These crowdsourced transcriptions were made by EMROC classes and transcribathons (emroc.hypotheses.org), Shakespeare’s World volunteers, Folger docents, and paleography students. Original line endings, spelling, and punctuation are maintained and abbreviations are expanded, but the overall layout is not reproduced. Please contact emma@folger.edu with transcription errors. Digitized images are available on LUNA and XML versions are available upon request. All transcriptions can be freely used and shared without restrictions, but please acknowledge “Folger Shakespeare Library” and the source manuscript’s call number.

Last Updated: 9 September 2020

E.a.4: Receipt book [manuscript].

front outside cover

front inside cover || front endleaf 1 recto

front endleaf 1 verso || folio 1 recto

Impictas
Impudentia
Indoles
Industria
Infamia
Infantia
Inferi
Infirmitas
Ingenium
Ingratitudo
Inhumanitas
Inimicitiae
Iniuria
Iniustitiar
Innocentia
Institutio
Insania
Interitus
Inuenta
Inuidia p13
Ipse
Ira
Irrisio
Judicium 24
Juris Scientia
Ius
Iusiiurandum
Iustitia
L
Labor
Lachrymæ
Laetitia
Leges iura:
Consuetudines
gentium
Legatus
N
Natura 15
Naturaleres res
Nauigatio
Necessitas 12
Nobilitas
Nosce teipsum
Noverca
Nouitas
Nox
Numerus
Numina
Nuptiae et ritus
O
Obedientia
Obsequium
Oblivio
Occasio
Ocium
Oculus
Odium
Officium
Omina
Opinio
Opus
Oracula
Oratio
Ordo
 Ornatus
P
Parentis
Parricidium
Passio
Patientia 3
Patria
Paupertas
Pax
Peccatum
Peregrinatio 9
Perfidia
Peiruria
Perseuerentia
Petitio
Pestis

Marget
Makentaish
Marget
hur husban
is a shoulger
as she tells us

P Phylosophia
Take to a pynt of Cream aboute 4 yolke
of eggs beat them well into the Cream
then take half again of a pound of almonds
blancht and beaten very small with
rose water sett the cream apon the fyr
and keep it stirling till it boyls up
then take it of and stir in the al
monds and sweeten it acording to your
tast with sugar and amber grees then
role outt som puf pest and lay it th
in a dish then putt in the cream and
cover it as you do other tarts cutt
ing the lid
to keep oyle from relaxing

Oyle of sweet Almonds newly drawn with
sugar and a little little spise spread apon bre
ad tosted is an excellent nourisher but
to keep it from fryeng in the stomack
you must drink a good draught of mi
lde beer after it and to keep it from
relaxing the stomack to much you
must put in a little powder of sinamon
out of St freshne

To make marchpents

Take a pound of Almonds blanche them
and beat them very small) and if yow
fear they will oyle dip your pestle in
Gumdragon being steeped in Rose Watter
and strayned outt) when they ar beat
take half a pound of sugar and
beat it in by little and little and
beat it outt very well: then putt it
in parchment wafors. and if it
bee clami take a little fine flower
mingled with fine sugar and seafce
it over) when you have made it up
when it is half baked ise it over
with rose water and sugar Boyle it
up to a candy
it must bee made with
the best sort of almonds
or they will oyle
Ratio

De rebus humanis diuinisque (quatenus tamen, ea nos Spectant) verum iudicium et sensus. Lipsius
Opinio huic contraria. De ijsdem futile iudicium & fallax. Lips ius

for a consumption

..ok Milk warm from the cow with to littell bags hung in the pott before you mike it the one of pouder of mint the other of powder of roses for they keep the milk from turning in the stomacke you must also putt in a littel sugar and drink a good draugh t hott it may stay the lee whil in the stomacke and lett bett the cup in to which you milke the cow bee sett in a bason of hott watter thatt you may keep it warm

you are These are

To Make Barly Cream

Take french Barly and wash it then boyle it in water shifting the water till it hath left discouloring of it) then take it outt of the water and putt it in to new milke and so boyle it till the milke bee boyled away) then putt it in to a good quantiti of Cream and almonds blandt: and beaten very small and a slip of mose so lett it boyle halfe an oure then season it with sugar and Rose Watter) you must bee sure to keep it stirring all the while

Virtus.

Virtus media via ingreditur; & caute cauet nequid in Actionibus suis, defiat, aut excedat: Dirigit
enim se ad vnius rationis truitam: & illam habet
examinis sui velut normam & obrussam. Lipsius

To Make Siruope of Viollets

Take the Viollets when thay ar
Fresh Gathered and beat them in
A stone Morter strayne them as you
Beat them and putt in a little
Burage watter as you strayne them
to gett outt the ioyse do so to or three
times till you Haue gott outt all the
Ioyse then waye it and take to a po
und of the ioyse toe pounde of dou
ble refyned sugar sett the sugar one
The fyer with to or three spoonfull
of Burage water and melt it by
degrees boyle it to a candy then
Take it frome the fyer and stir
in the Violet ioyse then sett it on
the fyer agayn and stirr it till
it bee ready to boyle then take
it ofe and lett it stan till it
is cold before you putt it up

to butter egs you must do them with the
gravy of motton breaking the egs in to
it and beating them a little togeth
sett them one a chaffing of coels and
then butter them as you use to do on
ly you must put in very litle buter
season them with peper and salte

Prouidentia

vide Lipsius capitulum 13

for A Glistar

Take two handfulls of
Comon barly and one of
bran boyle them in
Fountayn watter then
strayn it and putt in
a good quantity of hony
then boyle it agayne &
skim it) For a woman
newly brought a bed

A quart of white wine
as much water an ounce
of lichorich bruysed
sweeten this with sugar
candy and drink it
as you pleas

A breakfast to restore
one after being sick

Take the yolke of an egg
new layed an ounce of
öyle of seet almonds
newly extracted put
them in to a little white
wine or sack sweetned with
sugar candy drink it
bed and sleep after itt

the wholesomest way to
eat Rise is to boyle it
in Almond water

An Hipocras.

Take two parts water
and a thin white wine
mingle these with sugar
and sinamon bruysed
ouer night bruising them
togather and bottel it
up for the next day

To Make Gilleflower
wine

Take what quantity
of sack you pleas and
of the best Clove Gillefo
wers) cutt them till you
come to the white part
of the leaf as you do for
siruop and stop them
in to the sack in a botle
stop the bottle close and
so lett them stand to soake
till the leaus looke white
and then drink it with
outt takyng outt the Gilfe\l
owers with fine sugar
you may make it as strong
and as small as you pleas
by the collour
all these i learned in
France

to make any sort of liquor
boyle withoutt wasting
Couer the pott that you
sett one the fyer with
a dish filled with cold
watter and lett the pott
boyle as fast as it will
it shall not wast butt
the water in the dish
shall wast and therefor
must bee still tilled upp

For the worms in children

lett them eatt Ruberb in
the pap of rosted aple
in a morning fasting

To make a cream tart

Take as much cream as
you think good and as
many yolks of eggs beat
en as you use to putt
in a custard sett it one
the fyer and stir it
continually to keep it
from turning when
it boyles up take it

ofe of the fyer and haue
a few Almonds blanched
and beaten extream small
and when you tak it of
of the fyer stir them
in and season it with
Rose water and fine sugar haue your puf past ready lade in a Dish and so putt it in and couer it with a lidd cutt it will bee baked in half an our and if it bee right it will bee so thick as to cutt

To make arise tart

Take a boute tow hand full of rise and boyle it in as much water as will last to boyle it till it is well plump then pour in to a dish season it with rose water and sugar and sinamon then break in the youlks of half a

Phylosophia

In conuiuo aliquo si assedisses, non bellaria solum et placentas gustares, credo: sed stomacho fulcimentum aliquod dares tibi firmioris. in hoc publico doctrinarum epulo, cur non idem sit? cur inquam ad illa oratorum et poetae mella, non adiungis hanc firmiorem Philosophiae dapem? dousen eggs and three taken away beat them before you putt them in) mingle them all to gather and then break in a good deal of marow in great bits haue your puf past ready made and laye it in dish then putt the stuff in and couer it with a lid cutt in litle hooles
ffor the worms

Take three spoonfulls
of the iuise of lemons
as much saffron dried
and beaten to a fyne
powder as will ly apon
a twopens tyed up in
a little pees of tifiny
steep in an our in the
iuuse before it bee
taken pres out all
the tinctur with
your hand and so put
it three mornings to
gather the same
quantiti of three
spoonfulls and to it a
our ofter it
from my lady sidly

Take of monks rubarb roots and red madder of
each halfe a pound of sena 4 ounces Anise seed and
licorice of each tow ounses scabis and Agrimonie
of each one handfull slice the roots of the Rubarb bruse
the Aniseseed and licorise cuitt the hearbs and put
them in to a barell of 4 gallons of strong ale
to infuse the spase of three or four days
and think then drink it as your
ordinary drink att meals
from mrs Slindon

To Hash a Calves head/ Mrs Carwarden

Putt the head in watter all nightt then
Boyle it as usuall, one sid of the head
Hash and the tongue the other Cheeke
Throwgh wett grated bread and putt itt
so near the fire as the bread may be
Crisp then take the yolkes of 4 eggs
Beaten well toss itt with the Hashd
meatt a Little nuttmegg a Little salt
make a Batter with flower and
watter and putt the Brine in itt and
fry them in some hogs Lard very
hott takeing them up by spoonfulls
and Layeing them Round the dish
a pound of medling Bacon boyled
and putt in slices round itt some
parsley fryed Crisp in Little heaps
Round aboutt

Mors

Supera, infera respice, grandia, parua
manu facta aut mente, ab omni ævo corru-
unt, et corruent in omne ævum
Atque vt flumina ad mare feruntur, perpe-
ti et prono cursu: si res omnes humanæ
per hunc (vt sic dicam) cladium canalem
labuntur ad suam metam
Quas vita non dat, funus ac cinis dabunt

To preserve wall nuts

Take the wall nuts when
they ar prety bigg only they
must not bee so hard but
that a pinn will easily pas
through them: Boyle them
in watter shifting it toe
or three times: then payre
or scrape ofe the outward
rime & when you haue so done
putt in at ether eand a cloue
and a little thin stick of
sinamon thrust thoroughgh the
midle then haue thear wayte
in sugar Boyle to a siruop
so putt then in and let
them Boyle till they ar
very tender

To make spirit of roses

take fresh roses & putt them
in a litle tubb a laye of roses
& a lay of bay salt & so fill the
vesell this will keep them all
the year if you haue a care
togather them uery dry
and thus you may draw them
as you doe other spirits
Tempus

Multa dies variusque Labor mutabilis œui
Rettulit in melius

sugar of roses

Take red rose buds cutt them
to the white and dry them
one a hotte day apon a ledd pound
them and searce them then
take seaven times as much
sugar as roses & wett it with
red rose watter boyle it to a
candy haith and then putt
in your roses and when you take
it ofe the fyer drop it one
plates as you doe other cakes
if you fear it will stick you
may rub your plates with butter
butt it must bee verry little

page 16 (folio 8 verso) || page 17 (folio 9 recto)

Necessitas

Rerumque remotas
Ingeniosa vias paulatim explorat egestas
Claudian liber 3.

To make iuyce of Liquorish

Take six ounces of scraped eng
lish liquorish cutt it and
bruys it then take two pynts
& a halfe of Isopp water a pynt
& a halfe of coolesfoot watter
and as much of red rose water
putt them to gather then take
two handfull of pickt rosemary
flowers & a handfull of maiden
haire & steep it in thoes
watters 3 or 4 days stiring them
2 or three times a day then
putt it in a skillet & lett it
infuse with a soft fyer two
howers being close couered then
strayne it in to a siluer bason
or skyllet & sett it one the fyer
and when it begins to boyle
put in 10 ounces of white sugar
candy and so lett it boyle
till it thickens then take

4 graynes of muske and 12 of amber
beeing very finely beaten
\textit{minee mikse it with with}
a sponefull or two of the
siruop then when it is
boyle thicke enough to make
a past put in the amber
and lett it just boyle in
& then take it ofe the
fyer & lett it bee beaten
without entermission till
it come to a verry white
past then role it up in
little cakes with searst
sugar

to see when tis enouf you
must now and then take
outt sum in a litlle dish
and lett it stand toe see
of what thiknes it is
& so does till you see it bee
enouf for if it bee ouer bouled all is lost

Inuidia

Comperit inuidiam supremo fine domandum.
Horace de Hercule

To preserue Oranges

Take of the best oranges and rub them very wel
in white sea salt, then lay them to steep 3 or 4
days in fayr water shifting the watter twise
a day; the night before you preseru them chipp
or pare ofc the outward rine as thin as you can
so lay them in water tell the next day. then
put sum fayre water in a pott ouer the fyer
and when it is scalding hott put in the oranges
and lett them boyle uncouered till the water
groves high coulered then hauing an oth
er pot of boyling water ready remoue
them into it & so continu till the oranges
bee vry tender that a straw will go thouro
ugh them then take them up and dry
them in a coarse cloth then make a little
hole in the topp of them and with a bodkin
pick out the seed cruching the oranges as
litle as you can then make a siuriop to a
pound of oranges take a pound of sugar
a pynt or more of water and when you
haue clarifyd your sirup with the white
of an egg and straynd it put in the
oranges and let them boyle reasonable

fast keeping them one the side that
the siuriop may go in to them so lett
them boyle till the siuriop jellys then
take a pound of sugar and a pynt
of pipen water and boyle it till it
Jellys then put it in to the oranges
and boyle them to gather till the
siuriop bee thick then take up the
oranges and put them in to a pot
leau them uncouered till thay bee
cold and lett the siuriop stand all
night in a glas and the next day
put it to the oranges and so keep
them this quantity of pipen Jelly
will seru for 3 pound of oranges
From my lady Lloyd

Gratitudo

Qui non est gratus datis, non est
dignus dandis.
Quod si mihi nullum aluid esset officium in
omni vitæ reliquum, nisi vt erga duces, et
principes atque auctores salutis meæ satis
gratus iudicaret: tamen exiguum re-
liquæ vitæ tempus non modo ad referendam
verum etiam ad commemorandum gratiam
mihi relictam putarem. Tullius Oratio post reditum
Nam difficile est non quenquam aliquem
nfas quenquam præterire. idem.
Liberi

Et quod est in liberis amabilius annis
adhuc innocentibus, et adhuc dimidiata verba
tentantes loquela, ipse offensantis linguæ fragmine,
dulciore.

creams

barly cream. 6.
piramedis cream
191
cream desotuille
224

preserus

Iely of currans .3.

pre cheries3

Iely of rasps 4

pre wallnuts 13
pre oranges 19
pre pippins 87
pre citron 89
dryed cheris 93
pre cornelians 95
marmalnet 317
past of Apricot 317
pipin ielly 323
pre grapes 341
apry cakes 173
oring cakes 195
oring cakes 110

cakes

Almond cakes 82 82
A good cake 84>
naple bisket 85>
good bisket 317>
pistache cakes 317>
to make amber cakes 323
sweet cakes for lynnen 324
little plum cakes 165
a peck cake 259
to make clear cakes 338
Almond bisquett 186

serages

siruops

of violets 7
of giliflowers 86
of white popys 127
of burage 127
one for a cold siruop of succory 12.
for a cough 153
for a salt ruem 92
of vineager 92

Oculus

Odium omne adjuuant oculi, et hunc
hunc in pectoribus humanis furem lumina
accendunt: nec leuis animijs accedit
insania, quoties quem exccreris, ospicias
..int: Oratiopron Cæco ccul. No. p. 6

pyes & tarts

A cream tart 2
A cream tart 10
A rice tart 11
a carp pye & eel 312
a samon pye 312
a pistache tart 213
a tart of oysters
213
A rie tart 341

pudings & tarts

white hogs pudings
88
marow pudings 341
a boyld pudding
225

watteres

merabilis water 83
popy watter 109
the good watter 145
the vertuse of it
145
A exelent water
179
a cordiall water
260
the vertus therof
A wallnut watter
283
the plague water
132
to fastne the teeth
29
a water to cure wound
303
a water to make
one hold ons water
327

purges

A purging ale 11
to purg the mother
a purg for the teeth
123
tets head 123
a purgation with rubarb
125
Confessio

qui confessum defendit non absolutionem
scelerum petit, set licentiam Quintilianus pro. paupere
declaratio 13

glisters

A good glister 9
for the yellow laundis
123
an easy cooling
glister 116

medisins

for a consumtion 5
for the cough & rume
214
an electuary for flehme
233
to stay the flowers
for a kernell in the fase
149
for a child blanes 148
for a scald head 149
for a sore breast 203
for a sore breast 205
for weaknes in the back
29
for a pin in the back
100
for the stone 177
for the stone 199
for the stone & to keep one from wind in the side 240
to stay the flux in infants
246
for an ague quartan
for the flowers 79
for a sprain 262

medisins

for the rickets 46
for stengthnes of breath
299
for the plague
198
to stay the whites
22
for old or new wound
203
for one newly deliverd
for one that has
burnt his
290
to stay the coming
forth of the matrix
47
for the same 29
for a weak back 292
for a rupture 100
for a rupture 102
for a broken belly
102
to plase the mother
103
for the wind collick 65
to stay the flux
for the wind collick
123
for the collick 123
for the pain in the belly
241
for the strangullion
241

medisins

for the worms 10
for the worms 11
for warts the cramp
or corns 290
for sore eyes 42
for the stone 123
Against melincholy
to purg the mother 103
for the strangury 92
A powder for the teeth
22
for the headache 205
for a woman newly
deliuered 267
for the piles 292
for the same 292
to stay the bleeding
at the nose 203
for the same 298
for the same 298
to cole the liuer
for those that
spit blood 298

Seruus et Seruitus
Non Natura vllis sed Fortuna dominam
dominum dedit Quintilianpro paupere declamatio 13
Nam mitium dominorum apud
seruos ipsa consuetudine metus
exolescit; nouitatis excitantur,
probarique dominis per alios magis
quam per seipsos laborant. Pliny epistula. 4.l

made dishes

buterd eggs
loyn of veall with
pickle 23
Almond buter 86
to stew pipins
321
stewed oysters
341
french potage
284
egs with snow
212
broaths
& breakfasts
& drinks

A breakfast restorative
9
An Hipocrates
2
gillyflower wine
A scurvigras drink
237
a drink for men: 204
a drink for
a fistula
267

How to preserve Green Figs

take green figs & boyle em tell thay are
tender shifting the watter often then pell them & put
equall weight of sugar & a pint of watter so
boyle em tell thay Look clear then take em
out, when thay are cold & put the syrup
to them againe and a bout a fortnight
or 3 weeks after when you se em being to
to froth boyle em againe and put them
up you must green
them in a brass skilet

sundry oke
medesine &
other things

to keep yyle of Allmonds
from relaxing: 2
To make marchpens
2

how to eat rise

to boyle water
without wasting

Joyse of liquorish
17
comato 345
rasp sugar 90
loseanges of roses 299
cgs with snow
to keep letis 314
to keep hartychok 314
to keep buter 314
to prepare mush
rums317v
hollow leaus
pomato 48
harthorn jelly 141
pufs with curd 271
sugar of roses 15
to keep spargg ..
red beets &
green peas 315
how to make soap 68

Crimen

Duo in omne crimine spectanda
Sunt Animum et Euentum Qu intilian declamatio 13.

spirits

spirit of roses 14
of mints 75

ballsoms

the lady roper s
ballsom
285

oyntments & oyles

the green oyntment
How to preserve Green Codlings

take Codlings when that are a 
bout the bidness of wallnuts boyle 
them that you may iust peele them 
then putt them in to the sam watter 
to Green them & afterwards order 
them as you doe your figs only boyle 
them more carefully because they 
are app to breke

saues & plaisteres

Sir knoles his plaister
205
mrs longs sear cloath
258
the flower of salues
250

a drench for
a hors that has
a cold 1-307

To Make the Indain dish

Take a handfull of Clary 12 eggs young
onions 4 anchouies the yolks of 4 eggs
.Id heaad & shred small worke these up in a
peice of Butter & put it into the belly of a Good
fowle sow it up Close at both ends

than boyle the Fowle tell you think itboyled enough then take it up & take
a pound of fresh butter & brown it well
in a stew pan or frying pan then
put in your fowle & let it brown in your
pan uery well than take it up
and melt a pound of Butter uery
thick with a Little Cetchup in if
power your swace over
To Make Fryed Cream

Take a pint of Cream and a pint of milk
put half your milk and Cream into a sauce
pan with a bout 3 quarters of Cinnamon take
another sauce pan about 3 quarters of a
pound of flower in it, break 8 eggs leave
out 6 whites grate in a little nutmeg
grate in the Rind of a Lemmon, put in som
fine sugar a little salt, put in most
of your cream and milk left aforesaid and
beat it with a large whisk to a batter
when your milk aforesaid boilles then pour
in your Batter stirring it all the while and
worke it well with your wisk tell it coms
to be perfect past that it will leave
your sauce pan then flower the back of the dish
and spread it with a knife about one
inch & a halfe thick and let it stand tell it
be cold then cut in long pieces about 3 inches
broad so cut em dimond Fashion over the fire
almost as hot as for fish fry about 12 peices
at a time & let em be fine & brown so dish up,
Grate some Lofe suger over em to send em away

Consilium

Consilia rebus aptantur res nostræ
To Make Almond Puddings

Take three quarters of Almonds and Blanche them & beat them as much as you can with as much Rose water as you shall think fitt by the Last about half a pint will serve and you must put in some in the beating to keep them from oiling them take three quarters of a pound of sugar or some what more halfe An ounce of mace Beaten 6 eggs whites and all 2 pound of beife suet and a pint of Creame eight manchet Grated, a nut megg or two grated mingle all these to gather & soe fill them your puddinges: Roses, makeing them in Bigness as you please and soe boyle them

Jelly of Hartshorn Mrs Hilard

way
Take a pound of Hartshorn & boyle it in five qurts of water untell itt coms to three pints then straine it through a sieve to let it stand till it be cod
According to the strentth you may take more or Less of the Following Ingredients First take your stock of Ielly & put it In a skilet or pipkin with a pound of fine Loaff shugar & set it ouer a the fire of Charcoale, when it begins to boyle, put in a pint or more of Rhenish wine then take 6 or 8 whites of eggs beaten very well with 3 or 4 spoonfulls of Rose water and put in to the Ielly take 2 grains of Amber one graine of musk and
Quadam rectissim a cum in
aquam demissa sunt specia
curui praefractigs visentibus reddunt
non dantu quid vileas, sedquem ad modum
and put thise to, so let it boyle
q quarter of an hour but not to
violent put in three or 4 spoon
fulls of Cinnamon watter withs
the iuce of seven or eight lemmons
Boyle it one warme more and run
it very hott through your Jelly bag
done run it againe as cool &
softly as you can In to your Glases
and pots

To Make sherbett

take a pint of strawberoy or
Raseberys or both mixt or as much
as you can untell you haue a pint
of Liquor squeeze them through a
a course cloth mixt it with with
.ente refined shugar as you haue
done your Cream the same way it will ...ne
to Ice,
Sapientia

Sapiens stat rectus sub quolibet ponder.
Ex duabus partibus est compositus
Altera est irrationalis: haec
mordetur, viritur, dolet Altera rationalis; haec inconcussas opini-
ones habet intrepida est, et
indomito. Seneca Epistula 71
In se reconditur secum est.

