V.b.366: Receipt book of Rebeckah Winche [manuscript].

front outside cover

front inside cover || front endleaf 1 recto

[ bookplate ]

THE FRANK AND JOCELYN

AUSTEN ACQUISITIONS

ENDOWMENT

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front endleaf 2 verso

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Rebeckah Winche

1666

E D

R

R

R

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Rx is take

gr i a graine

gr x half half a scruple which is markt thus

one scruple

is thirtie graines or a scruple & half which is half a dragme

& market

60 grains or one dragme

half an ounce which containes &#658;&#8203;iiii or 4 dragmes

an ounce or eight dragmes

is half a pound or

tt i pound or

a pound & a halfe

a pugill or as much as you can take up betweene 2 fingers

& a thumb

halfe a handfull

a handfull

of each

halfe a spoonefull

a spoonefull

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.8.

Snail Watter

Take a peck of garden snails & wash them in a great

bowle of beere. & take halfe a bushell of charcole & sweepe the

hearth uery clean & sett them on the fier when thay are through=

lly knidled make a great hole in the middest & powre in

the snayles into itt & let them lye their till thay be dead

the take them out & with a clean cloth wipe all the green

froth off them. them take a quart of earth wormes &

slice them & strowe salt upon them & wash them clean

with water, then stamp the wormes & snails together with

their shells. then take a great bras pot & lay in the

bottom of itt two handfulls of Angelico. 2 handfull of sall=

=endin upon that. & then 2 quarts of rosemary flowers. & 2

handfulls of bearsfoot upon that. 2 handfulls of Agremony

2 handfulls of wood bittony & 2 handfulls of wood sorell. 2

handfulls of the inner pte rinde of the Barbery tree. 2 handfulls of

red dock roots the pith taken out; then lay the snails upon them

then power in 3 gallons of the strongest Ale; take fengegrigge

tumoricke & rewe each an ounce. stamped all together &

put them in & take an ounce of cloues & bruse them &

six peny worth of saffron uery finely poudered. six ounces

of hartshorne. beaten to pouder. & put them in set on the

limbeck & close itt with rye past. & let it stand all night

in the morning put fier under it & receue the water

or you may clence the snails by holding. them ouer the fier in

a frieing pan or driping pan holding itt so a the froth may run

from them. L B .

or else by laying them in a hot oven. L L .

.9.

A Drinke for the Plague when itt first seses

any one

Take a pinte & a half of muskedin boyl in itt of rew

and sage of each half a hand=full boyl itt to the consum

=ption of half the wine or neer. then strain out the

hearbes & put in it of Long peper nutmegs & ginger beaten

uery small half an ounce in all. let itt boyl a little more

& take. itt off the fier & put their in. halfe an ounce

of the best meteridate an ounce and quarter of the best treacle

& a quarter of a pint of Aqua Composita or stronge Angelico water

& so keep itt

If you thinke your self infected at any time take

2 spoonfulls for a man & one for a childe. luke warme

& goe to bed & keep sweat ne 2 or 3 howers. & after drie

the body uery well & keep warme. drinking nothing but

warme poset drinks made with merygold flowers pimernell or

the like: &. so long as thay are ill drinke the like

quantity morning & euening. this will keep good half a

year close stoped

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Richard Marns at Milton near Christ church in

Hampshire makes a water which keep's children from

Convultions & sends directions with it

.1.

Aqua Mirabilis

Mrs Hobby

Take of Cubibs. Gallingall. Cardamom seeds. Millilot

flowers. Cinamon Cloues. Mace. Nuttmegs. Ginger. of eache

3 .2 drachmes. the iuce of sallenden a quart the iuce

of bame. a pint. the iuce of spearmint half a

pint. the flowers of rosemary. couslips. Borage. buglos.

marygolds. of each about a handfull or 2 ounces.

of the best sack a quart. of aqua uite a quart.

of white wine 2 quarts. bruse the spices & seeds &

steepe all these together all night: the next day

distill itt in an ordinary still. laying hartstongue

leaues in the botom of the still & let itt drope

on suger candy or double refine suger:/

iff you put in more minte itt will taste too much of

it&nbsp;

Aqua Mirabilis another way.

Take mint balm salendin of each of these waters

(trebley distil'd) a quart; a quart of strong angelicee water

3 quarts of brandee wine. put in to this wine &

waters. the flowers of . rosemary . borage (the black pickt off)

arckangels of cowslips marigolds mililot of each half an

ounce: Cardamoms. Cubibs. gallingal. brused uery small of

each a drachme; half an ounce of Cloues beaten. sage. balm

mint. salenden clary of each of the hearbs. 2 good handfulls

shred very small. couer the bottom of the still with harts=

tongue leaues. then put in to the still of the hearbs flowers

wine & waters all together & let itt stand a day & a night

you will draw of this quantity fiue quartes

you must put suger candy in the receuer & iff you pleas

musk & ambergreec: past the still uery close

page 2 || page 3

.2.

The Lady Hewets Water

Take red sage. Bittony. Spearmint. unset Hesop.

settwall. time. penyroyall. sanakell. salenoin. watercreses.

hartsease. Lauender. angelicoe. garmander. tamaris. coltsfoot.

auins. ualerion. saxafrige. pimpernel. parsly. rosemary.

wintor sauory. scabious. egremony. mother=of=time. wilo=mariarom.

roman wormwood. Cardus. pilitory of the wall. Calamint scordium

lilly conualy flowers. feild daysys leaues roots & all. of each

one handfull. after thay are washed picked & clensed.

of rew. yarrow. cumfery. maidenhair. sweet mariarom. of

each a quarter of a handfull. red rose buds picked cowslip flowers

rosemary flowers. of each halfe a peck. marygold flowers one

handfull. anny=seed fenel=seed parsly=seed carraway seed of

each two drachmes. nutmegs ginger cinamon peper cloues

mace. of each 2 drachmes. of spigcknard. elycompayn roots

dried. mililot flowers. calamus ariomaticus. cardamums. lignom=

=aloes. rubarb.sliced. galingal cubibs grains angelicoe roots.

of each 2 drachmes. Iuneper berrys one drachme. harts horne

2 ounces. aromaticom=rosatum. 3 drachmes. china roots one

ounce. sasafrays. sliced one ounce. wash all the hearbs &

swing them in a cloth till thay are drie. cut them small

& mingle them well. so steep them in an earthen pot with

a narow mouth. in the midle of the hearbs put the

seeds & druges. being all brused. put in as much sherry sack

as will couer them. about eaight quartes. steep them twenty=

=fouer howers close stoped & pasted ouer. then distil them

in a limbeck at twice. from which you may draw a quart

from each still. & a pinte of smaller., haue a pound of

sugercandy beaten & serced. redy in the glases red to set

under with these cordials deuided in 2 parts:

30 grains of beasor. 24 grains of muske. 20 of ambergreece

2 drachmes of flower of red corall. 2 gdrachmes of prepared

pirle one of flower of amber. 3 grains of contra yeruae 4

leaues of golde. 2 drachmes of crabs eyes. & 4 of the tips of

crabs claws a small bag of safron of the bignes of a nut to

.3.

each glasse. to each glas put half the cordialls the

longer you keepe itt. the better, iff you keepe itt well stoped

& shake itt together for a fortnight euery day.

Plague Water

Take Sage. Selenden. Rosemary. Rue. wormwood. Rosa=

=solis. Mugwort. Pimpernell. Dragons. Scabius. Egrimony. Balm.

Scordium. Cardus Benidictus. Bittony. flowers & leaues.

Marigolds flowers & leaues. Saint Johnswort. flowers & tops.

of each 2 good handfulls. then take. the roots of butter=

=bur. Tormentill. Angelicoe. Elicom=paine Piony Zedory. of

eache. 3 quarters of an ounce. off Licquorice scraped & sliced

3 quarter of an ounce. wipe your hearbs clean & let them

ly 2 or 3 days in a roome where no ayre nor fier

comes. then shred them & put them with the roots into

a gallon & a half of white wine . steep them 2 days

& 2 nights. & then still them in a Cold still well

stoped & closed with paste.

the first drawing will be strong the second smaller & the

last very small.

Sir Theador Miherns Surfit Water.

Take. a bushell of red popies six handfull of drgons as

much Cardus benidictus. eight handfulls of marygold flowers

half a pound. of hartes horne. 4 handfulls of speirmint

3 of balme. two of srawbery leaues. steep all these together

in twelue pintes of Renish wine eight days. then put

to itt 4 ounces of methridate one ounce of mace. as much

Cinamon. & 2 ounces of nutmegs. distill this in a rose still

untill you haue a gallon of watter

Giue six spoonfulls at a time & let the patient ly in

bed iff thay sweat take them moderatly out. att twice

useing itt will cure

page 4 || page 5

.4.

Poppie Surfet wWater the stronges.

Gather your poppies in May from a monges wheat

put them in to a wide mouthed glas as many as itt will

holde. then fill the glasse with aquauite, stope it

close & let it stand 3 or 4 days in the sun. then

strayn it & to euery pottle of that liquor put an

ounce of licqoris in flakes. 2 ounces of figs sliced i ouncs

of reasons sliced & stoned stop itt close & keep it

for your use.

In a high surfet giue six spoonfulls in a less 3 or 4

Poppie Surfit Water Smaler.

Take 3 pound of poppies steepe them all night in a gallon

of stronge ale. distill itt the next day in a limbeck

or in a cold still. & if you put in thos popis which was straind

out of the other water itt will be the better.

The Milke water

Take six handfulls of cardus greene. 3 handfulls of

speirmint 3 of balme. 2 of wormwood. steepe them all

night in a gallon of new milk. & distill itt the next

day in a common still

itt is good in a feuor or surfitt or any ill ness of the stomack

when you giue itt put suger to itt

:5.

Monsieurs Water.

Take of fine loafe suger one pound. put there to a pint of

spring water. & let it steepe 24. howers. then ^let it run through a cotten

bag three times; then put their to. a quart of aqua uite

a quarter of a pint of Angelico water. as much cloue water & 2 peny=

worth of rosa=solus. strain them all together through the same

bag. then put to itt a pint of damask rose water & half a pint

of Cinamon water. strayn them all togither & keep them for your

use.

this is an excelent watter for the stomack. opressed with winde

or ofended with any thinge of eaten or drunk. or

the sirup of thsi water is uery good for a cold. ether cough or

other, but most chefly for a horsnes & roughness of the

throat. : the sirup is thus made &#8756;

take to six spoonfulls of this water 3 or 4 of fair water

& a little double=refine suger & lett itt boyl a walme or 2

as quick as you can. & take of itt a spoon full at a time.

A Cordiall for the Stomack

Take ten pound of the best red cherries pull out the stone,

& put them in to an earthen pot, put to them a quart of

aqua uite of the middling sorte. & a pound & a half of fine

suger beaten small. stop them close & keep them for your

use. &#8756; when your stomack is ill take a spoonfull or

2 of the sirup with 5 or 6 of the cheries.

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.6.

Sweet Watter.

A bushell of Damast roses. 4 handfull of lauender tops. 2.

handfulls of sweet mariarum. 3 handfulls of sweet basill. one of

bay leaues broken. half a handfull of rosemary tops. a few

wallnut leaues: then take. 2 ounces of bengamin one of storax

one of Lobdanum half an ounce of Callemus as much Ciprus:

2 ounces of damask pouder: all these brused. & steepe them

in 4 quarts of clear candit water. stir them about &

lett them stand all night close couered in an earthen pot

& stoped so as the sent may not get out. disstill itt the next

day with a uery soft fier if it stand aboue 2 days it

will sower. when it is distilled strayn it through a pecee of

old lawen. & couer the glases with paper till the fier be out

then hange a little muske in arage a rag in the mouth of each glas

but so as not to touch the water couer itt uery close &

it will keepe 2 or 3 year.

.7.

