V.b.13: Cookbook, ca.1678-ca.1689

fol. 3r

3

To make water of life

Take Rosemarie flowers 2 handfulls Rue vnset time Iermander

Ribwort, margerum winter-savorie, costmarie, harts-tongue mouse are

wormwood, buglass, red-Sage, of each one handfull, liuerwort, horehownd,

Lauender, hisope, peneriall, red fennell, of each one handfull, and of elecam=

pane, rootes 2 handfulls, cleane pared, and sliced, shred all the hearbs, then

take 4 gallons of the strongest ale and one gallon of Sack lees and put ther

in the hearbs and rootes, with these parcels following viz: i pound ^of brused

Lycoras, first cleane scraped dli of anniseedes on ounce of mace 2 ozes

of nutmeggs all bruised then stirr them altogether in your stilling

pot and set the pot on the fire whereon set on your limbecke

very Close that no aire issue forth and so let it still always

aplyinge ^ the head of the limbeck with Could water and when you have drawne a gallon

take it being the strongest and put it into a glasse with a wide

mouth and put therin one of your best wafer with one handfull

Rosasolis vnwashed and cleane gathered i pound of dates bruised the

stones and the gales taken out id; of graines halfe a pownd of fine

sugar beaten halfe an ounce of seed peale in powder & 3 leaues of paper

of gold then stir them all well together with a spoone & stop your

glass soe close that noe ayre issue forth and sett the glass in the sun

Rosa-solis Restorative

Take rosa solis and in any wise touch not the leaues in gathering them

and do not wash them, then take a pottle of aqua vite & putt them to

gether in a vessell, closely stoped & so let them stand 3 dayes and 3 nights

the 4th day strayne it into a glass or pewter pott & put therto i pound

of sugar beaten small half a pownd of dates the stones and gales taken out and

the dates cutt in small peeces, mingle all, well together & keepe the glass

as close as you may that noe ayre issue forth then drink therof to bedward

and fasteing with one spoonefull of ale for ther is not the weakest body in

the world that wanteth or streangth or that is in a consumtion butt it

will restore him againe & make him stronge and lustie and allso to haue

front outside cover

front inside cover || folio 1 recto

.ac to the poole october 16th

to serue Mr Iames

Frances Davice Came to Serve me October

the 23 1683

March the 25 1684

One from f frances fformer 4li-5s-9d

what which remaynes unpaid in

his his his handes as

aboue

Wollasten

to meete at Lentrued 29 at wolaston

May the 22nd-1685

There Remayneth one from ffrancess

fformer to Mr Iames for Rent}

04li-05s-0

Iune 29 89

8

paid ffarrer In the whole for stone diginge 9

paid .... paget 8 5

paid ffarrer Iim 20 1

send In 5 whole 13

by me Henry Bagott

Aug 13 paid paget 9

Ludleges 3 at 28 acless

close adigite to S Paye 3 acless

Brerey leasin 5 acle

Sidgree leasin - 14 acle

Stocten a acleas

Anie Iemes - 6 acles

above side grev leasin 2 acles

the medow 2 acles 4s

the bancte - one acte & a halfe

folio 1 verso || folio 2 recto

September 13 89

then received of Higns Iames the

sume of 23li

by me Henry bagott

Received this 29 of November 1678 mr Higgins Iames

the full sum of five pounds upon account of worke done for him

by me Henry Bagott } 5-0-0

Received this 15 day of february 1678 of mr Higgins Iames

the full sum of sixteen pounds ten shillings upon account of worke

by me Henry Bagott

Received this 4 day of Iuly 1638 of Higgins Iames Esquire

the full sum of three pounds upon account of worke

by me Henry Bagott

Received this 15 day of September off Higgins Iames Esquire

the full sum off three pounds upon account of worke

by me Henry Bagott

folio 2 verso || page 1 (folio 3 recto)

3

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will restore him againe & make him stronge and lustie and allso to haue

page 2 (folio 3 verso) || page 3 (folio 4 recto)

a good stomack & that shortly let him vse it 3 times together and he shall

find greate ease and reamedy & comfort therby and as he feeleth him

selfe, soe lett him use it

To make rosa solis

take an hearb which in latin is caled rosasolis and groweth in marish

places this hearb must be gathered in Iune of Iuly, about noone in a

bright sunshine day and when it shineth on the hearb the leaues are little but

of greate vertue being used acordingly, the saide hearb finely taken

up soe as you haue the dew theron for lacking the dew it lacketh

the vertue in a cloudy day it out ought not to be gathered you must

prepare to haue a vessell of silver tinn or glass made very

Cleane and dryed from other moystire and

put your leaues soe gathered in such a vessell

by an iust measure videlizet into a quart or

pottell accordinge as you canne or will gather

put to your leaues the iust proportion of the

best aquavitie as to a pint a pint & then

close your vessaile fast and let it stand

three dayes and three nights if you haue a

pottell of leaues and aquavite take ili of suger

finely beaten and on pound of dates mundified

shred and finely sliced if lesse then a pottell

then accordinge to the proportion and after

the three dayes and three nights afforesayd

put to it the suger and the ili Dates then close

fast againe and let stand other three dayes.

and three nights after the sixe dayes and

six nights take out and straine it into

some such vessell as siluer glasse or tynne

and then you may giue thereof to any

sicke person three or foure tymes in the day

on sponefull at once if he be very weake

3

afterwards two or three spoonefulls at once if he like therofe

this must be done with good discression for he may giue too

much to a Cholericke or sangwyn Complextion for they be

both hot the sangwyn Complexion hot and moist the sangwn

hot and drye

To make aqua Composita.

Take ale nutmeggs Cloues, Cinamon ginger lichoras

Annyseede rosemary ffennell and the Rootes parcely and the

Rootes violet leaue strawberry leaues Angellico rootes Allicompane

Rootes raisons of the sonne and ffiggs the whole stamped in

a morter and put into the ale and let it stand in steepe fower

and twenty howers and then distill it through a Lymbecke

To make Sinamon water

Take a pottell of claret wine ili of good sinamon briused and

enfused in the wine a day and a night and stirr it often

times first puttinge in a pint of rosewater then still it

with a soft fire/

To make meade

Take your honny and water and mixt it vnto geather till it

be so stronge that it will beare an egge then boile it and

clarifie it from the dreages cleere then put to sage

sparemint Isop of each on handfull Rosemary Rue

and wormewood of each halfe a handfull to or three

fennell rootes five or sixe parcly Rootes d oze of mace

two nutmegges then boile it the second tyme vntill

the hearbes be tender then let it cole and clarifie

it as before and put it into your vessaile. / looke. page. 27

To make Ipocras good for a Cold

stomacke and nessessary for a souldier

Take a pint of aqua Compossita 2 ozes of Cynamon i oze of

ginger ili of sugar iid of cloves and almost iid of

nutmeges briused all put all theese into a faire glasse

page 4 (folio 4 verso) || page 5 (folio 5 recto)

or close bottell and when you will make your Ipocras take

a pint of whitewine and what culler you will and

put so much suger into the wyne as will make it sweete

then let your wyne Runne through a strainer with

a spoonefull of that in the gasse you may doe

it with water insteede of wyne/

To make Ipocras

Take a gallon of Claret wine i oze of Cinamon ii oze

of ginger i lb of suger 20 cloues 20 cornes of peper bigge

beaten and so let all theese soake togeather all a night

then let it Runne through a bagge and it wilbe good

Ipocras./

To make water for on that is

heauy and pensiue to be gladd

Take harts tounge betweene the saint mary dayes

and the 3d parte of the Rootes of selendon the flowers

of burryage and longe deibiefe a quantity and

put theese into a stillitory and draw water and

vse therewith aquanitie and it shall light your

harte./

Restoratiue water for

a weake body

beate the yolkes of 24 new layed egges with 3

pintes of new milke and a pinte of goode Red wyne

put then therto so much fine manchet as will

sucke vp the milke and wyne then still it with

a sweete soakeinge fire and on spoonefull

thereof taken alwayes in pottage or drinke

in on month will recouer/

A bath for a weake body

Take mallowes violet leaues vine leaues

Cammomill willow leaues 3 heades of poppy without seede and

make a bath of all theese hearbes and therewith wash from the

knees downe and from th elboes all alonge your hands/

To coole a greate heate./

Take a handfull of huld barley or french barly and wash it very

cleane then set it on the fire in a good quantitie of faire water

and so let it seeth till the barly be very tender take a handfull

of blanched almonds and grinde them very fine in a stone

morter now bind them puttinge in of the barely water a little

to keepe them from oyleage and when the almonds be very fine

ground then take the barely being tenderly sodden and put

it into the morter with the almonds and bynd them

both togeather and then draw them through a ster

strainer with the same liquor that the barely is

sodden in and then put a little Rose water and

suger to it and a little powder of mace or nut=

megs or sinamon which you like best and then

eate it luke warme in the morninge and sleepe

out it if you list./

An exelent barly Cream for on

being in an extreame weakenesse to Coole

and restore /

Take barely a pottle and beate is as wheate is beaten

for formity so as the huskes goe of then wynd it

then wash it Cleanely then boyle it and if the water

looke red cast away the first then take a second

water and boile the sayd barely with much

Raisons of the sonne and parcly Roots the pith

taken out vntill it be thicke like wort take

small almonds and blanch them and

page 6 (folio 5 verso) || page 7 (folio 6 recto)

stampe them with ginger putting som of the

former liquor therto and straine it through

a Cloth with your hands making it as

sweete as you like and eate a quantity

thereof morning and euenning./

An exelent drinke for any Disease./

Take three quarts of small beare and as much faire

Cunduit water and put into it vizt scine Alexandria

i oze d anniseeds oze 2 god sticks of lichoras scraped and

sliced Raisons of the sonne the stones taken out dli of

Ruberbe the weight of twelve pence Epithonon a quarter

of an ounce zarzaperella 3 ozes sticadoes d oze

agaricke d oz lay them altogeather in stipp all a night

and set it vppon the inbers in the morninge and seeth

it vnto a quarte with a soft fire so streine it and

drinke thereof and the oftener the sooner helped

a souerainge good drinke /

Sarzapill iiij oze

Harmodactile iij oze

Polipoth iij oze

scin alexander iii oze

madder Rootes iiii oze

ffenell Rootes ij oze

Lichoras iii oze

docke Rootes ii oze

Ruberbe

Agaricke} of each or or

nutmeggs

Egremony

Scurtigrasse} each on handfull

ffennell water good for many things

To Confort the brayne

Take and beate in a cleane ston morter ili of Rosemary mixt

therewith 2li of suger put it vp in a thicke glasse

set it vp without standinge fill not the glasse so

full but it may haue scope to worke./

A bagge to smell to for melancholy

and to Cause sleepe./

Take dry Rose leaues keepe them Close in a glasse which will keepe

them sweete then take powder of mynts of Cloues in grose

powder and put to the sayd Rose leaues and puttinge them

so togeather into a bagge take it to be with you it will Cause

sleepe and good for melancholy./

ffor Litargie of forgetfullnesse./

Take of Tutson and sage in salt water and

wash the hinder parte of the head Agrms Castus is

hot and drie and groweth in moist places./

ffor lightnesse of the head

Take a handfull of spare mints and seeth them in halfe a

pint of malmesit till it be sod away then take the Rosted

aple and anutmegs graued and lay them togeather to your

nappe of your necke and to your temples/

ffor the headach

Take flowers or leaues of Rosemary and Chaffe them

betwixt your hands and lay them betwixt the nappe

of the necke and the powle of the head and it will helpe

ffor the miggryne./

Take Camomill Comyne and sowre lauened bread and

vineger mixt togeather to a sicknes and lay it to your

fforehead from eare to eare in a Linnen Cloth warme

ffor the same or headach./

Take a slice of fresh beife three fingers broade so that

it may Reach from on eare to an other ouer the

page 8 (folio 6 verso) || page 9 (folio 7 recto)

forehead Cast powder of Commyn vppon it and so lay it

vppon the brow and bynd it fast to your forehead and

in on night you shalbe whole.

ffor the same./

Take Carvell a handfull and beate it in a morter

and put to it Croomes of browne bread and bay

salt at your discression beate all in a morter

togeather then put in a little viniger and make

a Rownd ball thereof like a tennis ball and lay

in the pit of your necke to bedward bynd it

with your kercher and you shalbe hole./

for on that cannot sleepe ffor paine

in the head or other like greife./

Take oyle of violets with the yolke of an egge and womans

milke as much of thone as thother and beinge mingled

togeather make a plaster thereof and lay it vppon

the forehead or vppon the eyes and the payne shall

cease and a desire of sleepe shall com vppon the party

To cause sleepe

Shredd a hanfull of lettis very small Cast into it

a little bay salt small beaten./

Against the Cold pose of the head

Seeth bay leaues in water and let the patient

receaue the smoke in his mouth and with the

same water wash the temples and forehead

ffor the pose or could Rume in the head

Put powder of horse mintes in a bagge and lay it

hot to the heade./

To make hayre grow./

Take mallow Roots and seeth them and wash the

place therewith./

To keepe ons haire from beinge gray.

Mix with the ashes of grownd wormes burnt oile and therewith Rub your

combe it is much vsed of most women./

ffor the miggrime

Lay the forhead temples and all housleeke and garden wormood stamped

togeather with fine flower put in a Cloth./

ffor runninge noses that be watrie

Take the Ioice of Rue temper them togeather and lye vpright and put

the Ioice into your nostrills often and within a few dayes after it

will amend and cast out the filth of the braynes wherof it commeth

To take scurfe from the head

Take a hanfull of Rue and halfe an ownce of quicke brimstone and seeth it with

good ould wyne and so wash your head therewith but you must wash your

head first with lukewarme water and it helpeth./

ffor those that haue a stinkeinge breath./

Take j oze of sage in powder 3 ozes of Rosemary flowers & oze of Cloues

2 drames of fine sinamon 2 nutmeggs 2 graines of muske made all in

powder then take purified hunney sufficient to kned the same togeather

and put it in an earthen pot set it in the same fowre or fiue dayes and

eate of it /d/ oze fastinge and as much at night to Confort the meate

that is corrupted in the stomacke and vse it often./

To make the breath sweete the face faire./

and good for the Collicke in the stomacke:/

Take the flowers of Rosemary and boile them in Whitewine and drinke therof

and wash therewith.

To take wrincles out of the face./

Take an ould Capon and plucke of his feathers and Cut him alonge

the backe and dresse it as it were to eate then fill him full of

little yellow lemons cut very small and fennell seed put altogeather

in a Limbecke with a moderate fire and so stilled with the water

wash your face morninge and Eveninge./

page 10 (folio 7 verso) || page 11 (folio 8 recto)

ffor scurfe in the face

Take beane flowre and Rosewater and mingle them togather and Rubbe

thy face therewith./

ffor salt fleame in the face

make an ointment of the rootes of dockes and swynes grease fryed togeather

and annoint the face therewith vsinge to wash thy face with thyne

owne vryne eueninge and morninge beinge five dayes ould./

ffor heate in the face./

Take an oyle of an egge or two and Rosewater and for a man the

milke of a woman contrary a spoonefull of each and mixe them together

and when you goe to bed annointe the face therewith with a feather

and this dissolve heate you must take of euery on alike much the

oile must be made of white of eggs./

ffor wormes in the face./

Take of Rosin 3 parts and the fowerth of vnwrought wax i spoonefull

of honney d spoonefull of may Buttur and frye them altogeather on

on the fire then straigne it throgh a faire linnnen cloth into a dish

of faire Runninge water and when it is Could stirre it with your

hands and worke it well against the fire as you doe an electuary

and in the workinge put in as much coperras as the quantytie of

made in powder as you doe vse it spreade it on a cloth

and within 3 dayes you shall know wheather they be wormes or no

if they be wormes they will rise like wheeles vnder the plaster

and then Cast in more Coperas./

To scoure the skinne

Take beane flower or meale and wash therewith and it will

cleare the skinne./

ffor a scab dry or moist./

Take white horehound and stampe it and melt it with wax and

annoint the scabs inde

ffor a saseline face./

Take i ozes oyle debay as much quicsiluer 2 spoonfull of wild fancy water for

want thereof take honney silke water and grind them vppon a stone three howres

till you se nothinge of the quicsilver then keepe it in a box and the older the

same is the same is the better and when you goe to bed anoint the face with

a little thereof also in your diett forbeare all wynes exept clarret and whitwyn

a then very moderately forbeare all shellfish salt fish eggs the burnt of

Rosted meate first worke your quicksilver with fastinge spittle till it seeme

like small pearle and the longer it is wrought the better then worke it with

oyle an howre./

ffor the same./

Take the rootes of Elecompane and seeth theem in vineger till the

vineger be well sodden away then stampe it with a morter and put

thereto quicsilver in brimstones and swynes grease and make

an ointment and anointe the vsage therewith if you vse it plaster

wise it is the better./

An exelent medicine for heate in the face

Take a quarte of new milke a little handfull of woodbyne flowers and soome

leaues of wild tansie and Egremony of each a little handfull halfe

a dozen of lemmons Reynes all sliced the white of 6 eggs theggs

first put into a close pot of white vineger till the shells fret of put

altogeather then into a still and then the water thereof is Exelent

for heate in the face./

To kill worms in the face hands and make the faire

Take the Iuise of a lemmon with a little bay salt and wash your

hands therewith and let them dry themselues and it helpeth alsoe

the sunneburninge of your face you may wash in the morninge after

the bynd of the wyne vsed to be washed withall will make on faire

and cleare./

To take away warts

Take earth and kned it with dogs pisse and lay it where the warts

are they will dry and fall away./

page 12 (folio 8 verso) || page 13 (folio 9 recto)

ffor quakinge hands

Take salt and vineger togeather and wash they hands therewith

as hot as you canne./

ffor the morphew.

