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Last Updated: 11 September 2020

V.a.562: Cookery and medicinal recipes [manuscript].

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Clappame

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Shee said heere is my hand

my heart and all I haue

I kist her and vpon the same

a token to her gaue

And then vppon the same

the bells did loudly Ringe

that equose through the groues

most loudly they did Ringe

Then vp I tooke my loue

and arme in arme did warlke

vnto her fathers house

and ther with him to talke

who soone did Condesend

if they were both agreed

that shortly to the church wee should

and married bee with speed

The bells did loudly Ringe

and ministrells they did play

young men & maiden did striue

to grace our wedding day

God grant my loue and I

may haue the licke success

to liue in loue vntill wee dey

in Ioye and Righteousness

finis Robert willson

[page ii] || recto of stub [1] after [page ii]

To kill Clotts

Take half an eggshell of the flower of Malt

& asmuch wheat flower & 2 drams of Clattsbeane

very fine powder with a little fresh butter

make them into a Past & then into little Pills,

when you lay them take a fireshovell of

oatmeale & scotch it till it looke browne &

rubb the Pills in it & lay them ./.

verso of stub [1] after [page ii] || recto of stub [2] after [page ii]

verso of stub [2] after [page ii] || recto of stub [3] after [page ii]

verso of stub [3] after [page ii] || [page iii]

The humble petticion

of A. B.

To the right honorable the

Lord deputie

Gonne

To the to make saffron Caikes

the Take seauen quartes of flower

halfe a pint of honey, one pound

and a quarter of butter a pint

of bearme, a quarter of an

ounce of cloues and mace, a

quarter halfe of an ounce of ginger

one nutmegg, halfe an

ounce of pepper, halfe an

ounce of saffron; and a

quart of Ale, and halfe an

ounce of Carryway seedes

[page iv] || [page v]

next

next ensueinge the date heereof

without fraud suite Couer or

delay that then this obligacion

to bee voyde otherwise to remaine

in full force vertue and effect

in law./

Nouerint vniuersi per presentes nos

A.B. et C.d. de Ciuitate

Dublin armigeri teneri et firmiter

obligari R.B. de Ciuitate predicta

generosum in quadragintis libris sterlingis

bone et legalis monetae de et in

Angliae soluendiseidem R.B.

executoribus Administratoribus vel

assignatoribus suis ad voluntatem

suam Ad quam quidem solucion em

bene et fideliter faciendum

obligamus nos vtrumque et

quemlibe t nostru m coniunctim et

[page vi] || [page vii]

diuisimper se pro toto et in

solido heredes executores et

administratores nost ros et cuiuslibet

nrm firmiter per prese ntes sigillis

nost ris sigillat dat. 25 May

Anno domini 1640

The Condicion of this oblicacion is

such that if the aboue bounden

A B. his heires executors Administrators

and assignes shall well and truly

obserue performe, fullfill and

keepe all and singuler the

Clauses, Articles, Couenantes

promisses giftes grauntes and

agreamentes which on the parte and beah

behalfe of the said A.B. his heires

Executors Administrators and assignes are

to bee obserued performed full=

=filled or kept contayned

declared and specified in one paire

of Indentures beareing date with

these presentes made beetweene the

said A.B. on the one parte and the

said R.B. on the other parte for and

concerninge the towne and landes

of Ballyveak &c in The Barony

of ff. and County of d. Then

this present obligacion to bee

giv voyde otherwise to stand and

remayne in full force vertue

and effect in law./

[page viii] || [page ix]

Letter of To all Christ ian people to whom

Attorney theise presentes shall come

Henry Kenney of dublin Esquier

sendeth greetinge in our Lord

god euerlastinge Whereas

theirse Synnott of Ballineho=

=went in the County of

Wexford gent by his deed

beareinge date the Eight day

of May last past bene ^ hath giuen

graunted bargained sold

enffeoffed and confirmed

vnto mee the said Henry

Kenney and my heires and associates

all and singuler the howses in

in Ballynehowen more &c

in the Territory of the Murro=

=wes in the County of Wex=

=ford as in the said deed

moe more at large appereth

The humble petticion./

of A.B.

To the honorable Sir

William Parsons Knight and

baronett Master of hir Maiestyes

Court of Wards &c.

Sheweing that whereas C.

D. of E. in the County of ff.

gent lately died seised of the

towne and landes of E and diuers

other landes in the said County

which landes beeing held of his

in Maies tie in Capite and the

heire of the D C. beeing vnder

age, his Maiestie is by meanes thereof

intituled to the wardshipp of the

body and landes of the said

haire vntill hee accomplish=

=eth full age.

The premisses con=

sidered which may

please your honor in

as much as none of the

wardes freindes haue

hitherto sought to entitule

his Maies tie b to the premisses

or discouer the same whereby

his highnes might receaue

profitt thereby That your honor

will bee pleased to graunt

the same to your petticioner

who will endeauer to haue

office found post mort the said

C and hee shall euer pray

[page x] || [page xi]

Nouerint vniuersi per prese ntes me

Eduardum Hamond de dublin in

Ballgeth in County dublin gen teneri

et firmiter obligari Richardo

Smith de dublin gen in ducent

libr ster be one et legalis monetae

de et in Angliae soluend eidem Richard o

executoribus administratoribus vel

assignatoribus suis ad voluntatem

suam. Ad quam quidem suis

solucion em bene et fideliter

faciend obligo me heredes

executoribus et administratoribus

meos firmiter per prese ntes

sigillo meo g sigillat dat.

26 doe No. Anno do mini 1639

The Condicion of this obligacion is

such that if the aboue bounden

E. H. his Executors Administrators or

assignes shall well and truly pay

or cause to bee well and truly

satisfied Contented and paied

vnto the aboue named R. S.

his executors Administrators or assignes the

Iust and full some of one hundred

poundes sterling Currant and lawfull

money of and in England at or

before the first day of Ianuary

Know all men by these presentes

that I the said Henry Kenney

haue Constituted ordained

nominated and appointed and

by theise presentes doe constitute

ordaine nominate and appointe

and in my stead and place

puttes my beloued in Christ

Gerrald Murchoe gent my true

and lawfull Atturney for mee

and in my name and to my

vse to enter into all and

singuler the premisses or into

any parte or parcell thereof and

to take seisin and possession

thereof or any parte thereof

in name of the whole to the

vse of mee the said Henry my

heires and assignes heereby

ratyfyinge and alloweinge

all and whatsoeuer my

[page xii] || [page xiii]

said Atturney shall doe or

cause to bee done for or

concerninge the premisses

In wittnes &c.

Recogniz= Memorandum quod sext die May

=ance for Anno domini 1637 Annoque Regni

debt domini nostri Caroli dei gratia Angliae

Scotie ffrauncie et Hibernie

Regis fidei defensoris &c decimo

tertio, A. B. de C in Comitate

E. gen. venit coram me

Iacobus Barry armiger secund baro

domino Rege Cur S cc ij s Librin e

in propria persona sua, et

adtunc et ibide m recognouit se

debere Henrice Kenney H K.

de d. ar in 40l ster bone et

legalis monetae de et in angliae

soluend eidem H. K. executoribus

administratoribus vel assignatori bus

suis ad libitu et voluntat

dict H. K. excutoribus administ=

=ratoribus vel assignatoribus suorum

Et predictus A. B. vult et con=

=cedit pro se heredibus executoribus

et aministratoribussuis quod

[page xiv] || [page xv]

predictae summae 40li ster de bonis et

Cattellis terr et tentis suorum heredibus

executoribus et administratoribussuorum

levetur ad opus et vsum pred

H. K. executoribus et administratoribus

suorum ad quorumcum que manus

devener &c si defecerit in

Condici one subsequent./

The Condicion of the aboue written

Recognizance is such that if the

aboue bounden A.B his heires

executors administratores or assignes

or any of them doe well and truly

content satisfie or cause to bee

well and truly satisfied contented

satisfied and paied vnto the aboue

named H. K. his executors Administrators

or assignes the Iust and full som

some of 20li sterling in pure siluer

or gold without mixture of the

same weight finenesse and

purenesse that the Current

moneyes of England are now

of, at or vppon the last day

of November next ensueinge the

Date heereof at or in the

hall of the hall of the now

dwelling howse of the said

H. K. in dublin at one

whole and entire payment

without any fraude or further

delay That then this present

Recognizance to bee voyde and

of none effect otherwise the

same to stand and remayne

and bee in full force vertue

power vertue and effect in

law./

[page xvi] || [page xvii]

A Condicion of Recognizance for

performeinge of Articles

The Condici on of this Recognizance is

such that if the aboue bounden

A B his heires executores and

Administrators and euery of them shall and

doe well and truly performe make

good fullfill obserue and keepe

all and euery the Couenantes

grauntes, articles, Clauses and

agreamen tes on his parte to bee

performed, obserued, fullfilled

and kept; contayned mencioned,

or expressed in one deed indented

made beetweene the said A. B.

of the one parte and the aboue

named H H.K. of the other parte

beareinge date with theise presentes

for and concerninge the townes

and landes of Tom &c in the County

of wexford And if the aboue

bounden A.B. and his heires

and all and all and euery other

The beautyes of that face

of thine

And Cupids that there with in thine

Eyne

have stroke such dartes into

myne hart.

That I feele nothing Eles

but smart

M N M A

The Lord is onely my

sheppord

[page xviii] || [page xix]

The bitter Decoction

Take of Century=tops, Camomile=flowers, of each

two four pugills; Gentian=root sliced thin two Scruples

Cardus seeds halfe an ounce. Put these into

a pinte & halfe of spring water & boyle them

very slowly to a pinte, let it stand to settle

then pour of the cleere & keep it for vse/.

The same.

Take Gentian=roote a Dram, Cardus=seeds a

Dram & halfe, the tops of Century a quarter

of a handfull, Roman Wormwood a dram

Infuse these in a pinte of white=wine

with a Dram of Camomile=Flowers for

3 or 4 dayes, whereof drink two Spoon fulles

every morning, after you have finish'd

the takeing the powder, fasting two or 3

houres after it

person or persons seised or

possessed or which shall here=

=after bee seised or possessed

to the vse of theim or either

of them or in trust for

theim or either of them

shall and from tyme to tyme

and at all tymes when they

shall be therevnto required

by the said H.K. his heires or

assignes leaves and acknow=

=ledge to the said H.K. and his

heires or any other nominated

by him and his and theire

heires a fine sur Connisance

de droit Come Ceo) of and

in all and singuler the

premisses Then this Recogni=

=zance to bee voyde other=

=wise to stand and remayne

in full force and effect

in law./

[page xx] || [page xxi]

[page xxii] || page 1

1 To make Almond milke

Take blanched Almonds, braie them

in a morter then with fayre water straine

them, but make them not to thicke nor

to thine, then putt them into a potte with

a quarter of shuger and lett them boile

Then take them frome the fire and take

a manchett well dressed and stik it in

malmsey putt in the milke and soe serue

it forth.

2 To make good Alegarr

Take the strongest of your wort before it bee

boyled, and when it is coole putt barme

to it, and to twenty quarts of Alegar putt

a quart of beanes brused in a morter and

a good handfull of Elder leaues bound vpp

with a thread, then putt all into a vessell -

stopt close and it wilbe very good

take the twerles of vine and put therein

page 2 || page 3

2 To make good Sasages 3

Take the flesh of a legg of porke, and putt

to it three pound of beefe suett, and when

they are minced very small, take a hand-

full of sage, halfe a handfull of tyme

and halfe a handfull of sweete margerom

shred all these herbs very small, then

grate one nutmegg, with pepper and salt

asmuch as you shall thinke fitt, blend

altogether, then take three eggs beate the

white with it very well, then putt

altogether, and worke it with your hands

like dough till all bee very well

mingled, then putt it vpp in an earthen

crocke, and when you would spend

any of it, roule it as long as you please

then fry it in the frying pan as much

as you please, it will keepe a fort=

night very well.

peast for tarts or Cheese Cak

take a pint of flower & rub a quartor of a

pound of fresh buttar in it then beate

2 eggs with a spoonful of duble refind

shugar and put to it 2 or three sponful

of creame kned it as litle as you can

and rowle it very thin put it into litle

pans dont fil them to full

4 To make a Netts foote pudding

Take one neates foote, and shread all the

meate of it very small, then take a

whole manchett grated. putt what

currans you thinke fitt, and such spices as

as you season other puddings, then take eight

egges, putt foure of the whites away, then

beate them all very well with rose water

and creame, asmuch as you thinke will

blend it, then stirring altogether very

well, bake it or boyle it which you will

and it wilbe an excellent pudding,

you must putt what suett you thinke

fitting into it./

to make Cheese Cakes

Take a dusin of cefon..of flower

eggs and boyle them hard then take

the yolkes and pound them with fresh

butar somthing more then halfe a pound

and naple bisket, a quartor of a pound

of almonds, and some Creame & shugar

and nutmeg what quantity of Currons you

think fitt 1691

page 4 || page 5

4

For the Goute 5

Take of Mallower hemlocks

and houseleeke of each a handfull, boyle

these in the ground of strong beere, with

halfe a pound of mutton Suett, bath the

ffoote with the Liquor and putt the

poultes to the ffoote, vse this a day

morneing and Evening.

Probatum est 6

A Receipt for the Yallow Jandies

Take of Tumerick ruberb Ivory and

Saffaron each one ounce, dry all these

a and pound them, and sift it all

through a peece of tifinie, then take as much

of the powder as will lye on a six pence, in 3 or

4 spoonefulls of white wyne or sacke, twice a

in the morneing fasting, and about 3 or 4 a Clock

in the after noone, vseing exersice, after taking itt

take this for 9 dayes, and then rest a day or two

and take it till the quantity is vsed/

To preserve Peaches 7

Gather your Peaches in Drie weather take out the

Stones lay them a day in the sunne to drie then rubb

ouer with fine sugar and the next day sett them

in the sunne againe and rubb them with sugar as

often as they drie till they haue gathered a crust

vpon them, then keepe ^ them drie for your vse

To make Conserue of Burrage 8

Take the fflower of Burrage, cutt away the white

beat them very small putt thereto some Clarified

hony & foure times as much sugar as of the fflower

and soe make your conserue, It comforteth the heart

To make perfume of Roses 9

Take seaven ounces of Beniamin in a whole peece

lay it in sweet water the night before yow vse it

then take a pound of damaske Roseswater cutt

from them all the white sift all the seeds from

them then beat them in a morter very fine

& the Beniamin with them alsoe them incorpo-

rate them together, Take a quarter of an ounce

of very good muske as much suet and some Amber

greece two ounces of very good muske sugar finely

beaten and soe let the muske and the amber

let the sevet be the last knede all these toge-

ther, make it vp in little cakes put of

euery

page 6 || page 7

6

Every side of them a rose leafe let them lie vpon

a faire board till they bee drie in some close

chamber out of the sunne or winde, And then

burne of them att your pleasure. And the

older they bee the better tast they will

have.

10 To preserve Quinches

jealowe.

Take xxtie Quinches five pounds of sugar

or six pounds, if the Quinches be greate pare

them, pyke out the coares and boyle them

let them seethe till they bee somewhat tender

then take out the Quinches and put them in

the parings and coares then let them seeth

till the broathe bee somwhat strong of

the Quinches, then strayne a quart or

iii pints of the best broathe, and a pinte

of rosewater put in the sugar skyme it

then put in the Quinches and let them seeth

till they bee tender and the sirope thicke

then take up the Quinches and put in a

few cloves.

11 To make Conserve of Quinches

Take the Quinches pare them out the pythes putt them

in foure quarters and boyle them in faire water till

they bee soft then strayne them through thicke

cannas cloath with as little of the water that they

were boyled in as may bee then weigh them, and

to a pound of the strayned Quinches put a pound

and halfe of fine sugar, and soe after that Quantity

then boyle them all together till you thincke it

Enough then put a dropp therof on a platter and

if you can gett it from the platter, then it is sodden

enough.

12 To make conserve Cherries.

Take the ripest unperished, cut halfe the stalke away

wash them in cleane water, put them in a cloath

till the water be gone, then put them in a faire

brasse panne, with fine sugar well beaten cast

upon them. soe boyle them together three houres

with a soakeing fire vntill the Juyce withthe sugar

turne to a syrope then put the same into a glasse

well stopt. to every three pound of cherries a pound

and halfe of Sugar, and in boyling two or three

Spoonefull of rosewater in and if you will a few

stickes of Cynamon cut in small peeces.

page 8 || page 9

8

13 To preserve Quinches whole

Take your Quinches core them bore the holes soe

small as may bee then pare them and put

to every twelve pounds of Quinches five pound

of sugar wash your quinches faire settt them on the

put to them noe more water then will cover

them with pinte of rosewater boile them with

a softe fire for breakeing and as they seeth

put in five maces and xii cloaves, and soe

let them seethe, then take a little in a spoone

and sett it to coole and when your syrope is

sodden it will waxe stiffe, then take it from

the fire, and put it into an Earthen pott, for the

brasse will make them soure.

14 To make Marmelad of Quinches apples

or peares.

Take Quinches, aples, or peares, pare them core

core them seethe them in water till they fall in

peeces strayne them through a lynnen cloath, and

cast that away which will not goe throughe, then

for every pound of Quinches, aples or peares

take halfe a pound of sugar boile them together

adding thereto a little white wine and stir them

with a stiring sticke and boile softe will they

be hard that a dropp therof put on Sawcer being

throughly cold wilbe soe congealed that with a fillipp

it may welbe stricken away and noe part remaining

behind.

15 To make Almond milke

Take blanched Almonds bray them in a morter then witha

faire water strayne them, but make them neither

too thicke, nor too thinne, then put them into a pott

with a quarter of Sugar and let them boile, then

take them from the fire, and take a manchett well

dressed and steepe it in malmsey, put it in the

milke and soe serve it out.

16 To make right biskett bread

Take fine flower dried in an oven and after bread

come forth thereof then take a quantity of butter

vpon a chafing dish of coales with a little rose

water and six youlkes of eggs melt the butter gent

-ly beate the eggs and put them into the flower, then

take coriander ^ seed a penny worth and anniseed halfe a ^halfe penny

worth well dried and pickt a penny worth of

cynamon and one sticke of lycoras beat the cinamon

lycoras and space them with a very small quantity

ale barme then worke it up to paste, make it

not soe stiffe but handle gently, put in

six pennyworth of Sugar as you mould

page 10 || page 11

10

your paste. Then mould up your paste round like a loafe

then make a coffine rounder, bigger, and higher, then

your paste by three inches then rubb your coffine with

within on every side that the paste sticke not therto

then close it up and put it into the Oven and let it

bake very gently that it may be a bakeing an houre

and halfe or more. then take it forth and let it

stand till it be very cold, then take a Sharpe knife

and sticke it diamond fashion or other fashion as

as you like, then take rosewater a spoonefull, sugar

the white of two Egges beat them very well and

skimme of the froth & leaves then take all your

peeces before cut and Joyce them over therewith.

then take sugar bisketts and carrawayes, and

strew them over thevse Joyce on every side peece

some then sett them on paper in an oven where

out cometh bread new baked or gently heat and

and lett them stand till the Joyce be hardned and

very white.

17 To make Surfitt water

Take two quarts of sacke and put therto as many

of the wilde poppy flowers that groweth in corne

as will be steeped in that sacke then put therto

nutmeggs giner mace and a small quantitie of

cloves, and let them steepe all night, next

morning still it with a lazy fire in an ordinary

still and then put the stilled water into a broad

^ mouth glasse and put a good handfull of poppy flower

into it to collour it and either sett it into the still

againe or else in the sunne and then put it up into

glasses with a little hard sugar in it to drinke

it.

18 A medicine for a Sore breast

Take a good handfull of linseed bray it in a mort

-er take white lilly roots seethe them

in milke with the seed on a soofte

fire and when the rootes be soofte

take boares greece that is in a bladir

mingle it small put them altogether

in a morter breaie them then take

thereof so much as will make a plas

ter and laie it to the sore and as the

sore healethe make the playster lesse

and warme it at the fire when you

laie it to the sore and by gods grace

it will help you

19 To make a water for the Canker

Take two handfulls of woodbine leaves or flowers

of ... honny sugar house leekes of each one handfull

of Rue and Rosemary as much Seeth all these in a pott

of faire water to a quart then take out the

page 12 || page 13

12

the hearbes and put into the liquor the bignes

of th two hazle nutts of good allum lett

it be melted therein. then take two good

spoonfulls of honny and lett them seeth

together, skimme of that which riseth

strayne it and wash the sore therewith

20 ffor the Evola

Take okecorne cupps, red rose budd dried

the flowers of pomegranate of each of them

two drammes brused seeth them in halfe a pinte

of plantane water a quarter of an hour

then straine it and vse to gargrate it

in your mouth mounth this s will soften the

Evola and keepe it from fallinge

21 To make a searcloath

Take fower ovnces of vnwrought wax

halfe a poound of ffrankinsense, three quarter

of a pound of Reyson boyle ^ euery of them by it selfe

trie them a space as you canne then put them

altogether, then take four ounces of tried

sheepes tallow boyle them altogether vpon a

softe fire put thereto a penny worth

of Cloues small beaten & then dip your cloth

therein

22 To avoide ffleame

Take a good handfull of ground sill wash it in

boyle it in a quart of Ale first skimme it clean

put thereto halfe a handfull of Reysons as many

currans and two penny worth sugar candy boile

all together till halfe a pinte and lesse, then

straine it hard, drinke it blood warme fasting

at six of the Clocke in the morning and fast

till twelue and if it worke too sore drinke

a little Ale or beere and it will be gentle

23 A very good medicine for a soare

mouth

Take lavender cotton, hearbe grace Isop red

sage collombin red fennell wilde bramble leaves

rosemary of each an handfull seeth them in

runing water from a pottle to a quart then put

into the water as much roache allome as a

wallnutt and as much honie as will make

it sweete then put thereto bayes and vene

ger to season it then take a fine lynen

cloath and strike ouer your gums & teeth

often and wash your mouth with the w

water

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14

24 To stanch bleeding at

the nose or any other wound

Take the combe of a red cocke drie it in an

oven beate it to fine powder put it in the

nostrill or wound and it will leaue bleeding.

