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Last Updated: 11 September 2020

V.a.364: Certain profitable and well experienced collections for making conserve of fruits . . . as also of surgery, approved medicines . . . [manuscript]. Source Create

front outside cover

front inside cover || front endleaf 1 recto

edward nauctone [ round medallion with coat of arms ]

JOSEPH LYON MILLER M.D. HIS BOOK [ bookplate: WE SEEK FOR PEACE.FOR JOY. FOR REST. OLD FRIENDS. OLD BOOKS. ]

front endleaf 1 verso || front endeaf 2 recto

Uncle Fred says Thee Medicae Recipes are

wonderful, (1580)

With a reference of Shakesperian intent

£95

MW

H.a.XX Halliday

Joh M 30

front endleaf 2 verso || front endleaf 3 recto

front endleaf 3 verso || front endleaf 4 recto

Here bigynneth a litil booke that was wri=

ten to a worldly lord to teche him how

he shuld haue him in his state in ordey=

nynge loue to god & to his euencristen.

the Prologe.

the grace and the goodenesse of oure lord

iheususthat he hath shewede to the in withdra=

weynge of thi herte from loue and likynge

of worldly vanite. and vse of flesshly synnes &

in turnynge of thi wille enterely to his seruyce

& his plesaunce. bryngeth into to my herte michel

matere for to loue him in his mercy. and also

hit stireth me greetely for to strengthte the in

thi goode purpos and in thi good worchynge.

that thou haste bigunne for, to bryng hit to a goo=

de ende. If that I conthe principaly for gode and

also for tendur affeccion of loue whiche thou h=

aste to me. thowe I be wreche and vnworthi.

Whi goode desire nedeth to be reulid bi

discreccion & medful werkes to be wrouzt in ordre chari Tao .I. o

I knowe wel the desire of thi herte that thou conei=

teste grettely for to serue oure lorde bi goostely

occupaccionn al holly withouten lettynge or

troublynge or worldly bisynesse that thou mi-

rte by grace come to more knowynge of goos=

tely felynge of gode and of goostely thinges.

this desire is goode as I hope and of god for

front endleaf 4 verso || front endleaf 5 recto

To meate let hunger allwayes vsher the

And then these Cates will needlesse seeme

To meate

Where the Care

is redy to do

it is sone put ouer

fortunae filius

fortunes dearling

Ego istam inuitis

omnibus mangre

them all

ficta omnia celeriter

tanquam flosculi decidunt

Nec simulatum quicquam

potest ee diuturnum

Some care doeth cause the want of witt

And reasons rule deny

And heauy hart doth of time hate

his mines in mysery

Reisbew

Traiaine A Spanyard and

emperor of Rome a man of

wonderfull vertues In desyur

ing the praetor his sworde

he would saie: vse the sword

against myne enymes in iust

causes and if my selfe doe

otherwise then Iustice vse

it over me also.

Dei numini parent omnia

All things be subiect to gods

dyvyne power.

Tu si quid pragmacidon

habes scribes

If ther be any newes in

the common weale write

them

fundamentum enim pepetuae

Comendationis et famae est -

Iusticia: sine qua nihill -

potest esse laudabile

Titus Themperor haueing spent any

daie without doing good to some man

would said I haue lost A daie

Which water cannot quench loue neither can

the floods Drowne it. If A man shoud offer

the substance of his house for loue they would

greatly contemne it Solomon

Laudatissime

virtus clarissime

amicitie

Plautus

Memorem Immemorem facie

qui monet quod Memor meminit

William

In tranquillo tempestatem

aduersam optare dementis

est: Subuenire autem tem=

pestati suavis ratione

sapientis

vera gloria Radices

agit Et propagatur

front endleaf 5 verso || folio 1 recto

Robert Nalson

1

Propone tibi Iehouam

Reisbew

The table

for the booke

following/

Inprimis to make

Marmalate fol 4

After the spanish

fashion fol 4

Of Tamosins 4

To preserve quinces

without suger or honey 4

To preserve them 5

with suger 5

To preserve cheries 5

Another waie 5

To make conserue

of Barberies 5

To make suckett

of walnutts 5

To make grene ginger 5

To make peaches in

conserv both dry & wet 5

To conserve or com

fett orengs pills 6

To kepe quinches

all the yeare 6

To kepe barbaries 6

To comfett lemmons

and ponce cytrons 6

To make succato of

mellons pompious 6

To mak cerop of

quices 6

To presere and kepe

peaches and there fruites 6

To make eggs in moonshine 6

To bake an ox tong 6/7

To bake a quince pie 7

To make marmalett of plums 7

To preserue quinches 7

To preserue romarie flowrs 7

To mak conserue of roses 7

To preserue plumes 7

To make marmalet of peches 7

To make suger of roses 7

To make gillie 8

To make leach 8

To make ginsbred of Almonds 8

To make gingerbread 8

To make conserue of violetts 8

Tartes of orenges 8

To make white Tartes 8

To make conserue of cheries 8

To make Gallentine 9

To make snow 9

To make clouted creame 9

An almond cawdell 9

A chauderon for a swan 9

To stuff a hen or capon 9

To stew a rib of beefe 9

A banquetting dysh 9

A cerop for an Ague 9

Serop of violetts 9

To make almond butter 9

To candie all kinde of flowers 9

To bake a chickin pie 9

To make fruitters 9

To make a tansey 10

To stew/oysters 10

folio 1 verso || folio 2 recto

To boyle a capon 10

To make a gallantine for a

meates tongue 10

To boyle a lames purtnance 10

To make a lampren broth 10

To stew a rabbett 10

To make a pie of calues fete 10

To still a pig for a weke body 10

To frie calues feete 10

To make quiches in cerop 10

Chewets of shepes filletts 11

Tosts of kidneys of veale 11

To seth a pike 11

To make amond cakes 11

To bvake a neates tonge 11

To burne wine 11

A florentine of rice 11

To make a sack possett 11

To make a cullice 11

To make Almonde milke 11

To stew a tripe 11

To stew a neats foote 11

To stew muggetts 12

To make a tarte of hard chese 12

To stew a legg of mutton 12

To rost a grene goose 12

To make aloes 12

To rose a pig with hare on 12

To rost a hare 12

To make march paine 13

To stew a neck of mutton 13

To boyle stakes 13

To make all manner of puddins 13

To make fine aloes 13

A pudding in a chickin skin 13

To boyle mutton 14

Conserue of strawberies 14

The vertue of it 14

marmalett of damsins 14

or plums 14

To make conserue of

cheries & strawberies 14

To make losings 14

To make manus christi 14

The vertue of conserue

of rosemarie 14

To make Ipocras 15

To make a pomeauder 15

To boyle chickins 15

To boyle a neats tong 15

To boyle a capon ii 15

To boyle a capon in: 16

white broth with almonds 16

Boyle meats for dinner 16

Boyle meats for supper 16

To boyle a leg of mutton 16

with a puddin in it 16

To boyle pig fete 16

To boyle a mallard 16

To smere a conye 16

To make white esting

puddings 16

To make black puddings 16

To make fine cakes 16

To make crackenells 17

To bake a brest of veale 17

To make a pudding

in a brest of veale 17

To make bisketbread 17

To boyle musles 17

To bake a turkie and

take out his bones 17

To bake a kidd 17

To bake a mallerd 17

To bake a red deare 18

To bake humbles of a dere 18

To bake chickins 18

To bake calues feete 18

To boyle a brawne 18

To make all manner Tartes 18

2

To make a custerd 18

A tart of strawberies 18

To make a tarte that

will: 19

Pottage to loose the bodie 19

A broth for one thats weke 19

To boyle dyvers kindes of

fishes 19

To make a tarte of

grene pease 19

To make a florentine 19

21 Almond butter after

the best fashion 19

21 Another marmalett of

Quinches 19

21 To preserue pereplums 19

To make cast creme 21

To bake a conye 21

Doctor Steuens water 22

To bake porpas & seale 22

To make synamon water ii 22

To preserue goosberies 22

Aqua Composta for a surfet 22

To make water of life 23

To boyle a capon in white

broth 23

To make red deare 23

To farce all things 23

A gallintine for fish

or flesh 24

To stew oysters 24

A cerop for all kinde

of baked l meates 24

A cawdell comfortable

for an old man 24

A sallett for fish daies 24

:

To boyle a lambs head 24

with purtnance

To boyle chickins 24

To make a pie in

a pott 24

A tarte of creame 25

A tarte of eggs 25

A white leache 25

To boyle a Tench 25

for fresh Sawmon 25

White pease pottage 25

To purifie suger and

honey for all kind of frutes 25

To make rosemarie

water 26 26

To make oyle of

Cammomyl 26 26

To make a water to

drink in sommer 26 26

To make water of the

colour of the flower you

still 26 26

To still Cynomon water 26 26

A water to wash

the face 26 26

To make rosa solis 27 27

Another waie 27 27

A swete water 27 27

A swete water to

wash with all 27 27

A good damask water 27 27

folio 2 verso || folio 3 recto

Robert Nalson

1670

3

Here foloweth

the order of meates

how they must be ser=

ved att the Table with

the most of their

sawces for flesh daies

att dynner&nbsp;

The first course.

Potage or stewed

broth boyld meat or

stewed meat, chickins

and baconn, powdred

beeife, pies, goose

pigg, rosted beefe

rosted veale custard

Second course

Rosted lamb, rosted

capons, rosted

conies, chickins,

peahenns baked ve=

nison.

Third course.

A dosen quales A

dosen larkes two

pasties of red deare

in a dish, tarte

gingsbread fritters

ffirst course at Supper

Boyled meat a sallett

pigg pettitoe powdred

beefe sliced, o shoulder of

l mutton a brest of veale.

Lambe custarde

Second course

Capons rosted, connies

roasted, chickins rosted,

pegions rosted, larkes

rosted a pie of pegions

or chickings baked venson

Tarte

Meates and sauces.

Iellie. peacocks, sauce, wine

and salte, conies or rabbets

sauce musterd and suger.

mallerd Teyle sauc musterd

and vergoons, Gulls, stork

Hernshew sauce gallentine

Curlue bitter busterd sesond

sauce water salte and onyons

sliced, woococks musterd

and suger

folio 3 verso || folio 4 recto

Seruice for fish daies

first course

Butter A sallet with hard eggs pottage

of Said eles or lamperne broth, red

heren grene broyld, white hering

Ling habberdine sauce musterd, salt

Sawmon minced sauce musterd & vergis

and a little Suger poudered conger

Shadd, mackerell sauce vineger whit in

sauce lyver and musterd, plaice sauce sorell

or wine and Salte or musterd or

vergeous Thorneback sauce liver and

musterd pepper and salt streined vppon

after it is bruised frew cod Sawce

grenesauce/ dace, mullett, Elees vppon

soppes roch vpon Sops, perch, pike

in pikesauce, sauce, Troute vpon Sops, Tench

in gillie Custerde/.

Second course

fflounders pike sauce

fresh Sawmmon fresh

conger, Bret, Turbut,

Hallibut sauce vineger

Breame vpon sops

Carpe vpon Sopps

Soles or any other fishes

fried rosted ele, sauce,

the dripping rosted

lampernes rosted porpos

fresh sturgion sauce

gallentine

Chevice, crab shrimps

sauce vineger, baked

lamprey Tarte, figgs

apples almonds blanched

chese rasins peares etc

4

[ C ] ertavne profitable

and well experyenced collections of swett

for makeing conserue of fruytes and

preseruing them: As also of Surgery

approved medecynes, good for any to know

and hurtfull for none etc.

propone tibi Iehouam

[ N.W. ]

To make marmalate

Receiue an hundreth of yellow quinces pare them and core

them cleane seth them verie tender when they are sodden lett

them dreyne, the holes being layed downeward, then

streane them thorow A course streyner, and for every

pounde of streynd stuf putto it three pound of white

Sugar well beaten to powder. must two granes, Cy=

namon halfe an ounnce ce galling all thre graines some

cloues, let it boyle fare and softlie, and in the boyling

ever stirr it or els it will burnne, or you will, that wilbe

in boyling two howers att the least, and when it is enough

you shall know by this meanes, Take a little out and lay

it vppon A colde dish or saucer, and if it stick it is

not enough, If it come of cleane it is tyme to take

it of the fyer and as sone as you can boxe it vpp

and kepe it drie, this is A very good marmalate

and very cheape as I haue often proved TH

folio 4 verso || folio 5 recto

Another of the Spanish fashion

Receuie qinches as many as you will pare them and coare

them cut in two peces, and lett them seth till they be softe

streine them and mingle them with Suger so that the quinch

excede not the Suger in weight: Seth it in an earthen pan

and ever stir it that it burne not and when it is almost

harde take it of and box it. And when it is in the boxe a

moneth boyle it againe with Suger a good pound and boxe

it vp againe, and it wilbe within A moneth or twaine all

Suger this is the best but somewhat costlie&nbsp;

To make marmalate of damsons.

Take one peck more or less of damesons neither too ripe

nor to grene put them into A fare pan and boyle them, Streine

them, and for ever foure pounds putto them two of good

Suger finelie beaten and boyle them till they be thick and when it

is enough box it vpp as you doe marmalate of quinches and kepe

it drie.

To preserue quinces without suger or honey

Take A hundreth of the finest peares you can gett and of a good

and pleasant tast even of the best pare them and cut them a sunder

and putt out the cores as cleane as you can put them into an earthen

pan and seth them all to peces breaking them with a slice or flatt

pece of wood and when they are sodden all to peces lett them pas

of them selues thorough a streiner and that licor that cometh

through, seth it againe, putting to it an ounce of Synamon musk

two granes cloues eight in number, lett it boyle till it come to

A Serop. Then it shalbe knowne by laeing it on A pewder dish

if it stick fast, it is well, if it stick not boyle it more till it

cleane, Then coole it and put it into potts. probatum

If you will haue it candy, you must put in a quarter / of Suger

beaten. When you will preserue quinces take the yelowest and the

mellowest you can finde pare and core them very cleane sett them

vpon the fyer and seethem verie tender, lett them dreyne and then

boyle them in the Serope mencioned. till they be very Softe

5

Mr william

Soley

And redy to breake Then take then of the fyer and put

them together with the Serop and kepe it very close stopped

This hath Mr Will Soley oftentimes proved. and it is

woorthy the name of A secret. .

To preserue quinces with Suger.&nbsp;

Receyue eight pound of Suger finelie beaten put to it A

gallon of fare water a graine of musk Cynamon two

ounces. Boyle the Suger to the height of a cerop, and the

heigher it is the loonger it will kepe then pare your quinces

and core them and boyle them first by them selues, and then in

the cerope rowle them vp and downe and kepe them in cleane

glasses and beware of frosts

To preserue cherries

Take the greatest cherries you can gett cut the stalkes of

almost by the hard cherries, laie them in A fare platter the

one by the other, then putto the foure ounces of rose water and

strew vppon them a pound of Suger well beaten and

lett them boyle vppon A chafindish of coales and when

the cerop waxeth thick and red take them of and put the

in glasses and potts

Another waie

Mistris Ashley

Take thre pounde of cheries and prick them full of holes

put them in a platter and sett them in the Sunne three howers

but your cheries must be verie rrype and bigg make your

cerop in this wise put to thre pound of Suger two pound

of rose water boyle it to cerop and put the cheries in and

the next daie boyle them A little vsing them so three daies

together and keep them chase and close this waie Mistris ashley

vsed to kepe cheries a very good waie.

To make a conserue of barberies

Boyle them and streine them and for everie pound of barbe=

ries a pound of Suger beaten boyle them over a small fyer

and when they begin to be thick boxe them vpp laie a little

to coole on a platter side, if it come of it is enough and

will kepe well. The apothecaries sell it halfe raw which

is very vnwholesome. proved .

folio 5 verso || folio 6 recto

To make a Suckett of walnutts

Take as many walnutts as you will when they are as great as

A little damesin and draw a dubble thred thorough each of them

in sundrie places and lett them lye in a platter two or three

howers in the Sun that they maie drop their bitter liquor in

the basin, then laie them in water twentie or thirtie daies

ever shifting them. Or hang them att a myll dam in a baskett

that the water maie run throughlie thorow the baskett and so they

will in a shorte tyme be cleane frome their bitternes then first

make your Serop. Take your Suger or honey as I haue written

of honey, and boyle them well then put in the wallnuts and boyle

them a good while together, then take them of and cover them close

and lett them stand in the thing they were boyld in and the next

daie giue them a walme over the fyer and do this the space of

ten or twelue daies and kepe them in potts or glasses the

older, the better and sweter they are for then they receiue

the Suger into them. The grene pill of the wallnut maie -

bee thus vsed&nbsp;

To make grene ginger called venice ginger

Take a pound of ginger more or les keping the proportion

stepe it a whole fortnight in warme water I meane shift

it in warme water everie daie, then mundifie it and make it

alwaies cleane frome rottennes and take the greatest rason you

can gett and when it is well soked as by your tast you maie

know if it be not too bitter. Then drie it and put it into your cerop

and eat everie daie once the space of eight daies and kepe it

warme in a drie place. your cerop must be made with Suger

wateter and suger candy beaten, and for everie pound of

ginger you must have foure pound of Suger thre of water

and halfe a pound of suger candie halfe an ounce of Synamon

a graine of musk all well boyled together&nbsp;

To make peaches in conserue

both drie and wete

Take twentie peaches which are both great and almost ripe

pare them verie cleane then laie them vpon a fare table to dry

halfe a daie and in the meane time take for everie pound of peaches

three pound of suger make it in a Seropp.

6

put to it two graines of black musk cynamon halfe an

ounce boyle it to a cerop and when it is pboyled put your peaches

too it and lett it boyle a good while.

Then thos what will haue drie must be vsed on this fashion

first take them out and laie them abroad in some vessell to drye

either in the winde or in the Sun the whole daie together

then dipp them, or doe them over with suger and in doing

thus they wilbe as harde that you maie knap them in peces

and as white as wafer and will melt in your mouth this

is a very prettie secret now to kepe them weete lett them

be kept in somme warme place and take hede of frost

To conserue or comfitt orenge pills

Receyue oreng pills the thickest you can gett laie them to

stepe ten dayes shifting them twise a daie when they are

steped enough you maie see clerlie thorow them then sett

them in a serop of suger as I haue before written&nbsp;

To kepe quinces all the yeare

Iff you haue fare quinces that you will kepe take the worst

and smalest you can gett and chop them in peces and seth there

cores skines and all and when it is all well sodden streine

the water when it is colde pute your great quinces into the

liquour vncovered and vnpared and they will kepe two

yeares together and be as strong as if they were new gathered

To kepe barberyes

Pyck them cleane and put them into vergis and kepe

them verye close

To comfitt Lemmons and pome cytherons.

Take the pills of lemmons or cytrons puryfy them both with

in and without laie them to stepe in fare running water

the space of eight daies and not aboue, shifting them

everie daie once or twice, then put them into a serop of

Suger and boyle them well for they will ask a long tyme

to boyle, then take them of the fyer and in the next

daie boyle them againe doing this 4 daies together then set

them vp & straw vpon them a little cynamon suger & cloues

folio 6 verso || folio 7 recto

To make Sucate of mellons pompeons & gordes.

Take and cut your gourdes and mellons into long peces two -

handfull long and two Inches broade pare them and and pull out

cleane the sedes boyle them in fare water and lett them bee

tender. put them drie into the cerop of suger and boyle

them well and kepe them in a stew, they be not good to eat

till they be a quarter olde probatum.