Sen-ep-9
Secontentus est sapiens ad
beate viuendhmn non ad viuendum
Sapientem nulla re indigere, et
tamen multis illi rebus opus esse.
Seneca epistula 9.
Vt enim de pictore, de Sculptore
fictore nisi artifex iudicare
ita nisi sapiens non potest
perspicere sapientem. Plinius liber epistularum 10

22020

tally marks 20

To Make Small Cakes Mrs Hilard

way
Take a pound of flower a pound of Butter
a pound of Suger 8 eggs well beaten
a spoonfull or 2 of Orange flower watter
and mingle all these togethther with a spoon
in a Large Bason and beat it with the
bowle of the spoon for an hour or more
till it works very Light then you may
add Currants to it if you please & put
it into small pans & scrape suger
on them & Bake them in a quick
Oven less than half an hour Bakes
them, let the pans be Buttered before
putt the Cakes in let the flower
be dryed by the fire to make
the Cakes the Lighter
tis the best way not to Butter the pans
Dolor

vide similitudinem. Sde Athleta
Seneca epistula 13.
Quædam nos magis torquent quam
debeant: quædam ante torquent quam
debeant, quædam torquent cum
omnino non debent. aut augemus
dolorem, aut fingimus, aut præcipimus.
idem.
Nihil tam certum est ex his quæ
timentur: vt non certius sit, et
formidata subsidere, et sperata
decipere. idem.
memento adhibere solatium non
quasi castigatorium et nimis forte, sed molle
et humanum. Vt enim crudum adhuc
vulnus medentium manus reformidat
deinde patitur, atque vltro requirit: sic
recens animi dolor consolationes reijcit
ac refugit, mox desiderat et clementer
admotis acquiescit. Plinius e. l. epistula 16.

To Candy Angelicoe, Orang, or Lemon

Boyle em in three Severall waters tell thay
are tender but you must put a Little Sugar
& a little roch allim in the Last watter you Boyle
the Angelicoe in, and take it of the fire
and Cover it Close tell it be Green
you must not Boyle but in 2 watters
a pound of Sugar to a pint of orange
Lemmon & Angelicoe

To make a Custard the best way

Take on quart of
milke on pint of
Creame 14 eggs 2 or
three Spoonfulls of
sack a Little Rose
watter 6 Ounces
of Shugar so put
them in your Cups
for the rickets

Take currans & reasons of the sunn stoned
of each a handful maidenhayre yarrow & speedwell
otherwise called pauls betony of each a handful
half a handful of dragon leaus a good quantitie
of liuerwort vine leaus and hartstonge one
handfull of anyseeds a pretie quantiti
of liquorish boyle all thees in a potte
of ale to a quart then strayn it &
drink thearof in a morning & an howerafter meales

Morbi

Innumerabilis esse morbos
miraris? coquos numera.
Seneca Epistula 95

To help & stay the coming
forth of the matrix

Take ether the leaus or buds of acorns or cups
of accornes themselus seeth them in redd
wine with rosemary and sitt ouer the
fume of it urye hott & drink the same
infusion strayned with sugar & sinamon
& take it morning & euening fasting

To make pomato

Take the marrow of an oxe soake it a week
in running watter shifting it euery day
then take it clean from the water and
put it in a glas & melt it in a skillet
as much parmacitty to it as you please and
beat it til it is cold

Malitia

Quod pessimum ex illa est
et (vt ita dicam) spississimum
domi remanet, et premit ha-
bentem, quemadmodum Attalus
noster dicere solebat Malitia
ipsa maximam partem veneni sui
bibit Seneca epistula 81

Sufe for the worms For Little Master

On pound of Preuns & put whon
Dram of Ruburb & two Drams of sena
6 pruens his enough ^ to take on morning
for three mornings together, fasting

To make the green oynment

Take of sage & of rewe of each
of them a pound of wormwood &
of bay leave of each of them half
a pound of mellilot hearb
of flower of camemill of the
flower of speck of rosemary
of red rose leavs of St John's
woor of Dill of each of thees
one good handfull of marshmallows
chopt as small as may bee &
stamped as small as may bee
weigh them what they weigh
put thearunto the like
weight of pure sheeps suet
chop it as small as may bee
mingle the hearbes & it toghater
& stamp it in a stone mortar
to one substan so that there
bee no suett seen but all green
put it in to a pott or pan
put thearunto a sweet oyle
of olives a potle & a pint oto
worke toghater in a pan

Timor

Display timere si sperare desieris Seneca epistula 5.
with your hands & couer it close
with sum clay or past about
the edges that no ayre get in
let it stand so seauen days
the seauen days ended undo it
& take it forth & put it in
an other pan set it one a soft
sweet fyer all ways stirring it
till the leaves begin to wax
parched & then strain it
& have ready thees oyles
folowing of roses of comomile
of white lylys, of spicke of
violets of each of thees one
ounce thees must only bee
melted stired in it & if you will
have it smell the pleasantry you must put in gum laudanum
i ounce & a half bruysed fine to
powder & of storax cremette
3 quarters of an ounce beat fine
to powder thees must bee
melted in it and put in
it but not boyled

55

The vertues of the green
ointment

it is good against stiches bruises
aches pallsie shrinking of the
sinews gouts siaticas ach of the
back lamenes: plurisi cough
the soales of the feet being
anoynted: for the extream
payne of the head coming by
cold make a cap for the crown
of linen cloath & lay in it
the the wool of a quick sheep
pluckt from the flanks and
cods take of the filthenes
and pick out all the moths
& card it then wet it
with this oytment & so bast
it in to the capp & lay it
warm to the head it is allso
good for the collick & for the
spleen & for the cold dropsi of
the liuer

32.

Amicitia

Si vis amari ama
Iucundius est amicum facere
quam habere. quomodo artifici iucundius est pingere quam pirxisse
Seneca epistula 9:
In quid amicum paro? pro quo
mori possim vt habeam quem
in exilium sequar, cujus me
morti opponam et impendam.

idem.
Non dubie habet aliquid simile
amicitiae, affectus amantium.
poscis dicere illum esse insanam
amicitiam. idem.
Errat ille, qui amicum quaerit
in atrio, in conuio probat
Fidelem si putaueris facies: Na
Nam multi fallere docuerent dum

timent falli: Et alijs uis peccandi
suspicando fecerunt
Seneca epistula 3.

To Make Reison Wine
in Lady Spencers way

Take 2lb of Raisons of the Sun shred,
one pound of shugar the Iuce of two
Lemmons, one peel, put them in an
earthen Pott with a Cover, then take
2 gallons of water & let it boyle half
an hour then power it boyling hot into
the Pott & couer it close for three or 4
daies stirring it evry day twice then
straine it and put it into bottles stopping
it very Close and in 2 or three weeks it
will be fitt to drink, if it be in the
time of the year you may put in
Cowslip fflowers which makes it very
pleasant, you may put in 2 quarts more
of water to the Ingrediencies which will be
Good but not so good as the first

A Spanish Cream talkd off so:
much at Court

Skall, the morning milk and set some
in Pans as you do for Clouded Cream
then Scum it off very thick & beat it with
a Ladle till it grows thick then cent it
with Amber or Orang fflower water and
sweeten it with Double refined shugar the\n put it into a Cheny dish or Cheny Cupps.

A fine Pudding Take the yolks of five eggs and 2
whites beat them very well with New milk then put in half an Nutmeag grated, Salt and rosewater put in your flower and beat it to the thickness of Biskett melt 3 quarters of a lb of Butter and Stirr in it then put some shugar in it put it in your Dish and bake it if you will you may put in raison and Currants.

An Almond Pudding

Take half a Pound of Blanch sweet Almonds, half a penny loaf put it into a pint of Cream, when tis soaked, then take the Almonds and bread & beat them in a Mortar by degrees with some rose water & shugar and the yolks of three 3

or four Eggs beaten first well with rosewater then put in some Marrow or else two or three peices of butter broke into it, so couer the bottom & sides of the dish with pufte past then put in your stuff and so bake it strew shugar upon it & serve into your Table.

To make orange Tarts.

Take 2 oranges & grate off the out rinde then pill off the white rinde and take out the seeds and then bruse all the meat and grated rinde in
a Mortar with half a pound of shugar then take 8 Eggs and only six of the whites beat the eggs well and mix them with the oranges and so put them into Tarts.

34

Beneficentia

Omnium quidem beneficiorum quæ merentibus tribuantur non ad ipsos gaudium magis quam ad similès redundat Plinius panegyricus Trajano


To Make Barberry Cakes.

Take a pint of water and agood quantity of Pippins pared and Cored, slice them in and Boyle them tell all the goodness is out then strain it and put about a pint of Bayberries or more picked from the stalkes as many as will colour it well let them Boyle in that liquor till it is of a good Colour then straine it and take the weight in shugar, put it into the liquor let it melt but not Boyle then glass it and set it into a stove.

Goosberry wine mrs Parretts way

Take for euer 3 pound of Fruit a pound of shugar and a quart of Water, bruise the fruite in a stone Mortar, steep it 2 or three howres in the water then let the clear liquor run off through a haire sive Tun it up into aBarrell let the vessell be full put in the quantity of shugar & stir it well after the shugar is in untill you think the shugar is all Dissolued, then close it with paper & bung it till it hath done working and stop it up Close let it stand aMonth before it be bottled put in a lump of shugar into euer Bottle
To Make Raisons Wine, Lord Lovelasse s way.

Take 4 Gallons of spring water & six pound of s course ^ Lofe shugar and Boyle them half an hour and scum it well Boyle in it the rine of two large Lemmons and when its all most cold put in a pound and half of Raisons of the sun stoned next morning squee in it the luce of 6. large Lemmons Cover it close, but first put in it 2 spoonfulls of good ale yeast, let it stand 6 dayes then Bottle it out, it must stand in a large Earthen Pott with Tapp in it.

35

Fraus


To Souce Piggeons. Like Puffins

Pull them and take out the bones at the vent, season them very high with peper, Mace, Cloues & salt, then ty up the necks with a thred, Boyle them in half water the other half wine & half viniger and the Bones with a bunch of time, & winter Savary & alittle seasonning when they be tender take them up & strain the Broath, Boyle the Broth with alittle white wine, with it make enough to Cover them take of the fat when its Cold, put them in & Cover them Close.
A perserve to make Marmalatt,
of Cherrys with a little Shugar

Take a pound of fine shugar beaten
take 4 pound of Cherries pull of the stalkes
and stone them then take half a
pound of shuger wet it with some of
the luce of the Cherrys boyld in a
Tankard by it, then put all the Cherrys
in it, boyle them up as fast as you can,
throwing in the other half pound of
shugar as they boyle, when the sirupp
hangs to the spoon put it into your Glasses

To make Rasberry Wine

Take 2 Gallon of Rasps &
three Gallons of water boyle the water
and 12 lb of shugar as you do for the other
Wine and power it hot off the fire
upon the Rasberys and let it stand
4 or 5 dayes in a Pot and the strain
it through a haire sive, and put it
into a vessell and when it is fine
bottle it off

37

Vulgus

Nulla magis omnibus displicent quam
quæ sic fiunt tamquam omnibus placeant.
Plinius panegyricus Trajanus
Nam quod ad populum pertinet
semper dignitatis iniquus iudex est
qui aut inuidet aut fauet Tullius Oratio
pro Cnæo Plancio
for the wind collick
drink bay berys bruysed & put
into your beer luke warm

For an Eye hurt or Sore
mr Mildmays .

Take Burnt Almone, twise burnt
to ashes and mix it with live Hony
According to your discretion and with
it Annoint the Hurt, and 5 or 6
times Anointing will effect the
cure.

A good powder for the Wind the Lady Stonhouse s

Take Carroway seeds, annyseeds, sweet fennill
seeds, Coliander seeds, white ginger, and oreange
Pills, of each one ounce, make all these into A
very fine powder severally, then mix them
together, with some sugar if you please, then
Take as much of this pouder as will ly on
a shilling, in a spoonfull of sack, and drinke
a little sack after it, night and morning
keepe the pouder very Close/

A good usefull Salve

Take Bees wax Castle Sope frankinscence
of each two penny worth Slice them all very
thin−, then put them into a Skillet, then put in half
a pint of sweet Oyl and set it over the fire
keeping stirring vntill it bee melted, then
it's enough/

To make some of it mor−

drawing to half this quantity as much
Vennis Turpentine as a walnutt and keepe
it for your vse/

38

Coniugum

Idem estis inuicem quo fuistis
probatis ex æquo nihilque vobis
fælicitas addidit, nisi quod scire
c∙¶339; pîstis quam bene vterque vestrum
fælicitatem ferat. Plinius panegyricus Trajano

To make a Salve for all
manner of Sores, and an
Excellent Searcloth called
the Black Plaister
videlicet
Take a pint of Oyl oileve and half a pound of red Lead
boyle them together and stirr them with astick con-
tinually till it be Black & Smoak, then drop alittle
upon the side of a Dish when its Cold, If it com's
clean from the dish side it is enough, then take
it from the fire, and put into it two Ounces of
red soap wax & Rosin by little & little, and stir it till
it be all melted, then set it on the fire againe, &
stir it till it be ready to boyle, let the froth be all
settled down againe, then dipp in your Cloaths one by
one, and hold them ouer the Skillet, as long as
any will come off, Stretch them abroad with your
hand and dip your fingers in the Oyle.

The Vertues of this Searcloth

It is good for a New
would that Bleedeth or any old wound, to stanch Blood
or any Bruise or ach, Burning or Gout or rising
Kibbs, to keep them from Breaking, or to heal them when
they are broaken. To make them in Roles let it
stand till it be Cold, the fire must not flame all the while
it is boyling, when it begins to rise, as it will at first
setting on, take it off & stir it till it be Cold, then set it
on againe take care of the Fire, for if one spart get
to it, will consume all. and cannot be Quenched

page 68 (folio 30 verso) || page 69 (folio 31 recto)

To make soap

Take seaven bushells of Ashes & one bushel of new
vnslackt lime laye the ashes as you do meall for
making bread & putt the lime in the middst as you
do the leauen then power 2 or 3 pailles of watter
apon the lime & couer it round with the ashes
24 howres: then lett a labourer which useth
to make morter beat it with watter till it coms
to the same temper as morter afterwards put it
in to a tubb with a tap at the bottome and
a mer behind the tap like a meashing tubb
then put to it thirty pailles of water & so
leutt it stand 3 days & then let it runn out
at the tap hole by drops & when all the lye
is drop out: take to euyery 2 gallons of that
lye 6 pound of tallow well fryed up in a cake
Vxor

Eadem quam modica cultu?
quam parca comitatu? quam ciuilis
incessu, mariti hoc opus, qui
ita imbuilt, ita instituit. nam
vxxor sufficit obsequij gloria
Plinius panegyricus Trojano
le tt this lye boyle 4 howers &
every quarter of an howe we$t it
with a quart of cold ly as you
doe wild curdes then take it from
the fyer & when it is cold take the
tallow out of the lye and put it in to
freh ly and doe as you did before
& when it hath boyld 4 howers again
put in half a bushell of white salt
& lett it boyle half an hower longer
Then take it ofe the fyer & layeng
ofe the soap with a bottom of a tubb skimm
and powre it one the cloath throwing apon
it sum watter steeped with indicoe which
giue it blew veins) & when it is all skimed out
& strayned let it bee cold & cutt it in weages with a wyer

A Receipt to make the Black Salve
good for a Bruise
mrs Philsps way

Take a pound of Redlead 2 ounces of
venice Turpentine 4 ounces of Bees
wax, half an ounce of Camphire
as much Rosen as awalnut, 1 quart of
sallet oyle put the oyle into the skillet
and then the Turpentine & Red Lead
and the Rosin and the Bees Wax, Cut
the Bees wax into small peices set it
ouer the ffire, Let it boil till it will
spread on the Bottom of a Plate with
your ffinger, beat the Camphire into
Powder and put it in when the salve
is almost boyled, you must stir the salve
all the while its ouer the ffire make it
up in Roles the same way as the
other.
Mulier

Quid enim laudabilius faeminis
quam si verum honorem non in
splendore titulorum sed in iu
diciis hominum reponant. Plinius panegyricus Trajano.

Mrs Philps Receit.

A Receipt to make the salve that is
good for a Burn to be spread only upon
paper laid upon shot fyer shovell

Take 3 Pound of Rosin 3 Quarters of a
pound of bees Wax, 6 peniworth of venice
Turpentine 4 Spoonfulls of fresh Hoggs
grease, put your Hoggs grease first into
a Pot or Brass skillet beat the Rosin
and after the Bees Wax very well, It will
require a great deal of Labour to beat
the bees wax fine enough, when they are
beat small enough put in the Rosin
and bees wax by degrees when its Melted
all take it off from the fire then put
the Turpentine in set it on the ffire
againe & when it Boyles up, power
it into a Pail of Watter, and make it
up in Roles for your use

The kernell of a peach eaten
is good for an ill breath

good for the eys

take lapis caliminaris & heat it
red hott in the fyer & quench it
in white wine do so oftne &
then stop it close in a glas
hauing first straind it & keep
it to wash the eyes

for a pinn & web in the
eye

Take 19 crops of seeded netles
as much of daysis & a peese
of wheat leauen a litle
smaldeg & a litle bay salt
stamp them alltogether
and lay them round the wrist
one the contrary side

41

Magistratus

Eundem locum laboris et
curœ quem reverentiae dig-
nitatisque teneamus Plinius panegyricus Trajano

loin of veal withw pickel

beat it well & lard it with great lard
pickel it with vineger peper salt spise
cloue leman oregn oynion & rosemary
or sage atter that spitt it & rost it
& bast it with the sawse untill it bec
rosted when it is rostet stoue it
in the sawse which you must thickne
with chipings or clean flower & lay
it with broth & shall garnish your
dish with mushrums beat pallets or
sparegus then seru

Major Mildmays.
Black Salve

Sallet oyle, one Pint, red Lead 8 Ounces,
virgins wax Pompiliam, of each 4
ounces, oyle of Roses & oyle of Camomell
of Each one ounce, Boyle these till they
look Black, then Role them for your use, it
will keep long

Mrs Albyns Way

To a pound of orange Flowers you must
take a pound & halfg of Doublerefined sugar,
you must steep your Flowers one Day in
water, and then take them and put them
into some fresh Water iust enough to
Cover them & part of the sugar, and put
them upon a gentle Fire & just let them
Boyle, you must doe them in Silver,
then take them of & cover them very Close, and too or three times a Day a put them upon the ffire & do them very gently & strew by Degrees the rest of your sugar, and when you find your flower look clear & that you have apretty thick sirup they are Enough With the flower Water that you steep your flower use to take some Double refined sugar and Just wet it in that Water and make Drippin pans of Cards, and boyl your sugar to a Candy, & then put them into the Cards & they make very pretty Cakes.

42

Gloria

Sequit enim gloria non appeti debet: nec si casu aliquo non sequatur, idcirco quod gloria non meruit, minus pulchrum est, si vero qui benefacta sua verbis adornant, non ideo praedicare, quia fecerint, sed ut praedicare^ man tur fecisse creduntur. Plinius 1 liber Epistula 8.

To make spirit of mince

Take a potle of rains water & putt into it dried speer mince as much as you can thrust in and so lett it stand three or four days close couered then putt it in a glas still and so still it gently thear will come a pynt that will bee urely strong then take of the best spirit of wine that may bee had & putt in as much of it to the spirit of mince as to your owne tast will make it strong enough then putt in as much fine sugar beaten as will make it pleasant and so mingle it well to gather till the sugar bee melted then put it in to a glas and hang in it a little amber grece & pearle
Mrs Lisle Way.

To Pickle Cucumbers.

Gather them dry, and wipe them Clean and put them into a Pot then take as much vinagar as will Couer them put in as much Cloves peper and genger as you like to tast of it; If small Cucumbers you must put in some ffennell seed and Dillsseed, if very large leave out the dill & Fennell & put in some Mustard seed & garlick or shallotts which you like best, alittle of each will do, put all the seeds & spice into the Pott with the Cucumbers and Boyle up the vinagar, then put in ahandfull of salt, & power it Boyleing hot on them for 4-daics together, and when they begin to Mother, New Boyle the Pickle & & power it hot on them, keep them very Close Covered and they will serve the whole year round.