25 ffor bleeding or spetting bloud

Take the barcke of an oake grate it to

powder mix it with the powder of sinamon

and Drinke it

26 ffor the tooth ache

Take red sage, Rosemary, time, of each three

cropps as much allom as a hazell-nutt seeth

them in a pinte of runing water to a pintethe halfe

then straine it through a clouth and put

thereto a spoonfull of rose water, and when

your teeth ake warme a spoonfull and wash

your teeth therewith

27 A medicine for a Consumtion

Take a redd Cocke pluck him aliue hang him by the

heele, beate with birch rodds till he be dead then quar

ter him in four peeces but wash him not at all. put

the four quarters in a pewter pott of a pottle, put

thereto a pinte of malmesey, half an ounce of

of Sinamon a quarter of an ounce of longe pepper

as much veneger, an ounce of sugar and four

good nuttmeggs, then putt this pott into a great

pott of water seeth it six houres on a soft fire

stopp the mouth of the pewter pott with paste

that noe heate gett out, then after six houres

take out the cocke and let the sicke drinke the

broth luke warme at divers times take the fleshe and

the broth that is left, and make a culld for the

sicke to eate when he will.

28 For the Collicke or Stone

Take a quart of white wine a good handfull

of grumwell seedes, halfe an handfull of

Bromeseede stamp them together, and seeth them

together till in the wine till halfe bee wasted

and before it be thorowly sodden put into it the

shell of a new layd egge beaten to pouder

and lett the patient drinke thereof three

spoonfull, morning and Euenings

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16

29 A water for the heate of the liver

Take endiue, liuerwort, fumitorie, scabias,

sorrell, burrage, violettes, Somers settie

morell of each an handfull putt there

to a quart of red veneger and still them

this water doth greatly coole the liuer.

30 A good water to staie either heate or

drought

Take a pottle of faire water, put therto of

Succorie, & dife violett leaues of each an

handfull, two Fennell rootes two parsley rootes

lett them boile from a pottle to ^ a quart

then straine the water, put therin a

little sugar sett it on the fire againe

and when hath once boiled take it off

and giue the sicke to drinke hott or cold

as he may best drinke it, lett him haue

enough and noe other drinke and it will

helpe him

Mary P. Risete

Scientia Numerandi Tradit Arithmetica numerorum cognitoridem

cuius sunt pertes septem; recte numerare

addero subtratiere, et bene multiplicare secare

progredi et apposita radicis extratiere arte

31 A medicine for sore eyes.

Take at one tyme halfe a handfull of hopgrace

shred as finely as may bee, and a pretty

quantity of white frankensence, and the white

of a new laid egge beaten, and a little redd

rose water, putt all this together temper them

very well, take then a pretty quantity of flax

and lay all these vpon it, and lay it to the

neck and lett it lye there foure and twenty

houres, vse this and wett your towe in redd rose

water and ringe it out againe

32 A medecine for a stick well appraued

Take the rootes of Colewort and hoppes, of each an

ounce., vervin, mugwort, sage mynt, worme-

woode, tansey and mother wort, of each an

handfull, putt all this in a common still

and distill them and drinke of it as you

haue cause

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18

33 For the yellow Jandies

Take garden wormes, slyce them, beate them to

powder, and either drinke it in possett Ale with

the powder of Turmericke or else eate them

alone with pottage.

34 ffor stopping of the spleene

Take harts tounge, endive, liverwort and suckery

of each an handfull, three croopps of worme

wood, borage flowers, buglass flowers,

maiden haire, of each of theis a handfull

three fennell rootes, five parseley rootes,

seethe all theise in a pottle of runing

water; to the halfe, then straine it, and

putt thereto five ounces of fine sugar

lett it boyle easily halfe an houre, with

a quarter of an ounce of Synamon, and

as much spikenard in a lynnen cloath

of this sirropp drinke evening and

morneing foure or five spounefull

at a tyme bloud warme

35 A sirupp for the Cough of the Lungs

Take a pinte of Isope water halfe a pinte of

red rose water 4 ounces of yealow sugar candy

3 spoonefulls of annyseed brused, a good quanti

ty of Lycoras sliced seeth all this together

till they bee a syropp then straine it in a

glasse give it to the patient in a spoone bloud

warme both morning and evening or at any

time lett him take it by little and little

although it be painefull this most excellent

and well approued

36 ffor a Tympaney

Take raddish rootes slice them in a pint

white wine from a quarte to a pinte

drinke halfe a pinte every morninge

and soe doeing will breake your

timpanye

37 A fume for the timpaney

Take a pottle of white wine a gallon of runing

water and the dung of stone horse lett

them seeth an hour then sett it over it & vpon

a close stoole soe that as you may suffer

it, vse this as it will helpe A you

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20

ffor a Bruse 38

Take Seales grease either sodden rosted

or stilled and annoyte the bruse therewith

it is a present remedy for it.

39 ffor the Canker

Take a gallon of Ale, redd filbred leaues

peneriall redd sage woodbine of each two

handfulls seeth them all together and

when it is almost sodden to the halfe put to

it foure spoonfulls of stone honey &

the bignes of an Egg of roache allom

then straine it, and when it is cold

put it into a glasse wash the soare

place therewith warmed and it will

helpe you

40 ffor a squinsey

Take veneger and treacle boyled together

take the topps of Rue binde them in bunches lett

the starte be long dipp them in veneger when

it boyleth and soe putt it in your mouth

gargas it and it will helpe you

41

ffor a Canker whether it be in the mouth

throate or Nose

Take Skerlett in graine burne it on a tyle stone

made red hot in the fire till it be burne coale blacke

then burne allum till it be white beat them into

fine pouder and if the Canker be in throate or -

Nose blow some of the powder in with a quill 2

or 3 houres before meate, and when you meane

to eate wash it away with a water for the

Canker and if it sore in throate that it -

cannott gangrace winde fine cloathes about

a sicke wett it in the same water wash -

therein your teeth and throate, and in what

place soever wash it alwaies befor meate

42 To heale a theater quickly

Take selandine pennywort & hearbe bennett as

much of selandine as of the other two hearbes then

take the third parte of brimstone put all this together

seeth it till it be soe thicke that it will lie vpon

they naile and therewith annoyte thy tetter

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22

43 To draw downe a Rheume

Take a pinte of mustard a pinte of stronge

veneger 3 rootes of pellytory of spaine a peny

worth of spikenard bruse the rootes and the

spickall together boile them till they wax

thicke then straine it take halfe a sponefull

at once bloud warme with the spoone hold

it in your mouth, and when your mouth -

waxeth full of fleame take out the spoone

and spitt out the fleagme and take th as

much of the medicine againe

44 ffor the heate of the liuer

Take liuer-worte sinkfoyl suckary greene

Endiue Bougglasse or burrage seeth them all

in whea and drinke thereof

45 ffor migram in the head

Take monseare, ribwort, primroses, of each

an handfull seethe them all in white wine

till they be tender then bruse them betweene

two trenchers and lay them to the head

Probatum est

46 ffor sore Eyes

Take an hard Egge cut away the yolke put to it

a little roach allom and a little honey, wringe

them thorow a cloath all together lett the patient

put two .r.z dropps in his eyes 3 times a day &

lay himselfe downe vpon his Backe a quarter

of an houre after

47 ffor paine in the Backe

Take the leaues of Clary frey them in the yolks

of Egges and Eate them in the fasting

48 ffor scaldinge

Take sallet oyle & faire water beat them well

together and with the vpper parte thereof anoint

the sore place with a feather it must be lukewarme

till the fire be taken out

49 ffor a burninge

Take sheepes dung and sheepes suet frey them

straine them make a plaster thereof it to the

sore luke-warme

50 ffor a woman that hath a dead child

within her

Tale Betanie, vnsett leekes, rosemarie, Isop,

peneriall bursa pastoris of each an handfull

stampe them with Ale or Beere make it warme

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24

lett her drinke it and an houre as vpright

as she can that the goe not vpward

51 For the Emerodes

Take an handfull or more of molleyn as much

& use mary leaves stampe them with oyle oliues

and old Barrowes grease, or Deere sewett boile

them stampe make thereof a plaster and

laie it to the place soe warme as the patient

can suffer it

52 For the Piles

Take sheepes suet and that rootes Orpyn

grinde them small mingle them with

fine powder of brimstone in manner

of an oyntment and annoyte that boile

therewith.

53 ffor a child turned wrong in the mothers

wombe

Take two cropps of sotherwood. as much

Isope a little bursa pastoris a little pene

riall as much vnsett a little betony

Stampe them, temper them with a little

Ale Straine it, make it luke warme

and giue it the patient to drinke three

three times in two houres

54 For the Woman that cannot be deliuerd

Take 3 or 4 sett leekes stampe them mingle

them with may butter in ale thereof a plaster

lay it warme to the Navill a litle while, and

giue her to drinke the powder of ditten in

warme Ale.

55 To knitt Synewes that bee cutt

Take the Iuyce of Elder leaues and the powder

of redd wormes wash the wound with

Iuyce and cast the powder in the wound

56 ffor the Strangulion

Take the berrys of Ivy and fill vp a little pottful

of them bake them in a oven as long as batch of

browne bread then take xv pepper cornes and xv dried

berries make them in powder, & with wine and

ould ale giue the patient to drinke xxty dayes and

euery other day make a plaister of water crestes

soddon in lees of wine, or fine ale, and when it is

soddon cast therein wheat brann make thereof

a plaister and bind downe ward, from the Nauill

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26

Vse both the drinke and the plaister at night

after supper be digested

57 ffor the stitche

Take Juniper berries, holly berries, Oakcornes

calamus aromaticus, redd sanders sett wall

ginger of each a like quantity beaten to fine

powder vse to drinke it in malmesey

and it will helpe you

58 ffor the Itche

Take a gallon of licampana rootes as many

red dockes rootes picke out the pith of them

both boile them in running water till they

be soft then straine them take a quart

of new clarett wine veneger and a pound

of and a halfe of sweet butter boile them

all together lett them stand till they bee

told then put in two ounces of brimstone

small beaten stirr them together put

them in an earthen pott anoynt your selfe

therewith a gainst the fire chafe it well into

the flesh and it will helpe you

59 ffor the plurisy

Take a wheaten cake or a Key cake bake it in

an oven then slice it in the midst spred it with

tarr and soe hott as you can suffer it laie it

to the place where the greife is & it will helpe you

60 ffor an ach where soever it bee

Take 3 pintes of white wine, hearbe=grace, bloud

wort, red sage horse mints of each an handfull

but most of Rue lett them seeth till the wine

bee almost consumed, then put in a pint of

sallett oyle & a quarter of a pound of vn-

wrought wax, lett boile together till the

wine be consumed then put in some Camell

grease if you can gett it if not it will

doe without

61 ffor waterie Eyes

Still strawberries, dresse your Eyes with the water

it breaketh the webb, it cleareth the sight whe-

ther it cometh of hott cause ^ or of could it drieth

waterie Eyes

62 A plaister for paine in the back

Take Agrimony, mugwort, & Betony,

both leaues & rootes, stampe them with

old grease & veneger, or vergise & lay

a plaister thereof to the sore and it

will helpe you

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28 63 For the paine in backe

Take of quart of malmesey, an handfull

of balme as much neepe as much maidenweed

which is a stinking hearbe it hath a flower like

a daysey stampe them strayne them into the

malmesey or put some of the malmesey to

them in stamping, and strayneing ^ it into the rest

drinke thereof a good draught any morning

fasting and that night when goe to bed, & in

three or foure dayes it will helpe you god

willing.

64 Evills for the stomacke & for one that

- cannot Eate

Take an handfull of sentuary seethe it

three quarts of old ale till halfe be wasted

then put therto a pinte of pure honey boile

them together keepe it in a cleane vessel

& take 3 spoonefull thereof fasting euery

day it driueth phlegme and corruption

from the stomacke.

65 Another for the same

Take two spoonefulls of sallet oile two spoon-

fulls of aquavite drinke it in a morning six

or seaven dayes together and by gods will

it will helpe you

66 A medicine for plague given by King Henry

in his army at Bullogne 1536

Take a handfull of sage of vertue as much

hearbe grace as much of Elder leaves as much

red bramble leaves stampe them all together

in a morter & straine them with a quart of

white wine or a quantity of good white

wine veneger

67 To make buttermilke water

Take marygolds, violet leaves, strawberry

leaves, wood sorrell fiue leaved grass & wood

bine leaves, burnett, collombine, burrage

buglas, endive, suckery, mallowes, wild time

of each a handfull, liuer wort, plantane.

68 To stopp par breakage

Take mind, savory, the rime of an ash, of each

one handfull stampe them fiue put thereto three

or fower spoonfulls of veneger and a few crums

of leauened bred then put them in a platter

and ouer a chafeing dish of coales make it

very warme, then put it in a bagg quilt

it and lay it to the stomacke as warme as may

be suffered.

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34

69 a plaister for wormes

Take a bullocks gall 3 or 4 vnsett leekes

cutt fine a little baie leaues and comin

in powder fry altogether and and a hott

as may be suffered binde to the Nauill

70 A plaister for the Collick

Take a good handfull of feather-few as

much of new pidgeons dung stampe

them together frie them together

with some fresh butter put it in a bagg

and as hott as may be suffered lay

them ^ bind it to the Nauill and soe soone as it

waxeth cold haue another of the

same hott and ready lay it in his

place heate the other againe and

soe apply it -

71 ffor burning or scalding

Take sheepes sewett and sheepes dung or

Tirtles and fry them together annoynt the burnt

place therwith twice euery day couett not to wash

the sore with any thinge for the medicine will

fall away it selfe as it doth heale

72 To draw out a thorne

Take the gall of a barrow hogg cut a peece of it & lay

it to the. place where the thorne went in and bind it fast

bird lime is also good for the same

73 To make an oyntment for to aswage swellinge or

to keepe the sinewes from shrinking

Take cleane barrowes grease and a good quantity of sage

boyle then together vpon a chafeing dish of coales and

when the sage is drie straine it thorow a cloath and soe

annoynt the sore

74 To make tints for a wound or soare

Take a peece of salue and melt it and then scrape

some lynt and put it into the salue that is melted and

when it is through cold you make it of what legth

and bignes you will and soe keepe them from dust

till you vse them

75 ffor a stinking breath

Take of browne mint with Iuice of Rue like much put

in the nose and it will make the breath sweet

76 ffor fleame in the stomacke

Take beare and seethe it and skimme it cleane put there

to a good quantity of sugar and the powder of

a raze of ginger drinke therof

77 ffor the yealow Iandice a Marmelad

Take pome water or other leuen aples bake them

soft then take away the wares and the skinnes then

put it into a pewter dish put therevnto three spoone

fulls of honny one spoonefull of treacle one spoone

full of turmericke in powder one spoonfull

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32

of english saffron one spoonfull of vnycornes horne

and two spoonfulls of Ivory boile these together till

they be thicke eate them of it morning and

euening

70 To staunch bleeding at the nose

Take a peece of plaister of prise as bigg as a

goose Egge beat it into fine powder then take

the white of Egge and beate it well put there

to one spoonfull of Rosewater as much veneger

beate them againe together, then take the powder

and put it in thicke like morter last of all

make thereof three balls pressd them hard

flat lay vpon them sufficient of the sai 1d paister

of these balls lay one to the patients forehead

and to each temple one bind them fast with

and le kerchiefe and lett them lie xxiiii

houres but he shall leaue bleeding in a little

while this is a restraintise emplaisler.

79 ffor the Cough a plaister

Take great Rezon the stones taken out boile

them in clarett wine till they be soft spred

them on a cloth lay it vpon the Stomacke

warme and when it is cold warme it againe

80 ffor a paine in stomacke

Take wormwood, featherfew, mynts and crumms of

browne bread ffrankincense or comminseed in

powder boile them all in malmesey put it in

a cloath and lay it to the stomacke warme

81 A d rinke for the Iandice

Take the rootes of dockes scrape them cleane

slice them and and put them into a vessell of

new ale lett it stand till it be stale then drinke

thereof morninge and Euening

82 A medicine for them that are

poysoned

Take an onyon of the reddest stampe it straine

it with ale cast in it a quantity of salte and

drinke thereof

83 ffor a sore Papp or breast

Take an handfull figgs and stampe them till the

kernells be broken then temper them with a little

fresh grease heate it and a plaister thereof

and a lay warme to the sore it will It will take

away the anguish and swelling and if it bee

apt to breake it br will breake it or els

nott.

84 A water to wash a sore legg

An old sore

Take the ashes of Ash wood and make lie

therof put to the lie a little allum as much

madder seeth it straine it and keepe it wash

the

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34

the sore therewith It will keepe it cleane

that with a healing plaister it may heale the sooner

make the lie sharper of the Allum and mudde

and as the proudflesh and filthy messe of the

sore requireth

85 To heale an new wound

Take the Iuice of Isope and wash the. wound

therewith and the take the hearbe whereout

the Iuice was wrung and lay it to the wound

Evening and morning -

86 A drinke for a Rupture or bursting

of a man childes bellie

Take the greene Rynde of a walnutt tree or

boughs the outer barke being taken off & seeth

it in L milke and make a possett thereof

with strong ale if there bee any to bee

gotten take the curdds thereof and truss

vp his codds with the same curddes &

lett him drinke the possett ale;

87 Another

Take a dozen of branches of maudlin stampe

them straine them with ale and giue it the

patent first the & last also seeth figgs in

strong ale and straine the Iuice of them in the

the ale and then with make your possett aforsid

88 Another for the same

Take browne bugle playntane penireall

of each one handfull three leaues of Elecam

pane cutt them small boyle them in stale vrine

putt in wheat brann sufficient seeth them

and make a poultis bynd it warme when

it is cold warme it againe or make anew

lett the sicke drinke drinke in the morning

fasting and in the Evening two houres before

supper the Iuyce of knottwortt is otherwise

called daysees the leaues and rootes pounded

and strayned with a little drinke lett hem be

conveniently trussed and keepe his bed two or

three dayes, lett him abstaine from veale

freesh beefe, goose, milke, pidgeons Eeles &

all such dangerous meate

89 ffor the Collicke and the stone

approued by Docter Wendy and

others

Take turpentine of venice and wash it in 3

or 4 waters of burrage or sorrell or cleane

running washing it make it white then take

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36

of the turpentine so much as you maybe swallow

at once vpon the point of a knife make there

of a pill in powder of Lycoras or Sugar

and swallow it quickly in the morning and

fasting an houre or two after

90 A corasie to take away dead flesh

Take vitriall or greene Coperas one ounce

allum two ounce burne them over the fire

in a fair pann till you see it throughlie

dry then rise it vp beat it into powder

and lay some thereof vpon the proud flesh

as you see cause Vnguentum Egiptiacum

is very good for the said proud flesh

91 A salve for a cut bruse or any

other sore

Take of hearbgrace an handfull of

Sage, plantane, orpen, hemlocke

valerian, tutsim or Amber leaues Rag=

wort, gratia dei mallowes selfe heele

docke, a leafe of Smallage blocklim

of each an handfull 5 pounds of clarified

Sheepes suett iiiili of Raysin 4 pound

of vnwrought wax bruse the hearbes

together in a stone morter then take the

a great kettle and put therein the said suett

Raysins wax and hearbes sett them over

a soft fire of coales let them boile softly

stirr them continually with a sticke and

when you see them rise in the kettle

take the kettle of the fire quickly or

else it will be on a flame and put the

house in danger and when it is falne set

it on the fire againe and let it boile soe

twice or thrise then take it from the

fire and lett it coole a little then take

a course cloth and straine it part it

the one halfe for drawing the other for

healing for the drawing part put to

it a pound of frankincense when it is

almost cold you may worke it with

your hands make it in round balls and

when it is throughly cold lay it vp in

some faire place till yow haue need of it

then spred it vpon a lynnen cloth and

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38

make a plaster and lay it to the sore

If yow annoynt your hand with fresh

butter in the working yow may make the

roules of or balls the smoother

92 A medicine for the toothacke

Take one handfull of sinkfolie and boile

it in a quart of water till a pinte then

take the water and the hearbes put them

into a very narrow mouthe pott hold your

mouth over the pott a good space and it

will ease yow

92 ffor a ffistula

Take two handfulls of sage, groundsill

Elecampane, boile them together in fair

water from a pottle to a quarte and

then strayne it, wash the ffistula

therewith It must bee ministered with

a Syrene.

93 ffor the Migram in the

head

Take an handfull of Ale hoofe, stew

it betweene 2 tyles lay it to the

Nape of the necke.