To make cerop of quinces.&nbsp;

Take your quynches pare them and cut them in peces, so that

you touch not the core. put to your quinches the like quantytye

of suger and somewhat more. as much rose water as will

moisten the same, put them into a pewder pott close covered

sett them in the embers and lett them boyle the space of seven

or eight howers with a reasonable fyer, and lett them draine

through a streyner, then sett it in the Sonne thre or foure

daies and cover it close&nbsp;

To preserue and kepe peaches

and other fruites

Take peaches and other fruites that you will kepe in the fare

and dry wether and open them in the middest and take out the

stone and laie them to drie a daie in the Sunne. Then take

sodden suger well purged and rub them over with and the

next daie sett them in the Sunne againe, and rub them with

the said Suger as often as they shall drie vntill they

gathered a crust vppon them, and kepe them at your pleasure

To make eggs in moneshine

Put sopps of fine wheat bread in a platter and put to them

malmsey rosewater water swete butter and suger, boyle it, then lay

the yolkes of eggs vppon the soppes as round as you can when

they haue boyld a while, cast on Suger Synamon and ginger

and so serue them fair vpp. //

To bake an oxe tonge.

Seth it tender, and slice it in broad peces, then put minced mar=

row into the bottom of the pie, and so betwene every slyce

7

Mistris Granener

Cast on little salte and so sett it in the oven, and being

baked, cut a manchett into tostes, toast them att the fyer

and put them in a pinte of red wine and a little vyneger

and streine them, then take a few cloues maces synamon

and suger seth them together till they waxe thick, then

put it into the pie and lett it bake a quarter of an hower

after and soake well

To bake a quince pie

Take out the coare, and being well pared, perboyle themm

in water vntill they be tender, then draine them frome

the water, and fill everie quince with Marrow Cynamon

and a little ginger, lett the pie bake the space of an hower

To make marmalat of plums

ffirst drie them with a fare cloth, then sett them on a hote fyer all=

waies sterring them till they be thorow hote, but take hede of

brusting, then pill of the skinne and take out the stones, laie them

on a fair dish, break them with a fare spone or streine them

Then take a good quantitie of suger and as much rosewater as will

wett the suger boyle it till it be somewhat stif, then add too your

stuf of plums and boyle them till they be almost candyed then put

it vp in your marmalate boxes and kepe it for your vse.

To preserue quinces

When they are cored and pared laie them in fare water to stepe

till you boyle them, then take them out and boyle them till they be

somewhat tender, then weigh your quinches with suger, and take

their weight and halfe their weight in good suger finelie braie

it, and put therto thre or foure sponefull of rose water boyle

it and your quinches their in till it be tender enough then put

them in a gallie pott or a wide mouthed glas for brusting, but

in any cast looke the vessell be fare and drie that you put them

in or it will spoyle them and soe kepe them. Ro Darcy

folio 7 verso || folio 8 recto

Another way to preserue quinches

Pare them and core them, drye them with a fare lyning cloth, then

sett a pan of fare water on the fyer, when it boyleth put in good

suger small beaten and for every pound of quinches two pound of

suger, when it boyleth put in your quinches, cover them very

close and take the kyrnells and sow them in a lyning bagg and

put the bag in your licour lett it simmer but softlie for

breaking your cheries Quinches If your serop be not clere

put it thorow a streyner when your quinches are soft take

them vpp with A sponne and laie them on a fare platter boyle the

cerop till it be thick, then take out the bag and put the cerop

with the quinches into a gallie pott and cover them close but the

first waie is the better.

To preserue rosemarie flowers

Take rosemarie flowers, pluck the white frome the grene and

wash them fare and close put them in rosewater and suger and

seth them till they be thick, then take them frome the fyer, and put

in A little Synamon and put them into your potts and when

they be colde cover the.

To make conserue of roses

Take the budds of roses cut of the whites and lett them hang A

daye of two in the Sunne, then braie them in a morter, put to

a verie pound of roses a pound of suger and beat them together

till they be well incorporated, and kepe it in a fare pott.

To preserue plumes or bullis

Take take to everie pound of plumes or bullis a pound of suger

then take a gallie pott and strew suger in the bottom a good thicknes

laie a ches of plums and suger betwene everie ches, then haue

a pott of boyling water of the fyer and lett the pott with plums

seth softlie theirin cover it close, and when the suger is molten

take it out of the pan.

To make marmalett of peaches

Take white wine seth it on the fire and put the peaches theirin

when it boyleth when they are tender take them out and streine

them then boyle them well and put in rosewater and Suger

seth them till it be thick, the boxe it vp strew suger theron when

it is cold cover it close

8

To make suger of roses

Take the leaues of rose flowers; cut them small and to

A pound of roses take thre pound of suger, myngle them

stamp them and put them in a glas, sett them a moneth in

the Sunne and stirr them everie daie, this suger maie be

kept thre yeares and is good to comforte the harte.

To make Gillye

Take calves feete seth them till they be broken, then streine

the licoure into a wooden vessell and lett it stand till it

be colde, but you must scum it verie well whilest it seetheth

and blow the fatt cleane of it, then put it into a pott, And

take turnsoll wash it cleane and put wine into it. Take

A good quantitie of Synamon and ginger and braie them

in A morter with Suger and lett all seeth together, then

take the whites of two eggs beate them in and stir it softlie

when you think it is sodden enough, put it in your gillie

bagg, and take a few fethers of your capon neck and a branch

of rosemarie and put in the bottome of your gillie bagg

and lett your gillie run thorow, if it be not cleare

enough att once then as often as you think good

To make lech.

Take neates feete and pick out the fatt and take out

the great boanes, seth them till the broth stand verie thick

scumm it ever as it riseth then streane it throrow a stre=

ner and lett it stand till it be colde. Then take all the

best and season it with honey Anisedes licoras and

pepper. If you will haue it redd, colour it with --

Turnsall. If yellow with saffrom. If grene with

yong rie blades, or some grene hearbe and so boyle

it a good while and streane it thorow a streaner and

after as you will everie colour one aboue another, and

soe slice it and serue it furth

To make Gingerbread of almonds

Take good Iordan Almonds blanch them verie fine and

put to theirto whites of eggs and after the quantitye

of Almonds woork them in suger, and braie them well

in a morter, moulde it with Synamon and put therto

two or three sponefull of white wine, and prynte it

as you think good

folio 8 verso || folio 9 recto

To make gingerbread

Take strong ale and honey boyle them verie well, scume it

and put in as much vineger as you think good and three or

foure ladles full of clarett wine, put therto a good quantity

of Anysedes licoras pepper mace and cloues and as much of

Sanders as will coloure it well. lett it boyle a good while

together, then take your crumes of bread finelie sifted and

put them into the licour boyling on the fyer. Styr it till

it be thick, then take it of, and woork it with crumes till it

be stif enough, then take it furth of your pott and mould it with

Anissedes and licoras and so print it but cast Synamon

and ginger in your printe

To make conserue of violetts

Take vyoletts putt the leaues cut of the whyte endes and tye

them in a lining cloth, and hang them vp one daie and a night

braie them verie well putt therto Suger as much as you

think good till they cleaue together and be sadd&nbsp;

To make Tartes of orenges

Shaue your orenge pills and laie them in water one night

perboyle them in foure waters and laie them in malmesey

two howers. Then take them out and wring them hard and

sett the Licour on the fier and put to it the yoakes of two

eggs suger and rosewater

To make white tarte

Take creame and bread and sett them together streane

them and sett them on a chafingdish and streane the yoakes

of eggs with them seeth them with synamon and Suger

and when you haue filled your Tarte cast on Suger and

rosewater

To make conserue of cherries

Take Cherries and put them in an earthen pott, and a little

rosewater and so seeth them vntill they be enoughe. then

streine them and putt theirto Suger Synamon and

mace about them, and boyle them on a chafing dish vntill

they bee as thick as treacle and put it in your boxe

9

To make Gallantine

Make sippitts of wheat bread and stepe them in

vineger and put to it A little wine. streane it and put in

Suger Synamon and ginger, lett it boyle on a chafing=

dish and so serue it&nbsp;

To make snow

Take the whites of eggs beat them till they rise on

A fome and put theirto a good quantitie of suger and

A little swete creame, beat it together till it hath hard

fome then cast it in your rose marie stalks

To make clouted creame

Take the creame of morning mylke and new mylk att

night put them together in A pan setting them on

charcole embers cover them and lett them stand all night

then take it of the fyer and itt wil be clouted and put

theirto Suger Synamon and ginger and so serue it

To make an almond cawdell

Take almonds blanch them and bray them small strewe

them with ale and suger sett them on the fyer but lett

them nott boyle put in suger Synamon and ginger

when you take it of the fyer and so serue it

To make a chalderon for a swan

Take the gibletts of the Swan seth them in fare water

till they be tender and take some of that licour with

the blood of the swan and laie bread in it, when it is well

steped streine it and put in Suger and Synamon

boile it on a chafingdish till it be thick and serue it

vppon saucers&nbsp;

To stuf a hen or capon

Take tyme persley yoaks of eggs small rasins and the

capon lyver perboyled and chopp them together

To stew a rib of beefe

Cutt it small and put it in your pott when it is stewed

take rosemarie sage and Isop bind them together and put

in your pott, when the meat is halfe sodden put in

caretts and pasneps

folio 9 verso || folio 10 recto

To make a banquetting dish

Take A pinte of creame and the whites of foure eggs beat them

well in a dish and put them to the creame boyle them till they

be thick. then streane it with rosewater and suger and so serue it

A Serop for one that hath an ague

Take A pottell of spring well water sett it on the fyer and put

in halfe a pound of rasings and the vpper crust of a manchett

seth altogether to the halfe and streine it through a strener

seth it well and put their to Suger and vyneger&nbsp;

Seropp of violetts

Gather you violetts drie, take nothing but the blew leaues, laye

them in water thre daies and thre nights, then seth them till the

leaues be white and the water blew, streane them and seth

them againe, and put in Suger as much as you think good and

seeth it againe till it be indifferent thick, lett it stand till it be

colde then put it in a pott and couer it

To make Almond butter

Take a pinte of creame and the yolks of eggs swing them

in A dish, put them in your creame and seth it on the fyer till

it be thick, than take it of and cast it in a clene cloth till the

whay be gone frome it, then put it on a fare dysh and season

it with rosewater and suger so dish it and serue it

To cande all kinde of flowers

Boyle rosewater and suger on a chafingdish and when it is

thick put in your flowers and spred the leaues a broade with

a knife point, when they are boyled a little, laie them on a

trencher, and take suger candie brayed but not too small

and throw the iron when they are cold laie them in your boxe

To bake a chicking pie

Stuf your chickings with heathorone berries, then take two

or thre egg yoakes and put in a good quantitie of vergice

swing them and put thereto suger Synamon and ginger, put

butter enough in your pie with your chickins and leaue a hole in

the top of your cover and when it is halfe bake putt in serop

To make fruytters

Take Ale, apples shred them not verie small wheat flower

blend them not verie thick take eggs swing them in a dysh and

put thirto season then with safron suger mace cloues and peper

10

To make a Tansey

Take ten egg yoak with thre or foure whites beat them

well together, Take spinage vyolett leaues a little tansey

and walnut tre buds chop them and strene them, then put

in the Iuce with a few cake bread crumes a little creame

To stew oysters

Take Clarett wine butter onyons sliced boyle them well

on a chafingdish putt in a little vineger with hole mace

and currants boyle them well and serue them vppon

Sippetts you maie put in a tarte apple if you list

To boyle a capon

Seth the capon on the fyer with marie bones when they

haue boyled take the best of the broth put it in an earthen

pott, Then take orenges pare of the rinde and slice them

thin cast awaie the kirnells and put the orenges into the

broth and as much Suger as you think will make it plesante

hole mace a pece of marie or els butter with Synamon

and ginger and so serue it

To make gallantine for a neats tongue

Take wine and vineger and sett it on a chafingdish and put

to it suger Synamon and ginger, lett them boyle till they

be somewhat thick and if for a hare or other thing put

in bread crumes

To boyle a Lames purtenance

Chopp it finelie, put it in a pott, and put to it butter and

vineger, lett them boyle together then take an onyon, tyme

margerome and peneriall with persley chop them small.

put them into the pott and lett them seth altogether

Season it and serue it vpp.

To make a lampron broth

Scalde them with hote water and a little haye cut them

in little peeces then take fare water and a good deale

of new ale barme, boyle it a good while and put into

it your Lamprines and all the blood Then take persley

time and an onyon chopt small and put into your broth

with currants and a good deale of butter when

it is enough season. and serue it

folio 10 verso || folio 11 recto

To stew a rabbett

Boyle it in fare water and scum it cleane then put in a little

white wine or ale lett it boyle a good while and take persley

time an onnyon or two chopt small and put into your broth with

crumes a good deale of butter, lett it boyle a good while and

season it with pepper and salte

To make a pie of calves fete

When they are boyld take the bones out of them and lie them

in past with butter, And make your cerop of vergis suger

Synamon and ginger and put it in your pie when it is halfe

enough&nbsp;

To still a pig for a weake bodie/&nbsp;

Take a pig not verie fatt but well fleshed dresse is cleane and

drie it well with a cloth and quarter your pig and put it into

A fare earthen pott and the haed with it, put in also a quarter

of a pound of dates so manie prunes as manie rasins of the

Sunne halfe a pound of currance halfe a quarter of a pound

of hole mace a handfull of sugar candie as much blood woorte

as much lyverwoorte and hartstongue violett leaues strawberrye

leaues fennell rootes a handfull of longdebeefe and as much mario=

rum, then take a quarte of fare ruinnging water and put to all

your Stufe, cover your pott well with past and take a kettle

of fare water and sett it on the fier sett your pott in the water

and lett it boyle foure and twenty howers, and kepe the kettle

alwaies full of water, after foure and twentie howers take

the broth in the pott and streane it through a fare cloth and

take a sponefull att once in your cawdells and pottage

To frie neates feete

ffrye them in fresh butter and lapp them in crumes of bread and

fry them againe and make a gallentine for them and serue them vpp.

To make quinches in Serop.&nbsp;

Take twentie quinches and fyue pound of suger, pare and core

them boyle them till the broth be somewhat strong, then streine

one pinte or a quarte of the best brother and one pinte of rose --

water when it is scumed put in your Suger with your quinches

and boyle all till the quinches betender tender and your cerop thick then

take vp your quinches and put in a few cloues

11

To make chewetts of shepes filletts

Perboyle the filletts and chopp them small with sewett

of beife, put in cloues mace suger currants and dates

and some salte and lett them not bake too much

To make tostes of Kindes of veale

Take the kidneys out when the veale is halfe rosted

chopp them small with some marie&nbsp;

To seeth a pike

Take a pike seeth him in water and salte and put thereto

a little vineger, when he is sodden take forth some of the

broth and put therin oatmeale and butter hole mace

onyons shred and vyneger lett it boyle till the onyons

be tender, then make sops laie the pike theiron and serue

him vpp&nbsp;

To make almond cakes

not uery good

Blanch your almonds beat them well in a morter take A

quantitie of butter clarifie and putt therto your almonds

with a quantitie of mace cloues pepper saffron and

a good deale of suger, warme them all on the fyer and

hell them on a quantitie of fine flower make them in

cakes bake them and the will be good

To bake a neates tonngue

the first is the better

2 Take the tongue of a yong beast and seth it till it be tender

slice it as thin as you can and season it with pepper and

salte then take onyons slice them thin and make a

prettie coffin as you please and laie one chese of the

tongue and another of the onyons till you haue filled

your coffin, put not in your ceropp till it be halfe

enough and make it of vergis

To burne wine

Put the wine into a peuder pott sett it on the fier put

theirin rosewater grated nutmeggs braied mace

hole cloues suger synamon and ginger, lett it boyle on

the fyer, then pele it furth of one pott into another

and if it will not burne with your paper sett it on the

fyer againe

Webster

folio 11 verso || folio 12 recto

To make: A florentine of rice

Stepe your rice a night in water and seth it in mylke

then take it out and put to it raw eggs yokes some butter good

store of suger small rasins and boyle it on a chafingdish of coles

a good while, then take some past cut it round laie it on a

peuder dish, but cleanee butter on the dish vnder the past

then laie the rice on the past and a cover vncutt cut it

about with what fashion you will cast on rosewater and suger

and sett it in the oven when it is baked cast on suger & serue it

To make a sack possett

Take creame and cake bread crumes boyle them on the fyer with

nutmegs suger synamon and ginger sett your sack on the coles

to warme and and put in your mylk well and whote some blend

a little ale with the sack.

To make a cullis

Take a coney and boyle her well till she be tender, take all

the flesh and bray it in a peuder pott till it be small and

streane it with the broth putto it a little rosewater Suger

Synamon ginger mace cloues a little white wine sett them

on the fyer blend them together but lett them not boyle but

simmer a prettie while, and then put it into a peuder pott

To make almonde mylke

Take Almondes blanch them and braie them with the lyver of

a capon, then bray them small in a morter, streine them

furth with rosewater not verie thick and season them with

mace and suger and a little of a nutmegg, sett it on the

fyer and lett it simmer well

To stew a tripe

Take vineger and butter boyle them well together, then cut

your tripe in prettie peces put it theirin and boyle it on

a chafing dish till it be tender with currants whole mace

suger Synamon and ginger serue it vpon Sippetts

To stew a neates foote

Slice it verie thin, boyle it on a chafingdish of coles with

vergice butter currants suger Synamon and ginger take

two egg yoakes swing them verie well lett it coole and put

them therin. let it semer and serue it on Sippitts

12

To stew muggetts.

Wash them fare and perboyle them, cut them small and

put them in a little pott, with either swete beife broth

or mutton broth when they haue sod a good while put

in a good sawcer full of ale barme, Then take lettice

spinage or persley and put in which, or all if you

will lett them seth with the muggetts with a little vergis

butter and gros pepper, when they are tender serue them. .

To make a tarte of hard chese.

