a pound of liquo

licoris , =rish sliced sweet fenel seede, Carraway seede, any seede

of each 4 ounces, boyle all these in 6 gallons of midle

woort, till 2 of them be wasted, streine it and set on

working with barme, at 3 days old drinke of it

mornings & at night, also before & after meat, if you

please a quartar or halfe a pint, or what you please

at a tyme, with sugar or without.

or you may chop all these ingredients, distilling them

& drinke the water with sugar

To Preserue China Oringes

Take the oringes and chip them and boyle them in

a good quantity of water so fast as the water may

cover them, when it boyle and when they be boyled

cut a little hole in their crownes with a pen knife

then put them into syrrup, the syrrup must be

ready made, against the oringes be boyled, you must

take for the syrrup one pint of water to a pound of

sugar, and you must take as pound much sugar as may

preserue the oringes. 9 or 10 days, every other day take

out the oringes and giue the syrrup a boyle, and skim it

when you haue lett them lye in that syrrup the

prefixed tyme, make a ielly of Pipins, when the ielly

haue boyled a while, put in the oringes, then lett

them boyle almost halfe an hour in the ielly

then take out the oringes and boyle the ielly, till it

will cut them take it up and put the oringes into a pott

fitt for them, and put halfe of the ielly into it when

you take it up, and the other halfe when it be cold

you must make to every oringe halfe a pound of

ielly.

Be sure every tyme you take the oringes out of the syrrup, that

you turn that side upwards which was downwards before.

page 66 (folio 36 verso) || page 67 (folio 37 recto)

To make Pippin ielly

Take 10 of the greenest pippins and pare them, and

quarter them, and put them into water, then put them

into a skillet of water so much as will well cover them

and boyle them, till they be soft, then poure them

into a siue or cloath to dreyne them take a pint of

that water to a pound of sugar, put halfe the sugar in

and boyle them a while, then take the iuice of two

lemons, and streine them into a vessel, and put the rest of

the sugar to it, then take the very outside of an oringe,

pill the very out side from it, and slitt it in halfes, and

scrape out all the meat, and boyle the pill in six waters to

gitt out all the bitternes, then put that, and the iuice of

the lemons, and sugar in together, and boyle it till it come

to a ielly, or till it hanges to the spoone, as fast as it can

boyle

I thinke the peices of oringe should not be put in untill a

litle before the water be enough.

37

A Diet Drinke

For 3 gallons of Ale Take

of

Lycorice - 2 ounces

Secane - 1 ounce & halfe

Anyseeds - 1 ounce & halfe

Polypode - 1 ounce

Epithymum - 3 quarters of an ounce

Nutmeggs - halfe an ounce

Graines - 1 drame & halfe

Long pepper - 1 drame & halfe

Take of

Scurvigrasse - 3 handfulls

Brooklime 2

Water Creasses - 1

Garden Cresses - 1

Winter Cresses - 1

Burrage - 1

Scabious - 1

Boyle the hearbes in the worte & bruise the other

in a morter & hang them into the Ale in a bagg

& when it is 4 dayes old drinke twice a day let

not the bagg be put in till the Ale haue done

working

page 68 (folio 37 verso) || page 69 (folio 38 recto)

To make litle Plumb Cakes.

Take a pound of currants and a pound of sugar, and a litle

beaten mace, and halfe a pound of buttar washt out in

rose water three yolkes & two whites, worke all these

together, with so much flower, as will worke it to a paste, which you

make breake into 24 peices, and butter so many papers

and roule the paste in your hand, like a ball and lay

it uppon the paper, flatting it a litle and bake it with a

manchett heate.

How to make Cowslip, or Gilliflower wine

To every gallon of water put two pounds of sugar, boyle it

well, and scumme it cleane, take it from the fire & coole it

when it is as coole as wort put as much ale yeast, as will

cause it to worke to six gallons take halfe a peck of flowers

and bruise them in a mortar, and when it workes put in

your flowers, when they rise up put them downe and

two or three days after it hath wrought botle it up

All the difference betwixt this & Gilliflower wine, is that

the gilliflowers must be more bruised, and halfe a peck of

Gilliflowers to 4 gallons of water.