An excilint Palsie Water for the head &

weaknes of the Sinnews

Take of lauender flowers clean picked as many as will

fill a glasse of a gallon. pouer on itt good spirit of wine

untill it be full. then set them in a warme place six weekes

take the flowers of Sage Rosemary Bittony of each a

handfull. the flowers of Borage bugelos Lilly conualy cowslips

of each 2 handfulls. steep them also in good spirit of wine

six weekes. take balme. Spiknard. bay=leaues. of each one ounce

cutthese hearbes & put them allso in tospirit of wine

take citron pill. Lemon pill. piony seeds. of each six drachmes

Cinamon half an ounce; mace Cardamoms cubibs yelow=

sanders powdered of each half an ounce. lignum alloes one

drachme. put these in to the aforesaid spirits & add to them:

distill them in a limbeck deuiding it into seuerall glasses

untill the uertiue be out. : put into this liquor of prepared

pearle 2 drachmes one scruple of ambergreece. musk.

& safron half a scruple of dried =red roses half a scruple of

yelow & red saunders beaten small of each an ounce. put these

in a fine sarsnet bag and steep them in the water after

itt is stilled. +

The Virtues of this Water

itt is good for any swoonding fitts weaknes of the harte

decay of spirits: in all apoplexis palsies : and all pains of the

ioyntes coming of colde : itt is good for all bruses outwardly

bathed with itt: itt restores lost appetite : strengthens the

memory. taketh away the giddynes of the head. & helpeth

the hearing. & restores lost speeche.

you must take a quarter of a spoonfull morning & euening

the best way is to dipe crumes of white bread in it & so

eate them.

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.10.

An Exelent medesen for these 3 things

1 the smallpox struck in

2 for the biting of a mad dog

3 for any infection which suddenly corrupts the blood

Take a quart of strong Ale of sage & rew each a handfull

3 heads of garlick half a pound of treacle one spoonfull of

peuter scraped boyle these in a pipkin close stoped that the

steme come not out till you thinke it half wasted:

for the smallpox struck in you may giue 6 spoonfulls at a time

for 32 or 3 times as you see cause or oftener if the party be in danger

2: for the biteing of a mad dog giue 6 spoonfulls at a time for

3 mornings together after the bitting & for for 3 mornings

after the full & change of the moone next folowing

this neuer fails if taken in time.

To driue out the small pox or Mesels

when thay strike in

Take a spoonfull of sack & a spoonfull of salet oyle

mingle itt & let the partie drinke it

.11.

Aqua Mirabilis the stronges sort

Take of Cloues. Galanga. Cubebs. Mace. Cardamoms. Nut=

=megs. Ginger of each one drachm. Iuce of sallendine

half a pound. spirit of wine one pound. in fuse them

24 houers & draw off a quart with an alembick

you may if you please put aqua vite instede of the spirit of

wine & destill itt in a cold still & itt g will be hot

enough.

Bawm Water

Take of bawm a pound. time. peny royall. of each 3

drachms: Cinamon 2 drachms. cardamoms the les one drachm

grains of paradice half an ounce. sweet fenel seed one

ounce. nutmegs ginger of each a drachm. galanga six

drachms. calamus aromaticus. Giyperns of each one drachm

dictamhi half a drachm: let all. of them be brased &

infused in eight pints of spanish wine & six pints of

strong ale for 24 houers together. & thend distilled in

an Alembeck. draw of the strongest water 3 pints

this is an exelent cordiall both for the stomack & hart

quickens the memory & all the sences restors lost speech

strengthens the brain & may other uertues

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.12.

a Drinke for the palsie

take a handfull of red sage and a handfull of green sage

& boyle them in a quart of muskedin or sack to the consum

=ption of a third part or more. & drinke a wine glas

full of this fasting euery morning so longe as you fear the

distempor. & likewise wash your hands. with some of itt once a

day.

An Exelent Water for sore eyes

Take a peck of rye meal & make it in to past with

fair water without any salt. make it in to a lofe &

Bake itt. then take itt out & while it is hot cut of the

crust on both sides. & cut it in to thine slices & lay it

in your still. & still it washe the sore eyes with this water

DP An eye water for a pin a web or for any

thinge growing in the eye

Gather your dewe in may after a hot day: from amonge

barly. let itt stand to settle & shift itt from one pan to

another leting itt stand in a window in the sun. when it

is cleare to one pottle of of may dewe take a quarter of

an ounce of white coperice: & a quarter of an ounce of white

salt, roste the salt in the embers in a wett clothe then

beat the coperice & the salt very small & put them into

the dewe. let itt boyle till it come to a quart. in a new

pipkin scume it clean & couer itt: lett it not boyle too

fast when you need itt drop itt in to the eye

.13.

A Julip for the Wormes

Take of cordial pint barly water 3 ounces of sirup of roses

solitle & sirup of uiiolets of each not half an ounce. of the

spirits of uitriall & sulphir of each four drops. Oyle of

wormwood one drop. mix these all together & give as

folows: to a young childe 3 spoonfulls by it self or mixed

with 6 spoonfills of clariefied poset drinke first & last &

lay the plaster to the childes belly

The Plaister for the wormes

Take. uinice treacle. & mix with it fine pouder of

cloes. spread it thin on leather and applie it to the nauel

swathed on. the childe is to take of the Iulip in the

morning fasting the quantyty of 3 spoonfulls & fast 3

hower after it, & after super the same quantity &

this fare 3 days together

Spirit of Elders

Take a good quantety of Elder berrys when thay are

full ripe & press out their iuce as you would grapes

for wine, then tun up this licquor & keepe it untill

christs then distill in an an alembeck & draw of the

strongest you may have of an ordnary alembek 3 pints

of spirits

this is an exelent remedy for a dropsie to take 3

or 4 spoonfulls twice a day

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.14.

DP. A Cordial Cherrie Water

Take of the best cherries of an acute tast 3

pound; the outward yellow rindes of six oringes; tops

of rosemary. Bawme. Burnett: Spearmint ;of each one

handfull. Spearmint a pugill; Cinamon one ounce; two

nutmegs. graues wine or a good bodyed claret 3 pints

presse out the iuice of the cherries which with the stones

& kernels brused & the herbs shred; infuse in the

wine the space of 3 days; then distill it in an

Alembk upon half a pound of sugercandy. & so keepe

it for your use

drink a wine glasfull full as occasion serves.

D:P: A Water for a Dropsie

Take of Quick lime half a pound slack it in a

gallon of running water letting them steepe 24

houres then let the lime settle. take off the blew scumme

on the top. powre off the water clear from the settleing

& filter itt through issue paper. to clarifie it then add to

it; of the shauinges of Sarsafras Liquerish scraped & cross cut

of each 4 ounces Iuniper berries 2 ounces one or 2 nutmegs

of the best currence one pound. infuse them 3 days untill it

has extracted a tincture like claret wine; so straine it

& keep it for your use

give 4 ounces euery morning fasting & att & at 4 in the

afternoone.

.15.

DP A drinke to help the spetting

of blood

Take of Cumfry leaues, knotgrass. Planten. & pimpernele

(all of them greene) of each a handfull; burye them

in quick lime until thay are perfectly drie then put them

into 3 quarts of fountain water. which will thicken like

creame let them infuse 3 days. often stirring them then

set them in a coole Celler letting the herbs settle to the bottom

which done. powre off the cleare & keepe it for your use

leting the party drinke there of 6 ounces euery morning

fasting

A Surfeit Water

Dr P A Cordial Elixir

take of Lignum Aloes. Cloues. Ginger. Galangal. Mace.

Nutmegs. Cinamon. Long peper. Calamus Aromaticus. Cubibs

Cardamums & of the best Rubarb. of each 2 drams

tops of rosemary. Celendine. Bawme. Cardus benedictus.

Scordium Sweet marierame of each a handfull. roots of

white Dittanie. Iuniper berries of each an ounce. red=

=rose leaues. flowers of rosemary & sage ^ staechados of each a pugill

dried oringe & Lemon peeles of each 2 dragmes of the best

honey & suger candy of each half a pound. best saffran half a

dragme. salt of corall to each pinte of the spirit of wine

an ounce & half; musk & ambergrece & amberprece of each 8 grains

Let the hearbs & flowers be shred. the rest of the ingredients

brused & infuse them 8 days and nights in conuenient uessel

well glazed & close stopt. with 8 pintes of the best rectifyed

spirit of sack. when you put it in to the body of the glasse

still add your honye & suger first desolued in a suffitient

quantity of red rose water . at the same time put into the

body& of the still the safron & salt of Corall . & in the Beake

of the still put the musk & ambergreec. tyed up in a thinne

lawne. so distill them with a gentle heat. keepe of the first

running 1 pint of the 2nd 2 or 3 pints & when the rest is

cold passe it through a hipocris bagg which keepe a part

for your use.

the dose of the first from one to 2 spoonfulls of the 2nd

3 spoonefulls the third as much

in extremity give it often & single other wise delute it

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.16.

with a little smaller Cordial water & promote swett

it is good in Surfetts of heats & cold Measles small pox

Malignant feuers Plague & to promote the Terms

DP .for the payn in the head proseeding from

wind or uapors from the mother or spleen

Take of the best Campher half a dragme put it upon

the poynt of a bodkin hold it to the flame of a candle

& when it flames extinguish it in 3 ounces of black=

=cherrie water doe this often & then sweeten it to your

tast & drink it off.

for the Same

DP Take of fountane water Just warme 2 wherein

macerate of dried red rose leavs one ounce then drop in 15 or

20 drops of spirit of Vitriol to extract a tincture sweet

=en it with suger to your tast add half a scruple of spirit

of Castor. drink a quarter of a pinte of this cold when

you begin to bee ill

Cowslip Wine

Take 6 of Malegoe resons & bruse them take to

euery pound of resons 3 pints of water boyle the water with

a pound of suger in it & let it stand untill it is cold

then put in the resons & half a peck of picked cowslips

put it in a uesel & stope it close let it stand & worke

9 days stiring it euery day then run it through a gelly=

=bag & bottle it

this will keep but 2 or 3 munthes

.17.

Cowslip Wine

To three gallons of water take a peck of cowslipe=

flowers picked, of cloves mace nutmegs & ginger as much

as you think fitt boyle them together untill you think

the uirtue is out of the cowslips then strayn it &

to euery galon of lickqor take two pound of suger set

it on the fier & clarifie it scuming it clean strayn

it in to pans & when it is coole worke it with ayle

yest as you would doe ale. then tun it up in a uessell

fit for that quantity. & let it stand tenn days or more

untill it bee settled. then draw it in to botles & stop

it close tiying it downe fast & set it coole & this

will keepe all the year.

Mrs Luke A Cordiall Surfit Water

Take halfe a pinte of damaske rose water & halfe a

pound of white suger candy let it steepe a day & a night

the next day. take cloues Cinamon Nutmegs & anesseedes -

of each half an ounce with a stick of liquorish & 2

ounces of dates sliced & stoned, & the spisces brused,

then tak 3 quarter of a pound of reasons of the sonn stoned

half a pinte of popy water 2 quartes of aqua uitie

3 granes of ambergreece one grane & a half of muske

mixe them with white suger & tie them in a lawen &

hang it in the uesill where all the things are couer them

close & let them stand 3 days stiring them once or

twice aday. on the 4th day put in a sprig of angelica

a handfull of bawm a handfull of dried popy leaues let

it stand 3 days longer & then strayn it through

a cotton bag.

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.18.

Oringe Water

To a Gallon of Sacke take 60 oringe pills slice

off the outer rine in smalle peces & uery thine let it

infuse 24 houers in the sacke & then distill

it in an Alimbeck

Quince Wine

Beat & strayn your quinces as for. cider & to euer

galon of that iuce put a quart of white wine &

a pound of white suger; Tunn it up presently in

a uesill & let it stand a fortnight then bottle it

up. it will be fitt to drinke in a fortnight after

the bottleing & it will keepe intill the springe of the

year: you must core the. Quinces or else not beat

the pommis uery hard; & it must be presed emediatly

after the stamping or it will be bitter & loose the

colour; the uessell must be close stop stop'd

Dr briggs For the Green sicknes

Take a pound of hobnails & put them in to a quart of white

wine let them in=fuse a weeke. in a pewter pot, often stiring

them uery much; about the full of the moone giue 5 spoofulls &

(mixed with as much ale) in a morning fasting & at 4 in the

afternoon for 3 days together & let them stir after it

.19.