Dryne your past verie thinne and raise it then take

good hard chese and scrape theirof a saucerfull and

put theirto thre or foure ounces of rosewater with asmuch

Suger as will make it swete sett them vpon a chafingdish

of coles and lett it boyle till the chese melten, when it is

cold streak it vpon your past as thin as you can and

sett it in the oven which must be very cleane and not

verie hoate, This lett it bake two pater noster

then take it out and with a fether strike over two or

thre sponefull of rosewater sett it in the oven againe

and lettit it stand as long as it did before then cast on

rosewater againe with a good deale of Suger finelie

beaten. Sett it in the oven againe and lett it bake

till it be somewhat browne, when you serue it furth

streak on more rosewater. Lett it be done quicklie for

cooling the oven&nbsp;

To rost a legg of mutton

Take persley time margerome penoriall and two

hard egg yoakes chop them verie small and put to them

a few currance cloues mace pepper and suger, stopp

the leg of mutton well with them and stick it full of

cloues, lett it rost till it be tender, when it is almost

enough take some of the gravie and boyle it on a

chafing dish of coles with a little vergice ginger suger

and synamon serue it vppon the sauce

To rost a grene goose

When your goose is dressed take a handfull of

rasins persley chopt small. pepper amd butter put

in her bellie and so rost her Sorell sauce is good

folio 12 verso || folio 13 recto

To make alloes

Take persley time margerome and peneryall two yoakes

of eggs hard rosted chop them verie small and put to them

currance, then take a leg of mutton or veale and cut it in

thin slices, and the fareing with a pece of butter in every

one of them so that they be round and so putt them close to=

gether, Sett a fare dish vnder them and bast them with

Butter, when they are almost enough, then take the bastings

of them and put therto a little vergice Suger Synamon

and ginger, sett it on a chafingdish and lett it boyle a while

and serue your alloes and your sauce together

To rost a pigg with hare on

Wash your pig verie cleane, draw it and take the lyver and

perboyle it, streane it with a little creame and yoakes of eggs

and putt theirto grated bread rosemarie small rasins nutmegs

pouder of mace Suger and salte, stir theis together and put

it into the piggs bellie. Sew vp the pig and Spitt it with

the hare on. when it is halfe enough teere of the skin but take

hede of the fatt Bast it well and when it is enough crume

it with some bread crumes suger synamon and ginger and -

lett it be some whatt browne&nbsp;

To rost a hare

Take the hare, flea her, take persley time Savory and

onyons chopt with yoakes of eggs crums of bread a little creme

a good pece of butter a little pepper small rasins and barberrys

work all theis together and sew them in the bellie of the hare

when she is almost enough bast her with butter and the yoake

of an egg and make venison sauce for her

To make marchpane

Take halfe a pound of blanched almonds, a quarter of a pound

of white Suger a pound of rose water halfe a pound of da=

mask water beat the Almonds with a little of the same

water and grinde them till they e small sett them on a

few coales of fyer till the water wax thick beat them with

the suger finelie, and mixe them and the swete water toge=

ther: So gather them and fashion your marchpane, then

take wafer cakes of the broadest making, cut them square

past them togethr with a little licour and when you haue

made them as broad as will serue your purpose haue

13

Redy made a hoope of a grene hazell wand the thicknes

of halfe an Inch on the innerside side smoth and on the outter

Syde rounde and smoth without any knotts, by this hope

pin your wafer cakes aforesaid and then fill the hoope

with the geare aboue named the thicknes of the hoope

and the sauce smoth with the Back of a silver spone as you

doe a tarte, cut awaie all the partes of the cakes even

close by the outside of the hoope with a sharp knife that

it maie be rounde, then haueing white paper vnder

neath it sett it on a warme herth or vpon an Instrument

of Iron or bras made for the same purpose, or into an

oven when the bread is drawen out if it be not stopped

It maie not bake but onelie be hard and thorow dryed

and ye maie while it is moist stuf it full of comfitts of

dyvers colonis in a comelie order, ye must moist it over

with rose water and suger together make it smoth and soe

sett it in the oven or other instrument, the clearere it

is like Lanterne horne so much the more comended

if it be thorow dried, and kepe it a daie in the warme

Drie. A marchpane will last manie yeares. It is A

comfortable thing mete for sick folkes such as lost the&nbsp;

Tast of meates by reason of much and long sicknes

The greatest secrett that is in making this cleare is

with a little fine flower of rice rosewater and suger

beaten together and laid thin over the marchpane, this

will make it shine as laidies reporte&nbsp;

To stew a neck of mutton

Cut a neck of mutton in peces and frie it with swete

butter vntill it be halfe enough and frie with all a good

manie onyon slices, then put them in a little pott and put

theirto a little chopt persley, and asmuch broth of

mutton or beefe as will cover the meate with a little

pepper salte and vineger, then lett it stew together

verie softlie the space of an hower, and so serue it vponn

Sopps

folio 13 verso || folio 14 recto

Another way to stew stakes

Take the great ribbs of a neck of mutton chopp them as under

wash them well and put them in a platter one by another, sett them

on a chafingdish of coles, cover them close and turne them now

and then lett them stew till they be halfe enough, then take

persley time margerone and an onyon chop them small and fine

cast them vppon the stakes, put theirto a sponefull of vineger

thre sponefull of wine a little butter ad lett them till the mutt

ton be tender, cast on a little pepper and if your brothbee bee too

sharpe put in a little suger. serue it vpon Sippitts

To make all maner of puddings

Shred the filletts of A legg of veale as fine as you can rosema=

rie and the yoakes of two hard eggs, Season it with synamon

ginger cloues and mace pepper and salte a little suger a few

currance, then take thre or foure yoakes of eggs to bring

them together. fashion them like peares, Then take the best

of poudred beefe broth halfe as much wine a little marie or

butter a few prunes and lett it seth awhile, and as it setheth

put in your puddings one after another, when they are enough

beat the yoakes of eggs with vergis and suger and serue them

vppon Soppe&nbsp;

To make fine Aloes

Take the fillet of a hog perboyle it chop it small and season

it with peper salt cloues mace synamon corance and yoaks

of foure eggs, blend them and facion them like peares or

apples, frie them with swete butter and cast crumes of bread

vppon them. Make the sauce with butter vergice synamon

suger and ginger boyled on the the coales

To make a pudding in a chickin skinne .

ffirst scald the chickin skinne. and lett not the water be too

hoate for breaking the skinne, cut the skiine over the shoul=

ders and a little over the cruppon, and so putt it of without

tearing leaveng the pynyons, leggs, and rump to the

skinne, and make your pudding with a little pece of veale

perboyld and shred verie fine, grated bread small rasins

dates minced cloues mace, a little pepper and salt a little

14

Creame and suger vj eggs and as much sewett as will

fill the skinne sew it vp where it was cut and be sure

the leggs and shoulders be filled, then put it into sething

water and lett it seth softlie the space of two howers

make what broth you will and serue with broth vpon sopps&nbsp;

To boyle mutton

Sett it over the fyer in fare water when it is scumed

putt theirto halfe a handfull of spynnage asmuch lettuce

a handfull of rasings as many barberies or gooseberies

and thicken it with barme putting therto grosse pepper

and vergis

To make conserue of strawberies

Take a quarte of strawberies pick' them cleane and

wash them, sett them on the fyer till they be softe streine

them and put to them their doble weight in suger two

or thre sponefull of rosewater, lett them seth till the

suger be incorporated with the strawberries, and put

itt in your vessell for the purpose.

The vertue

Conserue of strawberies is good against a hoate

Lyver, or burning, the stoane and especiallie in the

fervent heat of an ague

To make marmalett of damsins or plums

Take damsins or plums when they are rupe boyle

them on the fier with a little fare water till they be

soft, then draw them throe a course boulter as ye

make a tarte sett it on the fyer againe and seth it

on height withsufficient sufficient Suger as you doe your

quinches: dash it with swete water and boxe it

If you will make it of prines, even doe put some apples

Note: to it as you doe to quinches This wise you maie make

marmalett of warden or peares, and medlars

chockars or Strawberies, everie one by it selfe, or

myxe it together, as you think good

folio 14 verso || folio 15 recto

To make conserue of cherries and barberies

Likewise you must make conserue of cheries and of Barberies

saveing that theis require more Suger then the other, whiche

be not so Sower

Livere is to be noted of conserue of fruites maie be made mar=

malett, for when your conserue is sufficientlie sodden and redy

to be taken of, then seeth it more of height and it wilbe mar=

malett more over some make their conserue and marma=

lett of cleane suger, some with cleare clarified honey and

some with Suger and honey together. But after the oping

on of dyvers apothecaries, honey is more wholesome though

it bee not so toothsome and pleasante as Suger

To make manus christi

Take halfe a pound of white suger put theirto foure ounces.

of rosewater seeth them vppon a soft fyer of coale till the

water and the suger be come harde then put therin a quarter

of a pound of pearle stir them well together, put for everie

sponefull a peece of a leafe of golde cut for the purpose; cast

them vpon a leafe of white paper anoynted first with the

oyle of sweet almonds of swete butter for cleaving too

To make losinges

Take halfe a pound of suger as much rosewater or other

distilled water as for manus christi seth them likewise and

if you will know when it is Sodden enough, take out some

vppon a knife pointe and lett it kele, and if it be hard like

suger then it is sodden enough, then put into it any of theis

pouders following one once stir them well together and lay

them vppon a paper oyled, drine it as thin as you thinke

meete, laie on your gould leafe with a connies tale, cut them

dyamond fashion and soe kepe them

The vertue of conserue of rosemarie

1. Conserue of the flowers of rosemarie comforteth the

2. colde and moist braine, it comforteth and strengthen the

3. the Synnes, and it is good against melancholic and

fleame

15

To make Ipocras

Take of chosen Cynamon two ounces of fine, ginger an ounce

of graines halfe an ounce bruise them small and stepe them in

thre or four pintes of odeferous wine with a pound of Suger

by the space of foure and twentie howers, then put them into

an Ipocras bag of wollen and so receiue the the licour. The

best waie is to put the spices with halfe a pound of Suger

and the wine into a stone bottell or a stone pott stopped close

and after foure and twentie howers it wilbe redy then

cast a thin lining cloth on the mouth of the pott and lett so

much run thorow as you will occupie att once and kepe

the vessell close for it will so well kepe the spuritt odor

and vertue of the wine and spices

To make a pomeander

Take of Beniamyn one ounce of Storax calamint

halfe an ounce of Labdanum the eight parte of an ounce

beat them to pouder and put them into a brasen Ladle with

a little damask water or rosewater sett them over:

the fyer of coales till they be dissolved and be soft like

waxe, then take them out and chase them betwene your

hands finis

whoew

To boyle chickins

You shall boyle them with Grapes and with a rack of mutton

together, and let the rack of mutton boyle halfe an hower

before. Then make a bunch of hearbs of rose marie time

Saverie Isopp and margerom binde them fast together and

put them in the pott, when you see your time put in your

chickins with persley in the bellies and a little swete

butter vergeous and pepper Boyle your grapes in

a pipkin by them selues with some of the broth of the chickins

but take hede you boyle them not too much or to little, then

take the yoakes of six eggs and streine them with a little

broth of the pott and put them into the pipkin to the

grapes, stir them and when they begin to boyle take

them frome the fire and stir them agood good while after you

haue taken them vpp, then haue your suppitts redie in

a platter laie your meat vppont then power on

folio 15 verso || folio 16 recto

The stuf in the pipkin grapes and all vppon the meat

and after this sorte serue it vpp.

To boyle a neates tongue

Imprimis boile it in fare water and salte, then pell it and

cut it in the middle, then boyle it in red wine and fill it full

of cloues and a little suger, then wash it with a little swete

broth to doe awaie the sent of the wine. Then make a little

redd muskett of red wine and prunes boyled together and

streine it with a little musterd and serue it vpp&nbsp;

To boyle a capon

1 Put the capon into the poudered beef pott when you think it

almost tender, take a little pott and putt theirin halfe water

and halfe wine, marie, currance dates hole mace vergis

pepper and a little time

The boyling of a capon

2 Seth the capon in water and salte and nothing els and to

make the broth, take strong broth made with beef or

mutton or both so that it be strong broth, and putt into itt

rosemarie persley and time with foure leaues of sage, this

lett seeth in it a good while, and then put into it small

rasins and a few whole mace. A quarter of an hower before

it be redy to be taken frome the fire haue ready sodden foure

or fyue eggs harde and streine the yoaks with a little of the

same broth and vergice haue a little marie cut in small peces

and an apple redie pared and cut in small peces, and if the time

of yeare doe seruce, take the best lettice cutting of the topp

till the white and best and take a few prunes with a few dates

two or three, Thus lett it seeth a quarter of an hower and

more, when it is readie to take vp. haue your dish redy with

Sopps, and the water well streined, out of the capon and

season the broth with a little pepper, then dish it and scrape

Suger theiron, and laie prunes round about the dish side

16

To boyle a capon in white broth with Almondes

3 Take your capon and sett him on the fyer with marye

bones when it is well scumed, take the fattest of the

broth and put it into a little pott with a good deale of

marie prunes dates hole maces rasins and a pinte

of white wine, then blanch your almonds and streine

them and theirwith thicken your broth and lett it seeth

a good while and when it is enoug, vppon sopps serue

it with your capon

To make boyld meats for dynner

Take the ribs of A neck of mutton, stuf it with tyme

margerome saverie persley chopt small currance with

the yoakes of two eggs pepper and salte, then put it

into a posuett with fare water or the licor of some

meate with vineger and so serue it

Boyle meat for supper

Take veale and put it in a posuett with carret rootes

cut in long peces boyle it and put thereto a handfull

prunes and crumes of bread. Season it with peper

Salte and vineger

To boyle a leg of mutton with a pudding

ffirst with a knife raise the skinne round about till

you come to the Ioyntes, when you haue perboyld the

meat, shred it fine with suett or marie persley

margerome and b peneryoll Season it with pepper

and salte mace cloues and Synamon and take the

yoakes of ten eggs, and mingle with your meate a

good handfull of currance, a few minced dates and

put the meate into the skinne of the legg of mutton

and close it with pricks, and so boyle it with the broth

that you boyle a capon and lett it seth the space of two

howers

To boyle pig feete and petitoes

Boyle them in a pinte of vergeous and bastard take

foure dates minced with a few small rasins, then take

a little time and chop it small and season it with synomon

ginger and a quantitie of vergice

folio 16 verso || folio 17 recto

To boyle A mallerd

Seth him in fare water with a good marie bone and in cabbage

woorth or cabbage lettice or both some persnep rootes or carot

rootes when all theis be well sodden put in prunes enoughe

thre dates and Season him with salte cloues mace a little

Suger and pepper. Serue him furth with Sippets, and

put the marye vppon him, and the whole mace laie on the

sippetts and the dates quartered with the prunes and the

rootes cut in round slices laie them vpon the sippetts also

and the cabbage leaues laie vppon the mallerd&nbsp;

To smere a conye

Take the lyvers and boyle them and take swete hearbes aples

the yoakes of hard eggs and chop them altogether currance

suger Synamon ginger and persley and fill the conye

full hereof, then put her into the swete broth and put in

swete butter, chop the yoaks of hard eggs sinamon ginger

Suger and cast it on the conye when you serue it vpp

season it with salte serue it on Sops and garnish it with fruict

To make white esting puddings

Take a great oat meale laie it in mylk to stepe and put in

the yoakes of some eggs and putt to it oxe suet finelie minced

Season it with suger synamon ginger cloues mace saffron

and salte and so fill them&nbsp;

To make black puddings

Take great oat meale and laie it in mylk to stepe, and take

shepes blood and put to it, and take oxe white and mnce into

it. Then take a few swete hearbes and two or three leke

blades chop them verie small and put into it the yoakes

of some eggs. Season it with Synamon ginger cloues

mace pepper and salte and so fill them&nbsp;

To make fine cakes

Take some flower and good damask water you must

haue none other licour but that. Then take sweet butter two

or thre yoakes of eggs a good quantitie of Suger a few cloues

and mace as your cookes mouth shall serue him a little safron

a little goods good aboute a sponefull if you put in too

much they shall arise. cut them in squares like vnto

17

Trenchers and prick them well and lett your oven bee

well swept, laie them vpon papers, and so sett them into --

the oven: doe not burne them if they be thre or foure daies

olde, they be the better&nbsp;

To make cracknells

Take fine flower a good quantitie of eggs asmany as will

supplie the flower, then take as much suger as will sweten

the past, and yf you wilbe att the cost to raise it with eggs

then put theirto swete water synamon and a good

quantitie of nutmeggs, and mace according to your bread

take a good quantitie of Annesedes and lett all be blended

with your flower, and the putting in of your eggs or other

moister, sett on your water and lett it be att sething before

you putt your crackenells in if they will goe to the bottome

and att their rising take them out and drie them with a

cloth and bake them

To bake a brest of veale

Breake the bones thereof in the middest and perboile

it, take out the bones and season it with pepper and salte

and laie it in the coffin with a little swete butter and

close it vpp, then make a cawdell of yoaks of eggs and

streine it, boyle it on a chafingdish of coales, and season

it with suger, and put it in the pie and sett it in the

oven againe till it be enough&nbsp;

To make a pudding in a brest of veale

Take persley time wash them picke them and chop

them small then take eight yoaks of eggs grated bread

and halfe a pinte of creame being verie swete, and season

it with pepper cloues and mace saffron sugar small

rasins and salte put it in rost it and serue it&nbsp;

To make fine biskett bread

Take a pound of fine flower and a pound of suger mingle

it together a quarter of a pound of anissedes foure

eggs two or thre sponefull of rose water put all

theis into an earthen pan and with a slice of wood

beat it the space of two howers, then fill your moulds

half full, which must bee of tynne, and sett them in

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The oven being so hote as it were for cheat bread, lett it stand

in an hower and a halfe, you must anoynt your moulds with

butter before you putt in your stuf, when you will occupie it

slice it thin and drie it in the oven, your oven being whotor then

you maie abide your hand in the bottome&nbsp;

To boyle muskles

Take a little water and yeast, and a good dish of butter onyons

chopt and a little pepper when it hath boyled a little while then

see that your muskles be clene washed and put them into the

the broth shells and all when they be boyled well serue them

broth and all&nbsp;

To bake a turkie and take out his bones

Take A fatt Turkie after you haue scalded him and washed him

cleane laie him vpon a fare cloth, slitt him throughout the

back and when you haue taken out his Garbage, then must you

take out his bones so bare as you can, when you haue so done wash

him cleane trusse him and prick his back together, and so haue

A kettle of fare seething water and perboyle him a little then

take him vp that the water maie run cleane out of him

when he is colde season him with pepper and salte, and prick

him with a few cloues in the brest, and also draw him with

larde if you like of it, when you haue made your coffin and

laid your Turkie in it, put some butter in it, and close him vp

In this sorte you maie bake a goose Phesant or capon

To bake A Kydd

Take your Kidd and perboyle him, and wash him in vergeous

and saffron, season it with peper salte and a little mace, laie it

in your coffin with swete butter and the licour it was seasoned

in and so bake it:&nbsp;

To bake a mallerde

Take thre or foure onyons stamp them in a morter and streine

them with a sawcer full of vergeous, then take your mallerd and

put him into the said Iuce of the onyons, and season him with

pepper and salte, cloue and mace and so put your mallerd

into the coffin with the said Iuce of onyons and a good quantitie

of winter Saverye a little time, persley chopt small and A

little butter, so close it vp and bake it

18

To bake redd deare

good

Take A handfull of time, a handfull of rosemarie A hand=

full of winter Savorie a handfull of bay leaues a handfull

of fennell when the licour seethes that you perboyle your

venyson in, put in your hearbes also, and perboyle your venison

till it be halfe enough then take it out and laie it vpon a

fare boord that the water maie run frome it, then take A

knife and prick it full of holes whilest it is warme haue

A fare trey vineger; and so put your venison theirin

frome morning vntill night and ever now and then turne

it vpside downe And then at night haue your coffin

redie, and this done season it with synamon ginger nutt=

meggs peper and salte, and when you haue seasoned itt put

it into your coffin and putt a good quantitie of swete butter

into it and then put it into the oven at night when you go

to bedd, in the morning draw it furth and put a

sawcer full of good vineger into the pie at a hole aboue

in the top of it, so that the veniger maie run into every

place of it, then stop the hole and turne the bottome vp=

wared and so serue it vpp.

