V.a.619: Receipt book of Margaret Baker [manuscript]

front outside cover

front inside cover || front endleaf 1 recto

front endleaf 1 verso || front endleaf 2 recto

front endleaf 2 verso || front endleaf 3 recto

Margarett Baker

front endleaf 3 verso || folio 1 recto

A Diat drinke for the Scuruie; Robartt Laine ,

Take of Scuruie grasse brooklime watercreases liuer wort and hartes

tounge ano i handfull Iuery 4 ^pounds: wilde angelico deasie leaues being

halfe rootes. wormewood ribworte mugwort, Camapetias speedwell

auanes bramble leaues sanacle bittanie dandilion bugle or mather

of each one handfull Long peper an ounce ^granes an ounce safforne twe drames,

boyle these in three gallones of new ale till halfe bee con-

sumed then straine it & put it vpon the fire againe & put

in the hunnie & spices aforesaid & boyle it a little & let the

patien drinke it euening & morning

A pretioues balsam

Take a quarter of a pound of bee wax cut it into uery small

peices & melt it in a pinte of sacke in an earthen pott or panne

& when it is cleane moltes, take it from the fire then poure

therein to halfe a pound of uenice turpentine first cleane

washed in rose water & a pinte & halfe of sallad oyle then boyl

them altogether with a uery soft fyer untill they bee well incor

porated; then take it from the fire & lett itt coole & when it is thro

ughly cold take away the cake & the sacke then melt the cake in

the panne againe & when it is moulten put in an ounce of the best

red saunders & soe stirre it continually till it be cold

this balsam is good to cure any grene wounds being melted in a spoon

& with a feather annointing it therewith & put in good store

folio 1 verso || folio 2 recto

Lint on the orifice it is good also for any burning or scalding

or any bruise inward or outward & for A stiche being taken

warme with sacke or possett drinke the quantitie of a hasell nutt

A most pretious balme made only by mathew Lucatalla

an etallian newly ariued & neuer sould heare before

which only is in all perfections good to cure these under

written Infirrmities

first it is good for to heale any inward or outward wound

if inward to bee squerted warme in the said wound if

outward to bee aplied with fine linon with anoynting the plas

there about & it will not only take awaye the paine but like

waise keepes it from inflamation draweing forth all kroken

bones or any other thing that else mightt putrefis or fester it

for the braines or inwards as the hart guttes & liuer bee not

touched & itt will heale itt in foure dressing if so bee that noe

other thing bee aplied therunto it allso healeth any burning

or scalding either by fire or water or any other meanes

Likewaise it healeth any bruese or cutt, being anoynted

first with the said oyle and a peece of linnene cloth or lint

diped thereing then warme it & laie it to the place itt will

heale itt with out any skarr remaning it taketh awaie all

payne or greefe arising through could as moystneed cakricke

or aches in the bones or sinewes first anoynting the place soe

ofended with the said oyle heated & ^a warme cloth laid one

itt, it helpeth the headach only anoynting the temples

& nosetrills therewith it is good against the wind collicke &

stich in the side aplied there to warme with hott close

foure morninges togather & euery morning alsowe a quarter

of an ounce it is good against poysone & helpeth a surfitt

taking the quantitie of an ounce there of in a little sacke

warmed itt helpeth bitinges by scorpions vipers or snackes

being drunke warme in milke it is good against the plauge

anoynting only the nosetrills & lipps therewith in the morning

before the goe forth by gods healpe hee neede not feere the

plauge it allsoe healeth a fistula or vlcer bee it neuer soe depe

in any place of the bodie being aplied as aforesaid for a cut

it is allsoe good against wormes or canker being vsed as for

the cutt only itt will require longer time to helpe them

it is uery good for one infected with the plauge measeles or

the like soe it be taken in warme broth the quantitie of a

quarter of an ounce foure morninges togeither & sweate

upon it it helpeth disgistion anoynting the nauell & stomacke

folio 2 verso || folio 3 recto

there with when the party goeth to bed the said

Lucatella to giue better satisefaction of the goodnes

of this balme not only hath cured him selfe with

it being scalded with scalding grease of porke & of

boyling Lead but allsoe healed him selfe with itt

after hee pased throw the flesh of his owne bodie with

A sword in the presentes of diures poople

the making Lucatelleys

Balme

Alles sicotrina a quarter of an ounce, sullphur viue

a quarter of an ounce, burgoney ^ pitch halfe a quarter of

an ounce, incorporate these by beating them well

together & soe mingle them with one ounce of oyle of balme

A water of the Leser centory worth

to bee compared unto gold

take one part of gentian, two partes of sentory when

they are pounded socked in whit wine fiue daies distill

them this water drunke at morning & Evening, preferueth

the body from all kind ^of deseases itt puteth a waye all in

postumes it maketh good coollour it resisteth the pestallence

itt healeth the stuffing of the stomocke it healeth the

sicke of the tisicke, it breaketh the stone in the raines

it separateh & puteth awaye the watry humores by

the spleene it helpeth the stone if it be drunk nine

daies togather in the morning & puteth purgeth the

bely alsoe it purgeth chollor & corrupted blood itt

helpeth wounds with in the bellie itt cleereth the sight

it cureth poysened bitinges, woundes, the pouder of

Centory allso ought to be put unto them, Lullie in his

booke of waters, certaine att this daye, steepe drie

rootes of gentian in whit wine & distill most efectuall

water ther out, mellisia thath is citraria saith lullus

Let itt be put in wine to bee distilled let a man drinke

a sponfull of this wine, fasting itt sharpeneth the

vnderstanding & the witt increaseth the memeroy

to a man that stutteth, lay a linnon cloth wett in

this wine upon his tounge & hee shall speake right

except hee stutt by nature hee that is sicke of the

pallsie lets him drinke itt fasting with a little tre

ucle & hee shall be cured efectuly it cureth the

stinking breath & putteth awaye toothache flesh or fish

Laid therein corrupt not & may bee kept as long as a man

folio 3 verso || folio 4 recto

will being out unto turned wine itt restorreth itt

breaketh the stone and prouoketh urin and womens termes

itt is good against the fretting of the gutts & paine

of the raines, itt ought to be drunke against kirnels

vunder the chinn & a plaister to bee made of the hearbe

if itt bee drunke fasting itt breaketh all in ward & hiden

Impostomes itt healeth all sicknesssis which tend to hurte the

hart and sides itt is repugnant against all kind of wormes

with in the bodie it taketh awaye all corupttion of the

bodie quicke or dead itt healeth all that itt toucheth &

preserueth in good health and in good quarter itt chereth the

spirites, itt is good for all the members and healeth the kidnes

of cold droppes aboue all thinges itt comforteth the

sinewes, itt is most profitable against clabbidnes coming

of could it sharpeneth the sight of him that drinketh

it, it taketh away duskishnes teares & superfluous humors

of the eyes, itt is holsom for the brest profittable for concomicione

against euell humors that letteth itt drinke with good

wine itt stireth the appitite it puteth awaye spotts &

frecens of the face that is washed there with if soe bee itt

alittle balme bee put to itt & then the face washed there

with itt maketh allsoe good colour it healeth the Iawbones

the smell of it killeth all gnatts & wormes, it cureth the drop

psie comeing of the a could cause & supperfluous colour

with drinking & washing all manor of woundes may bee

washed there with soe thy shall bee preserued from all

putrifieng, it healeth all kind of agues but most of all

quartanes the drinkeing of this wine letteth the desea

ses of Saint Lazarius from increasing itt is good also

for them whose braine is perished and for the franticke

alsoe if a man eate a spider by channce & drinke this

wine straight way vpon itt hee cannot bee hurte of

the poyson, this writeth Lullus , millisa beaten &

steeped in wine a night this water distilled & drunk

euery day & houlden in the mouth it cureth benum

ing of the sences alsoe the faleing sicknes & droppsie

the quarten ague and diuers desease of blacke chollor ro

fleame itt is minestred allsoe to the straungling of the

womb & toothache

folio 4 verso || folio 5 recto

A magistrall Electuary of Sulphur the which serueth against

diuerste sorth of infermities

As the fire hath vertue to heate & drie meteriall thinges so hath the

Sulphur uertue to warme & to drie the humidyte and coldnes of our

Bodies for I haue vsed it diuerse & sundry tymes & alwaies haue seene

Diverse & sundry good effects but for the better commoditie & more ease

to vse it, I haue compounde this electuary the which you may vse with

ease & benifett vnto a number and the order to make it is thus

take very fine sulphur that is with out earth & make it into fine pouder

one pound sinammon halfe an ounce saffron one scrupll ginger two

drams muske disolued in rose water two carreth, whit honney crud

as much as will suffice to make it into an an electuarie with out fier then

keepe it in a drie place & this you shall vse in the morning fasting

and this quantitie is from fowre drames to seauen this drieth up scabbs

prouoketh urine breaketh the stone in the kidnes ^raynes or blader it helpeth

the cough drieth up the watteringe of the eies causeth a good appetie

with diuers other thinges the which I leaue to the experementers

Take uinegre ^ muskidin that is sweete & pleasant fiue or six gallons and put it

into a uessell well seasoned & in the wine put fine lignum aloes in pouder

3 ounces, pullipodye of the oke 4 ounces ruberb & turbeth 2 ounces

of each, seenay of leuant 2 ounces, musk disolved in rose water 10

graines & three pound of pouder suger or 2 pound of common honney

which you will - 4 ounces of the roots sipres beaten into pouder & as much

of the rotes of imperatoria in smale pouder and let theese be hanged

in a bagge in the said wine & close stopped for fourteene daies &

then you may drinke there of in the morning fasting a good draftt

this will take away all grosse fleame & uiscus humours & takes

away dropsies & all paines caused of corrupt humores because it

resolueth & preserueth the which are conuenient to be preserued in the body and

this you slh shall take as often as you finde cause it will preserue you in

health and make your body light some and strong;

How to make a diet powder

take antimonium one pownd, of tarter halfe a pound of copres, halfe a

pound all theis beaten togeather & mixt & made vp into littell balles &

so put into a gouldsmithes poot one after another & so let them boyle &

consume away vntil it doeth come to a perffet mettell then take it of

the fier & beate the mettell to a powder & put it into a fresh poot & so let

it burne vntill it come to a whitt powder then take it from the fier and

put it into water & so waish it in manie wateres then drie it ouer the

fier in a pewter dish & so giue it to drinke with cardise benidictus

water or whit whine

to make a diet drinke with this pouder

take -3- quartes of running water two handfulles of the inerpeeles

of aish one, peniworth, of lickarish of aniseede as much of cene as much

boyle theis th togeather untill the water be halfe consumed then krinke

it so often as you will;

to make a fume

take antymonyum retece prepared 2 ounces senabreum half an ounce

arxygementum half an ounce francomsence :1: ounce

folio 5 verso || folio 6 recto

An artyfysheall Balme

galbanum mastickgum elem^ yum gumgdragons blude & francomsence

of each halfe an ounce oyle of roses suffysicyent to make your bal

some myngle first your oyle & then your galbanum & next your

Elonyum so masticke francomsence & yourgdragones bloud so boyle

them tell that it loketh red then let it coole: tell that it be but blud

warme then put in halfe an ounce of turpentine

to make the read minerall pouder

take greene copprus .1. pound, whit copprus 1 ounce, uardigrees

half a dram, allem 2 ounces, 1 ounce of serius, unslakt lime, a

littell hanfull lappis, callamenaris, halfe an ounce commone salt

as much as your lime white wine vinegar .6. or .7. spounfuells to

worke the lomme to a plaster

take whit lead haulfe a pownd literg of gould & siluer of each

2 drames lapes callamenaris, whit chalke unburned as much

as a small wallnut freesh swines greese 4 ounces boyle them

as you have seene and worke it vp, bolarmenecke .1. dram to

make

to make turbeth reed and whyt

take agua fortus .3. ounces quicksiluer 4 ounces put them

all into one glasse viale & with your have stopt the moueth of the

gllasse close & shake it in the glasse with your hand for the space of

halfe a quarter of an hower to mortifie or keill your quicksil

uer then set your glase into your platter of sand as you haue seene

before & allwaies keepe a good fyer under your platter the

Lodinum or quantitie of this pouder is .3. grains with 3. grains

of eaforbuim mixt with a littell honny or sugar or fresh butter

or in the conserfes of role lixsatiues & not stomatticalle first

afore you take this powder you must take preparatiue of

senne or haulfe an ounce of confectiue hamnickca or con

serfes of rosses laxsatiuef .1. ounce this powder in ^ this sorth

yoused take taken .3. times in .9. days with good order of diet

healleth all oweld mallegnence infetriate sores paine in the

Ioynts all running disseses it eases the extreme paine of the

gout kureth the french disease parfect, festulos & cankeres

runing eies hollo sores in the throat or else where like

wise in your kueer you most youse this decoction of drinke

with all as followeth, the diet drinke is thus made Lingnum

guiaen .1. pound corttix guiacy .2. ouncies radix sarsapar

rill .1. ounce radix chinne .1. ounce radia sasciphras .1. ounce

Epethumum .3. ounces, rubarba turbeth .2. dramse sene-

allexsandria .4. ounces Coliquintidea .3. drams stickcados

.2. ounces hermadacktelos .3. ounces callamaaramaticus .1.

ounce there deagarricum halfe & ounce Iensianna .3. ounces

radix tormentill .3. ouncies Agrimonium halfe a pound, Iras

arstrilogirotundum halfe halfe & ounce Licoris .4. ouncis

radix pollimonnice & ounce & halfe rasinni solles .2. pound,

folio 6 verso || folio 7 recto

Rububes gallingall .2. drams, coriandrium annes .1.

ounce, fennicules .1. ounce, powder all that is to be powd

ered & you may boyle theis is in, a, new erthen pott well

leaded with .4. gallones of running water .24. owers or

you make it all into suttell powder & drinke it in bere, at

all times with your meate or betwene meles, but you must not

faill morning nowne & night to drinke a hole spoonefull

of the powder if you drinke not betwene melles this decokshon

is very good against the num palsies & likewise againe

the falling siknes I haue kured of them here with also

To make A fume for the head

bengamen storax of each halfe an ounce lebdanum

.1. dram whith frankcumsence .1. ounce bate all in

powder & strowe it in a chafendesh of coales & fume your

heed & fume your stoupes of fine flax & lay it to your eares and the moueld of your heed and in the nape of your nek &

to your forehed at night when you goe to beed & keepe you

warme .1. day or to folloing

To make your dyet drynke

take ligenum guacum halfe a pound the barkes ther of .2.

ounces, sene leues .2. ounces lycoryse .2. ounces reed curences

halfe a pound o tenne quartes of cundewett water beat

your: wood and barke groce & bruk your: licoryce lay all theis

thinges in steepe in your vesell .24. oweres before that you

boyle them the next day boyle it till the one parte of the

4 be consumed

A gardell to be made for the stone

take fetherfew, willd tansey, plantan, houseleeke, of each

A good quantitie bruse them in a morter seuerally & straine

out the ioyce of them through a fine linnen cloath & put

euery seuerall iuyce into a glasse by it selfe & when you

will youse it take of euery iuyce a like quantitie but of the

houstecke halfe as much & ther with temper a littell quantitie

of beane meale together let it not be made to stife nor it to

tender but of a reasonable temperature then put it in to a li

tell baig of linnen cloath made three fingers brod & offe

length to come about your wast & some what longer that

one ende there of may retch downe toward the neke of your

folio 7 verso || folio 8 recto

Blader fill the gerdell to the thicknes of a finger bredth

and take a peece of whit leather twice in breth to the

gerdell & fasten it there vpon to keepe the moysture of

the gardell for from your cloathes & when you fele your

gardell drey take it out and fill it againe;

An aproued salue to heale all ould sores fistulas

Cancers nollemetangeros & wounds of sinews & vaines

Saint Antoneys fier & ould aches & consumeth:

Dead flesh and Increaseth good & taketh

away the spotts of the scuruie

take halfe a pound of turpintine, one pound of rosen; virgens

wax on pound haulfe; of oyle oliues one ounce, of fran-

kensence one ounce; of masticke beaten into one ounce pouder a hand

full of bettony, one ounce of pimpirnell, veruine a handfull

beat all these hearbes in a morter then put them in a pottell

of white wine & lett it boyle unto a third part & straine

it through a linnine cloth & put it in to a thing by it-

selfe then take the rosen & melt it & straine it through the

same cloth & put it in to the wine & after the virgins-

wax & after the masticke & after the frankensene in

Powdred to gether untill they be well mingled to

geather & then take them from the fier & put theire in

turpintine & then take the iuce of vallerian & put theire

to & stire them togather vntill it be could & then worke

it well with your handes & put it in boxes & keepe it

well, and know well that the ioyce of vallarian dis

troyeth that is to much & increaseth that is to little

& it keepeth each portion in his estate & this confec

tion ought to be well keept this salue is good for all woun

des that is of nature drawinge & clensing & to consume yll

flesh & in gender good it suffareth noe dead flesh or corru

ption to be on the sore it is good for the broken senews &

for swellinge of the vaines through blood letting &

for saint antonies fier & for vaines straines & senews

and for the scuruey:

to make menstrun celesteus

In the month of may gather good store of may deawe from

rosmary or other hott plants which are indued with

folio 8 verso || folio 9 recto

sharpnes, rectifie the same deawe in balneo maria

until itt leaue no more feces ^ that is groundes then still it often vntill

it bee made diaphanne or cleare & of the colulr of pea-

rles it will be good then to cerculate it in a close vessell

to the ende it may be the better kepte, then take one

pounde of the best white shining manna of calabria

& .4. pounde of your distilled aquacelestea still it of

and againe powre one asmuch more Aquacellestea and

distill it of & so make cohobatiows and distillationes un-

till the said manna be increased halfe his waight

then drye it acording to arte & sublyme it that will

be more white then snowe which sublymeth yfall

be not sublimed, adde againe some aquaselestea &

make cohobation & destillation vntill it be increased

halfe his waight, then is it appte to sublime, keepe

this vigetable mercury dilegently with is nowe fitt to

doe those things which followe take of this mercury

vigetable two ownces of aquacelestea foure ounces

Ioyne them all togather place them in balneo in a well

gla closed uessell, then doth the water agayne receaue

into her: her mercuy & of two is made if they pase togather

through the spoute of the alimbecke or retorte, & so shall

you haue the catholicke or vniuersall dissoluer of all

calcined bodyes; either of calcined corrall carbuncles or

rubynes, peales & such like: finally it is dissolued olym=

picinum;

In stead of the may deawe you may take the liquor you

knowe which is the quintyncence of read wine,

An excellent plaster

Litharge of gold, & of siluer, olibanum, white lead, bolies

Lapis calaminaris, ana one ounce, rosen wax ana, two

ounces, oyle of roses one ounce

for the fellow iandos and stone

take the ashes of the topps of broome, the stalkes of beanes

the braunches of the white vyne of either a handfull

burne all to white ashes, the which being done put into

anipocres bagg straine through them .4. pintes of renish

wine, that done take one nutmegg, and cinnamon as much

laurell barries ounces .6. comin 2; drames anniseede &

&

folio 9 verso || folio 10 recto

fennell seede of each halfe a hanfull being all grosly

brused with sugar .4. foure ounces let it infuse in the

said wine & let the patient take thrise a day,

A magistralia water excellent for all

aches & sores

Let all theis bee beaten togither & put in a retort, &

put vpon it of pure aquauite .6. pintes & moysten

in it, a ragg of linnen hanging in the uessell being

set on fire, it will burne togather & mingle it well

with the other thinges & so let it infuse .9. dayes &

then distill it in cenders & there will yssue a water

and oyle togather the water white & so contynew a

softe fire untill there yssue a blackesh oyle then

chaunge the receauer & put to another making stronge

fire vntill the spirits come fourth & all being yssued,

seprate the oyle from the blacke water & keepe it by it

selfe & so doe withthe first water seperating it & keepeing

each apart, or by themselues, the whit water is the

water of the balsamo that which is separated is called the oyle

of balsamo the second water being blacke is called the mother

of balsamo, this seperated oyle is called artyficiall balsamo

which keepe as a iewell, the white water preserues the sight mak

ing also a cleare face preserues youth, breakes the stone in the raynes

& helpes the strangury made by carnositie of the yard

helps blowes & brusses all ethick feuers catarrs, cough, sciat

ica the mother of balsamo which is black helps scabbs, leapers

ulsers, which are not corosiue, the oyle of balsamo serves for blows

or brusses, head or bones or, membraces, prickes, the balsamo is

myrualious for the evill in the flancke takeing of it, .2. drames

& for the cough catturr coldnes of the head & stomacke blowes

of the head anoyntinge all the head once a day resolues any

swelling speedyly the names of the ingredyence are thies

take fine turpentyne .1. bound, oyle of bayes .4. ounces, gum

arabic .4. ounces, galbanun .3. ounces, incense & mirrha and

.3. ounces, gum of iuy, woodalloes, gallengall, cloues, consoluea

minor, cinnomen, nutmegges, Zedoarie, ginger, whit dicta

mus, of eche an ounce, muske, amber greese of each a dram

folio 10 verso || folio 11 recto

the manner to make alome out of

the mynerall

first the substance or stones must be burnt & after

ward out of the burned stufe make a lee the which after

it be cleere it must be put into a kettle

to make a

sallt peter put in scallding water

will take out any stanes out of silke

or cloth

to make a very good plaister or searcloth

for all aches & also for the scatica

take .1. pound of red lead, .8. ounces of white lead & beate them

in a ston morter uery fine then take .12. ounces of castell soape

and shave it smale in thinn peeces then put them all into .2.

pound of sallet oyle & then mixe them well together then set

the pan upon a reasonable soft fier & stirr it contynewally

untill it is boyled well & when it is boyled ynough then the

coullor will be like a sad tauney then power it upon a lyn

nen cloth & make it into serclothes, on both sides with the salue

take halfe a pound of turpentyne, .1. pound of rosen, .1. pound of

uirgens wax, halfe a pound of oyle olives, .1. ounces of frankensence

.1. ouncse of masticke, beaten into powder, an hand full of betony

.1. ounce of pimpernell or ueruauine a handfull beat al theis

herbes in a morter then put them in a pottle of white wine

& let it boyle unto a third parte & straine it through a lynen

cloth & put it into a thinge by it selfe then take the rosen &

melt it & straine it through the same cloth & put it into the

wine & after then uirgen waxe & after the masticke & after the

frankensence, well poudered together untill they be wellming

led together & then take them from the fire & put therin turp

entyne & then take the iuyce of ualerian whether you will

folio 11 verso || folio 12 recto

more or less & put ther to & stirr them together untill

it be cold & then worke it well with your hands & put it

in boxes & keepe it well, & know well that the ioyce of

ualerian distroyeth that; is to much & increaseth that

is to little & it keepeth each portion in his estate, & this

confection ought to be well kept, this oyntment or salue

is good for all wounds it is of nature drawing & clens

inge to consume ill flesh & ingender good that suffereth no

dead flesh or corruption to be in the sore it is good for the

broken sinewes & for swelling of the uaines through bloud

leting & for saint anthonyes fire & for uaines strained & sinewes

A preseruatiue aganst the plague,

this pouder to bee drunke euery morning

with white wine mixed with fare water

drinke it fasting & fast an

houer after

take allos secatrine, synamon, & mirr, of ech an 3 drames, cloues

mace, mastick, & lignum, aloes, of each halfe a dram bolear

meniake, & safron of each a quarter of a dram beat

them all seuerally into fine pouder & then scarce [sic] all to

gether & keep the pouder in a box,

A plaster of the old Ladyes mountagues

made by good wife edwards

it is good for all odd sores & cankers

take of rosen .1. pound & beat it into fine pouder & .9. ounces of

hoggs grease molton, & boyle theis together then take them

from the fire & set them vpon hott embers then put to them

.1. pound of turpentyne & .1. quarter of an ounce of uer^dgrease &

stur them well together & let them singe upon the embers,

for paine in the ioynts

take the doung of an oxe mingled with wineger it swageth

the swellinge easeth the paine & sucketh & pulleth forth the

matter like a drawing plaster & heleth with out hurting;

A salue to heale a cut and is good

for other sores

take .3. ounces of sallet oyle .3. ounces of wax & boyle them to

gether & stirr them then let it stand a litle of the fire & put

to it .2. ounces of turpentyne & set it on the fire so that it do not

seeth then stir them well together & set them from the fire un

till it be almost cold then pouer that into plantaine or for want

of plantyne put it forth into fare cleane water & so make that into

a litle cake & you may use it as you need either for lent or plaister

folio 12 verso || folio 13 recto

to make a salue for a fistula;

for a tetter or a ring worme

take .4. ounces of black soape, .4. ounces of good wax,

a quarter of a pinte of sallet oyle, & one quarter of an

ounce of rossen, melt all this together upon a soft

fier untill it be & oyntment & ther with anoynt the

place of the ring wormes & it will kill it

to make a salue for a fistula

take a blacke snale & hearb greace & beat them together

in a stone morter untill it becom a salue & then lay it

to the sore & drese it twise a day,

A receit for the taking away Quicksiluer out of mercurie,

that ther by may be made a parfect water

to keepe the face cleare from spotts or

wrinkles and is mad as followeth

mercurie one pound make it into fine pouder which you shall

do in this manner put your mercurie in a sheet of white

paper & then with a sleeke stone bruise it uery smale, for

you canot make it to smalle then put it in to a pewter

dish & put ther to a uery litle water with a spoune then

with a great wooden spoun stirr it well till it be disolued

& will groue to be uery thicke & foule the dish then hold

your dish of one syd, & the quicksilure will run from it

then put it into another cleane dish & stir it well for the more you

work it the better it is & the clenner the quick siluer will comforth

after the second dish is fowle & that you haue gotten out more

quicksiluer, put it into another cleane dish & work it well still

then it will growe & become little lumpes & the quicksiluer will

apeare like pinns heads, then with a corner of a carde sweepe

them away besides there will appeare a black skin on the

top of the mercurie which you may take away with a card but

if you doe not it will com out in the steepinge, after you haue

thus done put it into a glasse & fill it with water & let it stand

for a weeke then put that water away, & put in fresh then the

mercurie will swell & rise to the topp of the glasse & becom

like curdes then when you see it fallen to the bottom put

away that water & put in fresh then it will rise no more

if you will you may shift it againe & so let it stand & the

longer it standes the better it is which when it is ready to

be used you shall know by putting a bodkin of siluer if

it turne it black let it stand still if not you may use it

& the longer you let it stand the better it is;

folio 13 verso || folio 14 recto

for heat of the face

white coppras halfe an ounce white allum .1. ounce

brimstone halfe an ounce pound or grind all very

finale & put it in a glasse uessell powere upon it a pinte

of white wine mingle all well together use it not within

.24. howers lest it blister;

A water of maruellous vertue to bring;

againe the sight of the eies, to him

that hath lost it, or is deminished

by sicknes or any other accident

take three drames of tutia made into smale powder

and as much, aloes epaticum in pouder; .2. ounces of

fine sugar .6 ounces of rose water .6. ounces of

good white wine mixe all thies together & put it

in a glass uessell & being well stopped, sett it in

the sunn a month together contynewally mixing

& stirring all the said thinges once a day to the in

tent they may incorporate well together this

done, take of the said water & put of cartayne

dropps of it upon your eies morning & euening

& contyuuing a sertayne space & it will make

the sight com againe as cleare as euer they weare

A maruellous water for diuerse infirmities

take one ounce of frankensence, of the male kind, called in

Latine olibanum & as much of sarceoalla, .6. ounces of aloes,

epaticaum, good & cleare honey, the iuyce of plantane

white rosen of each of them .3. ounces, stampe them all

together & mingle them this done put them into a glasse

vesell meete to distill it well closed & luted about, & distill

theis thinges in a limbeck as wee haue before declared

& give it a sloe fier that the water may mountvpward

for it would marr if you made it not desend in conty

nent in wetting the mouth with water & this water

the cometh out is wonderfull for all infermities as I hau

had the epexperience of it upon a yong maide that had

broken her arme whether it weare that it weare not well

dressed or by any other ocasion I knowe not but within

a fower daies it begain to putrifie & to rott in suchwise

that the fishisitions & surgions would haue had it cut off

but by the consent of master seraphin this water was

layde which is made in .4. or .5. howers & after thay had

well washed & rubed her arme & the bouts that shee was

bound with all in laying it upon the broken place & wound

folio 14 verso || folio 15 recto

she was cured in few dayes after, & in distilling

this water you must understand that at the end

it changeth the coullour, & then you must chaung the

receauer because the last will marr the other w:hich is

uery good & hauing ended your distillacon you

shall take up your leese or gum which hath no less

vertue then the water, & if you make pouder of it, it

will be good for putrified wounds;

A medycine for the eies made by

Mistris. Iames

take sage leaues, fennell leaues, wormwood leaues

dasie roots & leaues of each alike shred them smalle

then moysone it with a little honey, then take the

white of an egg & beat it to an oyle & take a little

flax or towe & put it into the said oyle which you must

lay next to the eie then take the said herbes & spred

upon a cloth then lay it upon the flax or towe & if you

lay it for a pearle of the eie or spott laye upon the con

trarie wrist ueruaine & bay salt beat together,

for heat and pimples

in the face,

take an ounce of campher, an ounce of oyle of bayes, an ounce

of barrowes grease, & brimstone as much as a great hasell nut

disolue thies altogether one the fier untill you knowe not

one substance from another alwayes stirring it, so when it

is cold anoynt your face with it with a fether when you goe to

bed then in the morning wash your face with this water take

rotch allum, white copperas, & running water, boyle theis

together and use it cold with a linen cloth,

for the same

take a pinte of white rose water, if you cannot get the white

rose, then take the same quantitie of red rose water, & as much

whit wine vineger, & the wayght of a groat of the whitest gum

dragant, put all theis together in a violl glass & so let it stande

with a linen cloth wash your face twise a day if it be to sharpe

put in the more rose water

An admirable water for diseases of the liuer,

spleene, kidneis & all obstructions,

take hungari vitrioll callcined to a rednes .2. pound water flints

callcined .3. pound tartar calcined white halfe a pound, beate all to

fine pouder & put it on a marble in a moist seller .14. daies or

folio 15 verso || folio 16 recto

more, & being dissolued, distill it .3. times in the limbick,

ech time poudring the feeces, & pouring on it the water

distilled, in the maner of extracting, afterward put it

in to a retori with the flegme & distill it with a gentle

fire: & first will com the sweete flegme then the sharpe

spirit, then augment the fire by degrees for .12. howers

& take the dead head calcined, extracted saltt & cir

culate with it the sharpe spirit to make it of more

eficacie, the dose is euery second morning one spoun

full, & is not to be held in the last place of seckrets

it cures the dropsie, suppressad months,

the confect: of coriander seede

take of the herbe marierom one handfull & an halfe

of rosemarie halfe a handfull of cubebs .1. ounce &

halfe let them be cut & pounded & then sodden

in .2. pound of the sharpest white wine vinegar

you can get unto the third, straine it & in that

which is strained & a sufficient quantitie of wine vinegar

infuse hott, .2. pound of coriander seede & let them

stand infused in some warme place .24. howers then

straine the coriander & puttinge to them refined sugar

sufficently boyled make according to arte, a confect with

one cote, the uertues, a few seeds of this confect, taken

after denner & supper & by litle & litle chewed betweene

your teeth keeping the mouth euer close, it cannot be spoken how

much they doe helpe the memorie & digestion by comforting of

the braine & repressing the fumes that ascend towards the

braine, & it also closeth the mouth of the stomacke this taken

out of dornerellius his dispensawrie pay 84,

to make Isle of whit fine bisket

cakes

to a pecke of fine flower, put .2. pound of fine suger, a pinte of

rosewater, a pinte of uery good sacke, a spoonefull or tow of barm

.8. or .9. rasas of ginger, about an ounce & a halfe of anneecedes

temper all colde & take .2. pound of butter, with a little faire water

boyling & skimeing it & then make up all into dowe letting it after

that it is well tempered reste by the fire in a warme cloth then

make all vp into smale cakes & heate not the ouen to hott;

