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## **V.a.425: Receipt book of Sarah Longe [manuscript], ca. 1610.**

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**folio 1 verso || folio 2 recto**

Mrs Sarah Longe her  
Receipt Booke

**folio 2 verso || folio 3 recto**

**folio 3 verso || page 1 (folio 4 recto)**

1.

To make Snow.

Take a pint of thicke sweete Creame,  
and halfe a pint of Sack, and halfe a  
pound of Sugar, and the white of two Eggs  
well beaten, and a pretty deale of limon,

and mingle all this together, and put it into a pretty big earthen Pan, or Bason, and take a pretty big birchen rod, and beate it till the froth doth rise, and then take it of with a stirre, and put it into the thing you would have it goe in, (it should bee a glasse Sillibubbe pot, if you have it, if not, a white creame dish will serve: you should lett it stand a pretty while before you eate it, because it should settle with a little kinde of drinke at the bottome, like a Sillibubbe.

To make a Goosebery Foole.

Take two handfulls of greene Goosebery's, and pricke them, then scald them very soft, and poure the water from them very cleane, and breake them very small, and season them with rose-water, and sugar, and then take a quart of Creame, or better, and put in a little mace, and sett it on the fire, (letting it boyle) and then take it of, and take out the Mace, and poure it into the Gooseberies, and stirre it about, and lett it stand till it bee cold, and then eate it.

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1  
2

To make Conserve of Roses.

Take rose-buds, dip of the white at the bottome, then weigh them, and take to a pound of roses 3 pound of lofe sugar, beate the sugar very fine, beate the roses in a stone mortar, straw in the sugar in the beating of them, beate them one hour or longer, till they are very finely beaten, then put it up in your Gally pot.

To make a White-pot.

Take a quart of Creame, a lofe of bread, and slice it then (the crust being taken from it) one Nutmegge, and stirre it, a pound of Cur= rence, and sett it on the fire a quarter of an hour, and boyle it thicke, (keeping it stirr'd) and take 7 Eggs, and beate them, and take 3 whites from them, and take a quarter

of a pound of sugar, put the Eggs, and suger into the rest, and boyle it, then put it in a dish, and bake it in an Oven for the space of an hour; you may put the marrow of 2 bones into it when you put it into the Oven, and for want of that, you may put in a little slice of butter.

To preserve Gooseberies.

Stone your Goose-beries, and lay them in faire water an hour, and shift the water once or

3.

twice, and prick them round with a great pin, then take a pound and an halfe of sugar, and a wine-pint of water; melt your sugar, and boyle your sirrope, and skim it well, then put in your Gooseberies, and lett them stand, and boyle an hour or two, then take them of, and sett them by, 2. or 3. days in a glasse, (but does not cover them till they be cold,) Then boyle them upon a quick fire, till the sirrope gelly, but not to high, for feare they turne red.

To preserve Cherries.

Cut of the stalks, and then weigh them, stons and all; To a pound of Cherries put 3 quarters of a pound of sugar; put your sugar into a pan, and poure 5 sponefulls of water into it, then sett it on the fire, and boyle it, and skim it, and then put in your Cherries; boyle them on a quicke fire (taking them of now and then, stirring them about the pan) and when the sirrope will gelly they are enough; you must stone the Cherries after they bee weighed; when your Cherries bee boyld, poure them out into a silver dish, and lett them stand till they bee cold, then poure them into a glass; you may put to a pound of or-  
=dinarie Cherries about 3 quarters of a pound of sugar

4.

To make red marmelett

Take Quinces and pare them, quarter them, and core them, then take a pound of them, and a pound of sugar, and halfwe a pint of water, and put all in a skillet, and when it is hot, take a good many of the cores of the Quinces and tye them up in a peece of lawne, and put them in, then cover them, and lett them boyle softly for 2 hours, then take out the Cores, and wring them betweene 2 trencher<sup>s</sup>, and then breake the Quinces, and cover them, and lett them boyle a pace, and stirre them till they bee enough, and soe put it into boxes.

To make white marmelet.

Take Quinces and par-boyle them very tender, then pare them, and scrape the pap from the Core, then take a pound of the pap and dry it in a dish a little while, and take a pound of sugar finely beaten, and wet your sugar with 2 or 3. sponefulls of water boyle your sugar againe, and then put in your pap that is a drying and stirre it well together, and sett it on the fire till it bee made to boyle, then take it of, and put it into glasses, and sett it in a stove till it bee canded.

5.

To make rice-puddings.