To bake the humbles of a deare

Take your humbles being perboyled and chopt verie

small with a good quantitie of mutton Sewett and half

A handfull of hearbes following, time margerome parsley

borrage and a little rosemarie. Season the same being

chopped with pepper cloues and mace and so bake him

Another baked meat of chickins

ffirst season your chickins with Suger Synamon and

ginger, laie them in your pie and put in vppon them

gooseberries, grapes or barberies, then put in some swete

butter and close them vpp when they be almost baked put

in a cawdell made of hard eggs and white wine and

serue it furth hott&nbsp;

To bake Calues feete

Boyle them and chop them fine with a pound of fine

white Sewett, then chop an onyon small and putt in them

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Then take prunnes dates and currance and put to them

Season them with pepper nuttmeggs and a little mace then

put in some eggs and stir it altogether and put it into a pie

and lett it bake two howers, then put in a little vegeous

and suger and so serue it hote&nbsp;

The order to boyle a brawne

Take your brawne and when ye haue cut him out laie him

in fare water foure and twentie howers, and shifte it

foure or fiue tymes and scrape and binde vp those you shall

think good with hemp: And binde one handfull of grene

willowes together and laie them in the bottome of the pan, and

then put in your brawne and scum it verie cleane, lett it

boyle but softlie and it must be so tender, that you maie

putt a straw through it, when it is boyld enough lett it --

stand and coole in the pan, when you take it vp, lett it lie

in treys one hower or two: And then make sowceing drink

with ale and water and salte, and you must lett it lie a weeke

before you spend itt

To make all maner of tartes

You must boyle your fruict whether it be apple cherie peach

damsin peare, mulberie or codlin in fare water and when

the be boyld enough, put them into a bowle and bruise them with

A ladle when they be colde streine them, and put in redd wine

or clarett wine and so season it with suger sinamon & ginger

To make a custerd

Breake your eggs into a boule and put your creame into

another boule and streine your eggs into the creame, and put

in saffron cloues and mace a little synomon and ginger

and if you will a little suger and butter, season it with

salte and melt your butter, and stir it with the ladle a good

while, and dub your custerd with dates, and currance&nbsp;

To make a tarte of strawberries

Wash your strawberies and put them into your Tarte

and season them with Suger Synomon and ginger and put

in a little red wine into them

21

To make almond butter after the best fashionn

Take a pound of Almonds or more and blanch them

in colde water or in warme water as you haue leasure

after the blanching lett them lie one hower in colde water

Then stamp them in fare cold water as fine as you

possible can put your almonds in a cloth and gather vp your

cloth in your hand, and pres presentlie out the Iuce as

much as you cann If you thinke they be not small

enoughe, beat them againe, and soe gett out mylk as longe

as you cann . Sett it over the fyer, and when it is redy

to seeth put in A good quantitie of Salte, and rosewater

that will turne it. After it is in, lett it haue one boyling and

take it frome the fyer, and cast it abroad vppon a lining

cloth and vnderneath the cloth scrape of the whay so long

as it will runne. Then put the butter into the middest

of the cloth binding the cloth together, and lett it hang

so long as itt will dropp. Then take peices of Suger

so much as you think will make it swete and put therto

asmuch rosewater as will melt the Suger, and so much

fine pouder of Saffron as will colour it lett both your

Suger and saffron stepe together in the quantitie of

rose water, and with that season vp your butter when you make it

Another marmalet of Quinches

Take verie good quinches and pare them, cutt them into

quarters and core them cleane take hede it be not a stonye

quince when you haue pared and cored them, take two

pintes of faire runing water and putt it into a brasen

pan casting a waie eight sponefull of one of the pintes

Then weigh thre pound of fine sugar and beat it, and

put it into the water, make your fyer where you maie

haue a verie good light, not in a chimney then sett on

your pan vpon a trevett, when your suger and water

beginneth to boyle you must scum it cleane, then put

in six sponefull of rosewater and if their rise anye

more scumm take it of and so put in your thre pounde

of quinches and lett them boyle but softlie, and if you

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See the colour wax somewhat depe, now and then with a faire

slyce be breaking them, and when your licour is well consumed

awaie and the colour of your quinces to grow farer, then be

still stirring of itt, and when it is enough you shall see it

rise frome the bottome of your pan in stirring of itt. and

so boxe it and it wil be verie good marmalett and of an

oryent colour If you will you maie putt some musk into it

and some rosewater and rub your boxe withall. It will

giue a prettie sent and is a verie good waie

To preserue pear plumes

ffirst take two pound and a halfe of fine Suger beat it small

and put it into a prettie braz pott with twentie sponefulls of rose

water, when it boyleth scum it cleane then take it of the fire and

lett it stand till it be almost colde. Then take two pound of

peare b plumbs and wipe them vppon a fare cloth and putt

them into your cerop when it is almost colde. and so sett

them on the fyer againe and lett them boyle as softlie as you

can. when they are boyled enough the kirnells wilbe yellow

Then take them vp, but lett your cerop boyle till it be thick

then put your plums vppon the fyer againe and lett them --

boyle a walme or two so take them frome the fyer and lett

them stand in the vessell all night, and in the morning put

them into your pott or glas and cover them close

To make cast creame

Take milke as it commeth frome the cow a quarte or les

put theirto raw yoakes of eggs, temper the mylke and

the eggs together, then set the same vppon a chafing dish

and stir it that it curde not, and so put suger in it and

it wil be like creame of almonds when it is boyled thick

enough, cast a little Suger on it, and it wil be like creame

of Almonds when it is boyled thick enough cast a little suger

on it and sprinkle a little rose water their vpon and serue it

To bake a conye

Season him with pepper and Salte and put in Butter

and currance and when it is baked put in a little vergyce

and suger into the pie and serue it vpp.

22

Doctor steuens water //

Take A gallon of Gascoigne wine, then take ginger gal=

lingale, Camomill, synomon, Graynes cloues mace

Annissedes, ffenell sedes carawaie sedes of everie of them

a dram that is two pence halfpeny weight. Then

take Suger braied Red roses, time, pellitorie of the

wall, wilde margerome, peneryall, peny mountaine

wilde time, Lavender Avens of everie of them one

handfull, then beat the spice small and bruise the

hearbes and put all to the wine and lett it stand

twelue howers stirring of it dyvers times, Then

still it in a limbeck, and kepe the first pinte of water

by it selfe for it is best. Then will come a seconde

water which is not so good as the first. The vertue

1 of this water is this: Itt comforteth the spirritts

2 And preserveth greatlie the youth of man, And&nbsp;

3 helpeth inwarde diseases coming of colde Against

4 the shaking palsey: It cureth the contraction of

5 Synues and helpethe the conception of women

6 It killeth wormes in the bellie, It helpeth the tootach.

7 It helpeth the cold gowte. It comforteth the Stomake

8 It cureth the cold dropsey It helpeth the stone in

9 the bladder and the reynes of the back, It cureth the

10 Canker and helpeth shortlie a stinking breath: And

who so vseth this water now and then, and not too often

it preserverth him a good liking and shall make him&nbsp;

seame yonge very long&nbsp;

To bake porpose or Seale

Take your porpos or Seale and perboyle it seasoning

it with pepper and salte, and so bake it, you must take

of the Skinne when you bake it, and then serue it&nbsp;

furth with Gallentine vppon Sawcers

folio 22 verso || folio 23 recto

theta sigma phi

To preserue goosberies

Take to every pound of goosberies one pounde of suger, then

take some of the goosberies and streine them and take the

cerop and to everie pound of goosberies take halfe a pound

of cerop. Sett the Suger and the serop over the fyer

and put in the goosberies and boyle the foure severall times

and scum them cleane

To make Synamon water

Take Rennish wine a quarte, or spannish wine a pinte

rose water a pinte and a halfe, lett thes stand infused the

space of foure and twentie howers, then distill it and being

close stoped and luted then with a soft fire distill the

same softlie in a limbeck of glas, and receiue the first water

by it selfe Also if you be disposed to make the same weaker

Take thre pintes of rose water and a pinte and an halfe of

Rennish wine and distill the same and you shall haue to the

quallitie of stuf the quantitie of water which is three pintes

but the first is the best, and so reserue it to your vse

Another waie

Take thre quartes of muskadine a pound of Synamon

and halfe a pinte of good rosewater water and so lett them lie infu=

sed the space of foure and twentie howers and distill it as

aforesaid, and you shall receiue the quantitie also but the

first pinte is the best and the cheifest of all others as is

manifest by practise

To make aqua composta for a surfett

Take Rosemarie, fennell, Isopp, Tyme, Sage, horehound

of each of theis a handfull. Peneryall Red mynts,

margerum of each six crops, A roote of Enula campana

of licoras and Annissedes bruised of either two ounces

put all theis in thre gallons of mightie strong ale, and

put it into a bras pott over an easie fyer, sett the limbeck

vppon it and stop it close with dow or past that no aire

do goe out and kepe it stilling with a softe fyer and soe

preserue it to your vse as nede requireth

23

To make water of life

Take Balme leaues and stalkes, Burnet leaues and

flowers a handfull of rosemarie, Turmentill leaues and

rootes, rosa Solis a handfull red roses a handfull Car=

nations A handfull Isop a handfull, a handfull of time

Red strings that grow vppon time a handfull red

fennell leaues and roote a handfull, red myntes A

handfull, put all theis into a pott of earth well glased

and put theirto asmuch much wine as will cover the hearbs

Lett them soake theirin eight or nyne daies Then

take an ounce of Synamon as much of ginger as much

of nuttmeggs, cloues and Saffron a little quantitie

of Annyssedes a pound great rasins a pounde, Suger

A pound halfe a pound of dates, the hinder parte of

an old conny a good fleshlie ruing capon the flesh and

Synues of a legg of mutton foure yong pegions a dozen

of larkes the yoakes of twelue eggs, a loafe of white

bread cutt in sippetts, muskaden of Bastard thre gallons

or as much in quantitie as sufficeth to distill all theis

att once in A limbeck, and theirto put methridatum

two or thre ounces, or els asmuch much perfect treakle

distill it with A moderate fier and kepe the first water

by it selfe, and the second water alone also. And when

their commeth no more water, with strings take awaie

the limbeck, and put into the pott more wine vppon.

the same stuf and still it againe and your shall haue

Another good water, and shall so remaine good In the

first Ingredience of this water you must kepe a doble

glas warylie for it is restoratiue of all principall

members, and defendeth against all pestilenciall

diseases as against the Palsie dropsie & Splene

yellow or black Iaundice, for wormes in the bellie

and for all agues be they hote or cold and all manner

Swellings and pestilenciall Sorrowes in man: as

verts fott:

folio 23 verso || folio 24 recto

Melancholy and flegmatick It strenghtheneth and comforteth

all the strings of the braine, as the harte the, mylt the lyver and

the stomack by taking theirof two or thre sponefulls theirof by

it selfe att one time, or with ale wine or beare and by putting A=

prettie quantitie of Suger theirin. Also it helpeth digestion

breaketh winde and stoppeth lask and bindeth not and it

mightyly helpeth man or woman of the harte burning and

for to quicken the memorie of man. and take of this water

thre sponefulls a daie in the morning, another after he goeth

to dynner and the third last att night

To boyle a capon in white broth

Take a well fleshed capon, and a maribone and a quarte of fare

water put them together in an earthen pott and lett them boyle till

the capon be enough. But first you must take the marie frome

the bone, and when it hath boyled take the vppermost of the broth

and put it into an earthen pott and the marie with it. Put to it small

raisins prunes hole mace dates and halfe a quarterne of Suger

six sponefull of vergice thre or foure yoalkes of eggs put all thes

together, and when your capon is well boyled, laie him on a fare platter

power your broth vppon him and so serue him&nbsp;

To make redd deare

Take a legg of beife and cutt out all the Synues cleane, then take

A rowling pin and all to beat it, then perboyle it and when ye haue

so done lard it verie thick, then laie it in wine or vyneger

for two or three howers or a whole night. Then take it out

and Season it with peper salte cloues and mace, then

put it into your past and so bake it.

To farce all things

Take a good handfull of time Isop persley and thre or foure

yoake of eggs hard rosted and chop them with hearbes small

Then take white bread grated, raw eggs with swete butter

A few small rasins or Barberies. Season it with pepper cloues

mace Sinamon and ginger woork it altogether as past and

then maie you Stuf with it what you will

24

To make gallentine for fish or flesh

Take Browne bread and burne it black in the tosting, then

take them and laie them in a little wine and vineger and when

they haue soked a while streane them: Seasoning them with

Synamon ginger pepper and salte, then sett it on A chafindish

with coles and lett it boyle till it be thick and serue it on saucers

To stew oyster

Take your osters, and put them either in a little skellett

over the fyer, or els in a platter over a chafingdish with

coles, lett them boyle with their licour swete butter vergice

vineger pepper hole mace, chop an onyon and a tarte

apple and boyle their with and the tops of a little time, lett

them boyle till they be enough and serue them vpon sopps&nbsp;

To make a cerop for all kind of baken meates

Take ginger cloues and mace nutmeggs beat all thes

together verie fine and boyle them in good red vineger

till it be somewhat thick. This being done draw your

pie when it is hard baked and a small hole being made

in the cover thereof with a Tunnill of past, you must

power the cerop into the pie, that done cover the

hole with past and shake the pie well, and sett it againe

in the oven till it be thorowlie baked, and when you haue

drawen it turne the bottome vpward vntill it be served

To make a caudell comfortable for an old man

Take a pinte of muscadine and as much of good stale

ale mingle them together/ Then take the yoalkes of xij

eggs new laide beate well the eggs first by themselues

then with the wine and ale and so boyle it together put

theirto a quarterne of Suger a few whole mace

and so stir it well till it seth a good while, when it is

well sod put theirin a few slices of bread if you will, and

so sett it soake a while and it wilbe good and wholesome

A Sallet for a fish daie

ffirst a Sallett of fine grene hearbes putting

Pirriwrinkles among them with oyle and vyneger

folio 24 verso || folio 25 recto

To boyle a lambs head with purtnance

ffirst scum it well then take of the broth leavening so much -

as will cover it, Then put to it parsley and rosemarie a branch

of rosemarie and time, and a dish of Butter with barberis

or gooseberies, Then lett them boyle being seasoned with cloues

and mace salt pepper and saffron and serue it vppon sopps

To boyle chickins

Boyle them as the lambs head and purtnance is boyled and

you are to serue them streane thre or foure yoakes of eggs

with vergeous and put it into the pott but lett it boyle no

more: Then season it with salte pepper mace and cloues

and so serue it vpp: Thus maie you boyle a cony or mugets

of veale as the chickins are boyled

To make a pie in a pott

Take the leanest of a legg of mutton mince it small with

a pece of the kidney of mutton put it into an earthen pott

putting therto a ladlefull full or two of mutton broth and

A little wine, prunes and rasinsof of either a handfull or

Barberies lett them boyle together putting to it halfe an

orenge if you haue any: Seasoning it with salte peper

cloues mace and Saffron and so serue it

25

To make a tarte of creame

Take a pinte of creame with six raw eggs boyle them

together and stir it well that it burne not: lett it boyle

till it be thick: Then take it out of the pott and put to

two dishes of butter melted: when it is somewhat cold

streine it and season it with Suger and put it into your

past, when your past is hardened and it enough serue

it with Suger vppon it If you will haue it of two

colours: then take the halfe of it when it is in creame

and colour the other halfe with Saffron or yokes of eggs.

A Tarte of eggs

Take twelue eggs and butter them together. Streine

them with rosewater: Season it with Suger and put

it into your past and so bake it and serue it with suger vpon it

A white leache

Take A quarte of new mylke, thre ounces weight of

Isinglas halfe a pound of beaten Suger and stir them

together Lett it boyle halfe a quarter of an hower till it be

thick stirring them all the while: Then streine it

with thre sponefull of rosewater put it into a platter

and lett it coole. cut it in squares laie it in fare dishes

and laie golde vpon it&nbsp;

To boyle a Tench

Seth your tench with a little water and a good deale of

vineger when it is sodden laie it in a fare dish take out

all the bones and putt a little saffron in your broth with

A little salte. put the same broth vpon your tench and

cast a little pepper vppon it whilest it is hote and so lett

your tench stand till it be on a gillie, and when you doe

serue it Take an onyon and persley chopt fine and cast

vppon your tench and soe serue it.

ffor fresh Sawmon

Boyle him in fare water rosemarie and time and in

seething put a quarte of strong ale to it lett it boyle

till it be enough then take it frome the fyer and lett it

coole, then take it out and laie it in a wooden bowle and

put in so much broth as will cover it put into the same

brother a good deale of vineger so that it be tarte.

folio 25 verso || folio 26 recto

ffor white pease pottage

Take a quarte of white pease seth them in fare water

close vntill they doe cast their huskes, the which cast awaie

as long as any will rise to the topp, then put into the pease

two dishes of butter and a little vergeous with pepper and

salte and a little fine powder of mace, lett it stand till

you will occupie it and then serue it vppon sopps

To comfitt oreng pills which maie be done

att all times in the yeare, and cheflie

in maie be cause the pills be then the

greatest and thickest

Take thick oreng pills quarter them and stepe them in

in fare water ten or twelue daies: you maie know if they

they be steped enough if you hold them vp in the Sunne

and see thorow them, then laie them to drie vppon a table and

put them to drie betwene two lining clothes: Then put them

in a vessell well leaded and add to it as much honey as will

halfe cover the said pills more or lesse as you thinke good

Boyle them a little and stir them alwaies then take them

frome the fyer lest the honey doe seth too much. for if it boyle

a little too much it wil be thick, lett them stand foure daies in

the said honey stirring them together everie daie because

their is not honey enough to cover the pills: you must stir

them well and often. Thus doe thre times geueing them one

bobling each time lett them stand thre daies and then streine

them frome the honey and after you haue lett them boyle A

small space take them frome the fyer and be stow them in

vessells, putting to them ginger cloues and Synamon mixed

all together & the rest of the cerop will dresse others

To purifie hony and suger for all fruites

To ten pound of honey take the white of twelue new laide

eggs and take awaie the froth of them beat them well together

with a stick and six glasses of fare fresh water then

put them into the honey and boyle them in a pott with a mo=

derate fyer the space of a quarter of an hower or lesse

then take them frome the fier scuming them well.

[ 3 flowers ]

26

Medicina

lady R

A medycyne to make the face fare

and well coloured

Take leaching or lyre of beefe of the youngest and leanest and

still it well and keepe the water by it selfe. Lykewise take

new mornings mylk still it and saue that water by it selfe

and when you will occupie it myxe them in equall porcyons

and lett them drie on your face them selves. and then rub

your face with clean cloth proued

What tho these silly helps doe Nature sway And seeme to turne her Course another way At length she will returne with double force ffor Nature still must haue her ancient Course

ffor the black morphew

Take A new laid egg and stepe it in strong vyneger vntill

the shell be very soft which wil be in thre or fewer daies

then take it out braie it with a spone and wash the morphew.&nbsp;

To take morphew out of the face

Take red rose flowers thre good handfull, maiden haire of the

wall two handfull, fennell, two handfull, fenell, verbyne, Edyue, peneryall

of every one a handfull, camphere halfe an ounce stepe all thes

in a quarte of white wine, but first lett your wine stand

one night in the pott then draw it out and put in the herbs

letting it stand two it stand two daies, distill it in a distill it in a Stillitorie of

glas or in a powder still Sun it thirtie daies&nbsp;

Against pymples or or scurf in the face

Receyue a pound of allome glas the Iuce of pursteine of plan=

taine, and verges of grapes or crabbs of everyone a pinte

and a halfe, take also the whites of of twentie eggs and beate

them together with the same Iuce then myxe all together

distill it in a comon stillitorie, and kepe the water to vse

against all all pimples, skurfe, wheales chafings and heates

which chance in the skinne. dip lyning cloth in the water

and laie to the rednes, or wash with it and lett it drie in&nbsp;

A medycyne for a stinking breath

Scotts

Douglas

Take the flowers of rose marie boyled in white wine

and accustome to to drink of it and wash the face with it

and it will as well make the broth swete as fare face

Another for a stinking breath

Receiue rosemarie leaues with the blossoms seth them in white

wyne with a little myrre Synamon beniamyn and taking

the said wine in your mouth oft you shall find a marvalous

effect

folio 26 verso || folio 27 recto

Against A plurysy

Barrow

Ned

Open A white loafe new baked in the middle and spreade

the crummy side well with good treakle, and heat them at the

fyer, then laie it on the deseased place aither side directlie

against thother, and so binde them that they stirr not, letting

them alone till the Appostume break after warde take them

awaie and lett the pacyent well spitt out the appostume, and

after he hath slept a little giue him meate. Probatum est

for the Collick

Take halfe a glas or les of Iuce of Barberries, when they bee

verie red and ripe and put asmuch red currall to it well

beaten as will lie vppon two groates and lett the pacient drink

for the stone

Take fine powder of virga aurea and put a sponefull of it into

A new laide egg soft rosted and giue the pacient theirof in the

morning, and lett him not take of the space of foure howers

after vse it contynuallie for the space often or twelue daies and

it will make avoyd the stone without greife probatum est

for A straine in a womans back

in the

Lady

Brignatr

Take take Orpin knopgras plainteine of everie one a

handfull, and put them a into a quarte of malmsey or musca=

dell and seth it till it be halfe consumed, then put to it the pyth of

an oxe or shepes back, with foure granes of white and redd

currall cynammon, nutmegs of each an ounz and a little ginger

and when they bee sodden perfectlie straine it and giue the

pacyent morne, noone, and att night.

