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V.a.456: Medicinal and cookery recipes [manuscript], 1626 June, 1702-1758.

front outside cover

front inside cover || [folio i recto]

many

hands

hands

Katherine Thatcher

1712

II many

For: the Cloth bead

November the 28

to the dyer 0:9.0

for tape 0: 0: 8

for Laice 0: 4: 5

same

TC a salver worth : 10:17 at 7 to

a

3:0:7

47

21:2

61

71 1

80

21

80

160

1680

720

240

[folio i verso] || folio 1 recto

tak

c/

egs

Mary Baumfylde.

her booke. Iune

Anno. 1626

per mr Abraham: Somers.

Katherine Foster

May 1707

Katherine Foster

Iuly 1707

folio 1 verso || folio 2 recto

i For sore eies & to cleere

the eie sight

Take a howse snayle & pricke the

lower part of him & there will

issue out cleere water take that

and drap into your eie but prick

him not to deepe lest it com thicke

and then it is naught probatim

My dear Aunt Cotterells

dyed March. 29. 1758.

Aged. 81 January

folio 2 verso || folio 3 recto

2 A receipt for snow

Take a pinte of thicke creame

a spoonefull of rose water, and

a spoonefull of sugar, beate them

together untill it be froth and

as the froath riseth taketh it

of, then boyle creame and eggs

together and put into the bottom

of a dish, and when it is colde

pick the snowe upon it.

3

3 To make biskett

Take viii eggs the kenings taken out, and

vi spoonfulls of rofwater and beate it

together halfe an hower, then take

3 a pound and a quarter of fine

drie flower and asmuch sugar

finely beatten, halfe an ounce of

annisseed; a quarter of an ounce

of caraway seede, cleane picked

and rubed a little colliander

seede brused a little fine pouder

of ginger then put all these

together to the eggs and soe beat

it ii howers and bake as you see

good eyther in plates or coffens

put some sugar vppon them before

you put them in the ouen and

wett them vppon with roswater

folio 3 verso || folio 4 recto

4

4 To make Almond cakes

Take a pound of Iordan Almondes

blanch them pound them small

putting a little rosewater in the

beatting to keepe them from oyl

then take the whites of viii eggs

and beate them very well, then

take i pound of loafe sugar, pound

it very fine, and iiii ounces of

fine drie flower with 2 graines

of muske and one of amber grees

beate these things with the whites

very well then put in your almonds

and beat it altogether; / butter

your plates and soe bake them

folio 4 verso || folio 5 recto

5 for a Canker in the mouth

Red sage, rew, Rosmarie woodbine leaues

and plantine, of each of these a hand

full, boyle them all a good while in

vergis then straine them, and putt

into the liquor yf it be a pint, ii

spoonfulls of honney, and a peece

of allome as bigg as a wallnutt

then boyle the liquor againe and

skum it, and wash the patients

mouth bloud warme twise or

thrise a day

6 To stop bleeding at the nose

Take amber grosly beatten, and burne

it in a chafing dish of coales

and let the smoak goe into the

nose

folio 5 verso || folio 6 recto

6 To make white Hippocras

Take a quart of white wine and put

into it iiii ounces of Synamon

brused and halfe an ounce of mace

iii nuttmeggs and halfe a pound of

fine sugar, and let it steepe 24

howers, then take a Ielly bagg and

put a little fresh Synamon in the

bottome of it, and 2 or 3 slices of

ginger, then take a pynt of new

milke, and power a little of the

milk and a little of the wine

and soe power it often through

the bagg vntill it be cleare

folio 6 verso || folio 7 recto

To make white leach

Take thick creame and put sugar &

whole mace into it & a pretty peece

of ising glasse, as much as you thinck

of will make it stiffe, and soe let

it boyle a good while, then take

your almonds readdy blanched

and pounded with rosewater, then

take of the creame, and straine

the almonds into it, then set it

ouer the fier againe and let it

boyle a pretty while longer, and

when it is all boyled put a little

rosewater more into it, soe put it into

a faire dish, and let it without ioging

stand still it be cold, you must

remember to lay your Isinglass in

cleane water, i hower or 2 before you

goe to make your leach

folio 7 verso || folio 8 recto

7 A receipt for the yoellow Iaundes

approoued by mrs Rogers

Take of the young leaues of haertie

chocks that grows in the middle

and boyle them in beer and drinck

it warme three mornings together

fasting and eating nothing in two

howers after.

8 To deliver a woaman of a dead child

Leeke blades & skale them in hott water

and binde them to her nauell and

she shalbe deliuered take them soone

away, or they will cause her to cast

all in her belly.

9 For the Collicke and stone

Take peascode shells and destill them

and drink the water therof

it is an approued medicine.

folio 8 verso || folio 9 recto

i0 To stop bleedinge inwardly

Take Oaken leaues, plantaine Leaues

bramble Leaues the flowers and strings

of wild tanse: and yarro^w

of each halfe a handfull, boyle all

theise in posset drinke and drinke

a good draught euery morninge

& eueninge with a little Bole

armoniake mixed with it, and drink

a pretty draught after it to wash

downe the bole.