Take a pennyworth of whitewine and a d half penniworth

of arras Roots and halfe a spoonfull of bay salt boile all togeather

in the wyne.

ffor the same./

Take nine spoonefulls of the Iuice of sowthistle of Redwort and

drinke thereof nine dayes and after nine dayes take Chalke and black sope

of diuer porcion and temper them with vineger and annointe the morphew

and twill away./

ffor the spittinge of blood

Temper the ioice of bettony with goates milke and drinke 3 or 4

dayes therof./

ffor deafenes and stoppinge of the eares

Take Cammomill and seeth it in faire water and put it

into there of thy patient and wash his eares with the

water 3 or 4 dayes./

ffor the thicknesse of heareinge

Take the grease of a siluer yeele that is Rosted and put

therto a little Ruberbe and mingle them togeather

and fill the eares full thereof and stop it with blacke

woole of the shipps belly and dresse it twice a day

duringe the space of a moneth./

ffor deafenes approued by therle of hungtinton

ffirst bath theare with womans milke very warme with in

and without and boyle a quantity of cloues in a pint of

malmesi which put into a close pot or bottle with a

tunnell then let the fume enter into there after

some space bath there with thoile of bitter almonds

as affore with milke then with blod: wool dropp of the oile into there

and with the wooll stopp there and keepe it warme.

ffor the same./

Put into theres good and tryed siuett./

ffor on thats dumbe./

Take Ioice of sage or primrose and put it to his mouth and he shall speake./

To heale the vuiloe

Take a snaile and put him in a chafindish of coles and gape ouer it and it shall

helpe

ffor watrie eies./

Take a Red wort leafe and annointt it with the white of a new layd egge

and lay the same to your eies to bedward./

ffor the blood shotten eies./

Soake in a pinte of pure Red wine halfe an howre a browne lauened

loafe which beinge soaked and cut into 5 peeces into linen cloathes

when you goe to bed bynd to each eie one./

ffor sore eies

Take Rosewater 3 spoonefull 2 of whitewyne on of fennell water halfe a sponefull

of the cleere of the white of an egge well beaten mingle them togeather

and with a feather dropp thereof into theis which donne when you goe

to bed wet a faire cloth of linen therin and lay on your eies./

ffor the eies./

Take Rue and ground Ivie and bay salt small drinke beate altogeather

and straine it./

A speciall water for theis./

Take white wild dasi Rootes and all let them be gathered at twelue

of the clocke in the month of may let them touch no water but

picke them cleane still them in a dry still and in a pint of

the same water you must put of the wable of white coperas

the quantyty of a white pease./

page 14 (folio 9 verso) || page 15 (folio 10 recto)

ffor the webbe in theies and for the morphew and high coloured face./

Tak pound grannats 3 and put the Ioice of them into your eye-

2 or 3 and wash the face, sawclen face or high collowred therwith

and use it for the morphew./

To cleare the sight ./

Take cleane rosewater aquavitae in a saucer cleane mirre as much

as a nutt breake it into small powder and bind it in a

cleane linnen cloth and let it lye in the Rosewater two howres

and the water will wax red of the mirre take of this

water and put it into they and it will cleere the sight

ffor the same./

Take pimpernell and seeth it in water and wash your

eies therewith morninge and Eveninge or take a

dram of the powder of bettony in the morninge fastinge

it profitteth much and restoreth the nether parts

whereon the driues proceedeth./

To make an oyle good for the sight

Take the flowers of Rosemary and fill the glasse and

put to it a little quantity of mirre and then put

it into the ground or horse dunge for three moneths

then take it out and it wilbe all oyle/ with the

which annointe the eies often tymes./

ffor ich or heate in the eyes./

Take faire Runninge water set it in a glasse a day

and a night then take croomes of fine white bread

put them into a faire linnen cloth so dip the cloth

and bread into the clearest of the water and

lay it to yowr eies./

ffor the mother./

Take the leaues of temmerine and lay .8 or 9 of

them at ons in stipe 2 howers in white wine

and so stiped drinke the same wine./

To make teeth white./

Take Rie flower and honny mingle them togeather and Rubb therewith

your teeth./

To fasten teeth that be loose ./

Take barely cornes with pepper beate them and make powder thereof

and put on the tooth and incontinent it wilbe fast./

To Confort loose teeth./

Take with corrall and Red corrall an ounce of each and mastique dozen

and powder them and lay a little of this powder vppon the tooth

or teeth that be loose, it will fasten them and make them white./

To make a tooth fall out with out drawinge or paine./

Take cleane wheate flowre and temper it with the milke of an hearbe

called Titimall, and make therof a past and let it dry against

the sonne as when it is hard enough lay it vp and keepe

it till you haue occation to vse it then take a little thereof

and lay on the tooth and it shall within a while fallout./

A generall medicine for all manner of dicscesses in the eyes./

Take the Ioice of verbine and Redfennell and a little quantity of honney

and mingle them altogeather with the yolkes of egges Rosted in -

theire shells hard and somwhat hot put it to the sore or greife

and vse it oftentimes and it will helpe./

ffor them that be mad

Stampe well in a morter 6 hasell nut curnells 6 garleines clous

well pilled iust in quantity with nut curnells straine theese

with liquor you mind to giue the patient to drink put

therto the bignesse of a greate plume of treacle of Iam.

let him drinke it warme and lay him in a darke place./

ffor on that vomites to much

page 16 (folio 10 verso) || page 17 (folio 11 recto)

Let him drinke mynt wormood and sinamon water and

lay him to rest./

ffor the spleene./

Take the lights of a fox and dry them and make them

in powder and let the patient drinke thereof euery

morninge in white wine the space of nine dayes

ffor a consumption./

Take the hind lege of beife and seeth it it in 4 gallons

of water on hanfall of fennell Rootes the pith-

taken out on handfall of parcely Rootes the pith beinge

taken out of liuerwort harts tongue bettony of the

wood of each on handfall on quarter of a handfull

of balme and leaues of clare io leaues of nepe

i handfull of ground sell put all the forsayd

herbes into the water with the beiefe the pot

beinge scumed take ili of damaske prunes, Raisons

of the sonne ili dates quarter pownd let all boyle togeather

vntill it com to a quarte then stampe it in a stone morter

and straine it with a quart of sacke and then let that

seeth againe with 2 pennyworth of large mace 2

and so drinke it Eveninge and Morninge first haste/

For the crampe./

Take Rames grease and anoint the members greved./

ffor the shingles a principall meadicine./

This malady in manner is like the wild fier for it wilbe

turninge and Runnynge about a man and if it so doe

it is right perrillous take doues dunge that is moist

and barely meale vli of each stampe them well togeather

and lay it could to the sore and lay wort leaues about

To hould in the liquor and bynd a cloth about him and let it lye still 3

dayes the 3d day if neede be refresh that with new and this will surly heale./

ffor a corne/

Take greate snayles; shells and all; with a little sotte of a Chimney a litle

honny a little flower stampe all theese togeather well; make a plaster

therof and within fowre or five layeinges the corne wilbe ground./

ffor a ffistilowe./

The ashes of a dogs head sprinckeled thereon will helpe the fistilow./

To breake a boile./

Take Louage march Rosemarye otemeale milke stired all theese togeather

then boyle them into a poultis and lay it to a boyle./

To destroy red Coullor./

Drinke violets with fresh water./ ffennell./

ffor a pricke with a nayle or thorne./

Take 3 handfull of Salendine as much Orpin cut small & boyled with oyle./

& vnwrought wax then straine it and vse it./

ffor the byteinge of a mad doge./

Take 9 cropps of woodrufe 9 cropps of nettles and the scrapeinge of

the outside of a Crafish claw a litle of that powdred then stampe them

altogeather and giue to drinke./

ffor the same./

Take longe plaintine and stampe it and lay the same to the bitten./

ffor the byteinge of an adder./

Take garelicke and beate it and make a plaister therwith red onions

that be most eager and treacle all beaten togeather and lay it

to the wound and it will draw out the venome doe not vse any healing

plaster of a longe tyme after the biteinge./

ffor the same a drinke./

Take the waith of 3 raisons of good treacle dissolued in a

draught of stronge wine the stronger the better this beinge

drunke kills the venome./

page 18 (folio 11 verso) || page 19 (folio 12 recto)

18

A diett for the same/

Make bread mixt with garlicke your drinke stronge wyne

garlicke in your meate till the venome be slacked the

venome gon keepe open the sore a good space and after heale

it as other sores bee.

Against the palsie/

Let him drinke euery day his owne water that feareth the palsy or falling

evell./

ffor the Palsie./

Take an onion and take out the core and put therein oyle

and lauender small minsed set the onnyon in the inbers till

it be could soft then lay it as hot as you canne suffer

it to the mould of the heade./

Against the fallinge evill./

Take and kned meale flowre, with the dew that is gatherred on

Couseelopps one midsummer day in the morning, and giue yt the patient to drinke

eate beeing baked and yt will helpe him.//.

ffor the fallinge Evill

Take pione and bind it to the necke of the patient and as longe as

it lyeth there he shall not haue it./

ffor the same and to know

wheather it be curable or noe./

When he is in his disceace take greene tyme and put in his

nostrills and if he rise shortly he is curable then take mirre./

and incense and bray them with seede of Rue or berryes and giue

it to the sicke to drinke in the wanne of the moone./

ffor the wenne./

Take an ould ladle that hath often bynne vsed in the beife pott./

hould it to the fier till the grease fry out and then lay it

to the toppe of the wenne as hot as you canne suffer it

theoftner the better as the ladle dryeth dippe it in the

beife pot./

19

ffor the dropsie./

Take the Ioiuce of walworth and temper it with wyne and drinke thereof 4 daies

fastinge and it shall passe out of the fundament./

ffor the swellinge in the throate/

Take new milke white bread and oyle of Roses boyled togeather and spread vppon

a cloth./

ffor on that hath drunke poison./

Take dragons, Gladine; of each a little, stampe them and temper them with wine and

strayne it through a cloth and drinke it the poison will avoid./

ffor the plurisie./

Take a pottle of white wine and 3 grete handfull of Commyn seed and as much oaten brann

newly boulted and bruse the Commyne on a morter and put it into the wyme and seeth it

till it be thicke then put in an other handfull of the oaten branne and let it boyle

till it be very thicke then put it to the patients side very hott/

ffor the same./

Take the flowers of Red poppye growinge in the wheate and dry them in the sonne./

and make powder therof and giue it to the sicke in his meates and drinks & annoint

the place griued with the oyle of Lisards and it helpeth./

ffor the Canker in the mouth./

Take a pinte of good stale ale a good hanfull of Sage a good stonne of Alem as big

as an egge as an egge boyle them well togeather and with a cloth wash they mouth

well and if it be in thy throate grangle it./

ffor a Canker./

Take goats dunge and temper with wine and bind it to the sore./

ffor a Canker in the throte./

Take a cloth on a sticke and dipp it in hony of Roses and cast vppon it a little

Red prosipitat finely powdred and doe it vppon the cloth dip in hony of Roses

but let as little on it goe downe as you may./

A soueraigne medicine to destroy

all maner of Cankers./

[page 19a] (folio 12 verso) || page 20 (folio 13 recto)

Take a quantity of whit vineger and put it into a faire vessell

and put therto a good quantity of honny sucke water with a

quantity of fine honny and a good peece of Roch allum, and

daysie Rootes succory violet leaues burrage./ Endiffe and put

therin & a handfull of bay salt set all theese foresayd things

togeather on the fire and let it boyle stirr it as it boyleth then

let it runne through a faire linnen cloth that donne put it in

a cleane glasse and so keepe it and when you will vse therof -

warme a little in a sawcer and with a fine peece of linnen cloth

dipped therein wash the Canker Eveninge and morninge an

within 4 or 3dayes it will kill all kind of kankers or other kind

of heate in the mouth./

ffor the Canker in trees

Take sallet oyle and the Ioice of Salinder and tar mix them

well togeather and annoint them sores of the tree and it will

Cure them

ffor a teater or ringworme./

Take woodbynd leaues stampe them and strayne them Roch allum

beaten to powder as fine as you canne then put that powder into

the Ioiuce of the woodbynd vntill it be somwhat thicke and

then take a feather and anoint the place therewith morninge

and Eveninge and at other times the space of 3 or 6 dayes

wash not nor wipe not the sayd salue or bit still renew it more,

A perfect Remedy ffor a stich

Take a quarter of ale or beare a spoonfull of sanders 2

Races of ginger sliced very thinne & a spoonefull of mace a

handfull of dandelion seeth all theese togeather from a quarte

to a pint and drinke thereof at three sundry tymes Eveninge

and Morninge and fast an hower after./

ffor the same./

Take red sage tyme and hearts tongue by Even porcion

seeth them in malmsie to the halfe then presse out the Ioince betweene 2 trenchers

and drinke it as hot as you may./

ffor the same ./

Take sage wormwood and Rue of each an handfull seeth them in

dregs of good ale and make a plaster therof and spread it vpon

a linnen cloth and play it where you feele greife./

ffor a perillous coughte

Take sage Rue and Comyne with powder of pepper and

seeth them togeather in hony and make an Ellectuary and

and take therof on spoonfull at Eveninge and another

in morninge./

ffor a Could Cough

Take horse mynts and seeth them in water and

drinke therof./

ffor a drye Cough

Take halfe a pound of Liquoras the barque scraped of and

well bruised in a morter and put it in an earthen potte

put therto 3 quartes of fine woorte on oze of Suger on

oze of ginger powder a spoonfull of hony Clarified seeth

all theese togeather to the halfe strayne it through a

Cloth into a cleane vessell and drinke it thereof firste and

at Eveninge hott att morninge Could./

ffor the Coughe./

Take Isopp that groweth of the seede 2 handfulls 20 greate

Raisons the stons taken out and washed in viniger 2 ffennell

Rootes 20 Cloues grocely brused a liquoras sticke brused and

Cleane scraped seeth all theese togeather in a pottle

of worte to a quarte and then put to it a peece of

ffresh butter and 6 good spoonefull of English hony and drinke

it firste and laste warme./

page 20 [i.e. page 20a] (folio 13 verso) || page 21 (folio 14 recto)

Aproved medicine for the cough of the longs

Take a fox longe aniseed ffennell seed Corryander seed i oze of

Licoras ii oze make them in a powder and put it in your drinke or

pottage if you can take it dry it is better and put suger candy to

it the oftner you take therof the better but Eveninge and

morninge fayle not you shall buy the fox longs Ready

dryed att the Appoticaryes./

ffor the blacke Iaundis

Take and still the whites of 6 egs layed in vineger till the

shells be consumed with a quarte of new milke wild tansy

woodbyne leaues or flowres of Each a handfull and lemons cut

in peeces, with the water thereof wash the places that breake

ffor the Iaundice./

Take a quantity of white wyne & a greate handfull of Cellindin

leaues boyle them to a pinte and in winter take the Rootes

therof warme morninge and Eveninge./

ffor the same./

Take the Iouice of water Cresss and drinke it and it

helpeth the powder of Turmeine drinke helpeth the same or

the shauinge of Ivory with the vrine of the sicke healeth

ffor the same

Take a quantity of sage and as much Cellindon and I somuch rud

worte and bray them in a morter and temper them with wyne or

stale ale and stope it well in a vessell and take a spoonfull

firste and laste

To kill wormes

drinke the Ioiuce of Isop fastinge also the powder of bettony with

milke or warme water for stronge men or women not with Child

ffor burlsenes of ould or younge

Take the Roote of valerriars and drinke it with wine it helpeth

ffor on that is bursten

Take the head of a hare with all his haire and put it in a pott without water

and set it in a hot oven let it bee there so longe that it be so dry that you

may make powder therof and take so much of that powder as you can

take vp with your three fingers and put it in a Cup and drinke it

with white wine Every morninge fastinge thirty dayes And see you

bee well trussed/

ffor Children that be bursten

Take white paper and claw it and make a plaster therof so bigge as will

Couer the place bynd it to with a swadle in a linen cloth &

lay it to his cods and Renue it Euerye daye/

ffor a Child that hath a sore

mouth and Cannot speake ./

Seeth Collumbyne leaues and 5 leaue grase with milke togeather

giue the Child therof to drinke with a spoone./

A powder ffor the wormes for Children

Make powder of harts horne & Aloes Cicatrina and setwall seed of

all alike and let them drinke therof 2 or 3 morninges fastinge

and if they cannot drinke it giue them with milke in the

morninge fastinge and in the Eveninge if need bee 2 or

three tymes/

ffor a Childs nauell Cominge out

with much Cryinge/

Take and milke new wax as it cometh from the hiue and

dip therein blacke wooll and lay it to the Childes navell./

ffor a Child haueinge plucked the skin on the yard

Take and seeth a quarte of white wyne and a quarte of Runing

water togeather Dayseis and woodbine of Each 2 or 3 handfull in

the seethinge put in a peece of burnte alum beinge well

soden wash the Childs yeard therewith and lay a Cloth

Reasonable hot dipped in the same to his yearde./

To procure a younge Childe to make water

boyle organum in fayre water and lay warme to his navell

To make Children haue their teeth with out payne

Take the braynes of hens dry it and make a powder therewith

thereof and giue it the Child to drinke with wyne/

When ons water is like bloode./

page 22 (folio 14 verso) || page 23 (folio 15 recto)