43

Auditus

Nam vt in cæteris rebus, ita in audiendi officio perit gratia si reposcatur Plinius 1 liber epistula 13

for the coming forth of

the matrix

Take of the best red wine one pint of a good quantite of rosemary & Boyle it to gather then take cinamon cloues mase & nutmegs of each like quantiti beaten to fine powder then make little bags of lawn & fill them with the foresaid powders & then Boyle them in the wine untill it bee boyld halfe a way then bath your body therwith, & aply the bags to the greif as hott as may bee suffered trusing up
the body with a double cloath
so close as may bee

14

Honor

solicitus custodiendus est
honor, in quo etiam bene
ficium amici tuendum est
Plinius 1 liber epistula 19

To stop the flowers in
weomen

Take a nutmeg cut ofe the top
pik out a great deal of the meat
fil it up with salt then rost it
in embers & beat it to powder
take a quart of new milke
quench if downe as it boyles with
half a pint of red rose watter
then take then crum of a peny
manchet dry it in slices by the
fier then crumble it small
to the powder & put it in to
the milke & sweeten it with
sugar of roses & let the party
drink it ofthe

To make Almond cakes or with
pistaches

Take a pound of the best iordane
Almonds blancht in cold watter
& beaten very small with sum
watter put in to keep them from
oyling then putt them to a pound
of double refined sugar searced
& so mix them to gather
& sett it over the fier in a
bason and lett it bee throug it
hott then take it ofe & stir it till it is cold/ then take the whites of six new layd egs & two sponfulls of fine flowers & beat them to a froath & skim it of & put it to the Almonds then drop them one buttered plates & bake them & when they ar allmost enough raise them from the plates with a knife & sett them in again to dry

46

Præceptores

Nihil ex hoc viro filius tuus audiet, nisi profutura: nihil discet quod nescisse rectius fuerit.
Trade eum præceptor a quo mores primum mox eloquentiam discat, quæ male sine moribus discitur.

To make mirabilis watter

Take galingall cloues quibebes ginger cardimond mase nutmegg mellilot of each a dram the iuyse of salendine halfe a pinte of aquauita one pynte mixe them alltogater your spics being bruised then put to them three pynts of the best white wine stir them all togather & so lett them stand all night & then distill them in a glass still you may if you pleas add to it the watter of cowslips & burage flowers & rosemary flower or what other heorb or flower you like but the flowers of lyly of the valley ar uery good in it

To make a very good cake

To half a pecke of fine
flouer take a pynte of the best
ale eyste & take the better half of the
flouer and knead it as you do the manchet
with milk and salt make it very tender
and lett it ly by the fire till it rise so
that it bee all full of Cracells on the
top then take 2 pound and a quarter of
melted butter) and a quarter of an ounce
of beaten mase one nutmeg one ounce
of caraway seeds 3 quarter of a pound of
sugar then putt in the melted butter
in to the past and mingle it in with
the remaynder of the flouer then
putt in the spisses and the sugar
then take 5 pound of currans redy
pikt and washed strowe them in
and pull the do all in littell bits then
knead it a littell and mold it up you
must bee sure to haue your spises sugar
and your currans thouroly dried
upon the fier befoer you putt them
in

To make naple bisket

Take a pound o fine flouer dri
it in an ouen and keep it couered
for loosing the colour then take a
pound and 2 ounces of double refined
sugar beaten and searsed: then take
oi new layed eggs 5 of the whiets
taken away putt to thees eggs a sponfull
of rose watter and 6 sponfulls of
scalded cream putt it all in an earthen
pipkin first putt in you sugar and let
it desolu by beating it with your eggs
then putt in the flouer by littel and
littel and beat it well to gather an
ouer att the least then take an ounce
of sweet anyseeds beat them in a littel
in then haue your plates redy buttered
and putt the batter in and so bake
it)

To make siruop of gilliflowers

Take a pynt of runing watter boyle it and
as it boyles putt in your a pecke gilliflores
as many as the watter will couer then
put it in to an earthen pipkin &
lelt it stand in sum warm plase &
stur in sum sugar every day till you
find it bee a siruppe the finer
your sugar is the better
You must putt 2 pound of sugar

To make almun butter

Take a quart of the best cream
and 6 egs the whiets taken away
beat them very well then take a quarter
of a pound of almonds blanch them
and beat them very well putt in a
littek rose watter as you beat them
to keep them from yolling then
strayn them with your egs in to
the cream befoer you set it one
the fire then set it one the fire
and neuer leau stiring it till it
boyle then let it cole a littel
and put it in to a canuas Cloath
and hang it up till it bee cold and
all the whay bee out then putt it
in to a dish and with the backe
of a ladle bruise all the knobs
then seson it with sugar and rose
watter

To preseru pipens the best way

Take your pipens and cutt them in quarters
then cutt out the coares and payre
them in to fayre running watter then way
the pipens and take to a pound of
them a pound and a half of double
refined sugar then putt the sugar
in to a pint of watter and set it
upon the fire and when the skum
riseth skim it, and put in your pipe
boyle them with a quicke fier and
when thay loke clear take them
up and putt them in to a dich and
drain all the sirruope frome them
then sett the siruope upon the fire
again and when it is all most
boyled s Quees in the iuse of 2 or
3 lemons then stayne the sirruop
upon the pipens and so putt them
up you must befoer you put them
in to the glasses have your
green lemon peels redy in the
glasses the lemon peels must
bee first boyled in to or three
watters till thay bee very tender
and then boyle them in a siruop
befoer you putt them in

To make whiet puddings

Take to a pint and a half of
oatmeale 2 pintes of milke sett the
milke upon the fire and let it
boyle up then putt in the oatmeal
and lett it boyle till it bee so
thicke as you can hardly stir it
then take it up and let it stand
a littel befoer you season it then
take resons of the sun stons them
and mins them very small that thay
may not bee perseeued in the puddings
then putt in a pound of beaf suet
finely beaten and a handfull of
grated bread, and a quartern of
sugar half a nutmeg and half as
much mase take of the resons the
quantiti of 2 egis and mingle it
in then putt in 3 sponfulls of rose
watter then break in 11 egis and the
whites of 4 seson it with salt and
mingle it all to gather then put
in a quarter of a pint of cream
and 3 quarters of a pound of curans
and so fill them

To preseru sitron

First take the sitron and rub it with
whiet salt then putt it in to runing
watter and lett it ly 2 or 3 dayse still
changing the watter euery day twise
then take the sitron and cott it in
the midle butt if it bee a great
one in quarters then take out the
seeds and all that is soft then
sett the one the preseruing pan with
watter and lett it boyle befoer you
putt your sitron in you must set on
an other pan with watter to change
it in to till it bee enouf and
so tender that a straw will go thorugh
it then take them up and lay them
one a clean cloth till thay bee
cold then pik out all the strings
and that which is papy then way
it an to a pound of sitron take
2 pound of sugar then sett it one
the fire with such a quantiti of
watter as you shall think fit
and when it boyles putt your sitron
in to a pot then strayn the siru
op in to a pot couer it and let
it stand 4 or 5 dayse befoer you
boyle them up then sett them
apon the fire agayn and when
thay take clear take them up

and sett an your siruop again
and when it is almost boyled put
in sum white wine you must take
heed you boyle not your siruop to
much for it will not ishly att all
then squee in the iuse of one lemon
and so putt it up

a receipt to make raspe
Sugar

Take a pound of the finest
p loaf sugar you can gett and beat itt as small
as you can possibly then take a bout
a pound and spread it very thin in
a siluer dish and sett it one a soft
fier and stir it till it bee very dry
and then haue your rasps redy beaten
and strayned then take only the
iuse and or drap it in by littel
and littel still sturing it for
fear the sugar should melt
and so drop it in till you
perscov the sugar to bee of
the colour of the rasp and
then lett it stand till
it bee very dry and so
putt it up in glasses
To make Piramedis Cream

Take a quart of water and six ounces of hartshorn and putt it in to a bottle gum dragon and gum maraboth of each as much as a small nut putt this in to the bottle to it and lett the bottell bee big enouf to hold a pinte more stop it very Close and couer it with a cloath putt it in to a pot of beef that is a boylin and lett it boyle three howers then take as much cream as you haue iey and halfe a pound of almonds well beaten then mingle the cream and almonds to gather and strain it do so to or three times then put the jelly and then Cream in to a siluer bason sweeten it as you like it then putt in to or three pasteels and sett it ouer the fier stirring it continually till it bee scalding hott butt lett it not boyle. then poure it in to bearer glasses that bee narow at the bottom and when it is colde turn them outt upon a dish fiue in a dish like piramedis

for the strangurie

Take burrseeds & beat it to fine powder & drink it in wine it presently helpeth

A Sirup for the siknes of the loynes & salt rughme

Take a pynt of red rose water 3 spoonfulls of anyseed bruised as much liquorish bruised boyle them in the rose water untill the third part bee consumed then strain it & wring it hard & boyle it again with fine sugar a quarter of an hower & skim it clean use thearof a sponfull in the morning and as much at night or after meat it is best when it is olde
To make siruop of Vineager

Take to a pynt of white wine Vineager
a pound of fine sugar clarify it with the
white of an ege & strain it

To dry Cherise

take them and stone them
as for tarts in to a bason
then putt to four pound
a quarter of a pound of
fine sugar then with
sum water putt to them
& sett it one the fyer
lett it boyle a little
only to plump them so
lett them stand all night
in that sirruop and then
take them outt and lay
them one sius when they
begin to dry take them
ofe wett them in watter
and dry them apone a cloath
so lay them apone the
sious again setting them in
the sunn

page 94 (folio 43 verso) || page 95 (folio 44 recto)

to preseru cornelians

take to a pound of them a pound
of loafe sugar take sum of
them and boyle in a little \^water for
ioys then strayn them and put
that liq^uer to most part of
the sugar you must ^put a pretty
deal in becaus otherwise it
will boyle very dry then sett the
sugar one the fyer and when
you haue skim'd it putt in the
cornelians and lett it boyle very
gently and but a little while
then take them ofe the fyer
and lett them stand three or
four oures that the liquor
may soake in to them/: then
sett them one the fyer agayn
and lett them boyle as gently
as before till the siruop
icellys & that you see thay ar
enough & so putt them in
glases keeping sum of the
icelly to lay apon them
when they ar colde

A good water to scoure
& fostne the teeth &
make them sound

Take half a glas full of
Vineager asmuch water of
lentinf of rosemary mastick
boularmenick powder of
pound graneds the water distiled
of dragons blood roche allome
well burned of each of theeas an
ounce fine Cinnamon half an
ounce rier water three glas
fulls let all boyle with a soft
fier & put thearto half a
pound of hony clarified
then put in a little benjamin
& let it boyle in a quarter
of an our & keep it close
stopt wash the teeth therewith
before & after meat

for the weaknes in the back

Take white saunders & the
iuyse of red sorell & drink
them in red wine blud
warm

A powder to preseru the
teeth

Take roche allome burned 2 drams
of Sarcocoll of tera sigilatin of
mirabilon Cidrons i ounce & halfe
mingle them to gather & so
make a powder to rub the
teeth fasting three times
a week

for paine or weaknes in the back

Take the brisket end of a brest of mutton & seeth it in milke with the beares or rootes of Camphry & Clarye i handful of knotted grass & a few crop of neppe Boyle them all togather till the meat
bee sodd then take it from the fyer & lett it coole
& taking the fatt frome it use to drinke it first
in the morning & last at night with a little nutmeg

for an ague quartain

Take sauin & garlick with bay salt stamp
them very well togather & then laye
it to the wrists

for a rupture in old or young

Take 19 red snails & put them between 2 tiles
of claye so lay them in a oven or in the embers
& dry them to powder beat them fine &
take so much of the powder as one of the snails
put it in white wine & let the patient
drink thearof in the morning fasting & fast
after it ii howers drink thoes 19 snails in
18 days and if that dos not healp drink
so much again

For a rupture of the guts

Take 2 handfuls of moseare pick it & wash
it & dry it in a cloath then Boyle it in a
pynt of sweet cream till it looke very green
& is thicke liche an oynment then strayn
it and keep it for your use/ lett him annoynt
the plase with this morning & euening for 19 days
togather and keep himselfe close trussed up
for one that is broken bellyed

Take oake fearn Comphry & woodbine leaus
soak them in strong ale as you cann get 9 or 10
days then boyle it from a quart to a pynt
wring forth the iuyece thearof as hard as you
cann then scrape in a little fine chalke &
so boyle it again in so much sugar as will sweten
it drink thearof morning & euening

to plase the mother
& help conception

Take rosemary mints & mallowes seeth them
in white wine & watter and sit ouer the steam
of it going to bed) & other nights use to take
the powder of mastick & frankinsens stroud
one sum hott embers and sitt ouer it
to purge the mother

Take calamint motherwort mugwort of
each a handfull & of saury merygolds fenill
& parsly a quarter of a handfull take
white or claret wine & watter a quart
of each seeth them all togethre till half
the liquor bee consumed then strain & drink
thearof first in the morning & last at night
with sugar

---

To Make Oyle off Charity the In May
Or the beging off Iune at the furthest

My Lady Broughton
Take off the leaues of wormwood & Red Sag
Broad leafed Lavender, Rosmary & camimile pick
these clean from the stalks then take of each of these a quarter
of a pound shread em verry small & put em in a Glassee botle

=" with a wide mouth & then put to em as much salat
Oyle as will wet em & some to swim a loft em-
tyte it close & set it in the sun & whether for a
month sturing it twice a day then straine it out
& put em herbes away then put to that Oyle halfe
so much of the same herbes freesh gathered & a
quarter of a pound of the leauss of Velarian shred
em small & put em in & set em ouer the fire to boyle
uery leasurly for an hour & halfe sturing it
constantly then strain it & let it stand 3 dayes & boyle it 3 quarters of an hour sturing it all the while then strain it againe and keep it for your use you must geather your herbes on a dry day & when you set to son lay a tyle on the mouth off the botle that noe wett get in & when you boyle it you must scum it & if it be right made it will be a perfect Green, the three days it stands you must putt it into a Glase Vessell

The Vertues

It is good for a burn or scald used First and if for a bruse if inwardly to take out wardly & for any Green wounds or old pains that proseede from cold causes it is for to bring away the after birth giueing the woman eight drops in a spoonfull of posset drinke & to drinke a draft after it, & you to make it 2 hours after it and you must marke which Hour she takes it for she must take it once in twelve hours & so take it till untell you thinke all tis come a way, and soe it must be taken when you giue it for a bruse inwardly eight dropses for a woman & 10 for a man, you must neuer giue it oftner then once in 12 hours it is very good for the head ake to anoint the Temples with it, it is excellent for the plasie to anoint the place Greved and when you use thise Oyle you must haue a great care of cold if it is for paines allways lay a Wollen cloath next or upon a linen Cloath dipt in the Oyle

Receipt to make Mouth Watter Mrs ffleetwood,

Take a wine pottle of Running water & 2 ounces of Pelitary of Spain roott a good handfull of Pelitary of the wall, & halfe an ounce of pyony seeds Bruiss the roots and seeds together put all thess in the watter together and set it one a soft fire & let it boyle halfe an hour, then take it off & strain it Through a Hair sive, let it stand halfe an hour to settle, then pour it into the skillett againe, & put into it as much Roach Allum as two wallnuts and a pint of the best wine Winegar, and as much life Hony as will sweeten it to your taste then cour the skillett till it boyles
then take ofe the couer and let it boyle
softly at the least halfe an hour and so
skum it so long as the skum doth rise, then put it
up in a stone Botle but let it stand till
it be cold then stop it close, it will settle
thicke at the bottom like lees which doth
preserue it so keep it in A cold Roome it will
Last a year good,
My Mother gaue me this Receipt
which is an extraordinary
good one KD

The Vertues of this Mouth Watter

It cures all manner of sore Throats and
Cankers in the mouth though they haue eaten holds
into the cheeks, or Allmonds of the ears if they be
swel'd, garde the mouth often, and if it be to
sharpe mix it with some planton watter and
use it between whiles, it keeps the teeth from
Rotting, and fastens em if loose, and keeps them
white and sweet, it is good to wash old or green
sores, it cleanseth and scowreth em and has
a healing quallity, this water allso cureth Im
posthumes in the head if it be snuffed up In the
nostrells often it will breake the imposthume & cause
it to issue out, Mother charmes cured a fistula in
the head when the hole was in the corner of the nose
and two of the out side, the made em snuff it up
in the nose and wash the fistula outwardly,
approved by many who used it thus, when there teeth
ake use the water thus take a mouthfull as hot as
they can well suffer it, it will thicken the Rume
and strengthen the Gumes,

To Make Hearts horne Jelley Lady
Spencer s way

Take halfe a pound of hartshorne putt it in
3 quarts of watter, sett it ouer a slow Fire att 8
a clock in the morning, soo keep itt all ^day just to
simer, & nott to boyle let the pipkin be close couered then
att night strain itt Through a hair sive the next
day take of all the clear iely, & leaue the setting
beat six ^whits of eggs and putt them into itt & putt in
the iuce of 5 or 6 Leamons, keep itt stirring continu^ly
till itt boyles, then putt in a wine Glass full
of Rhennish wine and lett it boyle up againe
then putt in a nother Glass full of wine & so
doe four times, butt lett itt boyle betwixt
each glass, then you must make your Bag ready, putt
into the Bottom of the Bag a Lemmon peale, which must be
thus ordered, cutt of the Top of the Lemmon & pick out
all the meat then fill the peale up with cloves,
mace, Cynamon, & some nuttmepps cutt in
peices so pour the jelly upon itt, sett the peale up
Right in the Bottom of the Bagg, you must nott forgett
to sweeten it with whit sugar, according to your Tast

To make popy water

Take toe Gallons of wine or leese
of wine and putt into it halfe
a pounde of licoraz scraped
and slicet & a quarter of a pound
of anyseeds brused and as many
popy flowers as will goe into
the pott and so lett it stand 24
howres then still it in a limbeck
thear will come a quart that
will be strong which you may
putt all-to-gather the rest will
bee weaker putt a few popy
flowers into the glases of
water and lett them steep 24
hnowers then strayne them outt
and so keep it
the strongest is good for surfets
and the smallest for agues

To make orang cakes

Take the oranges to euery 4 great ones a pound
of the fynest sugar peel ofe the skins & boyle them very tender drye them in a cloth &
cut them small slitt the oranges take out
all the pulp & iuyse & put it toe the sugar
with the skin which is boyld then sett it one
the fyer stirring it till the sugar bee all
eallted but lett it not boyle then take it
ofe & lett it coole & so doe 4 or fiue
times till it growes very thick still stiring
it & when it is so thick as to drop take
it ofe & lett it stand till the next day
& then drop it one glases or tinn and so
stoue it but not toe hott
The Method of Proceeding in A Course of Turnips, Neither in the Gout Rhumatisme Stone, Gravall, Collicke Dropsey Seivy Consumption & Many Other Distempers,

Fall one Raw Turnips in the Morning att noon 3 or 4 scalded & att night as many More as Many as your stomake will beare for the more you eate of them the Better Pair them very then & lett your watter boyle before you putt em in & lett em boyle 5 or 6 minutes & when they are enough cut one & there will appear a white spott in the Midle then they are in right case to eate this may be there food for 30 days att least & must nott eate any thing Deiectly or indirecly other when Turnips either done as a boue said or Baked Or Rosterd which way there stomack will degest it Best, And for your Drinke thus, take a pott or skilllet that will hold a bout two Gallons & pair as many Turnips as will fill itt quarter them, and Lay

them as close as possibl you can then fill it with watter as much as will couer em & no more & lett em boyle tell thay are pretty soft not all together so much as you would to eate with Meate then press them between two trenchers and lett em this be there Drinke for 30 days: & lett em Drinke as much of if as thay can, the More the Better & nothing else and leaue Malt Lequor, for thatts has Bad as Ratts bane for them iff you find this first Liquor is nott strong enough sett to boyle as many Turnips as first in the Liquor that the first in the same was boylid in & then press them into that Liquor which will make it stronge iff the party haue and sores that Breake or run, lett them apply nothing butt Turnips to them poultice wise and wash them with some of the same Lequor the Turnips were Boyld in

iff upon entering into this course they should be Costive as most people are
then eate halfe a Dozen or a Dozen
of pruens stewed or Raw, and thatt
will cause a Mottion
iff the Party smoake, thay may smoake
what thay please, but eate or Drinke
any thing else than as Affore saide
this was the Method prescribe to me

A Receipt to make Clarett watter
for twelve pintts

Take a full Towell of Red pinks or Coronations
the Deepest Colour you can gett or aboutt four
or five pounds weight, take the Leaf thatt
is Red only and Through away the Rest, take
half a pound of your Cockrowing or Poppys Leaues
which you must haue well dried to the sun or a
quarter of a pound of dried ones is enough
a quarter of an ounce of Cloves, an ounce
of Cinnamon, putt all thatt to steep to
gather in a matter of ten pints of the
best Brandy you can gett, into a earthen
pitcher, cork itt well, and tye a wett
parchmentt over itt very close and Leave
itt for sixs weks together to the Hottest
sun, than take itt outtt of the pott or Bottle
sque it all together, Clean your pott, putt it
in againe to infuse, add-only to itt a pint
of Clear watter and seuen pounds of your
finest sugar, well brused, Corke up your

Bottle or pott as a fore and leave itt to the
Hottest sun for the Rest of the summer, then
afterwards, run thatt Liquor through a
fine Clean Linnen and putt itt into the bottles
Note thatt you must fill your Bottles butt
half att first and when you com towards
the Latter end of your pitcher fill them up
because your Liquor being thicker towards
the Latter end then the first, your first
bottles should be Clear and those of the Bottom
too thick
If you designte to make a smaller
or a greater Quantity of thatt
Clarett watter, you must Lessen
Or add proportionally the
Ingredients aboue specifyed
A glister very gentle & only
to wash the guts & coole