Take the same hearbs and boyle

them in smythes water, and wett

a double Cloath therin and aply

it to the stomache warme.

ii to stop bleedinge in a woond

take a linen cloth and wet it in

white wine vineger and then burne

it to ashes and so lay it vpon the woond

folio 9 verso || folio 10 recto

Stoc

But why (you'd say should I abroad

For happiness Repair

Will distant Climes or new Aboad

Discharge the mind from Care

Yet let me try if Fortunes Smiles

Or frownes I'll be Resign'd

Enioy the good or bear it's Ills

With a Submissive mind.

Catherine Thatcher Verses 1707

Saint Mary @ Hill. Billingsgate

folio 10 verso || folio 11 recto

once a Day

once a Week

once a Month

once a Year.

folio 11 verso || folio 12 recto

folio 12 verso || folio 13 recto

folio 13 verso || folio 14 recto

A Soueraings Water of Doctor

Chambers Phisicion which he long

tyme vsed and did many Cures,

and kept it secret till a little

before he dyed, And then the

Bishope of Canterburie gave

it of him in writinge.

Rx. a Gallon of Gasgoine Wyne,

then take ginger, gallingale

Cynamon nutmeggs, graines

cloues, mace, anniseeds, fennell

seeds, and Caraway seedes,

of each of theise a dram; Then take

Sage, red mints, rose leaues, Time

Pellitorie of Spaine , Rosemarie,

Wilde time, Camomile, Lauender

of each of theise a handfull.

Then beate the spices small

and alsoe the hearbs, and put

all into the Wyne and let it

stand xii houres stirringe it

diuers tymes, then still it

in a Limbecke, and keepe the i.st

folio 14 verso || folio 15 recto

first water by it selfe, for it

is the best, keepe allsoe the

second for it is very goode.

The virtues of the same

It Comforteth the vitall spirits

and helpeth inward diseases that

cometh of Colde, and against it

shakinge of the palsey, it helpeth

the Conception of Women that

be barren, it killeth the Wormes

in the bodie, it helpeth the ++

stone in the Bladder it Comfor

=teth the stomacke it cureth

the colde Coughe, it helpeth the

toothe ache, it cureth the colde

dropsies, ti helpeth the diseases

of the Raines, it helpeth hpt

=ly a stinkeinge breath, and

whosoeuer useth this water

some tyme and not often, it

preserueth him in good health

and shall make him to seeme

folio 15 verso || folio 16 recto

Younge very longe, it Comforteth

nature merveilously. With this

water Doctor Chambers preserued

his life till extream age Would

suffer him nether to goe nor

stand any while, and he Continud

for fiue yeares, when all the

Phisitians iudged he would not

haue liued, and he Confessed

when he was sicke at any time

he neuer used any other mede

=cine but only this water, And

if it stand in the sunne all

the summer it will be the

better. finis.

folio 16 verso || folio 17 recto

A receipt of Clarie Water

Take the Flowers and leaues and still

them in a Colde still, then take

your water and draw it twice in

a glasse ^ still close luted of one quarte

of Water that you put in draw out

but a pinte you must let it drop

into The receiuer upon muske and

ambergreees finely ground and put it

into a litle bagg, then take spirit

of wyne and put into your water, for

euery pottle of water a pinte and

a halfe of spirit of wyne, then take

Sugar Candie as much as will make

it sweete, a pound for euery pottle

when your sugar is desolued in the

Water you must filter it through

a Tunnell of cap paper which must

haue no hole in it, but must be

sowed up uery close that it may

soke through the paper and drop

very leasurely, and let your muske

and Amber hange in the glase and

soe use it when you haue Ocasion

folio 17 verso || folio 18 recto

+ A Bath for an Olde Soare

Take a good quantitie of Iuie that

grows our the ground for a gallon

of faire water, and to the gallon

of water take a pound of sheep

suit, boyle it till halfe be consum^ ed

then let the partie hold ouer

the soare that the steeme of

the liquor may come to it till

it be colde soe colde that the

partie may put in the soare

and soe bathe it very well

and binde some of the hearbs to

it, doe this three mornings one

after another.

+ An oyntment for any soare brest

Take ii handfulls of sealf heale, one

handfull of of ground Iuie one

handfull of ground Dasies, roots and

flowers a handfull of plantaine one

handfull of parsely shreed all theise

hearbs and boyle them in fresh

Butter, then strayne it and keepe

it for your use.

+ To stop bleedinge inward or

outward.

Take toade spaume and beate it all

togither very well till it come

to an oyle then take raggs

and dip in it seauen or eight

tymes and drye ^them euery tyme you

dip them in the same, and lay

to one the wounde, if it be

inward if you lay it one your

stomach it will stay presently.

+ Another to stay bleedinge

Take stoney and the pouder of

Ginger being mixt togither then

boyle it and make it into litle

pellets and take them, if it

be outward aply it in forme of

a playster.

folio 18 verso || folio 19 recto

To preserue Apricocks or any other

greene fruite.