22

Take the Ioice of fetherfew and put it into ale and drinke it it

Changeth the Cullor presently./

ffor on that Cannot hould his water/

Take the Claw of an hogge burnt to small powder vse it in

your drink and you shalebe hole/

ffor on that Cannot make water

Take a lilly Roote wash it Cleane and seeth it in white

wine or ale from a quart to a pinte then strayne it

and drinke it./

ffor the same and to breake the stonne./

Take the Cloues of young garlicke still them and drinke

2 or 3 of the water and this will breake the stonne

ffor the Collick and stone

Take the braynes of a pye dryed and beaten to powder

and so drinke it with wine or ale./

A powder for the Collicke and to

breake winde marvelowselye

Take ginger sinamond licaras nutmegs suger alike

of Each take also ffennell seed Comyne seed parcely seede

Colliander seed Grummell seed of Each alike drye them all by

the fyre and beate them in morter the spices by themselues

and the seeds by themselues to fine powder and Eate

therofe firste and laste./

ffor the Collicke./

Take 3 Crops of Red nettles 3 Crops of Rosemarye & 6 handful

of tyme boyle them all well togeather with a quarte of good

stale ale vnto 6 pinte and then drinke it as hot as you

may & you shall soone find Remedy or take mustard thats

made with Red vineger and figs and stamp them and

then temper them togeather with the mustard and

make a plaister of it and lay it where you are

greived./

A Speciall medicine for the stonne./

Take small Lemons that be Ripe and Cut them small Rine and

all then still them in a Limbecke glasse and let the patiente

drinke of the water fastinge three or fowre spoonfull it will

breake the stonne and he shall voyd the grauel at his yearde/

To breake the stonne./

Take a Cocke of a yeare ould and open him and you shall find in

his maw small stones take and breake them in a brasen

morter and the powder therof temper with wine and drinke it

ffor the stonne

Take the blood of a fox dryed and powdred and so drinke it

for the stonne in the Raynes or blader./

ffor the same./

Take Red nettles and daisies stampe and strayne them and with

wyne of ale drinke therof./

ffor the same

Take the liuer of an ould male fox and dry it and hauing

need to vse it breake it into powder and put it into possett

Ale and giue it to him that hath the stonne and it will breake

it foorthwith./

To purge the Reines of the backe

and open the Conduits of the vrin/

Take 6 pinte of whit wyne boyle it softly with a spoonful of percley

seed and drinke it firste and laste./

ffor payne in the backe./

Take sage and put it vppon a litle stone by the fire and let it sweete

and when it is moiste take it and put it in a cloth and lay

it to your payne in your backe/

To restore and helpe nature./

Take a pinte of milke and set it ouer the fier and when it

boyleth to the tope of the panne then put in halfe a pinte

of muscadine well beaten with 2 new layed Egs shells

and all, and then let it boyle againe and Cleare the

liquor from the Curd then take id weighte of good parmasty

and put to it a good draughte of the liquor and drinke it

this will restore nature and Conforte it./

ffor the Consumption of the liuer or nature

page 24 (folio 15 verso) || page 25 (folio 16 recto)

Take and boyle a potle of worte not stronge to d or 3 parte a

handfull of mayden heyre 9 leaues of Liuerworte harts toung

9 leaues fennell Roots and percely rootes of Each d handfull the

pithes first taken out and all well brused and put in the

worte and after the firste playneinge put in an oze of

saunders and beinge almoste soden put in a quantyty of

brused Camomile and then strayne it and vse to drinke

thereof firste and laste 3 or 6 spoonefulls/

ffor heate of the liuer./

Take housleeke and stampe it put to it womans milke

and make a plaster therof and straw a few saunders

thereon and then lay it ouer the paper all the night and

it will helpe./

ffor the same.//

Take aqua prasi aqua ffenecoly aqua Cusuty of euery on

halfe a spoonefull and vse it without other liquor./

To vnstope the pipes of the liuer and milke/

Seeth Smallage and elder togeather and drinke the broath

A singular medicine for shortnes of

breath and stopinge of the longs/

Take Centory a handfull and put to it a pottle of stale ale

and so let it stand by the space of a day then still it and into

the water put fennell seed, Carryeway seed of Each then drinke

let it stand for a day and still it againe and then drinke

of the water morninge and Eveninge and you shall find it good

To avoyd fleames and purge the longs

Take isop 2 handfull penyroyall a handfull wash theese hearbs cleane

assunder licoras the Russet barke taken of bruse it with i oze of

annyseed put therto greate Raisons the stons taken out id of

dates Choped id barly 4 handulls boyle al togeather in a galon

of new stronge worte to a pottle and after strayne it harde

then put into the liquor 2d suger candy vse this drinke

warme 2 or 3 tymes in the daye/

To restore and scoure the longs

Take on parte of methredates and 3 parts of Conserue of

Roses mingled togeather i howre before your go to bed wake

gently after the same and drinke not that nighte./

To Cleane the brayne breste and

stomacke and to procure appetite./

Take 3 handfull of Centuary seeth it in a gallon of water vnto a potle then cleanse

it and put therto a pinte of Clarified hony then seeth it safely to a quarte a

drinke thereof 2 spoonefulls at once Early and late./

ffor a watry and flematicke stomacke./

Take 2 ozes of woormewood a handfull of Skabias and a fennell Roote seeth

them in a potle of water and put anniseed therto and let it seeth to the

halfe then straine it and put to it Eight ozes of Suger Candy and let

it take on walme and so vse it 4 or 5 tymes in the morninge./

To purge the stomacke vpwards./

Take daffadownedilly rootes peele and stompe them and strayne out the Ioice

and drinke it take warme./

ffor winde in the stomacke./

Take a pinte of woormewood wine and a handfull of wild mynts a hand

full of Calliander Comfaits and lay them in soake all night and drinke

it in the morneinge./

A powder to Conforte the

stomacke and to breake winde

Take ginger Sinamon galingale of each d oze aniseed ffennell seed Cariway

seed of Each a quarter of an oz longe pepper maces and nutmegs of each

2 drams beate all theese in smal powder & course them and put therto ili suger

ffor winde

Take ili of fennell seed dli aniseed 4 handfull longe deibeife & Endiffe harts

tounge of Each 2 handfulls

A singular diet for winde in any place of ons body/

Take Comin infused d oz Carriway seed ffennell sed anissed of Each i oze

sinamond ginger gallingale longe peper graines of each d oze mace

nutmegs Cloues black peper of each 2 drams 4 oze of good licoras

shred and not pownded vse this at all tymes necessary./

ffor on that lacketh

breath or winde/

page 26 (folio 16 verso) || page 27 (folio 17 recto)

Take good treacle the quantity of a filbeard and of diamgarariton Callidium &

temper it with beare or with wine and drinke it hot./

ffor the brease and pipes and to purge the head

Take Centuarye and seeth it in water and drinke therof 3 dayes fastinge

A medicen good for the brest and pipes

Take a gallon of stale ale and id of licoras scraped and bruised well & a

handfull of Isop and bruse it ad put them in the ale and put them

altogeather in a new Earthen pot and let it boyle till the halfe be

Consumed & scume it well in the boyleing and stop the same pot faste

& when it is Could drinke therof Eveninge and morninge./

Atison

Take burige water lillies the whit flowres lettis harts tonge Endiffe

Maridolds sinkfields & southistles of each a handfull and boyle them

in a gallon of straineing water and put in dli of figs a handfull of

barly and ijd of suger candy and a sticke of licoras pared and bruised &

let them boyle togeather to a quarte then strayne it and drinke therof

firste and last 2 draughtes./

Attison very good for a Tissicke./

Take barly and boyle in water and when it is well boyled straine it &

set the liquor ouer the fire and put therein figs Raisons of the

sunne the stones taken out strawbery leaues sinkfield burrige

buglas parceli rootes & fenel roots with the pithes taken out licoras &

aniseed and suger candie and boyle all theese togeather til it be of the collor of

malmesi you must vse to boyle it often because it wil not keepe.

17

To make gelly of Harts horne

Take a quart of water, 4 ounces of harts horne shau'd, put itt into

an earthen pott and couer it closse, then put your earthen ^ pott into a

vessell of water ouer the fire & let it boyle vntill it will gelly, then

straine the gelly from the horne, and when it is quite cold put it

into a skillet and aboute twelue spoonefulls of white wine, a little

ioyce of lemons and some of the pill or rinde, a few coliander

seed bruised, a little ginger sliced, and 2 or three graines of

of Amber-grise. then let it boyle vntill it will gelly againe.

straine it into a gally pott, and keepe it for vse.

Aqua mirabilis.

Take gallingall, cloues, rubils, mace, nutmegs, ginger, melitoe

flowes, cardimonia two dramms of each, and all these

make into powder put into a pinte of the iuice of Saladine

mingle these all together and with a pinte of aqua com=

posita and 3 pintes of good white wine, put them all into

a stillitory of glasse, and let them stand all night, and on the

morrow still them with a soft fire as may be. This water

is of a secreete vertue.

To make white Metheglin or Meth.

Take 12 gallons of pure spring water. then take Parsley Rosemary, Strawberry

leaues, Scabius, Betony, Wilde Time, Eglantine, Liuerwort Balme, of each

a good handfull. when the water brings to boyle put in those hearbes, let them

boyle halfe an houre, then straine the water from the hearbes, and let it stand

vntill it be luke-warme. Then put in as much of the best honey till it be soe

strong as to beare an egge, and that some part of it appeare aboue water. Then

boyle it againe, them clarify it with the whites of egges, as they vse to clarify

sugar. Then scumme it well, and let it coole as you doe ale. Then put good ale

barme into it, and let it worke vuntll it begins to sharpen. Then tun it in a

well seasoned vesell, and put into it a bag a conuenient quantity of Nutmeg

Cinamon, Mace, and some ginger.

The hearbes are to be gathered in May, vnles, Rosemary, Parsley, and

Strawberry leaues. Look page 3.

Hearbs

Sax^ a phras

Scabius

Eglinlinton

Buglas

vnset Isop

mether time

Bettony

Egremoney

Rosemary

Bayes

Berage

Strawbery leaves

violet leaves

orgamy

camomile

Harts tongne

Sweet Margerum

Persley roots

fenell roots

century

cardus

Spiecs

Ienger

cloues

Aniseeds

Licorise

Take thes of each a

proprotionable quantiti

therewith all make metheglin

Sidney Kettel bis

folio 17 verso || folio 18 recto

An infalable cure for the Tissick

Take some Beres greese and honny melted together and

drink it this is good for man or beast

for a strong set cold in a horse

Take a halpenny worth of whit wine veniger & a penyworth

of oyle of bayes mix these well together vpon embers to

bloud warm not to hot soe put it into each nostrill with

a horn soe rid him gently let him eate not his meat

on the ground not to hold vp his head at the rack

for the Dropsy

Take a good quantity of sage & put in a pasty of

barly meal soe bake it in an oven with great bread when

its cold break it all to peeces & put it in a bag of lininy

& soe into a barrell of Ale & drink it at all times after

one fortnight old make that your only drink

Mr Charltons receipt for any manner of sore or swelling on

a horse back or leggs if the skin be broaken or any othere place

Take Tabacoe in leaues or cut & put it on any plaiste

and soe apply it you may wash any sore in horse or sheep

with the scab in water with Tabacoe either stalks or leaues

were boyled in & it cures with Gods blessing

For any both swelling hott or

Take spring water cold and thicken it with Oatmeale like

a poultese and soe apply it

For the whore scab in the head

Take a Marybone of fresh beaf & take out all the

Marrow out of the raw bone and take white pepper

puned and mixe it in your hands till it becomes a saulf

which will be in one hower then rub the head with it and pull

out the loose heares dressing it tell its well which will not be long

Aqua Nephritica.

R:

Succorum. Raphani lb iii; Limon: lb ii

Aceti albi: lb ss

Herbarum. Pimpinellae. Betomiae

Saxifragie. Parietariae.

Fructuum. Alkekengi.

Foliorum. Althaeae arborescentis. A: vj.

Radicum. Petroselini. Faeniculi. Acori.

Enulae. Betoniae. Agrimonij.

Gentianae. Ireos Florent. ana ss.

Seminum. Cucuineres. Petroselini Macedonici.

Portulaiae. Ocynii. Caryophyllatae. a j.

Foliorum et Florum. Violarum. Tapsi barbati Scolopendriae.

Buglussi a M. j:

Infudantur infundenda in liquoribus secundum Artem

in quibus dissolue mellis despumati lb ij

fiat: SecumdumArtem Aqua Nephiritica.

Videtur potius ex superiori Acetum esse omittendum ratione

Acredinis. quia saepa a bile shimulata exasperantur Ne=

phritici.

Addendo quantitatem succi Raphanorum pro substituto Aceti

melius et tutius praeparabitur acuera cum volueris potueris

vna cum succis et ijs infusis melius cum istius dupla quantitate

Lactis vaccini recentis simul distillentur.

In accessione paroxysmatis Recipe aque probe stillatae per

Alembicum. communem sine empyreumate. capiat ager quod

alteram donec se liberandum sentiat.

Extra accessiones in vacatione doloris sumatur per totidem dies

et in Noui lunio et pleni lunio, eodem modo.

verte folio

folio 18 verso || folio 19 recto

Si dulcoranda ad gustum visum fuerit adde vel sacchari communis

culinaris quantum sufficit vel syrup: de Althaea

Cauendo interim vt insterstitia paroxysmatum non sine Leuitiuo

cathartico praetertant, quod fieri potest vel

Vel per Elect: Leuiuiti ss.

Vel per diaprunum. vel Cassiam.

vel lacte leuiti Ceruisiato cum syrup Rosa Solis et

Syrup: Althaea ana j.

Doctor Richard Knight .

In scorbuto.

Recipe

Herbarum.

Absinthij nostratis comarum

Nastutis aquatici. i:e. Water Cresses

Cochleariae hortensis i:e. Garden scuruy grasse.

Becka bungaei.e. Brook lime a M: ij.

saluia Hederae terrestris i.e: Ground Iuy or Ale hoofe a M: i

Dictaini Cretentis

Epithyion. Pulegij. i.e. Penny royall. a M: Ss,

Imperatoriae, Angelicae, Imperatoriae i.e. Masterwort very like

Angelica but sharper & stronger

Melissae, Menthae,

Roris marini. a M: j.

folia lauri numero 6 vel 8

Baccarum lauri. Iuniperi a ss:

Radium. Glycyrrhizae. ij.

Sarsepillae. vj.

Raphani siluestris i.e. horse radish

Lapathi acuti (siue aquatici) i.e. water docks} a ij

Tormentillae

Petasitidis . ie. the great water butter burre} a: ounce symbol j.

Sassafra

Florum. Roris Marini. Calendularum i.e. Marigolds.}

Boraginis. Buglessi. amountM: Ss:

Liquorum. Iunerini. Cedrini.} a: M: Ss:

Seminum. Carui. Coriandri

Fructuum. Hermodactylorum. ss.