A water ffor a sore Mouth if it

94 be a Canker

Take two handfulls of Woodbyne leaves

or flowers of Sinkfoile, sage, house

leekes of Each an handfull of Rue

Rosemary of either halfe an handfull

seeth all in a pottle of faire water till

almost halfe the water be sodden away

then take out the hearbes and put

in the liquor the bignesse of two hazell

nutts of allum, let it melt therein

then take two spoonefulls of honny &

let them seeth a warmth together

skymme off that which riseth, & straine it

& wash the sore place therewith :

95 If it be the heate of the Stomacke

onely

Take an handfull sage, and another

of house leekes seeth them in a quart

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40

of water till it come to a pinte

then put in the weight of 2 grouts

of alum & one spoonefull of honny

skimme it straine ^it wash the mouth

therewith twice a day

96. To make a man to sleepe

Take the gall of an hogg and the juyce

of hemlockes of each like quantity

when you well vse it take the quantity

of a nuttshell=full & put it in his

drinke & he shall sleepe 3 dayes

if you suffer him when you will

wake him rubb him about the

temples with veneger and he

will awake presently.

97. For the payne in the backe

Take the leaves of Clary fry them

in the yolkes of Eggs and take them

in the morning fasting

98 For the Scyaticu or any other

Payne or Ache

Take arsmart in may & sheepes gawles

of both as much as will fill an Earthen

pott and sett the same ^ pott in a dung hill from

May till march close stoppe then take

it out & stirr the hearbes and the gawles

together, then take brocks in may

butter and oyle=olive of either of them

like quantity boile them all together vpon

a soft soft fire straine as much as you

can and lay this oyntment vpon the place

of you r greife and vse to put 3 seavecloths

vpon the same.

99. For the dropsy and to

cleanse the Reines

Take and seeth all Fennell ^ rootes after the wood it be

taken out in white wine & eate them fasting

of the same nature be also persely rootes

and rootes of spinnage for they provoke

bryne all

100. The Kings medicine for the

Plague Author Henry 8

Take sage of vertue Rue, Elder leaves

redd bramble leaves of Each an handfull

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42

stampe them strayne them with a

quarte of white wine then take a

quantity of fine ginger mingle them

together let the sicke drinke Every

day a spoonefull ix dayes together

after the first spoonefull you shalbe

safe xxiiii dayes & after the ninth

spoonefull you shalbe safe for a whole

yeare by the grace of god: Amen

If any be infected before

this drinke be had

Take the water of scabias of Betony &

a quantity of treacle of Iene mixt

together let the sicke drinke it

bloud warme it Expell the venom

101 If the sore appeare

Take bramble leaues Elder leaues and

mustard seede stampe them all together

make a plaster thereof lay it to

the sore and it will draw out all the

venom and the sicke shall recover

by gods helpe

102 To make a bath for swelling

to breake any sore

Take groundes of beare of Ale sett it on

the fire put thereto a handfull of smallage

as much of broke lime as much of Mallowes

as much of Ragwort an handfull of hemlo

ckes that hath pipes seeth all together then

put into it one or two handfulls of cromms

of leavened bread and a peece of sheepes

tallow or suett as much as any apple spred

it vpon a ^ peece of white wollen cloath and lay it to the sore as hott

as you can endure it if it wax too thicke with

often heateing put a few more grounds to

it.

103 an approued medicine for the palsey

Take of the flesh of a fox and of a wild catt the fatt

alsoe to the same catt a pound of brockes grease half

a pound of turpentine a quarter of a pound of hoggs

grease as much of sheepes tallow frankincense

ginger, nutmegs, synamon cloues long pepper

round pepper of each an ounce Rue setuary redd

mints, sage, margerum gentle primroses, cowslipps,

of each halfe an handfull chop all these hearbes flesh and fatt together

let the spices be made in fine powther put them with the

gumms into the others mingle them well together

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then haue an old fatt goose ready scalded and

trimmed to the spitt stuffe her with the aforesai d gear

rost her at a soft fire keepe the dropping and

annoynt the patients greife in the palme of the

hands the bowing of the armes the armepitts and

and hammes and the soales of the feete morning

and Euening -

104 An oyntment for all aches and for

shrinking of Synewes

Take a pott of neatsfoote=oyle a quart of oxe

galls a pint of Aquavite a pint of rosewater

bay leaues Rosemary striped from the stalkes

the leaues rootes and spriggs of strawberrys

lavender cotton of each an handfull beate

them small putt them in the stuffe sett it over

the fire of coales with out flame in a panne of

th. two gallons and at your owne perill let

not the flame touch your stuffe let it seeth

very well after let it coule that you may straine

it through a course cloath but stirr not the

bottome then put it into a glasse and

annoynt the greife this oyntment is made best

in balmes mary -

105 To make one haue a laxe

Take polipodium of the oake wash it cutt it in small

peeces put thereto a little annyseed seeth it in

whey and drinke it warme

106 To stopp a laxe

Take the said polypodium and seeth it in water

and put your feete therein as warme as you can suffer

it vp to the in stepp

107 ffor burninge

Take the white of Eggs beate it till it be like a

fome then lay it vppon a fine linnen cloth then

lay it vpon the sore place xxiiii houres and when

you will take it off take womans milke or cowes

milke lukewarme and dipp therein a lynnen

cloath and soe make thereofa plaster throgh

wett and soft ere yow take it off and soe doe

it till you perceaue the heate to be out of it

then annoynte the plaister oftimes with oyle

of linnseed and the sore when the plaster is off

then take hengreene Isope, plantane, bray

them small seeth together with may butter

or deeres suett and when it hath boiled the viiith

parte of an houre take it off strayne it &

make a plaster thereof and lay it vpon y

annoyte the sore withthe oile of linseed for it

is very good for the saueing and gathering

Skinne

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100 ffor deafnesse of sicknes or

of burstings that through an

Impostume stoppeth the hearing

Take the ioyce of scabias and oile olive and

boile them well together and as hott as you

suffer it put into Eares beware it bee

not too warme

109 To knott a broken bone

in three dayes

Give the sicke to drinke the Ioice of bursa

pastoris 3 times Every day bloud=warme

110 ffor a webb in a mans Eye

Take the gall of an hare and pure honney of

oack like much meddle them together and

with a feather lay it on the webb and in

three nights it shall breake

111 ffor the acke in Ioynts Shoulders

or hipps

Take veyne and still it the ofter the better wash

well the sore place therewith wettared a redd cloth

therein-and and bind it ti alsoe take venneger and

salt boile them all together and with

redd cloth wash the sore

112 ffor one that cannot eate

Take of redd mynts, wormewood and suthern-

wood, of each an handfull seeth then in a

pinte of veneger, after the hearbes be soft

thicken it with crumm s of brvwne bread

when it is sufficiently sodden make thereof

a plaster for the stomacke

113 ffor a man or woman that

is broken

Take polapdiumthat groweth on that oake

valerian, Annes Rootes of lady trach daisy

leaves rootes and of each like quantity

wash them, beat and strewe then, with stale

Ale, and give the patient to drinke blood

warme, a weeke together, If it bee a child

Keepe him from crying as much as yow cann

114 ffor the Emeroddes

Take a great Onyon and cutt off the Topp, cutt

out the hart fill the hoale with frankincense

sett on the capp againe then sett it in hott

Embers, when it is tender roasted take it

out and peele it cleane put it in a linnen clath

bruse it betweene your hand, and as hott as you

can suffer it lay it to your funduments

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115 ffor the fflix

Take a great onyon cutt of the topp make a

hole in the midst as abouesaid putt therein

a penny worth of saffron and when it is

roasted wrapp it in a cloath and as hott

as you suffer it lay it to your Navell

116 To breake an impostume and to deliuer

the matter downe wards

Take the roote and flower of Delice and

the roote of a lilly grind them together and

put thereto iii parts of honney seeth them

in ale or wine straine it giue the sicke iii or

iiii spoonfulls at once and vse it till he

amend.

117 To draw out a thorne

Take the tongue of a fox hang it vp to drie when

you will occupy of it cutt thereof and lay it

in water till it be soft bind it to the sore &

it will draw it out haue ready the gall of an

hogg dried and hanged vp lay a peece in

water till it be soft, make a plaster thereof

and lay it vpon the place whereout the thorne is

taken and it will heale it vpp.

118 To make one to pisse

Take parsley pellitory and the rootes of parsley

stampe them small temper them with

Renish or Gascoine wyne and give the

Patient to drinke

119 ffor Ache in the Backe or Reynes

Take Bettonie, vervine and mylefoile,

grind them, straine them with stale giue

the sicke to drinke iii or iiii times and he

will be whole.

120 ffor wasting of mans seede

Take the seed of lettuce, seeth it in Malmsey

or bastard and giue the patient to drinke

121 ffor a man that is swounded after

a great heat, the hrease being cold

Take a spoonfull of oile, and halfe a spoonfull

veneger, beat them together, and giue him to

drinke

122 To restore the sight

Take the Iuyce of honey suckles of the hedge

and fill the Eyes therwith with a feather vse

this xvi daies.

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123 ffor Eyes that serne cleere and

seeth nott

Take the Iuyce of Chelindoine, salendine,

and honey, stirr them till they bee thicke

as an oyntment annoynt the temples therwith

and wett a peece of wollen as broad as

the temples and therevnto bind it fast

vse this a month.

124 ffor an akeing of an old wound

healed vp too soone and to open

it againe

Take Neepe stampe it with wine

and Drinke it.

125 If the wound be too soone healed

Take wilde Neepe made in powder and

cast it on the wound and it will open.

126 ffor the Gowte

Take two handfulls of mallowes, one

handfull of nettles, seeth them in vse

till they bee tender then, take the hearbes &

grind them in a morter till they bee

like salve spread it vpon a cloath and

lay it to the gowte.

127 A speciall water against poysoning

or prestilence

Take Turmentill, scabious bettony, &

pinpernell like much still them together

this water the philosophers say defendeth

a man from poyson and pestilence the

day they drinke it, It is called Aqua

Imperialis, because the Imperours and

great Lords of the Sarasene vsed to

drinke it.

128 ffor any that is swollen both

Armes, leggs, and all other partes

Take a new washed sheete and drie it well

the take the foulest of the hundells of

yealow wax and lay it on a great store

of coales raked abroad, and hold the sheete

over the coales soe that the smoake of the

wax may asstend vp to the sheete, and

when the sheete smelleth strong of the

fume of the wax, then wrapp the patient

in the same & lett him goe to bed and dresse

it about his head, then laie lother

vpon him that he may sweat and by gods

helpe it will cure him.

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129 ffor swelling of the tongue in the

head

Take new laid Eggs and roast them hard

and slitt them in grinder and lay them

to the hole of the necke as hott as may

suffered, and shift it hott and hott a

good time and it will disolue the

swelling & make it as it was before

130 To heale a sore breast that is

redd or swollen withthe Ague

Take aqua composita and all to

wash the breast therewith then take

wett cloathes in the same and euen

as they drie refresh them againe

and you shall find Ease.

131 ffor a swelling in the breast

or any parte of the body.

Take redd rose leaues, and chickweed of as

like quantity and lay them betweene two hot

tyles and sprinkle vpon rose water &

veneger in the bakeing lett it not bee

taken drie but somwhat moist and

compasse all the place that is swolne

with the medicine and it will helpe

132 ffor a fellon

Take an handfull of groundsill a spoonfull

of bay salt & a spoonfull of soote stamp

all these together, and put thereto a yeolk

of an Egg and little blacke soape, and

soe stirr them together, and spread it

vpon a cloath and lay it to the fellon, &

it will breake it if it be ripe, or at

the second time att the farthest and

vse it noe other salue and it will

heale it.

133 To asswage the swelling of

a hand that is like to bee

a ffellon

Take strong ale grounds and crumms

of white rie bread and a little peece

of white soape, and boile them

till they bee thicke and spread it on

a cloath, and lay it on the swelling

and it will help you.

134 To make a salue for the biteing

of a dog or any manner of

soare

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Take a quart of stronge stale ale, then take

hearbe grace red sage lilly leaues and flowers

sallendine, setwell, selfe heale, valerian

Plantan, Agrimony St Iohns worte wild

sage, tutsum, bawme, Isope, mints, violett

leaues, strawberrie strings and leaues

marjoram, and woodbine of each like

a good handfull mince them and beat

them fine and straine them withthe Ale

and wring them hard, then take a good

quantity of Sheepes suett well clarified

and halfe a pinte of well clarified hony

or more and put them into the Ale

and sett them over the fier and let them

boile till they bee somwhat thike

then put thereto as much vnwrought

wax as you shall judge sufficient to make

it a salue then let it boile a gaine

a good while then put into it a good

quantitie of Turpentine, and a little rossen

and soe let it boile till it bee mete for

an ointment and saue some of it for

for that purpose and let the rest

boile till it be made in rowles, and

if you put into it in the boileing a peece

of flos vnguentoru m before you take

out the ointemen t it will bee better

This keepe for an Excellent and

approued salue

135 A plaster Bathe either for a legg, Arme

or any other place that

wounded being impostumated

and swolne

Take greene oake leaues, Ivy, willow

Sage, Rosemarry, violet leaues, Rewe &

Mallowes, seeth all these together

in water till they bee tender, then

put it into a close pott, and let the

wound that is impostumated bee

held ouer the pottt thatthe breath of the

bath may come to it, and cover the wound

that noe aire come out of the pott but onely

to the wound, and it will disolue it and

take away the swelling

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136 for the Scyatica

Take the rootes and leaues of Sallan-

dine bruse them in a morter somthing

fine and boil them in may butter

and take a peece of new buckorum as broad

as the place where the plai.ce is and boile in the

same and annoynt the place therewith and lay on

the hearecloth as hott as you can suffer it, and

and bind it fast that it fall nott away and in a weeke

by gods helpe it will helpe you

137 To drie skinne or any raw place

that hath a moyst humor drawing

to it

Take a quart of Smithes water and a good

handfull of sage, of burnt allum the quantity

of a wallnutt seeth all these together and

lay on the sage leaues vpon thecloath sore

with a wett cloth laid on it, and dresse it twice

a day

138 To take away the scabb of the

small pox so that no holes shall

remayne

Take a peece of salt bacon and wash it in iii

or iiii waters, the water being something warme

to take away the extreame saltnes then put it

on a spitt and roast it, and haue the dripping

dripping thereof in a faire dish, then

take Rue gathered where the dew is off

it and if you can where the sunne shineth

and stampe it, and take the Iuyce of it and

mingle it withthe dripping of the bacon in such

quantity as you may make it like greene

oyntmen t and when the pox is full come

out and is a scabb, then take a feather

and annoyte the scab with this ointment refres

-hing it soe often as it drieth, and it

will take away the scab soe as there will

remaine neither pitt nor spott nor any

shew thereof this hath bin very well

approued.

139 A salue to heale a swelling or

any other ache caused by humors

Take a pinte of sallet oile and a quarter

of a pound of vnwrought wax scrape

you r wax fine and lett it boile on the fire,

withthe oile till it be molten then take 1/2

a pound of redd leade and beat it to very

fine powdr soe stirring alwayes the liquor

strew in the powder finely all about till it

bee all in and when it is boiled soe long that

it looketh blacke it is enough, then make

you r searecloth, and keepe the rest in roulls

for plaisters it dissolueth any humor, but

draw none if you vse it for any acke or

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swelling minister your searecloth, but of for

a cutt or any other sore use plaisters for

it is an excellent Salve

To make a greene balme for wound to

incarnate confounding & drieing up

of filth vlcers

Take of aqua composita, oile of roses, and

of venice turpentine of euery one a pint

boile them with a soft fire of coales, after

a plan or two put in of verdigrese made

subtle powder one ounce and 1/2 and boile it

to a good perfect substance.

140 To make a sweete blacke plaister for the

ranies and heat of the kidneys or hott vlcers

Take Corns one pound one pound of the oldest

& strongest of savorie oile olive a quarter

new yellow wax 1/2 a pound your cervsse finely

and boile it be a goodly blacke browne.

141 A gentle Corasive which bringeth in xxiiii

his away with him

Take the finest sea sant thatthe salt water couereth

at tide as much as you will, drie the same and

grind therof on marble stone one ounce or

two, and then grind as much vitrioll combust

that is greene Coperas, sublimed in acrusiple as

before written euery of them by it selfe

Then mix them and withthe grease of a barrow

hogg grind them together, and lay it on the

plagty to rotten and dead flesh or fattnes in the

vlcer take the foresai d powder 2 parts, and 1 part

of the powder for the fistula and temper them together

then take soe much of flos vnguentoru m one of

you r plaister receipt before written as you will

thinke sufficient to receaue you r preparson of the

powder with a little swines grease, and with a soft fire

of coales relent them, and when they bee in colleing

euer stirr them till they bee cold.

Then shall you haue an oyntment for all spreding &

creeping vlcers that be round moist and hollow

to be laid on plaggot, stubbs or tents and

will soone with out trouble or paine cleanse the

matter and draw an vlcer of an hand breadth

to the compasse of groate in a little while &

for the usker care not for it will come out

eate it and forbid the increase thereof withthe

gentle corasie before written.

And if you put to it your flos vnguentorum and

plaister of mellilott of each an ounce and 1/2

an ounce of vnguentu m althea withthe ointment

of march mallowes and 1/2 an ounce of Papulium

and may=butter ans swines grease of each two

dramms weight and relent them together It shall

be an ointment soveraigne to remoue the usker after

it be perfectly mortified and stucke to the

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to the bottom of the vlcer and cause the

to come Easily away

142 A Poulteste for swolne leggs

& red as St. Anthonyes fire:

Take the broth of a fatt henn sodden in cleane

water a pattle of the vppermost, mallowes

a greate handfull or two as your liquor

will searue, boile all till the hearbes bee

soft, and the liquor halfe consumed, then

put in of oile of Elders with ther flowers

that be in them and of oile of roses with their

flowers of each a good handfull saucer-

full and of wheat branne one handfull

thicken it and bray it and it lay it to the sore

fott.

143 A medicine for the Collicke

Take a little oile of Dill one ounce and

put thereto a aniseed coster and Rue of

each three ounces, and of Commen six ounces

beat all this together into fine powder

and put them all into the oile infuse them by

the fire and vse it where you feele greife.

144 A Syrupe for the Consumption

of the Lungs

Take 1/2 pinte of Alicampane water

as much horehound water and 3

Spoonfulls of Lungworte water &

half a pound of white sugar candy

and boile all these together till they

come to a syrope and soe vse to take

some thereof morning and Evening

and sometime in the afternoone if your

Stomacke be not too full and it well

preserve you.

145 For the Plurisy or Stitche

Take the dung of a stoned horse when

it is new dunged a good handfull &

put it into a pinte of white wine or else of

good ale and slice into it a raser of good

^ white ginger and seeth the liquor to halfe a

pinte then straine it and giue it the

patient to drinke 3 mornings and

Euenings. Then take for the stiche

Iuniper berries and beat them

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to powder and quilt them into little baggs

and when the stiche doe flee the place

lay alwayes baggs to the place you

feele must greife in, and lett the bagg

be sprinkled with veneger and lay as

hott as the patient can suffer it. &

when thee stich is gone take a blew

list and make it moist with wine

veneger and warme lay it to the

plase where the stich was, And when

the list is drie, lay to another and

looke that you lay the liste in water

when yow take them from the side &

and wash them cleane and drie them

before you occupy them againe or

else take new list for that is best &

vse them two dayes

146 ffor the stopping of the spleene

Take hartstongue a handfull Endive

liverworte and succory of each a hand

full wormewood 3 or 4 croppes borage

flowers, buglosse flowers, of each halfe

handfull 2 or 3 fennell rootes 4 or 5

parsly rootes sooth all these in

foure pints of runing water till

be wasted to the halfe then strayne &

put therto fiue ounces or six of same

sugar and lett it boile safely halfe an

houre and all the while it boileth withthe sugar

let there boile therewith a quarter of

of an ounce of sinamon bruised and as

much spikenard knitt it in a fine linene

cloth and goe to boile in the sirrope

of this sirrope drinke morning and

Euening foure or fiue dayes spoonfulls

at a time blood warme and it will helpe

you.

147 To take away the raging heate of

burning ague in the head or body

Take redd Coleworte leaues and make them no

broa der then th e will lie to the hollow of the

soale of you r foote then spread them with

blacke soape reasonable thicke

Then straw vpon it some bay salt some

what brused and soe lay it to th e both

the soales of the feete and bind it that it doe

not slipp off and you shall find Ease

very soone this is an approued remedie:

148 A sirrope to coole any that is in

an Extreame burning heate

Take leaues and flowers of burrage

buglosse, violet leaues of each an

handfull maiden haire hartes togue

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and succorie of each an handfull a fennell

roote and two parsly rootes the pith taken

out, a succorie roote and five or six rootes

of morsus diaboli, boile all those in 4

pintes of running water till it be halfe

consumed, then straine it and put therto

sugar and 3 spoonfulls of veneger and

lett it boile againe a little and drinke of

it morning and evening six or seven spoonfulls

at a time blood warme

149 A plaister for a paine in the

side that cometh of the spleene

Take an ounce of oyle of linnseed, one

ounce of dill, an ounce of Coperes and

an ounce of Camolmill and put these oiles

to a pound of mellilot plaister and let the

be cut in small peeces then put altoge-

ther into a ^ small pott of stone and set them

over the fire till the mellilot be melted

then take it from the fire and let it stand

till it be cold, and when you will use it

spread it on a plaister of leather as

broad as will cover the place where the

greife is you must continue it if you will

have ease.

150 ffor the Palsey when it taketh

away the speech

When any Creature hath the palsy

entred into the tongue soe as he cannot

speake take the blood of a ffox by

sliting of his eares and rub and

chafe the throate and neck therewith

outwardly also the wrests of the patien.

chafeing the it much and it will helpe

the palsey

151 A medicine to the spring of water in

the stomacke

Take the inner skinne of the gizard of a

capon and scrape it cleane and drie it

and beat to powder and use to drinke

it next your hart with beare or ale &

it will helpe you in a little time.