Take your apricockes when they

be bigg growne before they turne

from being perfitt greene, put them

into luke Warme Water in a pan

and couer them into with a dish as

the plums may be under the water

and when that groweth cold, put

them into another pan of hotter

water, keeping them couered as

before, and thus continue still,

shifting of them in hot waters till

the ut outmost skin pill of, which

skin is no thicker then the purest

Laune for if you goe too deep with

the skin you take of the co^uller

when the skin is of let them

simper ouer the fire, in one of

the former waters, till they be

tender, still keepinge them couere^d

then haue your sugar readie, of

the finest and whitest, you can

get, put your plums into it, and let

them boyle softly, till they be

folio 19 verso || folio 20 recto

sweet to the stone, boyle not

your sirope to too great a height

for spoyling the couller for the

whiter your sirupe lookes, to the

greenest of the fruite, the more

beautifull it will be, you may

hang in it a bagg of muske or

Amber greece as you like, and

this way you may doe any

other green fruit that is to

be preserued greene. this way

you may preser^ue green pesco^ds

put they will aske a longer

boylinge, you must take of

the skin allsoe.

folio 20 verso || folio 21 recto

To make white metheglin

Take iij gallons, and a halfe of water

then take marierome, winter sauerie

egremonie & broade tyme, of each

a handfull, parsely rootes, and fennell

a handfull, the pithe beinge taken

out, cloues and cinamon of each

halfe an ounce, put the spice in

a bagge, and when the hearbs

and rootes are washed, put them

into the water and your bagg of

spice, and let it boyle together

halfe an houre, then take

out your spice, and cleanse your

water from the hearbs, then

put iij gallons and a halfe of

cleane water to this liquor, which

is boyled, and put to it a gallon

of the finest water honey you can

gett: then you must laue it

all together six houres, then

take a new layd egg and put

into it, & if he swim the bread^th

of a groate, then tis stronge

enough. if not you must adde

more honey, and laue it as you

did before, and when you think

it strong enough, set it one

the fire, and as it boyles scum

it very cleane, and you must haue

in readines the whites of thirtie

eggs beaten to a froath, to put

in soe soone as it is scumed.

then take it from the fire,

presentlie and run it through a

Iellie bagge, and let it stand till

it be very cold, then put barme

to it, and let it stand foure and

twentie houres, and then tun it

up, and hang on the bagg of

spice, and when it hath done

workinge stop it very close, and

in the month or six weekes you

may drinke of it.

folio 21 verso || folio 22 recto

To preserue Raspes.

Take a pound of sugar, and put to

it a pinte of water, and boyle it to

a thicke sirrupe, then take ^ it of the

fire, and put therin as many raspes

as will lye one by an other, then

set it one the fire, and let it

boyle up all together, then take it

of the fire againe and soe let

it boyle up three tymes, and then

they are readie, and soe put them

up and keep them soe long as

you please. if any of your raspes

breake, take the whole out, and

strayne your sirupe through, a

peice of tiffanie to keepe backe

the seedes.

folio 22 verso || folio 23 recto

+ To pickell mutton Cowcumbers

Take the fayrest of yor young xx

cowcumbers, and wipe them very

dry, then make your pickell with

halfe water and halfe vineger

and some parings of the worst of

the cowcumbers, and let it boyle

very well, then let it coole, and

strayne it into your vessell.

then put in your cowcumbers

and cast a pinte of oyle oliue one

the topp, and couer them close.

the oyle keepes it without any

creame one the topp, that when

you use any they shall not

take winde.

folio 23 verso || folio 24 recto

Paracelsus playster accordinge

to the London Receipt.

Take oyle oliue six ounces, yellow wax

one ounce and a hale, litharge of gold

foure ounces and a halfe, Gum Amoniand

Bdellium of each halfe an ounce

gum Galbanum opopanax mirrhe and

Francumsense of each two Drams oyle

of Bayes lapis calaminaris, of each

two drams. Venice terpentine one ounce

and of both thes Aristochia Rootes two drams

ffirst scrape your wax very fine. then haue

your litharge finely puluerised & searsed.

theise with your oyle you are first to

boyle ouer a soft fire till they will

not sticke to your fingers. then you

haue your gums desolued in white wyne

vineger & strayned, the which are, Ammoniacum

galbanum & opopanax, the aboue sayd beinge

taken from the fire & nott to hott

putt in your gums & keepe them stirring

till the be all well incorporated, then

putt in your the rest of your powders beinge

folio 24 verso || folio 25 recto

finely puluerised & searsed seuerally

by them selues, beinge sure to keepe

itt continually stirringe ouer the

fire but lett itt nott boyle & last

of all adde your oyle of bayes &

terpentine, & incorporate them well

together & make them into roles

& keepe them in oyled paper or

Lether. this emplayster hath

many rare virtues.

To heale a Tetter. Mr Corsley .

Take halfe an ^ ounce of Camphire halfe an

ounce of sulpher vicum, (quicke sulpher)

and 2 or three bitter Almonds blancht

slice your Camphire very thin, then

puluerize your almonds sulpher & Camphire

and searse them throughe a fine

search. then take two spoonefulls of

the powder & putt itt in a bottell &

putt to itt halfe a pinte of ^ white wyne vineger

stirringe itt well to gether, and with

a cloutt bound to a sticke anoynt your

tetter Morninge & Eueninge.

ffor scaldinge or Burninge to keepe itt

from blisterringe.

Take a stronge onion and as much Bay

salt & beate them well together and

apply itt to the soare place. & itt helpeth.

Take onions and bay salt of each

a like quantitie, beat them well

together, and streine itt: wett cloath^ es

therin and apply itt them to the

place greiued.