Limonia duo cum Caryophyttis instructa

vti fieri solorent pro adoramentis, sed

melius erit si exenterentur. Limonia

et cortices tantum cum Aromatibus refaruuntur.

verte folio

folio 19 verso || folio 20 recto

Incidantur omnia simul praeter limonia, et vna cum byne .i.e

Malt, cono concoquantur in ceruisiam. aut potius (si libuer it)

inijciantur in ceruisia inustam fermentans, vt vna facilius possint

fermentare, et fortiores remaneant vires. sede^atus demum liquor

decantetur. i.e effundatur sint vel cum colatura. ita vt clarus

sit sine faecibus. adde in fine pro quauis ceruisiae libra vim

albi quartam partem i.e. pro tota quantitate quartam totique partem

Erunt autem ingredientia circa ℥ XL in pondere, quae

circa 4 gallones liquoris occupabunt. Quam reposueris

inijce limonia, post septimanam bibe ad libitum.

Si vetis vt aliquando purgans fiat ceruisia adde foliorum

Senne ℥ ij

In aestate si foliorum rosarum damascenarum manipulos tres aut

quatuor inijceris fiet.

Doctor Richard Knight .

For those that cannot retaine their vrine.

Take the shauings of firre wood or of old oake wood & let them

steepe all night in ale or beere, and drinke this in the

mornings, and it will strengthen the retentiue faculty.

For the tooth ach.

Take the greatest and fowlest toad that can be found drye

it in an ouen vntill all moisture is totally exhausted

and the carcasse perfectly dry. then take the thigh &

shanke bines and clensing them from the dryed flesh

and skin, and with the thigh bones touch but the tooth

affected, and it is a present & instantaneous medicine.

A most speedy & sertain remeady for the griping of the

gutts

Take a good quantity of malloues Mallowes & boyle in

Take a good quantity of Mallowes and boyle in Milke drinke it

something warme & often

To make Meath or white Metheglin.

Take twelue gallons of faire water.

Wilde Time.

Scabious.

Bettony.

Liuerwort.

Rosemary.

Strawbery leaues.

Balme.

Parsley.

Sweetbryar.

}of each two handfulls.

When the water begins to boyle, put in the hearbes, & boyle them vntill they be very

strong, then straine out the water from the hearbes & let it stand vntill it be almost cold, then

put in as much of the best honey till it will beare an egge floating, that the breadth of

three pence of the egge may appeare aboue the water, Then boyle it, and to clarify it put

in the whites of thirteen or forteene egges. then scumme it cleane, and cleanse it through

a haire siue. And when it is almost cold put good ale barme in to it & let it worke to be

ready to tunne, and when it hath wrought sufficiently put into the vessell in a fine

linnen cloth some sinamon, ginger, & nutmegges.

oyle of Iuniper berry to prick into suger is good

to put a Drops or tow or 3 on a knap of suger this is good for the wind

in the stommack the weaknes in the kidnes & palses & many other things as

helping digestion take it in a morning & fast a little after it

the steade of a samon

The hard row of a Sammon dried into powder leasurely not to be

burned & taken a thimnell full & put in a draugh of white wine & drink

in a morning fast one houer.

To Stope Any Inward Bleedinge

Take the powder of Corrall Mixed with gume Arrabace And put

it into planten Water, and drinke it could, & this will Stope the

bleedinge in any place./

folio 20 verso || folio 21 recto

ffor the Scurvy

Take the roots of Dockes the inner woody part taken out a quartter of a

pecke Succory 2 handfulls: Liuerwort, Sorrell, of each one handfull & halfe

Scurvey grass one handfull put them all into A Cabbage net & hang them in a

vessle in 3 gallons of good beare after it hath done working, & when it is 5 or

6 dayes, drinke halfe a pint first in the mourning. and if that giue not 3

or 4 Stooles, take as much againe in the after noone

Sir R. Saltins. for the stone

Take your red nettles that grow on dry soyle beat the stalks &

leaues together, hauing streyned it put 10. spoonfulls into

a draught of clear white wyne, poset drink, sweeten it

sugar & drink it in a morning fasting probat.um est

for spitting bloud

drinke 3 mornings Iuce of bettony & goats milke mingled together

ffor the bloody fflux

Take yarruw shred it & fry it with an egg till it be hard & eate it ffasting

ffor the dead Palsey that Doctr Power recouer his wite with

Take a good handfull of Dwarfe elder bruise it very well then put it

in a frying pan & let it be made very hott soe apply it to all parts that

are griued grieued

ffor the Collick

Take a slip of new yarne & boyle it in water very well, & then put

the water & yarne into a close stowt pan & let the patient sitt over it

bare

Mis Hatson

To take out the ague or any swelling in the breast

Take hoggs Grease & fine wheate flower make a Pottis & apply it to the breast

To cause one to make water that is stoped within

Take as much fine powder

Take as much fine powder

This is Doctor Harvies Purge and Vomite

Take a 6 penny waite of aloes and 12 graines of Masticke

and soe make it vp into 6 pills: Kimicall oyle of Fenell other

wise oyle of Cloues: and a little surrup of Roses to make them vp

with: If you please put some pouder of Ruburbe to that

Boyle whaye and half an ounce of Polipodia to a quart of

whaye and soe drinke as much as you please

ff For a vomite

Take Antimony prepared at the apothycaries, and then

lay a steep in half a pint of sack or white wine sixe Graines

of Antimony if it be a strong body then seaven Graines, let

it steep all night and then straine it and giue it the pati

patient with good stare of Posset drinke

An excellent Bolsom for any sore

Take Adders tongue gathered in the beginning of May three handfulls

without the stalk and to that a pint of the best sallet oyle: shred your

hearbs and put it in the oyle: and boyle them till the hearb be green and

dry then straine it out, and put half a spoonfull of venis Turpentine

in and giue it a walme or two on the fire: then put it in an earthen

thing to Coole, when it is cold then put it in a glasse Bottl and keep it close cover

ed and Drope a drop or two in the wound

A Plaister to vse with it

Take sheep shuet well skined and shreded small, then take the weight of it

in rosen, and put it both over a soft fier and let it simper a little while

then strain it into a pail of spring water: then worke it in the water

betwixt your hands till it be white then rowl it vp

folio 21 verso || folio 22 recto

for Saint Tantanis fire at first Coming

Take the leaues of Red hollihock the green leaues and shred them then

boyle or fry them in salt butter till enough then strain it & anoynt the place

for the red & hott the eye

Take house leek & stamp if then straine it into a new layed egge

shell after all the meat is out & a little roch Allom in it then put it ouer the

imbers to boyl then when Cold put it into a glass bottle & soe wash your eye

you may put in some hony while warm if you please but if in neither hony nor

Alome it may doe.

or

or you may take a new layed egg put away all the yolke & at

night put the whit betwen a Cloath & soe bind it to the eyes

For the after paines of a woman

Take white wine & make a Cleere Posset wthen put in as much powder of

Elico Elicompaine as you think fitt with alittle powder of sinnomon

soe sweeten it and drink it as hot as you Can

After the small pox is fitt to doe any thing to Cut them

& when they are ded & begins to itte itch put some allome into

milk till its Clear possitt then bath the face with it till it giues

ouer itching then take backen ^put it to the fire let it drop into

water & soe anoynt the face but you must beat it vp in the water,

for them that are troubled with the whites

Take tow ounce of venice turpentine and beat it very well

with the half of the white of a new layed egg and some powder of

sinnamon so to a pretty quantity of Loaf Suger beate it all well together

& make it into pills & every night & mourning take a quantity

or the stuf into a gallipot & take it with the poynt of a knife

A receite to prevent the small pox

Take the roots of Tormentell and of the best Madder of each one ounce

mallegoe sack i quart, infuse them togeather in a warme place

then poure of the Cleare and let him that is feareth or is infected with the

small pox take a glass full and he shall never be in Danger;

For read or Cleare Eyes

Take a Docke leafe and spread anoynt it with honny & soe apply

to the eyes an other boyle wodbin leaves soft tender

then take them & put some sarched suger or whit suger

Candy on the leaves and soe apply it to the eyes

For Fmalencholy dropse a scurvie

Take the powder of flemitary

one spoonfull in the mouning ffasting

in beare fast 2 hours after

take posset drink or broat mix with

as much powder of wild time

for the pane in the head

take crab veneger one pint an put

put to it a great quantitie of wild

let it infuse in the sunn one munth

or more then strain in out and

at night warme some in a saucer and

soe rub temple

folio 22 verso || folio 23 recto

to pull out a thorn or to take the fire out of a burnt or scald

take the yolke of an egg & hony mixt together with some

wheat flower and soe applyed probatum est

for the pain in the head and to helpe any lamness

Take alle and tun it vp after it hath donn working

put in a bag of grown Ivie otherwise called gill grow by

the grond & stop it Close and when ready drinke thereof

which will be with in 2 or 3 dayes probatum

Ann Approued remeady for the heart

Burning and griping in the guts

Take Acorns when they are ripe and dry them

to powder brun bruse them to powder and take

as much of the powder as will lie on a six pence in

alle

for a bruse in the eye take a slise of raw lean

beaf & bind with a cloth to the eye without salt.

for the hart burning approued

Take Curnells out of the Apricoks stones and

dry them not with to hasty heat make them into

powder and take asmuch as will lie on a six pence

in half a pint of

for the wind Collick

Take one handfull of Parcely roots and one hand

full Fennell roots slitt them and pull out the hart

throw them by then bruse the roots with a pestell

and boyle them very slowly to allmost half the

consumtion drinke a glass of it often forbear

to drinke anything after for abone hower

for inward bleeding

Take Copperis water from the Currier

and wett a Cloath in it and put it to

the previe parts of a man of woman

and about there necks neacks Rice

Morgans receipt

folio 23 verso || folio 24 recto

Distill'd Milke proper for the Scurvey

Take of Burrage Leaues, Balme Burnett of each 4

Handfulls of the outward Rind of oranges 3 ounces or

as much as comes from 5 or 6 Oranges, The whites of

of six or seven Eggs beaten vp togeather Lett these be

mixt togeather & poure to them 7 Quarts of Milke

& one of Malago , Lett them be distilled, & mix the

whole water togeather, & drink twice in a day about

halfe a Pint

For the Loosenesse of the Teeth

Take two Dramms of Myrrh a small handfull of

Scuruigrasse, Infuse these in a Bottle of Clarett

wine, wash the Mouth with it every Morning.

folio 24 verso || folio 25 recto

folio 25 verso || folio 26 recto

folio 26 verso || folio 27 recto

folio 27 verso || folio 28 recto

folio 28 verso || folio 29 recto

folio 29 verso || folio 30 recto

folio 30 verso || folio 31 recto

folio 31 verso || folio 32 recto

folio 32 verso || folio 33 recto

3rd Iohn Curson

First Sweep -

Second Sweep -

Third Sweep -

4th Sweep -

Outskirters -

No .Birds

3

3

2

Killed

2

2

2

3

Ist J. Barnfield

No. of Birds.

3

3

2

Killed

2

4

2ndM Barnfield

No of Birds

3

3

2

12

4th.S.

Killed

1

3

3

February 7th 1843.-

Rule

1 To stand 21 yards from the trap -

2 The money to be put down before the bird is in

the trap -

3 The gun to be kept down till the trap is pulled -

4 The bird to fall within the field, or not counted -

5 No bird to be counted that is killed by an outskirter -

6 a miss fire not to be count -

folio 33 verso || folio 34 recto

folio 34 verso || folio 35 recto

folio 35 verso || folio 36 recto

folio 36 verso || folio 37 recto

folio 37 verso || folio 38 recto

folio 38 verso || folio 39 recto

folio 39 verso || folio 40 recto

folio 40 verso || folio 41 recto

folio 41 verso || folio 42 recto

ffrom Mary Baker

To make Cleare Cakes of Gossberies or any other fruit

take your gosberiers & stew them straine out the Cleere gelly to a pint

of gelly a pound of suger put your suger in a skelet with soe much water as

will wet it boyle your suger to a Candy height warming the Gelly the

meane time then put in your Ielly & let it stand on the fire a little

but it must not boyle then put it out into moulds or plates & let them

drie in the sun or stofe

halfe a pound of

suger to a pound of

Plomes

To dry plomes

Take your Plomes & stone them with suger let them stand

all night then sett them on a soft fire turning them oft then take

them out & boyle them your Sor^ripe to a candy heith let the plomes lie

in it all night, then put on your plates & drie them then put them in a

little bag & scald them dry them vp

To dry Aprecokes

Take a pound of Aprecokes stone them take 3 quarters of a pound

of suger finely beaten pare the Aprecokes then fill there bellyss with suger set

them one by one in an earthen dish then strew the rest of the suger on them

let them stand all night: the next day put them alltogether in a skellett

boyle them a pretty pace when they looke clere they are well don they

must lie one by one in the skellett then put them into your dish againe let

them stand all night then the next day lay them vpon glass plates on by

one then sett them in a stove & turne them once a day

To Make Iamballs.

Take a pound of flower & something more & a pound of lofe suger finely

beaten & seearst it, & mingle your flower & suger well together, then take a quarter

of a pound of batter & breake it small in your in your fflower & suger & worke

it well in them beat a whole & with rose water make it as you doe cakes

onely worke it more & forget not Caryway & Corriander seeds

A recept for little Cakes my Lady Nuports

Take a pound & quarter of fine flower dried over the fire on r in the oven

halfe a pound of sweet fresh butter Rub it & sooke it all night in dam

maske Rose water a pound & halfe of Corrans washed & dried before the fire

halfe a pound of loafe suger finely beaten 4 eggs the whites of 2 taken away

& beaten with sweet Creame mingle all these together with as much C.....

creame as will make it into past a little muske or muskadine make them up into a

12 or 16 & let your oven be as hott as for Manchett half an ower will bake them

folio 42 verso || folio 43 recto

To make an orching

Blanch halfe a pound of Almondss & pound them small with rose water then

set a quart of Creame on the fire & when it boyles put a 12 egges & accoune

as it turnes take it it of & hang it vp in a cloth that your drinke may run from

it then when it is Cold mingle the almonds & Curd together in a morter &

sweeten it as you please in the morter that you may mix it well then take

it out of the morter & put it in a dish & fassion it like an orching &

sticke it over white cut almonds & put Currans for your eys & nose &

may if you please put a good wine glass of sacke it in it

to make a Cake

Take halfe a pecke of fine wheat flower & aire it in the oven after

you have drawen manchett then let it stand an hower & when it

is Cold againe breake 2 pound of fresh butter in the flower

rubing it with your hands till it be soe mingled that you cannot

perseaue the butter in it then put in 6 pounds of Corrons well

washed & dried in a hott cloath & well picked, then take halfe an

ounce of sinomon 3 nuttmeggs 3 rases of ginger halfe a pound of

lofe suger finely beaten mingle all these together in your flower

take 8 eggs the whites of 4 beat them very well & bat them

in the flower with an alle pint of ist and something more a

quart of Good Creame you must boyle your Creame

Stirr it till it be soe hott you can suffer your finger in it in the winter

it must be as it Comes of the fire then mingle it as you can well make

it vp but not stife butter your paper with Cold butter then lay the

paper on a peele & fassion the Cake on the peele be sure to make it

but three fingers thick Let your oven be noe hotter then for Manchett

to ise it over you must take rose water & suger your water must be very

thike with sarched suger & soe wash it over & set it in the oven &

set vp the side let it st stand allmost an hower

folio 43 verso || folio 44 recto

Chery Marmalat

To 4 pound of Cherys stoned half a pound of suger or 3 quarters at most

boyl them pretty fast when its almost enough put in aquarter of a pint

of iuce of Currens or gousberies soe boyl it till it till it Iellies

Lady Harly

Orring Cakes the best way

Take seuerall orringes pill them soe cut them in long slices thin & boyle them

pick out the meat clear from the seeds & skins & boyle the pulpe, when the pill is

boyled soft mince it small, to 4 or 5 big orringes take a pound of suger and

boyle it to a candy stir it till it be almost cold then put in the pill and

stir them well, then put in the pulpe & warm it over the fire 2 or 3 times

as ffor other Cakes lay it to dry in a stoue if they be thick pills pare of some of

the white if thin you need not put all the iuce or pulp beacuse it will

run about to fast much

To make ielly of Pipins

Take half pipins & half Iohn Apples pare & cut themin thin peices soe boyle them

in water till the aples are soft but not to mash them run the lickquir throw a

straining siue & to a pint of the water a pound of refined suger boyl it to a

Candy, soe put in the Ielly boyle it very fast till it be almost a gelly then put in