152 ffor a dropsy of water

Take an ounce of genitam rootes, an ounce

of pepper an ounce of mace and mingle them

altogether and beate them fine and take every

morning and evening as much as you can

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take vp betweene your finger and your thumbe

and drinke it in a little draught of

Ale or beere and in the morning fast an

houre after it and at night take it when

you goe to bed and for beare drinkeing

as much as you can and eate small suppers

and it will helpe you in a short time

153 To Ease any ache in bones

Take white daysies that growes in the field

and stampe them in a dish rootes and

leaues and take the Iuyce of them boile

them in a dish withthe marrow of a gam m on

of bacon that lieth withthe bones therof

straine them through a fire cloth &

annoynt the place where the ache is

154 To make salue called flos

vnguentorum

Take Rosin and burgundy pitch of

each halfe a pound yellow wax and

frankencense of each a quarter of pound

of mastike an ounce of harts suett a

quarter of a pound of Comphry two dramms

melt that is to be melted and powder that

is to be powdered and finely sease and

boile them ouer the fire and straine

them through a Canvas cloath into a

pottle of white wine with all the other

Stuffe, then lett it seeth till all the white

wine be consumed almost, then take it

from the fire and let it coole till it be no

hotter then blood, then put thereto a quarte r

of a pound of turpentine euer stirring it

till be through cold, but beware you r stiffe

be but blood warme when you put in you r

turpentine for it if be any hotter it marreth

all your stuffe thus make it vp in rolls and

keepe it for the most precious salve that may

be made.

155 The veertues of the salve

This intreat is called the flower of all ointments

for it is good for all manner of malladyes that

are hereafter written vizt for old wounds

and aboue all other salues it is good most

cleansing and well soaking and ingendering

flesh and healeth in a sinnight then any

other in a month, and it suffereth noe other

corruption in a wound, nor any euill flesh to

be ingindered therein, It is good for the headach

and for the singing in the braines, and for all

manner of Impostumes in the head or in

the body and for all manner of aches in the

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for beying in the eares or cheekes for

sinewes that be sprung stronge or starck it

draweth out any thorne or broken bone

or any hurtfull thing in a wound, It is

good for all manner of botches, it is good

for a canker or noli me tangere, and d it

draweth all manner of ach out of the

liver, spleene and raines, it is good

for boileing in the member, , it seaseth the

flix menstruous if it be laid to a womans

navill It healeth the Emerodes, and is

speciall good for to make a searcloth for

gowtes aches or pestilent botches

Some say that this intreate of flos

vnguentorum was sent from our saviour

Christ by an angell to a religious house in

Aniania at a place called the redd hill

where it did maney marvellous cures,

and they neuer vsed any other medicine

then this onely to cure all diseases, &

it is had there this day in very great

estimacion

156 For any bruse either in the Eye or

any other place coming of a Stripe

Take parsly, leaven bread of wheate,

butter, some oile of Camomill, oile

of roses the yeolke of a raw Egg the powder

of Commen, dill and anniseed the ^ soft of a rotten

apple and beat them all together in

quantityes after your discretion, and lay

it on the place soe brused, and it will

take away the swelling and bruse in a

short time, It is to be vsed shifted as

it drieth. probatum est

157 For sorenes in the throate a sirop

Take 1/2 ^ a pinte of the Iuyce of great mulberryes & a pinte

of the Iuyce of blacke bramble ^ berryes bramble

and halfe a pinte of clarified honey, and a

quarter of a pinte of clarrett wine seeth all this

together till they be consumed, and roping

and soe doeing you may keepe it a yeare or

two well.

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158 ffor the bladder in the the throate that

swelleth not outward

Take gaules and Bolearmonicke of each a

like weight make them in powder and

blow a penny weight in you throate by a

reed or quill and spitt it out, then gargle

mulberryes water and woodbine water

and vse diett.

159 ffor any ache or straine or cricke

that cometh of Reume or cold

Take aqua composita and spermyutes and

sooth them ouer the fire spermevete into it

and wash the place therwith where the paine

is that it may drinke into the flesh and

vse it soe five six dayes morning and Euening

or longer if the paine be greate and wett

the cloath in the sunne liquor and lay it where

the paine is and keepe it warme and it will

helpe you.

160 To heale a paine and a webb

Take an handfull of 3 leaued grasse withthe

rootes wash them and picke them cleane and

stampe them in a wooden dish. put them into a

brasse skillet with a dozen spoonfulls of running

water soe let them simper vpon the Embers &

put therto halfe a spoonfull of honney and

as much of a peece of allume

soe lett it seeth a little while then straine

it into a faire glasse and wash the Eyes 3 times

a day and it will helpe you, Likewise

the Iuyce of Salidone helpeth if you put

a dropp thereof into your Eye and rubb

it not.

161 A plaister for an extreame

paine in the head

Take a pottle of malmsey and and a pinte of

white wine veneger two great handfulls

of red rose leaues dried or otherwise a

a saucer full of fine wheatflower flower and

as much of Commen finely beaten and

seeth them altogether vntill y they be

thicke, and well spread it on a cloth

then quilt ^ it with another cloath over it

and lay it all over the forehead and it

will ease you presently.

162 ffor the falling sicknes an approued

medicine

Take an hearbe that groweth in the low grounds called

Lady treate it groweth with stalke haveing flowers

growing all along the stalke wreathing about it

and it must be gathered betweene the two lady

daies in harvest , for it groweth but

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it that time of the yeare then drie it to occupie

it the whole yeare, If you giue to any at

that time whilst it is green bind of the

hearbes to the temples and nape of the patients

necke, If the hearbe be dried vse it thus

bind thereof ^tothe temples and nape of your

necke, with a cloath, then take of the powder

thereof and the powder of the seed of verven

of each a like quantity viz. 1 1/2 a spoonfull of

them both and put thereto it into a little warm

broth and drinke it once or twice a day for

the spane of 8 or 9 daies keepeing the house

all that while and soe a month after your first

taking of your medicine, and take noe aire in

that time, neither must yow eate any fish &

specially shell fish, nor drinke no new drinke

neither eate new bread and if it be a child

that is troubled with this sicknes, minister the

aforesai d powder, ^ with milke this is approued this

to helpe divers both young and old

163 Aproued medicine for the piles

Take the fatting of a yeallow hoose that hath bin

much worne cut it of and steepe it one night

in sacke and hold it to the fire as you doe

a s toste but burne it not, and then

apply it to the place greiued soe heat it

as your patient suffer it

164 To helpe the shrinking of the

Sinewes

Take march mallowes an handfull as

much of Rosemary topps and stampe

together and after put there vnto May

butter moulten and soe mingle them well

together and let it stand tenn dayes then

seeth it with a soft fire till the strenght

of the hearbes be gone when it is soe well

sodden take and wringe it thorow a canvas

cloath and soe put it in an earthen pott

to keepe

165 To make them heare that is

deafe

Take an onyon and make a coare therein

that is take out the coare thereof and then

put therein a quantity of aqua vite

of oile debay, a quantity frankincense

and sett the onyon in the hott embers and

when it is roasted wring out Iuyce

and put the dropp or two in thine eare

and lett thine Eare lie downward

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166 A soueraigne medicine for the Stone

Take vnsett leekes the whites and hearbes

and all and still them and when the fire

is out of it drinke it fasting, and for

those that can not make water still

young cloues of garlicke and let the

sicke drinke it this is an approued remedie

167 A speciall good medicine for a

sore breast that is broken

Take the middle barcke of Elder tree and

and night shade and beat them together

and straine it then take the yeolke of a new

laid Egge and life honney and fine wheate flowre

and mingle them together with those hearbes

aboue written and make a plaister of

linnen cloth and lay it to the sore with out

warmeing it if there be any dead flesh

in it take running water and seeth it with

a little allome and 2 or 3 handfulls of sage

and with this water wash the place that

sore and then lay the plaister to it and

if the breast bee stiffe annoynt it withthe

oyle of a beast feete to supple it.

168 ffor the Bone ach or any other

Bruse

Take two handfulls of daisyes an handfull

of crane fery an handfull pimpernell

an handfull of brocklime and stampe all

these hearbes together very small, then

let them stand soe 3 or 4 dayes close in a

pott stoped then take them out and put

in a skillet of a pottle and boile them with

a soft fire till they wax greene with a

pinte of May butter and a saucer full

of oile oliue and then straine it through

a cloth and soe put it vp in a pott

169 To make a Cake

Take halfe a pecke of fine wheate flowre

which will ? ^ good quarts put to that 4 pound of

Currans 6 ounces of loafe sugar a pound

and halfe of new butter which must be broke

and rubbed soe small that none can tell whe-

ther there be any or noe, then put two

grated nutmeggs, the same quantity of cloues

and mace, a pinte of creame blood warme

a pinte of new ale barme beaten with rosewater

2 dram m s of ambergreece, soe mould it vp and

couer it warme and lett it heaue whilst the ouen

is heating which should not be too hott nor aboue

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two houres must the Cake be in the oven, then

wett it well with rosewater and straw it thicke

over with loafe sugar doe not touch it to

presse it that will make it heavy

170 To preserue Quinches white and redd

Take Quinches, pare them, and coare them, then

take as much sugar as they will weigh, put to it

as much water as will cover them, those which

you will have redd, boile very leasurely close

covered, them that you will haue white boile

very fast vncovered, vntill they be siue tender

you may pricke them through with a rush,

then take them vp, and boile your syrrape vntill

it will button vpon a dish=side, and when

they be almost could put them vp.

171 To roast a legg of mutton

Pare a hole out of the legg of mutton take

that meate parboiled, mince it very small

as for pey meat, take a pointe of great

oysters parboiled a little, take halfe of them

minced with your meate, take a little marjorum

Time, savory, and the yeolkes of 3 hard eggs

mince withthe hearbes a little ginger, and

sugar, a pretty deule of nutmegg orange or

lemmon

Lemmon peele minced small a little grated or

bread , then take a penny pott of white wine,

temper the puding with halfe of it, and put it with

the hole of the mutton and roast it, then you have

ready the rest of the wine, and uisters, and sauce

of your puding, and marrow a little orange

pell and straw them together for your sauce

soe searue it with slices of orange or lemmon,

You may stuffe a breast of breast of veal

with this puding.

172 ffor the spleene an approued medicine

Take topps and flowers of wood Betonie keepe

them drie all the yeare, when you vse them take

an handfull thereof, and boile it in Alepose

from a quart to a pinte, the put to it two

spoonfulls of syrup of marrygolds, and

drinke it two nights at goeing to bedd two nights

or more as you find occation, onse makeing

will searue twice.

173 To make the ^ greene o intment

Take of sage one pound, of Rue one pound,

of wormewood halfe a pound of bay leaues halfe

of St Johns worte halfe a pound of Rosemay

of Camomill flowers, of dill, of each a good

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good handfull of mallowes, 3 handfulls of

melilot flowers a good handfull, chop all

these together as small as may be, and after

put into the hearbes of sheepes suet cleane

pickt the weight of all the hearbes. Stamp

all together in a stone morter till none

of the suett bee seene and what waight

the suet containeth the same waight you

must putt of pvre oyle of olives and

Odoriferous worke these together in an

earthen pan cover it close stopp it with

clay that noe aire gett in and let the same stand

seaven daies then take it and breake it

forth into a faire brasse pan and put 2 or

3 sawcer of faire water in sett it on a soft

fire till the hearbes grow hard, then straine

it into a gally pott and after put into it

of oile of violetts odorifferous oile of lettices

oile of roses of each an ounce of oile of

Spike halfe an ounce, oile of Dill one

ounce and halfe, stirr all these together and

put it into a gally pott for your vse, and into

the place greived withthe bignes of a hazell nutt

at a time which is enogh, It must be well

chafed in with warme hand, lay a linnen

cloath vpon it and keepe it warme.

174 To make a plague water which is

an Excellent Cordiall

Take sage, sallandine, rosemary, rue, red

pimpernell, wormewood, mugworte, scabious

Agrimonie, balme, Centurie, bettonie, leaues

and flowers, Carduus benedicty, Dragon,

sorrell, scordium rosarum, speare mintes,

mary gold flowers of each a handfull

wash them and shake them in a cloath then

shread them put them into an earthen

pott then take rootes of Angellico Pianie

and Allicampane shread of each halfe an

ounce slice them and put them to the hearbs

then put to them as much good white

wine as will cover them, then stop the pott

very close and paste it soe as noe aire

gett in to it sett it in coole place 2 days

and two nights, then distill it in glasse still,

with a slow fire, it will be very good in a

rose still, but not soe strong, this qua n tity

will be about 4 quartes of water, keepe yt

first run n ing by it selfe till cast it grow smalle

The second runing is for children, for to a child

you may giue 4 or 5 spoonfulls, to an Elder

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body seauen or Eight of the strongest

being a little warmed with a little sugar in

it, you may if please draw a third water

which will be very good to put to your hears

the next stilling it is too small for any

other vse.

To make Docto r Stevens water

175 A Receipt for the Canker

Take a handfull of Strawberry leaues one

handfull of sage, a handfull of woodbine

leaues, one handfull of sweet mayd, a handfull

of plantaine leaues 3 or 4 rose mary branches

the bignes of a walnutt or 2 of Allum two

Spoonfulls of honey, boyle the hearbes in a

pottle of spring water to a quart then disolue

your hony and Allom into it, and this water

will cure the Canker.

176 An Excellent Cordiall for the plague

Take 4 ounces of the Conserue of wood sorrell, and

put to it a shillings worth of the best Medridate mingle

them both very well, then put it into a gally=pott

stopp it very close, and put it into a skillett of boiling

water, after it is taken off the fire, and leaue it there

three or four howers and then lay it vp, If you bee ill

and feare the sicknes take the bignes of of a good Nutt,

and sweate in a moderate way, and twelue houres after

drinke it a great draught of strong drinke, and with

stone horse dung strained into it.

177 ffor a scyatica, Ach, greene wound sore

breast or bruse

Take a quart of Sallett oyle a pound of

redd lead, the bignesse of a good nutmegg

of Rozin boile them all to a pinte with a

soft fire, to avoyd faming, still stirring it

with a sticke, and when it is boiled well it will

follow the sticke being drawne like a haire

then take it off and put a peece of B Lockram

that was neuer worne nor washed into it, to take

it all vp then anoynt a table with butter and

spread the lockrum thereon, and roll it vp

after and it will continue good twenty yeares

178 To make good Alliger

Take the strongest of your wort before it be boiled

and when it is cold put barme to it, and to twenty

quarts of Alliger put a quart of beanes brused in

a mortar and good handfull of Elder leaues bound

vp, with a thread, then put all into a vessell stopt

close, and it will be very good Alliger.

179 To make the best Alliger which must

be made the beginning of the yeere

Take the strongest of your worte and boile it and

then mesh some mault in a keene by it selfe with

the worte that you formerly boiled, and when it is cold

put barme to it and to euery 20 quarts of this put

one quart of beanes brused in a morter and a good

handfull of Elder leaues tyed vp with a threed soe

tunn it vp in a close vessell, and sett it in the sunne

where it may receaue the greatest heate.

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180 For the greene sicknesse

Take 2 ounses of powder of stolle and of

ginger; nutmeggs, sinamon, Cloues and Make

of either of those a like quantity, they all

must bee somethinge more then thes Stolle the

spices must be pounded very small and sifted

through a silke sea^rce or fifiny then mingle

them withthe st lle and add a pretty quantity

of the maiesty of pearle and as much powder

of Courell, Then take the weight of all these

things in white sugar Candy pounded and mingld

them together and let the party take a pretty

quantity in a spoone with a little strong beere

and take a good draught after it and stirr very

well take as much in the afternoone about

four a Clocke and be sure that you use some

Excercise after it.

181 To make good Sassages

Take the flesh of a logg of porke and put to it three

pound of beefe suett and when they are minced very

small take a handfull of sage and a quarter of

a handfull of time and halfe of sweete Mar

iorum, all these hearbs very small shred then

grate one nutmeggs with pepper and sale as much as

you shall thinke fitt, blend all together, then

take three Eggs beat the white with it very well

then put all togeher and worke it with your hands

like dough till all be very well mingled, then

put it up in an Earthen Crocke and when you

would

would spend any of it roll it as long as you

please, then fry it in the frying pann as much

as you please it will keepe a h whole fortnight very

well

182 To make a neatsfoate pudding

ffor the Goute

Take of mallowes, cheekweed, hemlocks and

houseleeke of each a handfull, boyle these

in the grounds of strong beere, with half a

pound of Mutton suett, bath the ffoote, withe

the liquor & putt the poultes to the ffoote, vse

this thrice a day morneing & evening./.

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three or foure tymes, & when you have thus done

put them into a pott with two gallons of water &

when it is ready to boyle, be sure take off all the scum

and fatt, then keep it boyling softly, & bee very

carefull to scum of all the fatt you can possible still

as it boyles, & when you find that it is boyled much

away, take a little of it up & sett it a cooleing, & if it

bee stiffe, take it & strayne it, through a linnen

Strayner, & lett it stand till next day then take off

the topp, & bee sure to leaue as much as you see to

bee black and drosse at the bottom putting the rest into

a new pipkin & putt to it a pinte of strong sack as

much loafe sugar as will sweeten to your tast which

must bee extream sweet, putt to it the whites of a

douzen eggs well beaten, take also three or foure

nuttmeggs, three or foure races of ginger, some sinamon

bruise all these in a morter, then tye them up in a

woollen bagg & putt it into the pipken with the rest of the

things, then sett the pipken upon the fire, & when it

boyles bee sure to take off all the scum, & when it

hath boyled about halfe an houre take it off & strayne

it through a woollen bagg & if you will have it coloured

you may colour a good red with scutcheneale, & a yellow

with saffron, you must vse your scutchineale in this

manner, bruise it in a morter & then putt it into a fine

ragg & lay it a little while to sleep in two or three

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Spoonfulls of rosewater, then take out the ragg

and putt your Jely to the rosewater, and thus you

may make two redds a lighter & a darker in this

Same manner must you vse your Saffron you

you must strayne your Jely into shallow panns or

glasses that it may cutt out the hansomer

188 To make past of Geneway, some like leaves

& some like plums with stakes & stones, some

white plums and some redd

Take yellow peare Quinces & parboyle them, reasonable

tender, & when they are could pare them & scrape the pulpe

from the Core, then strayne it, then take as much sugar

as the pulpe doth weigh & boyle it to a Candy height,

then putt in the quince pulpe of your quince into your hott

sugar, & soe lett it boyle with stirring it till it begin

to runne from the bottom of the panns, then fashion it

upon a pye plate, some like oaken leaves & some like

fruites, then dry them in an oven after you have drawn

bread, the next day turne them & putt them into the oven

againe, & soe when they are all through drye you may

box them & keep them all the yeare.

189 To make past of pippins of the Geneway

fashion that you counterfeit all ffruites

Take pippins & pare them & quarter them & cutt the coare

out out of them tender betweene two dishes on a chafing

dish with coales, putt in a little rose water into the

boyleing of them, & when they bee boyled tender

strayne them, then take as much suger as that pulpe

doth weigh & boyle it to a Candie height, then put the

pulpe of your pippin into that hott sugar, & soe lett it

boyle a little while with stirring it, dropp it in small

round dropps vpon a sheete of galsse or vpon a sheete

of whyte plate, & putt them into an oven or stove,

the next day turne them, & putt two of them close

together, putting in every one of them, a stake, a stone,

Soe you may preserve the Apricock or peare plums

if you please to make red plums you may colour

some of your stuffe with a little conserve of

barbaries

190 To make past of Eglintine in the colour of

Corrall

Take the reddest Berry that growes vpon the bryers

before they bee ripe, & cleave them through the midst

& take out all the seedes & scrape them very well clean

& boyle them very tender in clarett wine & rose water,

then strayne them & dry them vpon a chaffing dish with

coles, till they bee reasonable dry, then when they are

cold worke them vpon past with fine sifted sugar, then

roll them vpon swanns Quills or small reedes then dry

them before the fire & when they be somwhat hard

then draw out the quills and lett them dry before the fire

when they bee full dry you may box them & keep them

all the yeare.