Take barley water put in to it a handful
of brann boyle it in & strain it with a
few seeds then sweeten it with hony of
Violets & a little glister sugar

To make Pomatum Mrs Norris
her way

Take the Cawle of Lamb, or Veal, pickt Clean from
the skins, then Lay it in Springe Water nine days, then
shift the water once in 2\(\frac{1}{4}\) hour's, then Lay it
3 days in New milke, then shift it Every 24
hour's, if it is hot weather, Every 12 hour's
it must be done very clean out of the milke,
then put it in an Earthen pot that neuer was
used, then put the pott in a skillet of boyling
water till the fatt is ready to boil, then straine
it through a Musselin Cloth into a bason,
and when it is Cold, put it in the same pott
againe, to a quarter of a pound of fatt
so much white Lilly roote as you can hold in
the Palme of your hand, halfe so much Marsh
Mallowes Root's, wash and scrape them very
Clean, it must stand in the fatt vntil it
Boyl, then it must be strain'd off into the bason
so stand till it Cold, then melt it againe in the
like manner, it must be strain'd into the bason
put into it one spoonfull of any sweet water
then beat it continuallly till it is Cold Enough
to droppe into Cakes,
The Root's must be beat in a stone morter
very small

Dr Harrington's Famotus Electuary by which he has
Cured many Houndred of Consumptions

Take of Olibanum myrrh, saffron, of each 3 pounds of the
best Opium, henbane seeds henbane root of each
one pound, of Virgons Hony 60 pounds the best
opium comes from thebes, calld, the bean Opium
it must be prepared by spirit of wine & so dry
and powdered, the Honey must be well clarifi'd
upon a gentle & clear fire being scumed till
Little scum arise when it tis boyld enough
it will Looked uery red, then take it of from the
fire and when it has stood a Little (but yett
whilst it is Hott) put in the saffron, which must be
first pull'd Dryed, & finely powdered, & mixt
with so much rectifyd spiritt of wine
sometimes calld double Brandy) as will make
it as thicke as an electuary or a pudding
then stirr em well & when they are no warm
er then new milke, put in all the rest of the
Ingredients in uery fine powder, and
uery well mixed together, the Olibanum,
Myrrh, & Opium the Docter had prepared and
powdered from the Apothecary, but the seeds and
roots they dryed and powdered and searched
them selves, then stirr em uery diligently &
extactly together, tell they are quite cold

and tell they are mixed uery intimately
Great care ^is to be had in mixing of them
if it be to thicke you may put in more
clarified Honey or syroop of red wyld
poppuis to make it a due consistency
it may be put in a large mugg, pott,
& couered with leather and sett in a
convenient place, it will keep a year
very well, the dose is the quantity of a
Hazle nutts more or less according to the
strenght or age of the patient, to children
may give the quantity of a nutt, tis to be
taken in the morning fasting & two Hours
after supper, for delicate persons it may
be sweetn'd with sugar, to take a way the
bitter taste for Opium is better, it tis
given in consumptions & extream coughs
sometimes in feauers as an Opiate, I suppose
the Dr gave it in severall cases he usualy
took for it 2s or 1s 6d per ounce, it may be made
any time of the year somtimes (Though uery
seldom) he gaue it in the forme of pills
you may make any better quantity of it,
as if take on pound of Honey you must take
the 60 60 partt of each other Ingredient
my Cosens Lucy s Receipt

An Otmeal Pudding Sir H Harwood s

Take A quart of the best sweet creame
halfe a pint of otmeal dried and beaten
small when it is boyld in the creame sweeten
it with a quarter of a pound of sugar A
quarter of a pound of Butter stir'd in it
tell it be melted then set it by tell the
next day put in fore egges well beaten
two spoonfulls of rose water a little shred
Lemmon pile bake it in a flat dish with
A Little past putt on the edge/

To make Gingerbread

Take two pound of flower dried, two ounces
of ginger sift'd, two pound ^ of Treacle halfe a
pound of butter, make light past, let the
Treacle & the Butter be melted together, and'
not to Hott, powr it to the flower, worke it to
a light past, take candid orang and lemmmon
and citron of each a quarter of a pound,
strew it into the past & worcke it well to
gether cut it, & Lay it upon Tinn plats
well Butterd, to bake itt,
you may put a nutmeg or two in it
and a spoonfull or two of sacke or Brandy
to make it light

page 122 (folio 57 verso) || page 123 (folio 58 recto)

A Receipt to make Cherry Brandy
Or Red Rattafia

you must have a small Barrell uery
Clean, putt in it half Brandy, the best
you can gett, and half black Cherrys
well Bruised, with a handful or
two of Ras-berry's, and upon each pint
of Brandy and fruitt putt in two Ounces
of sugar, some few Cloues, and a Little
Cynnamon, you must besides that
bruise a quantity of Kernells of
Apricockes more or less, according
the Bigness of your Barrell, putt all that
in itt till itt is full have it shutt up uery
Close, Leaue it so in the Cellar for sixs
weekes togather, then open your Barrell
bruise your cherrys againe then straine
your fruit in a Clean Linnen and run your
Liquor thatt it may be fine & putt
in Bottles well Corked, & thatt is all

A good glister for the yellow iaundis
Take a black sheeps head wool & all boyle it untill the bones fall out from the flesh & the watter soddne to a quart
Then take a handfull of mallows as much of french mercury as many Viollet leavs then straine it and putt thearto a little sugar allmost a quarter of a pytnt of sallet oyle & a little salte then make it warm & administer it to the sick & it shall greatly restore them this cured a gentillman which was as yellow as saffron

A good medisin to purg the head.

take a branch of rue & strip of the leavs leauing a few at the eand and so putt that eand in your mouth holding the tother in your hand & your head over a bason & the rhume will come forth abundantly

A medisin for the collick .

Take fhime sage and rosemary bind it opon a new tile made hott by the fyer and lay it to your nauell and it is a present remedie

A medisin for the wind collick

Take 7 or 8 berys, bruyshe them sumwhat small and put them in to a little beer or ale luke warme & d drink it when you ar ill of itt

A good medisin for the stone

Take the that is found in an ox gall as big as a bean bruise it to fine powder and drinke it with white wine

A purgation made with rubarb

Take of rubarb as much as the waite of xii$d & cutt it in thin slices then take a little ginger & slise it & a little sinamon putt them to gater in vii spoonfulls of succary watter so that they ar well covered with the watter & that it may bee a good draught lett it stand xii howers or sumthing more then strayn it in to a goblet and putt thearto as much sugar as will sweeten it & drink it fasting in the morning it is a most pleasant & easy purge made by Do Core
An excellent and easy purgation against melancholy
Humors & payns in the head

Take six drams of sene leavs one dram of white ginger
two drams of bugles flowers putt them togather in a new
stone pott with a narrow mouth & a pyn of whay of
goats milke couer the pott close and sett it in a seething
uesel of hott watter the spase of 2 howers then take it ofe
the fyre & sett it in a close plase vntill it bee colde then
strain it and drink thearof in the morning fasting
a good draught and that will purge the head & braine
& helpe your senses & openeth the blader

To make siruop of white popys

Take the heads of white popys
fresh gathered pound & a halfe
as much black popy seeth them
in 4 pound of rain watter
until there remain but one
pound & half then strain it
& put thearto vi. ounces of good
sugar and as much Penidise & so
seeth it to a siruop this is
good to caus sleep

To make siruop of
burage

Take of the iuyse of burage
3 pound of the flowers of burag
fresh gather one pound clarify
the iuyse & then put in the flowers
& so warm it a little then let
it steep 3 howers warme then
strain it & put thearto of
sugar 4 pound & so seeth it to a
siruop: it is good against
the trembling of the hart & swonden
& against melancholy & choler
in this maner you may make
the siruop of any hearb to draw
out the iuyse you must beat

page 126 (folio 59 verso) || page 127 (folio 60 recto)
the burage in a morter
and there let it ly a night
in a coole plase then wring
forth the iuyce & clarify it
with the white of an egg
then make the siruop as aforesaid

To Make a Millett Pudding

Take five Ounces of the best butter
or somthing Less, with the Back of the a
spooner butter the Bottom of your pan
spoon then strow in five Ounces of
Millet, and haveing ready three pints
of milk seasond to your Tast with nutmeg
sugar, a Little salt or any other
seasoning boyle your milk, & poar it boiling
hott you upon your millet put it the
moment in to the Oven & let it Bake
2 hours, Its Good both hott & cold
Mrs Hamilton Receipt

Take a wild Raven and putt it into a
pann or possett & bake it together
with your Brown bread, fethers and all
togather and there will be an oyle
in the Bottom of the pann anoint
the loynts with the same, tis good
for the Goute

To Make a Sego Puddinge

Take about 4 spoonfulls of Sego picked
and Rubd, boyle it to a tender pulp in about
a quart of milk then boyle a quart of
thick cream and beat the yolks of 8 eggs
and a grated nutmeg with sugar to your
tast mix all togather & put in perserved
Orang & a little Citron with a bone of
marrow in peices a Little Oring flower
watter so bake it stiring it tell
thickness in the the Oven
Mrs Hamiltons Receipt

To make the plauge watter

Take. Angelico) rue) mothertime) sumer
sauory) sweet mariorum) Sacius)
white saxifrage) succory) Buridg)
Tormentill) maidenhair) Egrimony)
Scordium) wormwood) Sallendine) Sage)
Balme) mugwort) dragons) pimpernell)
feterfue) burnett) Sorell) marygold flower
flowers of cowslip) pansy flowers)
Cardus Benidictus) of each halfe a pound)
Buridg flowers burnage & bueglass flower
a pound) rosemary flowers a pound

Arckangle flowers half a pound
2 rootes of Elecampaign) shred all
thees uery small & soak all thees in
6 quarts of the best canary lett them
stand 5 days stiring them ev ery
day) put in also anyseed caraway seed
Coriander seed Cardimon seed of all
one ounce then still it in a cold
still you may ad to it lylys of the ually
& prinrose leavs
& Scorsoneare

To make orange marmlett

Take oranges, scrape of the outward
Rine, Rub them with salte and wipe
it of uery Clean with a Cloth then Cut
them Crose the middle, then squeas out
the luce and take out the meat then
then boile them in a gallon of water
Changing the water till they are uery
tender 4 or 5 times at least, then take
them out of the water and put them in
a Cloth and dry them well and with a
knife scrape away all the durt so Cut
them into little short peices and to
every three quarters of a pound of oran
g e put a pound and a halfe of duble
Refined suger dip the Lumps only in wat
&cr and vse no more then haue in Reddy
ness some pipin Ielly and put to the
suger halfe a point of it then boile
then boile the oranges and the Rest to
gether about a quarter of an houre
then take the meat and Juice that Came
from the oranges and doe the meat with
with a knife on a Trencher uery
smale picking out all the seeds and
strings then put them into theor
oranges a quarter of a point of it
and halfe a quarter of the juice of
Lemons or less but before you put it in warne
it a little in a poreringe and in a thinne
peice of Lawn boile some musk and
amber greece in it a little before you
take it vpe let all boile uery
soft and when it will Ielly pretty
Thick put it into your glaces haue
a Care of ouer boiling it &c
Mrs Carwardins Way :98:
For a stiing of a Bee or waspe
take mustard and Laye it
to the place

another Recept for the same

Tak Goats Rew and stamp it and
aply it to the wound it infalliable cure

To make lemon Cream Mrs Carwardin

Way 98
Take a porering full of water and
halfe so much of Rose water or orange
flower water is best, the juice of 3
faire Lemons in which there Rines
haue been steeped all night, the white
of 3 egges, as much duble Refined suger
as will sweeten it to your Tast stur it

The Consumption plaster Is
good for any pain or Sweetting
The Lady Cobb s Recept

Take burgandy pitchy, Rosin, bees
wax, of each two ounces, 3 quarters
of an ounce of Coarce turpentine it
need not be the very best on ounce of
oyle of mace melt these all well to=
gether, haue sheeps Lether Cutt of
what bigness you would haue your plaster
so porre these things when they are
melted upon the Lether, before they
be Cold, scrape or grate a good
deall of nutmeg upon euery plaster

To preserve goosberries the
Lady Cobb's way

take the fairest ^dutch goosberry when they
are at there full growth and not Ripe
and stone them into faire water then
stamp other goosberry, and strain them
and lett the Juce Run through a jelly
bag till it be Clear as water then put
3 quarters of apound of gooseberries into
halfe a point of this Juce and sett them
into a bason on the fire and lett them
boile as fast as can be on good boyle or
two then take double Refined suger
a pound and a quarter good weight and
put to the Gooseberry tis better that you
Reserve some of the suger to strowe
upon them in the boiling and as soone
as the goosberrys are on the fire make
them boyle to the Tope of the bason, ^two two
good boiles but it they must be done _quich
or they will Chang Culler then take
them of and put them into the glas:

To make mince pyes the Lady Cobb's
way

Take two good Large neats tongues
parboile them and pick of the skin and
Cutt them in Little pieces and weigh the
neat and to cuery pound of tongue take
2 pound of beefe suett after it is slised
then shred the tongus very small and
when it is enough put the suett to
it and shred them very small together
then add as many Currance as the Tonges
weighed a little peper and salt Mace and
Cloues nutmege cynamon and ginger of
each a pretty quantity on pound of suger to
two tongues the Juce of a whole lemon some
3 of 4 good pearmins and pippings shred _quich small
of the peele shred _quich small Rose wattermixe all thes together and when your pye
is halfe full slice in a pretty deal of
preserued orings or Lemon or citron
so fill them up and close and bake
Them

An Oatmeale Puding Lord Spencers s
way

700
Take a quart of the best sweet creame halfe a
Pintt of Oatmeale dryed & beaten small when tis
Boyld in the creame sweeten itt with a quarter off A
Pound off sugar a quarter off a pound of butter
stured in till itt be melted then sett itt by tell
the next day, put in eight eggs well beaten two
spoonfull off Rose watter a little shred Lemmon
Pill bake it in a flatt dish with a little past
Cutt one the egg egd &c

To Make Puffe Past Mrs Dancer s way

Take halfe a pecke of Flower and 4 pound of
Butter take two pound of the butter and rub
it in the flower to this quantity of flower
putt in 3 eggs make your past tender the
Rest of your butter beate it into your
past,

page 144 (folio 66 verso) || page 145 (folio 67 recto)

An admirable good water

Take a gallon of white Gascoigne wine then
take ginger cinamon mase cloues Aniseeds
fenelseeds caraway seeds & galingall of each
of thees a dram then take sage red mints
rose leaus tyme & wild time rosemary
cammomill lauender tops & pellitory of Spain
of each of thees a handfull then beat the
spises small & also the hearbes & put them
all in the wine & lett it stand 12 howers
stiring it diuers times then distill it in
an Alembec or limbeck & keep the first
watter by it selfe for that is the best
The uerou of this watter

it comforteth the uitall spirits helpeth
the inward diseases that come of cold
& against the shaking of the palsey
it helpeth conception in weomen that
ar baren it killeth the wormes within
the body it helpeth the stone in the blader
it comforteth the stomach cureth the
could cough it helpeth the tothache it
cureth the cold dropsi it helpeth the stone
in the reines of the aback it presently
cureth a stinking breath & toe use it
sum times & not ofte it preserueth ons
strength & comforteth nature meruelously
if it bee set in the sun it is the
beter

A Good Receipt for Bludy Watter

Lady Spencer s way
Take a pint of white Wine divied in to 3 parts & put
into it the thord part of a penney worth of Metrydate and
3 ownces of the insid of the Barberry Barke scraped
steep all this in the white wine 12 owers than drinke
it fasting, & after it you may eate a pipen rosted
with a penney worth of safferon Rosted in it
you must take the core out & than put in the
safferon & put on the tope of the Aple & so rost it
you must than divied the Rest of the white Wine
againe into two parts & so put in the same
quainty of Metrydate & the Barberry Barke
& steep it 12 howers so drinke it than againe
either at night or in the morning
after 3 times Ihope you will find good by
it the pipen Rosted with the safferon as often

for a kernell in the fase

Take a quart of new milke
& boyle in it a good handfull
of parsley & as much spear
mints shop them small & boyle
them in the milke a good
while then thicke it with
crums of cou'se wheaten bread that is leauened & a little sheeps suet so aply it to the sore it will both break it & heal it

for childblanes

Take the berys of bryony gather them about michaelmas when they ar ripe & hang them up in the hous from the wall then rub the childblane with one of them before the fyer and then lay more berys plaisterwise apon them

for a scald head

Take oystershels & burn them in the fier till they bee all white then beat them to a fine to powder & sears them mingle it well with hogs lard or, frech greans bee sure to rub the plase with it throughly cuting the hair ofe close to the skin and after the scab is scaled ofe still anoynt it as long as it looke red when the rednes is gone wash it with lye

page 150 (folio 69 verso) || page 151 (folio 70 recto)

page 152 (folio 70 verso) || page 153 (folio 71 recto)

To make oyle of roses

take i pound of oyle olieue putt it into an earthen pott, and putt into it toe pound of new blowne roses first bruysing them a little
then sett the pot in a bras pott
halfe full of watter and lett the
watter boyle till three parts be
consumed then strayne them in
to a fayre glass & then putt
a good quantyt of new rose
leavs and so lett it stand all
the year this oyle is good for
any hott swellings

For a Pleurisy

Take 3 spoonfulls of the best salit
oyle, and 3 spoonfulls of the syrup
of Elder berrys mix them together,
and 3 tims drinking will cure, &c

for a Sprain

Take hott white wine v^inger, and
hauing wetted a cloth with it, lay it to
the bruse or sprain either in face or legg

A sirup for a cough:

Take a pound of sugar & a pynt
of hony putt them in to a skillet
and putt into it a pynt or more
of the iuyse of coolesfot you must
not wash the leavs butt wipe them
then put it one the fyer and stir
it to keep it from boyling ouer
skim it verry clean and when it
is boyled to a siruop take a
reasonable quantum of coelsfot
leavs shred them small one a
trencher and putt them in to it
& lett them boyle a pretty while
but skim it not after the leavs
bee in: then putt it in a pott
and take morning and evening
as much as an nutmeg

page 154 (folio 71 verso) || page 155 (folio 72 recto)
To make a White Pot my Lady Cobb's way.

Take as much Naples Bisket cut into thin Slices as will cover the Bottom of a large Dish, then lay upon your Bisket Lumps of Marrow dipt in the Yolks of Eggs to keep it from melting & preserved Damsons Pruans & sliced Dates & preserved Cherries & Raisons of the Sun, then set on the Fire two Quarts of Cream or more according to the Bigness of your Dish, & when it boils put in 6 Eggs very well beaten, then put in your Porringer a little of the Cream & beat in it a good Deal of Marchpanes or blanched Almonds very small, then put it into the rest of the Cream, & sweeten it with Sugar & stir it well together, & pour into the Dish upon all the Things, & strew on the Top beaten Cinnamon and Sugar, then set it in the Oven & Bake it./

To roast a Pike my Lady Cobb's Way.

Draw your Pike, but do not scale him, take one pickl'd Herring, a handful of Capers, one great Onion a handful of Cockles, chop these very small, then add a sufficient Quantity of Salt & 3. or 4. Bay Leaves, mix with these a handful of brown bread Crums & near a pound of Butter, make it all to a Paste, & put it all into the Belly of the Pike with some whole Cockles & Oysters then sew up the Pike, & put it on the Spit, where you must tie it with Packthread & stick a few Bay Leaves alwayes basting it with Butter. When it is enough take out the Paste in the Belly, & mix it with a sufficient Quantity of Butter, 3. or 4. Anchoves dissolved in it, lay the Pike in the Dish with Sippets of white Bread fryed in Butter round the Dish, & then pour that Sauce upon it. All these Things are to be proportion'd to the Bigness of the Pike./

To make Pease Pottage my Lady Cobb's Way

When the Pease are boiled all to pulp take them off, strain them through a Cullender pouring water to them till all the Pease be gone from the Husks, then set it ouer the Fire, & take Parsley & a little Tyme & some Onions, shred them as you do Pot Herbs, & boil them in a good pece of Butter,
then put them into the Pease Broth with some
Cloves & a little Pepper, so much as you think good,
then let them boil till they be thick enough, season
them with Salt, & put them into your Dish with
French-Bread, & a good Lump of Butter, You
may put into them some dried Mint rubbed to
Powder as you like it./

To make Collops of Veal Lady Cobb’s Way

Take a Leg of white Veal & cut off the Collops
thin then beat them a good while with the Knife, then

take the remaining Part of the Veal & shred it very
small, & with it some Suet & sweet Herbs & make
it into a Lump with the Yolks of Eggs & put it into
the Skin of the Veal & roast it, then take your
Collops & rub over them some of the Suet Herbs & Eggs,
and put them into a Pan with Whitewine & a dissolved
Anchove some Butter, & fry them very well, & when
they are enough Serve them up, with the roasted Meat
in the midst, & some fryed Oysters upon them./

To make Scotch Collops of Pork Lady Cobb’s way

Take a Neck of young Pork & cut it into
Collops as thin as ’tis possible, & beat them very well
with a Knife, then season them with pepper Salt
and a little Sage well shred, then broil them on a
Gridiron, & when they are enough put them into a
Dish with Gravy of Mutton, an Anchove dissolved
in it, & a little Mustard, & squeeze a little Lemmon
in the Sauce & so serve it up hot./

The fine Receipt of the pounded Hare pye my
Lady Cobb’s way.