An excellent medecine For

any kinde of Ague. Doctor Costine

Take saffron one ounce and a halfe and

as many Currens vnwashed as will

beate itt up into a Cataplasme, beat

them well together and putt itt

in bagges of Boulter two to be

applyed one the handweightes one the

Pulses and the other one the pitt

of the stomach: probatum est

folio 25 verso || folio 26 recto

A powder for the wormes

Take wormeseedes two ounces, Sena

two ounces, hartsehorne rasped

mirrhe gentian roote dryed centori

of each six drams, of the best

Rhubarbe. six drams. make all

into a fine powder and giue halfe

a dram at a tyme for three

morninges together in Muscadell

for a man you may giue a dram

& a halfe.

Somers .

folio 26 verso || folio 27 recto

Balsamum with the vertues.

Take of yellow wax halfe a pounde

sallett oyle three pound, Venice terpentine

one pound, red sanders. one ounce.

washe the terpentine in rose water, and

the wax in sacke or white wyne, then

melt the wax, and put the oyle with the

wyne vnto itt, and the sanders, and boyle

itt gently, till the wyne be consumed:

then put the terpentine to itt, and lett

itt boyle till all the moysture is gone

strayne itt while itt is hott & keep, itt

It healeth a greene wound very

suddenly, cureth scaldings & burnings.

but maketh itt a little smart.

If you giue of itt once or twice

mingled with a little sinamon in

red wyne itt cureth the runninge

of the raynes.

folio 27 verso || folio 28 recto

To Cure a ffistula

Take white Copperas one pound, roache

allam, one pound, beate them to powder

in a morter. then putt them in an

earthen pan, and sett them one the

fire till they be boyled dry, that

you may bringe them to powder againe

then adde 3 spoonefulls of the

powder to a gallon of boylinge

springe water. and preserue itt for

your use. and washe the place

fistulated, or in jecte itt with a

seringe.

To heale a bruise speedily

Take a handfull of rye beate itt a

little then boyle itt in a quarte

of Vineger till half be consumd

then spread itt thicke one browne

paper and lay itt hott to the

place affected.

folio 28 verso || folio 29 recto

ffor a Consumption

Take a handfull of eringo rootes

a handfull of elicampane rootes.

Anniseeds and licoras, of each two

ounces, reasons of the sunne stoned

a good handfull, ginger slyced two

rases. Betony two good handfulls

put all theise in a bagge of Boulter

of hang them in fiue gallons of

strong worte that hath had but a

few hopps boyled in itt.

A pultis to allay paines swellings

or any anguish.

Take strawberries leaues, violett leaues

Collumbine leaues, of and blynde nettles

of each a like quantitie, boyle them

in fayre water, and thicken itt

with oatmell and apply itt to

the place greiued as warm as

you can suffer itt.

folio 29 verso || folio 30 recto

A Pomata for a Burne

Take three pound of the greasse of a

spayed foule lett itt be new & sutset

then take a pinte of ^ red rose water fowre

or fiue Queene apples, pare them core

them and quarter them, then take

a quarter of a pound of red rose

leaues, a good handfull of blanchtd

Almonds. putt them all together in

an earthen pipkin, and lett it stand

two dayse, in warme embers, then

strayne itt through a lininge

cloathe, and lett it stand & settle

powre away the clearest when

itt is colde and stirr itt well

withWodden spattle till itt

be very White.

Good

folio 30 verso || folio 31 recto

A playster for a soare breast

Take halfe a pound of larde, a pinte of

the grounnds of stronge beare, a quarter

of a pounde of frankincense, boyle the

larde and grounds together, till the

grounds be consumed, then putt in the

frankinsence by little & little, keeping

itt stirringe till itt be thicke then

aply itt to your use. But if the

breast be red and inflamed, you

must make a pultis with stale manchett

& runninge water, boyled together, &

apply itt soe hott as you can indure itt

and you must anoynt the place

round about with linseede oyle; butt

nott where the hoales are.

To make sirrupe of Violetts

Take your picked violetts beate them in a

stoane morter very small, havinge a little

water boylinge in a rediness, adde some

of this water & putt into the morter to

make the iuce streyne forthe the better

to a pinte of this iuice adde a

pound of sugar, boylinge itt to a

sirrupe

folio 31 verso || folio 32 recto

Good for the face or hands.

Take the whites of fiue new layd eggs.

ten spoonefulls of iuice of Lemons,

beate theise together till itt comes

all to froath, then lett itt stand

3 or 4 dayes till the froath be

desolued and then sett it ouer

the fire, & lett it boyle till itt

come to the thicknes of starch

addinge unto itt mutton suitt as

much as a walnutt and as much

burnt allum as will lye one a

sixpence.

To make whay drincke

Take of Endiue, Agrimony, Cichory

liuerwoorte roses, and the topps of

greene hopps, of each one handfull

anniseedes, parsely seedes, & licorish

of each two two ounces, Polipodie

of the Oaks 4 ounces, boyle all

theise in a sufficient quantity

of whey and drinke there of

at your pleasure.

folio 32 verso || folio 33 recto

To ^ make marmalade of Oranges

Cutt your Oranges in halfe, and take

out the inside of them, lay the oranges

in water changinge them euery day

for 3 dayes, then putt the orange

rindes in boylinge faire water and

lett them boyle till they be tender

then take their weight in sugar &

beate the rinds in a morter.