To make Raison wine.

Take 2 pounds of raisons of the sun, shred but not ston'd

one pound of good powder sugar and the iuice of 2 lemons

and one pill, put these in an earthen pott with a cover, then

take two gallons of water, lett it boyle halfe & an hour

howre, then take it hot from the fire, and poure it into the

pott where your raisins are

and

And cover it 3 or 4 days, stirring it twice a day, then put

it into botles, stopping them very close, and in a fortnight

or 3 weekes it may be drunke, you may put in Cowslips or

Cloue gilliflowers as the tyme of yeare serue, when you make it

you may boyle halfe so much water, and put to the strained

ingredients, which will be good though smaller.

To make Cakes the Royall princesse her way

Take a pound of sugar finely beaten 4 yolkes of egges 2

whites, one halfe pound of buttar, washed in rosewater

6 spoonesfull of sweete creame warmed, one pound of

currants well picked, & as much flower as will make it

into a paste mingle them well together, make them into

into cakes, nake them in an oven almost as hot as for

manchet lesse then halfe an hower will bake them

wee put in but halfe the proportion of sugar & think it

enough wee also put in nutmeg & mace and some

ginger &c.

page 70 (folio 38 verso) || page 71 (folio 39 recto)

A Diet drinke for the scurvy

and Dropsy.

Take of Sarsaparilla three ounces sassafras and

Elicampane of each six drams wood of Aloes

halfe an ounce, Anniseeds and ounce and halfe

Fennel and Coriander seeds of each halfe

an ounce, leaves of senna an ounce and halfe

Polypody Hermodactills of each an ounce

Agarick two drams Ginger a dram, Nutmeggs

halfe an ounce, Brooklime and water Cresses

of each two handfulls, scurvy grass halfe

a peck, Egrimony, Harts tongue Roman

wormwood and Tamarisk of each one handfull

Scabius, Coltsfoot and Maiden hair of each

halfe an handfull Monks Rhubarb three ounces

Bruise the hearbs, slyce the drugs, and put them

into a bagg, into three gallons of Ale newly

tunn'd vp, after three dayes begine to drinke

a pint therof at six in the morning and a pinte

at four afternoone, vsing moderate exercise.

Mr Tuthill

The kings receipt for the stone

Take of Mastik 2 ounces, Cloues, Nutmegs, Gallingall, Cububees

Iuniper berrys, Lignum Aloes, of each an ounce, beating all to powder

and add to them the best Turpentine 2 ounces & 2 ounces of

white hony, Infuse all these 24 houres in aglass still in two

pints of the spirit of wine, the still being close stopped, & when

the 24 houres are expired you must distill it in balneo

Maria, with a gentle fire Cooling the top of the still often

with a wett napkin, & as the water in the still Consumes, add

more the water being first warmed

Of This water take a spoonefull & add to it two spoonefull

of faire water with a lumpe of loafe sugar, take it in the

morning fasting & about 4 or 5 of the clock afternoon the stomach

being empty.

An Excellent Water for the stomack.

Take of Carduus, mint & Woormwood, of each a like quantity

shred them smal & put them into new milke, then put them

in a still & distill them with a temperate fire, when you

take it sweeten it with sugar or with what syrrup you

please.

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To Collar Beefe

Take a sirloyn or Plate of beefe, & bonne it takin out the

skins & strings, & lay it in a flatt pann then take a pint

of salt dissolving it in as much water as will cover the

beefe, adding to it two spoonfulls of salt peter, Let it lye

in that 3 or 4 days, turning it twice a day, then dry it well

in a cloth, & roul it as close as you can, & it into a pott

covering the bottome of the pott with bay leaues, then put

in the beefe & lay so many bay leaues as will cover the

top of the beefe, & put in a pound of buttar, then cover it

close with course paste, & bake it with howshold bread, &

when you draw it off the cover, & lay on a plate & a

weight, letting it stand so till the next day, then pour off

the gravy making an hole in the buttar.