Take a pound of Rice, boyle it in a pottle of milke till it bee thicke as you may cutt it with a knife, when it is cold, and take halfe a pound of Almonds, and grind them very small in a stone mortar adding now and then in the grinding a sponefull of milke that hath bin boyled and cold againe put in 3 pound of Beefe Seuet, 2 penny-loves grated, one ounce of Mace, 3 Nutmegg's, the yelkes of 15 Eggs, one pound of sugar, a little rose-water, and fine salt, Temper all these with Creame, being boyl'd and cold againe, and lett it not bee

tempered too thin.

To make a Cake.

Take halfe a bushell of fflower, 8 pound of Cur=  
=rence, and 5 pound of butter, and boyle it  
by it selfe, and skim it, 3 pints of Creame and  
boyle it, 3 quarters of a pound of sugar, one  
Ounce of Mace, one Ounce of Nut-megg's,  
halfe an Ounce of Cinamen, a little Ginger,  
halfe a quarter of a pint of Rose-water, 10  
Eggs, (halfe the whites) and halfe a pound of  
Carroway-comfetts, one quart of yeast, and  
lett it stand in the Oven an hour and an  
halfe.

note.

made 3 hooles in the  
flower, and put the  
Eggs in one hole,  
the melted butter  
in the other, and  
the yeast in the 3d,  
and have a care that  
you scald not the yest  
with the Creame when  
you mingle the Cake.

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6.

To make Snow-Creame.

Take a quart of Creame, and put in a little  
large mace, and then sett it on the fire,  
and lett it boyle, and then take it of, and  
poure it into a bason, and take the mace  
and lett it stand till it bee almost cold,  
and then poure it into a platter, and  
put in a sponefull of good Runnett, and  
then stirr it together, soe lett it stand till  
it be cold.

To make a Posset without milke.

Take 12 or 14. Eggs, beate them very well with  
halfe a pound of sugar, saving from it soe much  
sugar as to straw on it when it is made, and  
with halfe a white-lofe grated stirre it well  
together, then take a pint of aile, and halfe  
a pint of Sack, a few cloves and mace, and  
halfe a nut-megge, breake it in 2.or 3. peeces,  
and put in the spice into the Sack and aile

together in a Skillet on the fire, and as soone as it seetheth, put in the Eggs (the Skillet being still on the fire) and keeping it very well stirr'd till you perceiue that it is as thicke as you will haue it, the presently power it out into your bason, and if you thinke it too cleare, sett the bason on the

7.

Calles a little while, but stirre it about, then straw on the rest of the sugar with beaten Cinamon.

How to dry Cherries.

Take your Cherries and stone them, and to 5<sup>lb</sup> of Cherries take one pound of sugar, and halfe a pint of water, you may take pouder sugar, but if it bee cource you must clarify it, then put in your Cherries, and boyle them a quarter of an hour apace, then take them of the fire, and lett them stand till they bee cold, then take them out, and lay them upon plates with their holes downe wards, and flatt them with your finger, then sett them into a warme Oven, or in the Sun, and dry them, but an Oven is the best; when they are a little dry you must shift them on cleane plates, and when they are enough, you must tye them up close in paper, and soe they will keepe all the yeare.

To preserve Barberies.

Take a pound and an halfe of sugar, and melt it with halfe a pint of water, and skim it very cleane, then take a pound of barberies ready stoned and put them into the liquor, and soe sett them till they bee throughly warme,

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8

Then sett them on the fire, then boyle them apace, that the liquor may rise, skimming them very purely, and looke to them very well, for the colour will soone bee gone, and they will bee quickly boyled.

To make cleare Cakes of Gooseberies.

Take your Gooseberies, and pick them, and put them into a Gally pot, and stop it close, and then set it in a Skillet of water (but lett the water boyle before you put in your pot) and when it hath stood about a quarter of an hour, or more, you may try if any of the cleare will poure from them, through a strainer, but you must doe it very carefully, not brusing the Gooseberies at all for feare it will bee thicke, and you must keepe your iuice warme till you use it, then take dubble refine sugar, finely beaten, and wett it, and boyle it, then put in your ieuice and sett it on the fire, when it is ready to boyle (but it must not boyle) then put it into sacers, and soe dry it as you doe white marmelet; you must take a pound and an halfe <sup>^</sup> of sugar to a pound of ieuice, and if it bee a hot sun shine day you may set it in the sun, and when you thinke they bee dry enough, you may cut them off what fashion you please.