Aprecocke Wine

Take the parings of Aprecocks when you preserue them

as many as you think fitt with such of the frute as is not

fit to preserue cut them of the stones & slice them & put them

in to a gallon of water which was first boyld with two pound

of suger power on the water hot & let them stand all

night the next day boyle them agane & strain them

through a gelly bag put in to a close uesell to firment then

bottle it with a little suger

Cherry Wine

Take of the best Inglish Cherrie and when thay

be through ripe pick them from the stalks & mash them all

& strain them, put them in a uesill well season'd & thay

will worke, like drinke & when thay haue dun working

then stop them close, & lett them stand six weekes or 2

munths you must put in a pound of good suger to euery

Gallon when you tun it & at six weekes or 2 munthes

end, bottle it & put a knob of suger in euery bottle

& it will keep a year or 2

page 20 || page 21

.20.

A Drinke for the Iaundes

Turn 3 quarts of milk with one quart of white wine

cleere off the posett drink from the curd put the drink in to

the uesill agane, take of the shauings of Iuory two ounces

binde it up in a linin rag hang it by a thread that may

reach downe to the bottom of the uesell & let it boyle

in the posset drinke a quarter of an hour gently

put the posset drink into a uesell fitt to receue it & let

the iuory hang downe by the thread to the bottom of the

uesell drink of this in the morning a bear glass full fasting

an hour afterafter, and at 10 as much & att 4 in the

afternoon if this free not at first repeat it the whole

quantity the 2nd time

For the Scuruy

Take garden scuruy grass watercresses & brooklime of all

a Pugil 2 tops of wormwood dried wash them not if you can

auoyd it put this into a siluer tankerd, turn a poset withthe

iuce of orenges streyn it hot in=to the tankerd upon

the herbs stop it close for a quarter of an hour, drink it off

as warme as you can & stir gently half an hour after it

.21.

The Lady Hewets Water

Take red sage. Bittony Speremint. unset Isop. sett well time

Bais. Peneroyall. Sanakell. salendenr. water creses. harts ease.

lauender. angelico. Garmander. Tamaris. Coltsfoot. Auins.

Valerion. Saxafrige. Pimpernell. Parsly. rosemary. wild: mariarom

roman wormwood. Cardins. Pilofory of the wall. Calamint. scordium

Lilly cenually flowers. field daises rootes & leaue: of each one hand=

=full. after thay are washd picked & clensed. of rew. yarow

cumfry. maiden hair. sweet mariarum. of each a quarter of a handfull

red=rose buds. cowslips. rosemary flowers. picked of each half a peck

marigold flowers a handfull. annisseede. fenel seede. paslyseed.

caraway=seed of each two drams nutmegs Ginger. Cinamon. cloues

Mace. of each 2 drams; of spicknard. elycompain roots dried.

mililot flowersflowers. calamus aromaticus. Cardamoms. lignom alloes.

Galingall Cubibs grains angelicoerootes of each 2 drams. Iuneper

beriyes one dram. harts horne 2 ounces. Aromaticom rosatum 3 drams

china rootes sliced sasafrays sliced each one ounce. wash all the

hearbs & swing them in a cloth till thay are drie, cut them small

& mingle them well. so steepe them in an earthen pot with a

narow mouthe in the middle of the hearbs put the seeds spices

and druges. the being brused put to them as much chery sack

as will couer them. about 8 quarts. let them steep 24

houres close stop'd & pasted ouer. then distell them in a limbeck

at twice, from which you may draw a quart from each still

& a pint more of weaker. have a pound of suger candy in redy

beaten & sireed diuided in to the 2 glasses to set under with these

cordialls deuided likewise. 30 grains of Beasor. 24 grains of muske

20 of ambergreece. 2 drams of flower of red corell. 2 of prepar'd

pierle. one of amber. 3 graines of contra yarue. 4 leaues of gold

2 drams of crabs eyes 4 of the claws. a small bag of safron

of the bignes of a nut to each glas & to each glas put half

the cordialls the longer you keepe it the beter if you keepe it well

shaken together euery day for the first fortnight/

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.22.

For a woman new deliuerd to bring away

the after birthe

Make a caudle of rye meale & when it ^ is neer boyld enough

put in it a handfull of Detteny ^ of Creet & boyle it well & strayn

& then put in itt as much Irish slat as will ly on a groat

& as much of Iett in pouder & as much spermacecty &

giue it her to drinke doe this 3 4 or 6 times as

there is occasion

For a woman: that hath hard Trauell

to bee taken a weeker or two before her time

Take the Iuce of raspas one ounce of the strong infusion of

cloue gilliflowers two ounces of the iuce of Kermis a ounce

3 ounces of white suger candy boyle it betwene two

siluer dishes or poringers with a gentle fire till it bee like

a sirup, take euery morning one spoonfull

The sirup of raspes & gilliflowers may serue

in=steed of the Iuces

.23.

Goosebery Wine

Take for euery 3pound of frute one pound of suger & a

quart of Water bruse the frute &steepe it 24 houres in the

water then let the Clear run through a haire ciue to which

add the suger, then put it in an earthen steane & close

couer'd for a fortnight or 3 weekes & then draw it in to

bottles well corked & bound downe at 3 weekes monthes end it will be

fitt to drinke dureing the time it is steeping in the water it

must be stired seuerall times

In the same maner is made currance & respas wine

Apricocke Wine

Take 3 of suger & 6 quarts of water lett them

boyle together & scume them clean then put in 6 of

apricocks paired & stoned, lett them boyle till thay are

tender then take them out & when the liquor is cold bottle

it

you may if you pleas lett the liquor haue one walme

with a sprigg of flower'd Clary when the aprecocks are taken

out it giues it a flauor

you may use the apricocks to drie after the boyling

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.24.

The Lambatiue for a Cough

2 ounces of oyle of sweete almons new drawne the

& with great care the almons being blanched & all

sownd 2 ounces of sirup lay as much white suger candy as

will lly on a half=crowne in the botom of the morter

& then add the oyle & sirup by degrees a little at

a time & mixing it with a wooden pestle for an

houre to thether till it is perfectly incorporated

the sirups are

for a cough sirup of Iuinbes or maiden haire

for the stone sirup of allthea or the 5 opening rootes

for the gripeing of the guts sirup of althea or maiden hair

for a childe cloged with fleme sirup of uiolets

for all these this is a good remedy ether take

by it self a little at a time ^& often or with a draught of

poset drinke. one spooneful put in a poringer of

poset drinke & brew it uery well it will sweeten

the poset & make it like almond milke & so

to be dranke morning and euening.

.25.

A Water for the Stone

Take of the hearbe Saxafrage. Germander. lauender

fennel. parsly. Time. wintersauery. Cammomel. wormwood

penyroyal. Hisope. of each two handfuls. chop them small

& infuse them 24 hours in 3 gallons of small ale,

slice 2 or 3 nutmegs & put to them & the quantety of a

wallnut of Venice turpentin (well washed in redrose water,

& as much liue hony; then put all into a limbeck and

distill it, draw in all fiue quarts. of which may be

dranke 4 or 5 spoonefuls in white=wine or any other

licquor if you thinke wine too sharpe. take it 3 days

before the fall & 3 days before the change of the

moone.

This being taken in the begining of a fitt often

puts it off. if it be unpleasent sweeten it with

sirup of Athea.

A most Exellent remedy for a sore throte

Halfe a dram of Eyptiacum mixed with 4 ounces of

Melrosatum shake it well together & with a little

lint on a bodkin touch the place 3 times a day. eat

no thing in one hour after.

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.26.

A Gargle for to clence the mouth &

Throte of a sicke person

Take 2 or 3 ounces of the inner barke of the

elme tree. boyle it in a quart of water till ^ halfe a pint

be consumed & it will looke like clareit wine sweeten

it with sirup of mulberres.

.27.

A Ptisane Drinke

Of China parsly sweetfenell rootes scraped & sliced each

an ounce. Egremony & auens each a handfull. Tamerinds 3

ounces, Iuiuces & Sebestions each twenty. reasons of the

sonne stoned a quarter of a pound. licorich scraped &

sliced two ounces. coriander annis & daucus seeds eache

two drams. boyle this in a gallon of water till it be

almost half boyld away then add as much cream of

tarter as will giue it a gratefull sharpness bottle up the

clear liquor & drinke a glas full morning euening

the Licorish is best infused in it when it is hot &

not boyled.

Gooseberry Wine

Take to euery 3 pound of frute one pound of suger

& a quart of water. bruise the frute & let it steep&nbsp;

an the in the water 24 houres, stiring it often. then let

the cleare liquor run through a haire siue & add to

it the suger. let it stand in an earthen stean a

fortnight or 3 weekes. then draw it in to bottles

Corke it well & tie it downe at 2 or 3 munthes end it

will be fitt to drinke.

in the same maner is made Curant or Raspbury

wine: but Chery wine thus.

Stone the cherys & put there in the water whichthe

suger: together & giue it a walme or 2 ouer the fire

then put in the cherys & let them stew gently halfe

a quarter of an houre. then let the liqure run out as

the other gently pressing them

the Cherys fit for this use is the Great Bearer the

Murry. the Morela. Black flanders & Iohn Tradescans Chery

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.28.

To make Essence of Amber Grise

Take a quarter of a pinte of Spirit of wine so high

rectified that it will burn all away. put it in a small

uioll or bottle that hath a glas stople grinded to fitt

it exactly. then take 12 graynes of ambergrise

& 2 of muske slice the Amber as thin as you can upon

a siluer plate. with a knife then put it in to the

spirit of wine. stop it close a bind the stopple downe

with a bladder or leather, that the spirits may not

exhale. shake it well together & let it stand 3

or 4 days shakeing it 4 or 5 times a day & then

it will be fitt to use.

if you find any dregs at the bottom after 5 or 6 days

(that is) that the spirits are full & cannot imbibe

the amber sower oft the toppe & put in fresh spirit of

wine./

.31.

from Mr

Selden

The Lady Kents pouder

Take of the pouder of crabs = eyes 3 ounces: the pouder

of the tips of burnt harts horne 2 ounces: of crabs claws

poudered 2 ounces; kermis berrys. Radex contra yerua. terralemnia,

troschuisei = of Vipers. of the best red corrall. parle pearle amber. gum=

draggon. of the best East indie beazar. : of each one ounce.

being subtly powdered in a steele morter. desolue the gum=

draggon in fouer ounces of red rose water & 2 ounces of

treacle water distiled. let it stand 2 howers by the fier

in a cleane well glased pipkin till it be stif: then with 2

ounces of it mixe the radex contra yerua the terra lemnia troches =

of vipers the corrall & bezoar. beat them in a marble mortor

up into a stif body. & make them into balls of the bignes of

a large walnut. put them up close in a box & set them

2 days a little distance from the fier so that a small

heat comes to them. then beat them in to powder in

the same marble morter. & with the pouder of crabs eyes

crabs claws burnt harts horne & the rest. adding a drachme

& half of amber greece & a little safron beat them

up agane as att first and make them in to balls keepe itt

for your use.

For melancholly vapors from the spleen

take 5 or 6 g of the grains of Cutchenell whole as thay

are for 3 mornings together. when you find your self

opressed with melancholly & itt will lay the vapors & is a high

cordiall

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.32.

Gascones Pouder:

Take of Pearle. red corrall.corrall white amber. crabs eyes.

hartes horne. of eache a like quantity being seuerally

beaten & serced in to exceeding subtle pouder. then take

as: much of black tips of the crabs clawes. (made uery clean

beaten & searced): as of all the rest. searce them agane

all=together & with Ielly of of harts=horne made uery

stronge & where in some safron is in=fused= mixe them

uery well together & make them up in to balls and keep

them for your use

A Pouder for a cap when the head is shaued

Take of yellow amber. masticke gum sandrack of eache an

ounce & halfe the roots of sweet calamintha. of nutmegs of

each 2 ounces. of cinamon 2 drachms. roman nigella seeds2

drachms: of red roses. lauender flowers. sweet mariarom of each

one drachm & half: beat all these lsmall in to a grose pouder

& quilt them with scarlet flox between two sarsnets & make it

up in to a cap.