To make a carret pudding

Take 3 pints of milke & 3 penny loafes 7 egges yolkes

& whites heat the milke scalding hott, & when your

bread is sliced put them together, let them stand till

you scrape two carrets very thinn, then mix them together

stirring them well together, butter the pann, & when sett it in

to the oven, & when it comes out melt buttar & sugar &

serue it up.

To make Almond balls.

Take a pound of almonds & blanch them, & beat them

with orange flower water very fine, then take the almonds &

drye them over Coales, then take two pounds of double

refined sugar, & boyle it almost to sugar againe, then

put the sugar to the almonds & drop them on plates sett them

in a stoue & when they are drye on theone out side take them of

the plates, & putt two together bottome & bottome, a little

drying more will serue.

To make Vsqueback

Take of the best Aquavita 6 quartes and infuse in it

for 9 dayes, Liquorish one halfe pound, Raysons of the sunn

stoned one halfe pound halfe a pound of figgs sliced

a quarter of a pound ^of dates sliced and the stones broken

two ounces of serpentine root, one quarter of an ounce

of Cloves, mace and Ginger two drams of each, one

ounce of Annyseeds.

You must make it in a great glass and lett it steep

in the hottest sunny place you haue in the house

stirring it 2 or 3 tymes in a day.

Afterwards to be strain'd and put into bottles and

before you vse it poure it from the bottome.

May or Iune is the best tyme to make it

V

page 74 (folio 40 verso) || page 75 (folio 41 recto)

A drinke against the scurvy.

Take 4 ounces of Guaiacum, one ounce of

sassafras, boyle these in 12 pints of running water

till half be wasted, and halfe an houre before

they have done boyling, putt in an ounce of

licorice, then take all off, and straine it, afterwards

in fuse two handfulls of scurvy grass for 4 howers

which being strain'd out, bottle it vp for your vse.

D: H .

To make Lemon Cream.

Take 4 lemmons, chip them thinn, then shreed

those chips very small put them in a porringer,

and squeese out the iuice of the lemmons amongst them

and lett them stand 2 houres, in which tyme beat the

whites of 7 and the yolks of 4 eggs very well, and

put them to the lemmons, then put to them a pint of fair

water, and a quarter of a pint of Rose water,

stirr all these very well together, and strain them

through a Canvas strainer, and season it with double

refine'd sugar, and put in a little ambergreese if

you please, then sett it over a Chaffindish of Charcoales

stirring it continually; it must scald but never

boyle, and soe be kept stirring, till it be as thick

as any Creame, then put it into glasses, and when

cold it is fitt to be eaten.

A Drinke to cure obstructions.

Take of Woormwood Egrimony & Centaury of

each three handfulls, of Gentian roots two ounces

sliced & eight pounds of Reysons stonned, to these

put five gallons of water (boyle halfe an hour)

very hot into a pott, & let them stand infusing

24 hours, then streine it & worke it up with yest.

tun it up into a vessel, & after it hath beene

tunned, 4 or 5 days draw it into botles, & drinke it

morning & afternoone.

A Cordial or Surfett Water

Take a peck of Poppyes, spearmint, Balme Dragons,

Angelica, & Marigolds of each one handfull of Rue

halfe an handfull, a few sprigs of Rosemary, put these into

six quarts of Brandy, letting it stand nine days in the sun

close stopped, stirring it one a day, then streine it & put

into it, halfe a pound reisons stonned, halfe a pound of

dates sliced, the stones also sliced or broken, Anniseeds

Coriander seeds, halfe and ounce of each, one pound & an

halfe of Browne sugar Candy, shaking it twice a day

untill it be dissolved, then streine it againe & botle it up

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To make Orange brandy.