untill they be incorporated together

then add unto take the sugar with a little

water and boyle itt to a thicke

sirrupe, then adde the orange pills

that was beaten into this sirrupe

mixings it very well together, and

lett itt boyle a good spare puttinge

in 3 or 4 Cloues, then take

the insides which you picked out

of the oranges & putt into the

sirrupe takinge out the stones and

the skins, then boyle itt to the

heighte of a marmalade puttinge

these in the iuice of a lemon when

it is almost boyled. you must not

adde the lemon too soone lest itt make itt

better.

folio 33 verso || folio 34 recto

To make a purgative Whey:

Take Fumiterry, Agrimony,

scabious, & a halfe Damaske rose

leaues & Cetamache, of each one

handfull. Sena, and Polipodie

of each 2 ounces Rhabarbe six

drams, gusseete Fennell seedes and

grumell seedes of each halfe an

ouce. cut the heads slice your

Rubarbe and bruise the saes

& boyle them in a gallon &

a halfe of Whey till one quart

be consumed & runne itt

through a Wollen strayner

@ daniche thereof twice a day.

that Ms. Abrah: Somers.

folio 34 verso || folio 35 recto

Against Deafnes.

Take pure honey, iuice of onions, of

eache fowre ounces, stronge Clarrett

Wyne Vineger, a quarter of a pinte,

oyle of Sothernwoode, halfe a pinte,

putt all theise together in a dishe

and stir them well together,

then sett them one an easie fire

till itt be boylinge hott, when itt

is colde, put itt in a glasse, and

stop itt close. Then lett him that

is deafe warme a little of itt, and

drop three drops in his eares, and

stop them with blacke woolle, use

itt only at night when he is in

the bed, for a fortnight or three

weeks together, if he haue bin

long deafe he might no goe a=

broad in the Weett, nor in the

ayre, if itt proceed from Cold

you may put a little saffron

in the medecyne and itt

will be the better.

folio 35 verso || folio 36 recto

A Secrett Quintessence.

Take of Opiumm, an ounce and halfe

desolue itt in the best red Rosewater

seeds of henbane and of white popie

of each six drams; bruised and in=

=fused in aqua vitae, fowre and

twenty houres, pure mirhe one ounce

(^mummia one ounce) and a halfe, both infused in red

Rose Water forty eight hours, of

English Saffron halfe an ounce, in=

=fused in aqua vitae, pearle prepared

and desolued in destilled vineger

two drams, Corrall White and red

prepared of each six drams, Diambrae, Axo=

maticum Rosatum, Laetifficans

Galeni, of each halfe an ounce

Confectio Alchermis six drams, those

things that are infused strayne

well, and boyle gently the liq=

=uors to the consistane of honey.

then adde the Cordiall speties

the Corralls and the Alchermes

and stir itt well with a spatle

till it come to a Masse.

folio 36 verso || folio 37 recto

The Virtues of the quintessenc

It easeth the paine of the goute and

collicke, it stayeth the bloudy fflyxe,

woemens flowers, and the runninge

of the Reynes, itt stoppeth the yeox

and Vomitinge, itt provoketh sleepe

and cooleth in burninge feuers,

it taketh away the palpitation

or tremblinge of the harte and being

put into the nostriall itt easeth the

pains of the head, the dose is from

4 grains to 12, beinge taken in

the forme of a pill, or desolued in

Baulme Water, or any other Cordiall

as is fitt for the nature of the dis

=ease. But noate, that if the bodie

be bound, you must prepare itt with

some openinge Clyster sirrupes or

potion. As if the patient, be troubled

with paine of the head ffeauer or

other obstructions prepare a Clyster

after this manner, if by Colde

the disease happen, Take mallowes

mercurie, Beets and violet leaues,

of each

folio 37 verso || folio 38 recto

of each a handfull f Mellilote

flowers and Camomile flowers of

each halfe a handfull seeds of fennell

and Cummin bruised, halfe an ounce

boyle theise in a quart of faire

water to a pinte, strayne itt, and

adde the yolkes of 2 eggs, a little

sugar, and 2 or 3 spoonefulls of

sallett oyle, minister itt at 3 or 4

a Clocke in the afternoone, when

your Clyster hath wrought, about 9

or ten of the clocke giue your Cordiall

pill, the dose is, ordinaryly 6 grains

If you giue itt in a potion make

one after this or the like manner.

Take diascordium one dram, sirrup of di

diacodium, or of redd poppies, six drams

of the quintessence, 6 grames, mixe

all theise, with some 3 ounces of

Carduus, Dracons, or any other of

Cordiall Water, make it luke warme

and lett the patient drincke it of

last to bedward, couer him

warme, and lett him sweat.

Abraham. Somers.

folio 38 verso || folio 39 recto

A Capo Restoratiue

Take a pottle of Sacke, halfe a pinte

of Red rose water, halfe a pounde of

powder sugar, halfe a pounde of

currens cleane washed and dryed

in a cloath, halfe a pound of dates

stoned and cutt in peeces, halfe an

ounce of large mace, broade tyme

and Rosemary of each, halfe a hand=

=full, lay all theise a steepe in the

sacke & Rosewater. Then take a Cocke

pull of his necke & feathers, draw him

and cutt him in halfe, breake all

his bones, and putt him to the rest

of the things, lett them steepe all

together, a whole night in the

Cold still, then draw itt of, the

first ^ water is the best, the next is small

the Cocke must not be washed, but

putt him hott into the still and

Couer itt Close all night

folio 39 verso || folio 40 recto

Gascoynes powder which is

good for all feuers, consumptions

small pox, swoundings, conuulsions

and to driue venome from the hart

Take of the clawes, and eyes of the

crab, corrall, white amber, pearle,

hartshorne, a blade or two of saffron

make all into fyne powder, and giue

therof a little quantity, in a spoonsfull

of sacke, or any other wyne, drincke

a little after to washe itt downe

and fast an houre after itt.