A water for the eyes

white wine, rosewater of each halfe a pound pynte of tuthia prepared

.1. ounce mace beate to powder, halfe an ounce put all into a uyall

well stopped & set it in the sunne three weeks, theis water is uery

good to take away the rednes of the eyes, to drie up the wateringe

to strengthen the eyelids & cure the ulcers;

folio 16 verso || folio 17 recto

Treacle water

the roots of gentian, enula campana, tormentilla

angelica masterwort of each .1. ounce, galangale irisit

florence of each .6. drames, zedoarie, the pills of

drie citrons, & oranges, cinamon, cloues, the seedes of

carduus=benedictus, the berries of iuye & iuniper of

each halfe an ounce dictamnu, scordin bawme, mar

ygolds of each halfe an ounce,

let them be steeped a whole day upon hott imbers in a

vessell that is not very wide mouthed & well stopt, then

take .6. pound of white wine the next day adde the dec

coction of mede sweete betonie water lilies .2. pound;

then let them boyle a litle ouer a soft fire & after you

haue strained it dissolue therin of treacle .4. ounces

leting it infuse a whole night after put it in a glasse

alembick & distill it in balmeo maria keepe the

distilled water, this is the best of all treacle waters

for it not onely retreateth the faculties but it is good

against all pestilenc & venemous mater swoundinge

panting of the hart all faintinge swiminge of the

heade lethargle faling sicknes & palsie;

to make fine biskett

take .1. pound of fine suger .1. pound of fine flower .8. or

.10. eggs put amongst it a penny worth of anneecescede &

a few coriander seede beat all well in a bason together &

make it up into cakes after it is baked you may cut it in slices

& candy that with suger if you please,

Soluble prunes

fore quartes of whey & adde to it of polypodie of the oake brui

sed .2. handfulls, betonie borage of each .1. handfull, spith

ymu halfe an ounch, sena .2. ounces of stiechados halfe an ounce

of fennell seede, coriander seede prepared of ech halfe an

spownefull boyle all these together then straine the wh^ ay

& take of fine damaske prunes .1. pound let them plume

all night in the liquor & with a sufficient quantitie of sugar

boyle it into a syrupe & keepe the same with the prunes in a galy

pott, the dos is .4. or .5. of the prunes with 3 or 4 spoonefulls of

the syrupe;

A proued medycine for an,

Ague:

take .9. slipps or topps of orpeny, .6. roots of plantayne

.5. roots of harts horne stampe them in a morter with a good

spounfull of bay salt till it com to be like greene sauce then

applie it to the wristes warmed in a saucer & let it ly on till

the next fitt come, prouided it the fit com in the morning,

folio 17 verso || folio 18 recto

Lay it one .6. howres before the fit come if at night lay

it at noone; & hang .9. roots of hartshorne about the

partise neck; made up into a litle bagg & let it be worne

a fortinght after the fit is gon,

for the stone in the blader

and kiddines

of white wine .1. galon hisope, red fennell, balme filip

pendula, saxifrage, beane flowers or the cods, of

eache a good handfull solt hill tyme, pellitory of

the wall Farmander of each a good quantitye sampier

halfe a pecke, may flowers .1. pecke, cut them all in

peces & put it into the pot with annice seede, lycorice

of eache a quarter of a pounde & so still all in an

alembecke, the dos when the peacint taketh is .1.

spoounefull when the paine taketh a litle warmed

Sir Sir Walter Rallyes

pill,

which hee soe hilyly comended

allos .2. ounces, beaten into fine pouder, merh halfe

an ounce, beaten into powder masticke half an ounce

poudred safron .2. drames put all these into a glase

bode of some pottle then power on as much spirritt

of wine as will couer the whole an inch ouer let

the glasse rest neere the fire one or .2. daies when you see

the spirrit of wine deepe coullred powre it of into an other

glas then pouer more spirritt of wine into the first

glas & when it is allso deepe colloured poure it sllso into

the other glas soe doe with the spirritt of wine untill you

haue taken all the tincture out of the medesson when

you haue it distill it in water boyling in a glass bodie

with a receauer close luted you shall haue all your spir

ritt of wine in the receauer, & that which remaines in the

bodye of the glass is your medeson which you must make

up into pills when it is in su diferent harde soe as of

an ounce you make .80. pills;

A receate for the shedrig

of sperme

the pouder of mastack, olibinom, storax & cardamum

& make them up into pills & take three in the morning

& fast an howre after & three at night when you

goe to bedd & take these for a weeke together & their

will perfittly cure the greefe/

folio 18 verso || folio 19 recto

of mille foile or yarrowe and his

greate uertue

this hearb mille foile is well known unto most men

of many is letle esteemed because it groweth soe

comenley amongest us this hearbe being grene is a

myraculos & deuine remide to healpe any fresh

bleding woundes, if the stamp a handfull of it

lay it upon the lippes being close Ioyned together

with in the space of .24. howers it shall be perfectly

whole if the drinke three ounces of the ioyse of this

hearbe with new milke morning & euening it will

helpe gororea in short time it is also an exolent

remydie for those that haue theare liuer & lungese

elcerated for this I haue proued diuers times in

goates the which are trobled with a cartayne infirmi

tie the wich be caled bissole of the goate, keepers for

ther are certayne impostimes that doe ingender,

in the liuer & the lunges & causeth them to die I haue

then seeing that in the interior partes of the goeates

made this experiance I toke milfoyle made into

pouder & gaue it the goats with salt for the most

part they weare holpe & after that I cured a number of

men & women of that desease for of that infermitie there die

a great number in the world, & with the said order aforesaid

you must be saue a number but it must be mixed with salt

artificiato leangrdo those that are eticic & tisicke die com

enly throught impostumes & ulcers that are caused in the

liuer for of this I have seene aboue an hundred for after

they ware dead I have caused them to be opened to see

the experiance you shall understand that this herbe

milfoyle hath a greate propertie to heale those ulcers and

there for the chirargane that understandeth not phisid

can euell helpe those ulcers inwardly because he canot

applie his unguets & plasters as hee doeth outwardlie

& those kind of ulcers canot be knowne but of those that

haue seene them & haue seene the succes of thare deseses &

therefore I may well discorse thereof because of them

haue passed a great nomber through my handes & I haue

seene them with myne eyes soe that I conclude that all which I

have said is two thinges the one is to see the thing infacte

the other to haue approued medesones to healpe them: a

a most exolent composission of this hearbe the which helpeth

woundes in uery short time, take this hearbe when it

folio 19 verso || folio 20 recto

is flouered & redie to seede & put there to bedellium

frankensence & comone oyle, & make thereof as it

ware a mustard then distill it with a gentell fier

with greate diligence as the distill our oleum bene

dictum & thou shall haue a rare secret, against

all manor of woundes & ruptures soe that it

causeth the world to wonder at his operation,

An approued Elixer for the

recouery of health in those that

haue longe languished & beinge taken

of those that being health preserueth

them form sicknes many yeres &

keepeth them in youthfull state

& strangtheneth the braine & memory

take the seede of quinces .6. ounces the pills of

citrones .6. ounces harts tongue leues liuer worte

agrimony balme mugwort nettles of each .4.

ounces beate all theise grosly & infuse them in

.12. pound of stronge whyte wine & there let it

remayne .6. dayes then distill it with .6. ounces

of honny & one pound of sugar untill you

have receaued to pounds of water then take it

from the fire & let it coole, & strayne it by ^ a filter which is a epecres bagg then,

put therein the first water, & .8. drames of muske

desolued wt with two ounces of rose water then for and

pound of the said matter put ther unto one scruple

of oyle of uitreall, & incorporate them well together

then keepe it in a glass close stoped that it take noe

ayre & of thes you shall take one ounce in the morning

cold & fast after two howers for who soeuer doth use

this in his health shall seldom seldom be sick but

liue in health for in this composicon there entreth the

seede of quinces that resolue the filter euell quallyties

of the stomack & maketh the hart merry the poune cit

ron pills preserues & helpeth digestion the harts toung

liuer wort colapendrea [scolopendria] balme & mugwort & uergearea,

purifieth the blood, healeth the liuer, disolueth the stone

& causeth good digestion & comforteth the hart the nettle

warmeth & prouoketh urine disolueth reyudynes and

mundifieth the raynes & kidneys & resolueth the mit

malignety of the synewes & the ioyntes comforteth nature

strangtheneth the head & sustayneth the strangh of

folio 20 verso || folio 21 recto

the muske is warme by nature & desolueth the ioynd

ynes & puryfieth the blood & the oyle of uitreall

healeth all the excoreacons of the mouth, breste,

stomack, raynes & bladder & preserueth the body

from all corruptiones soe by this you may see

of what preportance thes composicon is through

the uertue of the simples that are therein soe to

conclude I say that this is one of the beste com

posicns that, can be made it letteth alterac

ons in our bodyes & helpeth against all

diseases & infermities & preserueth helth, &

Longe life to those that use it,

the ^ Exolent aproued Elixir and the order

to make it,

this elixer is a medicen of soe much uertue & effectp=

that it helpeth all deseases that may happine unto

mans body because it cooleth all those that are hott

& heateth those that are could the which it doeth by a

certyne qualitie that it hath the which I haue all

wayes found proued by experienc a thousand

tymes in diuers & haue aplied it in sundry sorts

of infirmatiues in the which I haue allwayes found great

goodness & the order to make it is thus,

ginger, zedou^aria, gallingall, long peper, white peper,

guniper berres, citron pills, oringe pilles, sage, bassell, red

bame, rosemary, mint, margerom, bay berys, peneroyall

gencian, calamint, elder flowers, reed roses, & white spi

cknard, cubebs lignum alloes, cardimomum, cinamon,

callumus, aromaticus, camedrios, stocados, camipitos,

melegite, maces, safforine, olibanum, alloes, epatik, the

seede of mugwort of each a dram figgs, reasons, dates,

almounds, graines of the pine, of each :5. ounces, comon

hony, of fine shuger, muske one drame, beat all the affore

said grosly & infuse them in .20. poundes of pure w

rectified aquauitas without flegme & soe lett them stand

eight dayes & then distell it in ballneo maria, untill it

change couler then take away the receuer & sett ito it

another & keepe that water in a glasse close shutt for

that is the elixer of great uertue as is said before

then take the glasse forth of the balmeo & distill it

in sand tyll all the substanc be com forth the which

substanc will be black of couler, & will stinke of the

fire but in time it will becom cleare & sweete & is of great

vertue in diuers infirmatis because it helpeth all

folio 21 verso || folio 22 recto

putrified ulsers if ye dress them theire with & if

you take one drame inwardly it helpeth diuers in

firmaties within in the bodies & usinge it continually

& if any use it in the tyme of pestelenc it is impos

sipll that they shoulld be infected because it

disolueth all yle humors that corrupt the body,

oyle of talcome,

take .6. pound of talcome beaten uery smalle & put it into

some earthen pott not leaded within & fill up the pott with

the talcome when it is full set the couer of the pott upon it

& binde it fast with some wyer & stop it uery close with lutiwn

sapi sapientia &when when it is drie set it in some furnaies

of brycke or a lime kill nere to the mouth where the fire may

reuerbrat or a glasse furnace & take it out, take heede

you breake it not & when it is coole grinde & bray it upon a

marble stone untill you haue made it like to flower doe

this quickly that it take not much ayre & then put it into a

little bage pointed at the bottom like a gellie bagge then

fasten a glase or some well leaded uessell unto the poynt of the

bagge that it may be fitt to receaue the said oyle

then by a rope let it doune into a well some yard & a halfe

or two yards from the water nere to the well soe it touch it not

& soe let it hang .20. or .25. daies then if you find that it begine

to cast out some oyle take it out of the well & set it in some moy

st place, in some corner of your seller to defend it from the

ayre: wind or other harmes & soe leaue it soe longe untill

all the liccor become out of it then take the lees which remaines

& distill them through a limbacke first with smale fire

augmenting it by degrees untill by force of the fire all become

forth, now the first that cometh out is called the earth & is uery med

esonable the second is called the alkimistes fire of talcome & the

riches of the alkamistes & because it had greate fire it must

needes haue much moystnes if you take this last lees & stampe

it in a morter then put it in a pott powring some well water

one it & so let it boyle a while & straine it & therewith wash

your hands face or body it will make them uery white

soft & free from freckles or spottes good for ladies;

phrensie,

phrenitis is the greecke word, & some greatianes doth name it

after the arabies sirian or carabitus the barborose word

is named franisis the true lattanes doe use the terme

after the grecianes in english it is named a phransie or

madness the which absolutely is an impostumation bread

& ingendred in the pellicles of the braine, named in latten

pia mater the which a postumation, doth make alineation of

folio 22 verso || folio 23 recto

mans mind & memory there is another accident phrensie

the which is ioyned with another sicknes, as a phrensie with a

sicknes or with a plurisie, & such other like sickneses,

the cause of his

Infirmities;

for the phrensie the cause is shewed how be it some holdeth

opinion that phrensie doth come of a billous humor opresing the

braine & some saie it is an influmation of the braine the which

doth pretarbate, the reason & doth make a man out of reason

the accident phrensie doth come two wayes the one is throw

coll a hott fume ascending from the stomacke to the braine

the other is thorowe collygation of the uaines or sinewes which

the braine hath with the meddrefe,

A remedie

first let the patiant blood of a uaine named cephiliant, then

share the head & anoynt it withthe oyle of roses or elce wash the

head with rose water & uinegar & if the patiant cannot sleepe use

dormataries, & keepe him as quit quiett as is spasified in the

chapter named mania for pherinacia loke in the chappter

medicinea, there bee foure kindes of madnes which bee to saie

in latten, mania, s melancholia freinsie & demeinachus, they

the which bee maniack in thire madnes be full of diuination as

thinking them selfe to concure or create or to make thinges

that noe man can doe but god & doth presume vpon super

naturall thinges, thingcking that thay can or doe the thing

which is unposible for man to doe, malancholia is another kind

of madnes, & they which bee infected with this madnes, be euer in

fere & dread, doth thinke that they shall neuer doe well but

euer be in perrell ether of soule or of body or both wherefor

they doe flie from one place to another & can not till wher

to be except they be kept in safegard, frensies is another kind

of madnes & it doth euer come in a feauer, they doe raue &

speeake, & can not tell what they saie demoniachus or demo

yace is another kinde of madnes & they which be in this madnes

bether possesed of the deuell, & bee deuillish parsons & will

doe much harme & euell, worser then they which bee maniake

for maniake persons cometh of infermities of the bodie but

demoniake persons bee posesed of some euill spirite as it doth

apeere in the chapter named demoniachus also there is an

other kinde of madnes named luniticus which is madnes

that doth infect a man once in a moone the which cause one to be

gearishe, & wauering witted, not constant but fantastickeal

for all these matters looke forther in the chapters of these

wordes, prenominated in the brauarie of helth,

folio 23 verso || folio 24 recto

the Sirrup of a capon

take a greate fatt capon that is well fleshed & pull it whill

it is a liue & take forth the gutts only & the bellie & when hee

is deade stampe it in a morter grosly & put it in a distille

ing glas with .20. pounde of goode white wine & halfe an

ounces ^ of salt, an, ounce of sinamone then destill it in balneo

untill the two thirdes bee consumed then keepe that which is

distilled & that which remayned in the glass straine through a cloth

& pres out all the ioyse of the flesh with a pres then pass all

that through a fillter & then with sugar make it in forme

of a sirrupe but boyle it not to much then put therein

tal that whichthe distilled from the capon & arromatise it

with sinamon, halfe a drame, safron one scruple, muske

.4. graines rose water .2. ounces then keepe it in a glass

close stopt & this hath noe dosse because it is taken only

to sustaine a weeke nature you may put it in broath or

in any other meates or by it selfe & all wayse it will worke

his operation in stranthing those that bee weake,

A restorative made of the

herbe rosasolis with thi

nges & gather it in iune

or iuly,

this herbe rosas^olis groweth in marish ground & in noe other

place & it is of a hory colour & groweth uery lowe & flat to the

ground & it hath a maene long stalke growing in the midste of it

and seuen branches springeth out of the rote round about the stalke

with leaues colour & of a meane langth & breadth, & in noe wise when

this hearbe should be gathered touch not theh hear be it selfe with your

hands for then the uertue therof is gone yee must gathere & plucke it

out of the ground by the stalke yee must lay it in a cleane basket the leaues

of it is full of strength & nature & gather so much of this herbe as w

will fill a pottle pott or glase & wash it not in any wise, then take a

pottle of aqua=composita & put them both in a large pot or uessell &

lett it stand hard & fast stopped .3. dayes & .3. nights & one the .4. dai

open it & straine it through a faire linnen cloath, into a cleane

glasse or peuter pot, & put there to a pound of sugar small beaten

to pouder ^ .1. pound of licorise, beaten to pouder & demi pound of dates the stons

taken out & they cut in small peeces & mingle them all together and

stop the glasse or pewter pott well so that no ayre come into it in any wise

this done ye may drinke of it at night when yee goe to bed, demi spoone

full mixt with aquauita or stale ale & as much in the morning fasting

& there is not the weakest body in the world, that is wasted by consump

tion or other wise, but it will restore him againe, & make him to bee

stronge & lustie, & to have a good stomacke & that shortly & hee or shee

that useth this.3. times together shall finde great remedy or comfort

thereby & as the patient doth feele him selfe so hee may use it;

A presaruitiue against

the plague,

in the morning eate bread spread with honye & at top buttre

for the white flux

take a quart of new milke parsneps a handfull cut in slices clary in

pouder halfe an ounce rise in powder a dram boyle all theese in milke

till it be in forme of papp, eat of this .3. or .4. times a ^day .2. sponefulls

at a time

folio 24 verso || folio 25 recto

An oyle to helpe sinew or mussels distempered

or displaced & to restore the true balsome

of nature in then againe

take the starrs shotinges one pound of the gum of Iuey one

pound, & one pound of the gum caled tammahacha & a

pinte of malmsie & a pinte of the oyle of water lillis & a

pinte of ground wormes, put all these together in to an

earthen pott with a narrowe mouth & couer it close & lute it

well with clay: that noe are come out then set it in horse

dunge that it may be couered ouer the thicknes of a foote & let

it stand .40. daies there in to putrifie then take it out & set

it in a could sellour for .24. howers then open it & put all

the saide stufe in a ground glass body with head & reseauer

& distill it in balneo: till all be come into the recauer then

with a glas tunnell separate the water from the oyle & keepe

them a sunder in glasses close stoppt & use them in this

mannor bath the greeued place before the fier withthe water

first for that will dissolue the iellies in hollowe places that

is the cause of slipping out of ioynts then dip a cloath therein

& lay it upon the place greeued & let it be thus dressed morning

& euening for one weeke then laue the water & imploy the oyle

in the same manner & this cures those that haue bine longe

lame either by breacking or sliping out of bones or sinewes

To make oyle of swallowes

take one handfull of strabreies leaues one of lauander cotton

one of time, then take bloode feathered swallowes stampe them

& then boyle all theies together with A pound of may butter, then

straine them into a galline pote to keepe for your use, against

all strainges of the sinewes and Ioynts:

take ragged pearle made into fine powder .1. ounce, white

currall as much crabs eyes as much foure bones of a stag

ges harte of saffron .1. dram, of beaser stone halfe a dram

the blacke tipe of crabs claues so much as all the rest doe

way beate & serce all these & then make it upp into bales

bigger then nutmegges with gelly of iuery & harts horne,

& so put them upp to dry in some cleane woodden box &

keepe them close from the, ayre,

this powder is good against paine of the harte & consump

tion & all poysones, or the plague & to expell the smalle pox &

helpe the bitting of mad dogges & uipers & to cure all agues &

feuers, & hellpeth conseptions it causeth on uilonce to nature

neither by seegero uomit it cureth the stone in the kidnyes

or blader the doce is .6. or .8. gr. in the extreamest sicknes

with two spoonefull of angelico water & 4 sponefulls of

cardusbeniditus water mingled withthe angelico, then take a

spoonefull of the mingled water & put 6. or 8 gr of the pouder

folio 25 verso || folio 26 recto

of this antidote into it & take it in the morning or at

any time in the day if the partie bee in great danger put

A spoonefull of the said mixed water into the spoone & take

it downe & then drinke of the residue of the mixed water

goe to a warme beed & this will drive out the poyson

of what kind so ever it bee by sweat this hath binne

often proued;

For the dropsey

read sage, agremony, camapithias, bay beries, iun

eper buries & red dockes: of each one ounce: mayden

heare two ounces sinomon two peneworth nutmegs

b. cloues 12. bete well together put them in a linnen

bage hange the bage with them in a uessell of .6. gallons

of alle of the best: & well sode put a stone into that to

keepe that downe out & when it is stall drawe out & dri

nke of it all tymes when you thirst & stihall haue one

uessell under another withthe same prouission of ingre

dience to so much alle

To take away the blackenes of a bruse

Take Bee wex & melt it in hott water and spread it

vpon a cloth and lay it one; this will take it away

very sodeny sodenly;

To make A drinke for the wind

Take sume smalle beere & the topes of speer mintt; & Rose-

mary; the roots of angelico canded; & green ginger canded;

boyle all this to gather to halfe the quantytie; then take out the

things and putt in as much claritt wine as ther is liquer

boyle it & sweetten it with suger & drinke a good draughtt of it

hott at a time;

For the shingels,

Take the greene of a well=buckett, cut it small putt itt into

the bloud of a Catt; & beatt it well; take the koome of the bells

put it in and spread it one A cloth lay itt one tell you find

hellp night & morning round the place;

To stint bleedinge att the nose

Take barrow=hogs dunge; & vnsett isope; beatt it togather

and stope; the nose with itt,

for sore eyes that be swelled;

with rume;

Take runinge water dip it against the streme; lay it

in it a thick peece of manchat; & when it is well sockt

take it out putt it into a dish with the white of a egge

a peny=worth of oyell of roses beate them well to

gether lay it betweene a cloth & bind it one the eye

and rest vppon it;

folio 26 verso || folio 27 recto

A powder for a tertian feauer

Take of orenge pilles halfe an ounce, as much of nuttmege

and a like quantitie of the beste Roch alome all in fine

powder: and tenne cloves likwise powdred mixe them well

togeather, take for a Childe as much as will lye on a six

pence in three spoonfulls of the best white wine vineger

and for want there of ale or beere, for a stronge body twise

soe much: drinke before the fitt tooe howres and sweate

vppon it that when the Could fitt comes you may prevent

it by sweate but walke after the drinkinge of it present

ly soe longe as you can if it bee halfe an howre and then

goe to bed; take this for three dayes but fast tooe how

res after it, but sweate not nor goe to bed but on the fitt

day if you put to it one graine of Bezear stone it will

not bee a misse

A sweet water

Put into a glasse of rose water .2. graynes of muske

and stopp it very cloose, and lett it stand in the sune

.12. dayes

folio 27 verso || folio 28 recto

To make sweet baggs

Take .2. Bushells of Damaske roses dryed halfe a

bushells of sweet Marioram dryed a quarter of

a pound of Beniamin, .2. ounces of storax a quarter

of a pound ladanum, a pownd of orris a quarter

of a pound of Cloues: drye all these together in

a brasse pan, and make there of sweet Baggs.

To make puddings or Custards

Take a pint of the best creame, then take .6. or .7.,

eggs and put away halfe the whits beate them well

put them to the Creame then put to it halfe a pound

of fine oxe sueett very small shreed, season it

with a pound and a quarter of a pound of sugar

and nutmegs, then take fine Manchett & grate it

& putt in to itt, but you must not make it thicke

soe stir itt well together then putt it into pudding

pans doone a bout with sweet butter stirre it

When you put it into the oven,-

To make a delicate pudding with

onely a loafe of whyte bread

Take a loafe of the purest whyte bread that is stall

and cutt of the crust; then take the loafe of crumme

& putt it whole into cold water: & let it stand in it

an howre during which tyme, sett some water a boyling

and lett it boyle an howre, & then take the loafe out

of the cold water; & putt itt in a bagge; & soe putt itt

into the boyling water; & lett it boyle an howre then

take it out & putting itt whole in a dysh; melt a

conueuient quantity of butter: & poure upon itt

then strow some nuttmegge; & suger upon itt and

soe eate itt;

for a horse that is hurt with a falle

or runge with a sadill or any swelling in any

part about him;

one pennyworth of fresh grees; one peny worth of venius turpintyne-

one penyworth of rosan, and tow peny worth of hony, one peny worth

of inglish treckell; one peny worth of tar; mixe all this togather

and boyle it a quarter of an houre when it is all most could take

a hand full of tooe and dip it in to it and bind it one and

dres it twise a day warme

folio 28 verso || folio 29 recto

for the Eyes

Take twoe penyworth of Lapis Calimeniaris beaten as

fine to povder as maye be; & putt it into twoe pennyworth

of maye butter; sett them vppon a soft fier & stur them vpp

and downe a little whyle then stur yt of the fier att night

when you goe to bedd lye vppon yo your back & dropp

.3. or .4. dropps in to your eye, then shutt your eye

halfe a quarter of an houer and anonyt your eye where

yt is sore doe this a weke togather if neede bee more-

you must a little warme it when you vse itt;-

for the swelling or faling downe

of the allmons of the eyers'

Take one spounfull of life hony; and twoe spounfulls of

sallett oyle beat them to an oyle, then take one cloue of gar

lick pill it and pricke it with a needell & lay it in the oyle

one hower & then putt the garlick in to the holle of the eyer

and strock the swelled places with the oyle rope it vp

warme & ly one the contrary side one houer, you must lett

the garlicke ly in tell you are well butt you must anoynt

it tell you find helpe night and morning;

the roote of ellibur slice them & putt them in an apple

and lett it stand all night day at night rost it then take

the roots away & eate the apple & this will purge

for the greene sickenss

Take one gad of stelle fille it then take one ovnce of it; & halfe

an ovnce of nuttmeggs; and then mingle them with loafe sugre

tell itt bee very sweete, take as much as will ly one a shilling

dry if you can or else in whit wine and fast three howrs

takeing it at the new of the moone a weeke togather you must

purg before you take it; soe takeing it at the new of the moone

tell you finde helpe and excercise very much vppon itt;

In the hotest time in sumener with a w^hisk brush of the dewe

that is vppon rosasollys in to a bason and distill it in a rose

water still it is good for sors or fistulays or cancers & many

other things;

To dey samplers

Take one pint of small baere and one penyworth of saffron

boyle it in a littell clout in the beere to soe much as will butt

weat them put them in scolding hott then dry them then

take one pint of beere & a grotsworth of saffron & boyle

them togather to the same quantity dip them but wringe

them not and soe dry them;

folio 29 verso || folio 30 recto

A receit to cure the coughte of the Longs or to

remoue any stuffing the in the stomack

or body within a short time

Take two handfull of mullet leaues ales longe worte

wash & shreed them smale; take two handfull of

parsly rootes wash them cleane & take out the pithes

and cast them away & shreed the rest; take two hand

full of fennell rootes and vse them in like manner take

a pound of fatt figges wash & slice them; take two

hand full of vnsett Isop washed well & cutt it a

sunder in the middest & cast away the rootes ends then

take an iron poote and putt therein fiue quarts of smale

ale & sett it one the fiere & boyle it and stirre them and

mashe them togather for the space of foure houers keepe

the pott couered for the most parte then take the pott of

the fiere & take a course cloath and a bason & siluer

spone and then take a smale quantytie of the ingrea

dience & lay that vpon the course cloath with in the bason

bray them with the spone then straine them and

wringe them hard with hands cast away the stuffe &

saue the licor take sixe ounces of greene licorage

wash it & with a hamber bruse it & clipe it with a

paire of sheres in to smale peeces and lose that like woole

take sixe ounces of anneseede beate them to powder

take halfe a pound of reasones of the sunne wash & stone

them, take a lustie Coke dresse him chop him flesh and

bones all to peaces, then take all these in gredience with

the licor afore said & putt them into the pott & boyle them

for the space of sixe howers sture them often and mash

them together & as the licor decreaseth fill that vp with

runing water and when that is boyled to the haighte then

take all these ingredienc out of the pott by the quantity

of halfe a pinte at once bray them as as afore said

straine them through a course cloath & wring them hard

with hands then take sixe ounces of broune suger candy

and bruse that well & stirre that vpe in the licor lett the patient

eate noe supper butt goe to bed; & take to the quantytie of

a quarter of a pinte warme & at midnighe & in the mor

ning be fore hee rise; his diett bee soe long as his drinke

last eating noe salte meate nor cheese lett his drinke be

isope water and suger;

folio 30 verso || folio 31 recto

To make Clouted Creame

take three gallones of milke and boyle that and a

quart of creame togather, then straine and sett it

thine and putt in a pece of swet butter stur it in lett

it stand a day and a nighte;

Take the grounds of the strongst bere you can gett for want

of that the strongest beere take sume wheaten branne that is

not to nere boulted, a good quantity of sheeps shuett cleane pictted

and shred small; take a good hand full or more of grovnsell or rew

boyle all these to a poulltis and when you take it of the fier

putt in a good quantity of goose greece and stur it well together

and soe apply itt as hott as the partty can suffer itt; itt is good

for anay swelling or ageu in the breast or draw to a head and

breake itt or to take out wille fier outt of a swelld leage;