.33.

A purging pouder for the Stone

Take the seedes of annis carraway fenel. cummin of

each half an ounce. Spicknard. Cinamon Galinga of each half

an ounce. licquoris Gromwell of each an ounce. Senna the

waight of them all. beat them in to pouder take it in

a glas of white wine or make it up in a bolus with sirup of

althea. 2 drachmes is enough att a time if your body be weake

take not so much: take it in a morning fasting keepe

your self warme & order your self as in purging phisicke

This is an exelent purge for the stone or grauel or wind

collick or a stopage of the guts or kidneys&nbsp;

A Pouder for the Yellow Iaundice

Take of Harts horne. Iuorie. Tormerick. the inner rinde. of a

barberry tree, & the pouder of earth wormes. of each one drachm

of saffron halfe a drachm. make all these into a uery fine

pouder. take as much of it as will ly on a sixpence in 2 or 3

spoonfulls of poset drink euery morning fasting and at 4 in the

afternoon for seuen or eight days together.

A pouder for a cough

Take of Masticke. Corrall. Amber. & Olibanum of

each a quarter of an ounce. finely pouderd & an ounce of white

beaten. take as much as will ly upon a shilling euery

night mixed with a little conserue of red roses.

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.34.

Pulius Holandier Exelent for the stone

Take the seedes of annis. caraway fennel cummin;

& of Spicknard. Cinamon. Galinga. of each half an

ounce. Licquoris. Gromwell of each an ounce; Senna the

waight of them all; make all these in to pouder

take of this 2 drachms in a glas of white wine

or make it in to a bolus with Sirup of Althea

take it in a morning fasting & order your self as

in purging phisick. if your body be weak take

not so much

this by experience is knowne a most exelent remedy

for the stone: you may by the pouder at the

Apothecarys by the name of Puluis Holandir or pouder

of Senna the greater Composition

For Convultion fitts

Misseltoe which grows on an oake drie the leaues in an

ouen & beat them to powder & giue as much as will

ly on a sixpence first & last 3 days together

for the same

Take great black snalles with out the shels cut them

a sunder in the midle & you will finde a thine

bone or rether shell. one of these pouderd & giuen

in 2 or 3 spoonfulls of blackcherry water is a most

exelent remedy for Convultion fitts

.35.

For stoping

A Strengthening Gelly for weake Ioynts

Take the two fore=feete of a Calfe scald them &

cleaue them. & cut the bones ouerthwart, then put

them in an earthen pipkin or iron pot. with a galon

of water, & let them boyle to a quart. then take it

from the fire and strayn it into another pipkin &

put to it, half a pint of the best muskadin & two

handfulls of sweet mariarum the best sort; & 3 bay leaus

& a quarter of an ounce of Cloues. brused. boyle them

all together till it coms to a pint. streine it in to

a gally pot & when you use it warme a little and anoynt

the weake parte.

For stopeing of the Vrin

Take. the Elder blosoms iust before thay are full

blowen. drie them in an ouen. till thay are fitt to

pouder. then beat it to a fine pouder & giue the

patient as much as will ly on a sixpence in white

wine poset or any other conuenient liquor

For the Scuruie in the Gumes

Take the rinde of a whole lemond & boylit in a quart

of Ale & sweeten it with a spoonfull of huny &

wash the mouth with it 3 or 4 times a day

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.36.

For Convulsion falling sicknes or

Fitts of the mother.

Take of a mans scull, un buried, one ounce.

miselto of the oke 2 ounces. magistery of corall

2 ounces. roof of single piony one ounce.

root of Elicompane one ounce. make all in to

very fine powder. and give to a childe as

much a will ly on a 3 pence. to a man or woman

as much as will ly on a sixpence, if the deseas

be violent give it euery morning. as long as the

whole quantity last. if not. only at the new

& full of the moon ^ 3 days giue it in a spoonfull of

Aqua Epilipficae Langii, or in white=wine, or in black chery

or rew, water.

.37.

Elder Berry Water

Take a bushell of ripe Elder berrys pick'd from

the stalkes. bruse them & put to them as much

faire water as will cover them. & a quart of

yest, & as much leaven as the bignes of a penny

loafe. breake the leaven small penny & stirr it all toget=

her & couer them close & let them worke nine

days stirring them once a day. then still them

in a limbick you may drain off a galon of

water.

it is exelent for the colicke taken when the

payn comes & for the dropsie take first

in the morning 3 spoonfulls for 3 weekes together

or longer if there be occasion

this is better if instead stead of the leuen you put

a pound of more of pouder suger

Sirup of Elders

Take the Elder Berries full ripe, & boyled them in

a pitcher as you doe frute for Clearcakes; take to

euery pint of liquor a pound & halfe of lofe suger

boyle it up just to scume; & it is enough;

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.38.

A Drink for the Sciaticae or any payne in

the limbes & good against the scuruie

Take six hadfulls of the greene tops of the

pine tree. & as much of the firr. three handfulls

of dried bay leaues, one whole lemon sliced, bru one

ounce of licorish brused, & half a pint of sows

(or as cald by some) chees logs, half a pound of ston'd reasons

shred the pin & firr & bays. & with the other

ingredins put them in a bolter bag & hang it in six

galons of Ale after it has done working & stope it

up close: in 5 or 6 days it will be fitt to drink

drink of it morning & noone. & if your

stomach will bear it drinke no other drinks

.39.

To Coller a Pig

Bone it & lay it in water 24 houres, then drie it

well in a cloth, & put on it a pritty quantety of salt

a little mace & nutmeg small beaten, & some whole peper

then ^ coler it & boyle it, with a quart of white wine a blaide of mace

some whole peper a little lemon peel & the bones of the pig,

season it with salt as you se fitt, when it is boyld enough

strain the liqure from the bones. & put it warme to the

i pig in an earthen pot

To drie Neats tongues.

Take a pound of salt=peeter 3 quarts of bay salt, boyle

them in 2 pailefuls of pumpe water, until it will bear

an egg. then beat the tongues with a roleing pin, &

put them in to the brime when it is colde & lay some

thing to keep them under the liqure, let them ly

in it 6 weekes. then hang them up to drie,

To Stew a Hare

beat and & bruse the flesh & bones of the hare uery

well, put it with the blood in to a stew pan with half

& a pint of water some salt & a bundle of sweet hearbe,

& what spice you please. & a good peece of butter, & as

the liqure wastes add a little more butter; & when it

has stued an houre ^ or more , put to it half a pint of the

claret wine warmed first before you put it in, & when

it is neer redy shake in a little more butter.

lett it stew uery slowly & close couerd of ten shaking

& sturing it, 2 houres is the least it can be done

in 3 is the useuall time,

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.40.

To Make Almonde butter

Blanche the of half a pound Almons & beat them uery small with a

little oringflower water, them mingle them with 3 pints

of creame; & the g 6 egges well beaten, a peece of

lemon peel sweeten it to your tast, then boyle it

till it is thicke, allways stirring it one way, &

when it off the fire put in the iuce of half a lemon

or better then put it in to a siue, & lett it stand

holow to draine till it is colde, then driue it through

the siue & so serue it up

To make Bean Bread

blancrh half apound of Almons. & cutt them in small

peces cross ways, as thine as you can, take there weight

in duble refine suger, finely beaten, & a few carraway seeds

mixe them in a siluer bason, haueing in redynes, the whites

of 4 egges well beaten with a little oringflower water

as the egges froth take itt off and lay it on the almons

which must be ouer a soft fire, so doe, till all the egges is

roasted, keepeing them stiring in the bason, till the suger

be all desolued & the sirup thickend with the Almons & that none

ran a bout, then put them in heaps upon oyld papers

set them on pie plaits & put them in an oune ouen after

tarts are drawne

.41

For the Rickets

Take .15: spoonfulls of Hartstongue water still'd in a

cold still, mingle with it, the bignes of a nutmeg of the

best Alkermise & sweeten it with 4 spoonfulls of sirup of

cloue gelleflowers, giue the childe one spoonfull of this morning

& euening 3 days together, then rest 3 days, & so continue

till the quantity is taken

if you find the least amendment giue the quantity thrice, it is

most proper in the new of the moone.

To make a Caraway Cake.

Take 4 of flower dried in an ouen a pound of

butter worke the water out of the butter, & rub it in

small bitts to mingle withthe flower, take half a

pint of good ale yest half a pint of creme & a

quarter of a pint of sack (a little oringflower

water if you pleas,) mingle these together & if

it be not enough to make wett it uery lithe, add

to it some new milke; let it rise by the fire &

then add to it a pound of ruf caraway comfits &

half a pound of the small suger bisket, breaking

it in small peeces & mengleing them well withthe dowe

dough let the ouen be redy & so hot as to make it

rise, but not to scorche it, bake it on papers

not in a hoope. 3 quarters of an houer will bake it if

be made lithe as it ought to be.

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.42.

To Make Cheisecakes

To 1 galon of new milke put a quart of maket warme as milk fromthe cow

water set it with runet when it is come stir

it well & let it stand an hour then pour off

the whay & strin it thro the chees cloth till it

is quite gone, put it in a bason. break it

uery small add there too 1 pint of cream

a little grated bread the yolks of 3 eggs half

a pound of melted butter; half a pound

of currents clean washed: & plumped before

in warme water mingle them well together

& season it with suger & a little nutmeg

for the past gap dry the flower first

& rub the butter in the flower put alittle

suger in it & one egge & mingle it

with cold water

if you rase themthe water must first

boyle & stand to be cold agane

.61.

Lucatellos Balsam

Take of Venice turpentine one pound well washed 3 days

in red rose water. & beaten well: oyle oliue 3 pintes. of

sack 6 spoonfulls. yellow wax half a pound. naturall balsom

half an ounce oyle of St Iohnswort one one ounce red saunder

in pouder one ounce cut the wax in thin slises & set

it ouer the fier in a large skilet until it boyle

little then take it off. be throughly melted. then put in the

turpentine stir them together untill thay boyle a little &

then take them off from the fier set it by till next day.

then take it out of the skilet & cut it in slices that

so all the water may come from it. then put it ouer the

fier agane & when it is melted put in the oyles oliue &

St Iohnswort the sack the Balsom & the saunder. stiring them

altogether that thay may incorporate then let them boyle

for a short space. take it off from the fier & stir itt for

2 houers to=gether so that itt may become thick & when

it is cold put itt up in gally pots & couer them with lether

this will keepe twenty years.

the Vses

melt it in a sawser & with a sirringe iniect it in to

all inward parts or holow wound: for outward wounds old

sores & ulcers anoynt the place & spread it upon lint &

lay itt too the sore. this cures all hurts so the vitalls parts

are not hurt

it is likewise uery good for bruses the place being anoyneted

it is good for a cough consumption or other take a pill as

big as a small nutmeg rold in suger first & last morning &

evening

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.62.

Lucatellos Balsom another way.

Put a quarter of a pound of yelow wax cut small in to an earthen

pot with a pint of sack & melt it then take it off from

the fier & put to it half a pound of uenice turpintine well

washed in rose water. & a pint & a half of sallet oyle and

boyle them together with a soft fier untill thay are incorporat

then take it off & let it coole thoughly. then take out the

cake cut it & melt it agane & put to itt of the

best red saunder & stir itt till itt be cold.