To cause one make vrin presentlie

Take graie soape which is good two ounzes baie salte beaten one

ounz, incorporate thes together, and rub the bottome of your bellye

and navill theirwith proued:

A present remidie against the plague

Take a hard onyon and rost it in a paper till it be softe and put to

it a quantitie of dragon water and streane ite put to it A

quantitie of aqua composta halfe a sponefull of wine rose

vyneger of the best you can gett and put to it a quantitie

of methredate or the best treakle and drink of it as sone as

you finde your selfe greived proued

27

To doe awaie heire any where

Take horseleaches burne them to pouder and mingle it ^withAysell

and touch the place where the heire groweth and it will grow

no more. proued.

To take wartes awaie.

When you kill a pigg wash the wartes with the hote bloode

letting it drie vppon them. presentlie wash them with water

and ashes made of willow and make theirof a plaster

To drie vp mylk in a womans brest

Anonynt with the Iuce of plantaine the teates of the

brest and it will drie them vpp presentlie

ffor a water going betwene the

flesh and the skinne.

for an ague

hote or colde

Take a quantitie of vyolettes asmuch marigolds bellame

rew and hartes tonge mingle all theis together and seth

them in good stale ale and when they be sodden streane them

through a fine lining cloth and lett the sick drink it

for a water going betwene the flesh & the skinne

Take walwoortes and make a bath theirof and bath the well

and rub with the woorte and drink the Iuce of walwoorte and

ytt shall make the cleane of thatt evill.

for one that is poysedned

Take wallnut tree bark, and pare awaie the vppermost

rinde. Beat it to pouder and laie it in ale or water all night

in the morning streine it, and giue it the sick to drinck

fasting and he will cast vpp the venome

for one that speakes in his slepe.

Take the Iuce of a lillie and drinck it in wine and he shall

not drink speak in his slepe

To make the teeth fare and

stick fast in the head.

Take hartes horne burne it vntill it be white and

then make a pouder theirof, and they will contynue

sounde and never rott. proued

I W

folio 27 verso || folio 28 recto

ffor any manns swelling

Wheler

Take wormwood, and mallowes two handfull and seth them in

water, and then take them vpp and frie them in a penywoorth

vyneger and laie to the sore place. it sanaberis

A medecyne for them that cannot doe their

easment and are payned with collick & stoane

Take a pottell of rehnish wyne, a handfull of pillitorie on the

wall, seth them together vnto a quarte and streine it thorow

a fare cloth and giue it the pacient to drink. probatum est

for the cough

Take a pottell of fare running water a rote or two of elicampa

na, pick them cleane and take out the pith, a little Isop two

handfull of barlie and two or thre sticks of good licoras, put

all theis into the pott of running water, and lett them boyle

frome a pottell to a quarte, this must be drunk evening and

morning and you must bruise your licoras in a morter

A receipt to make perfect memorie

and comforte the braine

Take Cynamon cloues and lignum aloes, galingale spicknard

Indice nutmegs roses and vyoletts long pepper white pepper

myrtles maces cortex of ech a like tw ounces of pearles ben=

iamin, alby, ruby corrall must and camphere suger.

A medsen for the ake

Take a quarte of runing wate and a quarte of vineger, three

handfull of red sage boyle them till the come to one quarte and

then bath the place theirwith against the fyer and it will

help you presentlie proue

Another

Take thre pintes of red wine and a quarter of a pound of staggs

horne ether grated or fyled, lett it stepe theirin foure and

twenty howers and then boyle it till it be wasted to a pinte

when it is colde it will grow to a gillie and their with an=

noynte the greiued place and it will cure you probatum est

A medycyne for degestion stomack

Take an ounce of ginger halfe an ounce of gallingall a quarter

of an ounce of stllwell, halfe a quarte of an ounce of

28

Calamus beat them altogether and searce them fine grate

the quantitie of all theis of housholde bread and myxe them

together and put so much malmsey their to as shall soake

it thorowlie, lett it lie all the night, and if it lie two or thre

daies it wil be the better, Take it in the morning a spone=

full a time and fast two or thre howers after.

for a consumption for all diseases

The Lady

Audley

ffyrst take A fatt sow pig, put it in a fare stillitorie and

put theirin a handfull of spere mynts a handfull of redd

fenell a handfull of red nepp halfe a handfull of liver

worte, halfe a handfull of clarie wyne dates well and

cleane made and the stones picked out a handfull of

raysons of the Sunne the stones pick out and washed

in thre or foure waters halfe a quarter of an ounce of

mace two sticks of good Cynamon bruysed in a morter

and still it together with an easie fyer, put it in a fare

glas and sett it in the Sunne nyne daies and so drink

it at your pleasure. Proued.

A pouder for those that be shorte breathed

and for the lungs very good alsoe

The Lady

Bedfurth

Take fox lungs and wash them in fare water, lie them in

vineger a night and drie them in an oven when the bread is

drawen out and beat them into pouder. Take licoras anised

fenell sede and coliander sede all of like quantitie beate them

all in pouder and searce them thorow a fyne searce and mingle

them withe the pouder of fox lungs as you can abide the

taste of it. It must be at the least halfe as much pouder

of the fox lungs as of all thother beside, take it in the mor

ning in your meat in your drink, or in your pottage, and

att all tymes of the daie the oftner the better and putt

Suger candie theirto and it will take awaie the tast of

the lunges Proued:&nbsp;

for one that cannot make water

MR

Wheler

Take two or thre radish rootes and scrape them clene cut them

in peces and take the like quantitie of white wine and boyle

them both together and drink the wine indifferentlie warme

folio 28 verso || folio 29 recto

A medsen for a sore legg

Wheler

Take Dock rootes and boyle them in fare runing water vntill they

be tender and then take them out, and bruise them and streine them

and put a little raw creame to it and so boyle them together vntill

they waxe thick like an oyntment and anoynt the sore probatum est

A medysen to bring out the measell and pocks.

Take a handfull of figgs and wipe them cleane with a cloth

then take a pinte of stale ale and seth your figgs theirin till

it be halfe wasted and scum it cleane, then take a draift of

the same licour and put theirto a little pouder of English

Saffron. and drink it warme. probatum

The order how to still a pig: restoratiue

for a sick bodye

Lady M.

wynches=

ter

Take a fare earthen pott of a pottell then take your pigg scald it

and wash it cleane and drie it with a cleane cloth your pig maie

not be too fatt but well fleshed. Take a quarter of a pound of

dates a quater of a pound of prunes a quarter of a pound of

currance halfe an ounce of synamon, halfe an ounce of whole

mace a quarter of a pound of suger candie a handfull of suc=

corie a handfull of maiden heire halfe a handfull of blood=

worte a handfull of lyverworte a handfull of hartstong A

handfull of vyolett leaues a handfull of strawberie leaues two

or three fenell rootes the pyth taken awaie, Swete marge=

rome, landebeefe each of them a handfull. then take a quarte

of muskadine or bastarde, or in stead of them a quarte of running

water and put in all the said stuf, and stop your pott with a couer

of paste as close as is possible: Then take a kettle of fare water

sett it on A treuett and kepe the same water boyling foure & twenty

howers an kepe hote water contynuallie to fill vp the kettle as

as your water doth seth awaie,. att thend of foure & twenty

howers open your pott and lett the licour that is in your pott runn

thorow a fare cloth and take a spone full at once and put in&nbsp;

your cawdells and brothes.

A medycyne for all manner ill in the stomack

Take the sedes of red docks and at of them morne and even

and it will helpthe&nbsp;

A medicine for all gooutes.

Take an owle and pull him and open him as you would eat him

Salt him and put him in an earthen pott and cover it close

29

The Lady

Saxfeild

Then sett it in an oven when bread is drawen, and if it be not dry

enough att once setting in, Sett it in oftner in the oven after bread

be drawen, Then make pouder of it and temper it with bores grece

and make oyntment of it, and againe the fyer anoynt the

pacient where the paine is probatum

for Stuffing and Impostumes in the head.

Take margerome one handfull and two sponefull of honey and

seth it in a quarte of water to a pinte, streine it and kepe it to your

vse. Take of this everie morning warme two sponefull and

draw it to your nose holding warme water in your mouth the

meane time spitt out fleame and water. bene probatum.

A soueraigne medycyne and remydy for those that

haue their lymmes taken with the gowte or

other deseases that can neither stand nor goe

thorowlie proved

Margeret

Honierstone

Take bares greace and theirwith against the fyer chafe well

the lame places and then laie warme clothes to the anoynted

places and alwaies those clothes vnwashen to laie to the

greived place after the anoynting and this greace is to

be had att paris gardin. proued.

A medycyne for the Iawnder and morphew.

The Lady

Wylliam

Take dock rootes the yellowest you can gett and lett them be fare

washed and scraped and the pith taken out, Then slice them in

thinne slices, and put it into white wine or Rhennish wine into

a cupp close covered, put to it halfe a dosen crops of spere mynte

and lett it stand so a daie and a night before you doe drink itt

and it must be drunk in the morning two howes before you eat

and meate probatum est.&nbsp;

A medycyne for the stone

Ould mother

Ialley

Take ground Ivy leaues of that which groweth naturallie vppon

the ground and take two tyles and make them hoate and drye

the said leaues betwene them to pouder and so to drink it is

verie good probatum est.

A medycyne for a skalding

Idem

Take a pare of tongs and make them verie hote in the fyer

and take of the restiest bacon you can gett and take a dish

folio 29 verso || folio 30 recto

Of fare runing water and put the restie bacon betwene the

hote tongs and drop into the water and then take a fether and

anoynt the scaldings with the droppings of the baccon and

when you haue anoynted it take the leaues of the white lillie

and laie them vppon the scalding where you haue anoynted

you and their is no better medsine probatum est&nbsp;

A medsen for the frenzie or paine in

the head be it never soe sore

Walker's

wyfe

Take bettony rosemarie camomyle and bruise it a little and laie

it betwene two new hote tiles, and sprinkle it with a little a

vineger and laie it hote to the napp of the neck at night and

new plaster in the morning doe this till thy paine be gone.

A medycyne for the morphew.

The Lord

Darcy

Take femytorie and make a posset of it and drink of the same

in the morning before you rise and sweate in your bed two

howers after you haue taken it, then take the pouder of scaue

and seth it with annesedes and suger and drink of it in the

same morning, then take A new laide egg and laie it in

vineger foure and twentie howers prick the egg with a pin

and take that which cometh out of the egg and anoynt the mor=

phew withall and it will goe awaie.&nbsp;

A speciall medycyne for the stich proued by many

Lorde

Darcy

Take the great poppie flowers that groweth in corne that

stinke and still them as they doe roses, and of the water there

of take a draught blood warme with old ale or wine and

it will avoyde the paine of the stich in shorte time and if you

nede drink it twice or thrice and vndoubtedlie it will help you

A medycyne for him that is deseased

and cannot make water

Mr

Wingfeld

ffirst take the gardin snale in them that is no Iuce so that he

findeth them in the shell, he must laie them by the fyer side soe

that they maie crepe out, which heate will cause them to do

you must be well assured that you haue them cleane out, then

take the shells and wash them very cleane, and drie them in

an oven or betwene two tyles as tyme shall require them

beate them fyne and drink the pouder theirof with white

wine and this shall cause him avoyde aboundance of

water. probatum est

30

A medsen for them that be thick of hearing

The lady

Arundell

Take a black snale and put it in a cloth and cast salt vppon it, and

when he hath rubbed himselfe well in the salte, prick him with an

nedle and lett the water run into a glass and then lett thre or foure

dropps of the Iuce run into the eare and take of the comon meare

Romane and stamp it and drink a little of the Iuce of it, and put

a little into your nosthrills of that you put in your eares. Itt must

be colde, and as sone as the snales be gathered they must be occupied

or els they will drie&nbsp;

for them that be frensie and

for the palsey very good

The lady

Guevytt

Take the flowers of cowslopps and still them and giue the water

theirof to the frantick to drink evening and morning and put of

that water into their drinks. And for the palsey laie the cowslop

flowers in malmsey thre daies, then still it and drink it and

you shalbe helpd theirbie by gods help.&nbsp;

for strong vrine

Rosamarie

Elwood

Take date stones and ginger of ether of them like quantitie parsley

seedes Ash keyes and brome sedes, bray them to pouder and put

theirof into your pottage

A soueraigne medsen for the fever

Mistris

Draper

Take flowers of rosemarie or the branches and seth themm in redd

wine a good while and drink theirof when the Axeis or

fever comes vppon youprobatum est

A medsen for the collick

Doctor&nbsp;

Burcock

Take a handfull of pellatorie of the wall and boyle them in a quart

of white wine till the wine be halfe boyled, put in one handfull

of gromell sedes and lett them boyle together, and when you

haue so done streine them and drink it warme to bed ward or in

the morning, and when you haue drunk it eat. nothing of two

howers after

for burning and scalding be it never so sore

a duch

woman

Take Ivy leaues seth them in a quantitie of beare a quarter of an

hower till they be tender, and when they be cold laie them to the

place that is scalded or burnt, change them morne and evening

It will both heale and skinne the scalding and burning so fair that

it cannot be deserued. throughlie proued

folio 30 verso || folio 31 recto

for the collick and stone

Take one nutmegg, a race of ginger and grate them twelue

cornes of hole pepper a penewoorth of aqua vite and as much

water as the aqua vitæ comes vnto, put theirto a sponefull

of fine wheate flower and so put them together and stir them

drink this medsen fasting and eate nothing of two howers after

for a pearle in the eye

Mr

Burton

Take A handfull of ground Ivie leaues wipe them cleane but

wash them not stamp them. and rost an egg harde and take

the white of it and bruise it together with the Iuce of the Ivy

leaues, and take a fare lining cloth and streine it through then

take the oyle theirof and drop into the Eye of the pacient

A medycyne for the coughe.

Maister

Seroien

Take A quarte of drink and clarifie it and put to it a quarter of

a pound of licoras, two ounces of Anissedes a quarter of a

pound of figgs and a handfull of horehounde, boyle them altogether

vntill they be hafe wasted, then streine it and drink it morne and

evening warme, make it somewhat swete with suger&nbsp;

A restoratiue for a consumptionn or

for one that is brought low with sicknes.

Doctor

Grimston

Take the red cock for he is the best, and lett him blede well

att the wings and att the leggs and then att the throate lett

him be two yeares olde, pull him drie, and splatt him in the

middest bruise all the bones and sett him on the fyer in A

gallon of water in an earthen pipkin, and when it boyles

scumm it well, put into it a handfull of fenell rootes the pyth taken

out. a handfull of currance as many dates the stones taken

out. Take cloues, large mace, nutmegs cynamon ginger

grames of each a crownes weight in golde, and halfe an

ounce of seede pearle well beaten, and boyle some gold theirin

put in all theis things att once after it be scumed letting

boyle together being close covered vnto it be wasted to some

what more than a pinte then streine them through a fare

cloth. If you sett it on againe in a fare cloth thing and put

in the white of an egg beaten and as it riseth gather it of that

will take of the fatt, then streine it againe and put it in a pott

then eat of the gillie a sponefull or two warme alone in a broth

this is proved to be a most comfortable & excellent thing

31

forma faciende Aqua mirabilis

et præciosa

Mr

Burton

Take gallingale cloues ginger, millilot mace nutmeggs of

every one a handfull Dram beaten in a pouder and of the Iuce

of Sallidine halfe a pinte, a pinte of aqua vitæ thre pints

of white wine mingled together, this water is to be maide all

Sommer, except the moneth of Iune and the first halfe

of Iulie, it must be distilled in a glas still this is an excell=

lent water against any evell in the stomake.&nbsp;

The making of Doctor s teuens water

Take a gallon of good gascoigne wine, then take ginger ga=

lingale, cynamon, nutmeggs graines cloues anissedes fe=

nell sedes carraway sedes of everie of them alike much viz

a dram, Then take sages, mynts red rose time pillitory rose=

marie wild time camomyle lavander, of everie of them A

handfull, then breake the spices small and braie the hearbs

and put all into the wine and lett it stand soe twelue howers

seing it dyvers times, then still it in a limbeck and kepe the

first water by it selfe for it is the best, the second is also

very good, but not so good as the first&nbsp;

To make fare hands

Take the oyle of swete Almonds blanched, browne bread hard

baken, and well rellised great rasins the stones taken out, henns

greace or capons greace of each an ounce and make anoyntment

theirof, where withall you must rub your hands and wash it

awaie with warme water.

To make a good and lyuelie colour.

Take take the Iuce of orenges oyle olife rose water, of each

of them an ounce and lett it boyle, and when it is well cooled

doe as is aforesaid by the other

A medycen for one that hath an Itch

Take the roote of pellitorie and seth it in fare water till

the water be some whatt yellow and clammy then take the

same water and wash where the Itch is and it shall help.

To stanch bloode

Take a quarter of rize and boyle it in fare runing water

and then eat it and it shall stanch blood att your nose

or mouthe

folio 31 verso || folio 32 recto

A medsen for one that hath no tast in meat or drink

Take a pottell of cleane water A good handfull of dandelion

and put it in an earth pott and seth it till it come to a quarte

then take out the hearbes and put in a quantitie of white suger

till you think it be somewhat pleasante, then put it into a vessell

wherein it maie coole, and then take twentie or thirtie almonds

blanched, beate them in a morter and when the water is colde

put it to the almonds, and then put them into a cleane Ipocras

bagg, and lett them run thorow with any compulsion, and if it

be thick then put the same licour into the bag againe and lett it

runn thorow againe, soe kepe it in a vessell and lett it be drunk

att al times when it shall please the pacient.

A wonderfull good medycyne for the stich

Take A handfull of rose leaues a handfull of camomyle and a sawcer

full of oyle of camomyle a quantitie of the flower of barley boyle

all theis together in mylk and then take a lining bagg and putt

it theirin and laie the plaster wher the stich is as hote as you maie

suffer it vse it fyue times and it shalbe whole proued&nbsp;

And ekxcellent medycyne for swelling in the coddes

Take two or thre handfull of beane flower a good quanttytye

of cuming sede bruised two or thre handfulls of mallows chopped

and cutt verie small, seth the foresaid things in runing water and

laie it to the place that is deseased and vse it a while and you shalbe whole

A medysen for a scald head

Maister

Bacon

Chop of all the heire as much as you can, then take primerose leaues

beate them verie small in a morter, laie them on the head and cover

the head with a bladder, and so lett them lie without couering till it be whole

ffor burning and scalding

Receiue oyle olive and the whole of an egg beate them well together

and anoynt the place and you shal be hole.&nbsp;

To make fare coloured heire

Receiue the water of distilled honey and sponge them with your

heire and vse itt proued.

ffor a corne on ganglnale in the toe

Take marigolds stamped and laie to evening and morning or

els pare your corne, and laie turpentine and red wax boyled

together

32

ffor Swelling in the leggs.

1 Take of the best hoate worte, and put their to groundes of malte

stand vp in it to the knes and cast a cloth about the vessell

Another

2 Make an Implaster of oyle of roses and whites of eggs ming=

led together, it is excellent to asswage Swelling

Another for all swellings.