Take sallett oyle, then take whitt lead finly beaten and secres itt

throw a fine lawen and putt a good quantity of itt in to the oyle

in a gally pott and beat itt very well; then putt in a llittell plan

tain water and stur them together and take a fether and anoyntt the

place there with; itt is good for aney inflameation in a soer or

pimpels in the face or aney heatt;

for to make starch

Take a packe of wheate grind itt greatt like moult lay itt a soke in

a cleane thing tenne or twelfe days crush itt outt strayne itt throw

a corse cloth & a ^ fine cloth very cleane lett itt sectell then shift itt nine

dayes itt sturring of itt in the cleane watter then lay itt vppon a

cloth in the sunne till itt bee very dry or else itt will yellow;

itt is good to coole aney sore if itt bee anoynted

with itt or for a child that is galded

you must not anoynt in the sore butt about itt

Take a pinte of creame and parsly young willd malows hous leke

or silgreene of each a hand full stamp them in a stone morter

and soe putt them in to the creame and boyle itt to an oyle then

strayne itt and soe anoynte with itt

And oyle that is good for the pills

Take creame and sume mullett leaues wipe your leaves very

cleane stamp them and boyle them in the creame to an oyle

then take sume more mullett leaues wipe them very cleane

and lay them in your pott then strayne your oyle vppon

them and when you vse itt take of the oyle an anoynte the

place take sume of the leaves and lay vppon itt

folio 31 verso || folio 32 recto

Another perfume

Take .2. pound of rose water; one pound of orringe

water .2. pound of Bemayn halfe as much of amber

Storex halfe an ounce of muske as much of amber

and a quarter of an ovnce of Civett all putt into a

glasse viall & sett itt vppon the coales and stirr itt

all with a sticke vntill the past be soft & lett itt boyle

till a third partt bee consumed & then take itt off & make

your past & lett itt stand vntill itt bee could & keepe

itt as you will

A remedy for the stone

Take one handfull of mother time. halfe a handfull of

pillytory of the walle; a handfull of the toopes of the

grommell, a quantity of burrootes; a handfull of elderen

budes a quantity of phillippendolow rootes, and a ovnce

of Annissed; of fenell seedes one quarter of an ovnce; of a

quarter of an ovnce of lickorish, too or three new lead

egges sheles; halfe an ovnce of grommell seed; dry all

these; then beate them to a powder; take a peese of a

bulles peesle & greate itt to powder; take one quarter

of white wine; putt one hand full of mother time into itt

and one handfull of stone parsley; and one handfull of pelletory

of the walle; boyle all these to in the whit wine; vntill

itt comes to a pinte; and then make a possett & putt fower sponf

fulles of the white wine that is boyled with the hearbes into

itt; & putt of the powders into itt as much as would couer a

shillinge; and take of the herbes that was boyled in the white

wine & putt them in a skillett & slise a read oynon; and take

the passett curd & the herbes and the oynon & too or three

sponfulles of white wine vineger & boyle all these togeather

tell the vineger bee desolued and ley itt to the belly of the

party soe greaued

A medicine for the stopinge

in the nose

Take the yuse of primroses ^ leaues and the iuse of sorrelle; and halfe

a quarter of a ovnce of musterd seed beate itt all and take a

quarter of a pound of fresh butter out of the charme vnwashed

and boyle all these togeather then straine itt and soe vse itt

for a posion drinke

Take anisseed one ovnce, and a ounce of lickorish & an ounce

of parsley rootes, & one fenell roote, and halfe a handfull

of vnsett isope; and halfe a handfull of liuer wortte, and a

little of hartes tongue & a quarter of a pound of seeges one

folio 32 verso || folio 33 recto

ounce of deates; halfe a hand full of grovnswell, one hand

full of scurefey grase; halfe a handfull of endeyfe; halfe

a handfull of sukcorey; a few voylett leaues; and a

few strawbery leaues; and halfe an ovnce of senne

boyle all these together in to quartes of ale vnto one

for Diett Drinke,

Take Scurfeygrasse; Egremoney; Bettoney; Scabeyowes,

Sackafrise; Brokline; and Brookmintes; & sume

sentory; and reed docke roots; & hope rootes; and

Leegeney and speegnie - 2 - ounces of a peece; & hand

full of worme wood & rew; then take sinamen stickes

tow ovnces; fower ovncs of lickorish; fower ovnces

of anesseed; halfe a pound of senne the roots of

Allapollowepodon; & parsley rootes and fenell rootes

and the rootes of sackfridge,-

for a wound that is poysoned

Take turnepes and boyle them in runninge water

and apply it to the wound,

for a tisum Drinke to Coule the Bloud,

and oppen the pipes,

Take one handfull of nettle topes & seedes & one handfull

of sorrell; strabery leaues & voilete leaues; sume planten=

tow ovnces of lickorish; and - 2 - ounces of anesseed; and

a good handfull of liuer worte; Reasons in the sonne

stone them one quarter of a pound; & a quarter of a pound

of feegs; parsley rootes; & fenell rootes; boyle all these in

ronninge water; fower quartes vnto -2- and drinke

this first and last,

for a wound that is poysened,

Take watercreses and stripp itt from the stalke chopp itt

and boyle itt in the oyle made of sheepes tratters and soe

apply itt to the wound;

for the Quinse

Take a grehoune and feed him with bones & take the whites

of the dogsterd & mix itt with honey and heate itt vp

pon the fier & spread it vppon a peese of leather & ley itt

as hott as you can suffer itt; if the Quinse bee inwards

take of the powder and sift itt thorough a peece of lane

folio 33 verso || folio 34 recto

and mixe itt with surrepp of mulberes or some such

surrepp and soe make itt vpp in bales & soe take itt,

for a takinge

Take yaro; varuaine; fetherfew; & dell of ech a

handfull & boyle them in boystinge of a Cowe

and boyle them tell they come to an oyntmentt

A remedy for akinge of the heart

or any green wound

Take a pinte of white wine vineger & a pint of sallate

oyle & tow penny worth of reed lead & boyle them

tell they come to a blacke saue;

An oyntment for the smale poxe

Take tow ounces of may butter; one ounce of parmacitty

one quarter of a ounce of Campher, then take your may butter

butter & parmacitty and milt them; then lett them stand & coule

then putt in your Campher; then take a little white wine and

beate them togeather then keep itt to your vse

A remedy for an old each

Take a handfull of rosmery; one hand full of Cammamell; one

hand full ^of vnsett of hysoope; one hand of suernwood; one hand

full rew; one hand full of bay leaues; one hand of Cowslepes

blowes; one handfull of garden dayses; one hand full of Saint iohn

wortes; one handfull of wood bitteny; one handfull of mother time

one handfull of read night shad; and stampe all these hearbes

and take a bucke kett and flea hem & putt all these hearbes with

a pound of may butter in him and sowe him vpp and rost him;

for a burne or a skalld

Take the shreds of shoomakers tallard leather & boyle itt in

feare rvnninge water & take of the skinne of itt & beate it in

feare water till itt is salue and then keepe it to your vse

for the weakeness of the back

make -2- tostes of manchents then take the yolke of a new lead egge

and spread itt vppon the tosts and flinge vppon itt the powder of

sinemen and nutmegge and lett the party eate of it first in the

morninge;

folio 34 verso || folio 35 recto

To make a Bake Puddinge

Take a pinte of Cream grate a penny manchent; putt in to itt

season itt with a little nutmege; & a little mace; a little rose

water & sugger slice an apple thin & lay itt in the bottome

of the dish with little bitts of butter & stone reasons of the,

sonne and lay at top of it and take the yolke of seauen egges

and the white of one; mingle them with the Creame & soe

power itt vppon the apples & sticke in itt some good peeces

of butter and soe bake itt

To make a french dish

Take a Cupple of Chickinges and quarter them boyle them

with whole mace & a bundle of sweett herbes & some of a

vnyon slice it, when they are boyled lay them vppon

sippitts of bread with butter & viniger & couer them ouer

with the herbs and the mace

To destroye fleaes

take Rew & seeth them in water & sprinckll the water

there of aboute the house and they will dye & forsake the howse

To make ffrench ffrittrs

Take halfe a pound of suger; and a quarter of flower & fower

eggs; then take Cynamen; ginger & mace; and Cullander seed

of each spice take a like quantity; your suger your flower and

your spice muste be searsed then mingle all these together

with your flower; leauinge some of your quarte of flower outt

to mould your past and a little rose water; make your past and

rowle itt out as mistris Baker knowes how; then you must take

tow pound of butter outt of the churne vnsalted lett it bee Clarif

fied and soe seeth your fritters in itt,

for the Consoumption of the longs

Nettle seed a penny worth; sweete ffenell seed a penny worth

anniseed halfe a quarter; lickorish sticke; french barley

halfe a quarter; ffiggs -2- quarters & halfe; dates halfe a

quarter; reasons of the sonne .2. quarters. liuer wort halfe a

hand full; harts tonge halfe a hand full; vnsett Isopp halfe

a handfull; rosemary .2. or three spriggs; longe worte rootes

tow penny worth; Coults foote leaues halfe a hand full,

boyle all these in -3. quarts of posterne water till it comes to one

quarte & halfe and if you drinke it morning and eueninge

putt in to it a good quantity of white suger candie;

folio 35 verso || folio 36 recto

for a purge,

Take three ovnces of surrope of roses; one ounce of

surrope of violetts; three drames of ruberb mingled

all to geather and drinke itt,

A Bath for swellinge of the leggs

Elecampane leaues a hand full

Take docke rootes a hand full; wormewood leaues

a hand full; water creeses a hand full;

boyle all these in three quarts of reed cowes milke

till it comes to -2- quarts & a halfe then putt in the

herbes & lather it in castle sope & applie it as hott

as itt can bee endured;

A hand full of fether fere; a hand full of wormewood

a hand full of rew; a hand full of southerwood;

a hand full of cammell; a hand full mother worte

a hand full of peniroyall; a penny worth of comminseed

take could ashes & putt hott imbers nixt to the ashes a

dish full & putt comin seed & ffranchinsence vppon the imbers

& the herbes there vppon till the herbs be hott & lay a cloth over

the herbes & apply it to the place & soe of the same herbes the like

quantety & apply it to the partis backe,

for a potion

Take tow ownces of sarsaparrilla; & a halfe; and slice it & cut

it shorte; take three quarters of an ounce of armadictis cut it

and wipe it cleane & take one ounce of lickorish & scrape it cleane

and cutt it thine; take one ovnce of anniseed rub them cleane and

fan outt the dust; take an earthen pott & putt in all to a pottle of

cleare runing water that will beare soope & sett it vppon a

sought fier; then lett it stand the space of - 20 - howers then sett

it a boylinge lett itt boyle halfe away then take sinnemen a

quarter of an ounce & brouse itt and putt itt in; then take a quarte

of an ovnce of ruberbe; then take an ovnce & halfe of sene; after the

first boylinge the senement; ruberbe & sene beinge put in it is to

boyle eight howers vntill it be boyled halfe a way;

A Cordall Electuare

Take an ounce of conserue of roses of .4. yeares old; as much

conserue of quinches; as much of barbaris as much of cloves

gilliflowers; as much of cowslipes; as much of burrege flowers

then take as much of dius cordium; as cometh to -2- drams; as

much methredate; then take -3- greanes of good muske; tow

greanes of Beauser stone;

folio 36 verso || folio 37 recto

Pills for the Cought of the longes

Take a pinte of Suckrey water; a pinte of coults foote

water; a pinte of Isope water; and a pinte of burredge

water; take halfe a povnd of english lickorish scrape itt

and slice it thin; a spvnfull of anneseed; a quarter of a

pound of reasons of the sonne stoned & a quarter of a pound

of blew figgs; tow hand fulls of rosemary blossomee; marry

goole flowers tow handfulls of each; soe boyle itt till it

come to a quarte then straine it; then take a pound of browne

sugger candey boyle it vpp to a good high surrep and

put in to it .2. or .3. spunfulls of aquasillistis then putt

it into a siluor bason & sett it in the sonne & soe dry itt

and work itt vpp in little bales & lett the partis hold

of it in there mouth eueninge & morninge;

To kill a ffellon

Take gray soepe & the powder of rochallom mingle

them togeather and lay it to it it will kill itt in

fower and twenty howers;

A nother for the same

Take some of a machentt and boyle itt in the strongest wine

viniger that you can gett and lay itt to itt; itt will both

breake itt and heale itt; if you putt in sume oyle of roses

it will both coule it and keepe itt scupple; you must

gratte your bread very small and lay it one as hott as

you can suffer itt

Mistris Denis

It is good to comfort the brayne and takes

a way aney payne of the head

one ounce of nutmegs; one ounce of mastick; & halfe an

ounce of cloues; 2: ounces of the powder of redde Roses

2:0 ounces of the powder of Rosemary; one ovnce of the powder

of sweet marioram; 30: ovnces of the powder of pyony

rootes; beate all these togather in a hott morter & pestle,

tyll itt come to a paste; & when you vse itt; spred it with

a hott pestle; upon a peece of new cloathe and lay it upon

the moulde of the head;

folio 37 verso || folio 38 recto

for for the yellow Ianders

Take one handfull of the inner pille of barbery; boyle in

in a quartt of alle; tell it comes to a pinte; then take of

it at morninge noone & night; halfe a porringer full att

a tyme tell you are well;

for to make a lombart Pye;

take a pullit & rost itt; then mince itt small season itt

with nutmege peper & salt; then take apples & core

and pare them fill them with the meat turne the hole

downe and close vp the pey;

to make an other pey

take three egges boyle them hard with one pound of

suet mince them small; season it with nutmege; sine

nemen; & suger with corranc & reasons you must slice

butter thin & lay it a top & bottom of your pey;

To take away the freckles or morfew

Take halfe a pinte of white wine & all most as much ioyce

of a lemmon & a new layd egge; & tow spounfulls of ellicom

paine roots cleane scrapt & sliced thin tey it up in a thine

cloth & putt them all together then wash your face with itt

for worms in the stomacke

Take one spovnfull of the yallow of the cammemell flowers

putt it in to tow or three spovnfull of new milke from the

cowe drinke this three morninge together;

for a aggue;

Take the quantity of a wallnutt or tow penny worth of whit

Campher soe it in a silke bagge and hang it aboutt the

necke soe as the bagge may lay iust at the stomack it will

consume quite a way

folio 38 verso || folio 39 recto

To take ayway the readnis & wattringe

of the eyes

Take as much whitt copparis as a small nutt; & as much

whitt sugger canday & some eye bright water; putt itt

in to a new layd egge she shell & lett it simber ouer the

embers one houer softly then wash your eyes with itt;

To take out stayns or ink out of a linen Cloth;

Take sume milke & warme it; then putt in the cloth & socke

it; then sope it very will pouer one sume vinegere and

wash it out of that milke; then warme sume onoer milke

sope it & wash it in that; then sope it & boyle it & soe wash

it out

To stewe a racke of mutton

Stewe it with water & sallt & a bundell of sweett hearbs

when it is allmost enoufe putt in one quarter of a pound

of sugger one quartt of whit wine leammons sliced thine

barbares olliues Cappers nuttmegs & houle mace & oysters

stewe them all togather & then sarue it in vppone sippites

a boyled carrit cutt in foure set vppritt against the meate

sace for a Capone or a shoulder of mutton;

Take oysters, anchoues; oliues, Cappers; onyons; butter; vinegere;

nuttmege; stewe them all in claritt wine puttinge in sume and

sume as it stewes drey the quantity of a quartt; when you take

it ofe putt in sume grauey & sarue it in; if it bee a cappon

roste oysters in his belly if a shoulder of muton you must

bast it with the liquer of the oysters garnish your dish

with sampher & stewe sume in it;

for a payne in the Backe

Take a pottle of smale ale; & twoe or three handfull of

redd sage; & twoe ounces of brused anieseeds; & a little

handfull of reysons of the sonne beinge stoned; & a sticke

of greene liquores cleane scraped; & sliced; boyle all thees

together; & then drinke this morninge and eeueninge;

Nurs Cresett

for the piles;

Take a quarter of a pound of reasons of the sonne stoned and

powned them in a wooden dish untill they come to bee as a

salue; then putt it one a cloth plaister wise; & lay it to the sore

folio 39 verso || folio 40 recto

After the risinge of the plauge sore -9- dayes

Take oyle of lillies; & anoynte it if you see it like

to breake you must take the roote of lillies or a hand

full of sorrell; & wrap it in a wett browne paper

and rost it in hott imbers vntill you can make a play

ster of it & soe aplie it with that vntill it bee broke

then take twoe spoonefull of flower; & a spoonefull of

right bee hony twoe ealks of eggs halfe a spoonefull

of unwasht turpentine mingle all thees together un

till you haue made a salue of them & soe aplie it unto

the sore vntill it be whole;

for a glister

make a quarte of smale ale into possitt drinke; take one

handfull full of strawbery leaues; one handfull full of vielett leaues

bolye them in the possett drinke one hand full of sinkefoyle;

boyle all these hearbes in the possett drink vntill they com

to a pinte then putt in tow ounces of red suger & tow peny

worth of oyle of lilies & minister that in a pipe as a

glister for a feauour;

for them that are troubled withthe stone

Take a quarte of milke a pinte of white wine & one pinte of

ale; make this in a possett take take ; of the curd cleare that your

drinke may be cleare; then take one handfull of breake

stone; one hand full of white sasaphrae; one handfull of

ashen cayes & take outt the seedes of them; & one handfull

of persolie; & ^one sticke of grene licorrish scrape it & slise it

sixe blew figes a few reasons of the sonne & stone them; boyle

all these thinges in the possitt drink vntill it come to a pinte

then sweeten it in tow ounces of white sugger canday and

when the stone doth breake f lett them drinke it in the morn-

inge first; and last in the evening

for a iulip that is coulinge

take tow ounces of french barley; take a gallone & halfe of

runinge water & boyle this barly in three seuerall waters;

and in the last fowrth water boyle it to three pintes; then

lett it stand vntill it be cleare then when the barley is sitled

take ioyce of tow lemmones & strayne them in to it; one ounce

of surrup of violetts; tow ounces of the best lofe suger that you

can gett putt all together into a glass bottell & lett them take

it and drinke itt when the please for theyre feuor;

folio 40 verso || folio 41 recto

for barley creme;

take tow spounfull of french barley; & boyle it in

three severall waters; & the fowrth water boyle it in

three pintes vntill it come to a pinte & a halfe then

take sixe or seuen ivrdine almones & bleanch them then

grind them in a morter with some of that barley water and

streine the stranght of them in to that bee barley water

and putt in tow ounces of lofe suger; & then lett them

drinke it at severall times when they fele heate;

for a sprayne;

Take a penyworth of barrowe hoggs grease; & your owne

vrine; & boyle it in a pipkin with a piece of scarlett

cloth; & soe binde the cloth aboutt the place as hott as

you can suffer itt;

for a sore breast that hath a ague or anie

other grife

take a qua^rte of alle; & twoe handfull of the reddest sage you

can gett; & boyle them together; & first bathe it with the

same; & afterwards laie ya sage one the sore as warme as

you can endure it soe lett it remayne untill the next day

and then take it of & wash it in the same liquor againe

and laie it on the sore the liquor beinge warmed;

for a sore that is like to breake;

Take tow handfull of redd sage chopped smale; & a hand

full of mallowes in like sorte with two hand full of pounded

otmeale; & halfe a pounde of mvtton suett beinge of the kidney

boyled in ale vntill it comes to a poultesh and when you

have spreade your poulltesh take some oyle of roses and

putt vppon itt;

Nurse Cressett

A salue for an oulde sore;

Take an earthen pann with a little faire water in it & halfe

a pounde of kid rossen beaten smale; & halfe a pound of kidney

suett; & a querter of a pound of the best bee wax your talow

must be chopped very smale & melted by it selfe ouer a

smale fier; & when it is well milted putt the rossen; & wax in

to the hotte tallowe; & then sture it well together vntill it bee

all melted; & then strayne it through a cloth that is course

into the water; & then take a sticke & stirre it rownde in the

water; & soe in twoe or three cleane waters; & then mixe

two spoonfull of venice turpentine very well mellt it and

soe vse this salue for any sore;

folio 41 verso || folio 42 recto

An Excellentt defensable plaister; in woundes

or Cutes or swellinges or goute; mistris denis

Take a pinte of sallett oyle; eight ounces of reade leade

foure ounces of white lead; or Cerus; foure ounces of

Castle sope; two ounces of yellow waxe; first boyle

the cerus & the red lead in the oyle; a quarter of an

hower; or more before you putt in the waxe; & the sope

and then boyle it togeather; tell it come to a leaden color

then make it upe in roules; with a little oyle and keepe

it for your vse;

To make the oyle of apericon;

or s:aint Iohn worte

Take a quarte of sallett oyle; a pinte of white wine

putt it into a glase bottle & in may on saint Iohns day

gather the greene leaves of saint Iohns worte a good quantitie

the more the better; bruse them well in a stone morter & put

them in to the glase & lett it soe stande in the sunne till the next

saint Iohns day which is in Iune; & crush out the leaues & fill

the glase againe with the flowers of s:aint Iohns worte beinge

brused & soe sett it in the sunne againe till the next saint Iohns

day the -19- of august; & then gather three good hand

full of the seede of saint Iohns worte & them brused; putt;

putt likewise in to the glase; butt putt not out the flowers

& soe sett it in to the sunne againe till it loke verie red and

after that take the glase & sett it into a pott of water & seeth

it till all the wine bee sadd a way then take it & straine it

in to a bason & then lett it stand & settle; & soe take the

cleare oyle & putt it into a glashe and keepe it for your use

take the water that remaines & putt it into a nother glase

and keepe it to wash the woundes;

mistris Malltos

To make a CalkeCalke Cake

take - 4 - galons of flower -7- or -8- pound of corranes

twoe ounces of nutmegs; halfe a ounce of sinnamen; halfe

an ounce of mace; halfe a ounce of carraway seede; a

pound & a halfe of suger - 4 - pound of butter; a pottell

of barme; the creame of a grats worth of milke; or a pinte

of creame; halfe a pinte of sacke; one grayne of amber greece

three quarters of a pinte of rose water; melt the butter in the

milke leaue outt the curranes tell the cake is mayd; then take

outt a ropper & putt in the curranc; when you haue roped

it vp then cutt it round the side; the seedes & spices & amber

greece must bee dryed and beate as small as can bee the

amber you must bruse bee twene two spones very small;

folio 42 verso || folio 43 recto

To make a salue for a bourne or a scalde

take a pinte of sallett oyle, tow ounces of virgins waxe

a good hand full of maiden heare which is like the violett

leafe; one hand full of Eldern leaues or the inwarde barke

a good hand full of the mosse of ash beinge yealowe; tow

ounces of ships suett; one ovnce of Elecumpane roote

and then boyle it to an oyntmente;

To make an oyle for ane oule soer ore a feline;

take one quarte of ale wourt & boyle it tell it cums

to a pynt then take halfe a pound of shuger & one ounce

of good ginger and myxt them all together;

To make the pulpe of appels

take pom waters & rost them & take the pulpe of them & the pulpe

of quinces beat them in a dish together; then take creame

and to or three yolks of eggs beate the creame & the yolks of eggs

together & mingle them all together, then slice the pille of a

orringe very thin; take a littell orringe flower water; sume

suger & a littell nutmege sliced; sture all them together then

putt in a peece of sweete butter; then lay it vppon sippets

and sarue it in;

To dres moshromps other wise called fongy

the chefe time to gether them in is the first of septamber gather

the redest that are not two oppen pill & picke out the readest

very cleane; then quarter or slice them which you will and sett

them vpon a chaffin dish of coules betwene two dishes lett them

stew & power the water frome them dry them not to much then take

parsly & penny riall; or time & sweett mariorim a littell garlick

chope them small together like earbes for the pott; take cloues

and mace betwen beten & putt them all together into a pipken

take white wine sallett oyle & a littell fare water as much as will

couer them sett a pone a quicke fier & boyle them a pace poure itt

outt one sippets & soe saruet it in you must keepe your pipkin couer^ed

To make a: sumer custerd;

th take a pinte of creame putt in a littell mace or nutmege the

mace muste be houlle and the nutmege slicett take two or three

yolks of egges & beatt them with sume clut could creame

and when your creame boyles take it of the fier when it is

sume whatt coulde putt in your egges & keepe it sturringe and

then sett it one the fier a littell; & putt in sume suger & rose water

lay itt sippitts in a dish and poure it one;

to make a pupy to growe noe more

take draggons bloud & muma and the powder of coumfrye & the,

powder of knot grasse; and whipe hime with a browme bessome

and give hime butt one mealle a day for a mounthe;

folio 43 verso || folio 44 recto

A Drinke for the cough in the lungs

Take one handfull of redd sage; and one handfull of hisopp

vnsett; boyle these in a pottle of smale ale vntyll it bee

boyled to a quartt. drink of this mornynge and evenynge

and be twixt as often as you please;

for the stone

Take the kernell of slowes dry them by the fier in a dishe

convert them in to a pouder by it selfe then take the rootes of

allisander; persly; pellitory of the wall holly=hockes of euery

one a lytle quantety; seeth them all in white wine straine

it in to a faire vessell & when you drinke; first & last of it

put in to euery draughte halfe a sponefull of the kernell pouder

To stranghton the body & stomacke & to procure

good degestion;

take a pinte of pure malmesy as much minte water sinamon

and ginger one ovnce bruse them & putt them together with

halfe a quarter of sugar lett itt stand all nyghte & in the

mornynge drinke of it

for consumtion of the liuer;

Take a pottle of indifferent stronge worte; mayden heare one

handfull; liuer worte a handful; of hartes tounge nine leaues

parsly roots & fennell roots halfe a handfull the pyth of both

roots taken outt & then bruse the roots washe them then boyle them

to halfe in three pintes immediately after the fyrst boylinge putt

to it one ownce of saunders when it is almost sodd putt into it

a littell quantety of bruised then strain it throw as

ipocrase bagg softly & lett the patient drinke euery mornynge

and eueninge fiue or sixe sponefulls in the mornynge and att-

nyght goinge to bed,

for soare eyes & to mend a decayinge syghtt

take smalladge; rew; fennell; varuen; egrimony; betony;

hartts tounge; euens; pimpernell; sage; like much distill them

with a lytle urine of a male child of - 10 - yeares of age with

fiftene grains of francumsense; it will keepe - 7 - yeares

then vse it as you have ocasion;

A holesome and necessary purge; springe & fall

take a quarter of white wine; a pottle of ale; a pounde of

redd docke rootes; a quarter of a pound of pollipodium of

the oake; halfe an ovnce of sene; fennyll seede; anniseede

and lycorishe; one ownce putt all theese together into an

earthen poott; stopp it vpp cloose sett it in a chimney wher

it may have the warmth of the fyer lett it stand soe fower

daies then drinke sixe spone full euery mornynge;

folio 44 verso || folio 45 recto

An excellent preseruatiue for a weake body

take a pottle of cow strokinges a hand full of neepe

white endiue Comfry plantine of eache a handfull the

pith of an oxe the briskit of a breaste of mutton boyle it

well then clearefi it then take a sponefull of fine pouder

of Carrawayes seede & as much pouder of anniseede,

halfe a sponefull of sinamon; halfe a pint of red rose water

a quantety of suger drinke - 4 - sponefull in the mornynge

fastinge & - 4 - at nyght an hower before supper;

To dray A rume from the eyes

take bay sallt; & safron; dry them by them selues then beat

them small mingle them to gather quiltt them in a fine hollonsde

bagge & lay it to the nape of the nacke you must ayre it night;

and morninge;

To make siluer clreme from spolls

take a cores cloth & putt in sume soppe and sallt dipe the cloth

in soutt of a chimney rub it well then wash it in warme beere

and soppe wipe it very drey and cleyre it with chalke;

To make mris: malltosis oyle;

take brocklime; malowes; white arkangles; mugewed; iner pill of elder

maden hayer that is like the violett leafe; smallage; sage; penneriall

hisppe, time; fether few; cammamille; lauander; rosemary; potte

mariorim; winter sauerry; fennell; fumytory; rew; suthern wood

of ech of these a handfull picke of the stalkes then pull them in peces

and twist them to peces betwene your hands as smalle as you can

bee fore you boyle them the earbes must not bee washed

then boyle them in a kittell with two pound of butter tell the earbes

bee tender then strayne it in to a pipken & keepe it for your vse

it is good for a sprayne or an ache or bruse or swellinge; you

may keepe the earbes & frey to lay to aney of the grefes afore sayd

if you an oynt with it you must work it in very well rubing it

with your hand vpe and doune and chafeinge it in well;

for the yolow iandes

take knoted ground worms outt of a garden in may; slitt them & wipe

them lay them in a dish & drey them in an ouen; then take hartes

horne; iuery; the innerrine of barbary; saffron; beatt all theese by

them selues then mingle them togather take as much as will ley one

a grote three times a day for three days in a spone full of posett

ayle & drinke two or three sponefull after;

folio 45 verso || folio 46 recto

for a Coulle that lieth at the Chest

Take a good quantity of goose greec then take of

rosmary water and rose water of like quantite

and a good sume of vinegre with a littell aniseeds

or angelico water; then sett them ouer the fier

a littell then putt in your blacke woll and when

they haue boyled then cu crushe out your woll

strewing it ouer with sume cloues and nvtmeg

lay it to party greued as hott as you can

if you feare you haue taken the sickness

as sone as you can make this drinke

Take tow spounfull of scabous water as much gra

Dargen Dragen water and as much Carddis

water; as mvch matradat as a small nvtt and

the bigness of your two thums of lofe suger warme

it and drinke it as hot as you can if you cast it vp

make more and drinke it; doue soe till it doth stay

and then cast ÿour selfe in a sweett and kepe your

selfe very warme

To make Cocke water A Cordiall

Take an ovld Cocke from the barne doore the Redder the

better. plucke his feathers from him alive; then kill him

and Quarter him; and with cleane clothes wipe away from

the fleshe all the bloode; putt them in A Rose water still; ouer

night; and with them A pottle of ould sacke or canary

wine; then putt into the same one hande of tyme; one

handefull of organy; one hande of Rosemary topps

two handefulls of pimpernell; sixteene or twenty dates

one pound of Currants; A Quarter of A pounde of

Reasons in the sunne stoned; one ounce of Harths=horne

and if you please ^ halfe a bootle of .... some gould; halfe an ovnce of cloue

gilliflowers; one ovnce of marigould=flowers; one hand

full of Couslipp=flowers; halfe an ounce of beavglasse

flowers; halfe an ovnce of bourage flowrs; one hande

full of maiden haire; 11. drames of saffron; and putt

into the glasse that stands vnder the still A good

quantity of white suger Candy finely beaten, the suger

Candy is both to sweeten and to allay the heate and

strenghte of it; and if you please you may putt some

Pearle into the glasse that stands vnder the still

folio 46 verso || folio 47 recto

still with the suger Candy you must gather thes

hearbes at two or three of the clocke in the afternoone

one A fayre day; for there mvst come noe water

neere them; then putt them into the still and

keepe itt close with paiste all night and in the

morneing still it you may if you finde it to stronge

putt more suger Candy to it; butt before the cocke

is putt into to the still you must couer the boottome

of the still with the middle of Rauell=loaues;

Take of this water one houer before

dinner and soe before supper three

or fower spoonefulls; and at any time

when you finde your stomacke wa weak

for the sharpnesse of the urine

Take a good Quantity of greene Engelish

Licorish scrape it then steep it in Beere and

Drinke of it all ways as aften as you plese

for convoulchin fites and the mother

Take furses and dry them to powder, then take of

that powder putt it into your Beere drinke of it in

your fite and as often as you will

To make the Perriselsan plaster

Take Galbavnm oppoponax of each and ovnce;