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191 To make of past Alicampane

Take your Alicampaine smallest rootes and

boyle them reasonable tender, then pill them, & pith

them, then beat them in a morter, take twice as

much sugar as that pulpe doth weigh & boyle it to a

Candye height with as much rosewater as will melt

it, then put in your Alicampane to your hott suger, with

the topp of a pinne; & soe lett it boyle a little while

together till you see it allmost stiffe as Marmaladd

then dropp it in dropps one a pie plate or a sheet of

Glasse, soe dry it in your stove or oven then may you

keep it all the yeare. It is an Excellent past against

the Cough of the Lungs

192 To make past of Apricocks, peares, and plums,

peare plums or any other plums that shall

looke as cleare as amber

Take your faire yellow Apricockes or white peare

plumb, pare them & stone them, and boyle them on a

chaffing dish with Coales tender, then strayne them

and then dry the pulpe on a dish, then take as much sugar

as the pulpe doth weigh, with as much rosewater as will

melt the suger, then putt your apricock or plums into

your hott sugar, & soe lett it boyle together with stirring

it then fashion it on a sheet of glasse like halfe

apricocks, & soe put them into a stove or a warm

oven & the next day turne them & clo?e two

halfes together & when they are through dry they

wilbe as cleare as amber & if you please you may

put the apricock stones in them & they will looke

like dryed apricock stones & you may keep

them all the yeare

193 To make all kind of conceipts as marchpanne

pies, Birds, Basketts, Collopps & eggs & some

to printe with Moulds

Take halfe a pound of Marchpan past made as

hereafter is written, for your Marchpan make some

like pies & fill them with little peeces of marmalad,

cast Biskett & Carraways in them & guild them and

fry them, you make some like Collops of bacon, soe

that you coulour a peece of past red with a little

redrossett & soe lay a peece of whyte & red past one

vpon another then cut it in slices & the red being

mingled with the white it will shew like interclardy

bacon fatt and leane & some you may printe with

mould

194 To make Marchpan to guild him & garnish him

according to the Art of Comfettmakers

Take two pound of Jordan Almonds blanch them & beat

them in a stone morter, till they begin to come to a fine

past, then take a pound of fine sifted sugar & putt in

the Morter to your Almonds & soe beat it till it come

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to a perfect past, couer your marchpan in a

space as big as a charger, then cutt it round

by that charger, & sett an edg about as you doe

about a tart, & a bottom of wafers vnder him,

then bake it in an oven in a bakeing pan, &

when you see your marchpan is dry & hard take

it out of the oven, in the bakeing pann & vse him

with rosewater & suger being made as thick as

butter for fritters & soe spread on him with a brush

made of brisles or else with two or three wing

feathers & soe putt it into your oven againe &

when you see it rise vp white and high then bake

it out of the oven and garnish it with some

pretty couceipls stick some long completts

vpright in him guild him & soe serve him

195 To make Prince Biskett

Take a pound of fflower & a pound of fine searged

sugar & eight eggs with three of the whites

taken out and six spoonefulls of sweet cream

putt them together & beat them in a wooden bowl

with a wooden ladle or great wooden spoone, & when

it is beaten three quarters of an houre putt in an

ounce of anniseedes, being rubd dryed and dusted

& when you are ready to fill your coffins put in your

seedes, . & when you have filled your

coffins bake it in the oven one halfe houre. if you

will make some cracknell to drinke wine withall

take your pewter mould which you doe comonly print

your Quod make withall, indore them with a little

melted butter & poure your butter into the molds as

thin as you can, & soe bake them in an oven and

when you see they are baked then you may take

them out of the moulds & lay them vpon sheetes of

whyte paper & soe lett them dry in the oven halfe

an houre till you see they bee as dry as Crack=

-ndron & soe may you box & keep them all the yeare

196 To make ffrench biskett

Take halfe a peck of fine flower, two or three

spoonfulls of ale yeast, the yolkes of two or three

eggs, a peece of sweet butter & soe make it vp

into perfect past as thick as for manchetts, then

make it vp in a long loafe & bake it in the oven &

when it is a day old pare it & slice it in cakes, then

rubb it with powdered sugar, & soe dry it in the

oven againe vpon a latice of wier or on baskett=

-makers rodds, & when you see that it is very dry &

hard then rub on it white powdered sugar againe

then you may box it & keep it all the year.

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197 To make biskett Iellew

Take a quarter of a pound of double refined

sugar being beaten and finely searced with

two graines of muske a graine of Civett & a

graine of ambergreace, beat all this to a perfect

past with a little Gumdrugon steeped in rosewater

afterward make it vp in little loaves in the

fashion of a mancett & so bake them in an

oven, & when you see them rise vp white and

high take them out of the oven & they will bee

as white as snow, & as light as puft and they

through dry you box them and keep them all the

year

198 To cast all kindes of conceipts in sugar

workes

Take halfe a pound of double refined suger & boyle

it to a candie height with as much rosewater as will

melt it, then (your molds being watered two houres

before) poure the sugar into the molds & when it is

cold you may take them out, & they will be like

birds & beasts, according to your molds, these

garnishing conceipts you set forth your marchpan

with,

199 To cast all cas kind of frutages hollow in turned

workes & to put them in their naturall Colours

Take your molds being made of Alabaster even

the mold being in two peeces, your mold being

watered, & your sugar being boyled to a candye height

fill the one halfe of your mold with hott sugar &

turne the mold round about with your hand and the

fruites wilbe hollow

200 To make muskadine Comfitts

Take two ounces of double refined sugar, being

beaten & finely searged with a graine of muske &

a graine of Civett & a graine of ambergreace &

beat all these to perfect past, then mold them thin

that you see your knife through them then cutt

them in square peeces like Lessings then dry

them before the fire two houres then you may

box them & keep them all the yeare

201 To make Quidinock a rubie colour to print with

molds that you may keep them all the yeare

Take two pound of pippins being pared and cutt in

small peeces, then putt them into a pipkin with as much

faire water as will couer them & when they bee

boyled tender strayne all the liquid substance from

them, & into every pinte of liquor put halfe a pound

of suger, and soe lett it boyle leasurely being close

couered till it come to the Colour of Clarrett wine

then vncover it & lett it boyle as fast as you can

till you see it as thick as Ielly and then take it

off the fire and coole it a little & poure it into

your moulds that bee made of wood you must

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boyle your molds first & if they bee of linin

you need not but wett them, & when your Ielly is

cold take them vpon a wett trencher & convey

them into your box and soe you may keep them

all the yeare.

202 To make Quidinock of goose berryes, rasberrys

or English Corrands

Take your goose berryes or rasberryes or English Corrants

and putt them into a stone pott with a narrow mouth

and soe putt them into a pott of seething water other

wise called Balnea Maria & lett them boyle till

they bee tender, then pour away the liquid substance

from them & to every pinte of that liquor putt halfe

a pound of sugar & soe lett it boyle till it come to

his colour and thickness, then print it with your

molds then box it & you may keep it all the

yeare. This is the way to make Quidinock of

all sorts of plums, but you must draw the

Quintescense or Spiritt of them for they are of

a stronger body then the other fruit and therefore

they must have water & that will make them

runne the clearer throughout your strayners

before you putt your suger into it

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203 To make white violett Cakes, rosemary cakes

cowslipp Cakes, or cakes of any sorte

Take four Ounces of fine sugar & boyle it with as much

rosewater as will melt it, till it come to a candye

height, then putt in your flowers, & lett them a

little together then the sugar wilbe the colour of the

fflowers, then pour it vpon a wett plate, & cutt it

like Losinges, & when it is could the wast peeces

you may beat to powder & soe searce them through

a fine siue, then worke them in past with a little

gumdraggon steeped in rosewater & when you haue

made them vp in past roule them & print them

with molds & soe dry it & when it is dry it wilbe

the colour of the flower and tast of the flower,

in this sort may you make past of any sort of

flowers.

204 To preserue Quinces redd

Take faire yellow Quinces & pare them & core them,

then putt them into a preserving pan, to as much

clarified sugar as will cover them, euery pound of

sugar must be clarifyed with an alepint of

faire water, & soe lett them boyle close covered

very leasurely, & now & then to keep them from

spotting take off the scum with the back of a

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spoone from them, & when you see them very

tender & redd take them vp & cover them & lett

your Syrrop stand a cooleing & when your Syrop

is could pott them & soe you may keep them

all the yeare.

205 To preserve pippins whyte

Take foure large yellow pippins & boare an hole

through every one of them then pare them & as

you pare them throw them into a Bason of

setthing water & lett them boyle a Walme or

two in the water & putt them in as much

clarified sugar as will cover them & soe lett

them boyle till they bee tender, then take

them vp & boyle the Syrropp by it selfe a

little and when they bee cold pott them & they

will keep all the yeare.

206 To preserve pippins red

Take faire large pippins & boare them through &

pare them, putt them into as much clarifyed

suger as will cover them, & putt into them a

peece of old Cynamon three whole Cloves, a

graine of musk, and soe lett them boyle close

covered till they bee tender, lett them boyle

very leasurely and they will looke very oriently

& red, when you see that they bee tender and

looke redd, take them vp and lett the Syrop boyle a

little, & soe lett it stand till it bee cold then may you

putt them & keep them all the yeare.

207 To preserve pippins greene

Take your pippins when they bee greene, & codling them

in faire water boyle them first before you put

them in, & codling them reasonable tender, but you

must shift in two, hott waters before they bee tender

for if they remaine long in one water they will

turne, when you see they bee reasonable tender

ready to eat, then take them vp & pill of all

the skin as you doe of a codlin & then throw

them into as much clarified suger as will cover

them & soe lett them boyle leasurely halfe an

houre, then take them vp & boyle the syrop a

little by it selfe, and when your syrop is cold

you may pott them & keep them all the yeare.

208 To preserve pomcitrons or musk melons

Take your pomcritrons or muskmelons melons & cutt them in

halfes or in quarters, & soe pare them & throw them

into a bason of hott water & as you pare them & take

out the meat of them par boyle them reasonable tender

in faire water, then putt them into as much clarified

suger as will cover them, & soe lett them boyle

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Three quarters of an houre very leasurely & that

will make them looke very well & when they bee

cold you may pott them & keep them all the year.

209 To preserve green Wallnutts before they

bee sheld

Take your Wallnutts before they bee sheld, when you

may prick a pin through them, then prick them

full of holes with a great pin, then through them

into a possnett of seething water & lett them boyle

apace vncouered till they bee tender, seething

them seaven or eight times out of one water into

another, you must nott let them long in their

waters for the water will make them black, &

when you see them tender take them vp & dry them

with a faire cloath, & soe putt in euery one of them

three or foure cloaues, & putt them in as much

clarified suger as will couer them, putt into the

sugar a graine of muske & soe lett them

boyle halfe an houre leasurely, then take

them vp & sett your syrop acooleing, when

it is could you may pott them & keep them all

the yeare

210 To preserve yongue Hartichocks

Take your Hartichocks when they bee as big as yonge

little apples, & boyle them tender, & shift them oft to

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take away the bitternesse from them, then putt

them into as much clarified suger as will cover

them, then lett them boyle leasurely an houre,

then putt them into an earthen pipkin all night,

the next day in the morning take them vp & boyle

the Syrop a little higher by it selfe, when it is

cold you may pott them & keep them all the yeare

211 To preserve Goosberryes, rasberryes or

English Corrants

Take your goosberries, rasberries or English

corrans, & putt them into a bason with as much

clarified suger as will cover them, & putt it vpon

a pott of seething water, & lett it boyle leasurely close

covered till you see your fruit very tender, then take

vp your freuites & putt a little apple water among the

syrop, soe lett it boyle till it be as thick as Jelly &

when it is cold you may pott the fruite & keep them

all the yeare

212 To preserve malicattoones

Take your mallicattoones & boyle them very tender in

faire water, & lett them stand till they bee cold; then

take a pinte of apple water & two or three spoonfulls

or orange flower water, & putt into it a pound of

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clarified sugar, & soe let them boyle vp, then

putt the Malicattoones into the syrop, & soe lett

them boyle leasurely, & when they bee boyled tender

take them vp & lett your syrop stand till it bee

cold, & it will Jelly very finely, then you may

pott them & keep them all the years.

what fruit soever you preserve you shall find

that if you pott a little applewater into your

syrop it will Ielly excellent well & shew very

orient & make your fruites keep from molding

& will continue all the yeare with thick syrop

213 To preserve Barbaries without stones

Take your barbaries being large & well coloured

take a square needle as glovers doe sowe, & put

into a stick & stone your barbaries & putt them

into a bason with halfe a pinte of water & six spoon

fulls of rosewater, & soe when they bee boyled

tender wring all the liquid substance from them

and to every pint of the sugar putt a pinte and

four ounces of sugar, & soe make it into a sirrop

then putt in your faire clusters of barbaries being

stewed into the syropp, & soe lett them boyle leasurely

till they bee tender then take them vp & let your syroopp

boyle a little higher on the fire & when it is cold you

may pott them & keep them all the yeare

214 To preserve wardens or great large peares

Take a wine quart of faire water, a pound of sugar, in

like sort to euery pound of suger besure to take a quart

of water, when you have clarifyed your suger & made

your syrop very cleare putt in your Wardens being pared

and lett them boyle very leasurely close coloured till

you see them come to a very good colour & tender

withall, allwayes turning them to keep them from

spotting, when coole, & when your Syropp is through

cold you may pott them & keep them all the yeare

315 To Candie grapes

Take some of your grapes before you putt them into

your syrropp, being dry & lay them in a lattice of

wine, lay your lattice vpon a deep platter dish & soe

take fine suger being boyled to a candie height

& sprinckle it with a brush vpon your grapes and

cast suger candye vpon them, being beaten in

peeces somewhat small, then dry them on your latice

in an oven one day, but take your dish from vnder the,

& lay your Wier crosse vpon two billetts that the heat

of the hearth of the oven may come vnder them & over them

then in the evening you may box them & keep them all

the yeare

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216 To candie pippins that shall looke as

cleare as Amber

Take faire large yellow pippins and pare them & bore

a hole through them & putt them in an oven earthen

platter into the oven, strow fine sifted sugar vpon

them, then sprinckle them in a oven lett your oven bee as

hott as for manchetts, stop vp your oven & lett them

remaine in your oven one half houre, then take

them out of the dish & lay them on a lattice of wire or

baskett makers rodds, & soe lett them dry two or three

dayes till they bee full dry then they will looke as clear

as amber & bee finely candied & you may keep them all

the yeare

217 To candie apricockes or prepare plums that

shall looke as cleare as amber

Take your apricockes or peare plums & giue every one

of them a cutt to the stone, in the hollow of the plums

then cast powdered sugar vpon them & bake them as

aforesaid then take them out of the dish & lay them

one by another on glasse plates & soe dry them in the

oven in three or foure dayes they wilbe through dry

& very finely candied, if you can gett glasse made

like marmalett bones to cover them that they may

lye over them they wilbe the sooner candied, this

is the manner to candye such fruites

218To make marmalad of Quinces

Take faire yellow peare quinces & boyle them tender in

their skinns and when they bee cold pare them & scrape

all the pulpe from the Qunice & take as much sugar

as that pulpe will weigh & boyle it to a candye height

with as much rose water as will melt your suger, then

putt in the pulpe of your quince into your hott

suger, & soe lett it boyle with stirring till you see

it stirr from the bottom of the panne that you boyle

it in, then box it & putt it into your oven or stove

vncovered & it will make crust on the Topp, & when

you see it hath beene drying two or three dayes & you

see it dry on the topp cover it & see you may keep

it all the yeare

219 To make rough red marmalad of quinces

Take a pound of yellow pear quinces being pared cutt

them in small square peeces, & putt them to a possnett

to a wine quarte of faire water, & a pound of fine

sugar & soe lett them boyle very tender close covered

till you see your syrop very redd & your quinces very

tender, then putt in the other halfe pound of sugar

into, & soe lett it boyle apace with stirring it till

it come from the bottom of the possnett, then you may

box it & keep it all the yeare & it wilbe as cleare

as Quidinock.

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220 To make marmalett of Oranges or Lemons

Take your oranges or Limmons and boyle them

tender & shift them in the boyleing in seaven or eight

waters to take eway the bitternesse from them, & when

they bee boyled very tender stamp them in a stone

morter with the pape of halfe a dozen pippins, then

strayne them through a peece of cushion canvasse,

then take as much fine suger as they will weigh &

boyle it to a candie height, with as much rose=

water as will melt it then putt your Limmon

pulpe or orange into your suger & soe lett it

boyle with stirring it till it come from the

bottom of the posnett, then you may box it &

keep it all the yeare

221 To make marmolett of Damsons

Take a pound of damsons being stoned, & the

skins off them & boyle them tender on a chafing

dish with stirring it putting in a little rosewater

in the boyleing, & soe pap them with the back of a

spoone in the boyleing of them, & when you see

the pulpe of the damsons grow somewhat dry

then take as much suger as it weighs being beat

to fine powder & soe boyle it apace with stirring

it till it come from the bottom of the vessell that you

boyle it in to the top then you may box it & keepe

it all the yeare.

222 Another way to make marmalett of Damsons or

any other sort of plums

Take a pott of damsons & halfe a dozen of good relish

apples & bake them in an oven in an earthen pott

then strayne it, then take as, then take as much

suger as the pulp doth weigh & putt among it with

a little ginger beaten, & soe boyle it to a marmalett

& box it & store it & you may keep it all the

yeare, if you please you may sweeten it with fine

suger, ginger, a little rosewater, and soe boyle it

together but not halfe soe high as for marmalett

and soe you may keepe it all the yeare.

223 To make Court ffritters

Take a pint of sack & make a possett with sweet

milke from the Cow, then take the curd of that

possett & putt into a bason with the yolkes & whites

of halfe a dozen eggs, seasoned with a little nutmegg

& soe beat it with a birch rodd till you haue beaten

the possett curd & eggs well together then putt fine

flower into it as butter for fritters, & take clarified

beefe suett & then boyle them as you doe other comon

fritters & they will eat delicately, shave suger on

them & soe serve them

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224 To make another kind of court fritters

Take a pinte of very fine flower & two or three

eggs, & boyle them in sweet butter as you doe a

hastie pudding, & when you have boiled your flower

& eggs in the forme of a hasty pudding then putt

it into a stone morter & putt in it the yolkes of

halfe a dozen eggs season it with a little nutmegg

& a little suger, & when you haue beaten these well in

a morter together, putt it into an Iron spout that

hath Iron on the end of it like a crosse ^ or mallett, soe

spout it into your hott lard, & you may throw in

Knots in spouting & when they bee boyled in lard

serve them & shave suger & they will eat most

delicately, & they will marvayle how you make

them because they come in knotts, a plaine

fritter spout will make them

225 To make pancakes that shall bee soe

crusty that you may reare them

Take a pinte of fine white flower, the yolkes of

six eggs, & th3e whites of two, make all this to

butter with a little warm water, a little sack,

season it with a little cloves, mace, & nuttmegg,

when you haue made them into butter, bake them in

the least frying pan you can gett, bake them not

too much, then boyle them in lard as you doe

your fritters, & when you haue done them they

wilbe as Crispe as wafers & they will marvaile

how you make them soe crispe

226 To make white ginger bread

Take halfe a pound of Almonds, blanch them & then

beat them in a morter till it come to perfect past

putting now and then one spoonefull of rosewater

to keep them from oyleing, season it with cynamon &

suger, the weight of six pence in annellseedes &

liquoras, all this being beaten to perfect past, roule

it & print it with your molds, then dry it in your

oven a little and soe friue it

227 To make white leach of Almonds

Take Almonds being blanched out of the cold water

& beaten in a stone morter putting now & then a

spoonefull of rosewater, then take a pinte of sweet

milke from the Cow, & straine your almonds withall

then beat the rest of your almonds & straine that

milke till you haue taken all the substance out of

your almonds, putt your milke vpon a chafing

dish with coales, with two ounces of Isinglasse four

ounces of sugar, a peece of whole mace, a graine

of muske, & soe lett it boyle leisurely on a chafing

dish of coales halfe an houre, then lett it runn

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through a strainer into a faire boyle meat dish..

soe when it is cold you may slice it & friue it

vpon a glassse plate, or your Cooke may friue

it vnder covers of puff past.

228 To make Christall Ielly

Take four calves feet & flea them, & lay them in

faire spring water, lay with them a knockle of

veale, shift it in halfe a dozen waters, take out

the fatt betwixt the claws but doe not breake

the bones, for if you doe the marrow of the bones

will staine the Ielly, when you have soaked &

pickt them cleane boyle them very tender in Spring

water, & when they bee boyled take them vp, & you

may vse them at your pleasure to eat, & lett the

broth stand in an earthen pipkin till it be cold,

then take away the bottom & the top, & putt the

clearest into a pipkin, putt into it halfe a pound

of suger candie, three dropps of nuttmeg oyle &

three dropps of of oyle of mace, a graine of musk

& soe lett it boyle leasurely a quarter of an houre

then let it run through a Ielly bagg into a silver

dish, or into little carcles, the lumps being

taken out with a childs spoone, & this is . the best

way to make your christall Ielly.

229 To preserve green Codlings

Take green codlings the bigness you like best, cutt off

the . topps of the stalkes & putt them, into a pinte

of faire water close couered, & sett them on the fire

till they bee ready to seeth, then take them off and

pill them, putting them into the same water againe

then sett them againe on the fire, till they are hott,

then take them off againe & lett them stand covered

till they are allmost cold & vse them after this

manner, setting them on the fire and taking them

off till they bee almost as greene as you will

have them, then take their weight in sugers putting

halfe of it into the pan wherein you preserve, then

put the codlings to that suger, & straine the remainder

on them, putt in thereto as much of the water

& when your suger is melted boyle them vp as

fast as you can & being done putt them vp in glasses

230 To make Limmon cakes

Take halfe a dozen of Lemmons if they bee cleane

without spotts, wipe them cleane & if they have

spotts cleanescrape them, & pare the thick rind of them

& pound the rind in a stone morter & as they begin

to bee small in the beating you must putt in some

Iuyce of Limmons, it will make them beat the

better without lumps, your sugers must be beaten small

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small searsed and preserved with ambergreese and muske

ready to be put into past. you must ^putt in as much sugar as

will make the past stiffe enough to make pasteeles to

make them vpp in little cakes, and dry them from

the fire;

231 To make an excellent good Ielly

Take three Gallons of faire watter, boyle in it a knockle

of veale a Calves foote sliced in two. lett it boyle

till it come to hard Ielly, then take it & straine

it from the meate, & lett it stand all night, and the

next morninge take awaye the topp and bottom,

take to every quart of this Iell halfe a pint of

sherry sarhe halfe an ounce of sinamon and soe

much sugar as will season it, sixe eggs the white of

them well beaten mingle all these together, then boyle

it halfe an houre and lett it runn through your

Ielly bagg.