9

To make Cherries Marmelet

Take 5 pound of Cherries, you must weigh them with their stones in them, after stone them, then take one pound of sugar such as you make marmelet with, and put your Cherries and your sugar both together into the pan, or skillet which you will make it in, but beate your sugar very well: and soe lett it boyle as you doe other marmelett, and when you thinke it is boyled enough, put it into your Boxes or glasses as fast as you can.

To make sugar Cakes.

Take a pound of butter, and wash it in rose-water, and halfe a pound of sugar, and halfe a douzen sponefulls of thicke Creame, and the yelkes of 4 Eggs, and a little mace finely beaten, and as much fine flower as it will wett, and worke it well together, then roll them out very thin, and cut them with a glasse, and

pricke them very thicke with a great pin,  
and lay them on plates, and soe bake them  
gently.

To make another Bisket.

Take halfe a pound of sugar, as much flower,  
11 Eggs, leave out all the whites but two,  
<sup>+rose-water.</sup> with 2. or .3. sponefulls of water, beate it 2  
hours, and then put in a few anniseeds, and  
a few Carroway seeds, bake it an hour, then

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take it forth, and shift it, then you must  
dry it againe in the Sun.  
or oven.

To make Metheglen.

Take of the best Condit-water, and the best  
and purest hony you can gett, put them  
together in a tub, and beate them together  
till it bee strong enough to beare a new  
lade Egg from the bottome, then sett it over  
the fire, and put into it a little rose-mary,  
Time, mariorum, and winter savery ty'd  
up in a bundle, (if you please you may  
put in Maiden-haire, Liver-wort, or  
any other herbs, as you thinke fitt) then  
make a little fine bagg of linnen, and  
put into it 3. or 4. races of ginger, 2. or 3. nut-  
meggs, a little Cloves, and mace, and if  
you will a little Cinamon, sow it up, and  
put it into the boyling, lett it boyle one  
whole hour, skimming it all the while, then  
poure it out into Earthen pans, and soe lett  
it stand till next morning, then poure  
all the cleare of the pans into a good  
vessell, one that hath binn used with  
sacke or white-wine, and hang your  
bag of spice in it, soe stop it close, and  
lett it stand at least 2 moneths before  
you drinke of it, then draw it into bottles  
if you please it will <sup>^be</sup> beater; you <sup>^may</sup> make

11.

it with a lemon pill put into the vessell;



if you intend to keepe it, make it the stronger of hony, and spice it to drinke at 2 moneths End, lett the Egg only rise from the bottome without swimming.

A speciall water for sore Eyes if a man have lost his sight 5 yeares if it be possible it will restore it within 40 days.

Take small dye Rue, fennell veruen, Egrimony, Bitany Scabius, hounes stongue, Eye bright, pim-pernet sage, distill all these together, with a little urin of a man-child, and 5 graines of ffrankinsence, drop of *the* same every night into the sore Eyes.

For sore nipples.

Take house-leeke, marigold leaves, platine Ribwort, Sedwell parsly, Beesewax, of each a like quantity, boyle *them* in fresh butter unwashed, while it is enough, then stirre it, and keepe it for your use.

To preserve Barberies

Take a pound and halfe of sugar, and melt it with halfe a pint of water, and skim it very cleane, then take a pound of Bar-

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12.  
beries stoned, and put them into the liquor, and then lett <sup>um</sup> lye till they be through warme, then sett them on the fire, and lett them boyle a little while gently, taking them of againe a while, then againe boyle them a pace that the liquor may rise, scuming them very cleane, and looke to them very well, for they will be quickly be boyled, and the Colour will soone be gone.

To preserve Apricookes, and dry them.

ffirst gather your Apricookes before they are ripe, then a day after they be gathered stone them, and paire them very thin, and to a pound of apricookes put a pound of sugar, and lett your Apricookes lye in the

sugar covered for 2 hours untill the sugar be moist as it will melt without water, Then put your sugar, and apricocks upon a soft fire, that they boyle not in halfe an hour, then let them boyle very softly for halfe an hour, or more, turning *them* often that they breake not, when you thinke they be enough put them into a deepe glasse, and the sirrope into a silver dish, and lett the Sirrope

13.

seeth a little, then poure into your apricocks the same, and soe let it stand uncovered untill the next day, then cover them, and when they haue laine a weeke in the Sirrope, take them out, and lay *them* on a faire glass, and put them into a stove, or some cleane place, where they may have some aire of the fire, and every day turne them uppon cleane glasses untill they be through dry.

A more approved way to preserve Apricocks.