Bdelinm Amoniaeum of each twoe ounces; let them be

beatten all as fine as is possible and putt them in to an

earthen Pott well glased or ledded; poweringe vp

on the same very good wine vineger A pinte or more

lett them soe remaine a day and a night close stoped

then boile them in the same wineger upon A

gentle fire of Coles that the gumes may melt and

when thay be throughtly melted putt them in

to A linnen Cloth and straine the gumes throught

the same, cast a way the filth that remaines in the cloth,

Lett this thvs strained boyled very gently vpon a soft-

fire till the vineger be all vapored a way still sterringe it

Leaste the gumes burne; keepe this close couered that -

nothinge fall in to itt; then take oyle oliue - 2 - pound

folio 47 verso || folio 48 recto

New waxe halfe a pound putt them into and

Earthen pott well glased or leaded sett the same

one a soft fire of coles and melt them leisurely

then putt into it leathergie of gould beate in very

fine powder one pound and a halfe stirringe it

Continvally with a sticke or spather that they may

Be well mixed together and be come of a reddish

Coler; then take your gumes before prepared and putt

Them in a little at once that aboute the quantety of

A haste nutt att a time; that they may melt and be

Better mixed together; take great heede that you

Stirr them without ceasinge; that the fire be very softe

For runinge over because these things are very

Hott of them selfues; then take the two kindes of

Aristolagio Rotunda Caluminaris mirrhe

Frankensence of every of them and ounce what itt

is to be beatten beat into fine powder and serce itt

And putt all into the said matter; then putt in of

Oile of bayes one ovnce; of the beast turpentine

Fowre ounces; boyle all gently together and

when you thinke it is all boyled enoughe

Drope some of itt into cold water; if beinge

Could itt sticke then power into it cold water

Anoynte your hands with oyle of Roses; and when

The plaister is cold worke it betweene your hands

Three or foure houres make it vp in smoth roles

And putt itt in an oiled parchmentt you may

Keepe itt in the full force ffortie yeares;

To take away the freckles

Take oyle of tarter; and oyle of bitter almonds; and

fumytory water; soe wash the face with it every night

and lett it soake in; & in the morning wash it with whay

To wash your face

Take a Lemon cutt of the top like a cape take out all the meatt

putt in the oyoice a gane and sum lefe goold then couer it and

sett itt one the fier lett it boyle gently one a soft fier for a houer

and then you may vse it

A Cordiall water

Take a pottle of sack and as much balme shred into it as will be

steeped in it; halfe an ovnce of annise-seed and carroway

seed bruised and put into the sack; an ovnce of Cinamon beaten

into peices but not to powder; these put into a cleane stone pott

and so stand in a coole place -24 houres; then distill these and let

it run into a glasse wherein is put half a pound of fine loafe

folio 48 verso || folio 49 recto

Sugar beaten vnto powder you may distill it in a rosse water

still and keepe it for your vse;

for a Coufe

Take a new lad egge put out the white from the yolke

then take sum flower of Brimstone suger Candy and

a little reds rose water put them to the eag stur them

well togather boyle it and sup it vp; then take a pece

of bread and butter spread it ouer with hony and eat it

after it doue this eueri morning as often as you see cause

an other for the same

Take isoppe water; a good quantity of suger candy beat it

fine to pouder put it into the water set it ouer the fier

and boyle it to a surrop then take a spounfull of it at a

time and as often as you plese;

To stay the monthly termes;

Take the strongest owld Cheese you can gett tost it and

Lett it drop into alligentt; then drinke it take a good

drauft of it every morning doue so tell you are well

when the small poxe is redy to shalle of;

Take the flower of brimstone and the flower of challke and put itt

into Creme and beatt it very well then anoynt the face with itt

To take away morfey or freckles or aney

pimpels in ^ or heat in the face

Take A Quartt of femitory water and a Quarter of a pound

of sweett allmons; and halfe an an quarter of a pound of

bitter allmons; and halfe an ounce of Campher and halfe an

ounce of whitt mercury; putt all the allmons into ^ a pint of the femitory

water and make them lew warme then blanch them then

take a stone morter and beatt them in it; put in of the femitory

water by sume and sume as you blanch the almons in when

you beat the almons then straine them throue a fine cloth

beat the Campher betweene to papers putt sum of it in lumpes

in a littell bagge of tiffinay and hang it in the middell of your

glasse by a thred put the rest being small beaten into your

glasse you must beat the mercury between to papers very

small; then take a puter dish put in the mercury with a littell

fayer water sett it over a litell fier stur it with your finger

till it is as whit as milke; then put them all together in a

glasse and soe shake it ve very well; and when you vse it

take a fine thine cloth or sume lawne and wash your face butt

not your lipes

folio 49 verso || folio 50 recto

for any payne in the Eare thatt

cumeth by coule or any other caufe

Take a whitt lilly-root; or an onyon cutt out the tope

take out the middell and fill it with treckell and

saffron and oyle of lilles put on the tope agayne

and put it in a paper and soe rost it in the embers

take the softest of it out and put it in to a littel fine

lane or tiffany and make it like a littell tent and

soe putt it into the eare as warme as you can suffer itt

take the rest and lay it upon the eare that

To kepe the hands from choping

or to skine aney sore

Take halfe a pound of mutton suett of the kidney hott

from the shepe skinne itt beatt it in a cloth with

a rowling pinne very well putt it in to runing

water lett it ly seven; days if you will you may

shift it then take it out put it in to a puter bason

sett it over a chafin dish of coles lett it melt when

it is very well melted as it stands one the fier putt

in sume tow or three spounefull of rose water; and

lett them boyle well togather then put in tow ounces

of parmacte lett it boyle togather then lett it stand

of the fier till itt is a little could then putt in tow or

three spounfull more of rose water beat it vp tell

it is could put it in a glasse or a galipot or in cakes

To make pommata

Take the Leafe of a ewe that is yonge with eane when it is

hott out of the Ewe and picke it very small lay it in runing

water and shift it once a day for three days then shred it small

Lay itt againe in water; then shift it three times a day for sixe

days more then shred it very small and with a rowling pine

beat it upon a bord very well into a cake, then take pum waters

and pare them and core them cutt them in round cakes very thinn

take a gally pott and lay in sum of your suett and couer it with

your appells and soe fill your pott with one lay vpone another

tie a paper ouer your pott sett it in a kittell of water with a

brick vnder it till it is melted then strayne it in to rose water

beatting it wery well in the rose water then lett it coule

you may putt it in to poringers then it will come out, in, a cake

To make it an other way

When it is watered then shred it very small take whitte

lillie roots mince them small and putt them together in a

pipkin couer them and lett it stand one a soft fier till it

is disolued, then strane it in to an alibaster morter with

rose water and beat it ^ with the pestell still shifting the rose

water as you beat it when you have beatte it very well

take a fine cloth and movld it vpon it with rose water

then rowle it out thinne cutt it with a glas in cakes

folio 50 verso || folio 51 recto

To make the iely of harts=horne

Take tow ounces of harts=horne; and one ounce

of Eiury and two Quarts of water boyle it

over a ienttle fier the third part away then

strayne it and sweetten it with suger you may

putt it in to your broth or bere or take it of it

selfe or in what you please;

To make a marrow Pudding

Take three pints of Creame boyle ^ it take tow peny

loues cutt of the crust slise them round and lay them

in a dish when the Creme is allmost could take the marrow

of three bones cutt it preti big; three quarters of a pound

of dates slitt them, halfe a pound of reasons of the sonne

halfe a pound of suger one peny worth of hole mace

and twelue egges tow or three bits of butter power

them all one the brad and then bake it only the yolkes

of the eagges

for Ane aggue

Take a good handfull of ealder budes wash them in

newe smale eall; then stampe them & straine them

put to it three spounefulls of new strong eall and

three spounefulls of acquauity & stur it well & drinke it

halfe an houer before the feet comes & stur after it,

for the consumption

Take A Quarter of a pound of Capons greecse; halfe an ounce of

large mace; & one handfull of Rosemary toppes; boyle all these

betwene tow dishes one a chafendish of coles tell halfe of it bee

boyled a way put ther to an half peny=worth of aquav

english safron bruised & mixed with a sponefull of aquavite

after the other thinges are boyled as aforesayd; lett the parties

stomacke be anoynted therwith from the toppe to the pytt therof

with a warme hand; then take a smale peice of scarlett cutt

into the fashion of a harte & strowe a little nutmegge vppon ytt

put a small quantytie of medredate there vppon & lett ytt be put to

the pytt of the stomacke withthe poynt of the scarlett downe wards

and lett yt stay on as longe as ytt will; & lay therevppon a

sheete of browne paper & anoynt the stomacke strokinge your

hand downe wards morninge & eueninge rownde the scarlett & bee

suer the plaister cometh not of; and then take house=snayles and

bruise there shelles gentlye & boyle them in a pynt of milke till

halfe be consumed strayne them put thereto a smale quantitye

of whit shuger candie & soe lett the partie drinke thereof in the

morninge ffastinge & at =4- of the clocke in the eveninge or tow

howers before supper,

folio 51 verso || folio 52 recto

for the Rickets

Take halfe a pint of sallett oyle & a good handfull of Camomile

boyle these together tell halfe be consumed & anoynte the child

therwith morninge & eueinge before the ffier strokeinge your

hand downe the stomacke the sides & the backe soe hard as the

Child can indure ytt; when you take forth the camomile

put yt. in to tow smale baggs & put them in to each side of

the child where you find yt. holowe as warme as the

Child can indure yt. & lett the child be swinged euery morninge

liftinge yt. vpp under the armpits,

for Children that are broken out

in there heads

Take halfe a quarter of ff pound of barrowhoggs

Grece clarified; flower of brimstone the pouder of Ginger

and the white of oyster shels of each one spounefull

mixe it all togather and soe anoynt the head with itt

for a feett of An aggue

Take a good handfull of calder budes and wash them

in newe small eall. and then stampe them & strane them

and putt to itt three spounefulls of new stronge eall and three

spounefulls of aquavitie and stur it well togather;

then drinke it halfe an houer be fore the feete cometh,

and then sture vppone itt,

A water for the face

this doth not only healp firie faces butt alsoe taketh out,

lintiles spots morphiw sunnburne and all other,

deformities of the face, the manner to make it is thus

Take one pinte of stronge white wine vineger; powder of

orrice-roots three dragms; brimstone in fine powder halfe an

ounce; campire in fine pouder two dragmes; fower oke applles

cutt thorowe the midale; and the iuyce of fower lemmons; putt

them together in a stronge glasse shaking them together very

well then sett it in the sunne for the space of tenne days; then -

wash your face with it duly sufring it to dry of it selfe

without wiping it away,

To make pecttrell roules for a could

Take foure ounces of white suger canday very finely

cerced; a thimble full of Lickorish finely cerced; sixe drops

of cimmicoll oyle of anniceeds; - 2- or -3- graines of ambergrece

mingle all these together; then beatt it very well with

goum draggon steped in rose water; soe roule it vppone white

paper to the bigness of a straue then cutt them an inch longe

putt them in a dish & sett them befoure the fier & soe dry them

folio 52 verso || folio 53 recto

To make oyle of ffennell

Take a Quantity of ffennell betwene two tyles

or plates of iron make them very hotte and presse

outt the licoure: and this oyle is good for the tissicke

or dry scabes & for burninge or scaldinge;

for the colicke & the stone;

Take the greene pille of an elder stalke that is betwene

the barke and the stalk & stamp it small & drinke it

with good stale ale and it shall breake wind & the stone

for Eyes that have perles or pinne

and webs in them;

Take a little Corriander seede & sume white suger canday

the white of a egge then take foure new layd egges shels

and put these things in them wh with sume runninge water

soe lett them boy one the embers till it coms to one ege shell

full then kepe it fore your vse this is good for any rume

in the eyes if it be used twise a day instid of the suger you may

put in whit copprise or sallt;

Take a little quantity of broune sage as much fether fine broune

fennell topes the topes of orpine a sprige or tow of suthern wood

a very little reu a very littell fellaren then take to snals with

ther houses and a little rusty bakon then stamp all these to

gather and lay it to a fallen and this will kill it

for the collick & stone:

Take the skines of new layd egges that is next the shelles and dry

them in an ouen; then take the pouder of ellder flowers and the

pouder of the eges shells of each a like quantity and mingell them to

gether then take as much as will ley vpone a threepence in what

you like best euery morninge:

A: memorell how to make sassages:

after the Bolognia fation:

Take = 2.5 &#8468;: = leane that groweth onely vpone the blade of the

showlder of a hogge & : -16 &#8468;: of fatte or one third part lesse

fatte then leane; sallt one pownd & halfe -1 &#189;&#8468; 2 - peper

grossey brused troy waight - 4oa: 1/2 cloues brused -1- ounce

powder of mace - 1 - ounce:

A memorell how to make greate sassages:

or bowdeinges after the Bolonia fation:-

Take to euery -25 &#8468; - of fleshe; salt -16- ounces, brused

Pepper troy waight - 4 - ounces; sinamon in pouder:

3 - ounces; cloues brused - 2-ounces; muske suger in powder

2 - ounces; muscadine; 2 - glasses or halfe a pinte,

Take all the haslett the liuer kidnies & the flesh that is most blowdy

a bout the necke:,

to take out wilde fier or an ague out of a lege

Take coue dunge and fry it in a pane with a littel butter

lay it to and shift it twice a day;

folio 53 verso || folio 54 recto

To take freckles out of the face:

Take a pint of white wine vineger; a pint of butter

milke into a still full of ffemiatorie; & lett them stand

together all night; & then distill it; & putt the water in,

to a glasse then at night when you goe to bed anoynt your

face with oyle of tartor & rubbe it in; then in the morning

wax wash your face with the distilled water puttinge

in a little Ioyce of lemons, and then sleepe an houre after

Take Eyuie bereys dry and bette them small and serce

them then take as much of the pouder as will ly vpone

a grote putt it into one spounefull of cardous water or

dragon water & soe take it & drinke a good drauft of

whit wine & suger after it & lay you to sweat or take

three dropes of the Cimycoll oyle of eiuy & putt it in to

a drauft of muskidyne drinke it & ley doune to sweatt,

the oyle is better then the powder if you can gett it,

this is to driue out aney infexsion of the sicknes; to

ripne it & breake it take a white lilye root rost it and

lay it one & when it is broken draue it heale it with

the parrisallsan plaster,

To make a blacke sere clath

Take fiue ounces of read=led and one pinte of sallet oyle

boyle it one querter of an hower than put in one ounce of

bees wax boyle it a littell and soe make it vp in roules

you must not boyle it to much for then it will be to hard

for eyes that are blood shoten

Take a fennell stalke & fill itt with white-suger canday then,

stope it close att both the ends & lay itt in the ground till it is

dissouled then kepe it in a glasse when you vse it put in one

drope att a time night and morninge;

for the same;

take the treads of eagges for want of them the whitts grind

them in a allibaster morter to an oyell then put in sume

white suger canday finely serced lett them stand all night

in a glasse to settell then drop in of the clerest in to your eye,

for the same;

Take an egge & rost; it hard take out the yoolk put in the pouder

of white suger canday close it vp tell it is dissouled then

wring it out in to I a gleasse and soe vse it it is good for

chilldren that is new boren one drope at a time;

folio 54 verso || folio 55 recto

To make A glister to bringe

doune the monthly termes;

Take cammamile rew and dell sume fenniell seede and

anniss seede boyle them in milk; then take - 2 - ounces of

course suger the yolke of an egge beat them togather then

put them in and soe giue the glister;

for the falling downe of the euelow

of the mouth;

Take licorish and anniseede and boyle itt in

barley water sweeten itt with sum suger then

drinke of itt warme as often as you will a good

draught att a time;

To stay the whits

Take fiftene seeds of a pumpkine; and picke outt

the cerniles; then eate them in the morninge & drinke

a good draught of milke from the coue then fast

an houer after doue soe att fouer of the clocke in the

after noune soe take it twoyce a day tell you are well

if you fere a feuer

Take a good handfull of plantayne & as much of the sting

inge nettle pound them with runninge water then straine

them if you will you may putt in sume sugger soe drinke

a good draught of itt could you nede take of it butt once

if you fere the smale poxe

Take two spounefulls of Iane treacell & tenne or twelue

spounefulls of dragones watter warme itt & soe drinke itt

then lay you to sweette it will preuent them or you shall

haue butt a few you must take this butt once

To kille the itche

Take a handfull of wood=bittony & sume sillgrene putt itt in

two a pinte of white vine then sett itt in the embers all night

to in fuse then wash them well with itt and rube them with

the carbes euery morninge & lett itt drye with out wipeinge

To make a vine to bare fayer grapes

Take a g doge and knock him one the head and lay him

warme to the roote of the vine and soe put vp the mould

To make the oyle of Swallowes;

Take as many swallows as you thinke fite; put them into

sallett oyle fetthers & all as they are a liue soe sett them

in the sunne for - 3 - or 4 months then strayne it and soe

keepe itt for your vse

To whitten nve cloth

Take coue dounge & putt itt in to water make your water

sumthing thick with it; then put in your cloth & lett itt lye

nine days & as it is; lay it out for nine days & with a water

pott kepe it weat & in that time itt will be white you must

neuer lett itt be drye butt stille wett it with faire water

then you may buck it & wash it out

folio 55 verso || folio 56 recto

To whitten yearen

Take rossen beat it small & put itt bee tweene your

Scaynes as you lay it in the buck & it will whiten

To make the oyle rosses

Take read roses; picke them clene from the seeds

put them into sallett oyle in a galley pott; and

sett it in a skillet of water with haye lett it boyle

halfe an houer then straine it out very hard;

doue soe three times. then take sume roses and

shreed them put them in to your oyle then sett

them in the sunne as long as you plese but take

not the roses out this will keep - 3 - or - 4 - yeres

To make surrupe of vinegere

Take tow spoune full of whitte wine vinegere

& - 4 - of rose water; & - 8 - of fare water one

querter of a pound of suger; soe boyle it to a surrup

To make Cakes for the winde

Take sume white pepper; & sume cardimonie other wise called

granes; & beat them butt not at^ to smale take spere minte and

shred it very smale; boyle your surrupe to a candie hight

and then putt them in boyle it a little and soe make it in to cake

To make respase wine

Take sack & put in as many respas as you thinke fitt &

them stand one weeke then lett them rune throu an epicre

bagge but you must not presse them then put in sume

suger as you find by the tast & soe botle it vp

To make wine of graps:

Take the clusters of graps the rotten wans and all & rub them

in your hands as small as you can in to a tub that hath

a spikett in it you must put in stak stalks & all then lett

them stand tow days then lett the liquor run in to an other

vessell and when it hath done workinge then stop it vp

To make lemon Cakes:

Take your suger & doue but wete it with faire water

then boyell it very well then paire your lemmon thine

and mince it very small then put it in to your surrope

boyle it well then take it ofe the fiere & when it is cole

Put in the ioyce of your lemmons then drope it in littell

cakes one pye plats and soe dry them;

To stope the redds

Take horse dunge put it in to a dish & sett it one sume coles

sprinkell it with sume stronge white wine vinegere; when it

tis very hott spread it one a cloth & lay it one her nauell

chainging it twise or thrise a day & lay it one as hot as you ca^ n

folio 56 verso || folio 57 recto

To preserue greene walnuts:

Gather your wallnuts when you can runne a pinne thorought

them before they are shelld; pare them & as you pare them

pricke them with a bodkine att both the ends & either side

sticke a cloue in euery one of those places; if a greatt nutt

foure clous in that maner; if your nutt be lessoe - 3 - or - 2 - will bee

enough soe putt them in water as you due pare them lett them

remayne soe all night & all the next day if you plese; then

dry them lightly with a cloth; way them & to euery pound

of nutts; take a pound and a quarter of suger & to euery

pound of suger putt a pinte of red rosse water; putt them

in your skillett then putt in your nutts lett them boyle

very softley till they are grone tender; then giue them

one or tow good gallops tell your sirrupe is pretty thick

then take them ofe & lett them stand tell they be coole

then pott them vpe; if you are in a consumptione eate

one night & morninge; if you fere the plague take one euery

morninge and it will keepe out the infecttione;

1 A medisene for to strengtheine

the mother Mris: Weeks

Take one ounce of peper; one ounce of ffennell seed

one ounce of Ellicumpainey roots; & beate them all

seuerally very fine; & as much englishe=hony well=

clarified as you thinke will serue; boyle them a little

all to geather & putt it in a galley pott & eate of it

morninge & eueninge and fast one ^ tow howers after

2 for the risinge of the mother

Take good mallmesy & a fewe cloues heate in a pott

and drinke of it; take read mynte & heate it bee

twene two tilles & when it is hott power some of

the mallmesy one the minte as it is one the tills & rowle

it one a rowle & laye it a glonge one the greefe and

keepe the pottle warme & it shall helpe it by the grace of ^ god

3 for the fallinge downe of the mother

Take a quarte of good ould white wine; take a hand

ffull of the toppes of younge=browme; put it in to the

wine boyle it from a quarte to a pinte; put in to itt

sume suger & drinke it of & it will helpe by the grace of god

4 A medicen for a mangy horse or doge,

Take allome; greene coprise & brimstone; of eche alike quan

tite mingel them with a little creame or fresh greace; then lett

the horse be well curried & there with an oynted & roub it in well

& lett him stand tied unto the racke halfe a daie after

folio 57 verso || folio 58 recto

5 A medesine for the stone

Take the shells of new layd eggs & wash them cleane in the

out side & beate them very fine to pouder & grate a -

nutmegg fine & put there to & drinke there of a little in

the morninge & if neede be in the eueninge alsoe as much of the

eagges as the nutmeg; the drinke & all neede be noe more then

a good=sponfull or tow in rinish or white wine,

6 for the itch

Take a good quantytie of planten & shred it very fine

& boyle it well in fresh butter & straine it for your vse

an other for the same

Take the greace of a younge hogge; & a quantitie of brim

stone; & worke them well to geather with a knife vppon

a trencher till it be thoroughly wrought & then putt

there to a little a quauitie & soe mixe them all to geather

& vse them at your pleasure,

7 To make a surrupe for one that is short winded

Take a good hand=full of isipe; a hand=full of hore=hounde

seeth them in a querte of runninge water to a pinte straine

it thoroue a fine cloth; & put in suger to make it plesent vse

this morninge & euening with a licorish sticke three spun=fulls

at a time,

8 A medisen for they which are troubled with the winde

Take a quert of malmesei or white wine; one ounce of annisead

an ounce of fennell seede; one ounce of carraway=seede; one

ounce of cummen=seede; boyle all these from a querte to a pinte

straine them if you thinke good; you may put in sume suger

take of this in the morninge three spoun=fulls & fast -2- or 3- houers

after,- when you are disposed make a little supper toste a little

toste tell it be yeallowe & not browne & strick it with butter one

both the sides as longe as it will socke in then put it in to a

fare porringer & putt to it - 4 - or - 5 - spoune=fulls of pure-

malmesey; eate up the toste & drinke the mallmesy; & you shall

find it to doue you great good,

9 A brouth for the stone,

Take pelletorye of the walle; & maiden=haire; french mallowes

yarrowe; plantaine; & parsely; of ech of these halfe a hand

full; of resones of the sonne a hand=full; boyle these in fare

runninge water; & put there to a spoune=full of fennell seede

strayne it & drinke of it in the morninge; & fast - 2 - howers after

10 A plaster for an ache

Take of smalage & stripe stampe that & putt to that aquauitie

& straine it then put to it bores grease & stur them well

to geather & anoynte the patiante before the fire there with

eueninge and morninge & it will helpe you,

11 for the paine in the eare;

Take -2- handfull of sage; one handfull of isoppe; halfe a hand

full of rossemary; put these in a little pillowe; boyle it in rose

vineger; aquauitie; & rosse water; & lay this to your eare as

hott as you can suffer it;

folio 58 verso || folio 59 recto

12: A drinke to mak one sollible

Take three fenell roots; three parsley roots; & take out the

pitch of them; then take three sorrell leaues; & boyle

them well in wheaye; & drinke of it morninge & eueninge

13: To breake the fleame

Take a pinte of isoppe water; stilled; one quearte of

good muskadayne; three good races of ^ case ginger; pare them

cleane & cut them in slices; & twise soe much licorish; and

pare it like wise; one good hand=full of suger a candaie,

grose brused; put all the in greadince togeather in a glasse

amd shake them togeather & stope it closse & lett it stand

24 howers; then drinke of it at your pleseur;

14: A medesene for the any ache

Take greate garden worms & slitt them & stripe of the

filth that is within them schope them smale & frye them

in good sallett oyle; & strayne them & an oynte you w:ith all

15: A medicne for ^themother & the greene sicknes

Take greate garden wormes & slitte them & washe out the

filth & then lay them in white wine halfe an hower; take

them out & then sett them in to an ouen to drye & then

when they are thoroughly dryed beat them to fine pouder

& drinke them with white wine in the morninge fastinge

and faste -2- howers after;

16: A medisen to clench the back & purge the raynes

Take one fennell roote; & =2: parsly roots; & picke out the

pithes of them & take there to one hand=full of pillitorie

of the wall & all these things beinge washed cleane seth

them in possett alle & drinke thereof when you goe to bedd

and if you wake at midnight drinke of it allsoe;

17: A medisene for the payne in the backe

and for the heat in the backe

Take rose water; & put there to saunders; & rose leaues; &

lay them in steepe in your rose water; one whole nighte

then wash your backe withthe same & it will take a way the

heate and greatly comforte the raynes,

18: A meddicen for the tothe ache

Take peare leaues & all seath them in runninge water or

ellse take pench woorte stampe it & straine it & seath it

in milke; or ells take penyriall; plantaine; crops of mints

make them in porredge & eate them & it is good,

19: To kill a canker;

Take hearbe grace; rag=woorte; fether=few; gruncesevell;

parsley sorrell leues; boores grease of each of them a hand

full; a little bay salte shred those to geather & seth them

in a draught of strounge alle with sume vargis & it will helpe

folio 59 verso || folio 60 recto

20: A medisen to breake a rotten plurisie;

Take a peny white loofe new baken & cut it in the midle

& spread it with treacle one both the halues one the crom

mie side; & heate it as hott by the fire as you can then

lay one of the halfes vppon the place of the disease & the

other halfe one the other side of the pacients bodie dereckly

& soe binde them that they stire not leauinge them soe

a daye or a night that they impostume may breake which

I have sene done sume time in -2- howers or lesse & then

take away the bred & immedeatly y pacent will begine to

spete & a voyde the putriefaction of the appostum & after

the pacent hath slept a while you shall give him sume meate

and it will helpe the patient;

21 A good meddicen for the wormes in the bellie

Take the gall of a bull & dippe some woole in it & lay it

vppon the nauell of the pacent & it will helpe the worms

to cum out of the bodie,

22: A plaster for a plurezay

Take the roots of wild mallowes & when they are well soden

stampe them well in a morter; put to it an ounce of butter

one ounce & halfe of honnye; of piggions dung -2- drams

mingle them to geather & lay it hott right vppon the

paine & soe soone after the corruption will breake;

23: A soueren water against the swellinge in the throte

of coulde flamaticke humors & for the fallinge of the vu^fla

Take a pinte of good redd wine seath it tell a quarter be

consumed a way then scume it & put to it a peece of alam

as much as a wallnut & almost soe much; english honye

a sponfull; then lett them boyle a while then take it & vse

it in your mouthe in gargarysinge & it will help you by

the grace of god,

24: The vertue of woode betenye;

This saueth mens bodies by the helpe of god by the vertue

it hath in it for who soe bareth it vpone him the fine may

haue noe power to ouer com him; & this hearbe must bee

geathered in the mounth of hearvest early in the morninge

eare the sunne doe rise & alsoe who that drinketh the iuse

of betonye it will breake the stone & cast it outt with the

vren; alsoe if it be drunke with honey it is good against

the dropseye; alsoe it is good for the out radge of wicked

blood; alsoe a pleaster maid of betenye it is good to put

awaye a strocke in the neck if it be layde thereone; alsoe the

iuce of betoney mingled with water of rosses & put into a

mans eare to a mend his hearinge; alsoe the powder of bito

ney soden with honney helpeth them that hath the blody

egestyvmres; allsoe it is good for the purcsines & meruelously it

comforts the stomacke; & alsoe the leaues of bettonie mingled

with salt to make a plaster there of & it tis a greate help to

new woundes if it be laide there one & maynely for the head

folio 60 verso || folio 61 recto

if it be laide to it; alsoe the leaues of betonye to drinke the

iuce it will with drane the teares of the eyes; alsoe take fouer

handfull of bettonye & -3 spounfull of olde wine & - 17th

pepercornes & breake them smale seath them & drinke

of it & wounderfully it purgeth the veanes & alsoe take

one ounce of bettoney & one ounce of plantaine & drink

it with warme water & it shall destroye the fower quotidium

& take the powder of the roote of betoney & drinke it with

lucke warme water & it shall purge the fleame with spittinge

out of the mouth; alsoe who will take the wayghte of a

beane of the powder of bettoney mingled with honye & drinke

it at euen & it will ease the stomake & the degisteyone; alsoe

whoe will make a garland of bettoney & lay it about an

adders neck & hee shall kill him selfe with it; alsoe take

bettonye well warmed by the fier & then that beinge

bounde to the fore head it prouoceth sleepe & puteth a way

wicked bloude & distroyeth the heate of the eyes; alsoe take the

iuce of bettonye & put it into the eare of a deafe man, it

shall helpe his hearinge; alsoe bettoney sodden with wine &

holde it in your mouth & it helpeth the to the ache; alsoe

drinke the iuce of bettoney fastinge & you shall not be drun

cke that day; when bettonye is puried in wine it purgeth

the vaines & the spleene & the stomacke; the iuce moulded with salt

& put in to the nostrels it shall purge well sauer of

the nostrells,

25: A meddicen for the gowte,

Take a hand=full of rue other wise caled herbe grac&#233; &

a hand=full of great plantine; & as much of reed sage,

stampe these herbs very smale & then take halfe a

pound of blacke soope; & as much treacle of ieane as

you may bey for a groate or sixe=pence; & mixe them

togeather & putt them in a cloose vessell; & when the paine

or greefe doth come take a peece of white leather pricke

it full of hools & spred this salfe vppon it & lay it vp

pon the pacyent where the paine is & this is a present rem

medye with in an houer & if the paine doe rune from one

place to a nother followe it with playsters from one

place to another soe as it tis be for & it will helpe

you by the grace of god,

26: A medicine for one that canot slepe

Take the oyle of rosses & putt to it a littel uinegare & beat

them well to geather & put it one a cloath & then bind

it to the pacients fore head & it is good;

27: Another for the same

Take the leaues of bittoney & warme them well by the fire

& lett the paciante binde them to his fore head;

28: for an oulde sore or a greene sore,

Take fenycrecke; mastick; frankcomsence; saffron; rosen,

terpentine; wyxe; hony; & may butter; & boyle them to-

geather in the butter; & strayne it & keepe it for your vse

folio 61 verso || folio 62 recto

29: A remedy for womans papps;

Take white wine; & herbe iohn ; & barley branne and

seath them togeather geather & lay it to the soare,

30: another to asswage the swellinge of womans paps

Take black mint stampe & straine it with swines

grease; & laye it to the sore pappe & it will help it

31: To make a salfe callyed gratia des

Take bettonye; pimpernill; veruayn; egremonye;