232 To make mushrooms.

Take almonds blanched & beaten with a little rose watter

and as much sugar as Almons, then drye them on a

Caffenige dish of Coales, then take the whites of three eggs

being very well beaten which is a proortion to halfe a pound

of Almonds when your Almonds are reasonable dry

dry but in the froth of the eggs, then stirr it together well,

then put it on a pyplate in Lossinges, and soe bake them, and

when you thinke theye be enough take them out and putt

them in a dish and set it at the mouth of an oven,/

233 To preserve ripe Apricocks

Take to them theire wight of sugar pounded very small.

Stone them and pare them, and putt them into a plate straw the

sugar on them and lett them stand till the sugar be almost

melted, then lett them on Embers and when it is melted boyle

them till theye be very tender, turne them in the Ciroppe

least theye burne. then putt them into a Glasse;

234 To make Ielly of rasberryes or goosberryes

Put them into a flaggon, stop it close, boyle them in a

pott of water till they are very soft, then strayne

them, take to a pinte of them a pound of suger putt

to the suger a little water, boyle it to a very thick

syrrop, then mix it together & putt it into your

glasses & put into your stove

235 To make past of rasberryes

Take red rasberryes, put them into a flaggon, stopp

it close, boyle them in a pott of water, but lett not

the .ome in, boyle them till they bee very tender

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then strayne the syrop as cleare out as you can

then take old pippins & boyle them in a skillett

of water till they bee very tender, then take out

out all the pape of them & stamp it in a morter,

then mix it with the syrop as much as will make

it redd, & sett it on coles then lett it simber till

it bee still, take the weight of in suger, &

putt the suger into a skillett with as much water

as will wett it, boyle it to a very thick syrropp,

then mix it together, & boyle it till it stand,

then putt it on a plate & putt it into a stove, &

when it is stiffe cutt it into what fashion you

will, lay it on glasse plates, & turne it every

day, till it bee dry, but lett not your fire bee

very hott in you stove

236 To dry greene plums

Take plums before they bee ripe pare them & putt

them into cold water in a skillett, cover them and boyle

them till they are tender, then take them out of the

water & take to them their weight of suger pounded

& putt it in a skillett with as much water as you

thinke will cover the plums, boyle it & scum it

& when it is very thick syrop putt it to the plums,

cover it warme them every morning scalding hott till

they bee very cleare, then take them out of the syropp

& lay them on a glasse plates, putt them into a stove, turne

them every day on clear plates till they bee dry

237 To dry ripe apricocks

Take apricocks, stone them and pare them, take to them their

weight in suger pounded very small, take a quarter of the

suger & lay the apricocks in it till it bee all melted,

then boyle the in it till they bee tender, then take them

out of it, and make a syrop of the rest of the suger,

and boyle it till it will stand, then putt it to the

apricocks & lett them lye in it three dayes, then take

them out of the syrop and lay them on glasse plates,

& turne them every day three or foure tymes till they

bee dry

238 To make suger Cakes

Take a pound of butter and two quarts of fine flower

& a pound of suger and the yolkes of six eggs, temper

the eggs & the butter together, then putt in a little

rose water into the flower & when the past is made

then roule it out & make cakes & lay them on a paper

& bake them in an oven but not too hott

238 To dry cherries white

Take cherries that grow by the wall putt out the stones,

then lay them in a bason to keep the syrop that it run

not away from them, then take a good quart of water

and sweeten it well with suger, then putt in your

cherries & sett them over a hott charcoale fire

stirring

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stirring them soe long as you can with your hand

when it growes hott take a siluer ladle & stirr it

with that till they have boyled a good while, and

your syrop will looke very red, then take them

off the fire & putt them into a preseruing pott, &

sett them in a store covering them all night, the

next morning you must take them out of your

cyrrop and lay them on glasse plates till about the

tyme you did the the day before, then you must

make a very strong cyrrop of suger, & boyle it

till it bee allmost suger againe, then you must take

your cyrrop & putt it into your pott again, then pour

in that syrop & lett them stand that night, then

you must take them out and lay them vpon glasses

& ere they dry you must flat them and cutt away

the loo loose skin.

240 To preserve fruit greene

The fruit you will preserve greene must be gathered by

hand on the shade side of the tree & the greenest

you can gett, then take two skilletts of faire water &

sett them on the fire & when the water is scalding

hott take one of them & putt the fruit into it and

cover it close, & when the water growes lukewarme

take out the fruit & putt it into the other, & soe into

the third till they pill & then pill them soe fast

as you can, then putt them back into one of the skilletts

of water that you scalded them in, & these lett them

boyle softly vntill they looke green, then putt them

into your syrop of Suger & soe lett them boyle in

that till your syrop come to a jelly, then let them

stand therein a quarter of an houre, then take

them up & putt them in a glasse and stopp it very

close, take half a pound pinte of water to a pound of

suger, not as lsoe that in all preserves or

marmaladds greene or other you must take the

weight of suger to make it keep the better

241 To make rasberrye Cakes

Take your rasberryes being very ripe, bruise them

very small in a silver plate or cupp, then weigh

them with suger an lett it bee very good weight

then make a candie of your suger & putt it to

your rasberryes & stirr them well together, then

putt it out into some little thing & set them in your

store, & stirr them vp every day & soe lett them

stand till they bee dry.

242 To make Ielly of rasberryes

Take your rasberryes & putt them into and stop

them very close & putt it into a skellett of water &

when it hath boyled an hour take out the thin

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117 iuyce when you have as much as you will then

weigh it with suger, boyle them till they come to

a Ielly which you may perceiue by drawing

your finger on the back of the spoone

243 To candie the cleane rock candie

Make a syrop of suger & boyle in it nuttmeg,

cinamon, ginger, large mace, or any other kinde

of spice, boyle all these together keeping it

stirring vntill it come againe to suger, then

lay it on a paper, then take as much more syrop

and boyle it a manns Christi that a drop of it

bee as small as the haire of ones head, then

putt in your flowers & boyle them both, stirring it,

and laying it on a paper, whilest it become allmost

suger againe, & there in putt all your orange

warme, lett it boyle a prety while, then take

them out & lay them one by one upon a peele, &

putt them into an oven, that is not toe too hott

& there lett them stand all night

244 To make Quidinock of pippons

Take pippons and pare them, & quarter them,

leauing in them the coares, then putt them into

a possnett with as much spring water as will

cover them, to euery pound a quart of water,

boyle them till they bee tender & that they sinke

in the water, then strayne them if there remaine

aboue a quart of liquor, when it is strayned boyle

it againe & lett them come till they come to a quart,

then to a quart of that liquor putt a pound of

suger, & boyle it very fast till it will stand on

the back of a spoone like a quakeing Ielly,

then pour it into your molds the molds being wett

before, & when it is almost cold turne it upon

a wett trencher & soe slide it into a box, that

you which you will have red, lett it be close

towared & boyle it leasurely & when it is as

redd in your spoone as clarrett wine, then

boyle & box it as before

245 To make Ielly of pippons

Take the fairest pippins you can gett, pare, core

& quarter them, & to euery twelue of them, take a

quart of spring water, then putt them together in a

peserving pann, & lett them boyle till the sugers

bee all out of them, then strayne them hard

through a canvas bagg, & to every pound of that

take almost a pound of very fine loafe suger,

then putt that into a preserving panne, & lett it

boyle a pace taking off the scum as it riseth

as much as you can, & when it is boyled enough

that it be Ielly, putt into it the Iuyce of

Limons

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Limmons to make it as sharp as you like it,

then stir it well together, & putt it into your

glasses, & stirr them till they be jellied, if you

please to put oranges in it you must take the

best coloured oranges you can gett & pare them,

as you doe an apple very thin & boyle them very

tender, then make a syrrop of a quarter of a

pound of sugar, boyle the pills well in it, then

take them ont and shred them on a trencher,

& lay them on them on the bottom of your glasses

246 To make sorperto violetts

Take halfe a pound of violetts, & to that take a

quart of spring water, & boyle it & putt it boyleing

hott to your violetts, shift the violetts two or three

times & soe cover it all night, & lett it stand in a

hott place, the next day straine your violetts, then

to every pinte of that decoction weight a pound & an

halfe of suger, then putt your suger in a skillett,

& make it wett with rosewater, then boyle it to a

candie height then take it offthe the fire, then put

in the decoction of your violetts into the suger,

stirr it very well, then putt your sorpert into a

glasse gallypott pott then have ... a skillett

of water with hey in the bottom, & to cover

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& put in the suger by degrees, then lett them boyle

vntill they bee cleare as fast as possible, then put in

some iuyce of Limon to please your tast more or

lesse, you must alsoe put in some ambergreece

& muske being tied vp in a tiffanie, keep out some

of your suger, & put it into the jelly you make

of the pippins, you cutt of the slices & you must

have it ready when your slices are ready to putt

them in together, before they come off the fire you

must put them in white glasses, if you please you

may put more Ielly to them for it makes the slices

looke the clearer, there must be amber, muske

& limon in it, you may doe them either in

rennish whitewine or water which pleaseth you

best

250 To preserve rasberryes with Ielly

Take rasberries & pick out halfe a pound of clearest

fairest, then take out the rest & strayne out a pinte

of Iyce then take a pound of suger & put it into the

Iuyce, & boyle it to a weake Ielly, when it is cold

put in the rasberryes & boyle them fast vntill they

bee enough, & they will Ielly, then putt the rasberies

in glasses & poure the Ielly vpon them

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252 To dry cherries Mrs Wards

Take Cherries & stone them, then weigh

them & to six pound of cherries put one pound

& an halfe of sugar, beat it small & strew the

bottom of your pann with some of it, then lay

your cherries in & strew the rest on the topp of

them, then put in a little Jyce & sett them upon a

soft fire till they bee melted, then boyle them

as fast as you can, but not too long, then take

them off and lett them stand a night in the

syrop, & then putt them one by one upon a sive

& sett them in an oven or in the sunn; turning

them till they bee dry

252 The best way to preserve ripe apricocks

Take the fairest apricockes & give them their

full weight, & to every pound of apricocks putt

a pound of double refined suger beat your suger in

a morter, & to every pound of suger put halfe a

pint of water, let your syrop boyle till it bee

.. e and scummed, then take it off, & pare your

apricockes thin & give them a rut to the stone

on the clifted side, & putt them into your syrop

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and keep them on a gentle fire of Charcoale,

but one simpering heat, now & then letting it boyle

but not too fast for they are apt to breake if they

you bee not very carefull & shift them sometimes

with your spoone from the sides to the middle

of the pan, lett them have roome enough in

the pann, that doe not crush one another

thus you may, haveing a care of breakeing them,

keep them upon the fire sometimes on & sometimes

off, two or three houres, then take them off

& lay them wpon a pie plate one by one, & let your

syrop boyle till you have scumed it very

cleane, then putt them into your pan, & the

next day tie them up close & soe lett them stand

tenne dayes or a fort night as you see cause

then putt then gently into your preserving pann

& sett them on a slow fire of Charcoale, & then let

them bee cleane scumed as it riseth in froth, &

turne them the up side downe in the pan, be carefull

that they stay not soe long on the pann fire as

that they either breake or gett any more color

then is fitt, as they wilbeapt to doe if you be

not alwayes lookeing to them, then to take them

up & lett the syrrop boyle, & scum it cleane

but

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but let it stay noe longer then it keepes

a good colour for it will grow too darke if it

stay too long on the fire, then take your apricocks

off the pieplate & let them be put carefully

into a bason, & pour your syrop to them, & soe

let them stand open that night, the nextday

put them into your potts being scalded the night

before & very dry, then stop them close & they

will keep a yeare.

253 To make past of greene pippins

Take pippins before they be ripe, pare them very

thin, & slice them into cold water, then boyle them in

a skellett of ffreshwater, & when they be boyled

very tender & green take them out of the water &

keep the hott, then pound them in a morter, &

straine them and take their weight in the suger &

putt to the suger as much water as will melt it

then boyle it to a very thick syrrop and then mix

it together & boyle it together till it stand, the

put it on a plate & put it in a stove & when it

is stiffe cutt it into what fashion you will &

lay it on glasse plates, & turne it every day

on cleane plates, let not the fire be too hott

in the stove.

254 To make Almond Cakes

Blanch your Almonds in cold water & beat them

in a morter with suger finely searged, take

two spoon fulls of rose water & boyle a little

gumdragon in it then beat it with your Almonds

and suger, till it come to draw them roule it

out & mold it & dry it, & soe the like for

Quinces but your quinces must first bee

preserved

255 To preserve oranges in slices mrs

Traughton

Take the best oranges you can gett, pare them

& water them, two dayes shift them twice a day

then boyle them in two or three waters, & as

you shift them within with a cloath let them be

cut in halfes when they are watered, & when they

are boyled tender cut them in peeces quarters,

then slice overthwart in extream thin slices. then

take apples or good pippins & pare them & slice

them, & into a pot of faire water put in 24 apples

boyle them & the water together till the apples

be boyled very tender then strayne the liquor from

the apples & weigh it & take to a pint & a halfe

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of liquor one pound & an halfe of suger, wet

your suger with twenty spoonfulls of rosewater

to make a syrop, then set on your syrop & when

it boyles put in your oranges which must be six

ounces, when they are boyled cleare put in

your liquor of apples, then when you finde it to

Ielly put in the juyce of two oranges & limmons

& when it is boyled to a Ielly againe put it out

into cleare glasses, a little after you haue put

in your iuyce put in a little muske & amber

tied vp in a fine tissange.

256 To dry the meat of Limmons whole

mrs traughton

Pare & pill off all the white of your Limmons

& lay them in faire water one day & a night, then

put them into a skillett of faire water ready to

boyle, & let them stand simpring on a gentle

fire till they bee tender, then take them off &

dry them in a cleane linnen cloath & weigh them,

one pound of limmon to three quarters of a pound

of fine loafe suger, wet your suger with faire

water & let it boyle to a gentle candie, then put

in your limons & let them stand a very little

while on the fire, then put them into a

stone bason, & let them lye in the syrop till it

bee neere consumed, heat your syrrop once a

day but not your Limmons & turn your Limons

when you heat your syropp, then take four them

from your syrrop, & dry them from in your stove,

you must bee very carefull that in your the

pilling or boyleing you doe not breake the vnder

skinn for if you doe your lemon will never

dry nor candie

2567 to preserue pippins in slices

Take a pound of refined sugar, a pinte of water

& the white of an egg, beat them well together

till your suger bee dissolved, then sett it on

a quick fire, & take away the scum as cleane

as you can possible, but strayne it not, your pippins

being sliced round put in as many as the syrop

will couer, still keepeing them boyleing as fast

as may bee, when the syrop begins to grow thick

put in one pound of juice of pippins made thus

pare & slice pippins into cold water, & sett them

a seething on a quick fire, & when the pippins

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a tender strayne away the pippins Iuyce & put

it to your preserued slices & keep them still

boyleing apace till it Ielly, then put into it two

spoonfulls of the juyce of Lemons take it

from the fire as soone as the Iuyce of limons

is in it, it must be very carefully scumd as

long as it is on the fire, then put it vp in

your glasses with a lay of Ielly, & a lay of

slices

259 To make conserue of Burrage

Take halfe a pinte of burrage water. Still it

full of burrage flowers, soe set it by the fire

till the strength be drawne out, doe soe two

or three times, when your liquor is strong sett

it on the fire with as much suger as will

sweeten it, when it boyles put in as much

pickt flowers as will make it as thick as

conserue, then put in a little ambergreece

& the Iyce of a Limon, then boyle it till it

come to a conserue still stirring it, when you

are ready to take it vp put in a little

more Limon

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then take them out and lay them on glass

plates or tynn, & soe let them to dry well,

shifting them once before you lay them to dry

in the sunn, then sett them in the sun before

some glasse casement, for the refleccion

of the glasse giues a greater heat then if

it were in the open ayre, then shift them

once or twice a day vpon cleane plates till

tehy bee through dry, then box them vp &

they will keep all the yeare

2621 To preserue cherryes in Ielly

Take ale pintes of faire conduit water,

one pound of Kentish codlings pared and

quartered, then take one pound & a quarter

of well coloured cherries, then take the

stalkes from them & crush them into the

water and codlings & set them on the fire

& let them boyle very fast takeing the

frothy scum from them, & when you doe

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thinke they bee almost halfe boyled away

poure it forth through a faire strayner

then you must put into your liquor one pound

& an halfe of suger, then you must take me

pound of the fairest cherries you can gett,

then lett them seeth together as if they were

peeces of beefe & when you see it begins

to Ielly then they may be put into your

glasses

262 To make marmalett of Apricockes

Take your Apricockes & pare them & then cutt them in

halfes, then cutt them in thin slices as long as you can

make them, then take double refined suger, three

quarters of a pound to a pound of apricockes, put as

much water to your suger as will melt it, then sett it

on the fire & let it boyle to an high candie, then putt

in your Apricockes & let them stand & scald vpon the

fire without boyleing & when they are cleare you

must take them off & put them into your glasses &

after they are cold the next day set them into your

stove.

263 To make Cakes of any Plums

Put your Plums into a pott or Iugg, then stopp it &

boyle it in water about an houre or more till the

plums be tender, if they bee white plums lett them

not boyle too long least it make the colour too deep,

but as soone as they are any thing soft take them

vpp, you may pour out the cleare Iuyce & make

cakes of it by it selfe if you please & of the

thicker substance by it selfe, when you haue

taken the scum & stones firm it, & for both

these take their weight in suger, & wett your

suger with faire water, then boyle it till it

comes almost to suger againe vpon some embers

to boyle scald but not boyle, then stirr it

softly & if any froth appeare in it take it off,

& when you haue thus kept it stirred vpon the

embers halfe an houre or something more, that

the suger be well melted & mix twith the

stuffe & begins with the stirring to come from

the sides of the dish, then take it vp putting

it into sawcers or marmalett glasses, &

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set them in the sun or stove till they bee

candied dry on the topp, then you may turn

them out vpon trenchers & dresse them as you

please & soe lett them stand till they bee dry

thus may you make cakes of any fruite

but for apples you are to scald in water & pill &

greene them, & then to take the green out of them

crushing it small to put to your suger when it is

boyled, as for the plums & also quinces, boyle &

pare them, & being tender crush them, & mix

them with boyled suger as the other, scald it &

put it forth either in molds or saucers or

vpon trenchers to dry, of this you may make

white marmalett or cakes whether you please

264 To make conserue of Cherries

To a pound & an halfe of cherries the stones being

pulled out take halfe a pound of suger beaten, put

to it about three spoonfulls of the Iuyce of

cherries & three or foure spoonfulls also of

water to them, soe set them on a good fire of

charcoale & let it boyle very fast, as the scum

rises take it off & as it boyles with two spoones

breake the cherries & stirr them, leting it soe

boyle till it begin to come from the sides of the

skillett, which wilbe about an hour, then take it vp

into potts or Marmalett glasses, & soe keepe &

cover it close with papp er pricked & it will keep

the better.

266 To preserve white grapes greene

Gather them before they be ripe, cut three or

four off a bunch, then haue water allmost scalding

hott & put in your grapes & cover them & let them

stand halfe an houre from off the fire, then

have another skillet with water ready to seeth

& put them into that being taken out of the

other, & let them stand in that a very little

while, then take them out & pill & stone

them, haue alsoe

& when it is ready to boyle put them in, & let

them boyle halfe an houre to easily, & being

taken out let them drayne a quarter of an

houre, then wigh them against some suger

allowing to every pound of suger two ounces

more then of the grapes, but you must

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searce the suger, & lay some first in the bottom

& then your grapes & the rest on the top, putting

in but a little water, & let them halfe an houre

& let them be taken out & put into a glasse with

the syrop.

267 The lady Northumberland s perfume

Take Benjamen three ounces & an halfe, bruise it

some thing small lay it in steep three or four dayes

in Damask rosewater, then take halfe a pound

of rose rootes beaten as small as any conserve

then put it in the benjamen with halfe a quarter

of an ounce of muske & soe much Civett, soe

beat them well together & make them into little

Cakes, & place them betweene three rose leaves

& lay them in papers over a dry roome without

fire

268 To make a quakeing pudding

Take halfe a penny role of the finest white

bread that is tale, & grate it very small that

there bee noe lumps in it, then take a pinte of

sweet cream, 8 yolkes of eggs three spoonfulls

of fine flower, halfe a nutmeg grated, a little

salt & suger to your tast, bind all these together,

& take a napkin & wet it in cold water, & dureing

wring the water out of it, or butter it dry, & tye

vp your pudding in it very close, but leave roome

enough for the pudding to swell in it, the water

must boyle before you put in your pudding, then

let it boyle a full howre, then dish it & put

beaten butter with rosewater & suger into it,

you may if you will put noe flower to it but

the mroe bread

269 To make a sack pudding

Take halfe a pinte of cream & three eggs & beat

in a spoonfull of sack & a little beaten mace suger

& salt to yowr tast, two handfulls of reasins, then

with grated bread make it as thick as butter,

then take tins such as you bake your bisketts

in, or if you haue not such then take plates

& butter them & putt your stuffe in them with a

little sweet butter, & when they are well

baked turn them out vpon pie plates & straw

some suger on them, & wring the Iuyce of a

Limmon on them, or of an orange & soe

serve them.

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270 To make pudding cake

Take a loafe of grated bread & halfe so much

flower & a good deale of suet sread small, & a

little sliced nutmeg four yolkes of eggs, & two

whites, some suger & cream, make it thick as

past & fry it with a little sweet butter

scrape suger on it & serve it.