Take two great Hares take the flesh from
the Bones & mince them very small, then add one
pound of Beef Suet & one pound of Lard mince that
& incorporate it with the Hares flesh, then put to
it these sorts of Herbs, Tyme Winter Savory and
Marjorum shred them very small, season it with Cloues
Mace & white Pepper to the Pallate, Next take a pound & half of Lard or fat Bacon, cut it in Squares the Length of your finger & lay it betwixt the Layers of the Meat with some at the Bottom & some at the Top.

To make a Cordial Water of Oranges Lady Cobb's way.
Take 12 Oranges pare them thin & put them in a Pottle of strong Sack. Let them steep 24. Hours, then put them in a Still with Fire not too hot, & when the Still begins to drop set a Glass under with white Sugar Candy as much as you think will sweeten it & stop the Pipe that no Air can come forth, & let it still till the Oranges haue no more Juice./

A hot Water cordial & pleasant, Lady Cobb's Way.
Take a dozen Loaves of the whitest Bread you can get, pair of the Crust & break it into Lumps, & take as much Sack & white wine of each alike Quantity as will Soak those Crums. Let it stand all Night, & still it in a Rose Still./

To presereuve Cherrys Lady Cobb's Way.
Take a pound of Cherrys stone them & lay them in a Pan one by one, then take 3. Quarters of a pound or the Weight of Sugar & strew it on them, then put in 4 or 5. spoonfulls of the Juice of Currans & boil them till they are enough & the Syrup will Ielly. You must leave out some of the Sugar to put in as they boil.

To preserve Damsons Lady Cobb's Way.
Take to a pound of Damsons a pound of sugar, boil'd it to a Candy & put them in & set them in a skillet of boiling Water cover them & let them stand 2. or 3. Hours, then scum them & set them by till next Day, then boil them up with a soft Fire. You may do Bullas thus./
To make Ielly of Pippins Lady Cobb’s Way.

Take 12. Pippins or half of them Pairmains &
John Apples together, which will make it taste quicker,
pare them & quarter them & put them into a Quart of water
& boil them on a quick fire till all the Goodness is out of
them, strain out all the Juice, & let it settle, then
pour out the clear, & take to every Pint a pound

of double refined Sugar, & let it boil on a very
quick Fire till it will almost Ielly, then put in a
handfull of prepared Orange Peel, Let it boil again
a very little, then put in the Juice of a Lemmon &
let it boil one warm & then put it out into Glasses./

To make the best Cake Lady Cobb’s Way.

Take 3. pound of flower 3. pound of Curran
well wash’d & dry’d, when you go to make the Cake
put the Curran’s on in a great Dish, & set them on
Coals with almost a Pint of Sack to plump
them, let them stand on the Fire about 2. Hours,
stirring them continually, then put your Flower
in a Tray & make a Hole in the midle, take two
Quarts of warm Ale Barm well beaten half an
Hour & as much Cream, the Cream must be boiled &
stirred till it is cool, then take the Yolks of 20.
Eggs & 4 whites well beaten, beating therein six
spoonfulls of Flower, then beat the Eggs & Barm
together, set the Cream on the Fire again, when
it is scalding hot melt into it gently two pounds of
Butter, then put in almost half a Pint of Rose=
water, then take of the Top of it with a porringer,
& mingle it with your Barm as much as you think
will wet the Cake which will be most of it then put
into the Flower 3 quarters of a pound of Loaf sugar
searced almost half an ounce of Mace 3. Nutmeggs

and a little Salt then put in the Barm as it is
mingled into the Flower, & mingle it up lightly with
your Hand or a Spoon, it must not be kneaded. You
may beat a pound & half of Almonds & mingle
them well with half a Pint of the boiled Cream,
then strain them out, then put into the Cream two
Grains of Musk & as much Ambergrease, then
bake it in a Hoop of paper an Hour, or in a very hot owen that hath cooled again./

To ice this Cake.

Take 2 spoonfulls of fair water as much of Orange flower water Rose water steep Gum in it all Night, then strain through a Bit of Lawne into a white Bason the Quantity of a Hasle= =Nut, beat the whites of 2 Eggs 3. spoonfulls of fair water, as much Rosewater, beat it till it looks white, then by Degrees beat in sugar till it be the Thickness of Pap, & as white as Snow put in two Grains of Musk & Ambergrease, when you take the Cake out of the Oven do this thick on with a Feather, then set it in again till it by dry./

A Remedy for the Piles proued by great Experience. my Lady Cobb s Receipt.

Take the oldest Cotton wick Candle you can get & Shave it thin into a Silver Bason & put to it fine powerd of Serus, & let them melt & make an Oyntment, & anoynt the Piles with it hot very often./

An aproued Receipt for the Scurvy

Take a quart of milke, and boyle it in an ounce of sasafaxwood and ounce of Hartshorne shavings, than boyle it to a pint, Lady Spencers and take it of the fire, and put to it to the iuce of an Orance, straine it & add a spoonfull of the iuce of scurvigrass, & sweeten it with surrop of elder berrys, this must be taken every morning for 8 mornings, this quantity take it twise if you Baithe with Brandy warne where the sweling is, it is very good my Lady Love Lasse Receipt

A Recept of Minced pyes
Lady Spencer s way

Take two large neate Toungs perboyle them and pill them cuting of all the rootes & then cutt them
In pieces weigh thee meate & to every pound take three pound of thee best beefe suett then shred the toungs and suett a part uey small then shred em together tell they be well mixed & exceeding small then have ready as many corrance as your meat weightd lett em be well washd and picked season the meate with a little peper & mace as much more of sinomond and Nutmeg all small beaten one pound of sugar a little salt the juice of a whole lemond the out skinn shred uery small a little sackle an:--:

White bread grated) mixe all these together and shred small with halfe a pound of pippens the ...... the ......

..... make your past of cold butter & warme water baked in pætty pans Veale mutten or tripes will make good pyes afther this Receipt

For

page 164 (folio 76 verso) || page 165 (folio 77 recto)

To make little cakes with currans

Take toe a pound & three quarters of fine white flower three quarters of a pound of sugar & three quarters of a pound of butter & three pound of currans rub the buter into the flower drye the flower hauing been dried by the fier then wett it with a sponfull or two of cream & put in two egs whits & all so makee it in to a past & then strew in the currans thay must bee well washt the lost watter being warm & made thorough drye before they ar put in one nutmeg servs for the seasoning thay must bee made of the bignes of peny cakes & sugar strowed one them when they ar put in the ouen

opening pruens

Take one quort of burage watter one ounce & half of polipode two ounce of Tamarinds three ounce of Sene one ounce of march mallow roots bruised/ lett all thees infuse in the sayd burage watter one whole night then strayne out
the liquor & stew therin as many damaske
prunes as the liquor will bear sweetned
with 6 ounce of white sugar candy
or very fine sugar: eat of theses
prunes 3 four or 5 as occasion requires
with sum of the siruop half an hour
before diner fasting or an hour

To pickle Barberrys Red Mr Stubs way

First Boyle them in watter and salt you
must but Just let them Boyle straine them out
and let them be cold mix som watter and
salt let it be a reasonable strong
brine couer them close and keep them for your
use.

To make Vinneger my Mothers way

Take 3 pound of Mallago resons
stalks and all only here shred them throw
twaise put to them 4 quarts of watter sett
it in the sun from May to August and
then let it be straind out and Barrill it up

to make Barberys cakes

Take a pint of water & a good quantity of pipins
pard and cord, slice em in & Boyle em till all the goodness
is out, then straine it & put a bought a pint of Barberys
or more picked from the stolkes as many as will colovr
it well, let em Boyle in that liquore tell it tis of a
good colourer, then straine it & take the weight in sugar
put it into the liquor let it melt but not Boyle
then glass it and set it into a stove,

Mrs Parrots An Orange pudding

take 8 eggs leave out 6 of the whites beat em
well, then take 3 halves of preserued oringes
and beat em in a mortar small & mingle it
with your eggs and if it be not sweet enough
add loafe sugar which will serue, and melt halfe
a pound of Butter and stirr with it, and when
you haue mingled this all together put it in
a dish between 2 sheets of puff past and so
bake it in an oven as hot as for manchett,

To Make Orang Wine Captain potters way

Take six gallons of spring watter put it in it,
12 pound of the best powder sugar and whites of
4 eggs well beaten put them to the watter and
sugar cold, then Boyle them together, 3 quarters
of an hour skuming it as long, as any skum
will rise then take it of the fire, & put in the iuce of
fifty sivill oranges with the out sid rine peeld of
with out any white left on the peels, let it stand
till it be through cold then put into six spoonfulls
of good aile yest and six ounce of surrop of
sitton or Lemmons being well beaten and mengled
together, let it stand to worck two days and
two nights, then put in,te ^2 quarts of Rennish

wine, and put it in a vessall and stope it
close and let it stand a ffornight or 3 weeks
then draw it into Bottles and stop em close
with new corks thise wine will keep good a
year & it will be fitt to drinke in 3 or 4 months

How to make the malt of cherrys, the Lady
Drakes

Take fair well colered cherryes stone them
into selver Basson or skillit set em on the
fire and Boyle em tell they come from
the bottom then put into them a pound
allmost of fine sugar thay must be wayed
before you sett them on the fire lett them
boyle a little with the sugar and put it up,

the Cordiall milke Watter, Lady Drakes

Take goats Rew meddow sweet cardus of
each six Handfulls, mint and wormwood of
each five Handfulls Angelloco too Handfulls
cut all grosly and bruse them a little then
power upon them three Gallons of new
milke and distill them in a common still
and not to Low to make the watter eager
An excellint Orang Cream My Lady
Spencers Way

Take the iuce of 7 oringes 12 yolks of eggs
and 6 whites 4 spoonfulls orang flower
watter beat all these uery well together
and make it uery sweet with Lough sugar
straine it forth and put a good beace of
fresh butter to it set it on a soft
fier keep it string till it be thicke,
you may put amber Greece eat it cold &c

A Rice Cream as thick as butter

Take a quart of cream to spoonfulls
of Rise flower a quarter of a pound
of sugar the yolk of an egg well beaten
with 2 or 3 spoonfulls of orang flower
water, mingell all to gether cold
set it on the fier keep it with continuell
stiring till it be as thinck as you pleas
never let it boyle, &c finiet

A Baked Carrett pudding

Take 4 of the beet Red carrets and grate
em and a pound of grated penny bread

To make pufs

Take the curds of new
milke chees & to one pynt
of curds take one pynt
of flower the yolkes of
9 eggs with the white
of one beat it all together
with a little thick cream
& sugar then drop it
one papers flowerd
and bake them and
seru with buter &
sack & sugar
For a pain in the stomach

Take an ounce of conserve of wormwood
a quarter of an ounce of Venice Treacle,
eight drops of oil of Juniper mix these
together, & take as much as will ly
upon a three pence at Night, & morning
and two or three hours after dinner.

for the Ia^ndise an excellent way

Boyle two ounces of the best Castle soap
with two quarts of small beer till it coms
to a quart skimming it very well then
having set it a cooling, bottle it,
take halfe a pint every morning,
tell all is goon, warming it allways
before you drinke it Afterwards to
the tast out of your mouth; take som
conserue of barberrys use excessise
and eat nothing in two howers after
from Mrs Owens way

A Receipt for the heart burning The
Lady Drake 's Way

Still beeue shell watter and sweeten itt
and Drinke a Draught of it 3 times a day

for a cold

Take a pint of mild aile and boyle it then
brue it with 2 spoonfulls of pounded Oatmeale
and sweeten it and drinke it you must nott
sett it on the fier

To make aprycock cakes

Take your Aprycocks and waye
them with the stones & parings
to a pound take a pound
of double refyned sugar then
payre them and cutt them
in to a siluer bason in litle
bits sett it one a chafindish
of coels and stir it continua
lly: till it is boyld all to mash
and lookes lyke buttered eggs
then putt the sugar into a
skillet melting it with a
litle water lett it boyle
to a hard candy then put
the aprycock to it and
lett it stand one the fyre
till it is well mingled
& and iust boyles up and
so putt it in to litle white
sasers for the purpose
and store them with a
gentle fyer till they bee dry

For the Piles

Take a good handfull of Leeks pickt &
washt very clean, pound em very small,
then make to or three little baggs with very
fine cloath, put your Leeks into the baggs &
boyle em a little in half a pound of fresh
butter, just out of the churn, so apply em
as hot as you can bear it, you must sit
down or lye down
The same liquor as the bags are boyled in
is a very good ointment for it
You must drink for 3 mornings a good
handfull of Mallards, boyld in a quart of
Whey. old Russels way.

To Make Eye Watter, Mrs
Lance

Take 2 pennyworth whit Rose
Watter and putt it Into itt one
pennyworth of Lapis Calaminaris
Shake itt well to gather and putt into
it, 3 or 4 spoonfulls of Renish wine
you must shake the Bottle
very much every time you use itt

A medisin for the stone
the vertue of oake
Take acornes & dry them to
powder it is very good for the
Colicke & stranguillon & stone
of the reines of the back & any
diseas of the belly the same eaten
staieth vomit & expelleth
fleghm unstopeth the liuer or
the milit helpeth the diseased
hurt the cough & the grieued
stomach & represeth the windenes
of the stomack the watter or
powder of acorne is good against
the plauge the watter of oaken
leaues restored a man infected
with the plaug when the phisitians
had giuen him ouer): the leaf
helpeth any sore canker or
prick the buds stilled ar
good for a surfit or the plauge

Orange Wine / my neice Turners
way

Take twanty gallons of spring watter
to forty pound of clean white sugar
clarifie it one the fire tell it be very clean
clean and haue in ready two Houndred
Civile oranges par’d verry thinn as soon as
as you take the scirupe of
putt in the pills couer it close and
when the scirupe is all most cold putt in
all the iuce and no seeds putt in all
the Iuce of six lemmion’s on more
and a pound of sugar mix with
it, putt in 3 or 4 spoonfulls of yeast
lelt it worck three days then
Barrell it up and putt to it two
Gallons of white or Renish wine
stope it close for six weeks
then Bottle it with a lump or two of
double refined sugar

An old mirable good water

Take of lauender flowers
stript from the stalkes & fill
with them a larg gallon glas
& powre one them good sprit
of wine to fill the glass then
let them stand in a warne
plase for the spase of 6 weeks
very close stopt then take
flowers of sage rosemary
bettony of each one handful
burage flowers buglose flowers
& cowslip flowers clean pickt
of each two handfuls steep
them also in good spirit of
wine every of the flowers
gathered in its time then
hauing steeped them 6 weeks
each according to its season
put them all together then
take baume motherwort spiknard
bay leaus & the flowers & leaus
of oranges of each one ounce
shop the flowers & hearbs
steep them also six weeks
in spirit of wine or

perfect good aquauite
then take the yellow thin
pills of citron or for want
thereof lemon peels pyonyseeds
hulled of each 6 drams Cinamon
halfe an ounce lignum aloes
as much mace cardamonds
Cubibs yellow saunders in powder
of each halfe an ounce nutmegs
halfe an ounce put those in
the foresaid spirit of digestion
& ad to them iuiubes the
kernels taken out & shred small
halfe a pound so let them
digest togather again six
weeks then distill them
in a limbeck & receiue the
water in severall glases
put into it of prepared
pearl two drams prepared
smaragstone one scruple
ambregrees musk safron of
each half a scruple of dryed
red roses of yellow & red
saunders shauen small of each
one ounce put them in a
scarsnet bag & hang them in it

This water is of exseeding
great virtue in all sounding
weaknes of the hart & decaing
of spirits & in all apoplex
palsey in all pains of the
ioyntes coming of cold in
all bruises outwardly bathed
& cloths diped in it & layd
to it strengneth the memory
take a quarter of a sponfull
& fast after it it taketh
away gidenes of the head healpeth
the lost hearing bringeth a
pleasant breath if you take
morning & euening a quarter
of a sponfull with crumbs
of bread & sugar it helppeth
the lost speech

Lilly of The Vally Water

For The Chollick.

Take one ounce of Anniseeds half an ounce
of the best Ruberbe. both in powder and two
ounces of white sugar. mixt with as much
Venus Turpentine, as will mak itt in
Pills, Take 5 att night going to bed
and 5 in the Morning make them of
an usuall sise. and drinke a draught
of warme ale after them. take
them 3 dayes together and Rest 3.
and soe goe on.
They cured Mrs Nicholls of Oxford
affter she had bin sick of the Chollick
above 20 years
agust the 14 1731
for work for Iohn 44 days at
harvest work 2 days and a half
a pecken of straw
hay maken 2 ouers
Almond bisquet

ten yolkes of eggs 4 whites a pound
of loaf sugar seared beat them together
one hour then put in half a pound of
Almond blancht & beaten with a little
water very small beat them with the
eggs & sugar one hour then put in
six ounces of flower finely searsed
& dried beat that in another
hour then butter sum plates pour
it in & bake it in an oven
as hot as for manchet

Cheesecakes Mr Russells way

Run 2 quarts of milk warme draine
the whey from it as dry as you can
almost prest like a cheese then pound
it very fine. 3 ounces of butter pounded or
melted into it with two spoonfulls of grated
bread three eggs two or three spoonfulls
of sack sugar and nutmeg as much as
you please

Collerd Beef Mr Russells way

The thin end of a Breast of young beeze I
think best though most doe the flanke,
Cut it fit to Coller spread it in a pan or
dish, a peice of beeze of 6 pound will take
about an ounce of salt peter beat with
two or three ounces of salt. rub it on and
let it lye three days and turn it twice
a day then season it with pepper cloues
& mace and sweet herbs if you please
ty it up with tape hard. bake it in a
pot as fit for it as can be got, bake it six
or eight houres in a little water &
claret you may bake it with or let it stand
after the houseould bread close spoott up
with paste is best, garlick a clove or two is good
if you like it
Collerd pig Mr Russels way

Cut of the head, and split it, bone it and lay it in water and hour, then dry it and make it up in two Collers each side one seasoned with pepper salt cloues and mace and a little parsley Close & sweet hearbs & a little sage if you like it. boile all tender (the head will be boiled before the Coller) in water and salt. pickle it in Clarefied wheacy and salt/

A plaster good for Consumption

Lay upon the stumach in the shape of a heart
Take Burgandy pitch Rosen bees wax of each two ounces melt them to gather then take an ounce and halfe of Course Turpintine one ounce of Oyle of mace melt all to gather and spread it one halfe a sheep skine and great a nutmeg upon it my neice Turner : Receipt

Water for the Eyes called in France.
Break Spectacle Water. The honorable mrs Albyns Receipt.

You must take the Flower called Blewbottle gathered with the Cup, what quantity you please bruise them and then infuse them in a sufficient quantity of Snow Water and after 24 hours infusion Distill it and keep it for use, some drops of it are to be put into the Eyes morning and Evening.

To preseru orange & lemone without the peel
Mrs Hambltons Receipt to preserue Gooseberrys

Take Gooseberrys when full growne but before they turn colour, Choose the largest and fairest of them weigh them and to every pound of gooseberrys take a pound of double refined sugar cut your gooseberrys in halves and pick out all the seeds then take as much clear water as will just serve to wet your sugar keeping out a fourth part of your sugar which is to be reserved to strew upon them afterwards when they are boyling, In the mean time let the other three parts of your sugar boyle until it comes almost to a Candy hight, then put in your goosberrys and boyle them as quick as you can strewing upon them by degrees as they boyle the rescrued sugar, and when they grow clear you are to account them boyled enough if you suffer them to boyle to long they will be apt to turn colour when you glass them up turn the whole end upwards in the top of the glasses/

To make a friggezee of Lamb
Mr Russells way

ffirst Cut your Lamb in middleing stakes, then shred some parsley and an onion or two with peper and salt and a blade or two of macc put in water enough to stew it & 2 Anchoves, put in some butter, then take the Yoakes of three Eggs & beat them well with 2 or three spoon fulls of white wine or some of the Broth, mince some Capers & put them to the Eggs put in another peice of Butter then a durst of fflower to the Eggs then take some of the Liquor from the meat & put to your Eggs, then grate alittle Nutmeag into it, You must stick aClove or two in the onion.