the iuice iuce of 2 lemmons, let it haue but a walm or 2 after the leamon is

in: you may boyle orring or lemmon tender & put slices as you like

To dry Pippins

Take your Pippins, cut them in halves, pare them & cut the coares of & parboyle

them in faire water, then clarify a pound of sugar, boile it, to a full syrup

& put as many pippins as your syrup will Cover, let them boile fast

vncovered, till they be so with tender, that you may put a straw thro them, then

take them forth, dust them over with searched sugar, so dry them,

To dry-cherries

Take of your fairest cherries, prick them full of holes with a small

pin: and dust them over with searched sugar, lay them on the bottome,

of a sieve, & put them in a hot oven to dry, & dust them over with

searched suger, every quarter of an hour, for the space of 3 hours. then

let them stand in the oven till they be throwly dry & so keep them

for your vse,

To dry all manner of Greene plums

Take your plums being grene, & scald in hot water, & pill the thin

skyn of them, then put them in the water againe, & let them stand

close covered over a soft fire, 3 or 4 hours, & they will turne

greene agen, then clarify a pound of sugar, boile it to a full syrup &

put half a pound of plums in it, let them boyle Very leasurely till they

are very tender, then set them to coole & boyle them every an houre 7 for 7

dayes together very slowly, then set them to coole, take them forth of the

Liquor & dry them for your vse,

White quince Marmolat

Take your quinces, pare & cut them in pretty big slices, put it into

water as you cut it to keep colour, to a pound, & quarter of quinces

put a pound of sugar beaten, & 3 or 4 spoonfulls of water, so boyle

it vp with a very quick fyre, when it is almost boyled put 2 or

3 spoonfulls of iuyce, of the water thatthe seeds are, boyled in, & boyle

it with continuall stirring, or els it will burne in the bottome, boyle

it till it be as thick as starch, then after that quic thickenesit put in

2 or 3 drops of oyle of anniseed & boyle it a little longer with

Continuall stirring, then take it out put it in a pot, & make it into

pellets as you please

To make white quince Cakes

Take faire quinces newly gathered, scald them over a slow fire, continu=

ally turning them. as they grow soft, so take them vp, pare & scrape

them till they. come to the. stonynes, Grynd & breake the pulpe till it

be soft, take raw quinces, grate them, so strayne out the iuice as you

grate it, else it will change color, set it over the fire, & let the iuice

boyle & scum it, then put the iuice to your pulpe, so much as well make

it thynnish, to every pound a pulpe, put a pound of double refyned

sugar, wet it & boyle it to a Candy, stirring it till tis cold, then

put in your pulpe, mingling it well together, & break all the knotts

in the sugar, set it over the fire, tell it till it be hot as you can

endure your finger in it, take it of & do so 2 or 3 tymes, so lay them

out on plates in what forme you please, so dry them,

To make Rasbery cakes

Take Rasberies & put them in a pot to boyle, in a skellet of Water

then mash them, & strayne out the 3d part of the stones, or

somthing more, to 2 pound of Rasberies, take a pound & half

of sugar ^wet your sugar & p boyle it to a Candy height, then let it be almost

Coold, ere you put in your Rasberies, stirring it, put in it 1

or twice over the fire, as for other cakes, & so put them in

sawcers to dry in a stow,

For shortnes of breath

Take a wyne glasse of Penny, royall water, 3 morni stilled & so

take it 3 mornings together,

folio 44 verso || folio 45 recto

Too make a surfet water,

Take a handfull of wormwood, & a handfull of speare mints, & a handfull

of Cardus, & a handfull of Dragon, & let them stand all night

in a pottle of new milk, & the next morne still it all together

To make Puddings

Take a good quantity of pithe of oxen about half a pound or more, let

it ly all night in water to soak out the bloud, the next morning

strip it out of the skyn, beat it with the back of a spoon till it be as

fyne as pap, you must beate a little rose water with it, then

take 3 pints of good thick creame, boyle it with a nutmeg

quartered in it, with 3 or 4 leaves of large mace, a stick of cynamon

then take half a pound of the best Iordan Almonds blanched in Cold

water, they must ly in water all night to make them blanch then

beate then in a morter with some of your creame, as they grow dry

still put in more Cream, & when they be well beaten, streyne

the Creame from the almonds, into the pithe, then beate them

till the creame be don, & streyne it still to the pithe, then take

your yolks of x egs withthe whites of 2, beate them very well

& put them into the former Ingredients, then take one spoonfull

of fyne grated bread, mingle all these together with salt

& soe fill the your puddings a pound of fyne sugar, & the marrow of

6 or 7 bones & salt & so fill your puddings, they wilbe bitter

musk or ambergreas put in,

To make delicate ffurmetie

Take 3 quartes of Creame, then take a quarter of a pound of ffrench barley

the whitest you can get, & boyle it very tender in 3 severall waters

& let it be could, then put both in Could together, then put in a

blade of mace & a nutmeg Cut in quarters, a race of ginger cut

in 2 or 3 pieces, & so let it boyle a pretty while, still stirring

it & seasoning it to your tast with sugar, then take your yolks of 4 or

5 eggs & beate them with a little creame, & stir them into it

& so let it boyle, a little after the eggs be in, then haue ready

blanched & beaten almond some 20 or 30, keepe them from

olying with a little rose water, then haue a fyne strainer &

rub your Almonds with a little of the thynnest of your furmety

thro the strainer, & set it on the fyre no more but strow a

little salt & a little slyced nutmeg in it, but pick out the great

spices & put it in a dish,

To bake a Carp

Scald wash & dry. a fair large Carp season it with pepper salt

& nutmeg, put it in a Coffin with raisons stoned, the iuice of 2

oranges, & good store of sweet butter vppremost, sprinckle a

little vyninger, cloves, bake & serve it vp in any of these baked

meates you may put in onyons or a clove of garlick

To make a Cold Posset

Take a pint of white wyne & the Iyce of a leamon 2 spoonfulls of virgice

a little Rose water, a branch of Rosemary & as much musked sugar

as you think will sweeten it, brew all these together a quarter of an hour

then let it settle, & streyn it into a posset pot & take a quart of new milk

then you must stand vpon a table or Ioyn stoole & hould it vp as high as

as you can, the posset pot standing on the ground, then powre in your milk

to the wyne as softly as you can stirring it about, strow sugar vpon

it & let it stand till you vse it

To make an oyster Pye

Save the Liquor of your largest oysters, season them with pepper & Ginger

& put them into a Coffin with minced onions a few Currans & a good

piece of butter, then powr in your syrrop, & close it when it is baked

Cut vp the pye & put in a spoonfull of vyniger & melted butter

shake it well together & put it into the oven again a little while

then take it out & serve it vp

To make wyne of Raspries

Take 5 quarts of water boyle it till a quarte be wasted then take

4 pound of raisons of the Sun picked & washed & bruised a little

put them in an earthen pot, then take six quarts of Raspries, bruise

them a very little, & powre on all the Water boyling hot, add

thereto half a pound of loaf sugar, stir all together, & set the vessell

in a Cooll Cellar close Covered, stirring it well once a day for

4 dayes together, then let the Liquor, run throw a close hair

sieve & put it into a close vessell with half a pound of sugar

more for 2 days to settle, then boyle it with a lump of sugar

To make wyne of Goosbryes

To 3 pound of ripe goosbryes picked & bruised adde one quarte

of spring water & one pound of sugar set all together

on the fire & boyle a quarter of an hour strain it &

put it into a close vessell for 6 days then bottle it vp

folio 45 verso || folio 46 recto

To stew a rump of Beef or any other piece

first parboyle your Beef then take it vp, & stuff it with savory, tyme

sweet Marioram, Pepper salt, & good store of beef suet, they

must be shred very small together, & stuff your beef thick with

it, & some of the holes, put a clove of garlick & so put it in your

poot & stew it till it be ynough

To bake a rump of Beef

Take a rump of beef not to fat nor to big, rub it gently with

salt then take tyme, sweet marioram, & pure beef suet

a little beaten, & minse your hearbs & suet very small

strow a nutmeg & mace on them, & mingle all well together

stuff your rump of beef well with your things then lay it

in a clean earthen pot, & poure on it half a pint of

white wyne & as much fair water, as will Cover it

& no more, Cover your pot very close, then either

set it to stew or set it in the oven, if it be stewed the longer

the better serve it vp with sippets,

To Coller Beef

Take a piece of beef that is inter larded with fat, if it be not

fat ynough, larde it with bacon but let not your piece be to big

Cut your beef long like a Collor of brawn, season it with peppar

& salt mace & nutmeg, then take herbs according to your liknes

cut them very small, strow it on the beef then roll it vp

as you do brawn, bake it withthe houshold bread, within a

pot no wider then your Collar, Else it will not be Covered

over with liquor, you must put butter in the bottom & on

the top, & some white or claret wyne if you please. past

vp your pot, & let it stand a week before you take it out

of your pot, you may warm it on a few ymbers, when

your pot sides are warm it will slip out/

To preserve Rasberries whole

Take of your fairest Rasberys, to a pound of them, take a

pound of loaf sugar, beate it to your 3d part of sugar, with

as much water as will wet it & with the back of a spoon

mash some red corans & streine in half a pint of the raw

iuice into the sugar & boyle & scum it well, then take

it of & put in your berries being ready pickt, haue a quick

fire & when boyle vp strow in your part of the sugar

being finely beaten which will keep your Rasberries from

breaking, when it will gelly put them in glasses,

To make apple Cream

Take your apples & pare them, Cut them into halves put them into

water, then take them out of the water, & lay them into a dish, &

put in water ynough almost to Cover them, then put in a good

quantity of sugar, a little whole Cynamon, 2 or 3 cloves

Cover them with another dish & so let them stew, often

turning them, & when they are pretty well steewed & the

water well wasted, put in a little fat sack, then take some

cream & boyle it with a little mace, when it is boyld take

it of the fyre & stir it till it be almost cold, to a quarter Cream, take

the whites of 4 egs beate them very well with a little rose water

stir them into your Cream, & season it with sugar, then set it on the

fire & stir it all one way Continually till it boyld, then take it of the

fire till it be almost Cold, & put your apples into the dish you meane

to serve it vp & take out the Clove & synamon, then pour your

Cream on the top of your apples, put some sypets of bread about

your dish, grate some sugar all over it, so serve it to the table

Orange Marmelat

Take oranges, cut the outer rinds being pared of, cut them in halves

take out the meat, boyle them tender, shifting the water 4 or

5 tymes as you find them bitter, the water must boyle always before

they go in & when they are tender take them vp & cut them

into small long slices then weigh them & to every pound of orange

put a pound & quarte of double refyned sugar put in some pippin

Ielley & mix your Iuice of oringe sugar & slices & Ielly

altogether, the orange Iuice must Come thro a hair sive

if you please you may add more sugar so let them boyle

gently, till all the sugar is melted & then as fast as you please

always stirring it till it be of the thicknes of marmolat

& iust as you are ready to take it vp, warme some of it &

put in but it must not boyle after,

To make Pippins green in Wynter

Boyle your pippins tender, & pell of their skyns, put them into water

again, Covered it close over hot imbers & let them stand 3 houres

Turning them somtimes till they are green ynough

To make prince Bysket

Take 3 egs yolks & whites, beat them in a bole or basin a quarter of an

hour put to them half a pound of sugar & beate them as Croms agen, then

put to them half a pound of fyne flowre, & a quarter of an ounc of annyseed

& beate them together whilest the oven is a heating, & when it is as hot

as for manchet butter the Plate, put it on them, Bake it, then

then dry it & keep it for your vse,

folio 46 verso || folio 47 recto

To preserve oringes withthe meat in them

Take your oranges ty them vp in a Bag with a stone in the Corner to make them sinck

vnder water, let them be Covered with water, chang the water evey day for a

week, thensearer cowre them with salt, then cut a little hole at the stalk, &

take out the seeds & your Uice, but leaue in the meate, then if they leaue

a thick coare or rind pare of the roughnes thicknes, if it be a smooth rind you

need not pare them, then with hen your water boyle, put in your oranges in a

bag as aforesaid, & let them boyle till the water is bitter, then hauing ready

another pot of water boyling chang the oranges into the fresh water

4 or 5 tymes till they be tender, then to 3 pound of oringes take

|3 pd pound of sugar & with about a pint of water make your syrup

boyl it & scum it & so put them in, boyle them one onee hour, then haue

ready a pint of Ielly of pippins, put it in by little & little as it

boyls & let it boyle on houre more then put in the iuice

of the oringes & so take it of & put it in your pots altogether

while tis hot, you must be sure to dry your oranges on

a cloth, before you put them into your Syrop to make the Ielly

of pippins pare your pippins & shre them Coarse & all into some

fair water & boyle it till it is strong of the pippins & so

strain it

To make Cowslip wyne

Take 6 gallons of spring water, put into it a pound of loaf sugar

set it on the fire & let it boyle one hour, then haue a basket

of Cowslips ready pickt, put them into a cheese cowle, then pour

your water boyling hot on them & Cover it Close, & so long let

it stand 3 hours, then strene it & when it is Cold

ynough Cut 3 or 4 pieces of white bread & put some barme

vpon them, & put them into it, & make it work

& when it is ready tun it vp & stop it close, when it is a

fortnight old, draw it out in bottles, put a spoonfull

of syrup of leamons into every bottle,

For the head ache

Take the brains of a Crow siethe it & eat it there is no pain so great

or old but will heal it

To Cause to make water which is stopt within

Take as much fyne powder ofEnglish safron, & of fyne pure

black soap .. mingle together & lay it on the flesh side of leather

& make thereof a plaister which you must on lay on the navle

To make oyle of Broom or the

yellow Balsam

Take the flowrs of Broom & pick them clean from husks

likewise the flowres of Eldar, with may butter a good quantity

beate them together in a morter, then put in an earthen

stew pott, stop it close & bury it in the horse dunghill 8 or 9 days

then melt it on the Coles, then streine it throw a clean cloth

& keep it for your vse

The Leaden Plaister

Take 4 ounces of oyle of olive, best good Red lead one P pound

white lead one pound, powdered. beaten to dust very fyne

12 ounces of Spanish sope, incorporate all these well together

in an earthen pot well glazd, before you put them to boyle after

they are well mingled, so that your soap cometh vpwards put it on

a small fire of coales cloathes for an hour & half speedy still stirring it

with an iron ball at the end of a stick, then make the fire somwhat

bigger vntill the rednes be turned into a gray Color but you must

not leaue stirring, till the matter be turned into the Color of oyle

or darker, when it is ynough when a drop of it vpon a wooden platter

will not cleaue to the finger, then make it vp in to a roll, it will

keep 20 yeares, the longer the better it is kept

To lay on the stomack a plaister, takes away any grief thereon

the belly for cholick or reynes, bloody fluxes, generall heate

of kidneys & weaknes of the back, healeth all swellings burnings

bruises, takes away. aches. breaks felons pushes imposthumes,

& heals & draws any running humor. as the gout not

breaking the skyn, head ache eys Toothache Takes out the

fire heals a burne or scalds,

A receipt for the Stone Chollick provd by the Lady Clark

& Mr Bunch

Tak hipps hawes parsly roots, fennell roots new laid egg shells dry them in an

oven, beat them to powder then take of the hypps haws & eg shells of each a

spoonfull, of the parsly & fennell roots of each half a spoonfull; put them into

a still cloat leaves & a few nettle topps to take this morning & Evening

but one may take them at any tyme as occacion serves

To dissolve grosse humors, open the lights & help the breathing

Put mustard seed into figs & eat them at night;

Rost powder of Hysop in figs eate every day one,

ffor the breast stopt with Colde

Boyle figs with mustard seed in wyne & drink it lukewarme,

folio 47 verso || folio 48 recto

To make Mackerons

Take 3 quarters of a pound of almonds blainch them & beat them small

with rose water put to them a pound of suger & the whits of 2 eggs & a

grain or 2 of muske being steeped in a spoonfull of rose water beat them

together till your oven be hott as for Manchett then lay them vpon wafers

in what form you please bake them dry them keep them for your vse

To make Almond Cake

Take a pound of Almond blanch them beat them very small with rose water

then put to the half pound of fyne flower & a pound of sugar the whites

of 2 egs beat them together while the oven is heating lay them in

paper or wafers in what forme you will

To preserve quinces whole

Pare & Core them at the little end, take almost the weight of sugar put

to it half a pint of water or a little more put it to the Sugar, boyle

& scum it so put in the quinces let them stew softly close covered

when they are of the Colour of Claret well boyle them vp a pace

haue the Cournells boyleing in a skellet of water, when your quinces

are almost boyled to a pound 3 or 4 spoonfulls of the Ielly

then put them in glasses

To Candy Flowers in their perfect Color & sent

Take a little piece of Gummarraback & lay it in steep in rose

water till it be dissolved then take white sugar Candy & bruise

it small like little sparks of Diamonds then take your flower in

the heat of day lay them on the bottom of a sive wet them over

withthe Gum water & strew the sugar Candy vpon them set them

in the sun to dry and when the one side of them is dry then turne

the other & Candy the other side of them in ^ the same manner & so

you may vse them as you please

To make Clear Cakes

Goseberies or Curranes put them into a pott with a spoonfull or 2 of faire water

if it be for white they must lye but a few at a time & power out the iuce of

them take the full waight of sugar boyled to a candye height soe order it

as othere Cakes.