271 To make a pudding in a dish

Take a pinte of cream & four eggs, you may

leave out one white if you will, & beat all

together, then take a good deale of suett

minced small, season it with salt, suger,

rosewater, nutmeg, & flower to make it as

thick as butter, then butter the dish & bake it

it wilbe baked in halfe an houre

272 To make a wine pudding

Take two white loaves, & slice them very thinn,

& halfe a pinte of white wine & suger to your tast,

your wine must be sodden, & then take eggs, &

beat them with a little rosewater, sliced Dates,

marrow & a little mace beaten, mingle all these

together & bake it

273 To make a bread pudding

Take milk or cream & boyle it, then take Almonds

& beat them with a little rosewater, then take the

cream and Almonds well beaten & six yolkes of

eggs well beaten, & straine them into as much

bread as you thinke fitt with suett, nutmeg,

currans, & mace, mingle all together & bake it

or boyle it which you please.

274 To make a pudding of barley or rice

Take a quarter of a pound of french barley, & lett

it lye in water 24 houres, then boyle it very

tender, then take as much cream as will

cover it & boyle it in a skilett & put to it a

little Synamon & mace, & when it is boyled put to

it bee the barley, & let it boyle till it be as

thick as may bee, then pour it into an earthen

pan & put suger to it, three yolkes & whites

of eggs, halfe a pound of beife suett, a loafe

& an halfe of bread grated, two spoonefulls of

rosewater, one of sack, one graine ofmuske &

a handfull of reasons with a little limon pill

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275 To make a shaking pudding

Take a quart of the thickest cream & boyle

in it a nutmeg, cutt in small peeces, with a little

mace, synamon & ginger, take 8 yolkes of eggs

& put one white & beat them very well, then take

a quarter of a pound of Almonds blanched and

beat them with rosewater, straine into the cream

the eggs, & the almonds together through a hair

sive, slice in a nuttmeg & a little fine flower

then season it with salt & suger, then take a

wett cloath & rub it with flower & tye it vp &

boyle, let the water boyle before you put in

the pudding an hour ill boyle it, then take

a little whitewine & suger & sweet butter

& melt it & pour it on the pudding for sauce,

thus you may make an Almond Custard, onely

your pudding must be stiffer with Almonds,

boyle it vpon a pott that seeths

276 To make an Almond pudding

Take half a pound of Almonds blanched & beat

them in a stone morter, very small, & in the

beating putt in a little rosewater, & a little

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279 To make marrow bone puddings

Take the pith of an ox, & pill it, & wash it in

faire water first, & then in a little rosewater &

after beat it in a dish with a spoone very well,

then take a pinte of cream & in it a race of

ginger, a little synamon very small & a nutmeg

quartered, all which being boyled take a quarter

of a pound of Iordan Almonds, blanch them

first in cold water & beat them in a morter,

& keep them from oyleing with some of your

cream, & stirr them amongst the pith, then

take a good of quantity of suger, & beaten

sinamon & a little sliced nutmeg & six spoonfuls

of rosewater, & a little salt, & the yolkes of

eight eggs, & the whites of foure of them, & a

little ambergreece, a spoonefull of grated

bread, & the marrow of nine marrow bones,

cutt out in prettey peeces, then prepare the hogs

gutts very cleane, & lett them lye a while in

rosewater, & so fill your puddings, beat your

ginger with your almonds & straine them

into your cream

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280 An Excellent wash for the face

Take halfe a pinte of Canary sack, a pinte

of plantine water, mix them together, take

halfe an ounce of white poppie seedes, tied in a

cloath, & water it three dayes shifting the

water thrice a day, then pound them very well

in a wooden dish, then take a quarter of an

ounce of bitter almonds blanched in cold

water, then pound them & the poppy seedes

together, then strayne them into the sack &

plantine water, then put thereto 2 quarter

of a pound of white suger candie pounded

small, then take the whites of two new layd

eggs, beat them very well, & put them with

the rest of the Ingredients, then put them into

a quart bottle & shake them well together for

an hour or more, then keep it for your vse,

shaking it when you vse it

281 To make french bread

Take one ounce of Carraway seedes & two ounces

of suger, & mingle them together, with two eggs

beaten & put to it, then take halfe a pinte of

milke & heat it scalding hott & put

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halfe a pound of butter into it, when the butter

is melted stirr it, & put to your seedes and

suger, & stirr it well together, then put in as

much flower as will make it into past, with a

little good barm, it must be very tender as you

can handle it, then make them vp in little

rowles & prick them through, & put vpon every

roule some carraway comfitts, & bake them on

paper,

282 To make black puddings

Take a quart of sheepes bloud & four quarts of

cream, ten eggs the whites & yolkes beaten

very well together, then thicken it with grated

bread & oatmell finely beaten, of each a litle

quantity, beefs suet shred & marrow in little

lumps, season it with a little nutmeg, cloves

and mace, mingle with them a little salt, sweet

margerom, time, savorye, & penny royall shred

very small & mingle with the other things

283 To make sausages

Take a leg of yongue porke, cutt away all the

fat cleane, & cut it in thin slices then put to

it ... pound of beefes suet, soe mince it as

small as you can, till it worke like past

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then season it with an ounce of pepper,

a quarter of an ounce of mace, as much cloves

finely beaten, a good handfull of sage finely

chopped, ten eggs, with the whytes of fiue of

them, as much salt as you thinke fitt, soe stir

them well together with your hand, & if you will

fill them in hoggs gutts, but seeth them not

till you vse them, & then either fry or boyle

them, you may if you please make them vp

in past, as you vse it, roule it out in sausages

with either grated bread finely sifted or

flower, & haue your butter in your frying

pan very hott before you put them into

the pan, & then fry them & they will bee

very Crispe

284 To make a Pie of pine apple kernells

Take 12 hard eggs, all the whites except 5

chop them very small, then take as much

beefes suett as you thinke will amont to the

Quantity of the eggs chopt in the like

manner, take about three quarters of a

pound of Cre Currrans, one ounce &

an halfe of pine apple kernells, or pistatos

either will doe well, take six dates three of

them minced small the rest cutt in quarters

some marrow, a nutmeg or a little more, two

or three ounces of suger, three spoonfulls of

rosewater, halfe a spoonfull of salt.

285 o make a white pott

Take a pinte of cream boyled with Mace & when

it is cold take six yolkes of eggs, & two whites well

beaten together, & mingle it with your cream, season

it with suger salt & nutmeggs, then take a

handfull of raisons of the sun stoned & two

dates mingled, & a little bread thin sliced, &

lay them in the bottom of the dish, then pour

a little of your cream vpon it, then lay on a

little more bread, then pour on a little more

cream, soe doe three or foure times, bee

sure your bread be well wett, then take

the marrow of two bones, & breake it in

good big lumps & put it in, then sett it in the

oven, an houre will bake it strew suger on

it & soe serue it

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286 To make ffritters mrs Ward s

Take an handfull of Curdes & an handfull of

flower, & ten eggs both whites & yolkes then

strayne them all together, & put to them suger

cloues & mace, stir it all well together, then

set your suet on the fire, when it is hot put

in your stuffe by spoonfulls, when they are

browne take them vp & cast suger on them

287 To make a fresh Cheese

Take the bag of runnett & let it lye two dayes in

water & salt, being wel washed, then putt it in

a pott with a pinte of common vinegar, or a little

more, & a handfull of salt, & soe let it stand

close stopped a fortnight before you vse it,

& when you vse it, take a pottle of new

mike being as warm as when it comes from the

Cow, then put in a spoonfull of the runnett, & soe

heale it close till it bee come, then breake it

very small with your fleeting dish, then put in

suger as you stir it till it be as sweet as you would

haue it, then put it in an earthen Colander, &

let it stand till the whey be run out, & soe put it

into the cream.

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293 To make bean bred

Take a pound of almonds and blanch them in cold

water, then slice them as thinn and as broad as you

can, then take a pound of sugar and two spoonfulls of

rosewater and two or 3 spoonfulls of flower and

the whites of two eggs, beat all together, til they

bee mingled, then putt to it some Caraway comfittes

and drop on waterd paper and put them into the

oven.

294 To make goosberrie Cream

Take a pinte of goosberries, better then halfe a

pinte of water, boyle this to mash, take the yolkes

of 6 eggs well beaten and thick, the goosberries

still keep a stirring, after it hath boyled well

sweetenit with sugar, a little rosewater, muske

and amber so serve it cold. you may make

custard the same way adding more eggs and

straining the mash and boyling it more, this way

you may make cream of green grapes.

295 To make a cream sillibub

Take a quart of Cream and a quart of wine and the

whites of 4 eggs and the juyce of a lemmon and

cutt the lemmon and put it in, then beat it with

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a rod a quarter of an houre, then straw in some

sugar and beat it still til it haue a great froath

then take it off with a spoon and lay it in your pott

and beat it again, then lay in more, then beat

it til no froath wil rise, and as it rises still

take it off and lay it in the pott, a pound of

sugar wil sweeten it

296 To make lemon Cream

Take a quart of cream and boyle it a pretty

while, beat 4 whites and 1 yolke well & putt

it into the cream and let it boyle, then take it

off and put the juyce of lemons into it til it

turne into curds then ... it vp for one hour

take it off and season it and serve it

297 Rasberrie Cream

Take a pinte of Cream & put it to boyle, beat

the whites of 3 eggs well, put in you r eggs

a leaf of mace, a slice of lemon pill,

boyle it til it thicken, season it with sugar

and straine it, beat it well in your dish, boyle

rasberries well and mix them together

then dish it and straw it with some of the

juice

298 Codling creame

Take a quart of Cream, boyle it, beat the whites

of 3 eggs put them into the cream, boyle in it

sugar, take good codlings slice them and make a

mash of them, sweeten it well mingle it with

your cream and streine that and beat it well

with a spoone and dish it

299 Cherrie Cream

Take cherries stone them, boyle them with as much

water as wil cover them, let them boyle a good

while with some sugar, boyle your cream to a

good thicknesse, and let it almost coole, then

straine you r cherrys mix them with your cream

and beat it well and vse it.

300 Rosemary water

Take of rosemary flowers and bugglas rootes

of each 4 ounces, of red preserved quince 4 ounce

of white wine a quart, putt all these into a glasse

and let them stand close couered for a day or two

then distill it in a glass still and put into the glasse

the water drops into some sugar candie finely

beaten, and when it is stilled stop it and sett in

an oven after bread.

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301 To make a possett

Take a pottle of good cream, boyle it with some

cinamon, and 3 or 4 flakes of mace, take 18

yolkes of eggs and 8 whites beat them well and

mingle them with a pinte of sack, put in 3

quarters of a pound of sugar to the eggs, &

sack, a grated nutmegg, a little beaten cinamon

sett your bason on the fire with your wine and

eggs and let it bee hott, then take the cream

boyling.

302 Almond Creame

Take a quart of cream and the 3d part of

a pound of almonds beat them very small

and mix them very well with the cream

and straine it, then boyle it over a gentle

fire til you thinke it of a fitt thicknesse,

you may put in some mace if you please

sweeten it to your taste and dish it.

303 To make gather'd Creame

Take two quarts of good thick cream, set it

on the fire vntil it begin to boyle, then

take it off the fire, stir it till it bee

almost cold, sett it on the fire againe

thus done very often till it bee good and

thick, then take a quart of good new milke

ready to boyle and your thick cream when you

take it into your new milke then cover it for halfe

a day and more if the weather be cold,

season it with sugar and take vp the vpper=

=most and dish it.

304 To make barley creame

Water french barley and shift it for two dayes

beat it and rub it well til the huskes bee cleare

off, boyle it still stirrring, shifting it with warm

water vntill it bee soft and tender and very white

then straine it with a spoon through a Collender

then season it with rosewater and sugar and what

els wil please your tast. if you would haue them

very white beat almonds & straine them into it

305 To make Rice cream

Take halfe a pound of rice beat it and steep it

in a pinte of new milke over night with a sliced

nutmeg in it, in the morning straine it then

take a quart of creame and another pinte of

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milke, a blade of mace, then boyle it to jelly

height, then sweeten a little rosewater with a

graine of muske dissolved in it, then dish it

that it may coole, it is best when it stands

306 To make snaile water

Take a good peck of garden snailes make a great

fire of Charcoale, and when they be well kindled

make a hole in the midst of them, and poure

in the snailes then shovel the fire over them

and let them burne till they leave off stirring

then take them out and wipe them severally

with a clean cloath, bruise them a little in a

stone morter, take three gallons of strong ale

and a gallon of sack, 2 good handfulls of

angelica, as much salendine, as much a quart

of rosemary flowers, shred the hearbes a

little, and put them first into a pot, then poure

in your ale and sack, with six ounces of harts

horne 1 ounce and an halfe of cloves then stop

vp your Limbeck with past and let it stand all

night in the morning put your fire vnder it

and receiue the water by pintes.

307 How to make the snaile sirrup

Take a peck of garden saniles in the shells and

prick them often in the shells vntill the shell

bee filled with juice and the snailes quite dead

then fill with the pointe of a knife the shell

with the juice in it with white sugar candy

beaten fine, then put them shells and all into

a tiffany handkerchief and tye the handkerchif

together and hang it on a naile setting a dish

vnder it, receiue the sirrup as it drops, often

shakeing the handkerchief vntil your juyce be

dropt out: so vse it by takeint a spoonfull in

the morning, at 4 a clock in the afternoone

and at night when you goe to bed

308 Sugar of Roses

Take of the purest red rose budds dried 4 oucnes

of the purest loaf sugar 12 ounces, powder them

both severally very fine, dissolve your sugar in

a little red rose water and boyle it to the consistance

of sugar, then take it off the fire scalding hott

and stir in the powder of roses and presently

cast it into what forme you will

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161309 A medicine for a Consumption

Take 10 or 12 garden snailes wash them well in

faire water half a dosen times afterwards in

a little wine, dry them well and shred them,

then boyle them in a quart of new milke from

a red cow vntill half a pinte bee wasted,

then straine it and put a little sugar candy

into it and a spoonfull or two of red rose

water, give half thereof in the morning

fasting and the other half in the evening

lukewarm. This is but an easy yet an

admirable remedy for such as are

exceeding weake in any disease.

310 Rice Cream

Take half a pound of rice beat it & steep

it in a pinte of new milk over night with

a sliced nutmeg in it, in the morning

straine it, then take a quart of cream

and another pinte of milke, a blade of mace,

then boyle it to a jelly height, then sweeten

a little rose water in with a grain of muske

disolved in it, then dish it that it may coole

It is best when it stands

311 Rosemary water

Take of rosemary flowers & buglass rootes

of each 4 ounces of red preserved quince

4 ournces; of white wine a quart, put all these

into a glasse and let them stand close couered

for a day or two, then distill it in a glass still

and put in the glass the water drops into some

sugar candy kindly beaten and when it

stilled stop it and set in an ouen after bread.

312 To get out the fire of burning or

scalding

Take the white of new laid eggs and labour

them with a stone of roach allum, til it

come to froth, then take a fine linnen cloath

and wet it in oyl olive and lay it next the

sore, then lay the froth upon the cloath, of

a good thickness, and binde it next the sore

with a cloath, dress it twice a day or foure times

313 A receipt for any paine proceeding from

cold approved bye Sir Fra: Willoughby

Take the powder of acornes with a spoonfull of

buttered ale or some hott drinke goeing to bed and it

will help you.

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314 A very good wash for the face against

pilling

Take half a pinte of canary Sack, a pinte of plantin

water, mix them together, take half an ounce of

white poppy seed, tyed in a cloath, water it

three times a day for three dayes together,

then pound them very well in a woodden dish

then take a quarter of an ounce of bitter

almonds blanched in cold water, then pound

them and the poppy seeds together, then strain

them into the sack & plantin water, then putt

thereto a quarter of a pound of white sugar

candy pounded very well, then take the white

of two new laid eggs, beat them very well

put them with the rest of the ingredients

then putt them into a quart bottle, and

shake them very well together for an houre

or more, then keep it for you r vse shakeing

it when you vse it

315 For the Cough

Take 4 ounces of brown Sugar candy, 2 ounces of

liquoras, one ounce of anniseeds, one ounce of

allicampane root root, make them all into

powder, and searce them, and take 6 ounces of

raisins of the Sun, and stone them, and beat

them all together in a stone morter, til it

bee paste, and make thereof pills as big as

peas, and take three at a morning and

three at night and a little conserve of

red roses after it and some times take of

them when you haue occasion to cough.

316 To make good almond cheese

Take almonds, blanch and beat them as fine

as for marchpan stuff, and take posset curd

made of Sack, and mingle it with the march

pan, then put it on a chafing dish of coales

boyle it with a little rose water season it

with musk and Sugar and fashion it vp like

fresh cheese in a bason pour a little cream

about it shake a little Sugar vpon it and so

serve it vp.

317 To make Hypocrist

Take 3 quarts of whitewine and a pinte of sack

and put into this one pound of hard Sugar

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and then brew it wel together, when this is

done put in one drop of Spirit of Cinamon

and as much cloves and so much of nutmeggs

and a very little musk and ambergreece, then

take half a dosen sweet almonds and blanch

them, & beat them, then bruise brew all these

together and strain it through a napkin

then sett it vpon the fire, a little vntill

it bee warm and so brew it a little

againe

318 To make Sack cream

Boyle a quart of cream on a soft fire til it

grow thick then beat six whites of eggs

with one yoalke, with a quarter of a pinte

of Sack, when they are wel beaten together

strain them, and put them into your cream

as it boyles, and as soon as it growes thick

take it off and shake it continually til it bee

cold then season it with sugar and serve it vp

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them out of the water, and lay them in a

clean woodden or earthen dish, then with a

sharp knife cut them in the middle and take

out all the succey part into a white earthen

or silver bason, and bee sure you pick all the

scales cleane out of it, and breake not the cross

skins that are in the middle of it then sett by your

juice and have ready two bell mettle pans with

faire water and sett them over the fire and when

one of them is ready to boyle putt in your orange

pills and let them boyle till the water bee bitter

then haue your other pan boyling and shift them

into that and so shift them out of one boyleing

water into another, til your pills bee very

tender and your water not bitter; this being

done take them vp and with a spoone take

out all the inside skins and throw them away

and then crush the pills a little between two

trenchers to take out the water and then with

a knife cutt them very small, then put them by

little & little into a stone or marble morter, and with

a woodden pestell pound it it very small till

it be like paste this being done take your

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juice which you pickt out and putt with all your

pills that you pounded into the morter, and

pound them together very well, then take it all

out of the morter and putt it into an earthen

bason, then take fine loade sugar & putt to it

the just weight, being finely pounded and

putt it all into a bell mettle pan and boyle it

all to marmalett. you wil know when it

begins to bee enough by the flying of it, you

may tye a little muske in tiffanie and

boyle it in it, and when it is ready putt it

in glasses or boxes and set them in a stove or

some warm place. you must before you

boyle it wring in the juice of a lemon and

that wil make it cleare, to every dosen you

must put in the juice of one lemon. you

must bee sure to keep it stirring for feare

it burne to the pann.

322 To make an Almond pudding

Take milke hot as it cometh from the cow and slice

bread in it all night, apinte of milke will steep a

penny manchett. then to this quantity take halfe

a quarter of a pound of almonds blanch them

and grinde them very small and as you grinde

them drop a drop or two of rosewater now and then

to keep them from goeing to an oyle; then take a

nutmeg and a quarter of a pound of sugar, beat

them very small, then take the yolkes of two

eggs and the white of one and mingle all these

foresaid things together and put them into it

and stick it full of marrow, then put it into

the oven and bake it and so cast a little

sugar on it and serve it to the table

323 The best way to preserve quinces

jellied

Core the quinces and put them into water & boyle them

then haue ready an earthen vessell of water boyling

and when you perceiue the water where the w

quinces are to change colour, putt them into the other

and let them boyle vntil the quinces bee tender

that you may easily thrust a straw through

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them then take them vp and pare them as soone

as may bee and put your double refined sugar into

the holes where the cores are taken out,

then weigh a pound of quinces to a pound of sugar

and a pound of water, clarifie your syrrop with

whites of eggs and after it is strained let

it boyle to a syrrvp then put in your quinces &

let them boyle as faire as may bee and to every

pound of quinces take a quarter of a pound of

double refined sugar beaten very fine and with

that sugar fill the cores of the quinces before

spoken of, and the rest strew on in the boyling

of your quinces and when you perceive the sirrup

to jelly and the quince inclineing to a deep colour

take them up and lay them in severall glasses and

receive reserue some of the sirrup to lay on

them

324 An excellent way to stew a rump of

bief

Take a rump of bief not too bigg nor too fatt, sprincle

it gently with salt, then take thyne sweet marjorum

beif suet and a little nutmeg & large mace all

minced together, then stuff your beif very well with

these things then lay it in a pott, poure on it half

a pinte of whitewine and half a pinte of whitewine

vinegar and as much faire water as wil cover it

and noe more, then cover the pott close and sett

it over a gentle fire to stew, the longer it is in stewing

the better. it is best to sett it on the fire overnight

vntill the next day at dinner, then take it vp and

lay sippetts in this dish, then your rump vpon them

and poure the liquor upon all too serve it to the

table

325 To make stewd apples in jelly

Take some pippins and pare them if they are bigg

cutt them in four quarters, if small, cutt them in

halfes, and cut out the cores, as you pare them

throw them into water and when all are pared

put your water and apples into a pan with some

sugar, 2 quarters & an half to eight great apples

and a little cinamon. in winter when your apples

have less juice you may put one glass of white wine

in it. boyle all till the apples bee soft, take them

out press them between two spoones, set them on

a plate then straine the sirrup through a double

cloath, then put it into the pan againe and

make a jelly thereof which you may know to bee

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enough if it drop from your spoone like ice

then take it off from the fire and when it is

halfe cold put it over your apples that are set

on the plate.