Take ripe Apricocks, and sun them and paire them, Then take a pound of lofe sugar finely beaten, and put it into a pan, and melt it with halfe a pint of water, and boyle it up that it be throughly melted to skum, then take your pound of apricockes that are paired, then put them into the liquor, and there let them stand a quarter of an hour, till they be throughly warme, then sett them on the fire for *the* space of halfe an hour, taking them of one 2. or 3. times in the space of halfe an hour, then take them of from the fire, boyling them gently, covering *them*

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14.

with a cloath and a dish, and soe lett them stand till they are cold, then sett them on the fire, boyling them gently till you thinke they are halfe boyled, then take them of, and let them stand till next day, and then boyle them up, but put

them not into your glasses untill they be cold.

note If you please you may make your water that you melt your sugar with all to be halfe of pippins.

To sun the Apricockes.

Boyle greene pippins in water, and when your liquor is strong of the pippins then straine it out and use the liquor instead of water for preserving the Apricockes.

To preserve Damsons.

You must preserve damsons eaven as you doe Apricockes, but take a pound and quarter of sugar, to a pound of damsons, and take noe other liquor but halfe a pint of water

15.

To preserve greene Apricockes.

ffirst gather your Apricockes before they have any stone in them with the stalkes one, and waigh them, and take to a pound of Apricockes a pound of sugar, then take a skillet of faire water and make it boyle, and put in your Apricockes, and make them boyle, till they have lost their Colour, then take them out of that water and put them into another Skillet of water that boyleth, and let them boyle till they be tender, and take them out of the water againe, and put them againe into the other water, and sett them on a few Embers, and lett them simper till they come to their Colour againe, and then take them up, and beate your sugar very fine, and put it in *your* preserving pan, and lay in your Apricockes, and take a little of the liquor and drop upon them all, and soe preserve them.

To preserve Quinces Red.

Take a pound of quinces ready pared, and  
Cored, a pound and halfe of lofe sugar, a  
wine pint of water, and make your  
liquor, and keepe a quarter of a pound  
of sugar out to straw upon them

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16

as they boyle to keepe them from breaking,  
and when your liquor hath boyled, and is  
skumed, then put in your Quinces, and  
boyle them gently at first, and cover  
them till they be red, and then boyle  
them up faster till they be enough.

To preserve Quinces white.

Take 8 pound of pouders sugar, and a pint and  
halfe of water, with the whites of 2 Eggs.  
stirre these well together in your pre-  
-serving pan, then set it over the fire,  
and lett it boyle 4 or 5 warms (you must  
not stirre it while it is upon the fire)  
when it hath boyled you must straine it  
into a cleane pan, and sett the sirrope  
upon the fire till it be boyled.

Take 3 pound of Quinces boyle them in  
faire water till they be tender, you  
must lett the water boyle before you  
put in the Quinces, and when they  
are tender boyled you must paire them,  
and core them, then put your Quinces  
into the Sirrope that you haue made  
and when they haue boyled a pretty  
while, you must take halfe a pound of  
lofe sugar finely beaten, and put all

17.

the halfe pound in the boyling, boyle it  
till you find the sirrope thicke; you must  
preserve them upon a quick fire, and puot  
a little musk in them when you haue  
found them enough; Then put them up  
into *your* glasses or potts: before you take  
up your Quinces, take up some of the  
Sirrope into a little dish, and when  
they are both cold enough, then put  
the sirrope to cover the Quinces.

To preserve Wallnutts.

Take your Walnutts when they be greene,  
and pare all the greene of them, then  
prick 3 prickes in every walnut, then  
scald them as you doe other things, when  
they be scalded take them forth, and  
- lett them lye in water 2 or 3 day's  
and shift the water twice a day, then  
take them forth, then take the 6<sup>th</sup>  
part of a Clove and stick it in one end of  
each wallnut, soe put them in sugar,  
and preserve them as other fruite.

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18.

To preserve Wallnutts the Physicall  
way.

Take a pound of walnuts, and a pound of sugar,  
and halfe a pint, or a pint of Damask  
rose-water, scald the walnuts, and shift  
them twice, then put them to the rose-  
water and sugar, and stew them as you  
doe pruines, and soe keepe them all the  
yeare for your Vse.

To make sirrope of Roses.

Take Damask roses, and pick them, and  
put them into a bottle of water as many  
as you can well thrust in, and keepe it  
in a close pott in a warme place, and  
shift it every second day till it bee 9.  
times shifted, then straine it, and  
put to a quart of liquor one pound and  
halfe of sugar; you must shift them  
from the seeds.

How to Clarifie sugar.