3 Take Smalledge with the crumes of hote bread, and laie it

to the swelling. //

ffor the grene sicknes

Mistris

MBrisket

Take A handfull of sage, a han:dfull of balme, a few mynts and a few

cloues bruised, seth all theis things in a pottle of beare or ale

to a quarte, and then streine it and drink theirof in the morn=

ing a little draught luke warme.

Another

Mr

Palmer

Vse once or twice a weke to boyle a little red fenell and a little

rosemarie in claret wine, and drink their of two mornings in A

weeke.&nbsp;

An excellent savour to avoyd the plague

MHacher

Take a halfpeny woorth of Synamon and cloues beaten with A

little saffron and stepe them in a quantitie of rose water or

rose vineger, and their into put a pece of a spunge and when it

hath dried vp the licour, wrapp the spunge in a lining cloth

and vse to smell to it proued good:

And if you suspect your selfe, take Treacle, methredate vineger

and draggon water mingle them and drink them I W

A medycyne for the stone in the reynes

Take the hearb called camphire maide in powder and drink

it in white wine&nbsp;

Against a stich

Doctor

Audley

Take a wooden dish fill it full of hoat Imbers pres them into the

dish and strew vppon it some coming sedes then take a lining

cloth and clapp it about the dish sprinkle a little malmsey

vpon the cloth and laie the Imber to the greife as hote as you

can suffer it.

folio 32 verso || folio 33 recto

ffor the palsey in the head.

Take thre handfull of pellitorie on the wall beaten and put

into halfe a pinte of white wine, lett it stand about a moneth

then streine it, and seth it with a little virgins wax vntill

it be turned into a Salue

ffor the tooth ach

Take pellitorie of Spaine and bruise it and hold it in your

tooth halfe an hower.

To comforte the stomake

Take a pinte of malmsey and put into it the yoalk of an egg

suger a little quantitie of a nutmeg, and as much synamon

seth this on the fyer and drink as hoate as you maie suffer it

ffor the coughe

1 Take mylke sodden, and putt their to swete butter and suger and

drink it and anoynt you with capons greace. Take garlick and

stamp it with fresh butter warme it against the fyer and

anoynt the soles of your feete their with . and binde the garlick hard

to your feete warme and this will help the coughe probatum est

Another

2 Take two yoalkes of eggs new laide, and put to it suger candie

small beaten with a little red rose water heat the eggs vppon the

coales, but lett them not be harde and sup them at morne and night

ffor the stone

Take the Iuce of lemmonds in white wine, drink the same

Against the humor of the gout in the foote

Take two leaues of coale woorte that be red and binde them to

the place greyved moring and evening

Another

Take bran not fynelie boulked and put a quantitie their of in

your socks.

To ease swelling in the leggs

Take A quantitie of maie butter mingle it with sparma

ceti, and heat it hote to the fyer and anoynte the place

greived, and then spread some theirof vppon a lining

cloth and laie it to the place where the greife is as hote as

you maie suffer itt proued.

33

ffor the Stone

Take so much radish and stamp it as will make two sponefull

of Iuce, and put into it a good quantitie of suger and take the

same in the morning. And anoynt the reines of your back with

vnguentum rosarum when you goe to bedd

Against the coldnes of an ague

Old Earle

Arundell

Take a new laid egg, and break the shell in the one end and put

out the white, then put into yoake a good quantitie of aqua

vitæ and sett the same in hote Imbers often stirring it and A

little before your colde come, sup of this medisen. Earl Arundell

To draw any colde humor out of

the head or eyes

Take two gallons of the grounds of ale and put in it two hand

full of camomyle and two handfull of bay salte, seth it and as

hote as you can suffer it put in your feete, and hold them

in vntill it begin to coole and soe goe to bedd

ffor sore Eyes

Take possett ale the curde being clene scumed of and seth a little

handfull wood bettony in it, let the posset ale be sodden if it be a pinte to

the halfe, and drink it when you goe to bedd and in the morn

ing fasting. If your eyes be red or run, laie this hearbe

when you haue taken it out to the napp of your neck some

wat warme betwixt a cloth not wett.

MDrury .

To provoke a stomack

Mistris MDrury

Take thre or foure crops of wormewood, red mints halfe a

handfull a red dock roote the core taken out, laie theis in

stepe in ale wine or beare alnight and drink their of in the

morning vse this drink frome March til october.

ffor the Eyesight

Take halfe a handfull of the Tops of grene fenell chaw halfe

their of and spitt it out, then take of your spittle with your ring

finger and draw the same over your eyes fasting in the morning

when it is dryed vpp, take a cleane handkerchife not vsed since

washing, breath into the same and furthwith laie the same to your

eyes yet hote, chaw more and vse it thre or foure times in morne

together, it is also good to eat fenell sede fasting

folio 33 verso || folio 34 recto

A medycyne for the bloodie flux

MrPren

nyll

Take a quarte of mylke that shall come fresh frome the cow

sett it on the fyer vntill it boyle, then put into it a pece of roch

nyll allome the quantitie of a walnut, skum of the curde of the

mylke as sone as it beginneth to curde, take out the allome and

drink of the mylk warme, and so oft as you do drink, warme

it. This medycyne did cure mr Prennell of the bloody flux

when all the Phisitions could doe him no good

ffor the lask

Master

ffuller

Take the pill of A pomegranate grated and put the same in

broth Or take the flowers of pomegranetts and eat them.

ffor the coughe

Doctor

Smyth

Take halfe a pinte of Isopp wate and put their to two or thre sticks

of licoras bruised a rason of ginger sliced and some sugar candie

lett theise stand awhile together and when yow coughe vse a spone

full at one Doctor Smyth for mr Stoneley

Anoynt your brest with oyle of dill.

for coldnes of the leggs

Take a pinte of Sallett oyle an ounce and a halfe of coming sede

thre quarters of an ounce of nettle sede, boyle them altogether with

a soft fyer vntill a quarter be wasted, then streine it and put it

into a glas and anoynt the soales of your feete.

for cold humors

Take oyle of dill and oyle of camomyle and anoynt the place greved

A medysine against the stone

and stranguyllon

Take the ronnes of red heringes and drie them, and prick hollie

leaues dryed in an oven and beate them severall into to pouder

and put halfe a sponefull of each of them into your pottage Itt

is also good to drink in white wine.

To kep a wound frome festring

Take myntes stamped with a little salte and laie to the wounde.

Against drunkennes

Burr leaues laide to a drunken nolle maketh it Sober proved

34

To kill an earewig otherwise called

a forckt robbin, or a beatletwigg in

the north it is called a twingballock

in the eare

Take A little of your owne water or vrin and putt their to A

lyttle pepper, myxe them well together, then lie in your bedd with

that eare vpwarde which is paynes and put into your eare the

pepper and vrin so myxed, and it will help yow. It hath bene

tryed dyvers times, and what quick thing so ever be in your

head that will kill it and not hurte you neither shall you haue any

great paine theirof. proued.

ffor swelling in the legges

Take of the best hote worte, and putt their to grounds of malt

and stand vp in it to the knees and cast a cloth about the vessell

Another

Make an Implaster of oyle of roses and whites of eggs ming

led together, it is excellent to asswage swelling&nbsp;

A medycyne for the byting of a madd dogg

1. Take your owne vrin and wash their with the sore so sone as

it is bitten

2 Receiue the water of an onyon and power vppon the sore

and make a plaster of an onyon with rue & Salt and laie to it

3 Take the dong of A beast and burne it and put to the ashes

their of vyneger and laie to the sore

4 Take the blood of the madd dog and laie to the sore or take the

lyver of the dog that bitt yow and aplie to the sore

5 If you be bitten with a madd dog look too it betimes and take hede

it fester nor corrupt within for it draweth evell humors and

venome to your harte, theirfore take onyons and garlick and

laie theirto and it will driue awaie the venome & heale it

6 Take the lyver of the mad g dogg and rost it or broyle it

and eat it and it will help you proued.

7 Take the Iuce of rue and drink it with white wine

And to know whether you be bitten with a madd dogg or noe

Take a pistake nutt you maie haue it att the Apothecaries

make a plaster thereof and laie it to the wounde

folio 34 verso || folio 35 recto

A daie and a night, while this lieth too, take a cock

or A hen and shut vp close where it can gett no meat

when the plaster hath laied on a daie and a night, take it

of and giue it the cock or hen (being hungrie) to eate

if the cock or hen drink after it, It is not bitten with

A madd dogg. If they die though not presentlie then

take hede to your selfe and vse the medycynes aforesaid

proued sufficiently I W

ffor the harebred

Take haver brewarde red fennell pearle gras nyne leaues of

sage of vertue one campanett leafe wash them cleane chop them

and putt them into a wood dish, and put a little salt and womans

mylk to them, braie them altogether, streine them as you nede

and drop into the pacients ey with a fether as often as you

think good

To make mouth salue::&nbsp;

Take red fennell red sage woodbind leaues sinkfoile chop them

and streine them into honey when you haue claryfyed and scumed

it well boyle them altogether with some allome and so kepe it

in an earthen pott.&nbsp;

ffor the colde:

Take horthhounde and chop and streine it into honey and boyle

it well and so kepe it and take it first at morne and last at last at

night as you nede it.

Water for a sore mouthe

Take white roses egrymoyne red honysuckels eybryght sellidowne

red fennell, distill them and take that water and drop into your

eyes when you go to bedd&nbsp;

A secrett..

Note Take Avandes bonewoorte and mulletts drie them into pouder

and drink it in possett drink

ffor the yellow Iauneyes

Take a quarte of ale and the grene of goose turdes barbery barke

hobthrust lice halfe a handfull of sellidowne as much Iarman=

der, and stepe them one night in the ale, then streine it and

grinde turmarick into it and so drink it fasting. but you

must beat the lice with the goose turdes before you putt them

into the ale. proued

35

ffor one that hath naturallie a redd face

Take foure ounces of the kirnells of peaches, two ounces

of goorde seedes, and make theirwith an oyle wherewith

you maie anoynt your face morning and evening and it will

destroy the rednes A thing found true by experyence&nbsp;

To make a face fare

Take the fresh blossoms of beanes distill them thorow

A limbeck and wash the face with the water that cometh of them

To make white skin & take awaie Sunburning

Take A pott full of raine water and fill it vp together with

springwell water seth it till the halfe be wasted and in the

meane time while it boyleth fill it with the Iuce of lemmons&nbsp;

when it hath sodden take it of the fyer and putto yt the

whites of foure new laid eggs finelie beaten but the licoiur

must be colde before you put in the whites of the eggs and

then it is made&nbsp;

The sundrie vertuues of melifoyle

1 Myllyfoile is hote and drie in two degrees It is good to

stop the bloodie flix, the Iuce theirof healeth the byteing of A

2 red Hound if it be sodd in red wine. drink it and it sleaeth

wormes in the wombe. It will destroy vermin and softneth

3 hardnes in the womb. It helpeth the Ianders or dropsey

4 Also the hearb stamped and tempered with vineger doeth

5 awaie the blood in wounds. It will cease the tooth ach when it

6 is chewed fasting. It is good for the stinging of an Adder if

7 it be sodden in wine. drink it and laie to the substance

8 of it, and it will draw out the venome of a sore&nbsp;

ffor burning or scalding

Wash the sore Imedyatelie with snow water and it will

take out the fyer, presentlie ease the paine heale the Sore

and kepe it frome arring, you maie gather your Snow

att any time in winter and putt it in A pott or glas and

kepe the water for your vse proued

folio 35 verso || folio 36 recto

ffor him that hath naturallie a red face

Take fower ounces of kyrnells of peaches, two ounces of

Gourde seedes and make theirof an oyle wherewith you maie

anoynt your face morning and evening and it will destroye

the rednes A thing found true by experience

To make a fare face

Take the fresh blossomes of leaues, and distill them throw

A limbeck and wash the face with that water&nbsp;

To make the skynne white draw awaie sunburne

Take halfe a pott full of raine water and fill it vpp with

spring water seeth it till it be halfe consumed, in the meane

time while it boyleth fill it vpp with the Iuce of lemmons

when it hath sodden, take it of the fyer, and put to it the

whites of foure new laid eggs finelie beaten but the licoure

must be colde before you put them in and then it is made&nbsp;

An excellent drink for the Tissick

Take A handfull of fennell rootes asmuch persley rootes

as much Alisander rootes halfe a handfull of borage rootes

and take out the pith of the said rootes. Take a handfull

peneryall as much violett leaues, as much cinkfoile, succorie, endyue

hollie oak leaues, mallow leaues, and red gardin mintes of thes

the like quantitie as of the former halfe a handfull of fine

licoras sticks scraped and beaten to pouder a gallon of faire

runing water boile their in all theis simples and boyle theis

seedes with them, (that is) thre sponefull of Anissedes

as much fennell sede the like of colliander seed and coming

sede A good handfull of dandelion rootes, and so boyle all

together frome a gallon to a pottle and lett the pacient drink

their of first and last and it will help him probatum

Water Imperiall for all cankars

Take a handfull of red sage leaues a handfull of Sellidon

as much of woodbinde leaues. Take a gallon of condict

water put the hearbes in it and lett them boyle to a pottell

Streine the hearbes through a streaner and sett the hearbs

on the fier againe. Take a pinte of english honey a good

handfull of roch allome as much of white coperas tyme

beaten a penyworth of graines bruised, and lett them boyle

36

Altogether thre or foure walmes, then lett the scumm be taken

of with a fether and when it is cold put it in an earthen pott

or bottle so as it maie be kept cloase and for a grene wounde

take of the thinnest, and for an old wound of the thickest

Cover the Soare rather with veale or mutton: Skinn them

with dock leaues when ye haue dressed them with this water

A remidie for the shinkles

Take doues dirte that is moistie and of Barlie meale halfe

a pounde stamp them well together and doe their to halfe a pinte

of vineger mingle them together and so laie it to the sore. Laie

wall leaues their vpon and so lett it lie thre daies vnremoved

on the third daie if nede require laie their to A new plaster

of the same, and at the most it shalbe whole within thre plasters

ffor Synewes that are shortned

Take the head of a black shepe, Camamell, lorell leaues

Sage of each A handfull bray theis hearbes in a morter

and boyle them altogether in water till they be well

soddenn lett them stand till they be cold and draw them

thorow a streaner and so vse it

A soueraine oyntment for shrunken

Synues and aches

oyle of

Swallows

Take eight Swallowes readie to flie out of the nest

dryve awaie the breders when you take them out and lett

them not touch the earth Stamp them vntill the fethers

cannot be perceiued, put to it lavander cotton strawberies

wiers the topps of mother time the topps of rosemarie

of each a handfull, Take all their weight of maie butter

and a quarte more stamp all the fethers that nothing

canne be perceiued in a stone morter. Then make it it vpp

in balles and put it in a stone morter earthen pott for

eight daies close stopped that noe Aire take them

Then take it out and on a softe fyer as maie bee seeth it so

that it doe But simper then streine it and so reserue it

for your vse

I take this to be the right swallow oyle

ffor synues that be broken

Take Earthwormes wormes while they be knitt and looke that

they parte not stamp them and laie to the sore and it will

knitt synues that be broken in two

folio 36 verso || folio 37 recto

Also take peneriall braie it and putt salte enough to it, temper

it with honey and make a plaster their of and laie vppon the

synues that be stif and it will make it stretche

To stanch blood

1. Take Bole Armoniak and make a plaster and laie it too. Also

2 take the mosse of the hazell tree and cast it into the wound and

it will stanch foorthwith and the longer it is gathered the

3 better it is Also take a peece of martinmas beefe out of the

roofe and heat it on the coales and as hote as the pacient maie

4 suffer it laie it theirto: Also take a pece of leane salte befe

and lett the beefe be of that greatnes that it maie fill the

wounde laie it in hote ashes till it be hote throughe and all

hote thrust it into the wounde binde it fast and it shall stanch

anone the bleding when a maister vaine is cutt, and if the

wounde be large

ffor swelling that commeth

Soddenlie in manns lymmes

Take hartstong, cherfoyle, cut them small and then take

dreggs of ale, wheat branne and shepes tallow molte doe

all in a pott and seeth them till they be thick Then make a

plaster, and laie to the swelling

Alsoe take fare water and salte stir them well together and

theirin wett a cloth and laie it to the swelling&nbsp;

A good oyntment for scabbs and itching

in the bodie

Take foure ounces of oylde bay an ounce of frankensence and two

ounces of white waxe thre ounces ounces of swines greace and

an ounce of quicksilver that must be slacked with fasting spattle

an ounce of great salt of all theis make an oyntment, And if the

scabs or Itch be vpon all the bodie as well aboue the girdle as beneath

Then when thou goest to bed wash both thy hands and thy feete in

warme water and battle them well by the fyer and after drye

them with A cloth of lyning. Then take that oyntment with

thy finger and chafe it well in the palmes of the handes and

soles of the feete and rub it well that it maie drink in well

If it soake in well doe gloues on thy handes and socks on thy

feete, and thus doe every night when thou goest to bedd and

if the scab be aboue the girdle and not beheath then anoynt but the

hands, or beneath the girdle bathe feete, lett the pacient vse

this and he shalbe whole probatum est

37

To make one fine and slender

Take ffennell and seth it in water a verie good quantitie, and

wring out the Iuce theirof when it is sodd and drink it first and

last and it shall swage ether him or her proued

ffor all maner of scabbs.

Take white oyntment Brimstone quicksilver verdigrece

mingle them together and their with anoynt the sore scab

If one haue drunk poyson

Take Bettony and stamp it and mingle it with water and

the poyson the partie hath drunk will presentlie come vp

To restore speach that is lost sodanlie

Take peneriall and temper it with Aisell and giue it to

the sick to drink it laie also a plaster of this to his

nosthrills and it will help him Proued.

To stench bleding att the nose

1 ffill A quill with vineger and power it into the pacient

his eare on the contrarie side that the nose bledeth

2 Laie wett clothes to the pacients members and it will

stanck bleding att the nose

3 Some wett lining clothes in cold water and laie them

the napp of the neck

4 Or take the leaues of redd nettles and chafe them well

betwene thy fingers till they be Iucie an stop in the nosthrilles

A singuler medsen for deafnes

Burne A grene ash boughe in the fyer and receiue the

Iuce that droppeth frome it and drop it into the pacients

eare somewhat warme when you goe to bed and stopp black

wooll in thine eares and it will helpe the proued ffor blodshotten eyes

Stamp Houselick and streine it into an egg shell sett it

in the fyer and scum it with a fether when it boyleth and

drop it in the eyes when you goe to bedd

Reesbewb

folio 37 verso || folio 38 recto

A medsen for all soares

salue

Take vnwrought wax Turpintine oyle oliue shepes

Tallow or deare sewett a quantitie of everie of them and

then take a quantitie of the Iuce of bugell the Iuce of smalleg

a quantitie of rosin, boyle them altogether over a softe fyer

stirring them alwaies till they be well mingled and that the

grennes of the Iuce become, then streine it through a faire

cloth into a vessell and this shall heale wound or sore what

soever it bee ill

Another for all sores

Take A quarter of a pound of pitch as much of wax as

much of rosin as much capons greace or other soft greace

put them in A pan and seeth them altogether till they bee

melted then streine them thorow a faire cloth and make

a plaster to laie to the place greived

To defend humors

Take Beanes the rinde or vpper skinne being pulled of

bruise them and mingle them with the white of an egg, make

it stick to the temples it kepeth back humors flowing to the eyes

ffor headach coming by heat

In the begining nothing is better then to power vppon the head good

oyle of roses, and if A little vineger be added to it it will pearce

the faster and deeper. The places you power or anoynt it on, is

the foreparte of the head where the seame goeth overthwarte

Also you must vse it on the topp of the forehead where the

heare leaveth growing, and on the sides of the Temples where

the here groweth towards the eares The best thing next oyle

of roses is oyle of camomyll to be vsed likewise especiallie in those

bodies that we would not coole too much As women evnuches

children that haue soft flesh and are white in colour

Of headach coming of colde

Take oyle of rue and power it hote vppon the foreparte of

the head and it healeth the pacient perfectlie. Or instead

of oyle of rew, you maie vse oyles of lawrell dill or camomill

of Spickenard, Serpillum marioram and such like

38

Against headach caused by drunkennes

Take the leaues of colewoortes steped in warme water and bound

aboute the head, doth naturallie resist drunkennes, moreover the

broth of colewoortes being eaten is good for that purpose. To preserue

one frome drunkenes lett him eat fiue or six bitter allmonds fasting

or lett him drink wormwood wine first of all. Moreover if you

boyle vervaine alone in oyle and doe sprinkle the head theirwith it help

eth all paine of the head of long contynuance if it were caused of

colde or of gros and vicious humors

ffor the mygryme

Mygryme is a painfull evill remaining in the one halfe of the

head, this paine commeth often by fitts. Theirfore take earthworms

beaten to pouder and applie to the greife, as also the flesh of snales

bruised and appleyed doth profitt much The kirnells of peaches

bruised and appleyed vppon the greife is verie good. Also the donge

of A goate stamped and commixed with vineger, if the forehead

and temples be anoynted theirwith it ceaseth the paine of the migrime

for ever. My counsell is if their be soddane paine of the migrime

Take frankencense myrrhe and an egg beat them together and

applie that to the forehead and temples.