folio 48 verso || folio 49 recto

To make Marchpan

Take a pound of Almonds blanch very Clean then dry them in a cloth put to

them half a pound of Suger beat them into a past & if your past beat oylly put a

little rose water into it, beat it together & that will tak out the oylliness of

it & soe you may mak a Marchpan or print it your molde or how otherwise you pleas

To make wine of Cherries

Take ^ of the best Cherrys as many as you please crush them a little in your finger

& then bruse them with a ladle in a bowle, let them stand all night in an earthen

vessell, the next day, strain your them hard take to every gallon of liquer a

pound of loafe suger And put in into a close ^vessell let it stand there i4 ds

then bottle it with a little suger if you intend to keep it long put in the more suger

Another way

Take a runlet that hath had wine in it & fill it about 3 parts full of ripe

Cherries the stalks & stones taken out then fill it vp with Spring water that

hath been boyled & is Cold againe, put in a stick of sinnamon halfe a pound

of suger then stop it vp close & set it in a coole seller for six weekes, then

bottle it with with a lump of suger in every bottle: you may if you please fill the vessell

againe & add one pound of suger

To make wine of Raspis

Take 5 quarts of water boyle it till aquart be wasted, then take 4 pound

of Reasons of the Sunn picked & washed & bruised a little put them in an

earthen pott then take six quarts of Raspis bruise them a very little & power

on all the water boyling hott add there to half a pound of loaf suger stir alltogether

& sett the vessell in a cowle celler close covered Stirring it well once a day for 4 dayes

together, then let the liquir run thor^ough a close haire seeve, & put it into a close

vessell with half a pound of suger more for 2 dayes to settle then bottle it with a

lumpe of Suger in every bottle

An other way to make wine of Raspis

Take to every Gallon of Rasberies a pound & half of loaf Suger beaten fine, let

the raspis & suger be beaten together & let it stand 24 howers then let it run thro

ugh a bag then put the liquir in a close vessell for i0 daies to settle, then boyle it with a

little Suger, & being coold put it again into a close vessell, with half a pound more & set

it in the seller till it hath the tast of win

of black berries

After the same manner is made the win

of black berries onely the liquire requirs not boyling, nor soe much suger, but you may

add a quart of water to a gallon of blackburies

To make Plume wine

take ripe Plums with out stalkes slitt them round & Cross way, & therewith fill

3 quarts of a vessell: if the Plumes be sweet there needs noe suger: if they be Damsons

to every Gallon of water that must fill vp the vessell take one pound of suger

boyle the water & suger together & when it is Cold being first well scummed

put it to the plumes & let it stand a weeke

folio 49 verso || folio 50 recto

let it stand a weeke if you find the firmensacion strong draw it of souner

5 put a little Suger to every bottle, if you make any without Suger you must boyle

the water alsoe

To make wine of Currans

To fiue a quarts of water adde 2 pound & half of Suger boyle it to the Consummation

of one quart Scume it well, & to every quart of water: put a gallon of Currans

bruised in a morter stileve them well together & let them firment which when they begin

to doe draw of the liquor thorow a gelly bag puting it to settle 2 daies in a close

vessell then power it from the dreggs & Put again in the same vessill & being well

stoped let it stand in a coole seller for a then boyle it vp with a little

Suger if it stay tow long dregges it will ferment to much let the Courrans be

very ripe & will picked from the stalks wine of Gousberies is made

after the same manner, but if the fruit be very ripe it requires not so much sugo

suger

To make wine of Goosbery an other & a better way

Take 3 pound of Ripe Goosberies stunted picked & bruised add one quart

of water spring water & one pound of Suger Sett all together on the fire & boyle

it aquarter of an hower strain it & put it into a closse vessell for 8 daies

then bottle it vp

To make wine of Raisons

Take 10 pound of Maligoe Raisons wash dry & bruise them in a morter then

put them in a tub that hath a hole in the bottom, which hole must be stoped with a

small staft that will fitt it about the lower part of which must be put a thom

such as bruwers vse to keepe there graines from runing out with there liquirs, put

to them i0 gallons of water first boyled & then cold againe Cover the vessell close

that the spirits fly not out let it stand a weeke in summer and a fortnight in

winter stir it every day except the last day, then draw out the tap & let it

rune into a tub then strain it throw a Cotten bag in to an other vessell: if it be

winter warm it till it be as wort in summer when the yest is put to it if it be made

in summer you need not warme it but draw it of & tun it vp in a close vessell, then

take 3 quarters of a pound of Almonds blanched & beaten with milke, make them

vp into 2 or 3 balls & putt them into the vessell, let it stand till it be clear, And

with a lump of Suger & a little Lemmon pill bottle it vp let it stand amounth at lest

before you drinke it: if when you haue drawn of the liquer you put 3 or 4 gallons

of water boyled & Cold as before to the raisons & let it stand 4 or 5 dayes

you will haue fine small wine: after the same manner may be made wine of blue

or dryed Corrances

To preserue white quinces

Take the fairest english quinces & Core them & put them into water; & scald them

tell they are very tender; but let them not boyle, but assoune as they begin to boyle

take them of & let them stand in the water & when it begins to coole put them on

againe besure you keepe them vnder water with that which you cover them with

& when they be very tender all over take them out of the water & put them into

a hott cloth & pare them & cutt of the end cut a hole in the end next the stalke, then

way them, & to a pound take a pound of the finest double refined Suger beat it &

put it into a scellet with a wine pint of water & set it on the fire & when it is

hott put your quinces in & let them boyle leasurely for a good while still stirring them

& pricking them with a bod small bodkin when they are very tender boyle them as fast

as you can possibly that the sirrup may cover them: & when the quinces looke cleare

& the sirupe Drops drops thick take them of & put them in glasses, but be carefull all

the whle they are boyling to scum them very well. quinces first gathered will doe

best

folio 50 verso || folio 51 recto

folio 51 verso || folio 52 recto

folio 52 verso || folio 53 recto

folio 53 verso || folio 54 recto

folio 54 verso || folio 13 verso

back inside cover || folio 1 recto

fifty & seaven cheese in the Chaest

oct scart

what fflax I dressed Iun & Iuly 1675

of one sort of flax one hundred & tow pound

of the shorter sort there wast was dressed twenty one pound

of the first sort of flax f hurds thirty six pound

of the shorter sort of flax hurds seaventeen pound

of Cleerings of both sorts fore double pound

dressed then of Hemp three double pounds & 3 quarters of a

double pound

& 2 double pounds of Hemp hurds

Goodman Iames at worke & his sonn i5 daye at 6d the day

& his sonn 3d the day

tow sonnes of his more at work i2 dayes the on

at 6d the day the other at 5d the day

the Totol som th to the 4 men is ili=2s =3d

76

A note of what flax I haue in all August the last 76

of that which is very in the Cheast in Lettu Chamber 6 Seaven: ty 70 pound

in an other box that I lately dressed forty fore pounds & a halfe

in the Chist which in the hall there is of a Course stitt of flax

of ..... twenty pounds in the same Cheast there is

of a much finer sort thirtin pound. and a parcell of very

fine flax in the same Cheast of sixe pound

there is 3 pound more then all the preceding in the butterey

there is in sinckly parlor a parsell of flax hurds of

twenty four double pounds Sept the first 76

forty one .... .. ...ed yarn in the garet Sep the first 76

4 .ins of raw yarn in the garet Sept the first 76

Ei.9.^

Take one pound of Creame and a pint fyt .. beat one ......

blend it with sort creame being halfe a pint makeing it as you may knife which done put

in suger & sweetten it as you please then sett it in a deepe dish to coole & take the other halfe pint

of the creame being thicke & sweeten it as before with rosewater & suger beating it with as ...

till it be a handfull aboue the dish & the froth rising take it vp & put it onely aside till it

be risen vpon height takeing the other froth from the creame as it riseth

To make harts Horne Ielly

Put a quart of water into a new pipkin put to this 2 ounces of harts horne halfe a blade

of Mace & a tip of rosemary & a peece of Leamon pill let these infuse 2 howers then boyle

them till halfe be wasted then put into it awine glasse full of white wine & a quarter

of a pint of red rose water boyle these halfe an houre on a soft fire then straine it into a galley

pot & sweeten it with suger candy lett the party drinke of yt 3 or 4 spoonfulls in the morning & at

4 a clooke in the afternoone

To make Snow Creame

Take a quart of Creame & take 5 whites of egges & put into the Creame sweeten it & then strean

the Creame th into a pan then make a sticke about the bigness of a Childs arme then cut it Cross

that it may stand wide then beate your Creame till the froth riseth then take it of in

a Conteander & soe beat your Creame till you thinke you haue froth enough then take yourContean

der of the Creame & boyle yt & put it in a dish & let it stand to be cold then lay on the f..

you may boyle rice or Almonds in your Creame

To make white puddens

Take one pound of Rice & boyle it in milke & lett it stand till it be cold & then grate 2 penny

Loafes & sift it & halfe apound of Almonds blanched beaten with rosewater i. egge

& whits beaten both well together 2 pounds of Currens & 2 nutmegs with a little mace 4 pound

beefe suett finely minced one pint of Creame boyled then cooled 6 spoonfull of rose water

of suger with a spoonfull of salt all stirred well together

For Suger Cakes

Take halfe apound of Butter a quarter of a pound & an ounce of suger 2 spoonfulls of Creame

spoonfulls of rose water & muske what you thinke fitting put flower enough to make it into

past to yolkes of egges & some Mace

To make an allmon Caudell

Take a pint of white wine & alittle mace & sinnement 2 ounces of Iorden allmons blanched in rose

water & beat them very fine then straine them when the wine hath boyled a while put in the

& stirr it & lett it boyle till it be thicke

To Make Almond Butter

Take halfe a pound of Iorden Almons blanch them then beat them very fine & straine them &

take aquart of Creame & let it boyle salfely then put in tghe Almons Creame & let it boyle

of an hower then cut a Leamon & Squese in it then let it boyle till you see it curdell then take

& put it into a strainer & hang it vp all day & all night the next day put it in a dish & beat

a spoone with duble refined suger then dish it according to your mind

Take a pint of Creame & a spoonfull of rosewater & sweetten to your tast & beat it till it be the

To make Cloutted Creame

Take 3 gallons of new milke set it on the fier in a stone pane & keepe it stirring till it be scalding

hot take 2 quarts of Creame & let it be 2 howers a putting into the milke over the fier then

stirr it till it be sacke Luke warme then set it in acoole place 2 dayes & anight then did it

20 graines makes a scruple 3 scruples is a dram 8 drams one ounce i6 ounces one pound

In com mio

folio 1 verso || folio 2 recto

for to make a quaking Pudding

Take a quart of Creame & let it boyle on the fire then take it of let it Coole as

you doe for a custard then take the yolkes of 8 egges with 4 whites what suger

& Spice Pleaseth your tast mingle with the Creame & egges, then take a napkin

& wett it then strew some flower vpon the napkin & put in your pudding

tying it vp very close & round then put it into a seething pott which boyleth

very fast keeping the pot stirring for feare of burning to, it must boyle but

an hower by the Clooke

then take some suger with the iuce of a Leamon & some sweete butter beate all

this well together throw it over the pudding then send if vp

To make Pudding

you may put ambergrease in if you please

Take groats & pun them very small & sift them sett on the a quart of Creame

boyle it & put therein alittle Mace & a lofe of white bread very thin & finely Sliced

boyle them together & soe let it stand all night in the morning take the yolkes of 8 egges

& tow or 3 of the whites some Rose water nutmegges suger suett or Marrow & soe sett it in the oven to bake

To make an other Pudding

Take a pint of sweete Creame & 8 egges take out 3 of the whites soe beat the egges & the Creame

together with 2 spoonfulls of wheate flower soe sweeten it with suger put in some nutmegge & soe

put it in a bagg to boyle halfe an hower then take it forth for to lay vnder it butter vineger rose water & suger

To make a made dish

Take the yolkes of 8 hard egges with the whittes of 4 of them shreed very small take halfe a pound

of suett small in the same maner a quarter of a pound of curranes as much suger 2 or 3 apples minced

finally salt Sinamon nutmeg dates minced small some rosewater a few allmonds & soe put it in your Iuice

& couer it with past

A pudding

Take alittle flower & crumes of bread one nutmegg a little sinnamon 3 or 4 egges halfe a pint of

time a little marrow & beefes Suett & if you please a few currans sweeteen it with suger

then stirr it well together & put it into a wodden dish with butter & soe tie it vp & boyle

it but not tow much then make sace with butter rose water & suger

Tro Chisi de Albi Rhosi&nbsp;℥​ i

Sacra Saturni

red rose or plantan&nbsp;℥​ ss

miscd&nbsp;℥​ 3

A receipt for Pomatam

Take one pound & a halfe of mutten suet boares greece & deares suett of each halfe a

pound Lingnpum rodium a quarter of a pound Orris in pouder one ounce Cullumans a com

ticus one ounce of sweete water halfe a pint one pippin one marshmallow roote one white lilly roote

A receipt for many aches

Take a pint of Linset oyle aquarter of a pound of Beese waxe a quarter of a pound of

white leade, you must searke the white leade & boyle the oyle & yt together It is good

first, when it is black put in the waxe & boyle it together it is good for the gout cut or soore

Another receipt for Pomatum

Take 2 pound of Pigg Suett or else mutten suett & put it, in condeit or spring water & soe let

it lie for nine dayes shifting it twice a day with faire water & then take it out & beat it betwixt

tow clothes then mince it small & set it on some embers where it may not melt to fast then straine

it then take 2 peniworth of Searos 2 ounces of oyle of bitter almonds 2 penyworth of Per

Parmasetti & what quantitie of Ambergreese you please or rose water then beat them alltogether

& put them close vp

To make a plaine cake

Take 6 pounds of fine flower & a pound & a halfe of butter then mingle it with Creame being not tow

hott take a pint of yest & when it is knede'd well together sett it at the fire & lett it rise then

take a pound of Caroway Comfitts & a quarter & halfe of suger & kned it in the cake very well

then make it vp & bake it doe not goe about it till the oven be halfe hott you must put some rosewater amongst it

To make a poultis for a sore brest

Take cold milke & collour it well with the flakes of saffron but not dryed at all then put grated

bread to it & boyle it altogether thicke to a poultes then put in as much Barrows grease as the

quantitie of an egge & apply it as hot as you can this will either dissoule it or breake it if it

breake you must not apply any thing else but this Poultes to heale it but you must apply it

for three weekes or a minute together to draw all agues from your brest & it will draw all paines and whatsoever

For burning or scalding

Take ale hoafe 2 good handfulls halfe a pound of grease of a Barrow hog or fresh butter chopp

the hearbes small then pond or stampe the greese that well together & boyle them on a soft fire

till you see the iuice , consumed then streine it & keepe it for your vse

For a soare mouth swelling of the gumes fastning of the teethe

Take rosemary topes about halfe a handfull drie them to powder & search them & with it burne

not altogether soe much, incorporate them well together with some english honey

To make the a leaden plaister which is good for many things

Take 2 pounds & 4 ounces of the best oyle oliue you can haue of good red lead one pound of

white lead one pound both very small beaten into dust & sift it throw a heare seife then take i2

ounces of spanish soape & incorporate all these together very well in an earthen pot well glased

before you put them to boyle & when they are well incorporated that the soope cometh vpward to

still stiring it with an iron sade at the end of a sticke then make the fire something biger till the

redness be turned into a gray collour but you must not leaue stiring of it till the matter

be turned into the collour of oyle something darker then drop it on a trencher & if it sticks not

the finger or table it is enough then make it into rowles & keepe it for your vse the longer you keepe it the

the reason it will rise vp very much in the boyling

folio 2 verso || folio 3 recto

The vertues of the leaden plaister

the Same being layed to the stommacke provoketh appetite & doth take away any griefe in

the stommacke the Same being layed on the belly it is a present remedie For The collicke

& layed to the reins of the backe it is good for the bloody fluxe the heate of the kidneyes

weaknesse of the backe the Same healeth all Swellings bruisinge & aches it doth breake all fellon

& other imposthumes & healeth them the Same drawethe out any runing humour without break

ing the skin & being applied to the fundament it healeth any desease there growing

for all Sudden Swellings it is good & for a Sore brest it is very good the Same applyed to

the hinder part of the head draweth backe any rume in the heade the Same applyed

to the rists stomacke & Soales of the feete taketh away fever or ague

To make oyle of elders of abruse

Take elder flowers lett them be withered 3 dayes take the like quantitie of beane flowers

temper them with Sallett oyle & make them vp in balls put them in aglasse & fill it vp with

Sallett oyle Sett it in the Sun a munth or Sixe weekes

For a greene wound

A pound of fresh butter unwashed halfe a pound of rosen beaten fine a larg handfull of the

topes of rosemary asmuch of vnsett Isop cut these very Small & boyle them halfe an hour on a soft fire & ^ straine it