Take 18 oranges pare or chip them thinn, put the chips

into 3 quarts of Brandy in which let them infuse 5. or 6.

days in a glas being well stopt with a corke & leather

tied over it. Then take 2 quarts of water one pound &

an halfe of loafe sugar, boyling the water & sugar an

hour & an halfe together gently & skimme it well, then

straine it & let it stand till it be cold, & then straine

the brandy into the Syrrup, then botle it up, & stopping

the botles well with corkes, & leathr over them.

Lemon Brandy is thus made.

To make Gooseberrie wine

Take 25 pounds pounds of Gooseberries, when they are

ripe, bruise them in a convenient vessel, put

to them six quarts of boyling water, lett them stand

all night, the next day strain them through a

flannel bag, put to the liquor Eleven pounds

of 6d sugar, when it is all dissolv'd, put it into

the vessel full, then bottle it vp, this makes

halfe an anchor

Against the Itch

Take powder of ginger 2 drams, pepper,

cloves of each a drame, flowers of sulphur

3 drams, powder of inula campana 2 drams,

hogs sewet 2 ounces, mix & make an oyntment

with oyle of rhodium.

Take flowers of sulphur as much as

will lay on a shilling mix it with milke

& drinke it

To make Surfett Water

To five quarts of Anniseed water or Brandy

put a pound of raisons of the sunn stoned a pound

of figgs sliced halfe a pound of Liquorish sliced

thin, halfe a pound of Dates cutt thin the stones

also broken and put in, Anniseeds ffennell seeds

Cardimum Coriander seeds of each one ounce

brused, spearmint Balme Dragons Angelica

and Marygolds of each one hand full of Rue

halfe an handfull a few sprigs of Rosemary,

lett it stand twelve days close stopped stirring

it once or twice a day then put in halfe a bushell

of Poppyes, the next day straine it off:

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To make Vinegar

Take one pound of coarse brown sugar

to one Gallon of Water - put in a little

Yeast to make it work - when worked

cover it over with paper & let the

Cask stand in the sun - it will be fit

to vse in September if made in the spring.

White Currant wine

ffore quart of currant Iuice Add One quart

of Water, & one pound of Lisbon sugar is

the proportion of ingredients -

squeze your ^currants well with the hands &

then pour the water that you intend

to put to the currant Iuice over

the pond of currant iust squesed

mix it well together - and then squeze

them ^ over again mixing them them mix the

iuice. water & sugar well together

in a large tub stiring it well till

you think the sugar nearly dissolved

let it then be coverd, and stand 24 hours

you will find it to work - take off the head

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and then put ^ your liquor into your cask - you must

make about 4 quarts more than your cask

will hold, to fill up as it works over

lay the Bung on lightly when you

find your wine scaotine in the working

and at the expiration of 6 weeks

add, about a bottle of best Brandy to

five Gallons of wine - then bug down

the cask well and bottle it off the

following spring - Be Iune your Currants

be are gatherd one evening fine dry day

and squeze your currants over a ^large hair seiue -

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[ faint drawing of a face ]