An Exelent Oyntment for burnes or scalds

what some euer or for any blisters of brekings out

Take a wine pint of oyle oliue & put itt in a pipkin.

then gather some of the springs of the elder tree when thayt

are no biger then the top of your little finger. also half

a handfull of the ^ youngest leaues. scrape lightly off the outermost

rinde of the twiges & then take theinermost green rinde a

handfull of it to=gether with the leaues put itt in to the

oyle take also a few planter leaues & a few leaues of sangreen

or houslicke put it to them withthe sixethe part of a pint of.

white wine vineger. & 2 or 3 spoonfull urin. & 2 inches

of a cotten talow-candle without the weick boyle all thes on a

soft fier half a hower. string it now & then. : then

strayne it through a corse clothe then put it agane in to

the pipkin & put to itt an ounce & a half of yellow wax.

& let itt melt still stiring itt till itt is neer cold

when you use it spred itt thine on a paper or cloth & clap it

to the burne leting itt ly 24 houers: if it be aplied presently

it takes out the fier & keeps it from blistering . & heale in

half a quarter of an hower

theres so many comendations off itt that is too long to write

.63.

A redy way to know the deseas called the Kings

euill

Take a grownd worme & lay it aliue to the place greued &

take a green docke leafe or 2 and lay them upon the worme

& binde them to the place at night when the patient goes to

bed: & if it be the Kings euill itt will trune to dust or poud=

er by the morning otherwise it will reamyn dead in his owne

former forme as it was a aliue

A perfect remydy to cure the desease called the kings eueill

Take an ounce of pure yellow bees wax or sumthing more

& an ounce of uenice turpentine a good quantity of sheepes

suet clarified. boyle them alltogether & when thay are well

boyled. put therein 2 good handfulls of the purest barlyflower

clear without weedes then temper this flower with the other

things. then put therein 3 spoonfulls of the urin of a man

childe he being not aboue 3 years old then boyle it agane

put itt in some earthen or gally pot & stop itt close, keepe it

for your use: when you use it spread it on a peece of fine

linin or on lether and lay it on the sore plaster waies &

by god's helpe it will cure the patient

Another for the same deseas

Take a liue toade & cut of one her hinder legs

sewe it up in a pece of silke & hange it presently a bout the

necke of the party greeued: obserue if it be a boy or man that

is greeued then a girle or woman must kill the toade but if

a girle or woman be ill then a man must kill it

this hath cured many. howeuer it doth sertanly help the other

remydy or any other you shall apply to the sore (if any) to

worke the better efect, & sooner cure.

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.64.

A poltis for an impostum

F Take a whitelilleyroote & twelue figs & boyle them

in clear water untill thay are uery tender then

take them out of the water & beat them then take

4 ounces of linseed finely poud'red mingle all these

together with the water to a stif polltis then take

itt off & when itt is allmost colde add to it an

ounce of oyle of Lilles an ounce of oyle of camomell

six peny worth of safron finely beaten & the yolk of

one egge

This will quickly dessolue or break it

A Plaister for an Ague

Take rew & Bearsfoot of each one handfull

bruse them & spred them upon a double holond &

couer them it with a softe wax all ouer, & ouer it

lay a pigs blader to keepe it from sticking

lay it to the nauell the linin next & swathe it

on an hower before the fitt comes at twice useing

it cures;

.65.

A Cleurcloth for a Strayn or Bruse

or any red swelling or ache

M Take of the best salet oyle halfe a pinte put it

in a clean skilet & set it on the fire untill it be

warme then take an ounce & quarter of fine Cearus uery

small beaten and put it to the oyle stiring it with a stick

ouer the fire untill itt boyle & looke clear then pat to it

a quarter of a pound of white lead finely beaten. stir it conten=

ually till you perceau it to looke like tarr or droping it

in water that it will roole in your hands then lett it stand

a little & poure as much at a time in the water as you can

make up in a role; wrape it in oyl'd paper & keep it for

your use

it will keepe along time

An Oyntment for the Itch

F Four ounces of oyntment of Orangflowers as much

fresh butter. 4 spoonfulls of the iuce of Lemons. & half

an ounce of the best white Ginger. pouder the ginger

uery fine. & mixe all these together uery well with a

wooden pestle in a stone morter. & anoynte the place

broken out

Mr H Another for the same

take Elycompain roote & as much fresh hogs lard

boyle them rootes uery tender & mixe it withthe

larde as the former

it will doe well to keepe the water the rootes are

boyled in & giue the party a pl 6 or 7 spoonefuls

mingled with suger att bed time euery night while thay

use the oyntment.

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.66.

.67.

To help

Conseption

from Dr

Pacher

this recep was kept as a secrit

& ualued much, the whole cours was

5 sold by one that got a liueing by

it

A The Potion

Take of Pillitory of spain of madder of each one

ounce of smalage of slains or hearb Bennet of each

half an ounce; mug wort, penyroyall, Calle mint

dittany of Creet, Baum sauer of each one good

handfull; of Gallingal the less 2 dragmes of the outer

rinde of Citterns half an ounce, of mace & Cinamon

each one dragme & half, of Centrie & Saffron a scruple

shred the hearbs & bruse the other things, then boyle

them all in 3 pintsquarts of white wine in a dubble uessel

twice as big as will contain the ingredience, well stopt

& couer'd with a blader that is wet let them boyl

6 hours softly & no longer, when thay are cold keepe

let them be strayn'd wrang out by strong comprestion & keep

the strain'd liquor for use

BThe Pills

Take of the masse of Pills Fentidoe the greater

four scruples let ther be formed out 14 pills let

them be couer'd with leafe gold

CThe Electurary

Take the concerue of baum one ounce & half, canded

mutmegs the rinde of Cotton canded each 3 dragmes

Specium Cretiteis galeme 4 scruples sirup of balm

according to fernelius as much as is soffitient to make

itt in to a thin electuary

DThe Wine

Take Rosasolus new when it may be had; 2 a great

handfulls of white wine 4 pound let it in fuse in

a glas. with a straght mouth well stoped

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.68.

The Bag

The day before it is used infuse in 2 pound of white

wine upon warme imbers, dittany of Creet flowerd, dried

penyroyall maidenhair of each 2 dragmes sentery safron

brused half a dram, let them be shred & brused afte

a grose maner & put into a bag of red sarsnet

let it be taken morning & euening 4 be ounces at a

time good waight the bag a little before being lightly

squesed with your finger,

The uses

A The Potion is for purging the wombe from all

hurtfull or superfillus humers which hinder conception

let her take 4 ounce of it att a time or a little

more 3 days to gether morning at 7 . & euening at 5 a aclock

the fittest time is when those first apere, it must be

all drunk up in the 3 days

Bthethe day folowing let her take 7 of the pills marked

B. more or les a cording to her stringth let her

keep house that whole day, & abstain from eating

drinking or sleeping 5 hours after your taking them

The day folowing take the potion agane after

the same maner for 3 days but with out sauen

if the former was too powerfull otherwise the same

the 3 days ended take the 7 other pills ether les or

more according to the working of the former

C These 2 things being finished let her take twice a day

att 7 in the morning & 5 in the afternoon a much electuary

marked C as the bignes of a wallnut & drink upon it 3 or 4

spoonfulls of malago sack contenuing it till the whole be spent

D After this let her drinke of the wine marked D

without any distinction of the houre

.69.

the bag is added to be used the munth folowing if

those apere agane & not else

let her take heed to her self all the while these are

taking as much as may be to keepe from all perterbati=

=on of mind as anger sorow &c & from uiolent

motion of the body.

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.70.

Mr Hoby

This is an

admirable

water

Feauer Water

Exelent fo in the Plague or small pox & itt

twice takeing helps a feauer

In a quart of small spiret of Cardus & a quart

of small spiret of poppys infuse three ounces of

English snakeroots & three ounces of Virginia snake

rootes two ounces of the best London Treacle foure

ounces of Cardus seeds two ounces of Hartshorn

twenty green wallnuts sliced . fouore ounces of marigold

flowers lett all thes ly & enfuse nine or ten days

then distill them in a comon still

When you giue it let the patien ly in bed

& take nothing in two houres before nor after

it may be giuen once in 24 houres or once

in 12 Houres as occasion, for a man 3 spoonfull

for a child less

To make the Spirits

Take strong ale fill the Limbeck with it then put

in as much cardus as will make it uery thick

distill it receus the first & strongest by it

self & the small by it selfe that you usee-

for this should be as strong as sack

so is the spirit of poppy or any other herbe made

if you would haue the spirit stronger cut in fresh

cardus in to it & still it agane it is a uery fine

spirit

.71.

Vnguentum Contra Serpigenem

Take the leaues of H Violets Marigolds slains

shred them small & boyle them in fresh butter till

that looke green & the hearbes begin to be black; then

take it from the fire, & before it is cold strain

the herbes out & keepe it for your use.

it good for childrens heads broke out or any hot sharpe

bre brekings out or for a burne

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.72.

The Collicke Water

Take of Cittrone Pilles dried Orange pilles Nuttmegs

Cloues Cinomon, of each two ounces, Ciprus Orris

Calamus Aromaticus of each an ounce. Q Zedoary Ginger

Galingal ofe each half an ounce rosemary tops & Lauinder

of each two handfulls; the leaues of bays, mariaram,

Isup, tawne, mint, sage, & time, of each one handfull

& halfe, damask rose leaues one handfull, 4 pintes of red rose

water, a quart of spirit of sack, & 3 quarts of the

best sack, bruse the roots & spices, & cut the hearbes, &

steepe them in an earthen uesell 24 houres then distill

them, in a limbeck, draw off 2 quarts of the strong & one

of small,

take from one spoonfull to six of the strong water

in a draught of small beer warmed before the watter is

put in, & from 2 to 10 of the small. according

to the paine & nesessity of the patient,

.73.

The Brewed drinke for the Rickets

Mrs Hoby Take the inner barke of a young ashe not 20 years

old of succory root Osmond royall root, (or for naut of

that maile faerne) of each two handfulls, boyle these

in middle Ale worte an hour; the roots slit &

both thay & the barke brused, then put in Egremony,

sanickle, speedwell, succory, Coltsfoot, Cliuers,

Cowslips of Ierusalem , Maidenhaire, Cumfry, Teterach

Bettony, of each 2 indefferent handfulls, let these

boyle withthe roots an hour strein it & make it

up fiue galons or sumthing more with some of the

same wort, worke it & tun it as othe drinke, then

the ince of 4 handfulls of scuruegrass & 2 of water=

=cresses, & a handfull & half of harts tongue leaues

& as much liuer=wort a handfull of tameriske, half

a pound of reasons, stone the reasons & bruse the hearbes

& put them in to a bag & a stone to sinke it

& hang it in the uesill; att 5 or 6 days old let

the childe drinke it, as often as you can get it

if it drinke no other drinke it is the better

if the childe sucks let the nurse drinke it,

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.74.

A diett Drinke for the Ricketts

Take the leaves of liver:wort, Egremony, harts tongu

scabius, speedwell, Ceteracke, Bettony, of each three

handfulls, the shaueings of hartshorne & Iuory

of each 2 ounces, the roots of Osmond royall

male Fearnrne Fearne, & succory of each 2 ounces

& reasons of the sun stoned half a pound boyl all

these in 4 galons of small ale wort on a gentle

fire 2 hours, let it be straind, & set it a

working as other Ale /

The Roots Hartshorne & Iuory must be put in

first & boyle an hour before the hearbes for one

hour is enough for them,

att 5 days end it is fitt to drink & it is best to

put one galon more of the same wort to it when

you set it working of it will tast to strong,

when the quantety is half drink up bottle the rest &

then brewe. more

.75.

The Terpintin Glister

Dr P Take Camomill & Millitot flowers of each a handfull

Iuniper berres brused half an ounce; boyle them in

clear poset drinke or spring water the quantety the

intend to giue, then desolve an ounce of Venice

Terpenten by mixing it first withthe yolkes of 2 new layd

eggs by degrees; & after that mingle it withthe

aforesaid liquor add to it the bignes of a nutmeg of

fresh butter;

it is an exelent glister for the Colicke or stone

page 76 || page 77

.76.

The Hartshorn drinke

Take an ounce of burnt Calcined hartshorn, put it

in 3 pints of spring water. & boyle it

leasurly till one pint be wasted, then

poure it on 2 ounces of hard suger & season

it with Cinamon water in want of the water or poure it 2 or 3

sticks of raw Cinamon; if you please you may

add peirle, or Cutchenell, or rosemary, sage

or what other hearbe is proper for the

distemper or put to it 4 or 5 sponefulls

of sack or Epedemicall water

.77.