You must haue as much of the

crabs clawes, as the weight of all

the other ingrediences.

ffor a Canker.

Take, Plantane, honeysuckles, Preeuett

violetts, and sage, of each one handfull

boyle thrise in a pottle of springe water

to a quart, then adde, honey, sal gem,

of each 2d white coperas, and Allam

of each. id worth, halfe a pinte of

white wyne, boyle itt a little and

keepe itt for your use.

folio 40 verso || folio 41 recto

Mrs Reasons Receitit for the

biting of a mad dogge: good for

man or beast probatom

Take a handfull of box: a hand

full of rue: a handfull of bittani^e

a handfull of wild sage: a hand

full of plantine: with a

good quantity of the wild

vine more: chop all these

very smale: and steepe them

in strong beere or Ale: giue

there of to a dogge: 5 or 6:

spoonefulls: with a quantity

of methridate about the

bignes of a pease and warmed

to a man you may giue more

it must be taken: 3 mornings

tasting

folio 41 verso || folio 42 recto

The 24 of july } 1702

To Make Sassages

Take the lean of a legg of porke

& mince it Very small with 4 pound of beef

suet & a good handfull of sage finely

minced this done take Clous mace and

paper of Each a good quantity & as much

salt as you shall think fits to season the

meat: with 9 or 10 eggs mix all these

together very well then put your meat in

to a stone morter & beat it very well till

you cant preseve the suet from the meat

you may put the meate into skins or rowl

them up which you please & soe fry them if you

put them into skins parr boyle them a very little

folio 42 verso || folio 43 recto

To Make Cheese Cakes

Take 6 quarts of new Milk and one quart of cream

Sett it as you do a cheese but instead of

warming the milk putt in as much hot water

as will make it ffitt & when it is comd break it

& pour it into a Cloth & whey it between

two & when the whey is very well draind

take the curd & break it with a pound

of fresh butter some mace & a pound of suger

the yelks of 14 eggs the whites of 8 make

Them upon plates in very good puff past

when they are risen & colerd they are enough

Another way to make cheese cake

Take a quart of cream set it over the fire when

it is redy to boyle put in to it a pound of currans

& 3 parts of a peny loaf grated & that being

boyled together allmost a quarter of an houer put

in to it 12 eggs yelks and whites and beat your

eggs with a quarter of a pint of sack and after the eggs

& sack are in lett it iust then pat it oute boyle then sweeten itt

& put into it half a pound of fresh butter let it stand till

it be cold then put it in to puff past and bake it. the oven

being pretty hot this quantity will make a dozen & a half

folio 43 verso || folio 44 recto

How to make Biskett.

Take one pound of rice flower & a pound

of dried suger & the yolks of 8 eggs & 3 whites

beate the eggs first by themselues very well

& then with 4 or 5 spoonfulls of oring flower

water or Rose watter then strain them in to the

suger & beat the Eggs & suger together with

a slice 3 quarters of an ^hour then Gentlely shake

in the fflower by degrees & beat it all together

a quarter of an hour then sprinke what seeds you

please coliander or carraway or both if you

like them butter the pans & fill them ^ but half full

ice them ouer when they goe in to the ouen with

suger & rose water that iust boyld up & rose so

bake them as fast as you can take them oute of the ouen

take them oute of the pans with a knife.