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spine

head

fore-edge

tail

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47

To Make Currant Wine

Take 8 Packes of Currants bruise them

well in a Course Cive with Your hands

pouring now and than water on them

till you haue pourd 5 Gallons put 24

pound of 5d , Sugar then Tunn it into

a Cask, let it stand till October and

than bottle it of

To make Lemon Crame

Take a pint of water put the Iuice of

5 Lemons lay a peice of pill a

steeping 10 Ounces of Sugar beaten

fine the whites of 5 eggs well beaten

put altogether staine through a

Ielly bagg put it into a peuter bason

ouer a Chafendish of Coales till a

proper Thickness, and put it into

Your Glasses

A Lemon Possett

take 2 Large Lemons nip them in the

Dish take the Pill of one and Steep in the

Iuice for one hour sweeten it with a

quarter of a pound of fine sugar then

take a pint of Cream sweetend with

2 ounces of Suger pour your Cream in

a great height Boeling Hott

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Orange Marmalade

Take the weight of sugar to the weight

of oranges whole Cut them in half,

the Round of the Orange than knip

out the Iuice, lay the pill in water

24 hours boil them till the bittern of

is out pare out the white Cut the

peel in thin Ringes Moisten Your

Sugar with a little water when

Meltd put in the Iuice and Ringes

boyl them till the syrup is Clear

To Cand Orange peel wett

Lay the Peels in water 4 or 5

days shifting them every day

than boil them, let them lay a

Night to drain boile them as be

fore till they be soft lay them

in a dish and Cover them with

sugar let them stand a day, than

boile the sugar Moisten with a little water

when tis well sceemd this may be done

2 or 3 times, You may take a pound of

Sugar to a pound of peel

2

To Make Harts horn Ielly

Take 6 ounces of Harts horn, and one

ounce of Isinglass, and five pints of

spring water boil it till tis half

Consumd, and than add to it the Iuice

of three or four Leman the whites

of 4 eggs well beaten, a quarter

of a pint of Renish , and sweeten

it to Your Teast with double refined

suggar, and put it through your

bagg till tis a Clear, as Water

To Cand Orange or Leman Peel

The peel must be laid in water 4 or

5 days, shifting them every day till

the bitterness is out, than boile them

in water till they be tender than

take to a pound of peel a pound of loaf

sugar, and Iust wett it with a little

water the peel, wene boild, in and

put the peel into it and set it ouer

a slow fire, let them scarld but not

boile, when You think they are aNough

take them Out and lay them single

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in dishes, and sett them in the sun