& the herbe called gratiu des; of ech of thes fiue

herbes two ounces; & stampe them well in a morter

& after boyle them in a gallion of wine; vntell

two parts of the white wine be soddon & then drawe

the herbs through a strayner; & then take the fecs

& sett it againe ouer the fier lett it begine to boyle &

then cast to it fower ounces of vergine waxe and

when it tis molten putt there to a pound of peare

rossen; & a pound of mastycke well made in to poude

pouder & then strayne it well that the powder gett not

to the bottme; & then put to it -3- penney worth of bacon

& as you take it from the fier putt to itt halfe a pound

of turpentine; & stur it well; take it of the fier and

drawe it all hott thorouth a strayner in to a cleane

vessell & when it is colde putt awaye ^the fillte a boue

and bene & beneeth & lett the water rune frome it & keepe

this well for it is good; & especially for ones head that is

broken; & this afore saide may be mayde withre rede wine

32: A salue called rupertorioa; & for to make a corseye

Take cantarides; & powder him & as much of vnclacked

lime; & of blacke soope as much as of all the other & mingle

all these togeather in manner of a pleaster; & lay it to

the soare as brode as you will haue it,

33: A good oyntment to heale a sore

Take the iuce of broome leaues with the flouers; & stampe

them; & mixe them togeather; with may butter; then fry

it & after straine it & then put of it in to the sore or

lay it aboute till it be whole,

34: To make a salue or a treate for all maner,-

of wounds,

Take larde of a swynes lefe; & sheepes tallowe; & melt

them togeather; take frankensence; & a peece of rosen;

& wexe; & a good quantitye of goose grease; & putt

all togeather in to a panne; take the roots of holie

hockes, & seth them well then drawe it thorought a

cloth, & soe keepe it in boxes & when neede is lay it

one a cloath & putt in to the wound or sore & change it

twise a day & it will helpe you by the grace of good

folio 62 verso || folio 63 recto

35: Another salue for sores that be hott

Take smallage; plantane, broose worte; ribe worte; red

pimpernell; & the white of a new layde egge; mingle

all these togeather & lay it to the sore,

36: Another for all humors of akings in bones ioynts or siattca

Take bame; & sinckfoyle; most of all betonie; neppe; and

fether=few; stampe them & drinke the iuce of it with olde ale

37: A salue to heale a mormall sor; for wine, & it is

good for the scabbe or scalde head pau^lesye; & leprous ^cause

Take brimstone; white elyboure; quicksiluer; comyn,

staueacer; of ech of these one ounce; take sixe ounces of

swynes; greace that is olde & pill of the shine & mingle

all these togeather then make & oyntement there of & lay

it ob to the place that is soare or anoynte there with

and it will helpe you,

38: for them that be scalde or burnt with fire;

Take blacke soope after the quantitie of the soare and

spread it vppon a cloth make a plaster & soe lay it

one the sore & within halfe a day it will drawe outt all

the heate of the fire; then lay healinge salue to it & it will

helpe you,

39: A very good medicen for a swellinge in the stomake

Take bole=armonnecke; & a quantytie of redd vinager &

as much of good ale & putt them togeather; & drinke

it fastinge in the morninge & fast to houers after;

38: 40 A medicen for a botch in a mans brest,

Take the leaues of morrell; & the white of new lead eggs

beane meale & make a plaster of it lay it to the partie

and it will breake it by the grace of god,

39: 41: for a plaster for the stomacke,

Take halfe a pounde of sower bread that is well

leauened; & a pinte of vinegere; halfe a quarter of

pouder of cominge=seede; & boyle them togeather till

it be thicke & there of make a plaster & lay it as

hott to the stomacke as you can & soe binde it fast,

42: for the raynes of the backe

Take your one water; & boyle it well & skime it well

take a quarter of an ounce of oyle of bays; one ounce

of the oyle of roses; boyle it from a pottle to a quarte

or a pinte; & an oynte there withthe raines of the backe

& all soe a boute broad of the spleene vaines of the feete

and it is good,

folio 63 verso || folio 64 recto

43: A medicen for the stone;

Take iuey berrys stampe them well giue the party

that to drinke with white wine & lett t them make

water thorought a cloath & thay shall avoyde

of stons & grauell & it will helpe them

44: for a mouth that is sore that cometh

from in ward heate

Take rib=worth & seth it in redd wine & when it is

soden take of the wine & hold it in your mouth often

times & it will help you;

45: To make a drawinge salfe,

Take halfe a pinte of salett oyle; & a quarter of

virgens waxe; & a pound of rosen; & =2= penney

worth of verges; & mixe all these togeather; & it

will be a very good salfe,

46 To make a seare cloth to dray away an ach

Take stone pitch; & disolue it in iuce of honne sockle

leaues; then take it out & boyle it in oyle & putt

to it saffron; & stire it well till it be thicke make

there of a seare cloth; lay it where the paine is;

47: A drinke for a woman that has sore papps

Take bettoney; veruayne; egremonye; auensse; and

maiden madder; as much as the fouer herbs; breake

& cutt them & boyle them well in good stale alle; &-

giue the partie to drinke in the morninge first & last

to bedward & it will helpe you,

45: To kill a fellone;

Take a egge; & roste it hard; take an onione & rost

it softe; take the yolke of the egge; & the onyone and

grinde them to gether lay it to the sore & it will help

46: for a sore brest,

Take worme=wood; mallowes; turnearssys; rosses; and

wheat branne; stampe all these togeather & temper

them with white wine; sett it ouer the fier & bol boyle

it make a plaster of it & lay it to the sore brest

47: To make a mane to avoyde vuren

Take a pinte of clarrett wine; & 2 nuttmegs seth

them togeather putt in a little suger; drinke it

warme & it will hellpe you,

48: A suferaine water a gainst the pestelence,

Take peneryall; scabious; bettinoye; pimpernell,

dragons; of euery one a like quantytie; & still it in

a stillitorie; & keepe it in a glasse; for it is good agai

nst the pestilance and poyson & as phisions say it is mer

veyle aney man should be infected that drinketh this water

folio 64 verso || folio 65 recto

49: To make a man laxetiue or to vomite;

Take baye leaues; make pouder of them putt to

them one spoune full of honey mingle it & ceate of it

50: Another for to make one vomite

Take a spounfull of sallet oyle & heat a little

faire water blod warme; mixe the oyle & water

togeather; then drinke it ofe,

51: for the megrome & the impostam of the head

Take - 4 - pennye wayght of the roots of plletorie

of spayne ; & halfe penne wight of spikenard

& grind them to geather; boyle them in good

vinegar; take a scacerfull of musturd & when &

the liccour is well boyled & could putt to it honnye &

the musturd; mingle them & lett the sicke vse there

of halfe a sponfull at one time & hould it in his

mouth as longe as one may saye his creede & then

spitt it outt in to a vessell & hee shall see the fowle

corruption com out & then after take an nother &

lett him doue this tenn times or twelue & a good

while after hee hath taken his dinner & a little be

fore hee shal goe to bed & vse this but -3- or -4 days

& he shal be hole

52: for the Emrodes; a present remedie;

if they haue not as it wore papps; take wilde=cressets

& stampe them & stewe them in a pott; with out water

make a plaster of it & lay it to the emrodes; & it will

helpe you by the grace of good,

53: another for the Emrodes,

Take a thicke breecke; make it redd hott; then laye it

in a close=stoole; power one the hott breecke sume mam-

sey; & the partie must sitt ouer it that the smoake may

by his sittinge ouer the smokeinge brick dray the emords

54: for one that hath dronken venyme;

Take bettyome; & drye it make powder of it & when

you haue neede take thereof as much as you can with

your fingers at twise; putt it in to a cuppe of wine &

boyle it drinke it fastinge & you shall be hole,

55: A good drinke for a man or woman

that is in a greate drouth or thyrst

Take a quantytie of good clarrett wine; & a little rosse

water the iuce of a lemon & an oringe; strayne the iuce

in to your wine & rose water; with a quantytie of suger

& soe sturre it well togeather & it will helpe them

folio 65 verso || folio 66 recto

56: A salue for the piles

Take longe=worte; & bruse it in your hand; putt thereto

a littel may butter; & lay it to the greefe with a peece of a

redd cloth; & a lefe of longe worte,

57: To make a sirroppe to make one laxatiue;

Take fennell roots; parselye rootes; cucorye roots;

of euery of these two roots; take out the pitchs of

the roots; take peneyriall; vnsett tune; vnsett isope;

hore=houne; violets leaues; maiden heare; of each

of these herbs halfe an handfull; tow ounces of

sune; alexandryne two ounces; of polipode of the

ocke .2. ounces; of annesseede -2- ounces seth them

all togeather in a quarte of white wine; & a pott

tell of faire water; tell more then halfe be sodden

away & then strayne them putt it in an earthen

pott; putt to it one hand-full of damaske prunes &

soe much suger vntell it cume to a sirrupe; keepe

it in a glasse or a fayer pott; when you will bee

laxatiue take -5- or -6- sponefulls fastinge and two

hours after the recyte it shall helpe you

58: To putt a waye a heate; burninge; or ague,

Take sucorye roots & leaues; perseley roots; & endife

leaues; & buglasse; seth all these in a pottle of running

water; when it is well sodden strayne the water and

earbs putt to it a good peece of suger that it may be

made plesent to drinke & -2- sponefulls of veneger

that it may be sume what sharpe you may & thise

will helpe you by the grace of god,

59: for a woman that hath so lost her termes

Take a peney pott of good sacke; & a good quanti

tie of treacle of Ieane; warme it blood warme &

giue it to the paceinte; it is a very good remiedie,

60: another for the same

Take a penne-pott of white wine; & an nuttmege dried

one the hearth by the heate of the fire; then beat it in

to powder giue it to the patcente to drinke to bedward

or in the morninge & it will helpe you

61: A good medicen to stope them

Take a penne worth of muskdine; putt to it a good

deale of fine ginger & drinke it in the morninge or

euening & it tis a present remedye,

folio 66 verso || folio 67 recto

62: A remedy for the crampe,

Take suett that is a boutt the eares of swine and

mallowes; seth them togeather; & anoynt the

patecent by the fier,

63: To take away the skurfe or itch

Take sallett oyle; & uirgen waxe; seth them to

geather; & anoynte the pacinte there with & hee

shall finde remedye,

64: Another for the same;

Take a little brimstone; & fresh grease; & a quantitie

of treacle of ieane; melte these togeather & anoynte the

patcent to bed ward with & wash him with whote water

& make the place in the morninge when he riseth and

serue him thus twise or thrise & he shall find

greate ease thereby,

65: A medsine to putt a way a feauer; or ague;

Take the white of -2- new leade eggs; beate them till

they come to a froth; lett it stand a while then

take from it the oyle putt to it a spoune-full of aqua

vite or to mixe it well & giue him to drinke be fore

the fite douth come

66: A medisen for one that cannot hold;

theyr water in there sleepe;

Take a pece of the vttermost parts of the thinge that the

calfe doth ly in the dames bellie when shee is killed

drye it in an ouen; make it in to pouder; & giue it

to the paticante to drinke & it is an aproued medisen

67: A medisen for the blody flicxe;

Take in the morninge or any other time a good hand-

full of knote grasse; seth it withthe blacke smyths water

of the colde troffe where in he coleth his hott yrones

when this is well sodden putt it in to a close stole

panne; that the hott ayre or fume may cum in to the body

& lett the pacente vse the benyfite thereof soe long as

they see fitte any heate to cum in to there body

& thus lett them doe -3- or -4- or -5-days togeather

and it will helpe them by the grace of god,

68: A medisen for the gowte,

Take may butter; & halfe a pounde of cuminge seede

& a quarter of a pounde of blacke soope; & a handfull

of rue; & a little shepes suett; stampe these in a morter

take the gaule of an oxe; & one sponefull of baye salt

frye all these togeather in a panne tell it be thicke

then lay it one a woleinge cloth & lett it lye -3- weeks

& euery weeke take a plaster & it will a lay the ache

folio 67 verso || folio 68 recto

69: Another for the same;

Take sixe handefulls of wale-wort; seth them in

wine; then strayne them putt to it a littel waxe,

oyle of specke; aquauitie; make anoyntment

of it & anoynte the place & by grace of god

it will helpe you

70: for a canker that maketh a mans

mouth to stinke

take souer rye dowe that is made ouer night &

fill it well with salte; & much pepper, make a

cake & bake it well; take harts tounge; & a leecke

stalke; & burne it to powder & lay it to the canker

& let it lye all night; & doue soe till it be well

71: to take away ded flesh;

Take bone wort; & honey & rye mele, make a plaster of it

& laye it to the sore

72: for the stone or strangurye,

Take one penny=worth of saffron, as much of licorish,

as much as commyne; as much of longe pepper; as

much of graynes; as much of nuttmegges; & an hand

full of sentorey; beate all these pouders to geather &

take one pene worth of permeceta; mixe all togeather

with ale; giue it to the pataince to drinke at night to bed

ward & in the morning fasting

73: A precious medisen for aches;

Take a whelpe that sucketh the fatter the better & drowne

him in water till he be deade; then take out his

guttes cleane; fill his belly with blacke soope; putt

him one a spite & roste him well; take the dropinge

of it & putt in a vessell & keepe it well; then laye

the patiente & make him to sweate; & anoynte him

withthe same droppeinge & couer the pecente warme

with cloths enought that he may sweate well then

make a fire of charcoles in a pane & lay there one

a good handfull of sage; & lett him take the ayre

thereof in a close house; vse him this -5- or -6-times

& it will helpe him by the grace of god,

74: for the Quensey

Take culembine seede, & the seede of fether-few

the leaues of cumfrey; temper it ^ with stale ale; & drinke ^ it

75:for spotts in the face for a mans, or a womans face that seemeth as they

ware drunken; take water cresses; cut them smale

putt them in a new earthen potte; putt faire water

of a springe to it let them boyle togeather; then

drinke of it in the morninge; & eveninge & this shall

putt the spots a way

folio 68 verso || folio 69 recto

76: for the canker in a womans breste;

Take the dounge of a white goose; & the iuce of

salandine; & braye them well in a morter

& laye these of to the sore pape; & that will

slay the canker & heale it

77: for a perliouse Coughe

Take sage; rue; & commine; & powder of pepper

seethe them togeather in honey; make an elect

tuary; & take one spounefull att morninge and

at eueninge & it will helpe you;

78: A presious medisen for the coughe

Take one hand-full of rue; one handfull of seth

eren=wood; one handfull of rosemarye; and a

quarterne of clarifide honney; & a quarte of

white wine; sethe them to geather; pouer out the

lickeour; & stampe the hearbs; putt in the lickour

againe; & boyle it in a little panne & after that

straine it; putt the licquore in to a glasse & vse it

at eueningse hotte; & att morninge could & it will

helpe you;

79: A good medisene for one that is greaued;

in his bellie; with much wine or colicke;

Take the woll that is betwexete the sheepes legges

that is full of sweate one hand=full; loose it &

sewe it one a linen clothe; take oyle of rew &

make the saide moyst with it; warme it by the

fire hott as you may in dure it lay it to his

belly, & keepe it soe that it fale not ofe & it

will helpe you by the grace of god,

80: for to a swage the swellinge

of a womans pappes;

Take blacke minte stampe & straine it with

swinse grease; laye it to the sore pappe & it

will putt a way the paine;

81: To make bame water to expell the;

disease of the mother;

Take a gallon of stronge ale; & one pound of bame

halfe a pound of licorish; one pound of annie seedes,

step them tenne or twelue houers; then still it by lim

becke; this is a uery good drinke against malencholy

82: A soueraygne medisene to kill wormes in the,

belly of younge children,

Take the herbe called sauen; herbe grace; wormewoode;

vnsett leeks; withthe roots of euery of them a like quantitie

folio 69 verso || folio 70 recto

and take the forth parte of an oxe gaule; & fry them

togeather with a little may butter; putt it in to a

doble cloth; & lay it to the patciants nauell as hott

as it may be suffered & it will helpe

83: A pretious water for the collecke & stone

Take garden time; auenes; saxifrage; sampere; prose

perne; beane coddes; rampsones; & gromell leaues

& not the seeds; still a quantitie of euery of these

seueral by them selues; that beinge doune take

soe much good malmesey as theire is of the other

waters that be stilled; putt all them togeather

& then still it out of a limbacke; giue of it to the

paciante three spounefulls; eueninge & morninge

with a little white wine; or good ale; doue this

3- days togeather; after three days vse it once in a

weecke or tenne days; & soe it will helpe you,

& lett it stand in the sunne;

for the collicke

Take a redd oyneon; & rost it then splitte it &

lay it hott to the paciante where the paine is

84: A good medisen for them that be in a consumption,

Take a suckinge pigge of seuen days olde; dress it and

scalde it soe that noe water cometh in to the belly; then

cutt of his skine full ^ of holes; cutt of the head; & quarter

it; putt the head & feette; & the saide quarters in to a

pottell pote or more; putt to it a pottle of stronge

malmesey or good muskedine of sene; putt to your

infuse; sage; rosemarye; time; hore=hounde; neppe,

cammamile; rue; isope; orgunme of eche of these

one handfull; then stoppe your pott with rye doue

that noe kinde of water or ayer may enter in or goe

outte; then take a brasse potte fill it with water & put

the earthen potte with your infuse in to it; make a good

fire under it by the space of eighte howers; then take

outt the potte with your infuse therein; putt it in a

stone morter & stampe the saide ingredince smale &

then stille it in a stilletory or a limbacke for that

is the beste waye of stilleinge it; & soe giue the petciante

one sponefull or tow at morninge firste; & at night to

bedd warde; & it will restore the patcainte to healt

with in tenne days by the grace of god,

folio 70 verso || folio 71 recto

85: A proued medisene to putt a waye a greate choughe

Take halfe an ounce of the roots of elicumpaine finely

beaten into powder; 4 ounces of licoresh well

scraped; & beaten in to powder; 4- ounces of fine

suger; mixe these well togeather; butt before you

mixe them you must serce your said pouders be

fore you putt it to your suger which must be

finely beaten; then you shall haue a fine dregge

of it; eate of it to bedd warde & in the morninge,

86: To stince the bleedinge at the nose or wounde

Take the mosse of a any crabbe-tree; lett the patciant

smell to it as it cometh from the tree & it will staye

it by & by; this medisen was proued one a younge

gent in oxeforde which had bleed to three dayes &

3- nights & all the phisions had giuen him ouer,

89: 87: Another for the same

Take greene copersse; & boule=armenecke; about

one quantitie; finely powdered & cast it in to the

wounde & it will stoppe

88: A salue to take away swellinge from a sore;

Take a handfull of redd lead; one pinte of oyle a

little rosen; & wex; a littel, castell sope seeth these till

it waxe blacke; when it tis all most ^ colde you may dip

olde linnen cloth therein or else spred the same

when it is colde as thin as may be & use it when you

have cause,

89: Necotia salue to drawe & heale,

Take necotia leaues, lett them drye -2- or -3- days then

cutt them & pounder them in a morter; take a quanti

tie of mutton suett; putt soe much of yellowe wax-

& rosen as you doe of suett; lett it boyle halfe an

houer softely & sture it; then take it from the fire

& strayne it putt it ouer a chaffindish of coales

puttinge turpentine therein; putt it into the pott

where you will keepe it stiringe it vntill it be halfe

colde,

90: Another for to drawe & heale

Take march valeran; sedwell; redd fennell; ribleafe;

these drawe; & for to h^eale; take water bittonye; sage

columbines; mary-golds; isope; bayes; necotia; herbe

grace; kessabolian; chicken weede; cammamell; mer-

cury; woorme wood; st: iohnes worte; of ech of these

folio 71 verso || folio 72 recto

one handefull; pounde them all togeather; then take

one pound of hogges grease; & halfe a pound of newe

sheeps tallowe; boyle all togeather; & when it is well

boyled straine it; putt to it halfe a pounde of wex &

halfe a quarter of rosen; when that is molten take

2- ounces of terpentine; beaten with cleane hoggs

grese; putt it in to the same alsoe

91: Another for the same

Take mallowes seethe them well then stampe them

take olde barroes grease & cleane barly meale boyle

all togeather & make a salue thereof for it tis

a ready helper,

92: Another

Take ^ a quarter of a pounde of uirgine wax; tow ouncs

of sheeps suett; melt them togeather a littell then

take it from the fier; & putt therein one ounce of

franchensence & sture it well togeather; then putt

it in a boxe this will both drawe & heale;

93: A salue for anye cutt or wound newe or olde;

Take merch selfheale or pile plantin; Rib worte; browne

bugle; bronne worte; & tutsen; of ech -2- handfulls; of

cinckfoyle; dittandie; & bittine halfe an handfull

pound them smale with a quantitie of hoggs greese

then fry them togeather tell the herbes looke pale

then strayne it & take halfe a pound or more of wax

& soe much rosen; make that smale & melte it till you

thincke it be well; then putt it ouer the fier againe

& make it very hott; then straine it againe & take

a prittie quantitie of terpentine cleane washed &

putt it in to the salue; sturinge it to geather a good

while then lett it coole after then putt it in to your

pott & you shall finde it tis a most excellent salue

94: salue to heale blisters

Take sallett oyle & redd lead boyle it ouer a softe

fier you shall knowe when it tis well boyled by

puttinge a sticke in to it & drop there of one a sacer

if it be thicke take it from the fier & lett it stand

till it be almost colde; then spred it one a linnen

cloth lay of this to the sore twice a day & if the blister

be uery hott then change it the oftener;

folio 72 verso || folio 73 recto

95: A uery god salue for the scurfe;

Take may butter & melte it; then take the fillth of a

dogge the whitest may be gotten make pouder

of it serce it & putt the pouder into the butter with a

littel quicksiluer; beate it well togeather & when

it is colde anoynte the forehead there with this

hath binne proued;

96: A greene salue for a greiuous cutt

Take sage; red=fennell; arpex; ribe worth; march

selfe heale; water shok leaues; plantaine & night

shade; a like quantitie of eche of these; stamp-

then togeather; take waxe; rosen deere suett &

may butter; boyle them togeather & straine it &

it will be a very good & greene salue;

97: clouns shorte salue to drawe & heale

Take -4- handfulls of cloun shorte; stampe it & -

putt it in to a skillett; add vnto it -4- ounces of

barros grease; halfe a pinte of oyle oliue; 3- ounces

of wax which must boyle vnto the consumptione of the

halfe iuse the which you shall know if the stufe doe not

buble att all then straine it & putt vnto it -2- ounc^es

of turpentine; & sett it one the fire a gaine boyle it

a little then cast it in to a pott for your vse;

98: black salue;

Take a quart of sallett oyle; a pounde of rd redd lead -

boyle both togeather ouer a softe fier; sturinge it

till it loke blacke; then take upp a littel of it & lett

it drop one a pewter dish & trye if it will role

or not; if it will it tis enoughte boyled; then take

it from the fier; & putt halfe a quarter of rosone beat

en; then sett it ouer the fire a gaine & boyle it till

all be melted still stire it till it be a littel colde

then take cast it in to colde water & keepe it

theire till it be colde enoughe to role; then roule

it & when you will vse it for a wounde spreade

it one a cloth; you must boyle in it a quarter of

a pounde of wax;

99: oyle to cumforte stiffe & sore sinews;

Take halfe a pinte of oyle oliues; or aquacomposite

a quarter of a pinte; bay leaues; sothern-wood; bame

sauery; broune mints; of ech alike quantitie; chope

& mingell them withthe oyle or aquacomposite; chope

soe many herbs that the liquor may couer it close

folio 73 verso || folio 74 recto

& the vessel must be soe close that noe ayre may come

in or out; then sett it in a pott of boylinge water

soe lett it stand - 24 - houers; & as the water consumeth

cast in fresh sethinge water; & haue a care that

the water boyle not ouer your vessel of oyle after

this time strayne out the liquour crushinge harde

the herbs; then sett it ouer a chafen dish of coles

lett it boyle softely untill the aquacomposita be

consumed; then putt to it as much wax; & turpen

tine; as you thinke fitt; stirre it tell it be almost

colde; then putt it in a cleane vessell; then warme

part of it & an^oynt your greefe; butt first rub it

with a course linnen cloth before you anoynte the place;

100: oyle of cammall for an ache;

Take one handfull of rewe; as much worm=woode;

& as much cammell; steepe these in halfe a pinte

of sacke or malmesy, fry it all in oyle oliue with

the wine straine it & with this anoynte the place,

greeued as all soe the raynes of the back

101: An oyntment for drith in the hands;

Take -7- souer apples picke out the coars; & shred

them; boyle them in rose water till they be uery

tender; then stampe them; then take -4- ounces of

cleere suett & -6- ounces of fresh goose grease; melte

all these to geather; & putt there vnto -2- crownes

wayght of camphier; & -4- ounces of seerus or

white lead; make of all these an oyntment softe

& an oynte your hands there with morninge

and at the eueninge;

102: A salue to cure any wounde

Take one handfull of velerian; soe of grounsell; of

uiolet leaues; strawberre leues; hemlock; penny

leaues; ground iuey; harts tounge; honny suckell

leaues; scabius; veruaine; march white ashe;

chicken weede; plantaine; fetherfoy; brambell

leaues; sedwell leues; wood bine leaues; mostable

cardus=benedictus; & necotia leaues; take one hand

full of each of these & cutt them small & putt a

pounde of fresh butter to it then lett it boyle one

houer then take it from the fier & strayne it & putt

turpentine & a littel rosen there to & soe lett it coole

folio 74 verso || folio 75 recto

103: A receitpte how to make aqua myrabilis

Take three quartes of white wine; one pinte & halfe

of the best aquauite; one pinte; & of the iuice of

celendine halfe a pinte or better; of the iuce of balme

halfe a pinte; of the iuce of spaere minte halfe a

pinte; violetts flowers; gillaflowers cloues; mary

goulds; roosemary; damask roose budds; bugeles,

borrage; of eache of these one handfull; mellelott

flowers or seedes to drames; quibibbs to drams;

gardymony -2- drams; gillingale to drams; ginger

to drams; nuttmegs to drams; mace to drams; cloues

to drams; one sticke of cinamane as lounge as your

finger; elicumbpaine sliced & dried to drams,

orringe pills to drams; lemon pills to drams; one

spounefull & halfe of annesseede; all your spices

beinge grosely beaten; putt your flowers; iuces,

aquauite; white wine & all into to a closse vessell

& soe lett it steepe alltogeather all togeather all nighte & in

the morning putt it in to a close still fast & soe

still it with a softe fier;

104: To make the ague water;

Take a quarte of angellica water; a quart of scabious

water; a quarte of cardis water; a quarte of draggons

water; a quarte of pimpernell water; take all these

waters; with a pound of treaclle of iane; one ounce of

diosecrdium; halfe a ounce of metridatum; of bugles

burrage; mary gould; uioletts & cloues gillaflowers

of each of these one handfull; all these putt to gea

ther in a cold still fast & you may distill with a soft ^ fier

105: To make a pouder for the Greene sickenes;

Take one ounce of steele dust; a quarter of an ounce

of cloues; a quarter of an ounce of mace; a quarter

of an ounce of nuttmegs; a quarter of an ounce of

english mather; a quarter of an ounce of elecum

paine dried; & eight ounces of suger; make it in to

fine powder & mixe it all to geather;

106:

A plaister for the goutt or ache in the ioynts;

where withthe lord Robert Rich was cured; when all

the churgions thought him to be vnecuereable;

Take halfe a pound of vnwrought waxe; halfe a pound

of rosen; one ounce of olibanum; a quarter of a pound

of lethargie of gould; three quarters of a pound of

folio 75 verso || folio 76 recto

white lead beaten in to powder; & scerce it thorought

a serce; then take a pinte of oyle of neates feete

& sett it one the fire in a small vessel a vessell withthe

waxe & rosen; & then when it tis moulten then putt

to it the other powders; & stirre it fast with a sticke

then putt a little of it one a pewter sawcer; take

it from the fire & anoynte a farre bord with some of

your oyle of neates feete & as you may handle it

for heate worke it as it ware cordiers waxe &

make it in great rowles; & make plasters of itt

with a chafen dish & coles spred it thinne one a

linninge cloth; or a leather; lay the plaster warme

where the painne is & soe renew it morninge and

eueninge vntill you bee whole or vntill the ache

be drawen to sume other ioynt; then take the pleaster

& lay where the ache is & be ware of hott & colde wines

107: for an olde sore;

Take of bolarmmanicke & of white copperes of eche

4: ounces; of camphire of one ounce; first pound your

coperes & camphire; very smale; then putt it into a

pipkin well glaised & putt it ouer the fire & keepe

it sterringe till all the moyster be consumed then

take it of pounde it uery smalle; then pounde your

boularmenacke & mixe it to geather & keepe it for

your use; you are to add to euery spoonefull of

this quarte of boylinge water; with this water bee

inge settled bathe your leggs with clouts beinge wett

therein & sett ouer a chafin dish for halfe an houe^ r

togeather as hott as you can suffer it & soe lett

double wett clouthes lye one the sore till the next

dressinge which must be eueninge & morninge,&nbsp;

108: Mathias lucantellas as pretiotius vnctment;

oyle or ballsame;

Take -3- pints of the best sallett oyle; -6- spoonefulls

of sacke; mingell them well togeather in a little

panne with one pound of the best venice turpentine

the same beinge first very well washed in rose water

folio 76 verso || folio 77 recto

three seuerall times; putt to it halfe a pound of

good yellow waxe & putt all these togeather into

the panne; lett them boyle for the space of one

hower & halfe with a very softe & temperate fier

then add to it one ounce of the best redd sannders

the same beinge beaten very smale in a morter

& after lett it boyle againe till it doe become

a perfect vnctment;

to bringe this pretious vnctment to his full per

fection; you must putt the same in to a stone

drinking iudge or ale bottle; then couer it uery

close with leather & then with an other couer of

leadd; lett this bottle of vnctment be buryed

vnder the ground in dry earth one yeard deepe

& remaine there the space of one whole yeare after

then takeing it vpp you must payer away all

the mouldey or hore you find one the toppe of it

this balsume is aproued good for theise infer

mities; first it will cure aney inward or out

ward wound greene or olde; if in ward it must

be made blood warme & ^ spouted in to the wound if out ward you are

to apply it with fine linte or linneng cloth an

oynteing the parts offended; there with & it will

take away the painne & keepe the woonde from in

flamation & draw out the broken bones or other

things that else might fester the same; soe that the

in warde parts; that is the brayne; the gall & liuer be

not tuched & it will heale it in -24: times dressinge

especaly if noe other medisine haue beene applied

before; it healeth aney burninge or scalldinge

by fier or water or by aney other meanes

it taketh a way all paine that cometh of colde

or moysture as cathars or aches in the bones; and

sinewes by anoyntinge first the partt offended

withthe same oyle heate; & warme clothes claped

one it; it healeth the head ache by onely anoynt

inge of the temples & the nostrells with it; it helpet^h

the winde collicke & the stich in the side beinge

taken in warme broth or beinge applied there

to with warme clothes -4- mornings to geather one

quarter of ounce; it healeth a fistholowe or

uelcer in any part of the body by anoyntinge

folio 77 verso || folio 78 recto

the same first with this balsume warmed & then

a linnynge cloth dipped there in & layd warme

to the greefe; the same application alsoe of this

onyment will heale any cutt in any part of

the body; & kill the wormes or cankers; butt nott

in soe short a time; it is very good against the

plague or mesells soe that it be taken presently

in warme broth for -4- mornings togeather and

sweat vppon it; it helpeth disgesture by only

anoyntinge of the nauell there with going to bedd

it is god against uenome; it healeth the swellinge

in a woman brest or other part of the body it

beinge applied both out wardlie as for a fis

holowe & in wardly as for the measells; & stich

it easeth the ache of a holowe towth by puttinge

a little there of with lint there in to; it helpeth

any bruse being applied as an oyle to rubb &

chafe in the same where the paine is;

109: A medisen for a consumption;