Against furie and madnes

The onelie roote of wilde ffennell and the seed drunken in water

helpeth the pacient Proued&nbsp;

ffor a stroke in the Eye

The onelie thing that you shall vse generallie when the eye is

1 smytten, is the white of an egg and flexen hearbes, to the which god

2 hath geven thre especiall vertues. The first to asswage the paine

3 The second to clere and purifie the sight. The third is to lett and kepe

awaie all superfluous vmors, which otherwise would fall into the

Eye. you shall remoue it foure times a daie and twice a night by

the space of fiftene daies together annoynting in the meanetime

the Temples of the pacient with the oyntment of Alabaster, which

is an Adiuvant and aide to all medicines. Now after fiftene

daies take the ^ xii streines of a new laide egg of a white hen put it

in a morter and labour it with a pestell till it be vnited in manner

of an oyntment and so reserue it in a glas and twice a daie and once

a nigh put a llittle into the eye

folio 38 verso || folio 39 recto

ffor gravell chips or stones in the Eye.

Theis diseases happen vnto masons, milners, carpenters, wrights

and smythes by any dust or chip scipping into the Eye, Theirfore

it must be taken out, and if it happen their be any pitt in the place

where it laie by reason it abode long time theirin then put into the

eye the streines of eggs ordered as I declared before twice in the

daie and once in the night, and vppon the eye laie a plaster of

flexe and the white of an egg, and within thre daies it will hele

the partie diseased Sometime it hapeneth the Eye is stong

with a Bee or a waspe or some other venemous thing, or blasted

with an infected Aire and if any of theis happen the Eye is much

disquieted and greved, so that the pacient maie take no rest

and it bolueth vpp that he maie not see. The onelie cure for such

and the like accidents is this as I haue by experience often tried

Take A handfull of Cardus Benedictus stamp it small and temper

it well with halfe the white of an egg and theirwith make a plaster

layeing it on flexen hearbes binding it hard to the Eye where it

shall lie till it be dryed, and then applie another, and so consequently

vse it till your pacient be thorow hole. Theis quallities theys hearbe

hath It aswageth swelling and easeth the paine destroyeth vemin

and putteth blood frome the eyes, this is also a present remedie for

the Eyes that are bloodshed when they burne as though their

were gravell in them.&nbsp;

ffor paine in the eares

If it be of a cold vmor Take oyle in which Galick is sodden or an

onyon dropped into the eares is marvailouslie good. Theire be some

that doe cutt out the core of a great onyon then the fill it with oyle

and heate it meanelie in hoat embers and poure it into the eares when it

is stronglie strained. The white of an egg mittigateth the paine

note verie much. Also womans mylk. Also goose greace profitteth much

also foxes greace When paine is caused of hote distempure

Then oyle of roses is marvailous good for the head if it be droped

into the eare, A vineger and oyle of roses is verie good or the

white of an egge or womans mylke or the Iuce of nightshade

Also oyle of Almonds and others which doe purge clence wipe

and vnstop the passages without greife. Theirfore of theis you

maie make medicines and drop into the eares. Among other the

Iuce of leekes dropped into the eare warme is good or Iuce

of leekes mixed with honye

39

ffor bleding att the nose

A lyning cloth wett in vineger is mavailous good being appleyed

1 to the forehead and neck againe and againe, and nourish the forehead

2 with spunges of cold water. Mynts brayed and put into the nose

3 thrills is thought to be verie good. A spunge wett in strong and

4 sharpe vineger maie be put into the nose that bledeth. Also Iuce

5 of the leaues of nettles haueing lining dipt in it and put into the

6 nose stopeth bleding att the nose. The flesh of snales braied

with vineger are with their shells burt and brayed good being

appled to the forehead and nose with vineger But aboue all the

blood that commeth out of the pacients nose is good if it be burned

in an earthen pott and then beated. Take of it thre drammes bole

Armionack an ounce halfe their weight in Camphor with the white

of an egg and vineger make it thick like honey laie it to the fore

head and put it into the nose. Asses dong dried and made into

powder is wonderfull good and hogs dong hath the like vertue

ffor a stinking mouth

Often washing with water mixed with vineger in the morn=

ing and bit and bit after meate is verie good Also myrrhe steped

in pure wine minister to wash the teeth. Also it is good to

chew pellitorie Tamarisk and rue. Sage boyld in wine

is good to wash the mouth withall. Some saie that mylke

fish almost all fruites and fatt meates doe redyly engender

corruption in the mouth and stomack

ffor a panting harte.

Take Roses vyoletts flowers of water lillies Saunders

corall Camphire and such like, which can correct the hote

distemper and add strenghe to the harte: and for outward

cure, this is verie good, the oyles of roses and vyoletts, two

ounces of red corrall red sanders and red roses Camphire

two graines, white waxe asmuch as is sufficient, and

make an oyntment, and theirwith anoynt the region of the

harte and the back bone

for a soor brest, to brast yt, & to cure yt,

Take halfe a gallon of springe well water and two handfull

of wild mallo, seth them well, & then put to them wheat bread crumes

good ale dregges & shepe sewytt, or fresh butter, & lay it to plaister=

wise; & it will seale & draw out all corrupcion

folio 39 verso || folio 40 recto

ffor Swonning

Lett the pacients face be wett with a sponge dipped in cold

water or sprinckle it with rosewater, also the face the feete

and the stomack must be rubbed, the mouth must be opened

and you must goe about by all meanes that the humors which cause

the swoning must be vomitted vpp, by powreing in of

warme water in att the mouth. And the loude calling of

one is profitable but many at once is hurtfull.

ffor aboundance of mylk in a womans brest

The leaues of perce chervaie anoynted with Iuce of grene

percelie is verie good moreover the stone pyrites poudred

and applyed with oyle of roses and vineger doth show a mar=

vailous effect against aboundance of mylk, And lett their

whole diett be such that theirbie but small blood maie bee

ingendered. Theirfore honger in this evill is very good

for curded mylk in the brests

Lett the pappes be outwardlie anoynted with Iuce of grene

parsley mynts fenugreke, also the creame of a hare

beaten with water if it be anoynted is good against all&nbsp;

swellings of the pappes especyallie against the corrupt&nbsp;

aboundance of mylke. Also anoynt them with oyles of camo

myll dill lillies and such like but take hede they touch not

the nipple Oxes gall anynted is good

ffor Imoderate thirst

Cucumber sede chewed or if it be hulled and beated and

drunked with water it helpeth greatlie against thirst

ingendred through heat of the stomack, likewise lettuce

seede chewed and drunk profitteth, and pursleine seed

likewise. But those which are vexed with thirst caused of heat

and drynes, as it chanceth in all burning and drey fevers

and to thos which labour in somer or great heat are best healed

with a drink made of vineger and water sodden together

40

ffor the wormes/

1 They are killed especiallie with bitter medycines

among which theis simples are good: Wormewood sothernwood

Calamint horehounde dettanie Isope rew coriander sede

harshorne, peneroyall centorie ferne garlick sedes of

2 colewoorts Among all other the most comendable is Aloes

Theirfore if Infants will hardlie take it because it is soe

bitter giue them a pellett of it in a rasin or butter of an

Apple, when the wormes are killed, it is good to driue

them out with purging or by Suppositorie

ffor the Hemrohides

The Hemorohides is an vnfolding and spreding abroad of

the vaines in the Tewell. To them take crumes of bread&nbsp;

steped in mylke and sodden with yoakes of eggs and applie&nbsp;

them theirto like a plaster Also it profiteth to sitt on A bath

made of the decoction of mallows vyolett leaues mellilott

fenugrek camomyll linsede and such like and if the pacient

cannot vse that wett woll or a sponge in the said decoction&nbsp;

and laie to the greife //

ffor ffalling out of the Tewell

After it is in and thrust into his owne place againe you must

anoynt it with oyle of roses being warmed, and scowre the

Tewell with restrictiue wine, and then being put vp againe

into his place you must binde him vpp, And it must be done

so sone as the sick hath bene att the stole lest that when

necessitie constraineth him to goe to the stoole againe the

Tewell should fall out againe etc

ffor hardnes of the splene

The most convenient medsen for hardnes of the splene is

Iron quenched often in water or wine, for that water or

wine ministred in the begining is pleasante and most

profitable and is geuen for manie daies together: Lett the

Iron that is quenched in them be some Instrument that is laide

with stele. also the scales of Iron maie profitable be

ministred to strong and rude men, for this doth melt the

spene notablie It hath a consuming vertue

folio 40 verso || folio [26a] recto

for one that pisseth blood frome the reynes

You must absteyne frome the things which speciallie provoke

vryn and frome carnall copulacion . Take an ounce of hartshorne

with wine and Iuce of marigolds which stoppeth bruising out of

blood frome the reynes Also ceropps of roses and myrtles are good

moreover shepes mylke is onelie praised being ministred fasting

foure ounces with A dram of bole armoniack mixed with it

among pothearbs ffennell and pasneps will provoke vrin

for the stone in the bladder

A most lawdable medycyn is a hedge sparrow being dressed in

Salte and taken raw in meat doth heale the disease perfectlie

for it expelleth the stones ingendred in the vrin and letteth them

frome ingendring any more. Also goats blood is a present remidy

as well for the stone of the reines as of the bladder, for it disolveth

thos that are ingendred and dryveth them out with the vrin

and it prohibiteth other to engender any more and ceaseth the paine

for the Strangurie

Lett the pacient absteine frome all things that are strong of salt

and also frome wine exercise wrath and slow eating, and drink

whey with Casia fistula which is marvailous good against choller

Also venice Turpintine washed in rosewater or endyue water is

verie good and minister the quantitie of a nutt or two or thre

Of contynuall standing of a manns yearde

Giue him little meate made of corne and kepe him frome sights

and stories and rehearsing of those things which pertaine vnto

licherie. And anoynt the yeard and the space betwene the fundament

and the yearde with oyle of roses washed in cold water aswell

to the yearde as to the loynes and it doth notable wel

Of shedding of sperme

This disease chanceth not onelie to men but also to women and in

women it is hard to cure. Theirfore kepe them in quietnes with little

meate and with drinking of water: you must cover the places aboue

the pryvities and the loynes with wooll wett in the oyle of roses and

wine or in oyle of blosses of aples or quinches, eat in your meate

sede & leaues of rue sede & stake of lettuce the rote of water lillies

and drink water wherein Iron hath bene quenched &c

Edward Taylor

To make rosemarie water..&nbsp;

Take the rosemarie and the flowers in the middest of maie be=fore

the Sunne arise and strip the leaues and the flowers frome the

stalke, take foure or fyue Alicompanie rootes A handfull or twoo

of Sage and beat the rosemarie the rootes and the sage together till

they be verie small and take thre ounces of cloues thre ounces of

mace thre ounces of quibles, halfe a pound of Anisedes and beat thes

spices severall, then take all the hearbes and the spices and put there

in thre or four gallons of good white wine put in all theis earbes

spices and wine into an earthen pott and put the same pott in the

grounde the space of sixten daies, then take it vp and still it in

A still with a softe fyer

To take awaie barrennes

Barrannes is caused on the mannes parte or on the womans parte

It is on the manns parte when his sede is hote and as it were burned

or els colde thinne waterie and feble as is the seed of old and feble

men, or when A man hath a shorte yearde so that he cannot cast his

seede into the Innermost parte of the matrice which propertie is

incident to fatt men by reason of their great bellies Also vnwilling

carnall coppulacion for the most part is vaine and barren

you shall haue this more att large amongst the medicines leafe 41

To make oyle of Camomyll

ffirst gather the flowers of camomyll good store and stepe them

in good Sallet oyle lett them stande in the Sunne a whole moneth

together, then geue them two or thre walmes over the fyer and

streine the oyle frome the flowers, and kepe it for your vse

Itt is a soveraine help against many infirmyties, especiallie against

any swelling in any parte of the bodie, being anoynted theirwith and

kept warme, Alsoe it is good against ake if the place greved

be anoynted theirwith as hath bene of proved

Be sure you haue so much oyle as will cover the flowers all over

when you stepe them theirin

folio [26a] verso || folio [before 41] recto

To make a water to drink in sommer

Take strawberries A quarte synamon two ounce a quarte

of fare water halfe a dosen cloues bruised distill theis in A

glas or other if you haue not A glas still, and vse it after

it be Sunned. This water was vsed by doctor Stephen and

practised of late and found verie comfortable and of the

Phisitions commended

To make water of the colour

of that flower you doe still

ffirst distill A glasse full of that water you will colour

whether it be of roses vyoletts &c. then put into the glas so

distilled of the flower, and sett it in the still and it will become

of the colour, but you must put somewhat in the still, least the

bottome of the still doe burne proued:

To distill Cynamon water..

Take a pound of synamon well beaten to pouder six graines of

musk, laie your synamon in a broade platter or such like vessell

that is broad and cleane, and sprinkle it over with conducte

water, ever stirring it with a spone till it be moiste, then put

it into A still and with a softe fyer distill it and kepe it close

To make a water to wash the face

vsed of A gentlewoman

Take Goates mylke A quarte and fine flower make paste of

this and bake it in an oven makeing little loaves of it, when it is

baked but not too much, take more of Goates mylke and crumble

of the crumbes of the said bread into it, letting it soake their A

night: When you will vse it, wipe your face with a drie clothe

and wash it with the mylke and breade, and in vsing this, it will

make the skinne as white as snow: This one of the best medy

cynes that one can vse for that purpose. Also lemmondes

laide in butter mylk was vsed of A gentlwoman in Inglande

that was accompted wonderfull faire, and yet was knowne

otherwise onelie by the practise and vse of this receipt:

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Of losse of carnall copulacion

Note

They which for inpotencie and weaknes of members cannot

1 vse the act of Generation, lett them vse good meates, as hennes,

2 capons partrich, fesants yong doves cock sparrowes cock stones

3 and such, like Also windie meates are good The eggs of partridg

doe stir vp carnall Lust. Also rockett musterd sede gardin cress

4 nettle sede and pepper. The stone of a fox dried, beaten to

powder and drunk doth cause a stifnes of the yeard. Burne

the drie pissill of a harte and minister an ounce of it with

pure wine.&nbsp;

Of flowing of menstrins or flo:

ffor which purpose Iuce of plantaine is wonderfull comended

wherewith Doctor Gallen saieth in foure daies he stopped A

fluxe of the wombe that could not be staid with any other medyceine

It must be cast into the wombe with a Instrument Of the&nbsp;

same effect be the Iuces of knotgras and nightshade & Also

wine where in worwood hath bene infused or sodden in pist be

drunk all times of the cure

Take awaie Barraines

Age to great or to little doth lett conception. Therefore you must

Seperate them that be yong frome carnall copulation: So that

the man maie be thirtie yeares old and the woman eighten Lett

the woman neithr wearie her selfe with too much labour nor

lett her not be altogether Idle. ffor Idlenes doth stuf the bodie

with superfluous humuors and to much labout consumeth the

blood and menstrues. They that be fatt are vnapt to begett and

procreat children because their genetors cannot touch together

and because they send out little sede. It is good that you giue

vnto such as desire to begett children some accustomed and plea

sant thing to eat or drink before meat which be most apt

to provoke carnall lust as good wine is better then water

If you haue not bread and wyne

Carnall Lust will coole and pyne .

ffor pott hearbes they must vse rockett orminium it is like hore-

hounde, Elisinio &c Rew calamints and mintes must be escheued

altogether Rew doth altogether destroy and corrupt sede

Besides the greatest impedyment to conception may be in the

matrice of which particulers I spare to speak.

folio 41 verso || folio 42 recto

Of sore travaile in childbirth

Medicine

Sore travaile in childe birth doth chance ether through defalt

of the parent or of the childe or of the secundine, or if she be

naturallie weake so that she cannot dryue out the childe, or if

she doe labour before her time. Also their are commanlie

infirmities in the matrice which I relinquish, neither is it

my purpose to teach any handie cure in this place but referres

to the good discretion of the Beldam. Onelie this I admonish

to encorage and comforte a fearefull woman. And if she be

vnskilfull in paines of travaile, admonish her to hold and stop

her breath stronglie and let her thrust it out to the Ilions with

all her might A medycyne that doe vniversallie help all that

travell in childbirth is this thatt followeth Receiue Cynamon

chosen a dram ij dramms of myrhe, the weight of twentie

Barlie cornes of casia Lignea A dram of white ambre

beat them together and make a fine pouder whereof minister in

wine that is odeferous the weight of one dram moreover the

childe being borne, often times it chanceth that the secundyne sticketh

fast in the wombe which if it chanceth: you must draw out the

secundine with your left hand being warmed and anoynted with

some fatt thing and put into the wombe.

ffor the goout

note

Lett the pacient absteane altogether frome wine And to conclude

they that desire to be free frome the gooute, lett him remember this

shorte and holesome precept, to be moderate in Diett and not to be

slouthfull in Laboring. Also lett his slepes and venerous actes bee

in A meane, as for remidies lett salt be brayed small in oyle and

the Ioynts rubbed therwith for it helpeth greatlie all thes that

wilbe fre frome this evill.

ffrome the which and also from all other

Infirmities both of soule and Body, Iesus

Christ deliuer vs which shed his precious

Blood vpon the holy crosse to salue our sunnes

Nicholas Webster

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ffor the Hickopp

Stopp both your eares with your fingers and the hickopp will

goe awaie presentlie

ffor bloody fluxe

The blood of a hare dried doth help and staie the bloody fluxe

be they never so fare or extreame: So doth the bones of a man

or woman made in fine pouder and taken in red wine&nbsp;

ffor collick stone and strangurie

Sixe cloues of Garlick stampt and streine into a draught of

Rennish wine and so drink, is a present remedie for the collick

stone and strangurie; an excellent medicen if it be taken thre daies

A strange miracle

A certaine contrie man did slepe open mouthed in the feildes

A Serpent crept into his mouth and so into his bodie, but

after the same man cured himselfe theirof with eating of

garlick. But he infected his wife with poysen by having

to doe with her carnallie whereof she died, a strang thing.

To make heire it shall not grow.