folio 44 verso || folio 45 recto

To Make Elder Wine

Take 20 pound of malligoe Raisons

pick & chop them & putt to them 20 quarts of water

lett them stand 10 dayes in a warm place then

draw it for one off then put to it 3 quarts of elder the

infused iuce of Elder Berries tun it into a runlet

when it haue done working stopp it close lett

it stand a boule two monthes and then

Bottle itt

folio 45 verso || folio 46 recto

An Orang puddding pudding

Take the rinds of 2 fair Orings

& 12 ounces of D^ouble refine Sugar

beate it in a stone morter then putt to

it 12 ounces of Butter 12 yelks of Eggs

beat the Eggs first by them selves mix

it very well bake it betwen 2 sheetts

of past in adish a boute an hour

Sauce for a legg of Veale or calves Head

Take a pint of good broth a pint of Oyster

lyquor half a pint of clarret put in the

boyleing a large blade of mace whole

peper & cloves. lett it boyle for half an

hour & keep it close together covered and

take yolks of Eggs well beaten and stirr it

in with half a pound of Butter when it

Thicks up putt in a handfull of parsly

& som oysters cut very thynne

small & the Brainsof a calves head

bray them & putt them all togather

Then take the Veale & drie it up very

well

Take a pece of raw veal & som

beif suet and beate them togather

uery fine it must be seasoned with

wine winter savory salt & pepper

a little nuttmeg according as you

like it the yelk of an egg a spoon

full of cream & make them up for

sassages to Lay aboute the meat

folio 46 verso || folio 47 recto

Garnesh your dish with oring

or Leamon of any kind of saller

ing you may if you please put

An anchovies in probatum

probatum

A Sock Posset

Take 3 pints of indifferent thick creame

boyle it with mace take it off the fire then

take 8 eggs beat them with half a pint of sack

nuttmeg & suger put ouer coles till its scalding

hot then pour in the cream stirr it & then

couer it a quarter of an hour

To Stew Musrooms

Put them in a dish ouer coles till the heat hath

drawne out the liquor which must be putt a

way then putt to them a good quantity of

grauie sweet herbs spice & salt & of shelot

& when they are enough put in a good peic

of butter & the yolks of 2 eggs Beaten

A Cabedg Pudding

The lean of a leg of veale & and as much

beef suett a good handfull of Collwort leaues

mince it all uery small season it with pepper

salt and nutmegg work it up with 6 Eggs

and grateed bread rowle it up in a boyled

Collwort leafe and tie it up in a cloth

Serue it with Butter

folio 47 verso || folio 48 recto

Dress a Shoulder of Mutton in blod

Bloug Steep a Shoulder of mutton

in blood an hour then take sweet herbs

half a pound of beef suett pepper & salt

mixe them with half a pint of bloud the

yelks of 2 eggs stuff the mutton with it wrrap

it in the coule. & as it rosts baste it with

the bloud; for the sauce graue & iuce of

lemmon

Harts horn ielly

to a pound of hartshorn 5 quarts of

water boyle it close couered till it come

to a three pints put to it a pound of lofe a

quart of renish wine 2 nuttmegs 2 or 3 blades

of mace the iuce of 8 lemmons the whites of

16 eggs beate in to froth boile & stirr it till

its cream strain it throw a ielly bagg putt

slices of lemmon peel in the glasses

folio 48 verso || folio 49 recto

Howe to Coller a pigg

Take a good tall pigg scald him and

cutt off the head & slit it down the back

& bone it & throw him into fair water and

salt let him lie one night to soke oute the

bloud then dri it with a cloth then take

cloves mace nutmeg & salt & rub in it

then rowl it up tite as you can in a cloth &

tye it up at both ends hard and in the

midle and then boyle it with water &

salt & as much milk as will cover it put

a sliced nutmeg & race of ginger a pece of

Lemon peelle boyle it an hour & half

lett it stand in the Liquer till it is cold

Then take the cloth from of it then put

in an earthen pott & put the liquer to

it and in 3 or 4 dayes you may eate it

folio 49 verso || folio 50 recto

sinks

folio 50 verso || folio 51 recto

sinks a little

folio 51 verso || folio 52 recto

To Make bisket

Take the yelks of 5 eggs & the whites of 2 beat

them a quarter of an hour & in the beating putt

10 spoonfuls of Rose water then strew in a

pound of dubble refine suger finely beaten

and sifted after the suger is in beat it an hour

then take a pound of flower well dried shake

it in still beating it one way then strow in

your seeds caraway or coriander or both if you

please. drop them in to butterd pans and

bake them

To make an excellent whine

Take malligo raisons pietet & rubed in a cloth

to every pound of raisons a quer quart of water

put it together in an earthen vesell lett it stand

12 dayes stirring it every day then squeese out

the Raisons out of the liquer then take the 3d part

of the lickquer and set itt on the fire till it is redy

to boyle them put it to the other liquor and to every

10 qrts 10 quarts put a quart of good sack then

put it into a vesee ll so as have been half a quarter of an

how hour hour held our burning brimstone and

when it hath wrought stop up stop it up

sinke begun

folio 52 verso || folio 53 recto

How to stew Carpes

Take male carpe scale them and save the bloud put

a spoonfull of clarret wine to keep the bloud from

cloting save the rows then put them to the

bloud with some clarret putt as much as will

cover them & no more for the less quantity

of liquor of liq there is the sweeter they

will stew put to it 3 or 4 peces of lemon

peel one onion onion cut in half

a blade of mace or 2 one nuttmeg cut

in slices one Anchovie then set them on

the fire not to hot lett them stew Easily

and turn them twice in half and hour in which

time they will be stewed enough and

melt butter to it

Thomas Thatcher

Sculp

folio 53 verso || folio 54 recto

Howe to Coller Eles

Take the largest Eles & skin them

and bone them then season them uery

well with sallt mace and nutmegs

& some swe^ett yerbs & parsley well

shred strew it upon them, & rowle

them up as close as you can be

ginning at the taile first then=

sow them yp in cloaths first &