The Chalibeat Sirup

Dr d Take 2 ounces of filings of Steele infuse it

three weekes in a Quart of whitewine in a glass bottle

then pouer all of the wine upon a dram of mace brused

lett it stand six days then strain all through a glas

tinnill lin'd with a sheet of cap paper which is t cald

to philter itt, in the wine desolue as much fine

lofe suger in smalle peeces as will make it in to

a sirup without boyling

The Broth

Take Scorcizoera root & Succory root of each one

ounce of the fiue opening roots of each 2 drams

of liuerwort & maidenhaire each a handfull with

half a chicken or a little ueal this will make for 3

mornings take a draught of this an houre affter the

steele; & stir after it,

page 78 || page 79

.78.

For the Toothache

Parsly & bay salt beaten together & /

tied up in a fine rag & put in to the hole

of the eare

For an ague.

Olibanum mastick Bolearmonack in fine pouder

of each a peneworth & 3 penyworth of Venice

turpentin mingle these together & spred them

upon lether & cut fitt to the wrists lay them

on long way from the bending of the wrist upon

the pulse about 3 or 4 inches long bind it

them on & let them ly as long as it sticks

if it cure not at once doeing it will the

second time.

.79.

To sweeten the Blood

Take a small handfull of the flowers cal'd

Oxe=eyes, a spoone full of pierle barly, & an ounce

of candied eringo root; cut in small slics:

boyle these in 3 pints of spring water; to a quart

strain it & keep it for your use; put to this

a quarter half a pint or something less of this 5 or 6

spoonefuls of new milke & drinke of it twice

a day in the morning & at 4 or 5 in the afternoon

For a Cough

take of the sirup of Violets sirup of Gelleflowers &

sirup of of red poppys of each one spoon full, spirit

of sulpher 20 drops. mingle them well together &

take a little of it as often as the cough is troublesome

For weake eyes

take 3 penyworth of lapis Calimnaris burne it &

quench it 9 times in white wine & wash the eyes

with it

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.80.

A Pouder for Wormes

Take Rubarb Sena Wormeseed & burt harts horne

of each an equal quantity finely poudered & searced

mixe them well together; giue this; as much as

will ly on a sixpence to a young childe & so increas

the dose as the childe is older three morning together

unless the childe be weake then euery other day

the wormeseed & sena must be dred or else thay will

not pouder; keepe it in a glass close stop't

this has been used with great succes

To make pancakes

Take a pinte of creame 4 spoonfulls of fine

flower well dried 4 egges 3 quarters of a pound of

butter well clarefied season it with salt & a little

nutmeg mixe it all uery well together.

there needs no butter to frie it, it is fat enough to

fry it self. thay must be uery thin & in a small

frying pan

1001

To Marinat all sorts of fish the Italion way

Take your fish gutt & scale them & wash them. then

take as much fresh oyle as will conueniently frie them. &

fry them uery hard & crumpe apon the fier all ways flameing

& that you may know when the oyle is redy to put them

in fling a little salt in to the pan & if the salt hise

the oyle is hot enough let itt stand till itt is cold before

you put in the pickle.

The Pickle

Take white wine uineger as much as will couer the fish

& put in to it salt whole peper. rosmary. 6 or7 7 bay

leaues. a little safron. a little Garlick or charlot choped

small & a few corrants. let all this fry together in the

pan. when it is enough take it off & mix as much

suger or huny as will giue it a pleasent tast. & take

off the sharpnes of the uineger., obserue that if the

uineger is too sharp you must put water to it & boyle

itt after., lay your fish orderly in a ^ earthen pan & poure the

pickle boyling hot upon them

this may be eaten 2 days after thay are in the pickle

& thay will keepe 2 or 3 munthes.

LL.

n

page 102 || page 103

.102.

To make a Sheepes head Pudden

Take the sheepes head & par boyle it & when it is

cold shred itt small; then take a pound of beef suet

shred a pound of currants 10 egges the whites & all

a penny loafe of white bread grated a little suger & a

little nut=meg mixe itt with milk or cream pritty

thicke. then put itt in the caule of the sheepe which

must be spread while itt is hott on the backside

of a dishe as thine as you can; lay the caule in a

cloth first wet & then flower'd. & so tie it up &

put itt in boyling water & let it boyle 2 houers

let there not bee any more of the caule then Iust to

couer the pudden & take the thinist part of it or

elce it will bee too fatt.

A Custard Pudden.

Take a quart of cream 12 egges whites & all

beat them uery well & strayn them in to the cream

put to itt a little suger & a godd spoonfull of wheat

flower stir itt uery well together flower the bag

put itt in when the water boyles & let it boyle

uery fast one hower.

.103.

To Stew a brest of Veall.

Take a brest of ueal & frist frye it half enough

then put it in a stewing pan with stronge brothe

& claretlittle wine a little mace & whole peper & let

it stewe when it is allmost enough that is when it

is uery tender adde to it pallets cocks compfes b

boylde tender before with sweet breads, & some uery

young green peas or french beans. or musherums or

what elce you thinke may giue it a good relesh if

you haue none of these cut the sweetbread in thine

slices & lay upon it & if you find the sauce thin

thicken it with the yolke of an egge.

the Iuce of green grapes will giue this or any

stwed meat a good taste.

A Sack Poset or Custard good eather hott

or Cold

Mrs

Bucham

Take 2 quarts of new milke sett itt on the fier

then take both the yolkes & whites of 20 egges a pinte of sack quarter

a pound of suger a beaten nuttmeg; beat all these

together uery well. & warme them by degrees & when

the milke hath boyled take it off & put them to=

=gether gently. & couer them with a dish & napkin

& itt will bee like Custard

the egges must be beaten & straind & the

sack & suger mingled withthem before thay

are put to the milke & then stir'd all one

way for a while; & couerd close with a woolen

clothe when it is taken off the fire

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.104.

To Stew Pippens

Take the fairest pippins pair & core them in halfes

& put them in water. take to a pound of pippins a

pound of suger & pinte of white wine or sider &

a pint of water make a sirup & scume it uery clean

then scrape the seams out of the apples & put them

into the sirup & let them boyle uery fast when the

sirup begins to be thicke put in some ambergreece

& the Iuce of a lemmon & a little lemmon pill shake

them to=gether & so take them off of the fier & lett

them stand till thay be cold then lay them in the

dish with cittron pill laying the Ielly in lumps up on

them take out the lemmonpill

Pancakes

Take 16 egges the whites of but 6 of them beat

them uery well together then take a quart of fine flower

& 3 spoonfuls of sacke mixe them uery well together

& temper itt thine with faire water then put to it

a grated nutmeg a little suger & some salt

the butter must be melted before you put it in the

pan,

105

To Make Meade

Take to one gallon of honey six gallons of cold

water stirr it well together let it boyle one houer

taking off the browne scum but stirr in the

white scum into itt. when it is well boyled lett

it stand till it bee as cold as wort useth to be

when it is sett together a working then take

a pece of browne bread & toste it on both

sides & spred musturd on it and put it in to

the mead to or spred itt with new yest & strow

it with a little flower put it in your mead &

a wooden dish upon itt & so let it worke if you

bruse a little galingall & hang it into the uesill it will giue it

a good tast

Cocke Ale

Take a cocke draw & truss him as to eat then

parboyl him & strip off the skin bruse him in a

morter till all the bones be broken, then steep

it in two quarts of the best sack att night

have redy eight gallons of ale & when it hath

allmost done working put in the cocke & sack &

4 pound of rasons of the sunne stoned & brused

in a morter 4 ounces of dates stoned & sliced

one great nutmeg slices & a little cloues & mace.

stop it close & at 7 days end draw itt in to bottles

puting a little lump of hard suger in euery bottle &

after 7 days more itt will be fitt to drinke, & will

keep good a munth or longer

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.106.

To Make Almond Iumbals

Take half a pound of almonds blanched, & half

a pound of double refine suger beaten & sersed

beat the almonds small & mixe them withthe suger

& when it is beaten, put in half a spoonfull of

gumpdragon steeped, & desolu'd in rose water, & the

white of one egge beaten to froth. & a few

corriander seeds mingle these well together set

it on a softe fier till it grow pritty thick

then take itt off the fier & lay itt on a clean

paper & beat itt with a roleing pin untill it be like

a soft past; then role them in fine suger into

knots; & lay them on papers oyl'd with sweet oyle &

put them in an ouen; & as soon as thay are throughly

risen take them out before thay be harde

the cakes are the same only leaue out the gum

To Make Bisket

Beat a pound of suger uery fine, & a pound of fine

flower dried beat 12 egges/the whites of but 6 with

a little rosewater. & when thay looke white in first

your suger & then your flower a little before you set

them in to the ouen. & dust them onew with suger &

flower as you set them in

put in seedes of what sort you pleas.

.107.

To Make Cheescakes

Take a quart of cream sett it on the fier & when

it boyles put in eight egges well beaten yolks &

whites together stirr them up=on the fier till it

come to a curd then pouer it out & when it

is cold season it with suger & rosewater a little

nutmeg & salt 3 quarters of a pound of currants

& put them in puff past

To Make a fresh=Cheese

Take 3 pints of new milke & a pint of cream

a little mace nutmeg & cinamon put whole into

the milke; when it boyles put in 2 egges yolks &

whites with 2 or 3 spoon fulls of uineger to turne

it let it seethe upon the fier untill it come to a

tender curde. then put p it into a strayner &

tie it up. & let it hange a draining 6 or 7 houers

when you open it take out the spice & season it

with suger & rose water then put it in the culendr

pan & lett it stand an houer & then send it

in with cream under it

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.108.

To Coller Beef

LL Take the thinne end of a brest of beefe the

bignes of a coller of brawne, bone itt & then

cut it ouer thwart two inches a sunder but haue a

care not to cut it quite through, then make pickle

for it with two gallons of fair water & as much

salt=peter salt as will make brine & when it is

boyld & cold then put in the beife. & put in the pickle

as much salt peter as the bignes of an egg let it

ly 9 or 10 ten days: in the pickle

Then take half an ounce of white pepper grosely beaten

as much cloues & mace a handfull of sweet heartes

minced, then take the beefe out of the brine & drie

it & strew the seasoning in euery cut then take

the yolkes of 10 egges being boyld hard cut them in

quarters & lay them likewise in the cuts of the beefe

when you haue so done role it up in a napkin as hard

as you can then boyle it tender take it up & let it

ly till it bee three parts cold then tye it as hard as euer

you can & so let it ly till next morning

.109.

A Barly Pudin

DP Take a pound of french Barly wash it uery well

in seueral waters then put to it 3 quartes of new milk

and one quart of water half a pound of suger

& a nutmeg slised or grated put it ^ in a deepe pan &

bake it with browne bread seasoned itt with some salt

& you may ether eat it so ar or bake it agane in

a dishe adding to it a little grated bread 3 or 4 eggs

& some marow & what frute or sweet meats you pleas.

To Make Sawsseages

LL .Take the leane of a legg of Porke & fowre pound of

beefe suet or rether better; shread them together uery

small then season it with 3 quarters of an ounce of beaten

pepper, & half so much cloues & mace mixed to=gether-

a handfull of sage choped small, & as much salt as you thinke

fitt, then breake in ten egges all but 2 or 3 of the whites

temper it well together with your handes, & so fill it in

to hoggs gutts that you must haue redy for it, & tye the

ends of them like pudding & let them be throughly boyled

& when you eate them, thay must be broyled on soft

coals for hott coals will crack the skins & all the goodnes

will be lost

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.110.

To Make Waffers

take 4 spoonfuls of fine f..we flower almost 2 spoonefuls of

fine suger both serced & dried the yolke of an egge

& one spoonfful of rose water make it in to the thicknes

of batter with fair water. & bake it in wafer Irons

To make a poset without milke.