Stampe pisuire or Antes eggs with the Iuce of henbane

and humlocks, or with the blood of a buck and anoynt the

place theirwith. Also the dong of a catt dried and mixed with

strong vineger that it maie be somewhat thick and their with any

hearie place rubbed with often times or anoynted in a daie

it will cause that heire will grow no more in that place proued

To helpe a stinking breath that comes from the stomack.

Take two handfull of comingsede beat it to powder and seth it in

A pottle of white wine vntill a quarte be wasted awaie then giue

the partie a good draught theirof first and last as hote as he

maie suffer it and it will make him haue a swete breath with in

fiftene daies. this is proved

for a bloodshedd eye

Take pouder of white hard suger, putt into a bloodshotten Eye

or that is somewhat dim of sight it helpeth the same and mends

the sight very well: especiallie if you put afterwarde a little

rosewater into the Eye: This I haue proved oftentimes to be most

true: if it were vsed it wold consume the web in the Eye.

finis

Nicholas Webster

folio 48 verso || folio [19] recto

Effigiem rex Croese tuam ditissime regum

uidit apud manes Diogenes Cemeus,

Constitit utque procul solito maiore Cachinno

concussus dixit: quid tibi diuitiae

Nunc prosunt regum rex o ditissime: cum sis

sicut ego solus, me quoque pauperior

Nam quaecumque habui, mecum fero, cum nihil ipse

ex tantis, tecum Croese feras, opibus.

19

To make a tarte that is a corage to man or woman

Nota

Take two quinches and two or thre bur rootes and a potato

pare your potato and scrape your rootes put them into A

A quarte of wine and lett them boyle till they be tender

put in an once of dates and when they be tender draw

them thorow a streiner wine and all, and then put in

the yoakes of eight eggs, the braines of thre or foure

cock sparrows, streine them into the other and a little

rosewater and seeth all with Suger, Synamon and

ginger cloues and mace, and put in a little swete butter

and sett it on a chafingdish of coales betwene two

platters and so lett it boyle till it be something bigg&nbsp;

To make pottage to loose the bodie

Take a chickin and seeth it in running water, then take

two handfull of violett leaues a good pretie sorte of

rasins of the Sunne pick out the stones, and seeth them

with a little salte streane it and soe serue it

To make broth for one that is weak

Sett a legg of veale over the fyer in a gallon of water

scumming it cleane when you haue so done put in three

quarters of a pound of small rasins halfe a pound of

prunes mints, and the like quantitie of hartes tongue

lett all theis seeth together or till all the strengh of the

flesh be sodden out, then streine it so cleane as you

can and if you think the pacient be in any heates, put

in violett leaues and savorie as you doe other hearbes

To boyle dyvers kindes if fishes

Brett Conger, Thorneback place fresh Sawmon, all

thesi must boyle with a little fare water and vineger a little

salte and baye leaues. Sauce them in vineger a little of

the broth with a little Salte as you so cause shifte your

sauce as you Doe beefe in brine, and also fresh sturgion

seeth as it is aforesaid and sauce it as you did the other

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And if you maie kepe it halfe a yeare changing the sauce

And salte Sturgion, seeth it in water and Salte and a

little vineger and lett it be colde. Serue it furth with vineger

and a little fennell on itt. But first ere the seethe it that

must be watered

To make a Tarte of grene pease

Take halfe a peck of grene pease, sheale them and seth

and cast them into a Collyander and lett the water run frome

them, then put them into the tarte hole and season them with

pepper saffron and Salte and a dish of swete butter close

it and lett it bake almost an hower, then draw it and put

to it a little vergice and shake it well together, and sett it

in the oven againe and so serue itt.

To make a florentine

Take the kidneyes of a loyne of veale that is rosted and

when it is cold shred it fine, and grate as it were a

halfe A manchet, and take eight yoakes of eggs a handfull

of currance eight dates finelie shred a little synamon

ginger and suger and a little salte mingle them with the

kidneys, then take a handfull of fine flower and two yoakes

of eggs, as much butter as two eggs and putt into your flower

then take a little seething licour and make your past and

dryue it abroad verie thin. and strike your dish with A

little butter and laie your past on the dish and fill it with

your meate, then draw another shete of past thin and cover

it withall. cut it handsomelie vpon the top and by the sides. and

then put it into the oven, and when it is halfe baked take it out

and take two or three fethers and a little rosewater and wet

all the cover with it, and haue A handfull of suger finelie

beaten and straw on it, and see that the rosewater wett in

everie place and sett it in the oven againe, and that will make

A fare Ise vppon it If your oven be nott hote enoughe

to reare vpp your Ise then put a little fyer in the ovens

mouth

44

Certaine approved pointes of

husbandrie verie necessarie

for all Husbandmen to know

1 ffirst for oxen: Taken wherebie an oxe is knowne to be good

and towarde for the woorke and theis: Bodie and quick at the

voyce and that moveth quicklie: he is shorte and large great

eares the hornes liuelie and of meane bygnes and black, the

head shorte the brest large a great pauch the Tayle long

touching the grounde with a Tuft att the end the Heare

curled the back streight, the reines large, the legg strong

and senews the hoofe shorte and lardge the best colour is

black and red, and next vnto that baye and the pyed, the white

is the worst, the gray the fallow and the yellow are of lesse

value. The chardge of one that kepeth them is breiflie to vse

them gentlie, to serue them with meat and good butter to rub or

kemb them at night. to strike them over in the morning washing

sometimes their tailes with warme water. Also to kepe

their stable cleane and that the poultrie or hoggs come nott

in for the feathers maie kill the oxen, and the donge of

Sick hoggs bredeth the morrow

2 Alsoe he must know discretelie when oxen haue labored

much and when but little and according to that they are not to be fedd

3 Also that he woork them in A time too colde & too wete

4 Also that he suffer them not to drink presentlie after A

great labour and that he tye them not vp furthwith vntill

they bee a little refreshed abroade

5 The oxe desireth the cleere and running water, like as the

horse desireth the puddle or standing water.

6 Also at their coming home, he alwaies overlooke them and

if their bee any thornes in their feete or if the yoke haue&nbsp;

galled them.

7 Note that an oxe is att best when his teeth are equall

white and long and when he is old his teeth bee vnequall

and black

folio 44 verso || folio 45 recto

8 If an oxe haue the lask which oftentimes is with blood and

maketh him verie week, Kepe him frome drink foure or

five daies giue him walnutts and harde chese tempered

with thick wine, and for the vttermost remedie they lett

him blede in the middest of the forehead

9 To make him loose bellied they giue him two ounces of Aloes

made in powder with warme water.

10 An oxe that pisseth blood of being too much chafed or of

eating ill hearbes, kepe him frome drink, and drench him

with treakell in two pintes of ale putting their to saffron.

11 ffor the coughe seeth Isop in his drink

12 ffor biting of an Adder or venemous dog annoynt the

place with oyle of scorpion

13 If he be lame of colde in his feete wash him with olde

vrine warmed

14 If he be lame of aboundaunce of blood fallen into the pastorues

and hoofe disolue it with rubbing and lanncing

Also the better to kepe open in health whether they be to be

labored or to be fatted wash his mouth eight daies with

vryne and their is taken awaie much fleame which taketh

frome an oxe his bust and stomack&nbsp;

Off horses

1 Token of a good colte the head little and leaue the eares

streight the eyes great, the nostrells wide, the neck

little towards the head the back close and large close bellied

The cullious or stones equall and small the taile long

tufte with haire thick and curled, the leggs equall

height and streight, the hoofe black harde and hie he should

be quick and pleasant

45

2 The age of horses is knowne partlie by the hoofe and princ=

cipallie by the Teeth when the horse is two yeares olde and A

halfe the middle teeth aboue and beneath doe fall.

3 When he is foure yeares old the dogg teeth doe fall and others

come in their places, before he be six yeares olde the greatteth

aboue doe fall and the sixt yeare the first that fell come

againe, the vij ye all all is full and they be all shutt&nbsp;

Off Shepe

Certaine daies daies before the ramms be putt to the yowes

they drench them with Salte water: theirby the yowes will

take the better, and the rammes (they saie) wax more full of

appetite.

2 To haue manie male Lambs they chuse a drie time the winde

att north, letting the yowes goe in pasture that lieth open

against the northerne winde and then put in the rammes.

3 To haue manie female lammbs they contrariewise ob=

serue the sotherne winde

4 When A yow is with lambe if she haue a black tonge they

saie the lambe wilbe black and if the tonge be white the Lamb

likewise wil be white

5 Tokens of A good shepe a great bodie the neck long, the wooll

depe softe and fine, the bellie great and covered with wooll

the Teets great great Eyes Long leggs, and long taile

6 Tokens of A good Ramme the bodie high and long A great

bellie covered with wolle a fleece thick the forehead broad

Eyes black with much wooll aboute them, great eares coverd

with wooll great stones well horned, but the more writhed

the better The long and pallett of the mouth all white to the

ende the lambes maie be all white&nbsp;

Of Hoggs.

The Hogg of himself though filthie yet he prospereth best if

he be lodge in a cleane stie and everie moneth his stie should be

cast over with fresh gravell or Sande to make his lieng fresh

folio 45 verso || folio 46 recto

2 Chuse your brawnes thos that haue their head shorte and

large, the brest large colour white the feet shorte the leggs

great and those that haue the strongest hares on their back.

3 Those are to be kept for sowes which be longest hanging

bellies great teates depe wilbe a little head and shorte leggs.

To kepe apples

When you would haue any great store well and long kept

frome perishing gather and chouse the soundest heviest

and fairest and being not over riped provide a hogshead

and bring the apple where it shall stand, and laie a lanie

of strawe, and vppon the same a lane of apples, then straw

shutt it close with the head, or cover it that no aire come in

To cure the malladie of trees that beare worme eaten fruite

which commeth of much wett or a moist season, And that time

they pearce the trees through with an Anger as nighe the

roote as they can, to the end that the humor whereof the wormes

doe breede maie distill out of the trees

If trees through oldnes or otherwise leaue beareing of fruicte

vsuallie, they vse not to lopp them, but cut awaie the head

boughes, vncover the rootes after all sanutes tide and cleane the

greatest of the rootes putting into it clostes shevers of flintes

or hard stones, letting them their remane to the end the humors

of the earth maie enter and ascend into the tree after about

the end of winter cover the rootes with verie good earth it is

good to burie dead carrons about the rootes of such trees.

To make Sope.

ffirst you must take a strike of ashes of ash and a quarte

of lyme mingle both thes together then fill a pan of water

and seeth them well: Soe done you must take fower pounde

of Beast fallow and put it into the lye and seeth them together

vntill it be hard

46

Medycyne

ffor the Toothache

Take pellitorie and chaw it well in the mouth and it will

make the Paine come downe wonderfullie and cast the paine

of the Toothache proued.

Another

Take fair spring water warme it in a pipkin and lett

the pacient take theirof in his mouth as hote as he maie

suffer it and roule it well in his mouth about where the

paine is and when that in the mouth cooleth take more and

vse it likewise and it will cure it proued&nbsp;

ffor bloodfalls or chilblanes about the

feete which comonlie happen in winter

Doctor

Barow

Take running or ryver Watwe warme it on the fyer and

ther with baith the place greiced with a linning cloth when

the water is blood warme att night when you goe to bed and

within thrice doeing it will help you proued&nbsp;

for a pearle new comd into the eye

Master

Skelton

Take the gall of a white cocke put the Iuce therof into A

Sawcer and put their to three dropps of spring well water

and drop it into the pacients Eye and it will take awaie the pearle

if it be a pied in time proued.&nbsp;

ffor the ruhyme in the teeth

Doctor

Barow .

ffirst roste A garlick head, and take a cloue their of and

holde betwene the teeth that aketh. then haue a plaster of

mastick and laie behynde the eye and it will take awaie the ruhyme.

A medycine for a holed tooth

which the countesse of Shrowsburie

did vse and hath cured manye

Countis

of Shros

burie

Grate a nutmegg and ginger and putt ther to allome and

a little honey poune them in a morter and make belles theirof

and put in the toothe that it holed and it will take awaie the

paine with an hower. Some bloud wax and pepper together

and stop in the holed tooth but it is not so good

folio 46 verso || folio 47 recto

A medycen for a surfett

Take the bottome of a wheaten loafe and tost it att the fyer

till it be verie browne and harde, and then take a good quan=

titie of aqua vitae and put it vppon the same toste and putt

it in a single lining cloth and laie it to the brest of the pacient

all a night, and with the help of god he shall recover&nbsp;

A medycen for the Itch

Take A roote pellitorie and seeth it in fare water till the

water be somewhat yellow and clammye, then take the

saide water and wash where the Itch is and it will help you

ffor the morphew

Take the Iuice of sengrene and vineger and mingle them

together and wash the place where the morphew is.&nbsp;

King Henry the eight his medycine

for the plague

Receiue of hearbgrace, marigold sorrell and burnett of every

one a like fetherfew a handfull of draggons either of the crop

or of the roote a quantitie wash them cleane and seth them in a

pottell of runing water to the halfe verie softlie, then take it

frome the fyer, lett it coole, streine it and drink it, and if it

be bitter, putt their in Suger candie: If this be taken before

and purples doe appeare, by gods grace the sick person shal be

without perill proued:

King Henrie the eight his medycen

for a Sore

Receiue of good Sallett oyle one pinte of turpintine one pinte

of new waxe thre ounces, of rosemarie leaues a good handfull boyl

all together in a pinte of runing water till it leaue plaing which

wil be aboute three howeers, then lett it stand vntill it be colde and

after that put it into boxes and it wil be a pleasant salue, when you

will vse it warm it in a Sawcer and dip lint their in made of

lining cloth and laie to the sore

47

To kill wormes in the hands

ffirst wash them cleane, and vppon a faire coale fyer cast on

henbane sede and holde your hands over it as neare the fyer as

you can abide them: holde the hands in a basen of hote water

To cure a man that is bursten.

Take Comfree dryed to pouder a good quantitie of the pouder

of boalarmoanack beat them together with the white of an

egg, put theirto a sponefull of honey and as much flowers as will

thick it like a plaster and applie it to the place with a cloth and lett

it be two daies before you change it

To make a cullice with ^out flesh ot fish

Seeth dates perceley fennell rootes, then take then furth and

beat them in a morter with almonds and crumes of bread strene

all together and season them with sugar synamon cloues and mace

A medycen for A mangie dogg

Take the mosse that groweth on the roote of an ash tree a good

quantitie therof seth it in runing water to the halfe and while

it is warme wash your dogg with it and it will help him proued.

ffor chapped Lipps

Iff one vse to rub chapped or rough lipps with the sweates

behinde their eares, it will make them fine smooth and well

coloured proued

ffor deafnes singuler

Earth wormes fryed with goose grease then streined and

a little dropt warme into the deafe and pained eare doth

help the same, you must vse it a dosen times at least: this is true

ffor Awon

Make pouder of vnsleckt Lyme and mixe it with black sope

and anoynt any wen their with and the wen will fall awaie and when

the roote is comed out anoynt it with oyle of banline and it will

heale it perfectlie

A notable thing

A flauid mouse rosted or made in pouder and drink at one time

doth perfectlie help such as cannot hold and kepe their water sociallie

if it be vsed thre daies in this order proved most true.

folio 47 verso || folio [27a] recto

ffor a quick thing in the head

Cut or bli break a while loafe in the middest when it is new comde

out of the oven, and laie it to the care of such as haue any quick

thing in their head and it will come out shifting it still with

hote bread till all be comed out proved true

ffor black Iaundies

If shell snales be dryed and made in pouder and a sponefull drunke

theirof in ale att one time and so taken nyne or ten daies together

it doth perfectlie cure the black Iaudeies proved

To make fare handes

Wype the dung of sparrows in warme water and wash them

theirwith: Or seth the rootes of nettles in that water and

therewith wash the handes

To make a fare face

The rootes of lillies sodden in water doth take a waie the

rednes of the face of certaine evenings and mornings the same

be washed and rubbed theirwith often proved

ffor the stone

Drye the rootes of nettles redd and make them in pouder

and drinke a sponefull therof att once a draught of white

wine something warme and it will breake the stone thoughe it be

never so great and that with spede vse it everie daie vntill

the stone and gravell be all broken and consumed A thing

of small price and great vertue&nbsp;

ffor any burning or scalding.

Salte disolved in water or brine presentlie with his strengh

doth put awaie the paines and the heatesof any burning whether

it be with gunpowder hote lead, pitch, scalding water burning

coales, burning Iron, or by any other meanes whatsoever

especiallie if it be bathed with lining clothes wett and dipt

in the same, and a lining cloth their in wett and applied to the

place burned&nbsp;

ffor one that cannot hold their water

Drye a goates, shepes, or neates bladder and make pouuder

theirof and lett them drink therof with vyneger or water

when they goe to bedd that cannot hold their water and it

will help them. affirmed to be true

To make Rosa Solis A verie good Waie

Take A gallon of aqua vitae, foure good handfull of the hearbe

called rosa solis verie cleane picked frome the mosse, put it into the

aqua vitae and lett it stand till the hearbe become white for then

all the vertue is in the aqua vitae, the hearb then taken out and

streined through A cloth, put to it eight leaues of fine gold foylde

pearles as many as you will bestow, red corral gallingale all

peppers alike six graines, Suger two pound rasins of the

Sonne the stones picked out, the rasins and dates beaten in A

morter, carrawaie sedes colliander sedes and Anessedes of everie

one two ounces, a quarterne of a pound of licoras finelie beaten

Cynamon a quarteron of an ounce ginger nutmeggs cloues of

everie one two ounce and two graines of musk, put all theis into

the aqua vitae and lett it stand in the Sunne close stopped the

space of A moneth, then shift it into glasses and put more aqua

vita into the groundes&nbsp;

Rosa Solis without the hearb such

as is commonlie soulde

Receiue flower gentle bruised halfe a handfull put it into

Aqua vitae and it will colour it redd, then put in the spices

aboue named, and sell the same for right Rosa Solis: but you

maie know it by holding it in your hand for it will colour it

But the right rosa solis is yellow like malmsey or bustarde

A Swete water

ffirst distill thre gallons of fare water, and when it is in A

pott of stone well leaded put to it an ounce of orris pouder A

handfull of oyle of spicke, storax calamint halfe an ounce

gallingale an ounce, beniamin a little beaten with suger

candie, a little saffron an ounce of cloues, lett all theis be

distilled in A still of glas and first when you still put

into your still roses and Lavander then power the lickour

vppon it and their will come out a verie pleasant water

proued

folio [27a] verso || back endleaf 1 recto

A water verie swete to wash with

of hearbes onelie to be distilled

all the yeare

Take margerome flower gentle two good handfull Basill

rosemarie of either a handfull, xij bay leaues in number xxtie

walnutt leaues of the yongest, swete bryers some good handfull

gilliflowers a handfull or in their stead an ounce of cloues brinsed

Lavander fower handfull, an hundreth red roses, two hundreth

damask roses, two cropps of mawdlen and tansey and as much

camomyll, put all theis hearbes into a gallon of stronge new ale

distill it with a slow fyer and stop the glas and the sunnne it well

put to it in the Sunning two graines of blacke muske and kepe it

that the frost come not too it / proued

A good damask water

Receiue thre handfulls of rose leaues synamon cloues, bay

leaues a handfull rootes of gilliflowers a handfull marioram

gentle a handfull wilde time a handfull put all theis into a quart

of runing water and a quarte of rhennish wine or into a pottle

of good rose water, and infuse theis together the space of foure

and twentie howers and then distill them.

back endleaf 1 verso || back endleaf 2 recto

back endleaf 2 verso || back endleaf 3 recto

[ RECORD OF EXHIBITION ]

back endleaf 3 verso || back inside front cover

back outside cover

spine

head

fore-edge

tail