then prepare the pickkill which

must be water white wine & vini

ger salt leamon pill and A race

or 2 of Ginger then putt it over

the fiere when it boyles putt ^ its the

Eles when they bigin to be ten

der then take them out & lett

them stand till they be cold &

when the pickle is Cold putt

folio 54 verso || folio 55 recto

putt them in A fresh pot and put

the pickle to them & when it

growes stall renew it with some

of the same

folio 55 verso || folio 56 recto

Plague Water

Take a pound of dragon:mugwort: balm

agrimony: bettony: wormwood: pimparnell: fumatery

Rue: selandine: burnett: sage: speermint: wood

sorrell: featherfew. stabius. cardus. hearts earn

May weed. termementall: Angellico: scardino

wild time: brome: Ellicompane: & angellico roots

of each half a pound tormentall & butter burr

roots & leaves of rosemary each one pound

germander sentery tips rosa: solis Each 4oz

Clove gilliflowers. red poppyis. couslips & merygold

flowers. each half a pound: zediary: liquorish

sweet fennell seeds carraway seeds aniseeds

corriander seeds & cardimums each 4 ounces

sinamon: Cloves maces & nuttmegs of each 2 ozcis

Venice trecle half a pound meteridate and dia

scordiam each a pound let the herbs lie on sheets

to wither then slice both herbs and roots and

let them infuse 3 or 4 dayes close covered and

to this quantity putt 2 gallons of sack and one

of brandy distill it in a limbick

folio 56 verso || folio 57 recto

A Sauce for Fish

Boyle 3 or 4 anchovies in about

a quarter of a pint of gravy as much

clarett and 4 or 5 spoonfuls of the hyn

of pickled oysters and when it hath

boyled a while put in a litle parsly

sorrel and sives a litle spinnage

a few vilate leaves a litle time

winter winter savery pennyriall

all shred very small then stir in

the butter and beat it very thick if

it be a Carp be sure to save the

blood of him to put into the sauce

rub the Dish with an onion and

lay slicet Lemmon over it

folio 57 verso || folio 58 recto

FHow to mak Scotch Collops

Take a Leg of Veale and cut it in long

thin slices & hack it withthe back of an

Knife; season it with fine sweet margeru m

penny riall sives parsly and winter

savery a grated nuttmeg pepper &

salt, rub the collups on Each side

and put them into a scillet. put in

as much white wine and vargus

as will iest cover the meat then take

one clove of Garlick and halfe

an nutmeg tenn cornes of pepper

& 4 anchovies cut in peecs sett all

those stewing on the coales then take

out som of the liquer into a sauce

pan and stew it with a clove of garlick

a litle anchovy Liquer melt som

butter thick with it then take the coll-

=upps out and Browne them in a fry

ing pan and lay them in a dish

folio 58 verso || folio 59 recto

and put the sauce over them

squase in the juce of an orange

over them

To Pickle Wallnuts

first prick them through & through

& lay them in pump water with

a handful of salt for nine days

shifting them Every Day with

fresh pump water & salt put

tye them in a Cullender & drain

them & put them over the fire in

water that Covers them & put a Cloth

down upon the Nutts to Keep in

the steam & lett them iust boyle

then take them of the fire & wipe

them very dry: & lett them be

quite Cold before you put the

pickle to them then lay a ll

Laying of wallnutts & a laying

of Mustard Seed & a clove of Garlick

with a little peper between each

now with Bay leaves turn over leaf

folio 59 verso || folio 60 recto

till all are put in then boyle

as much vinegar as your quantity

of nutts shall require with a little

peper & a few Cloves with a little

Jamaco peper putting it hott to

the Wallnutts & Cover them

Close for your use

Mrs Kirbeys receit

pro batum

July the 8th 1712

folio 60 verso || folio 61 recto

folio 61 verso || folio 62 recto

In Wit, as Nature, what affects our hearts

Is not that executness of peculiar parts;

'Tis not a Lip, or Eye, we beauty call

But the Ioint force & full result of al

'Tis ^ with our Iudgments as our Iudgments watches , now

Go iust alike, yet each believes his. own

At every trifle scorn to take offence

That allways shows great Pride, or little sense

folio 62 verso || folio 63 recto

folio 63 verso || folio 64 recto

folio 64 verso || folio 65 recto

A Receite, to make the

Stomattick Bitters

Take

6: Civill orange Peeles

1/2: ounce of Snake Roote

3/4: ounce of Gention = sliced thinn

1/4: ounce of scutcheoneele = Brused,

Put into a Quart of French

Brandy lett it stand :24: hours

then straine it off through a

fine Flannell

Then put a quart of White=

Wine on the druggs and lett it

stand :48: hours then straine

it off as before

Zedoary

folio 65 verso || folio 66 recto

66

folio 66 verso || folio 67 recto

67

folio 67 verso || folio 68 recto

68

folio 68 verso || folio 69 recto

folio 69 verso || folio 70 recto

For the Rheumatism

half an ounce of Gumgoacum

steept in half a pint of best

brandy Take a Teaspoonfull

in a Glass of spring Water in a

morning fasting & at 4 a clock

in the afternoon it an Excellent

Remedy

folio 70 verso || folio 71 recto

folio 71 verso || folio 72 recto

penny worth Mallow leaves

penny worth Marshmallow RL

2 oz Liquorish Roots

2 oz Raisins

1 oz Gum Arabic Boil it in

4 quarts Water till it comes to

2 quarts strain it of: sweeten

it with syrup of:

Marsh

Mallow

folio 72 verso || folio 73 recto

folio 73 verso || folio 74 recto

folio 74 verso || folio 75 recto

1 17 9 1 13-9

1 11 6

3 = 9 3

33

12

3 405

12 435

36

135

1-3

3

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3-16-0

2 2 9

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3-16-0

1 14-

5 10 6

folio 75 verso || folio 76 recto

1=12=0

1=9=6

0=9=0

3=10=6

4-4-0

7:14 6

1: 16

9:10 6

1-10

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3-12

3 0 - 0

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3:16

folio 76 verso || back inside cover

19

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1 11.6

1 11 6

11-3

8:19. 3

7

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back outside cover

spine

head

fore-edge

tail