To make oyle of Swallowes

Take Lavender cotten Romane wormwood Tutsan violett leaues Red Sage french Mallowes

Walnute leaues Ribwort knott grasse vine stringe heaven lader Camomill Straberry strings

woodbine leaues balme tops bay tops rosemary tops Lavender tunhoofe rose leaues each of them

one handfull 20 Swallowes alive pick your herbs then put them into a bowle then put in the Swallowes

& Stampe them alltogether put them in an earthen pot put in 2 ounces of cloues 2 quart of neate foot

oyle & stirr them well together then let them stand 9 dayes together in the earth then take the pot

then stop it vp close with a couer of rie past put it into a kettle with water & lett it

boyle 12 houres then straine it & keepe it for your vse

A drinke for the Rickett

Boyle a good handfull of charvill a few topes of Isop alittle Tamarice of Hart tounge 6 leaues

of Maiden haire a penniworth 2 or 3 leaues of colts Foote boyle all these in 6 pints of water with a

quarter of figes Sliced a quarter of raisones Stoned & a quarter of Curranes halfe an ounce of Licorish

& an ounce anniseedes bruised boyle these to halfe & giue the child a little of it at a time

Beare for the Ricket

Take of Ash barke & of Ivie barke of each asmall handfull the outward rind being Scrapt of

Take the greene that will pill & put it into 4 Gallons of ^new wort with 4 handfulls of Scuruy grasse & of Brooke

lime & water Crasses of each a handfull of Egremony & tamarise a handfull of each Anniseeds & licoras

each an ounce of Raisons Stoned halfe a pound boyle these a little in the wort & passe the wort

through a bagg let thu bag remaine in the barrell to worke with the beere let the bag hang in the

wort soe that it sinke not downe to the bottom, & when this drinke is 7 or 8 dayes old the child may

drinke of it & continue the vse of it in the Spring & in the fall of the yeare

A plaister for the knees in achild that hath the Rickets or weeke knees

Take diacalithos salue 2 ounces & of Rupture Salue one ounce let these be mixt with Some oyle of

Masticke untill it make them Soft Spread this vpon leather Some 3 fingers broad long enough to

cover aboute the knee

An excellent resipt for a Cough

Lofe Suger 4 ounces Lecorish halfe an ounce Orringe pill 3 drames all made into fine powder

& mixe it with oyle olliffe Somewhat Stife of this eate of but Cheifely in bed at night & before you riseth

in the morning

To make a very good water for the Plague Ague Heate at Stommacke or a Surfitt

Take Rosemary Salendine Sage Balme mugwort Rewe wormwood Egremony Angelica Bettanie

Dragon Scabus Pimpenell of every one halfe a pound put all these together in a pott with a narrow

mouth letting them sooke in white wine 3 dayes 3 nights stoping it very close then all these in a still of

Glasse or in the ordinary still but in noe Limbacke if on be Sicke of the Plague giue him i0 Spoonfulls blood

warme assoone as he feeleth himselfe infected & let him walke if he be able if not let him be forst to walk

betwixt 2 men then let him goe to bead if he vomitt it is the better if you can possible giue him the

water before he sleepe after hee is infected the older the water is the better it is it must be stilled in

may it is for all these deseases afore written

For the Plauge you must giue the patient i0 Spounfulls warme & let them sweete well you may set

3 or 4 Stilles aworke that it be the soner done the first quart is the best the rest may run together

For A consumtion

Take half a Score of Sheeps trotters wash them & picke them very cleane & put them into 3 quarts of running

water & boyle them very well till the water be consumed to a quart or 3 pints then streaine it throw

a fine cloth them put it into a pipkin & ade to it 2 or 3 clades of Maces 6 yolkes of egges well beaten with

a pint or a pint & halfe of Sacke & as much Suger as will Sweetten it then Set it over the fier keeping it stir

ing then power it forth into a bason Soe let it Stand & Ielly then heat Some in a cup in a skellet of water

& drinke of yt morning none & at night when you goe to bed

A Cordial powder made & Sould by mr Gascoigne & calld Gascoigne s powder

he Sould this receipt to a gentman who payed 30d for yt&nbsp;

Take white Amber white Corall Crabs eyes Harts Horne of each one ounce of Bezar i dram the black

tipps of Crabbs Clawes as much in weight as all the rest powder them into a very Sub till powder & min

mingle them well together then make it vp inn round Balls with a good Ielly made of harts horne put in

noe more Ielly then will make it hould together you may couller it with a little Safforne if you please

If it be taken the quantitie of 8 or i0 graines it cureth poysen it is excellent in feauers in Agues in all dea

diseases of the hart & in all infectious diseases it driues out the Small poxe if it be giuen before they come

forth out & keeps from being Sicke at the hart with them you may giue it to awoman in her Child bed

or to a new borne child in its Mother milke if it be not well The quantitie of 3 graines

An Excellent oyle for any greene wound & good allsoe for bruises Spraines or

wrenches the best time to make it is in Iune By MrshCyiggins

Take ould white wine of the best 2 pints oyle of oliue 3 pints mingle them both together & put into them

these hearbes following being bruised the flowers & leaues of St Iohns worte halfe a pound Cardus

dictus Sage & Valeriam of each one pound infuse them in the wine & oyle 24 howers then let it boyle

on a soft fire vntill the wine be quite consumed sometimes stiring them then streine it & set it over the

fier againe & put to it i pound & a halfe of venice turpentine then let it boyle the space of a quarter

of an hower then into yt Olibanum fiue ounces mirhe 3 pounes Dargons blood i ounce all these being

in fine powder let them boyle on a soft fier aquarter of an hower then take it of the fier & when it is

cold put it vp into a glasse cover it with parchment pricked full of holes then set it where it may cool

to the heat of the sunne i0 dayes & when you taker it in you must stopped it closer

folio 3 verso || folio 4 recto

A very good and safe purge Mr Philip Coningesbys

Make a cleare possit drinke with alle or beare that is not tow strong power something more

then halfe a pint into acleane posnett put into that one ounce of the best Manna & as much

creame of tartar as will lye heaped vpon a groate boyle it gently over the fier till you haue

Skimmed cleane then power it through a Cloath into a cupp or porringer let it stand & coole a

while then put into it 3 good spoonfulls of the best sirrup of Roses stirr it together & being

very little more then blood warme drinke it of & when it hath wrought once or twice drinke

either warme posset drinke or thine broth if possett drinke it must be very Cleare & keepe

your Chamber as you doe for other purges about noone you may haue a boyled Chickin or some

mutten which you please

An Excellent receipt for the paine & weakness of the Backe

& to Cleanes & strengthen it

Take of your best Cypress turpentine it lookes yellowish make it vp into pills with the pow

der of white Amber you must put a little of the powder in the palme of your hand & soe take

some of the turpentine with the poynt of a knife & roule them in the powder soe swollow them

make them not tow bigg by reason they may be trublesome take 3 in the morning & as many

at night soe long as you thinke good aboute halfe an hower after you haue taken them in

the morning drinke a draught of br. oth of what you best like they will keep you solluble

A good breakfast for those that feare a Consumpsion

Take a new layed egge breake the top & power forth the white from the yolke then fill it vp

with the best Sacke & sweetten it with the powder of white suger Candy stirr it well with a

bodkin & but iust warme it or ayre it in the imbers then sup it vp doe this 2 or 3 mornings together

Purging pilles for the head

4/ pill A gregat Cock 2i :i4: pill: A gragat: Coch: ani.3.I.

A Cordiall for a fainting hart or weake stommacke

chese Cordea take some of this vpon the poynt of a knife

when there is occasion

For the Goute

Cariocostinum & Creame tarteir

for a deflucktion

Take of Conserue of the oldest Red roses halfe an ounce masticke i6

graines Olibanum 9 graines methrydatt halfe a dram & spiritt of Sulpher

5 dropes mixe all these well together then take at your goeing to bed

as much as a nutmeg & lett yt desolue in your mouth

For a Consumption

Take your large white Snayles a pint or thereabouts let them purge them

selfes in white wine a night & being taken out wipe them cleane with a fine linnen cloath

& after pricke them with a silver bodkin all over then lett the water drope into a clean

pewter dish boyle this vp to a sirrupe with your best white suger Candy & take oft

it 2 or 3 spoonfulls morning & at 4 in the evening let your suger Candy be double the

waite of your waite

An excellent medicine for a Consumption

Take a quart of vnsett Isopp water 24 reasons of the sun stoned one ounce

of Licoras stickes sliced one ounce of Anyseeds but all these together in the

water in a stew pot Close stopped & set it on the fire or imbers stewing

leasurely for the space of i2 houres vntill it be washed vnto a pint then straine

it through a cl cloath & put it in a bottle close stopped Then take there of

4 spoonfulls bloud warme first in the morning & last at night butting in

some browne suger candy this is an approued medicine for any kind of Consumption

if they are not for to ould tow farr spent

Lozenges for arume

Take of Bitteney water white horr hound water Isope water Cardus Benidictus

water of each of these tow ounces & tow ounces of Coutsfoot water then take a quarter

of an ounce of the Powder of Irris Roots halfe an ounce of the pouder of Allacom

pane & one ounce & a halfe of the powder of Licorish halfe an ounce of any seeds

take the full waite of all these powders in suger & more soe Cast all these into a pewter

dich with the waters & boyle it vntill it Comes to be thike enough to cutt on a plate

to dry soe keepe them to hold in your mouth which is zll excellent for a rume

An Elextuary for a Consump tion

Take harts tounge maiden heare Isope Angellica or the roots of germander Colts

foots hore hound Rosemary Egrimony bitteney the shaueings of harts horbe of eac

each one a handfull a peace of gould boyle all these i 2 gallons of water from a

good spring vntill it comes to a quart then straine it & take the water, A quart

of good English honey boyle this with a little with Amber greese then take i2 handfull

of the powder of Licorish & Allicompane Roots 4 of the Allicompane & 8 of the

take it night & morning the bignesse of A domson

take forty gray snayles or there abouts wipe there shells Cleane with awett Cloath

then pricke the snayles with a needle soe that they may shrinke in with in the shell, then

fill vp the hallow place with browne suger Candy beaten to very fine Powder then

lay them in a faire powrenger or dish that is close & a day or tow it will be all dissolued

into a sirrup then pouer out all the sirrup very cleane then wash out all the shells to

a little distilled Isop water throwe it into your sirrup take of that sirrup a spoonfull

a licorish stick in the after noone this is a most approued cure for a Consumption Cough

you must Cleange your snayles before you wipe them by laying them some fennell amungst

them which will Cause all them to Ioyse alittle black kind of excrement

folio 4 verso || folio 5 recto

To make quiddeny or stommack marmolod of quinces

Boyle quinces to pap & core them & to 40 ounces of the pulpe put a quart of wine vineger

& as much suger as quince let it boyle simperingly vpon a fire not tow rash & scumed put to

the quantitie before mentioned one ounce & halfe of ginger & one ounce of white peper

beaten grosse keepe it stirring while it boyles to the height least it burne

To Make fine naples biskett

Take a pound of refined suger beat it very small in a Cleane morter then drie it over coales

be sure the thing be very dry which you dry your suger in then seaue it through a piece of tiffany then

whigh a pound of the finest wheat flower & dry it as you did the suger & search it as you did the

suger then take the yoles of 4 new layed eggs if the egges by small then take halfe an yelke more put

in 3 whites & beat them well together put to them 8 Spoonfulls of rose water & beate them together

then put your suger into the eggs & beat them an houre together & while you beate it butter the plates

as thin as you can & when you haue beat it an houre then put in the glower & beate them a while toge

ther Heate the oven as you does for manchett then fill the plates & set them in & let them stand vntill

they be risen then take them out & if you please you may put in some seeds Awhen they be backed

let the oven stand & coole a little let them stand an hower in the oven to harden them

To make Conserue of Barbaries

Take your barbaries & put them in to some earthen pot or iugg & stop it well & set it into boyling

water & let it there continue 2 howers vpon a soft fire then draw them through a strainer lightly to

every poound of iuyce take a pound & quarter of suger refined & put it in vnbeaten & set it on a

chafendish of coales & keepe it with stirring till the suger be dissolued & let it stand till it be allmost cold & so put vp

To candy Orrenge or Lemon peale

Take your Orrenges & pare them as thin as you can then cut the white rind in long slices & lay them in faire

water one day & night & chainge the water twice in that time then sow them vp in a piece of tiffeney &

boyle them in 3 severall waters every water you put them into must boyle but the first & not to long for

Feare of looking blacke then take them vp & put lay them betweene tow hot clothes & dry them well then

weigh them & to apound of pills take a pound & aquarter of double refined suger wet the suger with faire

water very thin & let it boyle till the sirrop hang with a drop on the spoone but it must not roape then

let it coole & then put in your pills & let them preserue very softly & keepe them couered whilst they

are adbeing & when you see the sirrup to hang aboute them then take them vp & put them with the

sirrup into a preseruing glasse & set them into a warme cubbord & there let them stand till you see the peele

be candy then take them out & lay them vpon glasses & set them in the cubbard againe & turned them often

For Spiritt of Roses

Take of the best damaske roses lett them be gathered when they be throughly dry & picke away from them

all the dead & worme eaten leaues & after they are picked from the stalkes sift the seeds Cleane from them

then take a great earthen pott let it be very well mealed & put some roses into it & straw a little very

good bay sale vpon them & then lay more roses into it till it be as fullas possibley you can get it

then with parchment & clothes ty it vp as close as you can & let it stand in a roome where noe fire is made

after Christmas still it which must be thus put into your limbeck pot & to every pound of roses allow

a pint of faire water & when your pot is full set on your limbeck & close it vp with past & make soe

very aquicke fire vnder your pot as your Limbeck may run very fast let it run into a deepe silver

bason or a great preserueing glasse & when it is all run cover vp your bason or glasse very close

till the next morning & then take of the oyle which is to be kept in little glasses

To drie Apricocks

you must first stone them & pare them then lay them round with a thrid then put them into seeth

ing water letting them boyle till they be be very tender then lay them on a faire cloth & when you

haue boyled your sirrup to a candy height vse them as your gooseberies

.. a excelent .....

a Man .sha.. ba.r of ....

folio 5 verso || folio 6 recto

To make quiddony of Raspberries gooseberries or Currans

Take your Gooseberies or Rasberies & put them into a stone pot or glasse soe put them into a pot

of seething water when they are boyled tender then power away the Liquid substance streine

them & to every pint o Liqquor take halfe a pound of suger soe let it boyle tell it come to yts

thicknesse that it will stand vpon the backe of a spoone then print it with the nayles

To make a greene past

Take pipines greene & cut them in small peeces vnpared & boyle them very tender in faire

water then straine them as you doe tart meate then take as much suger as the pap doth way

boyle it to a candy height then put in the pap of your pipins into your hot boyling suger soe let it

boyle alwayes stirring it till you see it come from the bottome of the skillet, then fashion it vpon a

plate & soe dry them

To dry goosberryes or any other fruite

Take your goosberryes & put them in scalding water till they will peele then you must haue another

Skellet of seething water by you covered to put them in as you peele them set them vpon kep

ing them as hot as you can soe they doe not boyle then makke your candy in a dish vpon a chafendish

of coales when your gooseberries haue stood 2 howers or better take them out & lay them vpon

a faire cloth while you make your candy then take your candy of the fire & put in your goosberyes

then set them to warme but let them not boyle then with a feather turne them & wet them all ouer

in the sirrup them set them in your Cupbarde aheating till you see them begin to candy then warme

them vpon glasses & turne them as they dry & when they are dry box them vp

To make conserue of Elecompane

First take Elecompaine roots & scrape as you doe ^ a parsnip cleane soe that there be not a black speck

to be seene then clice them very thin into long clices & boyle them in a pretty quantitie of water

till they begin to be tender then take out the pithe & boyle them againe in another small quantitie of

water till they be very tender then stampe & straine them in apiece of bowlter then take the bulke with

a little of the water & way thrice the weight of the best refined suger against the bulke & beat the suger

small & mingle it with the bulke dry with out water let it boyle but once vp & so powre it out in to an

earthen panne or silver dish beating it easily with a silver spoone for 2 howers then put it vp in gallipots for your vse

To preserue rasberyes

Take the fairest you can get & to every pound take a pound of suger whereof take halfe and dissolue it

& when it boyles vp put in your berries & being in put in the rest of your suger over them & when you see

your suger dissolued take them of & put them in an earthen dish till they be cold & then put them vp

in stone potts or glasses take your berryes that be not ripe as you doe the red soe the white

To preserue Orenges and Leammons

Take your Orrenges & wet them ^in faire water & rub them very well with white salt then pare them lay

them in water 2 or 3 dayes shifting them twice a day to every pound of Orrenges take a pound & halfe

of suger & awine quart of water allmost & when the surrup is well clarrified put in your Orringes