Take a quarte of ale; & a pinte of good aquauite;

a quarter of a pound of loofe suger or suger candi

a quarter of an ounce of mace ^a quarter of an ounce of sinnamon two spoonfulls

of the roots of elecumpaine; pound all these & put

it in to the liquor & sturre it well togeather &

keepe it in a iugge close stopt -4- & -20- houers

then you must take -3- spoonefulls of it in the

morninge fastinge & -3- att noone, & -3- at night

110: The goulden water other wise called;

the water of life;

Take walnutts in the begining of iune & breake

them in a morter; still them in a stillitory&nbsp;

of lead & keepe that water by it selfe; for the

second water you must geather your wallnuts

at mid somer or -3- days after stampe & stille

them as the first & keepe that water by it selfe

for the third water you must gather the nutts

14:th daies after midsomer & as you did withthe

former soe still these & keepe the water by it

selfe; then take a pinte of each water & putt it

folio 78 verso || folio 79 recto

all togeather & still itt in a stillit tory of

glasse & soe keepe it; this water is caled the

goulden water or the water of life the lest of all

waters that may be made for the great vertue

that is in it; for take one droppe of it & cast

it in to water & it will helpe all feuers & palsies

one dropp beinge putt into the eyes cureth all the

diseases & paine thereof; it causeth a woman to

conceiue childe if shee take a spoonefull in wine

once a daie; it procureth sleepe if the temples of

the head be rubed there with & if it be druncke

with wine it cureth infirmityes within the body;

111: To make an excellent sweet water

Take damaske roses; lauender speeke; croppes

of bayes; the flouers of white lillyes & a little

musk & ciuett with sume beniamyne; still

these & you shall haue very sweett water

butt if you putt in sume ambergreese & other

sweett perfumes it will be the better; butt the

former will be very sweett water,

112: Mellilott salue to drawe & heale:

Take -3- pounde of the herbe when it is fullest of

sape & beate it very smale in a morter; put it in

to a quarte of sallett oyle; then sett itt one the

fire to boyle in a skillett; till the iuce be consumed

the with you shall knowe when the herbes seme to be

scorched or burn^ed & the oyle leaues bublinge

then straine it from the herbs & add to the oyle

halfe a pound of yellowe waxe -4- ounces of

rosen & -2- ounces of turpentine; then sett all

these to the fire againe till it be melted & if

there remaine aney dross in it you may straine

it againe & power it in to your pott where

you mene to keepe itt; it tis anexelent salue

for a greene wound laynge it plaster wise;

To make the redd powder

Take one pounde of the best boolearmenacke when

it is of the deppes coller it is best both for sight

& tast you must pound it very smale & sift it

thorought a fine smale serce then take one hand

folio 79 verso || folio 80 recto

full of egeraimonie; fo one handfull of ter tur

mentell; one handfull of scabbous; one hand

full of pimpernell; one handfull of cardes

one handfull of bittoney; one handfull of

draggon; one handfull of sage; one hand

full of woormoude; one handfull of rue;

methredate; diouscordeum; treacle of iane

of eche halfe an ounce then shred all these

together the langth of halfe an inch & soe

bruse them in a morter; then take thre

pints of white wine & stepe it with these

hearbs all to geather all night then straine

the white wine & the herbes all to geather doe

soe -3- times still changing your erbes &

putting in fresh; then wett the pouder with it

& soe putt the pouder in to a chamber windoe

where noe sunne may cum butt only the ayre

to drie it; & as the pouder doth drie soe wringe

the ioyce of the rest of the herbs in to it & sture

it & soe lett it drie so hard as a paist that

you may mould it then make little cakes of it

& putt them against the sonne to drie soe hard

that you may scrape of itt; if it be for a man

or a woman giue as much as will lye one a

shillinge in dragone, or cardious water in sack

or berre or what else you like best one good

draught & sturre it well if for a childe your

preporsion must be the less; it driueth away

any paine from the harte or stomacke it

stayeth a vommiting & is good for many

other infermities,&nbsp;

for one that is brused inward or outward

Take a good handfull of greene balme & shread it

boyle it in milke & make it in to a possett and soe

drinke a good draught of it warme if the bruse

bee outward lay of the hearbs which you boyled

vppon the brused place

for the winde Collicke

Take one goode hand=full of Saint Iohns worte; and boyle

it in possett alle; drinke a good draught of it when

you goe to bedd and lay you to sweete sweat

folio 80 verso || folio 81 recto

To make meedd

Take one gallion of runninge water; and all most

one quearte of honey; boyle itt halfe an houer as

fast as you can make it boyle; & scume it all the

time as cleane as you can; then lett it stand

till it is blood warme then putt in sixe spoune

full of barme then lett it stand and worke

and the next day bottle itt vp put in to euery

bottle -3- or -4- bitts of lemmon pill & sixe

clous; it may be drunk in -3- or - 4 days

mistris Popes ;

To make a cake

Take -4- pound of reasones of the sone; picke wash

& stone them then drye them shread them very small

take -4- pound of corrancs wash them & dry them then

heate your ouen ay you due for a passtie of vennisone

then take halfe a pecke of flower -3- pound of fresh

butter; putt your flower in to a treay and breake your

butter in to it very smalle then mixe it together; when

your ouen is readey to be sweepte then stroue in your,

frute then putt in -4- or -5- egges beaten; take one spone

full of nuttmege & one sponefull of sinnamane; one pinte

of barme tow pennie=worth of sacke; take a quarte of

creame make it as warme as milke from the coue then

wett your cake with it then mixe all these very

well together butt not mould it; then stroue your

papper with flower lay it one the peele & foe fashione

it as you will haue it putt it in the ouen one houer & halfe

an exselente medesene for a greate belly

after an aggue of or a fitt of sickness

Take a peack of rye=mele & make a pye of it; take a

peacke of redd=sage shred it a little & close it in your

pye; you must bake it with housall bread: when you

dray it you must cut it opne & putt it close againe

then putt your pye hott in to a stand of alle keepe it

that it douth not worke ouer; when it hath done

workinge binde a sheete -4- double ouer it & lett it

stand -3- dayes then bottle it vppe; and drinke noe

other drinke; this hath hope a woman that was as

bige as any with childe;&nbsp;

an execelente poultise to heale any sore or aswage

any swellinge

Take sweete creame that will boyle & thicke it with fine

flower soe thicke as an hasty puddinge; boyle it soe longe

till the creame runs like an oyle then take it of the fier

and putt a spoune=full of oyle of roses in to it and a

spoune=full of honey stur it together; you must lay

this one warme to any sore or swelinge & it will hele it

folio 81 verso || folio 82 recto

Take Eiuey berrys and dry them beat them small and

scerse them take as much of the powder as will lye one

a groate putt it into one spoune=full of cardous water

or dragone water; & soe take it and drinke a good drauft

of white wine & sugar after it & lye down to sweat

or take three drops of the cimicoll oyle of eiuey & putt

it in to a draught of muskidyne drinke it and lye

down to swett the oyle is better then the pouder if

you can get it; this is to driue out aney infecxsione

of the sickness; to p rippen it & breake it take a white

lilye roote rost it and lay it one & when it is

broken then draue it & heale it withthe parrisallisan ^ plaster

A medicine against the Plague measells;

smale Pox: surfett; & diuers other diseases;

Take :3: pints of malmesey or muskadine :&: boyle in it

one hand=full of sage & one hand=full of hearbe of

grace vntill a third parte be wasted then take it of

the fire & straine it then put there to one penniworth

of longe pepper; halfe an ounce of ginger; a querter of

an ounce of nutmeges; beinge all first well beaten, then

sett it one the fier againe; : let itt boyle a little longer

then take it of the fier & put therein fowre penny=worth

of methridate; two penni=worth of London treacle, one

querter of a pinte of strong angelico water or the best

aqua=vitie;

Take it allways warmed both morning & eueninge, a spone

full or two if you be infected & sweat there vppon a little

if you be not infected then take halfe a spoon=full thereof

morning & euening during the time of infection; vnder

God trust to this for there was neuer; man; woman; or

Child that this euer deceiued;

A recatte how to make almond cakes

To a pound of almonds, one pound of suger; & the whites

of -4- eggs; & a querter of a pound of flower & sume

rose water; then beat them til they rune cleare

putt them in to plates or casers & soe bake them

for suger cakes;

Take a pound of suger; & a pound & halfe or two pound

of flower; halfe a pound of butter & one egg a little

rose water & a querter of a pinte of creame then beat

them as in the other cakes

for Bisketts cakes

Take a pound of suger; & a pound of flower; & eaight

egges a little caraway=seeds & a little rose water

Take an ounce of termarrek &: the wayte of ..g eithene

pence of granes; & halfe an ounce of licorish the wayte

of two pence in saffron,

folio 82 verso || folio 83 recto

To make Pepper cakes for the stomacke

Take the waight of two shillings nine pence of blacke

pepper; as much of white: & as much of longe pepper

and the waight of fippince in ginger & as much of

time the tops when it is blowen; these must be beaten

to powder; & scarse them take a pound of suger putt

therein isope water & candy your finger with it then

putt them all into itt,

for conuoulchin fittes

Take some allcarmies berrys: & beate them to fine

pouder; & give as much as will ley one a six pence

in any thinge the child will take best;

To picell Broome buds

Putt them into sallt and vinegar soe let them ley two

months to take away the rawnisse; then take the pickell

and boyle it very well; & skume it cleane then putt

the buds in & give them a walme & when they are

could putt them vp soe you may keepe them two yeares

for heate of the Backe

Take red=rose water; boores grece & the oyle of sweete

allmons of ech a like quantity and sture them well to

gether then warme itt & anoynt your backe with it

morninge and eveninge by the fier;

for Conuoulchin fittes or the fallinge sickness

Take allcarmies berrys & beate them to fine powder take

the pouder of a dead=mans skull of each a like quantity

and mingle them together; then take a spoon=full of this

pouder in halfe a pinte or a pinte of the strongest alle

you can gett drinke it in the morninge & fast one

hower after it, then take sume broth that hath cowslipes

flowers boyled in it; take this three morninge together

then rest three; due soe till you haue take it nine ^ thrise times

To make A drinke for them that are troubled

with the heate in theare hands & to open the liver

Take a kittlell of runninge water; and a good lap=full

of buglass; & burage; boyle it halfe away then take out the

earbes and putt into the liquer one pound of resons in the

sonne stoned; one pound of damaske pruens; one pound of

currance; boyle all these well togather then pouer it outt

freutt & all into a pipkin; take two spoun=full of itt euery

morninge; freutt & all and att - 4 - in the nowne & att

night when you goe to bead,

for a pinne and web in the eye

Take a good quantytie of ground eiuy it groeth one churches

stampe it & straine it take as much of the ioyce of dayses roots

wipt clean with a cloth; if it be to sharpe mixe it with brest

milke put in one drope when you goe to bed & in the morninge

one drope this will help it in - 3 - or - 4 - times

folio 83 verso || folio 84 recto

To take away a whitt scald

Take one halpeny=worth of brimston; and as much fresh

grease; as a wallnutt, & two spoune=full of fastinge spitell

beatt the brimstone as small as you can you must warme

it one the fier butt not mellt the brimston & dres it twise a

day & keepe the cape that is next to it a querter of a yeare

for the maynge or ittch or scabbe

of horse or doge

Take a quarter of a pound of tobackow stalkes & boyle

them in ureinge a good whille then wash them with it

warme & lette the stalkes stand in it you may boyle the

stalks as often as you will tell you find it be well;

To take away the frecekels

Take sowes milke & wash your fase with it night & morninge

To make conserue of wormewood

Take two ounces of wormewood and -8- ounces of suger

beate it very small then putt in your suger by sume

and sume as you beate it; and soe pott it vpe

for the watringe of the stomacke

Take sume rue and drie it in an ouen then take

of that pouder & the pouder of ginger a like much

putt of it in to a fige & an e eate it euery morning

of mris: weekes

A most excelent aproued water

Against the Plague; burninge feauer; surfett small pocks or

mesells; if striken in ward; vsinge .2. spone=fulls att a time

for ech of theis viz: this receipt is best made in may Iune

and Iulie if for a childe one spoune=full & halfe is enough

Take saige; rosemarie; worme=woode; rue; sallandine; pimper

nell; scabies; egremonie; balme; of ech of theise one hand=full

and of rose solis one good=hand=full; take alsoe from the

Pothecarie halfe an ounce of gentin=roots; halfe an ounce of

turmyntell=roots; and halfe an ounce of angelica; pound the

roots very small & wash all theise herbs together in cleaine

water & swinge them drie; then shridd them small & distill

them all together in one gallon or fiue quarts of white wine

vse like wise of this water for a man diseased sixe spoune

fulls att a time & if the disease be hott qualyfie it with two

spounefulls of cardis water & for children -2- or -3 spoune

fulls this if stilled in a rose water still butt if in a limback

then the preporchine aboue writen;

A Receit how to make surfett water;

Take dragons; angelica; worme=woode; mug=wort; rose-

mary; cardus; egremony; skabius; bittonie; pimpernell,

salendine; & herbe=grace; take of ech of theise hearbs

a pound : choppe them very small & steepe them in a

close potte with fower gallons of white wine & lett that rest

folio 84 verso || folio 85 recto

fower days then still it as you doe aquavita; & putt

the strongest by it selfe & giue two spoune=fulls thereof

to the party that hath taken a surfett & it will cause

the party to vomite & after the vomite giue the partie

some more of the same water; your smallest is good

for chilldren; this water is alsoe very good for a

woman in trauell for child; the child beinge dead

within her it will cause a speedy deliuery;

when the hearbes are shred they must be stamped

in a bowle & when the water is distilled a little suger

must be putt therein as much as you thinke good,

for to stope the blody fluxe

Take a good skillet=full of runninge water & quench

sume gads of steele in it then putt in to it one

good hand=full of knot=grease; & as much plantaine

seede & as much read=rose leaues & a crust of bread

& one sticke of Sinnaman; boyle this very well and

straine it the then take sume - 40 - almons & parch

them one a time; then grinde them as you doue for

almon milke soe sweeten it & lett them drinke it as

often as you please.

To stay the flicks

Take -3- pints or -2- querts of runninge water; 2- spounefull

of rice -2- sticks of sinnamon & a good many pruens boyle

all these to halfe the quantytie take one spounefull of this

att a time with -2 - or -3- of the prunes;

To make one sleepe

Take -2- spoune full of oyle of read roses, -2- spouneful

of read rose water; one spoune=full of whitewine vineger

one good handfull of read rose leaues crumbled smale

& sume nutt mege grated beatt them all togeather them

lay it one a clothe warme it & lay it one thetempels and

soe goe to rest

To drye neats=toungs;

Take fare neats=toungs & wash them very clean

in pumpe water; take baye salt & pumpe water

and make a rawe brine; putt them in to itt one

day & one night; then take them out the boyle

the brine when it is could putt them in & lett

them lye -14- days lay sume thinge one them to

keepe them vnder the brine then hange them vpe

to drye & when you vse them then boyle them in

pumpe water & serue them in could;

folio 85 verso || folio 86 recto

for A bruse in the lege or anny other parte

make this poulltise; take one good hand=full of water

creses; & smalage; shread them very smale putt them

in to sume ottmele & milke & soe boyle them to a poultis

then take a good pece of mutton suett & dissolue in itt

if the skinne bee broken lay one a plaster & this

poulltis ouer itt as hott as you can suffer itt

To drawe & heale aney sore

nue or ould;

Take sume alloes beatt & serce it very fine; then mixe

it with sume venice turpentine & with linte make

a tente of it & soe lay it one;

For the illowe iandous;

Take three querts of smale alle putt in to it one good

hand=full of salandine boyle it to one pinte & an halfe

then putt in -2- penniworth of safaron & lett it boyle a llitel

then sett drinke of it three morninge togeather halfe a

pinte att a draught warme

for one that can not hold there water

Take a heag=hogge & putt it a liue in to an ouen

when house houle bread is drauen & drye it to pouder

& soe giue them itt in aney thing they take;

for an extreme could or coufe;

Take elicum=paine=roots; scrape them very cleane then

lay them in water three days shiftinge it euery day

then boyle them in fare water very tender then pound

them in a morter & straine them thorou a hare siue

then take sume honey & clarrifie it with the white of

an egge then mixe it with your pulpe & soe take it

ofe the fiere & keepe it for your vse

To stope the whites:

Take one querter of a pounde of sweete almons bleanch & beate

them very smale then boyle them in halfe a pinte of read

wine very well then drinke it in the morninge fastinge very

hott with oute any suger

for the stone in the kidneyss;

Take one spoune=full of honey and putt it in to a

pinte of alle warme it & soe drinke it ; doue this

as often as you shall fine cause

To make your hands white & softe

Take one pound of bitter almonse & beate them very

smale; take halfe a pound of figes & picke outt the seedes

and beat them very well; then beatte them togeather

make it vp in bals or rouls; & soe keepe it & when you vse

it take a little of it with a little water & soe wash your

hands

folio 86 verso || folio 87 recto

my mothers receaite

A medicine for the wormes

Take of wormewood one hand=full; of sentrye =2= hand;

fulls; of Cardus=benedictus =3= hand=fulls of rosemary;

flowers :3: pugills; of Cloues grossly beaten =3= ounces;

of Nuttmegs =2= ounces; of great=mace; one ounce; alloes

halfe an ounce; steepe all these in =3= quarts of thepur

purest malmesey; 24: howers: the vesell beinge some

narrow mouthed Pipkin glased; then still it with a:

softe and sweet fyre accordinge to arte in a glasse still

The use of this water;

Take one spone=full of the water; putt therto one spone;

full of the iuyce of pomegarnate; for lake of that; one

spone=full of iuyce of lemon; for lake of that one spone

full of iuyce of oringe; for lake of that take a good

halfe spone=full of vineger; & to euery one of these,

exceptinge the pomegarnate you must put the quantitye

of a hassell nutt of suger candy; if you haue it beaten

in to pouder; if not in steed there of fine suger beaten in

to pouder; & one sponefull of smale beere; stirr them well

together; then lett the partie drinke it in the morninge fastinge

& faste -3- howers after & this doe for the preventinge of worme

in Children; butt if the partie bee sicke of the wormes all

ready; then =3= howers after the takinge of this fore said

medicine; giue the patient a glister made as followeth;

the glister;

Take :3: Quarters of a pinte of new milke; put there to; 2

great spone=fulls of course kitchin suger; 4: spone=fulls

of sallett oyle; halfe the yolke of one eggs; & as much

white sallte as an hassell nutt; stirr all these well to

gether & make it vpon a chafinge=dish of coales blood

& warme; put in to it the glister bagge & soe giue it this

you may use =2= or =3= mornings together the water giuen

first & the glister after; as is before declared; if you

see cause; & note the this fore saide proportion is ment

for childrne vnder the age of =8= or 9= yeares; if it be

for any of elder yeares make the proportions larger

as in discretion shall seeme best vnto you;

To cure the Cough of the longues or any other cough;

Take of isoppe water distilled one wine quarte; of the

best licorrish =2= ounces slice it thinne; then take one

ounce of aniseede bruse it & put both into the isoppe

water; & steepe it =4= houres; then boyle it in a pip

kine one the fier untill halfe a pinte be wasted

folio 87 verso || folio 88 recto

then take it & straine it; put to the liquor halfe

a pound of white suger candy & as much suger

penydize boyle it till it comes to the halfe, one

a soft fyer & it will be a sirroppe then keepe

it close couered & soe take of it morninge euening

and after dinner; 2= good spoune=full at a time,

mris: N. perce

nvrs

To make: A: Cake

one packe of flower: and: 5 pound of corrances;

2: ounces of mace; one ounce of nuttmeges; one pound

of suger; one pinte of rose water; or one pinte of

sacke: 4: pound of butter; melt it in milke prety warm

one querte of east; one pound of almons beaten very

smale with rose water; to ise it take halfe a pound

of lofe suger; with =3= white of egges; bete it =3= or :4:

houers; you must spread it one with a knife;

mrs: Alice

wilifford

To preserue Pipins betwixe Chrismas and ester;

Take your farest & clearest pipins; pare them very thinne and

core them; take sume orindge pill beinge very thinne & lace

your pipins; then waye them; & to every pound; take one pound

of lofe suger; & one pinte of faire water; put your water and

suger together in a skillet & tey your pipins vp in peeces

of tiffiny; then putt them in your skillet then sett them

one a quicke fire makeinge them boyll as fast as you can

when they looke clere; putt in the iuce of tow lemons & lett

them boyle a little while after; if you pleas you may putt

in a little amber=greece & soe put them in your glasses,

To make Cracke=nells;

Take halfe a pound of suger; & one pound of flower; 4: yolk

of egges; & :2: whits; one sponefull of rose water; & sume

anyseedes; & coliander=seeds beten scerced; a peece of butter

as bige as an egge rub it in the flower; make it in to past

then rolle it very thinne & turne vp the edges & pricke them

when they be hardened in the ouen candy them with the whit

of an egge; rose water; & suger sett them in the ouen againe

butt lett them not coller;

To make mackromes;

Take one pound of almons; beate them very small puting

now & then a little rose water; then put one pound of lofe

shuger finely beat & seerced; mingel them well together

folio 88 verso || folio 89 recto

then sett it a whille one a chafin=dish of coles, kepeing

it stored; then beat =3= whits of egges with burch to a

froth; then put them to your stufe & lay it one your

wafer sheetes in fashione as you pleas; then scerce sume

suger one them & sett them in the ouen lett them rise

a little and coler then take them vpe;

To make biskett of rise

Take halfe a pound of rise beaten & scerced; & halfe

a pound of fine flower; & one pound of suger beat and

scerced; then mingell them together; then take - 8 - egges

yolks & whites & beate them well with burch; then

mingell your flower & suger with your egges; then putt

sume amber=greece; & coliander=seede; then butter your

scasers & your ouen beinge hot put your stufe into -

your scasers & scerce sume suger one them & set them

in to your ouen;

To make suger cakes

Take one querter of a pound of almons beat very fine

& 54: yolks of egges; 4: spone=fulls of rose water; one

one spone full of mace finely scercett

pound & one querter of suger finely beaten & scerced

one pound of butter; & as much flower as the butter &

other things will wett; make it in to past; & role them

out & cut them into cakes & bake them for your vse;-

To make a dowsett pey;

Take sume veale either rosted or parboyled; & shred it

very smale with suett; & all maner of sweet herbs; then

put sume corrancs & season it with suger & nutt mege and

sinnamon; then take as many egges beat as will wett it

and make it vpe like egges & put a dait in the midest

of them & lay them in the pye; with butter & sume dryd

plomes; then take some white wine & suger & butter &

pouer in a little before you drawe it

To make a cabige pudinge;

Take halfe a pound of veall & shred it with tow pound

of suett very small; & tow grated nutt=meges; with a pret^ y

quantity of peper & salt in it; take as much cabidge half

boyled as will ly vpon a scaser; then take :7: egges &

beate them & mingell them together & make it pretty stife

like a pudinge & put it in a cloth & boyle it to houers

To make a creame dish;

Take one pinte of creame; if you will haue the curd white

take the whits of the egges & boyle with your creame; if you

will haue it yolow take the yolks & boyle with the creame

till it cumes to cords; with boyled creme & =3= dats a little

marrow; put in smale peces of almons; rose=water; nutt

mege; & suger; this you may make to be baked in moulds

or to fry, or a florentine;

folio 89 verso || folio 90 recto

A receite to make naple biskett

Take -6: egges; whits & ÿolks; beat them a little; one

pound of lofe suger beaten & scerced; strow in your

shuger by little & little in to your egges whilst one

beats them; take =3= querters of a pound of flower

well dryed in an ouen; & beate in that by degreese

as you did your suger; then put a peece of butter in

a cloth & rub the pannes & put in a few carrawais

seede & putt them out; lett your ouen be hott enoufe

for manchett; thy will soddenly be baked take them

out of the panns as fast as you take them out of the

ouen when your things is redy thy will be beaten

whilse the ouen is a heatinge

To make suger caks

Take =3= pound of flower & one pound of suger and

mingel it together with a little mace beat; then

rub in as much butter as will make it in a past

you must take same pains in mouldinge it together

To make sirrop of violats the best way;

To one pound of violats take a quert of water

picke your violats & bruse them in a stone morter

and have your water reddy in a puter pott & put

sume times a sponefull of water to them; then sett

your water one in a skillett & when it blubers redy

to boyle putt the brused leues in to the puter pott & put

the whott water to them; shut the pott close & sett it

in the chimeny corner foure or fiue howers; then

straine the liquor from the violets in to a puter dish

or bason & sett it one a pott of seethinge water & put

to euery pinte of this liquor one pound & three

querters of suger & serce it uery well & when it

tis thicke as sirrope take it of & when it tis cold

put it in to your glases;

To make a sacke possett;

Take one pound of almonds beate them very small

with as much sacke as will keepe them from oyling

then take one pinte of creme put your suger into

it sett it one a chafingdish of cols till it be redy

to boyle; then put in your almons sturringe it very

well soe serue it to your table;

folio 90 verso || folio 91 recto

To make a sillibub,

Take a pinte of renish or white wine & a quert of

thicke creame & putt them together in to a cleane

erthen pane & seson it with suger & put a sprige

of rose=mary in it & pare of the pill of a lemone

& put it in hole in the pane with the creame if

you like the tast of the pill put that in to it soe

mingel all together; then take a white burch rod &

beate it very well together then as the froth riseth

take it ofe with a glasse or a siluer ladle with hols

put it in to your sillibub pot as fast as it riseth till

your pot be full then if you pleas you may eate it vp

To make an almone costerd

Take a querter of a pound of almons beate them very

small putinge now and then a little rose=water to keepe

them from oylinge then putt them to a querte of thicke

creme & swetten it with suger then sett it in to the ouen

halfe an houer if it sticke ^ not to your knife it is enoufe;

To make Ice & Snow of Creame

beate a querter of a pound of rise very small & scerce it

& boyle it in a pinte of creame; till it be enoufe season

it with rose=water & suger putt it in the dish you meane to

eate it in; then take new milke & when it hath sod putt

it hott in a pane & couer it close & lett it stand = 24: howers

then take of the clouted creame; strew suger vpone the fore said ice it sprin

kell then lay your clouted creame vpon it sprinkell it

with rose=water & suger; then take the creame & beate it

with birch till it comes to be froth; then take the froth

off with a spone & lay it one your clouted creame

iust be fore you send it in

To make snaile water the best way

Take :2: gallons & a halfe of the strongest ale you can gett

& a gallon of sacke; then take a pecke of gardenshel

snailes & make a fire of char cole & when it is fully

kindled make a hole in the midst of the fire & putt

in your snailes & lett them rost as longe as they

continue hisinge; then take them out of the fire

& wipe them cleane; then bruise them in a morter &

put them all in the wine & the alle; put -8- ounces of

harttshorne; - & -4- ounces of cloues; brused in a morter

with-2= good hand=fulls of angellico with leaues & stalks

& as much of sallendine; & -4- hand=fulls of rose

mary=flowers; & a good=hand=full of barbery=barke

shred all these pretty small; & putt them in the

morninge in the limbecke stoped close with rye past

folio 91 verso || folio 92 recto

then distill with a soft fire it will still a

quarte at the first runinge; which keepe by it selfe

& a quarte at the second runinge which will be all

most as good as the first; & a quarte at the -3- run

inge; this is good for a consumption or any kinde

of weakenes; taken morning & euening or at any time

A Receipt ot to make the Gascoyne pouder

Take of prepared pearle; & corall; white amber; Crabs

eyes; harts=horne; of each a quarter of an ounce; of the

blacke tips of crabs clawes one ounce & a quarter

let these things be finely powdered & searsed

12 grains of beasor; then make in to balls with

ielly of harts=horne; & lett them dry; the crabs

eyes are to be had att the Apothecaries you must in

fuse sume saffron in the harts=horne ielly; it must

be taken first & last in some good liequeor if itt

be taken vpon procuring sleepe it is best taken

in cowslip possitt ale you must take 10- or -15-

graines at a time if you take it in a morning you

must fast an hower after; take it for -3- daies to

gether; when you make your balls you may guild

them if you please

To kill the ittch

Take one penny=worth of wood bittony & bruise

it in a morter, putt it in to a pipkin with one

pinte of white wine couer it close & sett it in

the embers till halfe be consumed then take it

of & putt in to it the quantitye of a wallnutt of

allame or as much flower of brimstone; & soe

wash with it & rubing you with the earbs & lett

it dry of it selfe;

Another for the same

Take halfe an ounce of sulpher viney finely

beaten; & -3- or -4- ounces of oyle of bitter

allmons; beate them very well together & soe

rub it one your wrists or where you itch

for those that are gald with

rigling or aney other accitidavite

Take a coumphery roote & scrape of the

blacke then scrape it on a peece of leather

it will spread like salue soe lay it one the

part greued; it will ly one till you are well

folio 92 verso || folio 93 recto

Aquamiarabulus water:

Take -3- quarts of white wine; one quarte of

aqueuitie; one pinte of sallendin iuyce; 2-

hand=fulls of millilot shred fine; then take

french gallingale; Cubibus; Cardimoman; settwell

rootes; ginger; cloues; mace; nutmegs; 2- ounces;

bruise the spices & putt all into a stillitory of

glasse & lett it stand all night & in the morninge

still it with a soft fire as you can; this water

is of secrett nature it restoreth the longs beinge

wonded of perished; it mightily healeth; it suffer

eth not the blood to putrify; butt it multiplieth

good blood; it suffereth not the heart to burne nor

beat nor malone=cholly to bee left or to have d

dominion; it expelleth winde; ruhme; phleme

preserueth the stomach; it comforteth & keepeth

the visage & memory it destroyeth the palsy giuen

to man or woman labouringe to death one spoone

full in the sumer; & winter once or twice a weeke

fastinge the smalest for a child it is good for

a Consumption;

To make a quackinge pudinge

Take one quarter of a pound of almonds; blanch

them; & beat them very small with rose water then

take one pinte of thicke Creame & -4- yolks of

eggs; & one handfull of flower; seson it with rose

water & suger then wett your cloth & strow

sume flower on it to keepe it from stickeinge

when it is boyled serue it to your table with

butter rose water & suger;

To make a furmytie pudinge

Take sume whete beinge boyled; & grated bread

& Creame fiue or sixe yolcks of eggs; befe suet

suger; rose water & nutmege; soe bake it and

serue it to your table

by mris

Anne Corbett

To keepe the face smooth

take one ounce of oyle of sweette almonds; & put it

over the fire till it bee hott; then put in halfe a spone-

full of venis turpeintine; & lett it melt ouer the fier

then put in the breadeth of sixe pence of vergens wax

& lett it stand on the fier tell it is scallding hott

to take it offe & put faire water to it & beatt it

folio 93 verso || folio 94 recto

very much; so put in freish water seuerall

times in a day & beat it stiff for three dayes

& then put it in a gally pott for your vse

you must not wash your face with water

To stay a Loossenes;

Take a pinte of milke thicken it with

a manchett gratted then toste a nutt=meg

grate it & put it in to the milke and

boyle it so giue it without suger

To stay A Loosens;

Take one sponefull of sallet oyle &

make it thicke with suger take two

peny=worth of saffron dry it & make

it very small mixe it with the oyle &

so give it to the pateint;