To bring away the affer bairthen in weomen lett her drink her husbands watter
To make orange cakes

Take the orange pill scrape it thin & Boyle
it in toe or three watters till it bee tender
then chop it as small as you can) you must with
a knife pike out all the pulp of the orange
takeing away the seeds. then way the pulp
& take the waite in double refined
sugar: melt the sugar with wattar & then
sett it one the fyer & when it boyles stir
it continually till it is boyld to suger
again then take it ofe the fyer & put
the pulp & ioys to it & as much of
the pill as you pleas so stir it till it
bee melted the orang

must bee warm before you mingle
it in they so put it in to cords or
a hard candy one the top then turn
it out apon glas and so dry the other
side if it bee well done it will bee
long a drieng & must haue a constant
fier kept to it not uery hott
you may put half lemon & then
you must take the more sugar &
if you take all lemon then butt the
put the wait & a half of sugar
if you pleas you may put in pipin

A medisin for the plauge

Take 3 pyntes of malmsay & Boyle thearin a handfull
of sage & a handfull of Rue till a pynte bee wasted
then strain it & sett it ouer the fyre again then
put thearto a penyworth of long peper half an ounce
of Ginger & a quarter of an ouns of nutmegs all beaten
to gather then lett it Boyle a little and putt thearto
4 penyworth of methrydate 2d of treacle a quarter of
a pynte of good aquavite): take it warm both morning
& euening a spoonfull or two (if you bee already diseased &
sweat thearapon) if not once a day is suffiscent
in all the plauge time under God trust to this for
thear was nether man woman nor child that it
desceivd if the heart bee not clean mortified & drowned
with the diseas before this is not only good for
the plauge but against the small pox surfets measels
& many other diseases

To cure the whites & strengthen
the Backe

Take a pynte of Claret wine & half a spoonfull
of red saunders and as much of the pith of an ox
as is in the chine the length of your finger boyle all thees
to gather till one quarter of the wine bee boyled
away then drink of the clearest of it (firs & last)
being warmed

for the stone

Take one ounce of the siruop of allthea & a half peny
worth of powderd lichorish as much hartshorn finely
grated as will ly apon a sixpens leaf goulle the breadth
of a shilling sugar candy the quntyti of two hasell
nuts finely powderd mingle all thees well to gather
in a little galley pott & bind it close with a leather
couer and let it stand 4 days then take the quantyty
of a Hasell nutt 3 mornings to gather & so leau it and
then take it again as you finde it agree with
your body

page 200 (folio 93 verso) || page 201 (folio 94 recto)

A good medysin for a sore brest

Take currans and picke them uery well & beat them
to a saule you may putt hony sum time to it this will
heal sore brests & a felloe you must lay it on warm
aproued by Mrs waller

A drink against melincholy

Take of balme rosemary sweet marierum Betony of
each a handfull of burage & bugles rootes scraped
& sliced & fenell rootes of eache a like quantity
of cowslip flowers & marygold flowers of each half
a handfull of reasons of the sunn stoned aboute 40
of fenell seed three spoonfulls putt thees in a stone pott
of three quarts and putt one a potle or more of good
beer and putt in this an ounce of sliet nutmegs
drink euery day a draught of this in the morning
fasing & at fiue a clock in the affternone

To dry up olde & new woundes

Take a potle of blacksmiths water whearin steele
hath been quencht seeth & skim it and then put to it
three handfull of sage one handfull of plantain
8 sponfulls of hony halfe a spoonfull of Allum & seeth
all together till it bee halfe consumed then strain it
& use it at your pleasure

for a sore brest

Take the kernells of quinses & dry the in an ouen
& when you use them take twelve and boyle them in
three spoonfulls of rose watter till they come to a
jelly then lett the woman wash her brest with it
w blood warm

for the bleeding of the nose

Take sage and dry it ouer the fyer in a fryeng
pann & when it is well dried stop your nostrills with
it & it will stop the bleeding presently

for the headache

wett a cloath in the iuyse of sallendine & aply it to
the temples & it will giue speedy eas

Docktour Knowles plaister for the backe

Take two pound of oyle oliue of the best 2 pound of
red lead 1 pound of white lead uery well calmed into
dust 12 ounces of spanish soape & incorporate them
all together in an earthen pipkin well glased before
you lett it boyle & when you see that the soap cometh
upward then sett it apon a small fire of coales
continuing the same fyer for the spase of an hower
and halfe still stirring it with a sticke then make
the fyer sumwhat hotter till the rednes bee turned
to a gray collour & so stir it till it come to the
colour of oyle sumwhat darker then drop it apon
the table if it stick not to the table nor to your finger
it is enough then rowle it in to rowles it will
last many years

This plaister is good for thees uses

being layd apon the stomach it procureth apetite
& taketh away the paine of the same): layd one the
belly it is a present remedi for the collicke): layd
one the raynes of the backe it is good for a bluddie
flux for the running of the raynes for the heat of
the kiddnis & for the weaknes of the back):
it taketh away all aches it breaketh fellons
& pushes & cureth imposthumes and healeth them
being layd to the fundament it healeth the
diseas that groweth thear being layd to the
head it is good for the lunacie & helpe the
hedache & is good for the eys being layd to the
belly of a woman it causeth her terms and
maketh her apt for conseption

page 206 (folio 96 verso) || page 207 (folio 97 recto)

for a woman newly deliuered & for the stone

Take a stags pizel & dry it and grate it and so take
as much at a time as will ly apon a groate

page 208 (folio 97 verso) || page 209 (folio 98 recto)

the passion of the stomack the paine of the blader
& lower parte of the belly & thighs it prouoketh
urine it is very good for wormes in children,
for the goute in the hands which is the palsey & for
deafnes Probatum east

page 210 (folio 98 verso) || page 211 (folio 99 recto)

A receipt of the oyle Hipericon

Take a wine pynte of olde oyle oiliue 2 pyntes of the
best white wine: 8 handfulls of the flowers of St Johns
woort being picket from the green which you must
bruys in an aleblaster morter: & putt the oyle
& wine in to a glas stopped uery close that no
ayre can get in setting it in the sunn two days
then you must boyle it in a pot of fayre watter
such as your glas will easly stand in and stuf it
well with hay that it stir not in the boyling
& when it hath boyled halfe an hower strayn
it through a clean cloath & putt new fresh flowers
to the quantiti that is sayd before this must bée
done three times setting it in the sunn after
every boyling as is aforesayd then after the 3
boylings strayn the same uery hard & measure it
& putt to ebery wine pinte 12 ounces of Venise Turpen
tine: six ounces of oyle of allmonds Dictamon Gentian

Turmentilla Callama Arematic Carlima cardisanto
of each of thees 4 drams of red earth worems 4
ounces of thee washed in good white wine the woormes
must bée slitt apon a bodkin): you must beat all
the rest in a morter but not the woorme then put
all to gather in to the aforesayd oyle putting allso to
every pynte 3 penyworth of english saffron whole
then put thearin three good handfull of St Johns
woort flowers well bruysed & so being mingled
all together you must sett it in the sunn for the spase
of :40: days or in an ouen when the bread is
drawn after that you must strain it in to a
glase bottle well closed up & so keep it for the
ellder it is the better it will bée

The vertuse of the sayd oyle

ar thees it is hott & dry it maketh sound & helpeth
all wounds in a short time yea the sinews being
cutt it is good for any burn it easeth maruelously

for the cough and the Ruhyme

halfe a pynt of the iuyse of rosemary
flowers half a pint of colefoot iuyse
as much iuyse of hartseas as much
iuyse of isop as much of the iuyse of
ierusalem sage halfe a pynt of Isop
water the second beating of the hearbs
thear must bee put in a little
Isopp water to get out the iuyse
when they ar all beaten & strained
theair must bee halfe a pint more
of Isop watter put into the iuyses
& set apon the fier in a bason and
let it simber half an howre & then
strain the liquor then take two pownd
of white sugar candy & beat it uery

small put in to it & sett it one
the fier again stiring it untill it is
boyld to a siruop then take two pound
of english liquorish made to powder
& searst & make it up in to pills
being taken ofe of the fyer when
you put the liquorish in then
dry them uery well in an ouen
when they ar made up and then
keep them in a dry plase

For Pasty of Vension

A Receit to make the best
Pan: cakes

To a pint of sweet cream, put 4 eggs
well beaten and as much flower as well
make it into good batter, not too thicke
Then put in to the batter a quarter
of a pound of sweet butter set it on
a Hott hearth till the butter is melted
then fry em in a dry pan my mothers way

A Receit to make good sawages

Take the fatt of backon and som leane
necke of beefe an equall quantity,
beat togethery very fine season it
with pepper, and salt, with good store of
sage shred very small put it into
Hoggs or sheeps Gutts
To make a good boyld pudding

To a quart of cream take 8 yolkes & 4 whites of egs & two sponfulls of flower season it with sugar & a little salt beat it well togather then poure it in to wodden butter dishes & ty it fast up in a cloath flowerd that it may nott stick the dish must also be buttered) lett it boyle two houre & then turn it out whole in a dish with wine buter & sugar for sawce

to make cream de sotville
take a good quantity of milk from the cow and put it in an earthen pan so let it stand till it is cold & then sett it one a soft fyer till the cream rise verry thick: then take from an other pan cold cream & lay at the bottome of a white dish then with a great skimer take the other ofe whole & lay it one the cold cream lett it stand an hour & then eat it

page 226 (folio 103 verso) || page 227 (folio 104 recto)

To make a water most Excelent against Malencholly, Lady Spencers Way

take Gilliy flowers, and rose mary Flowers of Each 4 handfulls, of damask rose Leaues 3 handfulls, of red pinks 6 handfulls, of Burrag and bugLass of each 3 handfulls of Cowslips & MaryGolds of each one handfull of Balme 6 handfulls steep all thess in a Bottle of sacke, then take halfe an ounce of synnamon, 3 penneworth of saffero\none ounce of nutmegg one of Annes seeds pound all thess grosse and stire it all togather, still it in a rose still pasted close with a soft fire and when it is stilld put in som white sugar
Candy, Take it 3 times a week
or as oft as you please, 

Mother Charmes watter most Excell
ent for sore throate, & descases of the mouth

take a wine Bottle of Running watter
2 ounces of pellitory of spaine roots
a Good quantity handful of pellitory
of the wall, & halfe an ounce of pioney
seeds, bruise the roots, & seeds togerther
in the water and set it upon a soft
fier and let it boyle halfe an hour
after that take it ofe and straine it
throw a haire sive let it stand halfe
an hour to settle then powre the
Clear into a Kettle then powre agine &
put into it as much roath Allom as
2 wallnuts and a pint of the best wine
Vinegar and as much Live honey as
will sweeten it to your tast, then cou't or.
the Kittle till it boyle take offe the Couor
and then let it boyle softly at le'st halfe
an hour, scuming it as Long as Longe
as any scum will rise, then put it up
in to a stone bottle & let it stand till
it be cold, and then stop it close it
will settle thick at the bottom Like Lees
which doth preserue it and so keep it in
a cold room it will Last one year.
very good. &c Finest

The true Receipt of pearle watter
The Lady Jane Cheney's way

Take a quart of spirit of Lemons &
put in to a well Glazed pipkin that will
hold a Bottle then take 49 9 ounces of
\litrate of Gold prepared and 8 ounces of
pearle prepared & put thes two in to the
said pipkin with the spirit of Lemon & stir
them togerther for a quarter of an hour,
then put the pipkin ouer the fier in the
Kittle of water stiring it till the water
boyles, then take out the pipkin & stir it
till it be all most cold then let it stand
for 24 hours, & Gently pour of the clear
spirit ^ From the Litrate & pearle take the said clear spirit
and put it in a clean Large
Gally pott & let it stand 12 hours, &
if there be any settlement pour it
againe in to another pipkin contain
ing 3 quarts then take 4 ounces of
salt Gemm wash it verry well and then
dissolve it in halfe a pint of fair
warm water you must stir it till it
be dissolve it in halfe halfe and
haue ready 4 ounces of oyle of tartar
then put it and the salt Gemm to the Clear
spirit which is in the Large pipkin and
the time it is pouring in, which

must be in a small stream let on stir
the spirit & as tis mixing you will see the
purest white powder arise in Clouds, by
which you may know that though the spirit
of Lemons be poured clear from the
Litrag & pearle yet it doth containe
that part of them which was capable of dissol
uing when this is done pour ofe as
much of the Clear as you can let the
thicke white remain to which you must put
2 quarts of the fair spring watter
& then stir for a quarter an hour, then
after 12 hours setling pour ofe the
Clear water but let the white
remain, & to it pour the same quantiy
of water as before and so do for 10 days
once every day shifting it on the
Last of the 10 days when you haue
poured off all as clean as you can
put to that thicke white which
remains a bottle Bottle of Briony water
or more as you please to haue it in
the thickness
The Litrag of Gold is bought at any
Apothecarys for 2d the ounce, the spirit
of Lemons is nothing but the iuice of
Lemons distilledged in a Copper Lym
back the Iuice may be bought cheap
at any Confectiones the pearle

Is only such as is taken off the
Mother of pearle shells, the shining
part of it only such as is taken
and that burnt in a Calac9ning pot and
then ground to a fine powder on a
marble, this watter will keep 20
years and every year will be


better then the Other
Finest

To Scour 3 dozen of pewter plats
and eight dishes, If more
add a greater quantity

Take a quarter of a pound of Pearle Ashes
and a quart of the strongest stale Beer
that you can gett & as much sand as is
Commonly used mixt them togather
and lett it stand a night and a day
Ready for use then scour your pewter
upon with a piece of flannel
and then Clense it with Beer & Red
sand, useing a piece of shimy
Leather,

My Greand Mother Garrards Receipt
to Make Lozinges

on penny worth of powder of Liquorish
on penny worth of powder of Annice seeds
on penny worth of powder of Alecompaign
mix all thes togather then take Loafe
sugar & wet w it with hyshshope water
& soe boyle it to a Candy height,
then put some of thesse pouders in,
as much as you thinke Good, & soe
stir it well in the Candy and soe
drop them upon papers in Little
Dropes and when they are cold
pull them offe &c Finest K: D:

For the Toothake Approved

Take a Little Tarr Layd up in a cloth
and hold it hard betwixt your teeth where
the paine is and Ly down of the contrary
side and let the reume rune out of your
mouth

An exelent Electuary to open
the chest being stopd with
tough fleghme
Take an hony Combe newly taken out of the hiue & lay it in a plater & let the clean hony run from it to the quantiti of a pynt or a quart then take two handfuls of penyroyall shred it & stamp it mix it with the hony if you haue but a pynt of hony take but an handfull of it mingle it togather & eat of it morning & euening a sponful at a time or les as you shall think good

A scurvigras drink from
the lady scidmore

Take garden scurvigras .4. hand fulls half as much brooklyme & halfe as much brown water creses shop them a little then take as much barly meal as wil make it up in to past then mould it up into little loaues bake them in an ouen well & when your beer is tund & workes break this bread in peeses hot put it in to your beer at the bung hole you may put in anyseeds or feln seeds you may drink it constantly a week 4 gallons of ale is enough to this past
for the stone & toe
keep one from it

Take the skin of the gizard of
a capon clean vashed & scraped
& dried & beat in to gros
powder & take allmost a sponful
at a time in a mes of potage

for wind in the side

Take Cammomill flowers millelot
flowers & Comine & brann make
a bag & stich it materis wise
dres it with malmsey & lay it
hot to the side

To stay the flux in
an infant

Take a smithes sindars & make
them hott in the fyer put them
in a pan & cast rose Vineager
apon them & set the child ouer
it to let the steam goe up in
to the body

To putt up the pallet of the
mouth

Take a Little Aloways upon the top
of your finger and s: put it in to your
mouth as Low as you can, and it
will make it fly up &c

for an extream paine in
the belly

Take a quart of oates parcht
in a fryeng pan with a little
moistening put them in to a
lynnen bag & lay it apon the
navell & apon the lowest part
of the belly & when it is cold
take it ofe
For the stranguilon or stone

Take parsley wild thyme saxifrag
pellitory of the wall of each an
handfull steep them all night
in new red cows milke slise
amongst the hearbs redish roots
& then in the morning still
them all with a soft fier
& so keep the water & take
the arf 4 or 5 sponfulls mingled
with 9 or ten spoonfulls of
renish wine & white wine
first & last for the spase
of three days) this receipt
did help one that was in
such extremty that hee should
haue been cut for the stone

My Lady Marwoods reseipt for a cold
and shifing in a childs stomake

Take a Little quantity of Annyseeds
finly powdered and sersed thro a fine
sive and put as much fine sugar &
then take as much freesh butter
without salt as will well mix the
powder and sugar & give the child
as much as a good Large Hasell
nutt three tims a day it is a good
receipt &c

A Good feaver watter

Take of Dandelyon and red sage
and pimpanell of each a Like
quantity and distill it in a cold
still g and give this in a fever
in a glase sweeten with fine sugar
as often as you pleas, &c
Lady Marwood
243

My Lady Keyts Reseipt for sore
eyes
To tow spoonfulls of red fenell watter and two spoonfulls of white rose watter put as much prepared Tuty as will lye one upon a sixpence and as much white Copriss as a great pinns head shake it well to gather when you use it and dip a feather in it and drop it into your eye twise a day morning and night but be sure not to goe in the eyre till halfe an hour after if the eye be blood shott put in some white sugar candy &c

To make Hare come

Take every morninge black snayles pricke em all over and rub the routes of your hare with the oyle that coms out of the snayles, this will bring new hare apace &c Conscientia mala

To make french Bread Lady Cobs way

Take halfe a peck of wheate flower and halfe a pint of ale barme and two pints and a half of new milke heate the milke till it be luke warme or warmer in cold weather and when you haue warmed it season it to your tast with salt then putt your barme to it and mix it em well to gather and make it up to a uery light dough but it you have not so much seasoning as will make it light enough put in warme water and when you haue well wrought it couter it with a warme cloth for the space of halfe an hour, the n mould it up in Loves so big as you pleas and put em into dishes well warmed & flourerd & cover em with a warme cloth until thay be fully proved then set em in an oven wel heate at a convenient distance from each other so let em stand three quarters of an houre you may take em out and chip or rasp em if you please, Conscientia bona

244
Sauce for Boyld Chicken Lady Cobbs way

Boyle Aertichoks and take the Bottoms and scrape the meate of the Leaves & hash the Leaves Meate very small with A spoon stew that and the Bottomes in whit wine With a blad or two of mace and a very Little sugar when it tis enough putt in a good heale of thicke Butter with the yolke of an egg you may putt in a Little Sacke if you please Boyle your Chickens white putt dipthemour in the dish with the Bottoms of the Artichokes undear, and poure the Sauce over em garnish the dish with Lemon & Barberry⁵

To Make Sassages

Take a Leg of porke the fatt and lean of Like quantity and cut it seuerally with a knife then mix em to gather & putt into it a little mace cloves and peper a handful of sage and then other sweet herbs then beat all togather with a Rowlingpin & make it up into a Lumpe and when you fry them roll them in grated Bread Coniugalis Fides

Confissio
246

Coniugium

the vertues of the flower of salues

it is good for old & new woundes for the head ache for singing in the brain: & for all manner of imposthumes in the head: swelling in the eares or cheeks: sinews shrank or spraind or stark it draweth out any splints of bone or
wood or thorn out of any
part: it is good for the
\*:th biting or stinging of
any uenemos beast & rotteth
& healeth all maner of botches
& is good for Noli:me:tanger
it driueth ache out of
the liuer raines or speel
breaketh impo{thumes &
healpeth the Embrod{es & uery
good to make a sear cloath

Concoedia

for the gout or ache

the use of it is to spread
it apon sheeps leather
the skinn side prickt
full of holes this is also
this is also good to bee
taken inwardly for the spleen
or any ulcers of sores it
is to be take 4 or 5
pills of the bigness of a
peas morning & euening

Comunio rerum

To make the flower of salues

Take half a pound of rosin
half a pound of parr: rosin
halt a pound of frankincens
one ounce of mastick :2: drams
of Camphire 4 ounces of bees
wax: 4 ounces of Deeres suet
pound all thees & melt them
all togethuer then straine it
into a potle of white wine
& put it in to a clean
skillet & sett it one the fier
& make it boyle up) then
stir it till it bee allmost
cold & then stirr in a quart
of a pound of tar:
turpentine & make it in
to roles & wrap it in oyled
papers
Comitas

To make Loaves, Mr Russells

Take the Oysters clean and dry from Liquor & shells, strew em a bout quarter of an hour with about six ounces of butter, to a pint of Oysters, a shalet or an Onyion whole, two blades od mace pepper, and salt, a little spoonfull of Varges, take 3 or 4 french Loaves cut holes in the top, take out the Crum, and fill em your Oysters cover em with the peice that came of the top, bake em a bout half an hour, in a slowe oven, when you serve em, putt in the Liquor that they were stewed in & a little butter melted with it, to your discretion If you desire em stew'd only put a little peice of butter workt up or rowld in flower boyld in the Oysters to thicken, or with the yolke of an egg,

252

To make a Cake. my Lady Doylys way

Take a pound of fine Flower well dried; as much fine loaf shugar bea= ten when both are dryed hot mingle them together and sift them through a hair sive as soon as this is done, begin mixing of the Cake that makes it the lighter, Take a pound of butter and put it into alarge bowle with three or four spoonfulls of Rosewater work your butter with your hand till it has taken up all the Rosewater and the butter be very soft, then by degrees let one strew in half the flower and sugar, you must have ready a Eleaven yolks and 5 whites of Eggs well beaten with 3 or four spoonfulls of sack, put them into the Cake stirr them well together then put in the other half of the flower by degrees as before still keeping it well beat with your hand then put in a quarter of a pound of Carway seeds; after these are in put it into your Hoop and sif some fine sugar ouer it and set it presently into the Oven, If you please with your Carways you may put in a quarter of a pound of citem a Orange or Lemon peal, you must have your oven hot before you begin to make your Cake, which need not be hotter then
for french Bread, it must stand in the Oven an hour and quarter

Calum
254

The Water for Convulsion Fitts
Lady Trevors

Take one pound of the best single Piony root
washed clean, & sliced very thin; put them into
two pints of good white wine & past it down
very close, & let it infuse all night in
warm embers not too hot, then strain
it out, & put to this quantity a quarter of an
ounce of Castor powder, An ounce of spirit
of Castor; thirty grains of the Moss that
grows on Dead mens sculls, And thirty Grains
of the scull itself finely powdered; then lett
all this be shaken together for half an hour
with a strong hand.

To Pickle Hamms S. L. Mordaunts

Salt your Hamms Eight & Twenty Hours
with Common Salt, then Take two
pound of brown sugar; Three pounds
of bay Salt; four ounces of salt
Peter. Put these into four Gallons
of Pump Water, Boil it, and Scumm
it well, Let it stand till Its Cold, then
put in your Hamms, and lett them lay
three weeks then smooak them being
pinnd up in Brown paper. This quantity
is for two Hamms; you may put Tongues,
or beef of leg of Mutton as much as
the pickle will Cover.