to dry dipping them once every day

in the syrup as they dry till it be

all used, the syrup must boile thick

after the peel one taken out

Mrs Warde

Lemon Cream

take the Rinds of 4 Lemons pared very

thin put them to a pint of spring water

Let them lay a night clean the water

from the Pills then put in the Iuice

with the whites of 4 Eggs well beaten

sweeten it to your tast when hot strain

it through a thin Bag Put it again in

your Preserving Pan, stirring it very

quick when it simper take it of the fire

and fill your Glasses

Stewed Pippens

Pare the Pippens and scoop out the

cores then boile them with sugar

water and white wine till you

think them soft Enough take them

out till the Liquour is cold which will

be a syrrup then Put them in and

they are fitt for use

Force Meat Balls

Cutt Some veals very thin and beat it

In a morter shred In some suet very

fine Great some bread, season all,

with salt pepper Nutmeg Mace and

Lemon Pill Mix all together with

the Yolk of an Egg make them In

small round Balls fry them In

Butter till Browne

An Ointment for a Swelling

Three quarters of a pound of

Pilewort One quarter of a Pound of

Elder buds one pound and three

quarters of Hogs Lard beat them

together boile them Till the Herbs

haue lost the Moistir

A common Seed cake

a pound and half of flower 3 quar

ters of butter half a pint of Creame

half a pint of Ale yest one ounce

of carriway seeds half a pouond of fine

sugar 4 eggs 1 white

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Elixer Proprialatus

Half an ounce of myrh half an Ounce

of Siucatrine alloes a quarter of an

Ounce of Saffron half a pint of

Brandy the myrh and alloes to be

well Beatin with half an ounce

of Clean dry sand let it stand three

weeks by the fire shaking it up

every day then strain it off

to make ginger Bread

take a pound and half of flower, half

a pound of butter half an ounce of

Ginger half an ounce of Carriway seeds

as many of carianders one ounce of

Loaf Sugar one pound of Treakle the

butter must be rubbed in till it is all

flower mix it and make it into

Little cakes Bake them on tin Plates

an Excelent water for any sore in

man or Beast

take an ounce Roch Allum an ounce of

white copperus Burn them seperate in

a fire shovel Boil a pint and half of

runing water before you put in the Allum

and copperas after which them and water

and it is fitt for use

Lemon wine

To ^6 Gallons of water put 12 pounds

of the best fat Lisbon sugar the

whites of six Eggs well beaten mix

them well together and boyl them half

an hour skimming them as long as

any skim arises when you have done

skimming them put In the Yellow

part of the peel of 18 Lemons when

it is boyled enough put it Into a Pot

and when Cold enough work it with

apiece of Toasted Bread spread

with yeast Tun it the day after it

is boyled with the Iuice of the 18

Lemons Cleansed and 3 Pints of good

Brandy let it stand 3 months and

Bottle it

Nota Bene if the Lemons are small you

may add 3 or 4 more it will not

be Two many

Dutch Biscakes

six pound of flower a pound of

butter rubed in the flower six Eggs

a pint of yest quart musk half a pound

of sugar

folio 4 verso (folio 50 verso) || folio 5 recto (folio 51 recto)

Fronfiniack wine

Six gallons of water and 12

pounds of white Dry Sugar and

six pounds of the best raisons

of the sun Cut them small boil

them, togither One hour and

strain these through a hair

seive Take of the Flowers of

elders when they are falling

half a Peck put them In the

Liquor when its allmost Cold

the Next day put In Six

Spoonfulls of Syrup of Lemons

and four spoonfulls of ale yest

and Two days After straine it

Into the Vessell, keep it filling up

three or four days stop it up

and if you Let it Stand Till march

In the Vessell it will be stronger

Put In half an ounce of

Isingglass

a Lemon Cake

three quarters of a pound of Loafe

sugar a quarter of a pint of water

put into a saucepan and dissolve it ouer

the fire till it is all melted take seven

Eggs Leave out two wites wisk them well

and straine them then put the sugar

and water to them not quite cold and

wisk them together half an hour take

half a pound of flower dried and

dusted in the Pills of two Lemmons

grated wiske them well put a paper in

to your puding Pan and a paper ouer

it when let into the Oven three quarters

of an hour will bake it

to Make Flomery

An ounce of IsingGlass Pull it in smal

Peices Pour a quarter of a pint of boiling

water and let it stand till it is cold or

till the next day then put to it a pint of

cream and a pint of milk 1700 ounces of

Almonds beat very fine with a little Rose

water a peice of cinaman sugar to your tast

Let it boil a quarter of an hour stiring it

all the time straine it thro a thin cloth

and stir it till it is Iust cold before it

is put into cups dip your cups in cold water

folio 5 verso (folio 51 verso) || folio 6 recto (folio 52 recto)

a Recepte for the Ague

a dram of Bark

half a dram of Venice Treacle

the Iuice of a Large Leamon to

be put in a Glass of mountain

and drinck it of when the fitt is

comeing and goe to bed

to make Calvesfoot Ielly

Boyl four Calves feet in a Gallon

of water half in strain it Let it

stand till it is cold scim of the

fat put it in a saucepan with

half a pint of mountaine & a pint

of Rhenish half a pound of Loaf

sugar the Iuice of three Lemons

the Pill of one Beat up the whites

of five Eggs with the shells put them

in the saucepan stir all well together

Let it Boil ten minutes put it in

the Bag Run it thro, three or four

times

A hash Calves head

Parboil your head and pill your

tonge cut them in thin slices about the

bigness of half a crown season it

with salt nutmeg and mace a Lemon

Pill boil some good Gravy in a Saus

pan keep it stiring that it may

mix dredge in a Little flower to

make ir a proper thickness let the

brains be well picked boil them

season them with salt nutmeg mace

and Lemon pill beat them up very

light with a Little cream the yolk of

an Egg and a Little flower fry them in

Butter drop them with a spoon in round

cakes have forced meat bals fry d Brown

Lay them on the Top Garnish your dish

with lemon stew your oisters in their

own liquer and lay them on

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[ Bookplate ]

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