Boyle a quart of Alee & skime it well. set it on a

gentle fire & put in to it a quart of sack & a pound

of suger then beat 20 egges very well both whites

& yolkes & poure then in by little & little with your left

hand, & stire the poset well all one way with a spoon in

your right hand when it is enough take it off & put

it in the bason

.111.

To make a Lemon Creame

Take 4 great Lemons chipe them very thin &

shred those chips uery small, then put them in to a

poringer & squease into them the Iuce of all 4

lemons, so lett them sleep foure hours, then take the

whites of 6 or 7 new layd egges & the yolks of but 3

beat them uery well to gether & put them into the lemon

Iuce & peele, & a large poringer of faire water a spoon=

=full or 2 of oringflower water stir it all well together

& strayn it & sweeten it with suger to your tast you

may put in a little Ambergreece if you please then set

it on a chafingdish of coals stirring it continualy it

must scalde but not boyle so keepe it till it bee as thick

as the best creame & serue it cold, it must be stirred

all one way or itt will not thicken, half the recept

will make a handsom dishfull.

To make a Buttermilk cream

Take 3 pints of Buttermilke & let it stand untill

the next day, then take a quart of cream & boyle

it & put it in to the Buttermilke as it coms off

the fire, & let it stand 5 or 6 hours, then hange

it up in a strainer of canues & when it is well

drayned put it in to a bason then stir in to it

with a spoone rose water & suger to your likeing

put it in a dish & put creame upon it,

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.112.

To Make a Caudle

Take a quarter of a pound of french barly wash it uery well

& boyle it in 3 seuerall waters take the last water which

must be uery well boyld & to a quart of that put

a quart of Renish=wine lett them boyle together then

take the yolks of 10 egges uery well g beaten sweeten it

to your tast & let it boyle to what thicknes you

please but constanly keepe it stirring while it is on the

fire thatthe eggs curdle not. put in a blade or 2 of mace

at the first; & att last add the Iuce of 2 lemons &

a little lemonpille & let it stand ouer the fire agane still

stiring it when you thinke it thick enough haue some

french bread tosted & layd in the bottom of the dish

& serue it up warme.

To make a Quince Puding

Scald the quinces uery tender: paire them uery thin &

scrape off the soft & mash it well put suger to it &

(some pouder of ginger & cinamon if you pleas) then take sweet

cream to euery pint of cream the yolks of 3 or 4 eggs & put

in the quince an make it pretty thick; so you may doe with

aprecocks pear plumbs or pipins

.113.

To make wafors of suger of All calours

Take Clouegilleflowers Violets Cowslips steepe each flowers

seuerally in as much iuyce of lemon as will couer them

when thay haue stood 24 houres strain the flowers out &

into the infusion put in as many more. let them stand as

long then strayn them out & if the colour be not deepe

enough doe it once more:

then take duble refine suger finely serced & in a siluer ladle

wett it withthe iuyce of lemons alone or a little oringe

flower water with it, stir them to githir till it is as thicke

as cream then in a siluer spoone mix more of the seirced

suger with any of the colours you would streke it with

then let them be held ouer a chafing dish of coals

by tow persons. contenualy stir'd & when thay smokd upon

a knife then put out out a spoonfull of the white. &

spred it round upon papor with a spoon or knife thine like

a wafor then withthe colours marke it in seuerall places as

you pleas while thay are both thine, & when thay are

so much stiffend as not to run, thin off the corners of the

papers that thayy may be round when thay are dry

take them off the papors with water

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.114.

An Oatmeal Puden

Take 3 quarters of a pinte of great oatmeale

picke it uery clean & beat it but not too small

put to it a quart of cream

.115.

To Pickle Cowcombers

I think it

best to boyle

the fenel

& dill in the

pickel &

then lay it

betwen them

Take white ^ wine vinegar but if, it be uery sharp mingle

it with bear vinegar, & make it as soft as to bear an

egge. put to it some peper, ginger, & 2 or 3 cloues,

take your coucombers, & wipe them uery clean, & lay a

lay of fenell & dill, withthe seeds in the botom of the

uesel & then a lay of cowcombers & then agane some

more dill & fenell & so till all the cowcumbers are layd in

then boyle the pickell. & pouer it hot on the cowcomber

& couer them close & let them stand till next day

then powr take the pickle from them & boyle it againe

pouer it on them as before, & doe this 3 or 4 days

together, till you see the coucombers looke green &

growe firme which at first will looke browne & wether'd

then tye them up close & thay will keepe all the

year uery well.

To pickle Turnups

Take young & cleare turnups. paire them & slice them

uery thin lay them in a galy pot & betwene euery

lay of turnups strew some grose peper & a little mace &

some dill seede then pouer on them as much white wine

vineger as will couer them

To Pickle redesh pods

make the pickle of white wine vineger salt & spice &

pouer it on them scalding hott

thay haueing bene boyled tender before

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.116.

To Pickele To Pickle Wallnuts

Take smalle greene wallenuts picke them from the stalkes

then put them in cold water & set them on a gentle fire till

the outer skin peele off & then wipe that off with are a

corse clothe put them in a tub or or pott & put salt &

water to them changing it for 10 or 12 day til the

bitterness & discolour of the water is gone

The pickle

Take half white wine & half the best wine vineger

accordin to the quantity of nuts. sett it on the fire

boyle it half an hour, a little before you take it off

put in white peper ginger Cloues Mace an equale

quantity, enough to make it uery strong of spice

& a few bay leaues wipe the nutts driey & putt

them in to the pickle while it is boyling & immediatly

take them off & couer it close; when it is cold put

them into a new earthen pot well glaced tie them

close with a pecce of leather

if you would have them like mangoes you must

drag a little garlick in to the nuts.

.117.

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.118.

The Milk snail Water

Take a galon of new milk of a red cow

a hundred. or more of shel snails wash them

clean & crack. the shels throw a way the loose

shels take pint of earth wormes clean

washed boyle the snails & wormes in the

milke, half an hour put them in to an ordnary

stille. put to them harts tongue; alehoofe

cowslipe of Ierusalem; pimpernell; coltsfoot; of

each a handful; speremint 2 handfuls cut

them with a knife to ly well in the still &

to mingle withthe snails still it with a pretty

hot fire now & then stiring it let it

drop up on suger candy two ounces to quart

giue first & last 8 or 9 spoonfulls

.119.

to strengthen a weak childe

Take a pottle of great shel snails & put

them in a canuis bag shake them

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.120.

To make boyl'd Macarones

Take a pound of double=refine suger and a poud

of Almonds. blanche the almonds & beat them uery

small puting a little oringflower water to them

as you beat them to keepe them from oyling

& the white of an egge. or 2. then take the suger

in great lumpes & put iust so much faire

water as will wett it, & boyle it to a candy

hight, then stir the almonds in to the suger &

let it stand a little on the fire to thicken

stiring them uery well to mingle them

dropp them upon puter pie plates about the

bignes of a macaroon, & set them in the stoue

untill thay candy on the top. then with a knife

turne them till thay are candyd all ouer which

will be in 2 or 3 days or less.

To make a Cake

Take seauen pound of flower well dried one pound

of suger, & a little spice, mingle it with the flower

then take a quart of cream & slice a pound & half

of butter into it, sete it upon the fire till it be

melted, then take it off & let it stand till it

bee luke warme. then take the yolkes of 6 egges the

white but of 2 & a pint of ale yest a quarter of a pint

of sack. & 3 or 4 spoonfulls of rose water; mingle

them all together withthe creame then make a hole

in the flower & put them in to it shake a little

flower on the top, & let it stand an houre by the

fire to rise then take 6 pound of currant wash'd

& dried uery well. mingle it well with the flower

& make it in to a cakelet it stand 2 hours

in a pretty hot ouen

.121.

To Make frute bisket

Scald your frute ether apricocks plums or any other

frute & take the pulp of it. & duble the waite of

duble refine suger beten & sersed mixe them togeth=

=er. both being hot as for clear cakes beat them

in a bason or dish an hour or more. then put them

in cofens of paper & set them in a ouen iust warm

(as after tarts a drawn) or elce in a warme stoue

& let them stand till thay are drie

att the conclusion of the beating of them stire in them

some of the froth of a new layd egge the white only

some doe it without the egge.

To Make Wafers of Quince or any

other frute.

Scald your Quinces & take the pulp. put it in a

siluer poringer ouer coals till it is prety drie.

then weigh as much duble refine suger as it weighs

& boyle it to suger agane then put in the pulp &

when the suger is clean melted & coms from the side of the

bason put it out upon sheets of glas or tin plates

& spred it all ouer as thin as can be but all a like, &

the sides euen. set it in to a hot stoue & when

you se the out side begin to be prety drie cut it

in to peces & role it up holow like wafers. but

not so long. & let them drie in the stoue, the quicker

thay are dried the beter will the colour be

other frute as Aprecocks & Plums must be boyld in

a pot & so pulped;

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.122.

To stew Pigons

Stuf the bellys & cropswith forced meat & set

them with there necks upward as close as you can set them

in a skilet & fill it up with water & a little butter

(to a dosen of pigons a quarter of a pound of butter)

put in a bundle of hearbs such as parsly mariarum

sage or what you like, 2 onyons a little spice &

when thay are almost enough desolue 2 or 3 anchous

in half a pint of white wine, & put too it

take out the herbes & shred them & in to it&

thicken the sause withthe yolke of 2 or 3 egges & serue

it up; thay must stew leasurly

For the forced meat take the flesh of a leg of

ueal & to one pound of that 2 pound of befe

suet, shred them uery small together then beat it

to a past season it with spice & salt to your likeing

shred some sofe hearbes in to it & an oynyon

if you pleas put to it the yolkes of 2 or 3 egges the

white of one if you use it presently) or elce put

not the egges to it, adda little browne bread

grated, if you fry any role them on a table with

flower, & let the pan be hot before you put them

in,

.123.

Chacolet

the ingredience

ounces

Cacao - 1- 0

Cinamon - 0 - 3 2 part an ounce

spanesh peper - 0 - 2110 part an ounce

suger - 0 -- 10 part of a pound

uanilles 3

musk & ambergrees 3 granes

take the cacao nuts which must be uery godd

put aside all the brooken to be done after put them in a coper or

iron frieng pan neuer used for ony grece ouer

a a good moderat fire &stir them continualy

that all may be alike tosted

to know wen thay are enough take some in your

hand if thay crumble easely thay are enough or if

thay crack & leape in the pan

the spices must be beaten fine& sersed & all but

the vanilles mixed withthe sugar iust as you use

then

break the cacaos up on as stone

clence them from the husks

when it is in a mas like dooe grind it ouer agane

with all the strength poseble then strow in the suger&

spice mix it well to gether & grind it agane twice

ouer

lastly put in the vaneles mix'd with sge e suger grinding

it till it looke like batter when it is cold you may

make it in to what forme you pleas

the stone sho must stand ouer fire all the while it is

a grinding

it is not fitt to use tell it has bene 3 munths made.

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.124.

To make Vineger

Take to a galon of Spring water 3 of Malego

reasons & set it in the sun in May let it stand

6 weekes. & then strain it off;

for giddynes & vapor

Grumwell seed coriander seed caraway seed cardamum seed

fenel seed of peony each an ounce; peony root

march malow root in thin slices of each an ounce

lay them in an earthen pan & power upon them

a quarter of a pint of the best sack set them

in a ouen till thay be so drie as to pouder

take as much of this pouder as will ly on a

6 pence in a morning or at any time in

a conuenient liquor

malet leaves in the shoos

.125.

Take rosemary tops lauender tops woodsorill

sage marshmalow root piony root

boyld in white wine poset drinke

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.126.