Calibatus
256
Clementia

Mrs longs blake searclothe

Take half a pound of red lead & a wine pint of sallet oyle as mutch sentcheneal as will ly one a groat brused put all these in to a skilllet set it ouer the fyre & let it boyle half an hower not uery fast stir it all the while with a siluer or bras ladle when you perceiu it to bee clack & stif for a searcloth take it from the fyre & dip cloaths in it and hand them one a brush fagett to coole & so lay them up for you use this is good for a sore breast & toe dry up milke and to lay to the temples for the tothache and will heal wounds 258

To make a peck cake

Take to a peck of fine flower 5 pound of carow & a pound of sugar 4 pound of butter an ounce of mase a wine quart of uery good ale yeast in the sumer cream you may take half a pound of buter the leas you may rub your outer dry into the flower till you can hardly perceiu it then put in your other things it must bee wett, but three quarters of an hower before you sett it in? you must keep it couered then must make it but a little stifer then pudding and make it up in two cakes for it will cum uery broad when it is made up pinch it full of holes betwixt your fingers then powre rose water apon it then take of the sugar

Ciuiilium rerum ufus
afore sayd and straw apon it and put your cake apon .ep paper and flower it well and leau it a great deal of rome to run apon if it bee in two cakes an houre will bake them if in one half an howre more at least
the lady bridgman's cordial

my water

Take sage sallendine rue rosemary
rosa solis mugwort pimpernell dragons
scabius cordium Auens lauender cotten
Egrimony balme bitoni flowers & leaus
centory flowers & tops angellica sweet
margerom wormwood Cardus maregolds
mints rosemary flowers cowslip flowers
260

of each a good handful: allso the
rootes of ellecampane peonie licorish
zednor & angellica of each half an
owne wipe the hearbs with a dry
cloath clean & shread them small
sel slice the rootes & mingle with them
wine & one quart of sacke putting it in
seasoned keep them close couered one day &
then distill them in an ordinary still
with bowle arminack & the white of
an eg then still it with a soft fyer
keep the first quart by it selfe 3 pyntes
of the second as much of the last & weakest

page 262 (folio 121 verso) || page 263 (folio 122 recto)

This watter is to bee taken blood warm
with a little suggar you may take three
spounfulls of the strongest of it & fiue
or six of the weakest at a time you
may giue to or three spounfulls of it
toe little children it is very good in
convulsion fits and is usually giuen in
feauers or surfits or against
infection of the small pox or plague

for a sprain

take the brine of beef warm it
and bath well with it & it
helpeth
Cuius
262

To make Plumb pottage Lady Cobbs way

Take your marrow bone clod & boyle
it tell it be halfe enough then put
to it 4 Loaues of the best manchett sliced
some cloues and mace corants & reasons
of each two pound pruens one pound
when it is boyld putt to it sacke
vineger and sugar and giue itt
another warme &c

to preserue whit pare plumes

Stones the plumes and take the weight
of sugar and boyle it candy about
the dish side:= then putt in the plumes
with the sel slittes down wards lett
them stand on embers on a skillett
of watter tell one side is tender
then turne them and lett them stand
till the other sid is soft enough then
take them out & boyle the sirup high the n
poure it hot on em & let em stand two
days the n sett em on a soft fire when
they boyle turne em & lett em stand a
week the n take out the plumes & boyle the
sirup ury fast tell it will Ielly

To Make Mrs Eliots Searcloth

Take A pint of the best sallit oyle a quarter
of a pound of vergins wax, as much pomplion
halfe a pound of red Lead, onee ounce of the
oyle of Roses, onee ounce of the oyle of
Chamimell boyle all thess together till
they boyle to a salve and if you will make
a searcloth you must dip thethe cloth into
it before it be boyld too much but it's
as good made into a salve and spread
on A Cloth, &c. Finest

to Make Cowslip wine

To 9 gallons of batter

For an Imposthume in the head, Lady Abingdons

Way

Take a wild prim rose root scarpe it
& put a pece in your nostrills, & it
will halfe in halfe an hour purge the
head and breake an imposthume, &c.
Cibus
and put in the plumes and boyle
themone warme soe put them up
if they be nott yellow threw will
Looke blacke, &c.

To preserue whole Oranges

Lady Cobb
Take the farist orange rub them
with salt & lay them in water shiftings them morning & euening with fresh
water then take out your pulps and boyle your oranges in a cloth soe
tender that you may putt a strene
through to a pound of oranges a
pound & a halfe of luse sugar to
euery pound of sugar a pinte of
water and clarifie your sugar with
the whit of an eg then putt in
the oranges and boyle the sirrup
till it will Ielly then take a pint
if pippen water & a quarter of a
pound of & set it on the fire when it
boyles scum it when yours with sirrup of oranges
begens to Ielly put in the pipen sirrup
& boyle it to a high Ielly the n putt it in
pott or glassess you must picke out
the pulp at the bottome and make the
hole as little as you can
Ceremonia

A receipt for a phistula in the
eyes or any part: from the lady
Millne

Take sanicle wood betony: Egrimony
Aucens: Dandelyon with the red ribs:
plantton: Ribbwort: Dasy leaus roots
& flowers: red Bramble leaus: charuell
mogwort: & motherwort: bugell & oxe eye
of each a good handful a few crops
of wormwood: pick them shread
them & wash them & drain them.
clean from the watter
putt them in a pipkin with 3
pints of the best white wine
& lett them infuse a good while
ouer a soft fier & then let it boyle
a quarter of an hour: then wring
out the hearbs & put into the
Liquor half a pynt of pure hony
& warm it & skim it & when
it is cold botle it you must drink
six sponefulls thearof morning &
euening for half a year or a
year
Causæ

To Make A Sack Possett
Lady Cobbs way

Take a quart of thick cream 12 eggs
halfe a pint of sacke and half a pound of
sugar a little nutmeg & cynamon the
eggs must be beat uery well and
straned, then put in the sacke & sugar
mingle em all well together set it
on the coles till it be ready to boyle
sturing it all the while one way all
the while, & let the cream be boyling
ready: then take of the bason with the
sack and eggs & pour in the cream you
may stir it once about then couer it close
and let it stand half a quarter of an
houre if it dos not jely, then you may set it
on the embers, you must put a little
sugar in to the cream when you poure
it on, it tis an excellent possett
Calumnia

Lady Cobbs way to doe whit quince
whole and to lye in jelly

Take your quinces and core them scald
em in fair water then pair em & to a
pound of quince put a pound of duble
Refined sugar, and a quarter of a pint
of juice of grated quince and a quarter
of a pint of water, then sett your skelett
on the fier with your juice sugar and
water and when it begins to boyle put
in your quinces & boyle it so fast
you cannot see the froth and take em
of sometime for that will be to apt
to Burne & when the quinces Look cleane
and the sirrup will jelly putt them in
your glasses and sett them in your
stove if you doe them in quarters
halfe a pinte of juice & halfe a pinte
of water to a pound is enough &c

To stew a pice of Beefe which is
very good meate Lady Cobs receip¹

Take a rump of Beefe or a pice of the
thin end of Briskett pareboyle for an
Hour if it be thick if thin less, then
putt it in a deeper dish and slash it
on the insid the gravy may run out then
strew pepper and salt betwext the
stalks and fill the dish with clarrit
wine to cover the Beefe put in 2 or 3
pieces of Large mace cover it close
and let it boyle an hour & a halfe
turne it often and scum it to take
off the fatt & refill it with clarrit wine
then slice six onyons & putt in with a
good handfull of capers or brooms -buds
some parsley six hard Lettiscress
sliced 3 spoonfulls of vinger as much
vargish then lett it boyle tell it be
very tender still turning it least it
burne to the dish, slice some brown bread
to lay over very thin & some french
bread to lay over wett em in Beefe
Broth or your Liquour if there be
enough dish it and poure the sauce over
Cades

272

To make an oysters pye my Lord Colbs

Lett the past be very good pill it with great
oysters then put in a little vinegar or
Vargish and some of the Liquor of the oysters
with some pickled Barberries & whole mace
and a good deal of Butter then boyle
eggs hard and cut the yolkes in halues &
lay them on the top of the oysters soe
Bake it and serue it hott or cold, etc

To make a pudden Bake or Boyd

Boyle halfe a pound of Rise in 2 quarts of milk
tender, one pound of suet shread smal
a quart halfe of a pound of currance
cynamon nutmeg cloves & mace sugar
Rose watter, a little salt teen eggs
--- a penny Loafe grated mingle
all well togethre & use it as you please

Breuitas

The dutchess of Cleveland 's Breakfast

Take a pint of cream or new milke & let
it Boyle than take it of and put into it
4 spoonfulls of orange flower water
with the yolke of an egg or 2 beaten
in it sweeten it then set it on the
fire, keeping scuming of it tell it
boyles than take it of the fire, and
mill it up and grate nutmeg upon it

To Make Allmond puding Mrs Dancers

Take one quart of creame a quarter of a
pound of Allmonds beat pretty fine tenn eggs
six whites Cinnamon and cloves mace a quar
ter and halfe of fine sugar when it has boyld
you must draw up your butter with som
sacke that your pore over itt &c
Bonum

To make Sage

To make sage wine

To 40 pound of malego Raisons take
40 quarts of Spring water boyled an
houe or stand till it be almost could
haue your raisons ready pick'd and chap'd but not wash'd put them into a tubb then put your water to them to this quantety of raisons you must haue a strike of sage red sage is best your sage must be Chop'd a little then put it to your raisons and water cover them close and lett them stand 9 days stur them once a day all the time rub them very well with your hands when you stur them to breake the holeones when it has stood 9 days strain it of put it into your vesill besure to lett your vesill be quite full to ten gallons of your wine you must allow a quart of sherey or sack when it has stood 3 days in the vesill stopp it up close & lett it stand till it be fine the n bottle it it will sometimes be fine in 3 weicks besure to let it stand in a good seller lett your vesill be smoked with brimstone, Bonitas 276

To Make Burch wine

To every gallon of burch watter putput two full pounds of white powder sugar before you put your sugar in, & scum it when it boyls it must not boyle after the sugar is in, but when tis scum'd lett it stand a little & when tis could pour it of from your grounds, put in sum yest lett it worke 24 hou'rs, less or more till it has a good head let it be close cover'd in a tubb, haue in readyness astrong sweet vesill smok'd with brimstone very well lett it be close stopp'd till you use it fill it full & when it has done spirgeon stopp it very close keep it in a cooll seller lett it stand 3 quarters of a yeare then bottle it you must allow so much the more watter in the propotion because you must allow for the wast in boyleing before you put in the sugar Boni

page 278 (folio 129 verso) || page 279 (folio 130 recto)
A most excellent Receipt to cure the

yellow launders

Take a quart of milke set it on the fire, when it boyles turne it with a quart of white wine, when the curd is taken ofe put in as much of the Juce of salindine flowers and leaues beaten together as will make it very green let it boyle very softly, then take some saffron tyed in a Rag and squeeze in as much as will Turne it a little yelloe, let it simmer a little while then let her take halfe a pint in a morning, fasting an hour or two affter it, so likewise at fore of the clocke in the afternoon and thuse doe till it be gone, Lord Spencers way

aninu
278

tortunæ

page 280 (folio 130 verso) || page 281 (folio 131 recto)

Bona Naturæ
280

page 282 (folio 131 verso) || page 283 (folio 132 recto)

[rotate page]
Benedicentia
282

to make a very good wallnut water

Take wallnuts in the begining of June & beat them in a morter then still them in an ordinary still then make a second waters gather your wallnuts about midsomer or three days afther keep that water by it selfe then make a third water gathering the wallnuts a fortnight after then take a pynt of each and put them togather and still it in a glas still & so keep it very close that no ayre get outt there is good for the eys to drop a litte in it will make one haue a faire skin if it bee washed thearwith it is alio good
to wash byles & sores it is also good to
heal all infirmitis within the body & drinketh
sponfull or one in wine

peas then powre the egg one the top of it and putt in
a little peese of the mest in the mide of it if it bee in
the winter that you cannot have hearbs you maye put
in barly instead of it it must bee boyled in an earthen
pipken and sett with the side yo the fyer butt not fyer
kept couered

Bellum
284

To Make French porage

Sett one pott betymes in the morning that it maye have time enouf toe
boyle fill it full of running water and season it pretly high
with salt and putt in a cloue or two then putt in your meat a
little pees of biec shat it not very fatt and a pees of the knuckle
of veall an old henn cutt in halues skime it and lett it boyle
till the water bee half wasted and neuer fill it upp when
it is allmost boyled if it bee at the time of the year you may
putt in green peas and hearbs a prity deal of sorrell and lettys
and spinieg and such cooeル hearbs let the hearbs boyle butt
very litle then take a dish sett it one a chaffingdish of coels
slies thearin thin slieses of fine whiet bread a pretty
deall and put to it toe ladlefulls of the top of the
porage then take the yoelk of an egg or two and beat
it by itself with a litle of the porage then pour
out the pottage in to the bread and the hearbs and

An excellent & soveraigne Balsome
called my Lady Roppers

Take a quarter of a pound of yellowe waxe cutt it into
smale peices then putt it into an earthen pott or pane
with a pinte of sacke & melt it & when it is quite
melted take of from the fier, then take halfe a pound
of Venice turpentine wash it in rose water, & take
a pinte & a halfe of sallet oyle & powre both the oyle
& the turpentine into the pane, when the waxe is well
melted into the sacke then boyle them togeither
with a very softe fyer untill they be well incor-
porated then take it from the fyer & when it is
throughly colde take away the cake from the sacke
& melte it in the pane againe putting in one owncie
of the best reed sanders & soe keepe it stirring
untill it be colde
thear is many receipts of this oyntment with aditons of other things but this is the true resceipt & that which is safe to bee used both inwardly & outwardly for bruises or woundes or sore brests or lameness

Auxilium
286

A Good medisin for one that cannot hold thear watter

Take a bulls pisset or an ox dry it in an oven

Autoritas
288

excellent medicines for wartes in the hands cramp in the knees or corns one the Forfeet

for warts Take Egrimony & stamp it with salte & Vineager & lay it to the warts 4 days & it will healp/ an other for the same

Take the rind of willowes & sceth them in Vineager & wash the warts thear with allso the ashes of willowes mingled with Vineger & layd thearto it will pull them up by the rootes

for a corn

Take the skin of a red hering & lay to it and it will wear it away
A medisin for a man
that hath burnt his lips

Take an olde flaxen cloute that
is clean washed burn it & make
powder therewith then take oyle
of eggs and anoynt the sore hole
hearwith then fill them up
the powder being very small
and it will healp
Auspicia
290

Aurum

To Make a paste of the Colour of Marble stone
which way soeuer you cut or break is made of all sorts
of flowers wholesome to be eaten Lady Lyndseys way.

Take a handful of blew violets pick them clipping of
the whites, & stamp them in a Marble Mortar by themselves
Then take Marygolds, Gillyflowers, Rosebuds, & stamp
them severally in like manner. Then take gum Dragon
steep in Rose Water with a grain of Musk in it then
take quarter of a pound of sugar being finely beaten
& so beat it to perfect past with the stamp't violets.
& in the like manner make past with the other flowers
severally, & roul every piece of past by it self then;
then lay it one piece upon another then cut it over
thwart in long pieces, & lay it over thwart again the
wrong way, & so roul it thin, & print it with your molds
& so dry it, & when you break it, it will be of the
Colour of Marble stone which way soever you break
or cut it. Note you may keep the flowers dry by you
all the year to make it.

for the weaknes in the back

Take white saunders & the iuyse of
sorell that is red and drink them
in red wine bloud warm & it will healp

To heal the uesel whear
nature resteth

Take acornes or the ladles of acornes
& being dried beat them to fine powder & take a spoonfull of it in the morning before you rise ly in hower after it

for the pyles

Take an oynion & rost it in the fyer make a hole in it & put in sum home and peper and so lay it to them so hott as you can endure it in so doing two or 3 times they will bee whole and dried up

for the piles

Take hedg taper leaus & stamp them with may butter or fresh butter & thearwith anoynt the piles it will both heall and break them
Aula
292

Doctor Lower's Receipt
For a Cough

Take a quarter of a pound of Pearl barly boyld souft in 3 quarts of spring water then straine it off and put into it an ounce and halfe of Liquoris, One ounce of Ellecampaine scrap or slice d add a large handful of Pellitory of the wall, a Handfull of house Leek and ounce and halfe of Maidenhair Boyl all these halfe an Hour; But the Liquorish and Ellecampane must Boyle one quarter of an Hour before you put in the Herbs. Straine all out then add 2 pound & a quarter of Double refined shuger; 2 ounces and halfe of the best Ballsam of Tolu, a quarter of a pint of Issop water, stir it all the while over a very slow fire, else the Tolu will not
Dissolve when boyled to a Sirrup & Cold bottle it up without straining, this must be done in a Pipkin close Covered on avery gentle fire

Manner of using it

Let the Person afflicted Take 4. or 5. spoonfuuls every Night going to Bed & the a quantity of a Teaspoon when the Cough takes him by Day or night.
Mr Walkers

Snail Water for a Consumption

Take the Lungs of a Calve & cut them in slices 50 snailles with the shells bruised new milk 2 Gallons, the best Mallaga Sack one quart one Nutmeg Slit Cinnamon half an Ounce, Comfrey Roots Slich one handfull, Ground Ivy 2 Handfulls put these into a Cold still & draw off a Gallon letting it drop upon 4 ounces of white shuger of Candy. of this water take a quarter of a Pint

Auditus [inverted]

294

three times a day first In the morning fasting at 4 in the afternoon & att Night going to Bed as warm as New Milk

To Make the best Mead Lady Lyndseys Way

Take to twelue Gallons of water twelve Quarts of honey set the water over the fire put into it half a pound of Ginger, a Quarter of a pound of Nutmegs being both beaten & put into a linnen bag let your spice Boyle about half an hour then put in your honey, & let it Boyle a pretty while scumm it very clean when it has boyld an indifferent space then put in a handful of Agrimony almost an Handful of Muscova, a Quarter of an handful of sweet Marjoram, a little sweet brier, & a few tops of Rosemary, & let your herbs Boyle in your liquor ????????? half an hour then take it from the fire & strain it thro a hair sieve & put it to cool in several things; the sooner it is cool
it will be the clearer & better when it is cool put it to=
=gether, & let it settle till the next day then put it in to the
vessel, & after a month bottle it. Keep Lading it with
little wooden dishes to cool it as soon as you can.

To make an egg pye

Take eggs boyl them very hard mince them and
put in Beef suet minced small season them with cloues
mace, Nutmeg, sugar Lemon peel Candid orenge and
Lemon mincd, on quarterd, Dates, raisins, & Currants
peices of Marow so bake them in your Crust.

To make big Brawn Lady Lyndseys Way.

Take a young fat pig scald it well then cut it
open in the Middle dividing it into two sides
then bone it & make three, or four little collars
of a side role them up & strow in the inside some
sage shred very small and some rind of Lemon, & Nutmeg
& sow them up in Cloaths, then Boyle them till they
are tender in fair water with 7 or 8 bay leaues and a
little saly, Letting it boyl, & be scummd before you put
your Braun in; when it is tender take it out & let it soak
two or three hours in Cold water & salt to make it
look white then put it into a souse drink made with some
of the liquor it was boyld in, & as much good white
wine vinegar as will make it sharp. when you put them
into the souce take them out of the Clothes.

To Pickle Mushrooms Lady Lyndseys way

Take your best mushrooms make a pickle of Water & salt
& boil them with a Lemon peel let them have but a
boyl or two & take them out of your Kettle after the
white froth is scumd of; lay them upon a Cloath to Dry
& when they are cold put them into as much Cloues
& Mace as will giue them a good relish stop them
close & keep them for your use.
Audacia
296

An exellent Receipt for thos which can't
make watter

Take parsley water and as much egg
shell dry'd to powder as will lye upon
a crown peice put the egg shell in it
and drinke as often as you can please
and you will find ease) The Lady Tyrrell's way

The Black Salue

Take a pint of sallit oyle halfe a pound
of Red Lead virgins wax a quarter
of a pound p..tcon a quarter of a pound
oyle of Roses one ounce oyle of camamile
- on ounce, boyle all these togethe
tell it Looks black, &c

A wash for the face, my Cosen Spencer s

Take a pottell of milk to handfulls of
Elder flowers and two handfulls of wild
Tansey & 3 of femytary and 4 of bean
Blosoms stepe all these 12 howers in the
milk then still it together the next
morning in a rose still and if you please
put a little comphrire into the bottles as you
think fitt, an extraordinary Resecip
...

A mdsin to coole the liuer

Take a lynnen cloath made plaster
wise & wett it in cowes milke Vineager
& rose watter then wring the cloath
that it may not bee wett & so lay it
to the right side when you goe to bed

for those that spit blood

take the powder of dried mulberis
so used in broaths of pottage ale
or beer is a spetial remedi

To stay the bleeding to the nose

make plasters if potters claie & the
white of an egg & aply it to ones
-:- and also chaw the root of an
nettle untiill one may swallow it
butt take ye heed least you swallow it

Take the hart of a dogg and lay it
to the plase that bleedeth & it will stopp it presently

An other for bleeding at the nose

take vinegar and white wine and
warm it apon a chafendish of
coles wett a cloath thearing and
wrap it about the -:-
Auaritia

298

Asperitas

To make lossanges of red & damask roses
good to coole the liuer

Take roses and cutt ofe the whites lay them in a dish
and cast scalding watter apon them & after ward
wring the watter from them clean & with an equall
quantyti of sugar stamp them in a stone morter
untill you canott discern the sugar from the roses then
boyle them to a height to make a lozange then wett
a bord with rose watter & make your lozange as
thin as you think good with a fine clooth wett in
rose watter then taking a way your cloath let
them dry then cutt them 4 square or as you like
best

A remedi for shortnes of wind or staightnes
of breath

Take 2 ripe strawbery & the powder of white peper
temper them with clarified hony and mix all togather
& eatt thearof first & last
To Make Lemon Wine My Necce
Turners way

Take 3 Gallons of water put to it seven
pound of powder sugar, & the whites of
three eggs before you sett it upon the fire;
then boil it very well, & scumm it very clean
Clean, & let it stand to be Cold. Then putt
in the rinds of 10 or 12 large lemons,
and the juyce of 13. Strain both the
liquor, and juice thro a Cloth, Lett it
stand all Night. Then Tunn it, & putt
three spoonfulls of yest into your barrell
with the rinds of your Lemons & lett it stand
three weeks or a Month before you bottle
it.