& let then let them boyle softly an hower & then take them of & put them with the sirrup into an

earthen or silver bason & let them stand 2 or 3 dayes then boyle them tender againe puting to every

pound 3 spoonfulls of iuce then take vp your Orrenges your Orrenges must be boyled in 3 or 4 waters

before you put them into your sirrup that they may be tender & the bitterness taken away

To make Cherrye water

Take 9 pints of Clarret wine 9 pound of Cherries 9oz of Cinamon three nutmegs cut halfe a handfull

of balme halfe a handfull of rosemary as much sweet Marioram stampe all these together & put them in

to an earthen pot let it stand 3 dayes then stamping them all together put them into a still & keep

very soft fire then take the water & streine it & put it into a glasse & put thereto fine seired suger &

Muske tyed in a piece of lawne & let it remaine till you thinke it be strong enough

To make Conserue of Roses

Take aquarter of a pound of red Roses leaues a pint & halfe of faire water halfe

a pint of red Rose water when your leaues haue boyled soe long that they

haue Consumed allmost all the liquer then put in a pound of suger a boyl

it a little longer then ring in the iuice of a lemon & let it boyle once sp vp

soe put it vp in potts for your vse

For one that Cannot make water proued by severall persons in Asly

Take the Topes of red netles the youngest you can get and the

leaues of Fox Gloves youngest you Can gett likewise pick them & of an

equall proportion put them between 2 till stone that are hott or on

a fire slise or Kell not to dry but to heat & sweet then put the

leaues betwene in a linning bag & soe apply it to the belly very hot

To stop any inward Bleeding

Take pouder of Corrall mixed with gum Arrabac

and put it into planten water and drinke it Cold

and this will stop the bleeding in any place

For any ache

Take some Crab vargis & boyle in it hot kow dung & mutten

Suett to a powltis and soe apply it to the ach this is a proued

For drawing forth a thorne

Take the, yolke of an egg and one peniworth of

venice turpentine and mixe these together and

aply it to the place

For a defluction which I haue experience of E

when the Doctors Could not Stop it third

Take 4 drams of Mastick 4 drams of Olibanum and

4 drams of Amber beat all these into powder and

sift then add to this double the wait of white

suger Candy to the rest finly sifted mix thise ffall

altogether and take every night as much as will. st

stand on a shilling

folio 6 verso || folio 7 recto

To make A water for to Kill A pearle in the eye

Take Bean Leaues when they are Greene

and Bruise them & wring out the Iuyce

and Drope two Drops in the eye, and sleepe

with the water in the eye Lids, probatum

To Kill A Cancker in the mouth

Take Goose Greace, & anointe the Crown

of the Heade, And vpon the outside of

the Lip, which the Cancker eateth

and in twelue Hours it will die probatum est

Theese Recets I haue known efect

these Cures; when Greater things

haue fayled

Gose Greese & bowl almanack mixt together & the

throat well rubbed with it will Cure both man and

beast of a Cancker in the mouth: or spread of a

leather and tied fast to the throat & soe applied to

Children or any that hath the Cancker

folio 7 verso || folio 8 recto

To make Scottes Collops

Cutt your veale into thin peeces & beat them well & lard it thicke with bacon but

before you lard them lett them be broyled a little & drope vpon them claret wine

with anchouis desolued in it to & make your Sauce with Claret & a little butter

a dozen anchouis well desouled the iuce of 2 orringes & a lemmon & shake these well

in a pan or dish over the fire till they are thicke this you must doe while your

Collops are a broyling put to your Causes Some grauie of mutten or veale &

soe put your Collops to your Sauces

if your Collops be fried a little in the pan before you put them on the gredion to broyle

it will be the better

To dress A Shoulder of Mutten

when it is halfe rosted cutt it in little thin peeces Slices of the bone then put it in a frying

pan with Clariet wine & quarter of a pound of butter with Some Sweete herbes Shred

Small & Some onyons & a handfull of Capers Shred & as many brome budes & when

it is allmost enough put in the yolkes of 9 egges & a quarter of a pound of butter

& mixe it well in the pan & Shake it over the fire till it be thicke then wring

in the iuice of 2 or 3 lemmons then broyle the Shoulder bone & lay it in your dish

& soe power all this on it & throw Some whole Capors on it & garnish your dish

with quartered orrenges or lemmons if you can gett oysters Scald a pint in there

one liquer & when your meat is halfe enough put them in & rub your dish with a

cloue of Garlick

To make a Sallett or Cold haseh of Cold Cappons

cutt the winges & brawnes of your Capons in very thin slices noe bigger then a 6 pence

then haue a dish rubed very well with 4 cloues of Garlicke put in your meat with good

store of the best oyle & a good handfull of Capors: the iuce of 3 lemons & some of

the liquor from the Capors a duzen oliues pared from the stone & a spounfull of

mustard a little ellder or garlicke vinneger; make it not tow sharpe & salt to season it

to your tast & a few pickled oysters stirr all these well together & garnish your dish

with Capors Lemmon & orringe pill I beleeue you gett noe oliues nor oysters which will

not make it the worse to be left forth some loue not mustard which may be left out

To sr hashe a caulfes head

Take your Caulfes head cleane it & wash it very well then put it a boyling with some peece

of bacon tell it be almost enough then take the 2 vnder Iawes of which the meat with them

then take the rest of the meat & cut it in peeces put it betweene 2 dishes a stuing with an onion

a few Capors a few oysters 6 anchouis a little strong broth season it with season it with

nutmeggs & salt put in some gravie of mutten butter and vinueger put some slices of

bread in the dish bottom: broile broyle your tow vnder Iawes soe dish it vp then

Slice your bacon about it & the tounge then perboylethe braines & cut them in

peeces & wrap them vp in the yolkes of egges & flower & fry them & strow

them on the toppe of your meat

To make veale Collopes

Take your fillet of veale & cutt of thin slices as broad as your hand at lest then chope them with the

backe of your knife & beat them with a rouleing pin if you will haue a greate dish then you must haue i2

youlkes beatten very well then haue some sweet herbs choped small: as time savory sweete margoram & what other

herbes you like best put them into your egges put in a little nutmeg a little viniger of leamon, beate it well together

..en your pan hott on the fire with good deale of butter & a little Claret wine if you like it

boyling, then dipp your callop in to your stufe one by one & soe put them into your pan & fry them

all wayes shaking your pan & when you thinke they are enough power them out altogether liquor &

all into your dish with sippitts vnder it

To Make A ffrigascye

Take three Chickings & pull of the Skines, & Cut them into litle peeces

then put them into water with 2 or 3 oynions, & A bunch of parsly & what

other Sweete hearbs you please, and when it hath Stewed a litle put in

summe Salt & pepper & Mase, & A pint of whitewine, soe let them Stew

till they be Enough then take Summe veriuise & nutmeg, & three or foure

yolkes of Egges beat them well together, & when you take of the chickins, put

them into a ffriing pane all together, & tossit vp & downe two or three times

in the pane then dish it & soe serue it vp. Soe yow may Make A

ffrigase of Anything What yow please:/

folio 8 verso || folio 9 recto

A Rare Eye Water

Take one ounce of Whitt Copper ras & ann ounce of Cominge Seeds

& ann ounce of Bolliarmonic, & put It into an Erthen pott or glas botl

with ^ one quart three pints of Spring Water: & Stire it with oft together

or glas botle then shake it 3 or 4 times a day } for the Space of three dayes, then poure of the Cleare & Reserue

it for your vse: probatum Est: keep it close Stoped after it is

cleared

It Cures all maner of Reuemes Cold or hott

Pill Alaphangine

Att night goeing to Bedd take one dramm, And going it will

worke gently the next day, If you goe a broad take but

halfe a dramm it clenseth both Stomacke and Braine of

grosse & putrufied Humors ; Sett's the Sences ffree when they are

thereby troubled, Itt cleanseth the Braines offended by Ill glands;

Winde & vertigo & head aches and Strengthens the braine Exceedingly

helpes Conception and Strengthens the Stomacke:

Take Yarrow and Still it, drincke halfe A pinte of the Water

when it is Still'd Morneinge & Eveninge and a Sponfull of

hony in each halfe pinte of water, It is an Excellent thinge to

preserue the Lungs Cures any waste or consumption in the

Body or any vlcer in the Lungs Itt Cleanseth alsoe the Reines

and bladder and healles any Inward hurt or defect./

Sir kellnelme Digbies diet drink which Cures all Manner

of dropsicall humors: & Causeth Appettite: &c:

& Cures all maner of ould vllcers./.

Take the tender topes of Sage & the tender topes of Rue ^ of Each 1 handfull & chope them well

together: then take 300d woodlice the heads being taken of, & brewese

the them with the Aforesaid hearbs, in a morter, then put them in A fine

Linene bage, And put ^ it them in to 4 gallons of New ale, & at 3 or 4 dayes

ould drinke of it, or drawe it into botles for your vse/ You must put

the bage in the Ale when yow Tune the Same/

To make China Ale:

To 4 gallons of Ale, Take one ounce of Coliander Seeds

& 3 Nuttmeggs, and brewse them very well in A morter, and

boile them in A gallon of Ale, A greate whille, And let it be coul

could, then take half a Sponefull of ginger beaten and 3: or 4

Slices of china: & half a pound of the Curest Sugar, and put all

these in A canvase bage into your barell to worke with your Ale,

And Soe lett it Stand 4 dayes affter the ale hath done workinge

Then botle it, putting in each bottle, A Lumpe of Shugar, for the Ale

to worke on/

ffor the Stone:

A nuttmegge made vp in 3 pills of Turpentine to be taken fasting

Maiden wort brewsed in your hands & putt into your nostrills, will bring

vp the ...es^ All manor of the sores or pallette of the mouth when it is fallen

ffor the Goute:

A plaister of Sheepe Skine Spread over with Rue Chopt:

very Small mixed with live hony to be layd over the Sore place

& more of the Same laid on the toppe of it for divers dayes

together:/

folio 9 verso || folio 10 recto

A Glyster for the stone recomm inded to me

by my Cosin Thomas Powell

Take a handfull of Marsh Mallows as much&nbsp;

Cammomel Flowers, boyle them in water to a Pint

adde an ounce of Turpentine dissolvued withthe yolke

of an Egge & two spoonfulls of Honey./

Hyraprica water

Take one quart of white anniseed water in a strong

glass bottle and put into it tow drams of Hyraprica

and one dram of Cocheneale lett it stand nine dayes in

the Chimny Corner Shake it 2 or 3 times every day

whilst it is thus infusing, when Don straine it through

a fine Cloath into an other bottle for your vse: Take

of this 2 or 3 spoonfulls at a time when you please

Some put half white wine with the anniseede

water but that is as you like it

To make Perfumes:

Take of Benjamin an ounce, of storacke half an ounce &

Steepe it two or three dayes in Rose water close tied vpp&nbsp;

then take three ounces of damaske Rosses, the whites being out

& beat them fine in A Stone Morter, then take the Benjamin

& put it to the Rosses & beate them together till they come to a past

then mingle it with A graine of Muske, & one graine of Civett then

beat it with half an ouncce of the best Shugar serched, then

make them in little Cakes, & lay Rosese leaues on both sides; then lay

them on Bordes where noe Sune Cometh, as long as you thinke good/

If you please you may add 2 or 3 droppes of oyle of Rhodium

& as much oyle of Cloves, or you may put what quantitie you thinke good

of or else powder:/

ffor the Chraches of Horses :

Take of Greene Copperas one id of Allom burned id of Red lead

halfe A penniworth pune that Small; Then take one quart of

Spring water, boyle the water, & as it is boyleing put in the rest

of the things, Let it haue one walme affter the things is is & be very

carefull Else it will boyle over then kepe it for your vse/

then take A rage of A cloth & tie it on the end of A sticke & with it

wash the scabes 3 or 4 times a day Especially affter watering

pick not the Scabes of but pat it very well with the Sticke & the Cloath

of it, pune the Allome & Copperas very much/

To take away the swelling of any beast

back of sides or any other place

take brook lime & fry it in hard tallow and

put it vpon the swelled place it will bring it down

with Gods blessing leaue & blessing

folio 10 verso || folio 11 recto

Item A note of what good I haue at the pool house made

August the 28= 76=

Item twelue Beads - and a Leaven bowlsters & ten pillowes

Item seaventeene Blanckets

Item three ruges & fine Counterpanes

Item three Coverletts & tow ffris peeces

Item thirnteen table and a dresser

Item nine Chaires & 2 stooles in the Chambers

Item nine turkey worked Chayers & nine stooles in the parlor

Item seggen Chaires six & 4 turkey worked Cusens

Item four turkey work table Cloaths & one worked with the neelde

Item foure greene Broad Cloaths: table Cloathes

Item six beads furnished with all things as Curtaines and the like

Item night blue Curtaines 5 stripte & 4 plain

Item ten whole hogshets tow half hogshets and seuen tow quartre

hogsh..ts hogshets & six runlets

Item tow great sipris Chests and three other Chests

Item eight great trunckes and tow little ones

Item fifteene boxes and one Cubburd of of tilles

Item fore flat Cabinets & one little seller of glasses one torttishell Cabinet

one velvite one of one gilded one & one green one

Item tow saffes for meat to be keept in

Item sixteen Picturs & one little one in the parlor

Item in the hall a fatt khi kitchin & a lean & tow pices besides Maps & Coats, which are tow

folio 11 verso || folio 12 recto

Item A note of what linin I haue August the last 96

Item of Hurden sheets A ...tentwelue paire

Item of hempen sheets fore paire and one sheete

. Item of fflaxen sheets ten paire & pillow beare of flaxen six paire & one

. Item seaven flaxen table Cloathes where of one is eight yards & a quarter

. Item three three Hempen table Cloathes

. Item six eight Diaper table Cloathes

. Item three flaxen towels & nine Hempen

. Item fore Duzen of new Hempen Napkins

. Item 4 fore Duzen of flaxen Napkins

. Item one duzen of flaxen & Hempen

all the mentioned Linnin are in Ales Custodie

. Item twelve silver spoones and six silver forkes

. Item four silver salts & a silver sarvar & a Glass sarvar

. Item tow silver Cups one a great one with a cover the other a little one

. Item tow pearl Cups 2 amber Candlsticks a suger & amber cups dish, & spoone of

. Item a Leaven flint Glasses and 4 other drinking Glasses

. Item a suger dish

. Item eight whitt & blue earthen basons & 2 great & flat blu & whit dishes

. Item tow sillibub Cubs one white & the other white & blue

. Item four earthen pickled plat's

. Item seaven glasse sillibub cups of the flint glass

. Item six pursland Cups for Custords & 6 other little Custord Cups

folio 12 verso || folio 13 recto

To make a pudding Cake

Take 2pdp and a half of Flur Flower take 3pd of Corrants pi

putt them in a Cloth & heat them before the fire & a pint of barne

and ten eggs beat the barme and the eggs together and let them

be put into the flower for half an houre and one pint of milke

blood warm and halfe a pound of suger & and knead it very well

together and one pound of fresh butter and rub it in the flower

first then when you haue then when you haue mingled it well

together let it heaue a quarter of an houre then put your Corrans

in very hot & dry mingle them very well & a little spice and let

heave half an hower have your hup well buttered and the paper

then put it into the hoope vnder the whit and have your oven in a

good in a good temper and put in the cake in the hoope

Close vp the oven and if the oven be too hot it will burn

the paper. your Cake must be in but 3 quarters of an hour

Mis Drakes Cake

Take one pound of fresh butter & wash it well in rose water then

worke it well in your hands till it be like cream then mixe on pound

of loaf suger with it & beat i0 eggs & mixe them with it then take

on pound of fine wheat flower dried well and on pound of Corran

mixe all with your hands together butter your petty pans & doe not

fill them full: if you will put Carraway seeds doe not put fruit

A recept of the Lady Charltons Cake

Take 5 quarts & one pint of the purest and finest wheat flower and a

pint or something more of sweet Creame and as much good Ale

yeast good sweet butter 2 & 1/2 put the butter & the Cream together

and make them warme then put them & the eg t together yeast

together into the flower with the yoalks of 22 eggs and 6 whites

then put in halfe an ounce of Cloues and Mace & 4or of rose wa

ary rosemary water wherein a grain of musk hath beene in

fused 8 ounces of fine suger mingle all these together in the

flower then take a little of the flower which you must save half

a pint to strew over the dough and let it be, before the fire

a quarter of an houre then put in 8 pds of Currants let them

be washed over night in warme water & well dried pickt

then mould them into the dough and make vp the Cake

then lay it vpon 2 sheets of paper well wet and you must

let it bake an houre and a half in an oven let the oven be

sweeping while you mingle the Cake

folio 13 verso || folio 54 verso

back outside cover

spine

head

fore-edge

tail