326 ffor the oppression of the heart

Take conserue of rosemary burrage 2 cowslipps

buglasse flowers, each an ounce mingle them

all together and add half an ounce of conserue

of alkermis, take of it every morning before

dinner the quantity of a wallnutt, and half

an hour after drinke a draught of clarrett

wnie with three spponfulles of burrage water

and sugar with a branch of rosemary in it,

stir it well together before you drinke it and

then walke an houre

327 To preserue oranges whole with their

meat in them

Take your best coloured Bermudas oranges, grate

off all the spottes on the vpper rinde and you

may grate them lightly all over, then giue each

four cutts on the sides with a knife through

the skin but not to the meate vntill you putt

them to the syrrup. keep the topps & bottoms

whole and lay the in water three or foure

dayes and shift them twice or thrice a day

then sett on two potts of running water sitt

to boyle your quantite of oranges, put your

oranges into one of them being cold, and then

make them to boyle aparte, and when the water

is bitter putt them into the other, but it must

boyle first, soe when you finde them very

tender, but suffer them not to breake, then

take them out and lay them vpon a cloath and

when they are well dreined from the water

.. weigh them and for euery pound take a

pound and a quarter of sugar, and then putt to

every pound of oranges a pinte of running

water. soe sett your sugar and water on the fire

and when it is boyled and scummed cleane put

it into a pipkin or other thing that may hold it, and

being cold putt in your oranges, then euery

morning and evening poure your liquor from

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your poranges and make it seething hott &

poure it on againe this must bee done for

eight or ten dayes together and when you finde

them very cleare, then boyle your sirrup and

putt to it almost a quart of pipin liquor if

you haue three pounds of oranges and the rest of

the weight of sugar that you haue out of

makeing your sirrup, which may bee a pound

and an halfe, and when your sirrup doth

boyle and is scummed, put in your oranges

and let them boyle keepeing them scumd

and when they jelly put them vp in glasses

or gally potts. after they haue laine in the

sirrup you may with a bodkin pick out all the

seed at the slitts on the sides before you boyle

them vp for all together

328 To make Scotch collepps

Putt of the fillett of the legg of veale to many

slices as will make a dish to fry, beat them

flatt and after hack them with the back of a

minceing knife on both sides then draw them

through with lard and beat them flatt againe

and fry them with butter, the sauce must bee

the gravy of the meat, a little verjuice,

butter, two anchoues, and a little sliced nutmeg,

and instead of verjuice pour on a little while

wine.

329 Almond cream

Take a quarter of a pound of almonds and lay

them in cold water till they bee well blanched

then beat them with a little rose water

and sugar and straine them with a quart

of the thickest and sweetest creamie

seasoned with muske and sugar to your taste

put it into a cleare skillett, sett it on the

fire and let it boyle a pretty while keeping

it stirring vntill it bee ready which you shall

see by the thicknese of it, then putt it into

a dish and serue it cold.

330 To make counterfeit red Deare pye

Take a fleshy piece of beif of the flanke without out

sinnews or fatt, beat it very well, then sprinkle

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it over with claret wine and let it lye all

night season it with pepper & salt & nutmeg

lay between every row of meat a row of

lard and put it into a coffin of dough with good

store of fresh butter in the midst of your lidd

and make a round hole to put in a galantine

which make thus; with clarett wine and

vinegar seasoned with ginger and sugar, boyle

them together and when this pye is halfe baked

put it in at the hole of your lidd shake your

pye that it may disperse all over and then

sett it in untill it bee baked to bee eaten

tow with mustard & sugar.

331 To make Almond biskett

To a pound of sugar take halfe a pound of

floure half a pound of almonds eight eggs

foure of the whites taken out, then wet them

with the rest, you must beat your almonds

before you mix them with the floure with a

little rosewater and put in what seed you like best

beat your eggs very well, then wet you biskett

342 To make camphire balls

Take two ounces of camphire, one ounce of orris

powder, twenty great almonds, two pennyworth of

rosewater, three pounde of sivil soap, wheat floure

three handfulls, Civet three graines, beat them

all together in a morter and temper very well and

so make them up To make black washing balls

take storax and beat it with them

343 Ielly of Raspaces

Set raspaces clean picked on the fire vntill they

heat drive out the moysture and with crushing

poure it out as it comes, soe to a pinte take but

halfe a pound of beaten lump sugar, then only

boyle it up, glass it & store it, for if it should

stand all night before boyleing it would not jelly

likewise too much sugar keeps it from jellying

344 A good receipt against the plague

Take an handfull of green elder leaues one handfull

of red bramble leaves, of rue, of sage of vertue

beat them all very fine in a stone morter then

put to them a quart of the best white wine

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let it stand halfe an houre close covered then

straine it out and put to it one pinte of the best

whitewine vinegar, and bottle it vp for your vse

shakeing it together when you vse it

345 To make pudding in balls

Take a penny loafe and grate it, a quarter of

pound of currans, a quarter of a pound of beef

suett, half a nutmeg grated, a spoonfull and an

half of sugar mingle them together, then take two

new layd eggs, beaten very well within a spoonfull

of rosewater, and with it worke them vp inwith

balls, and then take half a pound of sweet butter

and meet it in a pewter dish, and put in your balls

when it is hott keep your balls turning till they bee

done, the sauce is to bee made with reosewater

sack or vinegar butter & sugar.

346 A Spanish perfume to burne

Take of Benjamen, Storax, hard sugar each an ounce,

of musk ambergreece and civett each 12 graines

an handfull of damask rosebudds the white ends cutt

off beat them severall, first in a warm morter

and afterwards mix them into little round cakes

and lay them between two rose leauees flatting them

a little with your finger then dry them in the sunn,

layeing them severally in a sylver dish and

burne one or two of them on the coales and the

room will bee perfumed two houres after.

347 To make collerd bief

Take the thin flanke of bief and lay it three days

& nights in pump water and salt, then dry it in

a cloath, and take the thick skin off, then strew

it all ouer with pepper not brusied too small &

some cloves mace and nutmeggs, and some sweet

hearbes shred, afterwards roule it vp as close and

as strong as may bee, and binde it all ouer thick

and hard with packthred and put it into a deep

narrow earthen pott, that is fitt for it, and put

as much clarett wine to it as will cover it, cover

the pott close and sett it in an oven with houshold

bread, and when it is drawne take out the bief

whilest it is hott, hang it vp to let the salt drop

from it and when it is cold sett it to coole and it

will keep a good while.

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348 To make the Carraway water

Take two quarts of spirit of sack and put therein

two pounds of Carraway comfetts, aromaticum

rosatum, Laetificans Galeni, Diarbodium abbatis

species de gemmis frigidis of each three peny

worth and let it stand in a warm place for 14

or 15 dayes stirring it once or twice a day then

straine it and put therein of amber & muske

each 4 graines and if you please some leaf

gold.

349 To make red quince marmalett

Take your parings and cores of quinces and boyle

them in faire water vntill it tast strong of

the quineces, then straine it out and to a pinte

of that liquor take a pinte of good loaf sugar

and sett it over the fire boyle it & scum it, then

take a quarter of a pound of quince being cored

and pared & put put into the syrrup and let them boyle

vntill they looke cleare then take them off and sett

them ouer a fere embers and cover them close with

a shoot of paper, and a plate, and when the

sirrup lookes of the colour of clarett wine

vncouer them and boyle them vp as fast as you

can, breakeing the pieces of the quinces and put

them in againe & boyle them vp.

350 The best way for makeing Cheesecakes

Take 30 yolks of eggs and two whites beate in

very well stirr them in 3 quarts of milke, then

putt it on the fire and stirr it well, then take it

vp and putt it into a cleane cloath and hang it

vpon a naile to draine; then take a pound of

butter, and put it into it and breake it and the

curd together very well, and take a pound of

currans and mingle it all together then season

it with spice and salt as you please, and sweeten it

as you thinke fitt, then take three quarts of fire

floure and two ounces of sugar, and halfe a pound

of butter, to make your paste of what fashion you

please.

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351 To make one excellent black puddings

Take the blood of an hogg just as it comes warm

from him, and take a pottle of whole grates, and

put in while the blood is warm, and let them

steep a day and a night till the skin is cleane,

then take halfe a pinte of milke and the yolkes

of foure or fiue eggs and the whites of three

and beat them very well and mingle them very

well with beaten mace and cloves & nutmegg

with a bunch of sweet marjoram and the tops

of leekes and winer savage a little pepper and

salf to your tast, take a good handfull of bran

mingle these all well together and shred 4 pounds

of suet and so fill them into the skinns

352 Aqua mirabilis

Take gallingall, cloves, ginger, melilott,

Cardemom, mace nutmeggs, of each one drain and

of the juice of salandine halfe a pinte, mingle all

these made into powder with the juice and with a

pinte of good aquavitæ and 3 pints of good white wine

then putt all these together into a stillatory, of

glasse and let it stand all night and still it with

a soft fire as may bee the next morneing

the secret vertues of this water

first it discloseth the swelling of the lungs

without any griefe and if the lungs bee wounded

or perished it mightily helpeth them, and

comforteth them, it suffereth noe blood to

putrifie, the water being given to man, or woman

labouring towards death one spoonfull reviveth

them

359 To make a good jelly of hartshorne

Take three ounces of shavings of hartshorne which

put into three pintes of faire water into a wel

glased and clean pipkin with a quarter of an ounce

of marigold flowers and as many cowslip flowers

or a quarter of a pinte of cowslip water, cover the

pipkin very close and sett it all night on the embers

and in the morneing boyle it vp vntil it bee jelly

and try it in a spoone and when you see it strong

enough then straine, and put in your spice, and

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nutmeg, two races of ginger, a little cinamon, and

a small quantity of cloves, the Spice you are to putt

in according to your tast, and boyle them over the fire

a while, then clarifie it with the whites of 2 or 3

eggs and put in the pill of a lemmon with your

spice and boyle them together and when it is well

clarified take it off and season it with the iuice

of a lemmon & sugar and run it through a jelly

bagg

354 To take away the holes of the Small pox

Take strong distilled vinegar and wash one day your

face with it, the next day take bran mallowes

and water boyled together till halfe bee consumed

wash that day with that, next day with vinegar

and the next day with your bran water againe

and so it will take away the holes & redness and

if the distilled water of egg shells is to bee had

wash your face with it as you goe to bed and in

the morning with that of bran.

355 To make an excellent lip salve

Take of fresh butter out of the churne six ounces

beat & wash all the whey from it and then put it

into a preserveing glasse and let it melt gently in a

skillet of warm water, and when it is well melted

cast it into a bason of cold water and let it stand

vntil it bee cold, then take it out & scrape away

the bottom if there bee any foulness in it, the

melt it againe, and being melted cast it into

damaske rose or orange flower water and there

let it lye all night, then next day wash it well

in it and then putt it into a silver porringer and

with it two ounces of pure virgins wax and

a dram of alkanett rootes broken in small pieces

and two spoonfulls of damaske rose water or

orange flower water, wherein a graine of muske

or ambergreece is dissolved and let it melt

together, and then beat it with a spoone that it may

bee well incorporated then straine it into your rose or

orange flower water and let it ly a night then mak

it vp in balls or cakes according to your fancie and let

them lye . in the rose or orange flower water a

day or two to harden them then keep them for your

vse this wil heal the lips of all chapps or

soreness and make them smooth in a night or

two vseing it

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An excellent preservative servative in pestilentiall

356 times

Take of the juice of green walnutts two pound,

clarifie it and with a pound of honey boyle it

into a sirrup, a spoonfull being taken so soone

as you are out of your bed

357 To make fresh cheese & cream

Take a pinte of fresh cream, set it on the

fire then take the whites of 6 eggs beat

them very well and wring in the juice of a lemon

into the whites when the cream boyles vp,

put them in and stir it about till it bee turned

then take it off and putt it into a cheese cloath

and let the whey draine from it and order it

as you doe other fresh cheese.

358 ffor the Spleene

Take the tops & flowers of wood betony keep

them dry all the yeare, when you vse them take

one handfull thereof & boyle it in a quart of possett

drinke to a pinte then put to it 2 spoonfulls of

syrrup of marygolds & drink it 2 nights at goeing

to bed or more as you finde cause, and makeing

wil serve two nights

359 The oyle of toads

Take three pintes of the best sallett oyle

put it in a new well glased pipkin with a cover

set it on a tripetts on a gentle fire of Charcoale

then putt therein 7 or 8 of your greatest toad,

and let them boyle in the oyle till they become

hard cinders, then straine it through a piece

of new linnen cloath, keep it in a glass close

stopt.

360 For the Kings evil, and for a fistula

for the evil you may omitt the syrrop

following

Take six quarts of running water, one pinte of

white wine, halfe a pound of Celendine as much

of water cresses, as much of red sage, as much

of featherfew, as much of wood binde leaves

and flowers with the strings and halfe a pound

of Roch allum shred these very well and putt

them vnto the water, let it boyle softly till

halfe bee consumed, then strayne it hard

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then put in the alom being bruised and the

white wine and let all boyle together till the

scum bee boyled in, then putt it in a glasse

to keep, you must inject this water twice

a day very hot

361 The syrrop to be vsed at the same

time

Take one gallon of sack, one quart of burrage

water, three pintes of conduit water, stir them

all well together then putt all in these following

Sasaprila four ounces Quiacum two ounces

rubarb one ounce, manna foure ounces, sena

foure ounces, anniseeds cinamon liquoras sugar

of each two ounces let it boyle at a soft fire

till halfe bee consumed, when it is cold strain

it and put in the manna and two pound of

sugar boyle it to a syrrup, take one ounce

in the morning fasting, one at three of the

clock and one after goeing to bed. haueing

lightly supped. You must cut the Sasaprila

and liquoras in pieces & beat the other

things to powder. this hath helped many

362 Red rose water

Take a glasse and put some rosewater in it

and to that water putt some rose leaues into it with

the yellow clipt off, put not soe many of the

flowers as to press them and when you still other

water putt in this glass vnstopped into the still

and it will be red and very sweet still your

glass with the leaues before you putt in your

water when they are stilled let them run

through the sieve gently.

363 ffor the teeth

Take scuttle bone and beat it to powder and

rub your teeth, wash them with water. the

inside of this bone beat into powder.

364 The Electuary against winde in the

spleen

Take conserve of rosemary flowers, conserve

of Betony flowers of each halfe an ounce,

of the pulp of citrons of green ginger of

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each three drams half an ounce of the

powder of cloves of

of the powder of cloves two scuples and to

these ingredients add as much syrrup of

ginger as to make it into an electuary and

put to it three dropps of the chymicall oyle

take of this electuary the bigness of an

hasel nut at a time.

365 ffor the plurisy, stopping of the

Stomach or cough of the lungs

Take a scruple of the powder of the seeds of

nettles in the syrrup of violetts and swallow the

same by licking it by little & little & it wil

help you.

366 The flower of ointment

Take an ounce and a halfe of rosin and as

much harts tallow melt both and beat a quarter

of a pound of camphire into powder & put it into

the rest, then boyle them all together with a

pottle of white wine so strain it through

a cleane cloath and stir it til it bee cold

and so keep it for an excellent oyntment.

the vertue of this ointment it is good for

all manner of diseases also for old or new

wounds

367 An excellent Searcloath to heale any

old or new sore or any ach

Take a pound of red lead and a quart of sallett

oyle and boile them together stir it till it come

to a black colour, when it is boyled enough,

then dip your cloaths in it and hang them or

pin them vpon a line til they bee dry, you

may putt some of it into a gallypott and

keep it for a salve It is very good for a

green wound. first steep St Iohns wort in

the oile being bruised first before you put

your red lead in If it bee for a green wound

steep St Iohns wort in the oyle and it wil

help you It is very good for an ach.

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368 To make Pancakes

Take 16 youlkes of eggs & 8 whites beath them very

well then putt a quart of new ale, a pinte of milke

to you r eggs, season them with spice as you please as

ginger, nutmegg, cloves, mace as for the thickning

of them with flower doe that as you see good: stir

a porringer of melted butter into them when you

goe to fry them; strow pounded cinnamon and

Sugar on them when you send them to the table

369 To make ffritters

Take a quart of milke warm it make a possett

with half a pinte of sack & half a pinte of ale if

it doth not turne, then keep it on the fire stirring

it till it doth turne, then take 8 youlkes & 4

whites of eggs beat them very well with a rodd,

then streine them in into the possett, curd & all; season it

with a pretty quantity of Ginger & some grated

nuttmegg & stirr as much flower as will make it

batter cut you r apples round in slices, boyle them in

beefes suett or swines lard clarified, dipp them in the

liquor boyling till they are crisp, then send them vp

with Sugar strawed.

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370 To make a cold hash

Take cold hen & onion slitt as thin as you can

beat it tender between two dishes drein all the

liquor out take lemon & anchoves cutt small

mingle together & strow them all over, putt oyle

& vinegar on them, garnish your dish with lemon

& anchoves./.

371 To make pudding in a pufpast dish

Take the 2 wings of a roasted Capon the fatt of the

kidneys of beefe & the gravy of the meat shred

them all as small as you can then wett them with

the yolkes of 3 or 4 eggs, 4 spoonfulls of sack

one nuttmegg some currants, citterne & sugars

as you think fitt to season it then putt it into

past

372 To make Syrrup of Clove Iylly=

=flowers

Take a peck of Clove jylly flowers cutt off the topps

bruise them very fine in a marble mortar, take

as much scalding water as will make them into

a Papp, lett it bee in a silver or earthen vessell, &

and past it vpp & putt it into a pott of boyleing

water of ver the fire there to remaine an houre,

then straine it out & putt to it thrice the weight

of loafe sugar finely searced by little & little

till it bee all consumed, when it is disolved it put

the fire till it iust boyle vp & noe more, that

the scumm may bee taken off.

373 The same to be vsed to Violetts

To make Currant wine

Take a quantity of water & as much Currants as

will make it strong & deep redd, boyle it very

well, putt them in a earthen pott & cover them, the

next day when they are cold putt them in a sive

& straine them out into a earthen vessell that has

a tapp, lett it stand 2 or 3 dayes till it bee very

cleare, then draw it off into an earthen pan as

long as it runs cleare, then take Sugar & sweeten

it well, so bottle it vpp. its to bee well Cork't boyle

it 1/2 dozen razes of Ginger in the Currants./.

374 To pickle Cucumbers

Gather your Cucumbers in the heat of the day, wipe them &

putt them in a well leaded earthen pott, & lay them in

rowes till you have filled the pott as full as you think

convenient, then take the best white wine season it

with salt & putt in wha t quantity of Dill you thinke

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convenient, sett it over the fire lett it boyle &

take off the scumm as it riseth, then poure it boyling

hott vpon the cucumbers as before & lett them stay

stop'd close with a napkin & some kind of cover

to keep the aire out till the next day, then boyle

it as before, this doe 7 or 8 dayes & if the vinegar

wastes add more, then boyle the Pickle every

other day for a weeke or more keep them

soe you must putt ginger & nuttmeggs to the liquor./

375 To make Aqua mirabilis

Take 3 pints of Sack one pinte of Spirit of

white wine, calendine, balme, minte of each

a pinte of the juice one handfull of melalott

flowers, cubibs, galingall, cardinums, nutmeggs,

mace, ginger of each 2 drams./.

376 To make Syrrup of Garlick.

Take 3 heades of Garlick pill them & prick them

& 2 quarts of white wine, a handfull of red sage,

a handfull of unsett hyssop, a hand full of hartstonge

boyle these all together till the 3d part bee consumed

then a pound of live honey, & give it one boyle, then

straine it & keep it for your use, when you use it

shake it much & take two spoonfulls at a time./.

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377 A Receipt for dieing of Straws

To die heir colour

Take cleane water and as much of yellow wood

as you shall think fitt, first boyle them in allom well:

then lett them coole, after they bee cold, boyle

them all well together in the yellow wood till they

bee of the colour you would have them/.

378 To die redd

Boyle them in allom then take brasile &

water boyle them in it: the longer you

lett them boyle the deeper they will bee.

379 To die purple

Boyle them in allam, then boyle them in

Loggwood.

380 To die greene

Boyle them in allam then take them forth

when they are cold take nidico & stale chamber

=lye warm them lukewarme then steep the straws

8 or 9 dayes./.

381 another greene

take 2 pennyworth of stone blue, 2 pennyworth

of verdigrass steept in stale chamberlye dyes

greene with out boyleing

Stone blue & chamberlye dies blue without

boyleing./.

Syrop of march mallos

take march mallos Roots 2 ownces

Scutchgrass Asparagrass Liquaras

Reasons of Each half an ownce

the tops of march mallows & Common

mallos pelitory of the wal Burnet

Saxsafrige plantine whyte & black

maydne hayre of each one Handful

Red Citorn one ownce the fowr Greater

and lescar Cold seeds of each 3 dr

ams Infuse these Ingrediants a

whole day in 6 pound of fayr watr

then boyle it till a fowrth part

be Consumed then strayne it and

press the Ingrediants then adde

to the Cleere licquor 3 pound of

Shugar put it in a Glased piptkin

let it boyle Gently in a Kettle

of watar to the Consistanc of a sirop

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back endleaf 1 verso || back endleaf 2 recto

back endleaf 2 verso || back endleaf 3 recto

back endleaf 3 verso || back inside cover

back outside cover

spine

head

fore-edge

tail