For the emerods or Pills

Take a pinte of new milke & 2 good handfulls of chamomille

boyle it together then put it into a close stoole pann and

sett ouer it as hot as you can suffer it when it is cold

heate itt againe doe so three or fower times & at the last

take a stoole vpone it & then vse the oyle of mullet &

Lay one the leaues doe this till you are well

This vnder God will cure any Consumption

or Cough of the Lungs;

Take a handful of the topes of rosemary & boyle it in a

quarte of faire spring water; till halfe the liquor bee

consumed then strayne it & putt into the said liquor a

quarte of the best white wine you cann get then take a pen

ny=worth of cloues; a penny=worth of mace; & the like

quantity of cinnamond; & likewise of ginger; all these

beate into fyne powder & then putt them into the saide

liquor put it to the fire & seethe it gently togather then

take it ofe the fire & putt there vnto halfe a pound of the

best shuger; then putt it into a stonne bottle & stope it very

close; & after three dayes take three or fower spoonefulls

euery morninge & evening goeing to bedd; before you drinke

there of shake your bottle; you are to drinke it could

folio 94 verso || folio 95 recto

To make a butter to Curle

the heare

Take one quarter of a pound of freesh butter and

clariffye it & scume it cleane then putt into itt

halfe an ounce of sirrope of rosses & :2 graines

of Ciuett & so beat them well to gether and

putt it in a pott so keepe it fore your vse

To make vin veriuce of grapes

Take v vnripe grapes; prese out the Iuice & put it in white

fruite disshes & in the bottome of euery dish putt a grain

or :2 of allum. so sett them in the sunne till the liquor be

dryed almost away & only remaine a thick substance

like conserues of roses which take out of the dish &

put it into a gally pott & keepe it close stoped for

your vse: this with last aboue :7: yeares;

the quantitie of a pece is enough to season a dish with all

To stopp a Loosenes

Powder of ruburbe :3: dragmes made vp in pills

with a little conseruse of roses;

To preserue damosens

Take theire waight in suger then cutt them crose the top and

cutt of the knot at the end of the stalke then pt with the

iuyce of sum stewed damosens wett the bottom of your suger

then putt in your damosens strew one the rest of your suger

boyle them gentely & close couered till they are tender

then boyle them a pace & scum them as it doth rise when

they are enough put them vpp in galy potts

an other waye

with theire waight of suger make a sirrope & put

in your damosens & so boyle them till thay are enough

To make Iumballs

Take fine flower suger the whites of eggs rose

water & warme creame make it into a litle past

then mould on sum carroway seedes whole nor

coriander seedes beaten cast them in knots & bake

them one flowerd papers or tinn plates;

for a purge

Take halfe an ounce of secene; a quarter of an ounce of

polipodium an ounce & halfe of currans a quarter of an

ounce of liquoirishe & anniseeds boyle these in a

pint of faire water till a quarter of it be boyle a-

way & when you vse it straine it & drink it warme

folio 95 verso || folio 96 recto

A receipt for the Gout

Take white mullen three handfulls; pigeons dung dried

& the strawes pickt from it a handfull & halfe beate

first your dung well in a mortar putting by little & little

the best wine vinegar; then putt the mullen likewise beating

them together; at last adde salprunela one ounce; one drame

of the best oyle of peter mingle them well together spread it

vpon a double cloath & apply it to the place greiued

repeat it as often as it growes dry;

To take Pocke holes out of the face

Take of the :4: cooling seeds; vix: of mellons; gourds; cowcum

bers; & pumpions; when they are pickt & clensed from the

husks; of each halfe a pound of white poppy seed :12 ounces

beate them exceeding well in a cleane marble morter & then

presse out the oyle by little & little that it may cume cleare; to

euery ounce of this oyle add halfe an ounce of benn newly

drawne; whenthe oyles are well mingled weighthem & for euery

ounce of this oyle take a dramme of pure white wax;

melt the wax with an exceeding gentle fire enough to melt

it & whilst it melteth ouer the fire lett there bee a little

quantety of the oyle mingled with it to keepe it thinn as

soone as it is melted put it instantly into the morter

that beeing a little warmed then stirre it extreamely with a pestle

as it were grinding; & be still dropping in a little & little

the oyle till all bee sure to be grinding it withthe pestle

all the while & afterwards continve working it vntill it

bee growne to that consistence & thicknesse that you like

then beate & wash it with rose or orange flower water

pouring it of and washing it with fresh;

A receipt for the scurvy

Take halfe a pecke of scurvy grasse; of brooklime & water

cresses of each fixe handfulls bruse these & a handfull

of worme=wood not brused a fewe hopps boyle these as

long as you would hopps in six gallones of worte sett

all a coolinge in vessells for purpose being cole enough

put the barme there vnto & haueing wrough strayne &

tunne it vpp when a weeke is past drinke there of

ordinarily

To make boyled pudding

Take halfe a pint of creame & a pinte of milk & a little

lett it boyle; then take :2: penny loaues & slice them thin &

lay them in a dishe & poure your boyleing milke there on soe

lett it stand couered till the bread be soft then breake it

with your hands & put it in a little salt & sugar & :3: spoone

fulls of rose water & 5 yolkes of eggs & :3: whites and

a handfull of raysons & :3: quarter of a pound of beefe

sewett shredd it very small & a handfull of flower

then tye it up round & lett it boyle :2: houres; then take

white wine & butter & vineger & rose water & suger beate

them well together & put it vpon the pudding

folio 96 verso || folio 97 recto

An other pudding

Take a lambes ptenance or a calves gather & boyle them

together then lett them stand till they bee could then shredd

them with beefe sewett as small as you can possibly then

take cloves mace & nuttmeges beate them very small and

put in as much sweete hearbes shredd very small & a

penny loafe grated then mingle them all together with your

hand with :2: or :3: sponefulls of rose water & as much

suger as will season it & :4: eggs makeing it as stiffe

as paste; then sowe it in a cloath when it is boyled

put upon it butter vewg veriuce and suger

For a baked pudding

Take a quart of creame the yolkes of :6: eggs beate them

well together then take suger salt & nuttmegg seson it

to your taste then take sippitts & lay them all ouer the dish

bottome lay upon them arowe of raysons then arowe of

marrowe cutt in smale peeces vpon them an other rowe

of raysones & sippetts as before then cutt sippetts

like dice & poure your creame thereon;

An other

Take :4: eggs & twoe of the whites one peny loafe

of bread grated one pound of sewett salt rose

water suger nuttmegg and bake it;

To Bake a rump of beefe

Take a rump of beefe & season it as you doe venison

& bone it then take a pinte of clarrett wine & a

pinte of water a bundle of sweete hearbes a hand

full of suger & :3: onyons put it into a pipkin

put allsoe the bones into the pipkin or else some mary

bones soe close it vp with paste in the oven some :6

houres w:hen you dish it take it vp cleane after

wards putt some of the liquor into it with sops & sippets

To make sarsages

Take the quantitie of :2: quartes of sarsage meete

yolkes of newelayed eggs halfe a peny loafe grated

seson it with pepper & salt cloues & mace when it

is sesoned fill a little sarsage to try the fatt of

the chines the best; after it hath havnged :3: dayes in

the chimney

To make the best sarsages

Take to the leane of a legg of a porke :8: lb of beefe sewett

18: eggs :2: ounces of cloves & mace mingled togather

2: ounces of pepper & handfulls of sage mince your

porke & sewett very fine then breake your eggs rawe

& mince them together seson it with salt & put them into

hoggs gutts

folio 97 verso || folio 98 recto

To make pudding Cakes to frey

Take :4: yolks of eggs :3: whites & halfe a nuttmegg

beate the eggs very well then put in :2: spoonefulls of

rose water & as much sack with grated bread &

flower & beefe sewett shreded very fine soe

stirre them well together with creame so drope them

into your pan being very hott & fire quick

A delicate powder for the face

Take mountaine Christall in fine powder calcine

it in a crucible :3: times & wash it euery time first

with rose=mary water secondly with white rose

water thirdly with beaneflower water then

lay it upon a grinding stone to dry

vse it thus first wash your face with water then

rubb it with this powder for it is most excellent

A water to make the face redd

Take aquavitie and red saunders in fine powder

put these in infvsion for :28: howers when you

will vse it wash your face first with faire

water then dry it well after wards vse of

this water

To make the Anchovian Spratts

Take the spratts wash them & slitt them pulling the gutts out

lay them soe prepared one a cloath & rubb them one

by one till they be dryed then lay them to soake in

pumpe water by the space of :24: howers in which time

they will be imbibed withfitt reddinesse cores

pondent to the anchovey of the levant this done pre

pare an earthen vessell well scalded & putt there in

a layer of bay salt thinne strewed one the bottome

then couer that layer withthe spratts then a layer of

bay salf & so salt & spratts vpon spratts vpon salt till the vessell

be full. soe lett them stand a day & a night then poure one

them soe much small ale as will imbibe them & lett them

stand soe couered in ale halfe a fingers breadth aboue

the fishe twoe or three dayes in the end of which tyme a

yellowe substance will swimme a loft which is the purg-

ing of the ffishe skimme that of & add so much fresh

ale to the other whichthe fish haue drunke vpp as will

fill theof vessell vp soe farr as to cover the ffish

wholey or an inch or twoe aboue them

then lett them stand covered with a cloth sixe weekes or

twoe monethes & they will equell if not exceed the

anchoviay dissolving in clarett wine for sawcs or

any other vse by themselves with vinegar & oyle & as

the anchoveys are drest forth;

folio 98 verso || folio 99 recto

For A Consumption

Take red weed, maidenhaire; scabias & coolts

foote of each halfe a handfull :6: ffiggs; fowre

reasons of the sunn stoned; 6: dates as mvch

elicomepane as a wall=nutt a licoryce sticke

breused slice the roote & shred the herbs & the fruite

put itt all into :3: pints of spring water & lett itt

boyle gentlye vntill the one halfe be consvmed

then strain itt & put into itt one ounce of brown

suger candye; keepe itt in a glasse; - drinke :4

or :5: spoonefulls of itt warme in the morning

fasting & att :4: a clock in the affter noone;

To perfume Gloues

Wash your gloves in damaske rose water then

spread them forthe gently hang them vp to dry then

lay them in a linnen cloth folded up :3: or: 4

times double being dry lay them :2 or :3 dayes

in dryed rose leaves; then take civett oyle of

almonds & mvske all well ground vpon a marble

stone & therewith anoynt the gloues :3: or :4 times

stretching them out with all then take sandaver

mixed with amber greece & strew the powder

vpon them & lay them in a paper or a box

For to pickel ploms

Take your plomes before they be ripe a weeke or more

be fore Saint Iamsestide lay them in a glase betwene

euery lay of plomes strew some salte when the

glasse is full of ploms put as much white salte

wine vinegare as will couer the plomes then lay a

paper one them & a treancher one that & greate

waight or a stone one that; you should looke some

times one them & bee suer that thay be couered with

vinegar the white wheaten plumes is the best to

doe they are good to serve to the table like

olifs & put in stued meate this you may

doe gooseberryes or barbarys;

To bring beare from sowrenes

Take wheate flower & eggs both yolkes & whites make them

a peece of past as big as a peny loafe mould therin a good

handfull of bay salt then by little l lumpts cast the same into a

hogse=head of sowre beare & rowse it well & then lett it lye then

last of all put in :20: or 30: oyster=shells cleane washed &

shortly you shall see the beare worke as if it had neuer bine

turned & within 4: dayes bee perfect good againe;

folio 99 verso || folio 100 recto

For the Dropsey;

Take :6: cloues of garlicke boyle them in oate=meale and

faire water & when it is boyled eate a mese of it euery

morning for a moneth togeather;

To know when the sore that is in the eye

cometh of heate or Cold;

Take & seeth roses in water & lay them vpon a small

linnon cloath & lay it vpon your eye & if the sore

come of heat you shall feele your eye more sore than

it was but if of cold you shall feele lesse paine

then you ded before;

For to make cleane hands

Take allom dissolue it in faire water with which

wash your hands very well & lett it dry into

your hands then take deares or shipes suett & there

with anoynte your hands against the fire; vse

this :3: or :4: times when you goe to bed & your

hands will bee both fire & softe;

To make your hands white

Take Castle soape halfe a povnde; honey a qvarter of a

pounde; ircos in powder an ounce; bitter almonds halfe

a pound oyle of poppie seedes an ovnce the gawle

of an oxe soe mvch as will bringe it in to a

paste & keepe it for your vse; you must

take of it & rubbe it one your hands so wash

with water

To make Black Inke

To a pinte of watter put twoe ounces of green

coperis / galls breakethem in little peeces one

ounce of greene copris one ovnce of gumb ara

back a peece of allum about the biggnes of

a haselnutt if you wvld have it shine after

it is writt with put suger into it;

To make Readd Inke,

Take one ounce of brazell & a pinte of

watter halfe an ounce of pare=tree gumbe

boyle them all together till halfe is boyled

away & in the boyling put a little white

allum & let it stand three dayes

folio 100 verso || folio 101 recto

Ianne Ianner For A Burne or scald

it taketh out the fire & healeth

Take a greate lape=full of grounsell

stampe & strayne it & put the ioyce

into barrow hogs lard & lett it

melt ientely one a softe fier

then straine it into a pott & keepe

it for your vse; you must warme it

& dresse it with a feather

Gooddey Cotes A poultis for aney swellinge

all though the bone been broke

or out of Ioynt

Take a pinte of mike the crume of white bread

& a little saffron boyle it to a poultis then

put in sume oyle of Roses so applye it

hott changing it as you see cause;

To pickell Elles;

Take greate elles & rvbe them with sand then skinne them

as hole as you cann take out the gutts & wipe them

clenne then put one the skinne againe turne them round

& tye them as close as you can there heads being with

in then put as much sallet oyle into a frying pan

as will cover them then put in your Elles with there

belley downe & tvrne them vp & doune till they bee

enough then take them vppe the next day make pickle

for them take as much vinegare as will cover them & put

in as much sallt grose pepper & bay leaves as will

make itt a strong pickle then boyle it & when it is

could put in your Elles then power one your pickle &

leaves tye it vp close with a cloath & lay one a

bord; your oyle will keepe a month to frye more

Elles in your rest

To stew-sheeps troter

for one pare take a quarter of a pinte of vari

varges a quarter of a pound of butter and a

quarter of a pownd of Corrances one spoonefull

of sugar & a little large mace & soe stwe them

this is for calues feete for troters leave out the

corrances

folio 101 verso || folio 102 recto

To make tripe Peys

Take the rowle of trips picke ofe all the fatt

& scrape it 1 pound as much beefe suett & as

much many Corrances; shread the tripe & suett

as small as you can then put in the Corrances

halfe a pinte of varges Cloues mace & suger

to your taste so fill your pey ^ in one houer will

they will bee baked.

For Convolchen fetts

in yong Chilldren

Take the houf of an Elfe it is a best that lives

in the mountaine & hath tenn clawes vpone one

foote one of those clawe must bee rasped and

maide in to very fine pouder; then take the pouder

of a dead mans head that hath binn washed

very cleane in water & dryed in a window

then beate it to very fine powder; the

after burdern of a yong woman hur first

child; it being of a female you must dry it

in a pott close couered in the oven & beate itt

to fine powder; mixe these three powders

togather equally & some leafe gold rubed betwene

your fingers; giue as much of these powders

as will ley one a groat in one spone=full of

sirrope of peyoney & cowslipe water it must

be twise so much water as sirrope & shake it

in the glase togather giue this in the fitte and

an hower after as much more so till you have

taken :3: of those papers; lay a plaster of

metharadat & nutt=meg one leather to the stom

ack; & make tow little bags of saffron to lye

folio 102 verso || folio 103 recto

to the arme pites & anoynt the temple the nostrels

the palmes of the hands the sowles of the feette

& the raines of the backe from the nape of the

neck to the bottom of the bone with oyle of amber

& put a neck=lace about the neck of peyoney

seeds then after give one paper of this

powder in the morning & at night as much

of the other powder which is maid with

the hovfe; white amber corrall & lefe gold

of eqquall proporssion of this as much as will

ley one a groat in the sirrope so doe till you

have given three papers a peece then rest

as you find cavse but against the chaing of

the mone giue three papers of each powder

& giue the sirrop at aney time one spone

full at a time

For A man or a woman

of the falling Sicknes

Take a pottle of water a quarter of a

pound of reasons of the sonne stoned

as many figgs sliced an ounce of

anney=seedes halfe an ounce of corriander

seed an ounce of sweete fennell seed halfe

an ounce of poyeny seed: 2: good rootes of

peyoney :2: or: 3: roots of march mallow

& as much fennell roots the pithes taken

out slice & beate them by themselves & the

seedes being beaten put in one handfull

of greene rew & boyle it to a pinte and

halfe then straine it & lett it settle & put

it in a glass throw away the bottom of it

& put the other in a glass; giue as much

of the houfe as will lye one a groatt or

sixe=pence in one sponefull of this

water & :3: or: 4: spone=fulls of it

after giue it so for :3: howers toga

ther then rest an hower as you

see cause if you can giue it in the fitt

it is best

folio 103 verso || folio 104 recto

mris:

purifoy

To Keepe Damsons all the yeare

to bake in tartts;

to halfe a pecke of damsons take :2: pound and

halfe of shuger pick ofe the stalkes & strew

sume suger in the bottom of an earthen pott

then put in damsons & then suger till you

haue put in all & fill your pott heaped

atop couer it with past & sett it in to an

houen then two monthes after boyle vp

the sirrop with halfe a pound more of sugar

My Cosen

Elizabeth Bury

How to make an Exelant

White Pott

Take a quarte of Cream, put it ouer the

fire to boyle, season it with nutt=meg

sinnamon; suger; sacke & rose=water

the yolks of :7: or :8: eggs beat your eggs

with sack & rose=water then put it into

your creame; stirr it that it curdle not then

pare tow or three pippins core & quarter

them & boyle them with a handfull of reasons

of the sunn boyle them tender & poure them into

a cullender; then cutt some sippets very

thinn & lay one some of them in the bottom of the

dish & lay on ^ some of the appels & reasons halfe your milke then lay one

more sippits & the rest of your appls and

reasons then poure on the rest of your milke

bake it, scrape on suger & serve it in

Elizabeth

Bury

How to make a Lumber Pie

Take :3: or :4: sweett breads of veale

parboyle & minc them very small and

then take the curd of a quart of milke

turned with 3: eggs; halfe a pound of

allmond paste & a penny loafe grated

mingle these togather; then take a spon

full of sweett hearbs minced very

smale also :6: ounces of orringado

mince it & then season all these with a

folio 104 verso || folio 105 recto

quartern of sugar & :3: nutt=megs

then take five dates & a quarter of a

pint of creame; 4: yolks of eggs :3:

spoon=fulls of rose=water, 3: or :4:

marrow=bones; mingle all these to

gather except the marrow; then make itt

vpp in long bales, about the biggnes of

an egg; in every bale put a good peece

of marrow put these into the pie & then

put in a quarter of a pound of butter

& halfe a sliced lemmon; then make a

cawdle of white wine sugar & veriuice

put it in when you take your pie out of the

ouen you may use a graine of musk or

amber=greece;

To make A Glister

to coole & keep ye bodey solable

after a feaver

Take oine pinte of milke :3: ounces of corse

suger & a drame or two of anney seed

boyle it & soe giue it;

Elanor

Herring ,

For a Reum of Salt humor

in the Eye; that makes it raw

Take halfe a peny=worth of roch allum and

one pint of water boyle it all most halfe

a way and wash your eye with it

For a quarten ague

iust bee fore the could fitt take seuen drops

of the oyle of vittrall in a glasse of sacke

and goe to bead and sweat vpon itt,

folio 105 verso || folio 106 recto

For A Quarten

agve;

Take lome ^of a wall & :2:or:3: heads of garlick

and make it moyst with whit wine

vine=gere beat them to a plaster and

spread it one a cloathe soe lay it to

the soules of the feete befoure the fitt

for three fitts;

For A Quarten ague

Take one pen=ney worth of saffron

& :2: or :3: cloves of garlicke pill them

& beat them to a salve spread it one

a cloath & bind it to the finger next

the little finger of the left hand

before the cold fitt

Mris Cumberland

To make Respas vine

Take halfe a pinte of Clarett wine

put in halfe a querter of an ovnce of

ovrres roote slice it & when it is to bee

vsed put in :2: or :3: spoune=fulls of

this in to a bottle of wine & it will tast

like to respas;

Ianne Taner

An oyntment for aches; bruses; Colds

stitches Lamenesse palsies & Cramps

Take of sage & Rue of each a pound of

wormood & bayes of each three quarters of A

pound of sheepes=svett cleane picked three

pounds; all these must be stamped together

vntill none of the suett be seene but seeme as

all one then put to it of oyle of ollives the best

one pottelle & worke it withthe rest together

with your hands; then put it in a earthen pott

well leaded & couer it close so lett it stand

folio 106 verso || folio 107 recto

Eight dayes in a seller & then take it out

being mouldie & breake itt into a brasse

pan & make a soft fire vnder it all

wayes stirring it vntill the herbes

waxe crackling then take it ofe & lett

it coole a little then straine it & put

into it one ovnce of the oyle of spike

stvr it togather; then where the greife

is anonyt the place warme;

An aproved Medis^ sen it is to be made in may

Mistris Anne Corbett

The Lady Croones Pomatum;

Take lambes caules hot out of the lambe

& cast them into spring water & there let them

ley :9: dayes shifting them twice every day

then drene away the water & dry them with a

cloath then poure vpon it marcury water

halfe an ounce to a pounde of the caule

letting it ly in a day or two; all soe take

mersh=malow roots white lilly roots that

growes in the water here=bal roots; to euery

pound of caule to of theese roots scraping and

pickeing them cleane letting them ly in water one

night then beate them in a stone morter prety wall

all soe take a querter of a povnd of bitter

almones blanched & beatt them well then take one

lemon or tow; one pome water apple pared

& sliced in halfe; an ovnce of camphire

after the almonds are beaten heate your morter & then

beate the camphire & mixe all theese togeather; then

take a new earthen pipkin that is well leaded and

seasoned put in all thees ingredients couer it &

paste it vp sating it in to a kettle of hot water

& let it boyle :4: or :5: howers keeping the kittle

still supplied with hott waterthen lett it runn

through a fine strainer into shallow erthen

dishes letting it stand soe all night the next morning

cout it out & picke it couting it in littile peces put

it in to the pipkin being made cleane put togeather

with it to every pound of the caule halfe an ovnce of

spermecety & as much swans grease as an egg an

ounce of virgins wax set it in the kittle for one oure

then pour it in a white bason with may due & rose

water a querter of a pinte of each :6: drops of white

amber & :6: of spo oyle of cloves; you must melt itt

folio 107 verso || folio 108 recto

with a little more spermecaty & wax & :2. spoone

fulls of aquevity & soe dipe your forehead clothes

and your gloues, Probetvm

mris

saywood

To make Redd Cherry water

Take :4: pound of ^Read cherrys & pulle out the stons

4: pound of suger; 2 ounces of sinamon

1 dram of cloues :1: drame of mace; all your

spices finely beaten; to euery pound of

cherrys a quart of spirits or brandey wine

put them all in a bottle ^ glasse togeather close waxed

lett it stand in the sun while towards

michaelmas then strayne it out in to botls

& put in :2: or :3: of the cherrys in to euery

bottle stope them vp close & keepe them for use

To make Poppy water to mixe

with Cherry water:

To a buschell of poppys :2: peniworth of

pimpernell; one porringer of sacke: strewe

the sack vpon it as it stills then mixe halfe

this poppie & halfe this cherrie water to

gether when you vse it for a surfeit giue

a good claret glass full at a time;

To make a water for the face

Take one ounce of borax; one ovnce of white

suger candy; one ounce of white poppy=seede

one pinte of plantaine water; one pinte of white

wine; steep your poppy seede in as much of the

wine as will cover them all night, then beate the seedes and

put in a little of the water and wine as you beate them & soe

straine them out; take a dousen of bitter almons blanch

and beate them & straine them with some of the water, then

beate your boraxe and suger as fine as you can & put it in

to the water when it is disolved put it into a glasse

to a pinte of the water put in the white of an egge

beaten to an oyle and shacke it very well put in halfe

a pound of pine aples carnalls, beaten & straine your seeds

of poppy often & put in the forthe & all of the egge it

must be new layed;

To make a siment for earthen

dishes or aney other thinge

The blacke rosen a quantity & halfe soe much bee

wax then take bricke soe fine as it can be powdered

melt the rosen & wax togeather & when thay are boyled

put in the bricke & stur them very well that the pouder goe

not to the bottom then poore them into fare ^ coald water & temper

it well with your fingers; when you vse it warme the

ioynts well & melt some of it vpon both sides & sticke

folio 108 verso || folio 109 recto

them close togeather lett them ley till they are

could and the ioynt will bee fast; if alsoe you take

the skles of smiths dust and make fine powder of it

and put it in to itt the simant will bee the stronger

To make Iumbell Churrys

Take to :4: pound of cherrys :1: pound & a halfe

of suger : take halfe a pound of your suger &

strew it a moungets y:our cherrys beinge stoned

then boyle them as fast as you can still sturring

them & when they bee very tender & the liquor

well shrunke then put in the other halfe pound

of suger and soe boyle it againe till it is allmost

enought then put in the last of your suger & soe

boyle and skume itt till you can see the bottom of

the panne then it is enough take it ofe & soe

pott it vpe take white corrance picke them &

put them in to a pott & boyle them very well in a

pott of water then straine them to the waight of

ielly take soe much suger & when your cherrys

is almost enought put itt in and boyle it togeather

To Drye Churreys

Take your Churreys & stone them to one pound of churris

take one quarter of a pound of suger soe strewe it one

your churreys & lett them stand all night; the next day

boyle them tender; & lett them stand in the sirrope againe till

the next day & then boyle them againe & sett them in the stoue the

next day dry them in the Sunne upone Sciues

To make Raspas suger;

Take lofe sugar and serce it very fine; then take your

raspas & mash them & boyle them very well; then straine them and

boyle the liquor againe & skume it very well when it is

scalldinge hott put it into the suger & worke it in till

it be like paste then drye it in a stoue; then wett it with

more of the liquor ouer a gentle fire; where it may dis

solue the suger but not boyle & when it is come to suger

againe then stoue it till it is drye, doe so foure or fiue

times; or till you like the couller you must sturre it

all the while you are dissolueing of itt.

To steanch Bleeding

Hould the roote of a nettell in your mouth and you

can loose noe blood;

folio 109 verso || folio 110 recto

To make sirrope of snalls

it is good for a Consumption

and to fatten,

Take one packe of gardine snalls; & put to them

some hisope; fennell; minte; & rose=mary; soe

lett them stand all night in an earthen pott &

couer it with a dish the next day wipe them very

cleane & pricke them then fill the shills with lofe

sugar & tye them vp in a bagge of tiffaney and

that which dropes is the sirrope;

To make sirrope of Poppey

Picke your poppys very cleane from the blacke

seeds but not the blacke ends for they will doe

noe hurt infuse them in faire water in a pott; sett

in a pott of water & lett it boyle :3: howers close

couered then straine it; doe soe :3: times; to a quarte

of this liquor take one pound & halfe of shuger

put them together & boyle them a pace & skume it

very well when it is a good thicke sirrope it is

enough you may giue one spone=full to a child

and two to an ellder body;

A Most approved water to helpe both outward

and in=ward greefs of the eyes; it taketh away

dimmes & all pearles & spots of what cause

soe euer they come;

Take the iuyce of fennill; sallen=dine; rew; eyebright

of each two ounces; the gales of Capones; or Cockes; 2:

drames; of honey two ounces; of allowes, tutia

surcocella, of each halfe an ounce; suger candy 6,

drames put all into a limbacke & distell in balnes

put of this water; 2: drops in two each eye morni

inge & when you are in bede att night; this is a

most proued water;

To keepe hare from fallinge

& to make it grow thicke;

Take brann flower; lb 1: sprinkell it with rose=water

then drye itt againe in the sonne; or ouer the fire or in the

ouen; then pouder itt againe; then take of margarm & sage

maid into fine pouder 2: ounces soe with sivet sweetten

them when it is made then pouder the hare euery day

folio 110 verso || folio 111 recto

To cure obstruchions of the spleen

& stiches that are in the brest; or backe

the winddynes which striketh vp

into the head & the greene sickenes

Take 3 : pints of renish=wine; or white wine

boyle in it nyi of the inner barke of an ashe

& nyi: of cammomile; 2: nutt=megs sliced

boyle it to a quarte; drinke that warme att :4:

or :5: mornings; when this is spent renew itt

To bring downe the Reads

Take :2: quarts of white wine & halfe

a :lb: of blew Corrances beaten & sume

Ellicum=paine roots boyle it two :3

pints. So take it :3: mornings before

the new of the moone;

To wash the face

Take :3: penni=worth of oyle of ssweette

almonds & allmost the ioyse of a lemmon

one quarter of a pound of bitter almonds

beaten & strained with a quarte of cundite

water put them all into a glasse & shake

it when you vse itt;

Mrs Moore

To Make a pea to for an Isheu

Take the powdder of spenish=flyes & ffume rye

flower & mixe it with white wine vinegar cold then

make it into the bigness of a peea put it in when

you goe to bead lett it ley till the next night then

put in a whit peea; & this will make it to rune

but if you would make an Ishew spread it vpon

a peece of leather when you take it ofe put in

a white peea & your Ishew is maide;

Mrs Moore

To Make Ioyce of Licorish

Take :1: quarter of a pint of Ioyce of Coullts

foutte claryfie it withthe white of an egge; then

take halfe a pinte of Issoppe water & fower

ounces of powder of Lickorisch; put all these

togeather in a skillitt to infvse about an hower

but not boyle then straine it thorowe a cloath

cleane your skillett againe; put into it fowre

ounces of doubbell refined shuger & two ounces

of white shuger canday beaten fine; boyle

all these togeather sturring them till you can

see the bottome of the skillett; then power it vp

on a dreser borde & with a sticke work itt till

folio 111 verso || folio 112 recto

you can make it into littel pills & with

your finger flat them like a cake; put them

into a boxe & lay papper betwene euery

lay & sett them warme,

mrs Moore

To Make Rosmary Cakes

for a Co^ufe

Take one spoune=full of rosmary dryed

ot pouder of balme & penneroyall

as much as will lye one a sixe pence and

4: ounces of dubbel refined suger in fine

pouder put all these togather & wett them

with a spone=ful of balme minte or rose

water & make them into a past rowse them vp

in little pilles soe flat them & lay them before

the fier one white paper to drye & so keepe

them for your vse

To kille a whit bloe or a fellen

if it be layed one before

it be broken & it will not breake

Take earth wormes wipe them cleane & beate them

to a salue then mixe them with a little sallett

oyle & dres it twise a day this with out faile

will cuer it & heale in a short time;