Frier Range his Diaphretick Essence

Take 4 ounces of Salt Armonicae purified 8 ouncs

of Fine suger put them in to pouder & mix them well

together; then put them in a glas limbeck withthe head

or couer, & great receuer, well luted, which you shal put

in to a bath of sand, obseruing the degrees of your fire

which ought to be uery strong at the layter end of the

oporation, this may be done in 8 hours time, rectifye

your essenc into a little glasse limbeck;

The Cordiall Sirup to be mix'd with

this Essenc

Take 2 ounces of red Popy flowers dried, one

ounce of Bugelos bugeles flowers one ounc of Gilleflower

one ounce of red roses all dried, put them in a

large earthen vesell, poure upon them 4 quarts

of boyling water; let them infuse close couerd

till it is cold, then strain it; take 8 pound of

refined suger dipe it in as much water as will melt

it boyle it & skime it well then mixe it with

the infusion boyle it agane & skime cleane

when it is cold add to it three ounces of the

Essence, & 5 or 6 ounces of Oring flower water

obserue to mixe it well with a ^ wooden spatula. & it ought

to be boyld in an earthen vessell

The Vse

It is to be taken one spoonfull in a glass of

water 3 or 4 times in a day if needed

as thus; one in the morning fasting & a quarter of

an hour after another, fasting 2 hours after

& agane and in the after noone, & at goeing to bed

when you are much troubled with uapors the Vertue is

it strengthens the memmory the stomack & the braine it

rectifies the blood it is good for the smalpox goute

rumatisme & Vapors; if it be is or only for vapors you

may duble the proportion of popys & leauout out the other flowers

150.

To preserue Gooseberrys.

Take the clearest gooseberys you can get allmost but not

thorough ripe. then take out all the seeds. & take the

same waight of the Iuce of gooseberys & waigh them

seuerally. take to a pound & quarter of a pound of sugor.

waighing both sorts of the liqor & goosberries: lay a lay

of suger & a lay of goosberres & let them stand a little

before you put in the liqor & keepe out sum of the suger

when you set them on the fier put in the liqor &

boyle them uery fast shakeing them together when

thay are almost enough put in the rest of the suger

boyle them a little longer & when thay are enough

take them off & couer them with a plate for a little

while then take out the goosberres & boyle the sirup till

it Iellys

To Preserue Grapes Greene

Gather of your white grapes before thay are ripe cut

them in=to small bunches, haue water ^ almost scalding hot put

your grapes in it couer them close & let them stand half

an houre off the fire, haue another water redy to seeth

take them out of the first & put them in to that let

them stand in that a uery little while then take them

out peell & stone them. haue another skillet of water

redy to boyle & put them in. & let them boyle softly

half an howre; take them out & let them drayne a quarter of

an hower then waigh them & take to euery pound of graps

a pound & 2 ounces of suger that is serced, lay some at

the bottom & then the grapes & the rest a top putt a little

watter to them & lett them boyl half an hourer

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.152.

To Drie Figges

Take your figgs when thay are ripe & new

gathred. set on a skillet of water then take

your figgs & prick them up & downe with a pin

& put them in to the water & let them boyle till

thay bee tender. then take them out & to a pound of

water. & one quarter of the suger & set it on the

fire & put when you haue scumed it put in your figgs

& let them boyle a pritty while then put them in an

earthen pan & so die for 4. days together puting in

a quarter of the suger euery day untill all bee in allways

leting the sirup boyle before you put in the figgs

let them stand 2 days in the sirup & then lay them

upon a siue & when thay are drayned scrape fine

suger on them & set them in an ouen where there

is some little heat or in a stone. turning them twice

a day serseing suger on them untill thay be dry

then put papers between them & keep them in a dry

place.

To preserve Barberrys

Take some Barberies & pick them from there stalkes &

put a little water to them & boyle them to mash then

stone as many barberies as that licqor will boyle. taking

twice the waight of barberies to once of the licqor

and waight for waight of suger put the licquor and sugar

together & when it is boyled & scumed clear. put in your

barberies & boyle them till thay looke clear & then

thay are enough put them up in glases

.153.

To Preserue Wallnuts

Take green walnuts about Midsomer prick them thro=

=ugh with a bodkin then boyle them shifting the water

until thay bee tender & the bitterness quite gone

which will take 2 or 3 howers time & 6 or 7 waters

allways let the water be boyling hot that you shift

them in to only the first must be cold. giue the

last water to only boyle put in a little suger

then take them up & pelloff or scrap off the outer

black skinn as thine as you can, then boyle them

a little while in water & a little suger; take them up &

waigh them and take there weight in suger & to

euery pound of suger take a pint of water boyle

it to a sirup and scume itt clean then take the

in to the sirup let them boyle a good while untill

thay have well soaked in the sirup & that the sirup be

pritty thick

when these have layn a fortnight in the sirup you

may take them out & drayn the sirup from them

& dry them in the stoue thay make a pritty

sweet meat.

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154

To Drie Aprecockes

Take your aprecockes before thay are full ripe paire

them & stone them & take half there waight in

suger & beat it small & lay some of the suger

in the botom of a bason & then a lay of aprecock

& then suger keepe a little suger to strowe on

them while thay are boyling let them stand all

night & then boyle them untill thay are

uery tender strowing on your of suger while thay

boyle & scume them uery cleane take then off

the fier & put them in a gally pot or bason &

couer them with a white paper & sume small

waight to keepe them in the sirup so lett them

stand 2 or 3 days then drayn them from the

sirup flating them on the side of a bason for one

day then lay them on a siue or on glass with

some suger sirsed on itt & turne them uery often

shifting them on drie siues or glases setting them

in a stoue & in 43 or 4 days thay will be drie.

wo Another way

Mr Brfld

to euery pound of apricocks take 3 quarters of a pound of

suger: rot put your aprecocks in water. as you pair them

& then boyle them tender ; & after thay are boyld lay them to

drayn & wipe them uery drie; make a thin sirup with

your suger & then boyl them in it till thay looke

clear, let them stand in the sirup 3 or 4 days &

when you lay them out sirse fine suger on them

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Sirup off Elder berrys

Take your Elder berrys when thay are full ripe &

presse out the iuce then set it ouer a fier & boyle

it untill it be of clear scuming it uery clear then

put to euery pint of this liquor 3 quarters of a

pound of suger boyle it a little while after the

suger is in & when it is cold put it in glases.

this is uery good for the stone: & for a cold or

and many other things

Sirup of Lemons

take a fair large Lemon & wrape it in a wet

paper & lay it in warme ashes to roste; be sure

the place be not too hot for if it be the least bur

=nt it is good forr nothing & it will soon be enou

=gh:, while it is hot scrushe out the clear

Iuce & put to it the same waight of fine

suger; this is a uery fine surup or rether

Ielly.

Conserue of Roses

Beat your roses uery well & then put to them double

there waight of suger grinde them together uery

small, then put it in a bason & set it on a soft fire

for a little while untill the suger desolue so put it

in pots to keep.

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A Sirup for a Cough

take six spoonfuls off Issope watter & 3 of white

wine Vineger a quarter a of double refine suger &

boyle itt to a thicke suirup & when itt almost

colde stir in itt a spoonful of oyle of sweet almonds

or of the best salet oyle mixe itt uery well together

& licke often of it with a licqorice stick

Conserve of Cowslips

Cut the upper part of the flowers of the cowslips

& waigh them. & to euery ounce of flowers take

3 ounces of suger & 10 spoonfulls of water. & first

boyle them uery tender in the water & then put in

the suger & let them boyle untill thay looke cl

clear then put in a little Iuce of lemmon & put

it up in glasses.

Sirup of Woodsorell

Take the sorrell when it is first sprunge up & b pick

it from the grasse & straws but not frrom the stalks

& press itt out all the Iuce then set the Iuce in a coole

place 2 or 3 days untill it be settled looking of

a claret colour & clear, then take the cleare &

to every pint of that put 2 pound of suger

let it stand untill the suger be desolued often

stiring & scuming itt until it be uery clean & all

of a thicknes

Mary daughter Lawley son Thomas was borne: December 29 1691

att my house in Charles street in St Jameses parish

died at a little more then a year old

her son a second Humphry was borne December 31 in the 1693

same place & died the Easter folowing

her son Richard Lawley was borne August the first 1695 at my

house in Lincolns inn fields

her son Charles Henery Lawley was borne December the first

in Lincolns inn feilds H --- 1696

Robert Lawley was borne Ianuary 18 tusday, 1697/8 att

my house in LLincolns inn fields

Henery Lawley was borne Iune the 8th 1699 at 10

in the morning in Lincolns inn fields

Mary Lawley was borne Nouember 29 being friday

at 6 in the morning 1702 in Lincoln inn fields

my grandaughter Ann Lawley was maried to Mr

Chesher December 31 1706

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My daughter Iudeth was borne. the.11. of September

1654: in Chisweck parish neere London .

she was maried to Sir Humphry Forster of Aldermason

Nouember. 26. 1672.

her sonne Humphry was borne August. 24. 1673

att Harteford in Buckingham shire

he died the 4 of October 1682 to the unspeakable

greef of all that knew him, after he had liued 9

years in the innocence of a childe but withthe Iudgment

& uertues of a man: he lies buried in the ualt at

Aldermason :

William Forster was borne. October the 18th 1676

att Harteford . he died the last of February 1684

her daughter rebecca was borne att Harteford Aprill

1675

& died March 1677 1677

My daughter Rebecca was borne. August: 29. 1660.

att Haunes in Bedford shire

she was maried to Sir Thomas Lawley } May. 2. 1681.

of Canall in Staffordshire }

her Son Francis was borne Aprill the 1 sunday att midnight

att London in ( Saint Martins parish Saint Jameses ) 1683

her daughter Rebecca was borne Octob Nouember}

12 being wedensday in London ( Saint Martins parish}

in the year 1684. (now Saint Jameses

her daughter Ann was borne February the. 1st. being}

munday att 11 at night: in the same place 1687/8}

her daughter Elizabeth was borne friday March the .4th.}

att 1 a clocke att noone in the same place 1686

her son Humphry was borne August 1689

& died. at 4 munthes old

her son William was borne September: 1 1690 & died D.

Rebeckah Winche

1666

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Winche

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We were Married August the tenth 1652

My Daughter Iudeth was borne: September the eleunth being

munday at o of twelue of the clocke at night 1654

My Father sicken'd that day she was crisene'd being Septemberthe 18

& departe'd this life Aprel the 15th 1655 which then was Easter day

att eleuen of the clock at night; & was beuried the Friday

folowing at eleuen of the clok clock at night in St Gregoris

Churche in London acording to his owne desier&nbsp;

My Father Winche died August the 6 1657

My Daughter Rebeckah was borne August the 29 1660 att one of the clock

in the morning & being Wedensday & was babptised Friday the 7 of September 1660

at Haunes church Bedford shier

My Mother died September :17: 1670 att&nbsp;

4 in the morning & lies buried in the upper chancell

of Marlow Church Buckinghamshier according to

her owne desire

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unpaginated leaf 2 recto

Rebeckah Winche

Winche

unpaginated leaf 2 verso

other bead clothes ouer it; & likewise for thos that haue

.uoyolent lousneses to sit ouer

Pul: pro Capite

Take of Mastich tow ounces, of the rindes of frankencense one

ounce & halfe of dried red rose leaues halfe an ounce of gumme

Sandracke & of Amber of eache halfe an ounce; put all these

in to a subtill pouder, & keepe them for your use&nbsp;

The dose is halfe a dragme

Gascons Pouder

Take of pearle Corale amber & hartshorne & crabes eyes

of eache & equal quantite; & of the black of crabsclaws

as much as of al the rest when thay are beaten to pouder

make them in to baules with hartshorne gely wher in stepe sum

Safforn sum add to these as muche besor as of any of the

5 first 11:,

For a Sprayne

Take of euery common Clay & boyle it with uneger to

& make a poultes of it & lay to the place

A Most Exellent remedy for Sore throtes

Halfe a dragme of egeptiacom Mixed with 4 ounces

of Melrosearum this mayde in a surup & with a

littel an touch the place

Folger conservation interleaf recto

Folger conservation interleaf verso

[ R ]

back endleaf 1 recto

back endleaf 1 verso || back endleaf 2 recto

back endleaf 2 verso || back inside cover

back outside cover

Spine

Head

Fore-edge

Tail