Artes liberales
300

A water to wash cure wounds

Take southernewood wormewood Garden Buglas
mugwort wood bitani sanucle broad plantaine
dandilyon cinkfeild ribwort or long planton
whit botle dayses & the rootes Auenes haththorn
budes Egrimony the leaus & budes bramble
buds wild angelica mince scabius strabryar
leaues violet leaus comfrie gather of each of
thees a like quantiti and dry them in a
rome without much aire in may they
must bee gathered turn them offtne that
thay bee come not musty & when they
bee dry keep them in canuas bags
& when you use them taketh take of
each a like quantiti & mixe them to
gather them take of them so mixt
Ars
302

3 handfulls & put them in to 3
quarts of liquor whearof the one
white wine the other two runing water
byole theme to three pints them
strain the liquor from the hearbs & put
thcarto a pint of hony & boyle it
again take away the froth & scum then
put it up in to a glas botle well
To Make a Cream with sack like
Butter Lady Lyndseys way

Take a quart of Cream boyle it with Mace put into it six yolks of eggs very well beaten so let it boyle up, then take it of the fire put in a little sacl to turn it then put it into a Cloth, and let the whey drain very well from it then take it out of the Cloth, & season it with rose or orange Flower Water, & sugar being very well broken with a spoon.

To Make a Nut pudding Lady Lyndseys way

Take a pint of Nut Kernels peeld, & stampt very well in a Mortar with Rose water but not too wet & six yolks, 2 whites of Eggs, suet as much as you please, Thin it with sweet Cream to the ordinary pudding batter, sweeten it to your Tast, put some Ambergrise in it, & some grated Nutmeg, then make some puff past crust, & lay it in a dish, & bake it with white bread.

To Dress two large Flounders, Glace, or Soles Lady Lyndsey =

= seys way.

Take a Quarter of a pound of Butter cut into slices, & put your Flounders upon it then put to it two spoonfuls of Vinegar, 2 cloves, a little bundle of parsley & and Time some pepper & salt a little orange peel and one anchovy chopt with the 3rd part of an eschalot cover them, & set them upon embers till they have cast their water, then put them upon a greater heat when they begin to boyle they will be enough in a quarter of an hour, serve them up in the liquor they were boyld in thickened with the best butter

Arrogantia
304
To make Cracknells

Take one pound of the best fine flower dryd very well by the fire, and as much double refined sugar, and a good many Caraway seeds rub them well together with half a pound of good butter, then mix them together with the Yolks of two eggs a spoonfull of sweet cream, a little Rose & orenge flower water, Role them very thin & put them round by a glass, & prick them very much. Butter some pewter plates, & putting them upon the plates bake them in an oven as hot as for cheese cakes. before they go in you must wash them over with a little melted butter, & yolk of an egg & a little sugar, when they are bakd take them off the plates as fast as you can & keep them in a dry place. they will keep a quarter of an year. they must be dryd crisp in an oven before they are eaten.

To Bake potted Hare Mrs Copes way.

Cut the meat from the bones, & take out all the sinews beat the flesh very fine put in some fat Ba= con, and beat it till it is as thick as paste, season it with pepper, and salt, cloues, mace, Jamaica Pepper & some sweet herbs chopt very fine then pot it with some thin fat bacon a layer of one & a layer of the other; & bake it with bread, when you draw it pour out the gravy, & press down your Hare; The next day Melt as much butter with the fat that is on the gravy as will cover the Hare, pour it upon it, & stop it down very close

To Make Cock Ale Lady Lyndseys way.

Take a Cock & parboyle him then pull of his skin & beat him in a Mortar Take 4 pounds of raisins of the sun stone them, & beat them in a Mortar steep them all night with the Cock in 2 quarts of sack, & slice into them a quarter of a pound of Dates a few cloves & Mace take eight Gallons of your good Ale when it hath done purging in the vessel put all these into the Ale, & stopp it up close for five days, then draw it out into bottles, & in seven or eight days you may drink it.

To Make a Beef pudding Lady Lyndseys way.
Take half a pound of the best leane beef; a pound of Beef or Mutton suet cut out carefully all the skinns of the Beef & suet shred them very small a part, and afterwards together season it to your Taste with pepper, salt, & Nutmeg make it up round with eggs; wrap it in a Colewort leaf, & boyle it.

Animus
306

Mr mustians drench for a hors that has a cold

Impri: take Anyseeds}
liquorish}
ffenegrek} of each 4 oun
Turmerick}
flower of brimstone}

Elecampaine 8 oun
Myrrha 3 oun

bay berrys}
Gentiam rootes}
Round Aristolochie} of each
Carthamum seeds} one: oun
grains of paradis}
rubarb & agrick}

brown candy 8 oun

the way to vse this

drench first lett the hors blood in the neck & roof of the mouth if thear bee caus then take a wine quart of good ale & boyle (it & skim it: then put in one oun) of this powder & let it just boyle & no more & keep it stird then take it from the fyer & put in 3 or 4 oun) of the best hony a quarter of a pynt of the best Sallet oyle when it is blood
warm giue it with a pound
blood warm) giue a quarter
of a pynt of it at the nostrills
then let him bee Aird
for half an howr

308
Animantia

keeping him warm alle
that day & let him fast
5 or 6 houres then giue
him a mash of malt
let him drink no cold
watter) but ride him
affter it) you may giue
this drink 2 or 3 times
if you pleas resting a
day between) if your
hors has the foul glaunders
giue it as before but
if hee bee so stuff with
a cold that hee canot
swallow his meat
then take a sponefull
of the best oyle of bays
& put it in to a quarter
of a pynt of wine Vnieger

page 310 (folio 145 verso) || page 311 (folio 146 recto)

made blood warm
& well shaked togather
put it down at his
nostrills ride him affter
it but this must not
bee giuen but once in
5 or 6 days

Anima
310

page 312 (folio 146 verso) || page 313 (folio 147 recto)

Angeli
312

A pie of carp & eele

Take the flesh of carp & of eele rinse them well
with butter & season it with salte peper fine hearbs
& a few mushrums then make up your pies as small
as you can fill them up wash them with an eg
and bake them

Samon pie

After your fish is dressed lard it with ecle or carp
seasoned with peper salt & beaten cloues then put
it in past and ouer it a bay leaf and good fresh buter
besprinkle it with lard a drop of uineger and close it
up after the forme of the fish after it is baked
you may eat it warm or colde

ggs with snow

break sum egs seuen the whites from the yolkes put the
yolkes in a dish apon buter & season them with
salt & sett them apon hott cinders beat & whip
well the whites and a little before you take it ofe
of the fier, poure them one the yolkes with a drop
of rose water holde a hott fire shouell ouer them
& so seru them sugard

A tart of pistaches

After your pistaches ar peeled beat them
and through in a litle sweet watter
as you beat them melt as much butter
as thear is pistaches and take so
much sugar a litle salt and the
crumes of white bread fried and
drop of milke and all being
well mingles putt it in to a sheet
of fine past make the tart uery
thin (in a dish is best) bake it
sug sugar it and beesprinkle it
with what sweet watter you will
and eat it warm

Tart of oysters

After your oysters ar cleand and dipt
in warm watter putt them in the
pan with sum fresh butter parsly
minshed chivols and mushrumes all well
seasone put them all butt a litle ouer the fier into a sheet of
past and putt in sum hard yolkes
of eggs bottoms of hartychoaks mushrum
broken sparagus all well fryed couer
up the tart & bake it after it is
baked putt in sum good sawse
which you shall make thus putt in the
pan 2 or 3 whole chivols salt peper a drop
of vineger & when it is brown mixe with
it 2 yolkes of egs beaten with veriuis a
litle nutmeg and seru it uncouered

314
Amor Sui

to keep lettise

choose the hardest & take ofe the great leaus soak them
in warm watter & drain them: then stick them with
cloues season them with saltpepeer vineger & a bay
leaf couer them well and when you will use them seeth them

Artychoaks

Cutt ofe the choake & what is to hard about them
steep them in fresh watter drain & dry them:
then putt them in to a pott with salt peper vinegar
melted buter cloue & sum bay leaf couer them
well and when you will use them seeth them

To keep butter

Take a good quantiti & melt it for to use apon
??eation: putt it in apon & lett it melt laisurly
untill the milk goe to the bottom & that
clear then putt it in to a pott with a little
salte & so keep it.
314

To keep green peas

Take them as they come outt of the
cod fry them with buter & season them
well as if you would eat them then
butt do not fry them so much then
putt them in to an earthen pott
season them again & couer them
well putt them in a coole plase &
when you will use them unsalt them

Sparagus

putt them in an pott with mellted
butter Vineger salt peper &
Cloues couer them well for to
use them) unsalt them & seeth them
in hott watter & so use them

Red beets

wash them & seeth them & peel
them & putt them in a pott with
salte peper & vineger & so use them

another way to doe mushrums

boil them with the best strong
wine you can gett salt peper & cloue
then take them out & put them in
a pott with salt peper vineger cloues
& sum bay leaues couer them well
when you will use them unsalt them
and seeth them with wine & seru
um with a plated napkin

To prepare mushrums

Take the hardest & the reddest
you can gett fry them whole with
butter as for to eat presently
after they ar fryed & well
seasoned putt them in a pott
with more seasoning of butter &
a drop of vinegar untill they
ar couered stop them so that
no ayre gett in): when you use
them steep them in severall
watters luke warme & fry them
as if they wear butt newly
gathered

To keep succory

Tie it and whiten it in sand when
you think that it may bee kept
cleans it well & putt it in a pott
salt peper a little vineger & rosemary
when you will use it unsalt it to sem
for sallat or for lay about dishes
seath it

To make marmalet of quinses

Take fifteen pound of quinces three pounds
of sugar & two quarts of watter boyle all
togather after it is well sod strain it by
little & little through an napkin then put
it in a bason with four pounds of sugar
seeth it again & to know when it is
enough, try it one a plate & if it doth
come ofte take it quicly from the fyer
& putt it in boxes

past of aprycockes

Take them very ripe & pare them then
putt them in a pann without watter
& stir them oftne untill they bee uery
dry take them ofte the fuer & mix them with
as much sugar boyld to a candy as you haue
of aprycock putt it in to sawsers and dry
it in a stoue

how to do chestnutts

boyle them in watter when
they ar boyled peel them & flatt
them between your fingers sett
them one a plate & take sum
watter sugar & the iuyse of lemon
& orange flower watter make
a siruop with it & powre it
one them & so eat them hott
or cold

Pistache cake

Take half a pownd of loaf
sugar & a quartern of pista
& a peneth of gum dragon
& one drop of sweet watters
stamp all together till it
comes to a past make your cakes
of the thicknes of a half
crown & bake them in the
ouen
150

Amicitia

To make a good biskett

Take six yolkes & eight whites
of new layd egs with one pounde
of sugar in powder 3 quarters of a
pound of good flower beatt all well
togather & boyle it with sum anyseed
ps make a past nether toe soft nor
to hard if it is to hard you may
mix with it som flower of sugar
for to harden it when it is well
putt it in to moules of thin
white tinn made for the purpose
& then bake them halfe in the
ouen & take them outt & moisten
egs after that putt them in the
ouen, again for to make an cand
of baking & when they are out
sett them in a plase nether to
cool or too dry

as you see it grow dry so continu beating of it with a strong
hand till you see it extremly well mingled and that it
bee come to a very thick past att least three or four
oures when it is enouf it will shine and work smooth
then make it in to little cakes as big as farthings and as
you make them let them continu beating till you
haue done them all lay them one by one apon a sheet of
white paper and keep them in a warm plase not to
hott in a day or two thay will be dry enouf yo putt up
To stew pipens

Take a few pipens and sett them one the fyer in as much water
as will sem to Boyle them cut them in quarters nether paring nor
coaring them so lett them boyle till thay ar uery tender then
take them ofe the fyer and mash them all togheter and
strayne them pretty hard till you haue got out all the
iuys then take a sum other pipens coare and pare them
cut them in quarter and lay them in this iuys as many

Ambitio

as you see the iuys will well couer putt them in sum
uerly broad skillet or siluer dish so that thay may ly
one by one then strew sum sugar apon them as much
as you think will well sweeten them so lett them boyle
till you see thee pipens begin to looke clear and bee
tender then squeeys in the iuyse of orang butt a litle
and haue sum orang pill slist extream thin and boyld
in a water or two before put that in with the iuys
lett it boyle a litle after and then take it ofe if
you will haue it euries you may take out the pipen
and let the siurop boyle till it iellys

A speciall good watter for one
that canot hold their water

Take the blader of a barrow hog as it
is taken out of the belly puting out the
urine dry it in an ouen to fine powder
take the tong and the pipe of a gose
unwasht & dry them to powder then
take the brains of a haire dried in to
powder then take the quantity of three
of 4 thimblefulls mixt togheter with
5 or 6 sponfulls of white wine and
let the party drink thearof first
& last & fast two howres after
it if it be for a man. it
must bee of a cow hogg if for
a woman of a barow hog

327
To make Amber cakes

Take to a pound of double refines sugar forty graines of the best Ambergeas and six of muske) you must have a little Gumdragon steeped in the best rose water ouer night and a morter to beat it in which will must bee of stone or sum verry good mettall then take the amber and the muske and bruise them in the morter verry slightly least it oyle and strew in as you beat small lumps of sugar to make the amber beat the beter then take three parts of your sugar being finely beaten and searst thourough a tiffini mingle it verry well with your amber keeping it from sticking to the sides of the morter or the pestle then put in a little of the gum dragon and beat it verry well in togather with the sugar and amber then put in the rest of your sugar and as much gum dragon as you think will wett it enouf to make it like a paste you need not put it all in at a time, butt by litlle and little

page 328 (folio 152 verso) || page 329 (folio 153 recto)

329

To make Tunbridge Cake.

Take a pound and halfe of flower and a pint of Milk, a quarter of a pound of Butter, and a little sugar one Ounce of Carweyseed, and one Egg, and make it up in a Pasty pretty stife, and role them out as thin as Tartlidd, and cut them round and put them on papers, and they will Bake as fast as you can put them in the oven the oven being hot

Dr Ratcliffe Purge for a Horse

Take one ounce and a Quarter of the Best Succotrín Aloes a Quarter of an ounce of Diaoenthe; 1 . . Flower of Brimstone Mix them well & make this quantity up in three Balls with syrup of Violets to be giuen at once Worke it with Cold Water.

Affectus
To Make a seed Cake my Sister Hamletons way.

Take 4 pound of Butter beat it up
to a Cream with your hand Take 2 pound
of sugar fin pounded and well Dryed
without Lumps, mix it through, with
the Butter take 4 pound of dried flower
mix that likewise and half a pint of
sack or a Nogan of Brandy, Take
Eight eggs to each pound of flower
Yolks & whites beaten severally, three
whits whiped till they come to a Crud,
it will takr more than hald an hour
to beat them, mix the whites throughly
and the Yolks also; Take half an
ounce of fine powdered Cloues, Mace
Cinnamon, and Nuttmecs, mix all
up together with your hand lightly, then
strew in 4 ounces of Caraway seeds put it in a Hoop
with a quick Oven, prick it when
you see it rise & give it good Baking

Ætas
Mrs Marsh
Way

To make a Keeckup for all Sause

Take 4 Pound of Beef and cut it in
thin slices and set it in a stew pan
with a spoonfull of water and let it
stew softly and power off the gravy
as it coms till all the goodness is out,
than take as much Claret as you haue
Gravey, and put 2 shallots or onions &
a bunch of sweet Herbs & Cloues, and
Mace hole whole peper a good quantity,
then put it on the ffire and boyle it &
scom it very well when it is Cold put
it into a Dry Bottell close stoped, too
spoonfulls of it amongst is enough at once
you may put red Wine or White as you
please, when I made for your Ladyshipp I
stewed the beef in the oven & potted
it afterwards
To make katti tea Cakes

Take 1/2 a pound of bitter Almonds, Blanch them, & beat 'em in a Marble Mortar without putting any thing to 'em whilst you beat 'em—when they are very fine, put as much whites of 4 eggs, mixe 'em very well in the Mortar; then put as much sugar finely sifted as will make it up into a Paste then Roll it out, in Little Rolls, & cut 'em to make 'em round with your hand, & Lay 'em on white papers not too close together; Let 'em in the ouen not too Hot, as to make 'em run broad, but only to ....; with Baked take 'em off the papers, & put 'em on tins & set 'em in .gh to cr..n

&198;qualitas

To make Lemmon Cream

Take one Lemmon & Slice the Rhine very thin, & put it into a pint of water, & take the juice of 4 Lemons & the whites of 4 Eggs well beaten & sweeten it to your taste with double refined sugar, & strain it into a Silver Bason, & you may put into it any sweet water, & stir it Continually till Clear, then strain it again for fear of Curdling

To Frost Gooseberries, grapes, Cherries, or Currants

Dip 'em in whites of Eggs beaten to a Frott & set Lay 'em in a dry dish & sift some of the finest sugar on 'em & put the Dish over a gentle fire shaking it a little, & when they are dry lay 'em up for use
with it in to cakes & turn
them one dry paper & then
stoue them & they ar don
in this maner you may
make all kind of flowers
or hearbes in to cakes
or fruits but the fruit
must bee first boyld
in a botle or iog & then
take the Joyce of it & it
must bee poured in to
coffins of paper & when
you ar to turn them out
you must wett the outside
of the coffins with cold
watter & that will make
them peel out

&198;qualilitas animi

To Make Mead Sister Hamiltons way

To a Wine Gallon of water put two pound
of Virgin hony put the water into a kettle
dissolue the hony through a Hair Sieve into the
Water, then put in a bunch of sweet Brier
and sweet Marioram Take the rind of a Lemon
Thin pard to every Gallon of water. Boil the mead an
hoar, & scum it very well put in a little Cold Water
in the boyling to rise the scum when on it tey boild
an hour take of it of and pour it into a Tub, & when
it is blood warm, bake a tost & spread it on each
side with yeast not bitter, & when you see it work tun
it up put in what spice you please; some like ginger
Lemon, & Cloues tyed up in a piece of Mislin, & boyld
in the Mead, and thrown into the Barrel when
tunnd Slice in the lemons you pared very thin, &
put them into the Barrel Bottle it at a Months end.

338
AEdificia

To make oring clear cakes
uery thin

take a quarter of a pound
of fine sugar wett it with
watter then boyle it to a candie
but not to high take it
from the fyer & stir in two
sponfulls of the ioyce of oranges
& halfe a rinde that has
been boyled tender in watter
and shaved in two thin slices
or mincd ed uery small when
this is stired in let it cole
a little & so pour it one
and euen pie plate & let
run thin spreading the peele
amongst it with a bodkin
then set it a day in an ouen
& when it is candid one the top

To make holow loves

Take double refyned sugar beat it very fine
mingle with it any seeds a little muske & amber
greens & grind it small to gather then take
sum whites of eggs and beat them till they come
to a stiffe froath then mingle the seed and
sugar with the froath till it bee like past
make it in what fashion you will and bake it
one paper or waffer ether in an ouen or baking
pann

A rise tart

Take rise and beat it very fine sears it through
a coars scers take the flower and boyle it
in new milke with whole male & sugar &
rose watter & so putt it in puff past

To make marro pudings

Take sweet margerome peneroyall winter savory
of each a like quantity for every dosen pudding

Adulatio
you mean to made three eggs to euery six puddinges
one white taken away take sum cream to the
hearbs and mingle the eggs and that well to gather
that it may looke sumthing green then strayne
them to gather through a boulter strayner
then season it with nutmegs cloues and mase
you must putt in twise as much nutmeg as cloue
or more as much salt as you like and rose
water): putt to every dowsen of puddings
three quarteres of a pound of currans & toe
handfulls of hogs liuer finely grated and
sifted through a collander putt al also sum
graeed bread butt you must not make it to
stiff, then putt to it marro well pickt from
the bones and sum suett finely minest
342

To Stew oysteres

Put two dousen in a dish with thear one liquor and a great deal
of fresh butter store of nutmeg very litle of no salt a good deal of
Chipings of bread a great deal of iuse of orange so let it boyle
betwixt to dishes if you will you may putt in a little peper

To preseru Grapes

Take veriues grapes and peeole of the skins and stone them take the
waye in sugar ot sumthing more and wett the sugar with a
little of the iuys of the grap and put the grapes in to it
and so boyle them till the siuriop is pretly thick when thay
ar ready to take ofe putt in a pastiel or two

To make pastiels

take to -a pound of sugar :40; graines of amber and six of
muske your sugar must bee beaten and searst thourough a
tiffini you must haue a litle of the whietest gum dragon steepe
ouer night in the best damask rose water you can get the
morter you beat it in must be marble or sum very good

page 344 (folio 158 verso) || page 345 (folio 159 recto)

to make pomatom

take the calles of fovr or 5
hogs putt them in to running watter
as soon as it is outt of the bely
and pik out all the blouidy
strecks so lett it ly 7 or 8 days
shifting your watter twice a day
then take it out and put it in a
faire Cloath and beat it
with the cande of a pestle
then putt it in to a siluer
bason and sett it ouer a pott
of bowling watter and couer
it putting in 4 or 5 poum watters and we march mallow roots
so lett it stand till all the
fatt bee melted then take
it of the fire and strain it
and putt it in to the same
bason again and fill it with
running Colde watter and sett

the bason upon the pott
of warm water couered about
the spase of an ouer then
blow of the fatt with as
littel watter as you can
and so keep it sturing
till it is quite Colde and
then beat it till it looks
as white as snow then pour
in half a dousen sponfuls
of damask rose watter
and beat it with it still
putting in fresh 5 or 6 tims
and so putt it up.

page 346 (folio 159 verso) || back inside cover

cut away with words of previous page seen through]

back outside cover

spine
head
fore-edge
tail