Mris

Adkines

To make Cheese Cakes

Take :2: quarts of Creame or new milke sett it one

the fier with a blad of mace when it boyles vp put

in :12: yolkes of egges & halfe the whites being very

well beaten & giue them a walme soe take it from the

fier if it is milke you must haue the more egges

when it is cold put in rose=water almonds beaten

very fine & suger & amber greece if you plese

& plump your corrances; to make your past

rube sume butter in your flower :2: egges

& suger soe make it with milke & it will eate

like pufe past;

folio 112 verso || folio 113 recto

Mris Adkins

To make fresh Cheese

Take :2: quartes of Creame or new milke make it

as warme as milke from the cowe take it ofe the

fier put in :3: spone=fulls of sacke & halfe the

ioyce of a lemmon lett it stand till it is

cume then wheay it through a cloath & mingel

it with rose=water & suger put in to your

dollfines & lett it stand one hower then turne

it out in to your dish with creane so serue

it in

Mris Adkins

if a woman mise of hur longing

whin shee is with Child

when hur paine is vppon hur take a new

layd egge & beat it with sume sinamon water

soe giue it hur to drink;

my Lady Corbett

To killeCuer a fistulay

if it bee downeward

it is Cuered with the more case

Take rite verguse ^ vrrin & as hott as it can be

suffered wash it but not scald it then

dipe blacke wolle in netts=foottoyle & soe

to mellow it and it will healle it,

you must vse a serinces if it be deepe;

^ Mrs Moore

An Electurey a Gainst the plauge

Take a good hand=full of rew & picke the leaues

that it may be a full hand=full when it is picked

shred them as small as pouder then take halfe a pinte

of white wine vinegar :4: ounces of london

treackell & :4: ounces of lofe sugar lett it simper

ouer a fier to the consistance of an electuary

take the quantity of a nutt=meg at a time in the

morning it must bee mayd in may it will

keepe diuers yeares; you may straine it

Mris More

For the Pilles

if it bee for a man you must take the quantity

of halfe a pinte of the dung of an oppen sow

but for a woman of a barrow=hogg that is

new a pound of sheepes liuer as much mutton

suett & as much fresh butter shred then you

very small then lett them simper ouer the fire

to the consistance of an oynt=ment then take it

ofe the fire & put in as bige as a nutt=meg of

yollow francumsence sture it till it is mellted

soe straine it in to a pott when you vse it warme it

dip a ragg in it & lay it one it will cuer them

folio 113 verso || folio 114 recto

mris Moore

To make a Black Salve;

it is good for any swelling or

plague fore to breake & heale it

Take halfe a lb pound of rosan; one ounce & halfe

of yellow bees waxe; two ounces of stone pich

& as much hoggs lard sett them one the fire still

sturringe it till it is melleted then take it

ofe & when it is almost cold put it vpe for vse

mris Moore

For a fellen ranckell or gangren

Take as much gray sope as rosan & a little

quantitie of beefe suett & mellt it one the

Fier so put it vp for vse; you must spread

it one a peece of cape paper & lay it a

boue the swelling or gangaren;

mris

Blackewall

A drinke against the Plague

Take :3: pints of muskedine or ould can

arey put in one hand=full of rewe &

as much sage of uertue boyle it to a

quarte strayne it & put to it :1/2: a pinte

of angillica water stronge :2: ounce of

meteredate :2: ounces of venece treackle

nut=meges & longe=peper al to gather :1: ounce

beaten fine mull it togather ouer the fyer;

strayne it & botell it & take a spone=full

morning & eueninge & sweate vpone itt;

Pestilential Pills; Russus

Take off the best aloes two ounces; choyce mirth

& saffron; of e^ach one ounce; with syrup of the

iuyce of lemmons make them into a mass;

A Scruple of these taken at night going to

bed is a notable preseruative in pesti

lential times;

Mris Purefoy

It is good for sore Eyes; Rhumes pin and

webes pr pearles, tis easey safe

and with out paine;

Take a quarter of a pinte of a red=rose water

2: drams of stubivm; beate it very fine

and searse it then put it into the rose water & lett it

stand 3: days or longer if you plese then strane

it and keepe it for your vse;

folio 114 verso || folio 115 recto

Mris Ackins

For the Scurvey;

Take the rine of a good lemmon & cut it in peeces

the lanth of one ioynt of a finger boyle it in

3: pintes of small alle halfe a way then

take the better halfe & sweetten it with good

life honey the other parte keepe the lemmon

& morning; noone & night take: 3: spone=fulls

of the honey drinke & euery morning rube your

gumes with a bitt of the lemmon & wash

your mouth with sum of the drinke it

must be vsed warme both of them;

Alice Howard

To make Surfitt water

Take one bushil of read poppey picke

them then put them into an earthen pott with

foure quarts of whit aq aquitieuitia

ginger Cloues; mace scinamon & nutt=meges of each

one quarter of an ounce safron halfe an

ounce lett them stand nine days close stoped

star it once a day then strayne it out hard,

& swetten it with pouder sugar; still the rest which

you strayned, out to make with surfett water

sweten it with polder suger & sett them both in the

sunne,

mistris

Ackins the older

To make a poultis for a brest or seage

or aney swelling; the Pox or plauge

exceptted it will both breake & heale it

Take :2: quartes of strong alle grownes,

2: handfulls of smallage shred it fine: half

a pound of mutton suett beat & shred uery

small; boyle them all togather till it will

stann one your nale then put in a good

hand full of honig & as much sander

mell will make it into a poultes boyle,

it & apley it hott; pas much souer leuen

as an egge you take rey meale and

heres suett

folio 115 verso || folio 116 recto

mris More

For the Scurvey or Canker

in the mouth;

Take one penney=worth of plantain water

& 6: or: 7: sage leaues: 2: spone=fulls of hony

as much burnt allume as a wall=nutt boyle all

these to a sirop & if it be a canker when you

take it of the fier put in as much pouder of

ginger as will lye one a knifes poynt and

rubb it with a cloath one a sticke till it douth

bleed drese it twice a day & last at night

giue a spone=full into the mouth

Mistris

Ackins the

elder:

Lucattalls - Ballsome

venice turpen=tine halfe a pound; salit oyle

3: pints: pure yellow bees wax halfe a pound

franken=sence 2: ounces; masticke one

ounce; allowes one quarter of an ounce

read sanders :4: ounces one quarte of the

best canarry sacke boyle all them in the sack

being beaten smal one quarter of an hower

& stur it all the time one a gentel fire of

charcol then take it ofe sturing it till it is

almost cold then put in the saunders & sett

it one the fier againe a littel while sturing it

but let it not boyle then take it of & put it in

a bason till it is cold then cutt it out of the

sack & melt it againe put it into a pot & so vse

it you must straine out

the saunders when it hath

taken out the coller

mris

Ackins

Elder

For the Griping of the Guttes

Take :3: penney=worth of surrop of Citterns

& :one penney=worth of deiescordum if it be a

child giue it at :4: times but for an elder body

at once

Goody E

Ingrum

To take a thorne out of

aney place

Take the Galle of a barrow=hoge stick it one

a scure & dry it in the Chimny when you vse

of it slice it in to some gray sope & lay it one

Mris Anne

To make the Capution Iuce of Liquorich

Take :3: quarters of a pinte of vnsett Isup water,

& as much Coulsfutt water & steepe in it a pound

of new Inglish liquorish cleane scraped & slised

very thine & steepe in thes waters :24: howers

then beate it in a stone morter very well & streine

it & so boyle it to a past & then take 2: poundes of

lofe suger finely beten & scarsed & when it is

could worke it into it as past & so make it

vp as you please you may put in scabious to

folio 116 verso || folio 117 recto

Mistris Moore

A Reseat to make surfitt water

Take a galland of Brandie or stronge aquitie

steepe in it halfe a bushell of poppies -24-

ouers then straine them out hard & to that

Liquor put in.1. ounce of Lickeris scraped &

sliced ane ounce of anni-seeds brused &

halfe a pound of rassons of the sonn stoned

a peney nutt-meg sliced as much sennimon

ginger; cloues & mace one ounce of metthera

date; one hand=full of mary=goulds flowers

& a hand=full of cows=lips dried & 2 peny

worth of saffaron infuse all these togather

in the fore said water for -9- days then straine

it out & put into euery quart -4- ounces of

sugar & keepe it for your vse

the ingreadances that was strained out take

a quart of stronge alle put to it then distill

it & keepe it for your vse

To take a way proud flesh out of sore

take minaum & mixe it with burnt allome

So put it into the sore with soft vnguite & lint

my Cousen

staffords

To make Aqua=Mirabillis

Take gallingall; ginger, qubibes; mililot

mace; cloues; nuttmegs; cordinum seedes; of each

one drame of the iuce of balme; sperminte; salen

dine; of each halfe a pinte & a pinte of the

spirit of aqua=vite & -3: pints of the best white

wine; put all these in an earthen pott to infuse

all night & the next morning still it in an

ordinary still you must past your still a boutt

the edges thatthe strength come not forth

this water is to be taken once a weeke -2- spone

fulls at a time with some suger; it is good for the

paine of the stomacke it cleanseth the longes with

out any paine & being wounded healeth them

it suffereth not the blood to putrifie; it despeseth

mallancholly it exppelleth the rume; mightily

comforteth the stomake keepeth the youth in his

perfett state helpeth the memory destroith the

palsay & at the point of death it preserueth life

so long as nature hath any thing to worke vp

pon; put in six ounces of white suger-candie

in the glas

folio 117 verso || folio 118 recto

Sarah

Boyle

The Lady Northumberlands

furmitie

Take a quarte of creame & a quarter of a pounde

of french barley the whitest you can gett and

boyle itt very tender in :3: seuverall water

& lett it be coold then put both cold togather

then put to it a blade of mace; one nutt=megge

cut in quarters a race of ginger out in :3: or :4

peeces; so lett it boyle a good pretty while still

stirring & seasoninge it to your tast with sugar

then take the yolks of :4: eggs beath them witha little of

the creame & stirr them into it & so lett it boyle a

little after the eggs are in then haue readie

blanched & beaten 24: almonds kept from

oyling with a little rose water then take a bowlter

strayner & rube the almonds with a little of the

thinest of the furmitie through the strayner

but sett it one the fire no more then stirre in a

little sliced nutt=meg & pick out the grea spice

put in a little salt & so put it out into a dish

To make a Custard

Take a quart of creame boyle it a good whille

with a blad of mace then take the yolkes of .6: eggs

beat them well with a little of the cold creame when the

creame is boyled seson it with a little rose water

& sugar then put in the yolkes of the eggs & lett it boyle

againe & so dish it vp

mris

Lucey Clarke

For a pinn & webe in the eye or blod=shoten

Take may butter & hearbe Christtipher chope it

small putt it into the butter pretie thicke so lett it stand

one the fire till it is greene then strayne it out to keepe

for vse put in halfe as much as a barley corne one

the sore cold with a straw; while you vse this take :2

spone=fulls of ioyce of may=weed in a draught of

beere morning and euening drinke it cold

For a bruse in the eye

Take new milke & read=rose rose leaues boyle it a little

then thicken it with wheate flower & lay it one as hot

as you can induer it dress it once a day;

folio 118 verso || folio 119 recto

To staye the rume of the eyes

Take the ioyce of Sallan=dine; thicken it

with wheate=flower & spread it one blacke

the bignes of this pach lay it ouer the

eye=browe cold lett it sticke one till it

falls ofe & if it neede lay one another

if both eyes lay one two;

To make the white salue for burnes

or scalldes or aney sore that

wants drayen;

Take one pinte of sallet=oyle; halfe a

pound of bees waxe; halfe a pound of

white lead; boyle these in a new pip

ken which was never vsed; one a soft

fire till the sticke you stur it with

begins to loocke a little blacke then strayne it ;

To Make the Greene salue for draweing

Take one pound of mutton suett & trey it

halfe a pound of rosen & halfe a pound

of bees waxe; a peney=worth of venise

turpen=tine; & as much other turpentine

& one peny=worth of vardigrece; put in

all togather to a skillet & lett it simper

till it is melted then put in the vardigrece

that is finely seerced sture it in & put it

in to water & worke it in the water till it is a ligte

green so make it in rowls;

To make the blacke salue for

a breuse it drawes & heales

Take one pound of rasen as much shepe=suett

when they are tryed as much bees waxe & as

much pi^tch put them in to a skillett ouer a softe

fire till thay are melted then strayne them out

mris Bertue

for a hott rhume in the eyes

Take one peny=worth of powder of tuttie

as much straberry water & as much sucery

water shake it togeather & wash the eyes

one peny=worth of pouder of tuttie & one

halfe=pinte of read=rose water is good for the eyes;

To giue a sent to washballs take storex

lickned it is : 4:d an ounce

folio 119 verso || folio 120 recto

To make Runnett for Cheese

Take a quarte of haththorne buds and

3: pints of Cow=slips put them into a gall

an of springe water halfe an ounce

of mace boyle to :2: quarts straine it

out & put it in one hand full of salt when

it is could put it vp put not your bage ^ to all

but to some & as you vse it put in more it

will keepe two years if the bag be not

in & bottle it vp close put in a chalke

stone to your runet or some whole wheat

it will keepe the cheese from houing

mris Goodea

To make the Goute oyle it is

good for straines or swellings

in any sore or brest or cancers

Take 2: hand=fulls of cammamile; the tops

of greene rose=mary; 4: of bays; garden tansey;

rew; worm=wood; fether=few; read sage;

greene tops of lauender; of each one handfull

lett all these be picked & grocely shred then

take a new pipkin well glased that will howlde

2: quartes put in one quart of greene oyle

oliue & all the hearbes sturing them doune then

couer the pipken cloce that noe are comes out

wille & make a hole with a greatt pinn one the tope of

the trencher then sett it by a soafte fier where it

may keepe warme :24: howers then lett it haue one

boyle then straine it into a pann & put to it one

ounce of oyle of spicke put into a glase bottle

& keepe it for your vse; it is alsoe good for aches

or wormes; cut a browne paper round with a

hole for the nauell & slicke it with a slicke stone

anoynt the bely with this oyle & lay one the paper

and anoynt the hollowe of the feete it is good

for burnes or scaldes or ganggrines;

Mris

Moore

For a Parge:

Take one quater of an ounce of rubarb & slice it

as much seeny tid in a cloath; one pound of pruans

stew them in two quarts of alle then put in sume suger

drinke the liquor as you plese you may eate the

pruanes if you like them;

my Cousen

Goodeue

The Parraselsus plaister

Take of these fowre gumes; gelbanum opoponex

of eache one ounce; amoniacum bedellium of

eache :2: ounces beate these gumes into fine

powder & put them into an earthen panne conting

folio 120 verso || folio 121 recto

about :3: pints being very well glased within

then put to it a pinte &; halfe of vineger & let it

steepe :24: howers then take a quarter of a pinte

of veniger more & put therein stirring it & setting

it one the fire vntill these gumes be throughly

moulten; alwaies strring it then take a peece of

new canuis & streaine it & sett it ouer the fire a

gaine stirring it & setting it ouer the fire being

very gentle of charke=coles keeping the fire from

the side of the panne that the gumes burne not there

to & soe keepe it; stirring it alwaise vntill all the

veniger be gone awaie & nothing left but the

gumes in such sorte as you may spreade it like

a plaister; then take a quarte of the best oyle ollyue

& put it into a panne of earth well glased that

doath containe about a pottel or more & set it

ouer a fire of softe coles & put into it halfe a

pound of newe vergins waxe cut into smale

peeces & soe lett it melt in the oyle leasurely

& when it is moulten put into it one pound &

halfe of lyteridge of goulde beaten into very

fine powder stirringe it continually vntill

it bee throughly moulten & thicke & when it hath

left boyling a little while then take of the

foresaid gumes & with a sticke take of them

the quantitie of a nutt & put it in stirring

of it alwaies & feeding the saide oyle by a litle & a little

vntill all the gumes bee consumed for it will requrie an

oure the putting in of the foresaide gumes & when you see

it beginnes to be coulde put it one againe ouer a few

embers taking greate heede that it be nott to hott for then it

will rune ouer & finding it to bee some what warme

take it of the fire againe putt in these powders therein

then :2: kindes of aristelogia rotunda et longe calammaris

mirth & francomsence; of each an ounce being in very

fine powder then mixe them togther & by little stirring

put these powders in by smale quantities at a time

with alsoe one oune of the oyle of baies & laistly put in

4 ounces of fine turpentine the panne beinge from the fire

& if you will knowe when it is sufficiently boyled put a little

into cold water & if it cleaue to yourfingers then it is not

readie then boile it againe & as bigge as you will haue your

rowels lett it droppe into a panne of cold water & soe with

a littell oile of roses to annointe your hands make vp your-

rowles into oyle pappers & soe ones a yeare oyling the

pappers it will keepe his vertue :50: yeares;

the vertues of foresaid Plaister;

1: it is good for all olde sores that cov^meth of coulde :2 it driu

eth & clenseth; breedeth good fleshe it comforteth and

healeth more in one weeke then any others in a mouneth

3: it will not suffer aney sore to putrifie mor anie dead

fle^ash to breade

folio 121 verso || folio 122 recto

4: for synnewes cutt or shruncke :5: good for bruses

6: pricking of thornes nailes or aney other thing

7: bitting of veny=mous beastes ^ 8 : ripeneth impos

tumes boyles or aney other: 9: good for a cancker

10: alsoe for a ffistula; 11: for the shingles; 12: s:t ant

honys fire; 13: all kinde of aches; 14: all kinde

of woundes; 15: bones out of ioynte; 16: two

plaisters is sufficient to heale any thing;

&: the plaisters is to be spreade vppon white

shipes lether; 17: it is very good for cornes

& for scalds or burnes

Mris Martha

Reeue:

For burnes or scalds;

Take a pound of kidney mutton suett one hand

full of house=lecke as much orpain & a good quantitie

of greene Goose dunge; as much of the read of

henns dunge; boyle it together straine it out

& vse it with a primose leaufe

To take out the fire

Take a peece of rock allom & the white of an egge

beate it to a crude & lay it one as a poultis

My Cousen

A water for a thistaloys & to Cale bones

Goodene Take a peny worth of boule=armenack as much of

white copprice & as much campher beate them very fine

to pouder put them into a pot which houlds :2: quarts or more

take a skillet & put in :3: pintes or more of runninge

water & sett it one ^ffire & when it is redy to boyle put it

into the pott where the poulders is & couer it vp close & the

powders will sinke to the bottome & so you may vse the

water as you see good; if you take a little white wine

vineger & sett it one the fire & dissolue a little hony in it

& put it in a glass & when you vse itt warme it & wash

any ordinary sore there with

The coppie howe to make a sufferant water

that docter Steuens phissision & a greate;

cunning man of longe experience did

vse & there with did many cueres & all

wais kepte it secreate till the bishoppe

of canterburie gott it of him a little

before his death;

Take a gallon of good gascoine wine white or clar

ret; then take ginger, galingaile; cardamon; sinam

mon; nuttemegs; graines; cloues; anniseeds; fenell

seeds; carrewaie seeds; of euery of them :2: dragms

then take sage; mints; read roses; time; pellitorie;

rosemary; wilde time; wild mareram; orgaine;

pennemontaine; peneroyall; camamile; lauander;

folio 122 verso || folio 123 recto

& : orpain & Isope

and auance ; of euerie of them a hand=full then beate the

spices smale & braie the erbes & put all into the wine and

lett it stand still the space of :12: howers stirringe it

diuars times then still it in a limbeck & keepe the first

water by it selfe for it is beste then will come a seconde

water which is good but not soe good as the firste;

the vertes of this water bee thesse it comforeth the

spirrits vitall & presserueth greatley the youth

of man & healpeth all invarde disseases comming

of cold & against shakinge of the palsey it cureth

the contracte of sennewes & helpeth the conseption

of women that be barrane it killeth the wormes in the

bellie it killeth the gowte it healpeth the tohoke ache

it comforteth the stomacke very much it cureth

the colde dropsie it breakeeththe stone in the bladder &

in the raynes in the backe it cureth the kanker

it healeth shortely a stincking breath

& whoe soe euer vseth this water ofte it

preserueth hime in good likinge & shall

make one seeme young very long with

the water docter steueavens preserued

his life vntill such extreme age that hee could

neather goe nor ridde best liued bethered

fiue yeares when other phissions iudged

him not able to liue one year which hee did

confesse a little before his death sainge that if hee

had hade anie sicknes thatthen hee tooke noe other

medeicne then this water to drinke & alsoe the arch-

bishope of canterborrie fownde much casse and

goodnes therein & liued tyll hee was not able to

drincke ofe a cuppe but sucked his drincke onto

of a hollowe pipe of silver; mr sargent whoe

learned it of the arche=bisshoppe & it did him

much good & many of his friends, this will be

better if it stand in the sonne all that somer & you

must drawe of the firste water but a pinte and

of the seconde as farre as it will ronne;

Mary

Lame

To make woormwood water

Take :2: quarts of wormoodwood water

stilled in a rose water still & : one quart

of white anni=seeds water sweeten it

with lofe suger & set it in the still

and so still it again

Mris

moore

For the yellowe Iandous

Take one quarte of muskadine & a good

quantity of new sheeps dong steepe them

all night then straine it & put in two

folio 123 verso || folio 124 recto

ounces of sirrope of elder or roses but

elder is the better so drinke it at thrice

Hanna

Canfele

Take a good quantitie of the inner barke

& leaues of ellder boyle them in runninge water

when they are well boyled put in a good

lumpe of fresh butter boyle them togeather

then skum it ofe; it is good for the pilles

my Couzen

ffarrow

To make Hippocras of water

Take one pottle of conduit water; one pound

of good suger one ounce of Cinamon cutt smale

& twentie cloues beaten into peeces fower

races of ginger cutt smale the guice of one

lemon withthe peele put in & ffower branchs

of rose=marie, let theise steepe :24: howers

then straine it & vse it;

Mris

moore

For the stone march is the best time

Take a good hand=full of parcely & beat it

in a morter then take a pinte of milke

from the cow put in the parcely & stur it

so lett it stand one houer then straine it and

drinke it :9:

mornings &

warme it

mris Atkins

the elder

for the swelling of the

Kings Euell;

Take a pinte of sallett oyle & halfe a pound

of white lead put them into a thicke skillett

sett them one the fier to cemmer for nine houers

sturing it to keepe it from burning if it

douth not sulley you it is well made

put it in to a galley pott & when you

vse it spread it one a cloath it will

swage the swelling & if broke it will drane

& heale it then take a drying drinke

mris Atkins

the

younger

To make a plaster of galbanum

for the fitts of the mother

Take halfe an ounce of galbanum and giue

sixe pence for it spread it vpon sheeps leather

& lay it one the belley it must be cut rownd:

the rescate for the stone & grauell

in the kidneys & wind

Take of sentory golden rood cardus beni

dictus worme=wood small betony sage

folio 124 verso || folio 125 recto

rosemary & hisope of each one hand

full to a barrill of beere & let it stand

eight days then drinke it constantly

for the Pilles that are inward

take one hand=full of browne sage & as much

wood sorrell boyle it in stalle alle then put in

some lemmon and swetten it with whit suger

so drinke it,

my Cousen

Quier

To make wayfer Cakes

Take :2: quarts of flower & :2: pound of sugar

a pound of fresh butter put in some rosewater

& sacke the yolks of :8: eggs & wett it with

creame; role them thin & put them in the hott irons

and soe bake them; you must wipe them ouer

with butter in a rage euery time you use them

you must have a bord or tinn the bignes of

your irons so rowle them out thin & cut them by that

my Cousen

farrer

For Griping of the Gutts;

Take wormood; Camomile; flowers & sparmints,

of each a handfull tormentil roots; & iuniper

& bay berys, brused of each :1: ounce cut the

earbs small & boile them in :3: pints of water

till a bout :1: pint or better be waster, a little

before you take it of the fire ad to it :1: pinte

of the best red wine; & then drinke it at your leasur

Allanna

Canfild

For a fellon an to draw & heale

aney sore;

Take :3: sponefulls of venice turpintine

& as much of graye sope as :2: wallnutts

put them on to an earthen sace pan sett it

one a fier keep it sturing till it leues froth

ing then put it vp in a galley pott

pricke a fine ships leather full of holes

so spread one thine & lay it one

For a fellon to bring it to a head

and to breake itt

Take some oate=meall & beate it & shred som southern

woode soe put it in to beere & boyle it to a poultis then

put in some sallett oyle; butter or hogs larde & so apply it

For an emposttume in the throte

that thay cannot swallow

Take a good deale of such rossen as they setts kniues with

beate itt small & warme itt in a little beere & so giue itt

folio 125 verso || folio 126 recto

To staye the bleeding att the nose

& to thicken & coole the bloode

Take shipperds=purse; yerrow; plantaines, & a little; wood

sorreall; stampe & straine itt & giue itt in beere or posset

ale one spone=full att a time as often as the please.

My Cosen Good

Eue theelder

For Convlein fitts

Take wood lice or soues & shred them small :3: at

furst fitt :75: the nexe & :7: at the thirde in a spone

with a little beere it hath hoped at the furst fitt.

A medicine againstthe toothe

Ache

Take of Gume Curuina & sprede

it upon silke & applie it one the

same side the toothe Ackes if one

the lower jawe then plase it one

under the tip of the eare, if one the

uper iawe plase the plaster on

the temple.

Good-dey

write ,

To make A Greene Salfe for cutts

or bruses to draw out ye corroupcion

and to heale them;

Take brambell leaues; honnysockel leaues; A

allehouf; ribbewort; of each a handfull shred

them very small then put them into may butter

or new cream so boyle them togather then put in

a little turpintine & lett it simmer one the fire

a little then straine it out into a pott so keepe

it for your vse.

my sister

smith

For a Canker in ye mouth

Take some read=sage & shred it small

putt it into honney so rub the mouth with itt

my Cousen Richard

Redman

For A surfett

Take one spone=full of whole mustard seed in a spone

with som beere or any other thinge & drinke some after it

it will bringe it out in an ichin & prickling & so take itt

away

Iohn Reedman

For an ague all though thay haue had it longe

Take three ounces of the small water of cardus & drinke it

then goe to bed & sweat you must take ^it thrice

folio 126 verso || folio 127 recto

Mristalor

Taylor

For the wormes in Children

or for elder peopell;

Take :1/2: a pint of Ioyce of lemmons; you

may haue them at the confictaonors & sixe

peny=worth of saffron dryed & ground

very fine put itt into the ioyce ouer night

& stur it in; in the morning giue one spoun-

full & done so for three morning togather

this will bee for three parsions to take;

mis andrews

For the wormes Children and other

Take some garlicke pill it cleene then boyle itt

in faire water till it & shift it till it is

so soft you may thrust a straw throw it

take halfe a pinte of vin^eger & as much

fare water; & one quart of honey

when the garlicke is well drend out of the

water boyle the uineger water & honney to

a surop then put in your garlicke so put itt vp

you may giue :2: or :3: cloues & a sponnfull

of the surop at a time for 3 morning to

gather if your sirop be to much you

may boyle more garlicke and put

it in to your surrop

mris booin

For the grauell and ston;

Take plantain parsley & mare=golos leues

soe still them in a cold still when you find the

fitte comming drincke half a pinte of thise

warter :3: morninge to gather; then take

halfe a pound of honny for thrice & one quarte

of alle will be enou^oth enought for the honey warme

the thirde parte of the alle & dissolfe the honney in

it then drinke itt vp doue so at any time when the

fitte is comminge and itt will giue you ease;

My Couson Quier

For the whits to stay them;

Take halfe a pinte of canary sacke one egge

very well beten & one large nutt=mege put all

these togather stur them togather so drinke it in

your bead & lye one your backe to sleepe itt

will cause you to sweatt and stay the whites

and stranthen the backe.

folio 127 verso || folio 128 recto

Mrs

Loe

For the tooth=acah;

Take some longe pepper; as much pepper greins graines

& as much blacke peper. beatt these togather then

make them all into a past with some of there one

water spread it one a cloath & lay it one the contrary

chicke; it will make it heate and burne & take away

the payne

To make

Hanable

Mrs Robards

For Wormes in chilldren

it will kill them & bring away

the bade if they live six score years

they will neuer leaue them more

Take worme=wood Southernwood

feather=few; & tannsey; stampe them

then mixe them with oxe gall soe spread

it one a cloath & lay it all ouer the

belly & stomach and warme it to take a

way the chillness of the he^arbes so lett it ley

one three days then renve it agayne it

will make them a littel looce.

Take angelica

A receite for the small pox or measels

Take Angelica watter, & balme gentle watter

of each halfe a pinte, and put there unto halfe

a pinte of cardus benidicktus watter, & put the

pouder of Crabes clawes in a spoonefull of the

said watter, & take it downe, & then put more

into the spoone, to wach it cleane, you must put

likewise into the glase of water 4 ounses of

loafe sugger, beaten small.

folio 128 verso || folio 129 recto

folio 129 verso || folio 130 recto

folio 130 verso || folio 131 recto

folio 131 verso || folio 132 recto

folio 132 verso || folio 133 recto

is thus marked

A grane } Gr: is one corne

A scruple } ℈: is xx

A drame } ʒ: is threscore

An ounce } ℥

A quart } qr:

Libre } lib:

serais } [ symbol ] :

manipuli } m:

pugillis } P:

Anna } of each

A graine is a barly corne taken out in the midest

of the, eare, A scruple is xx barly cornes, thre scruples

makes a dram, Eight drames makes ^ an ounce, a quarte sign

ifies a quart of any thing, libre is a pound, serais is

the haulf of euery waight, manipulus is a great hand

full, pugillus is a little handfull, Anna signifieth

of each a like much;

folio 133 verso || folio 134 recto

Alchimy or spargyrike are accounted amongst

the fore pillers of meddecen and which openeth and

demonstrateth the compositions & desolutations

of all boddies togather with ther preparations all

terations & exaltations the same I saie is shee which is

allchimy useth seauen workes which is as it weare cer=

taine degrees by which as it weare by certaine nessasarie

Instrew mentes shee ordreth & finisheth the trance

mutations of thinges by trancemutation I meane

when any thing soe forgeth his out ward forme

& soe is changed that it is utterly unlike to his former

substance & wanted forme & hath assumed an other

essence another collour another uertue & another nature

and propertie as for example when linnen ragges are

turned into paper, mettall into glass skines or leather into

glewe & hearbes into ashes ashes into salt salt into water

& mercury soe moueable into sinnibar & pouder;

the seauen degrees of

working are these men

soned in this practais

calcination which is the bringing of any thinge into ahes

digestion is a dissoluing of that which is thick into thine to

be purified;

fermentation is a mixinge of kindly

matter for multiplica

tion or the kindly seaso

ning or leaueining of

a thing,

distillation is an extraction of a

liquor from a bodie

by heate,

circulation is to rectifie any thing

to a higher perfection

sublimation is the lifting vp of moyst

mattors to make it more

pure and drye

fixation is to make that which is thinne

to abide with his body

besides all these are diu

ers others workings as

dissolutions is to dis

solue that which is grose

putrifac

tion is the meane to generation

exalltation is euaporation of the Im

puer humor,

rectification is a reitterated distallat

ion to perfection,

coagulation is congealing of moy

stur

cohobation is a repetition of dis

tillation by which the liquor distiled

is poured uppon the

fecees & distilled again

folio 134 verso || folio 135 recto

folio 135 verso || folio 136 recto

folio 136 verso || folio 137 recto

folio 137 verso || folio 138 recto

folio 138 verso || back endleaf 1 recto

I haue

back endleaf 1 verso || back inside cover

back outside cover

spine

head

fore-edge

tail