Take the whites of 2 Eggs, and beate them  
with a little birchen rod very well,  
then put halfe into *your* sugar that  
you melt with your water, then when  
it boyles up put the other halfe in,

19.

and soe lett it boyle 2 or 3. warmes, then straine it into a dish, then wash your pann very cleane, and put in your clarify'd liquor, then put in your plumbes, and soe preserve them.

To make Biskets of Almons  
very dainty, and knowne  
of few.

Take a pound of Almons, blanch them, then beate them in a mortar, then put in a little rose-water to them, that they may not burne to an Oyle in their beating; when they are beaten very small take them up, and put them into a Dish, then take halfe a pound of sugar beaten very small, and put to them the whites of 4. Eggs, with a little Quantity of musk, and Ambergrease, then beate it altogether a quarter of an hour, then put it upon papers in what fashion you will. You must be carefull in the making of it, that it be not Coloured to much.

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20

Another Bisket.

Take 3 quarters of a pound of sugar, beate it fine, as much flower, take a little handfull of Anniseeds, and as much Coriander seeds, beate them and search them fine, take 7. Eggs and leave out 2 of the whites, put in 2 sponefulls of rose-water, mingle them together, and beate it an hour and halfe; when you put it into *the* oven, cast fine sugar over the top of it.

To make another Bisket, whereof King Iames , and his Queene have eaten with much liking.

Take a pound and quarter of sugar, and a pound of flower very finely boulded, and after finely searched, you must beate the sugar very fine, and then search it through a fine lawne search, and mingle the flower and sugar together, then take 12 Eggs where of you must take but halfe the whites, first beate the Eggs with 3. or 4. Sponefulls of rose-water, then put the flower and sugar that are mingled to

21.

=gether to the Eggs; then beate them one hour together, a little before you put them into your Oven, put a few Caroway seeds, and Aniseeds into it, and cutt your plates before you put on the stuff, and the oven must be noe hotter then for a Tart.

To stop the bleeding of a wound.

Take a peece of an Old hatt, and burne it in the fire to a Cole, then grind it to powder, and straw in into the wound.

A remedy for such as are subject to miscarry.

Take a quart or 2 of stronge Aile, and a pound of Currence, an ounce of Nutmegg's, and prick them full of holes, and take pith of 2 oxen, and one handfull of Nipp, & an handfull of Pimpernell, one handfull of Clary and boyle them together, till a pint be boyled away, bruse the Currence, and the Pith of the Oxen, and put them in againe, and boyle it againe, and then drinke it morning, and Evening warmed.

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22.

Another for the same Remedy.

Take a little Clary, a little Comfery, a little knott grass, the Pith of an Ox. boyle these in a quart of Aile, till halfe be wasted,

then straine it, and take every Morning a Poringe full of it, and thicken it with an Egg, and put in it some Cinamon & sugar.

To make Conserve of Barberries

Boyle your Barberries in an Earthen pott, in a kittle of water while they be tender, then straine them through a cloath, then take a pound of sugar, and wett it with 4. or 5. sponefull of water, then boyle it to sugar againe, (continually stirring it) then put in a pound of your Barberries, that you have strained into your sugar, stirring it, then set it on the fire, and let it boyle halfe a douzen warmes, then take it of from the fire, and scum it, then put it into your glasses, and set it in a stove, and soe candy it.

23.

A receipt for my Capp

Take Bittony, red sage, red-rose leaves, sweet margerum, Cowslip flowers, and penyriall, of either an equall Quantity, lett them be all well dried, and beaten into a gross pouder, and put to it nutmeggs, Cloves, and mace all pounded, a little quantity to a good handfull of each of the herbes, take halfe an ounce of each of these spices, lett all be mingled together, take some of this pouder, and quilt it with some Bumbast, in a Capp of a fitt bignes for your head.

A receipt for a Cordiall for a woman that is in danger to Miscarry.

Take the yelkes of halfe a doussen new laid Eggs, and halfe a pint of plantine water, and halfe a pint of red-wine, and season it with Cinamon, and sugar, and soe drinke it, also take the Top of a wheaten lofe, and tost it and stick it with Cloves,



and wett it with Muscadine, and lay it  
to her Navill.

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24

For a stinking, or poyson of  
Snakes, or adders.

Take Bittony, Egrimony, and rusty bakon,  
and beate them fine together, and lay it  
to the wound, and it will keepe it from  
Rankling, it is also good for the biting  
of a madd dogg to keepe it from rank-  
=ling, or to draw out a Thorne.

To make ffritters.

Take 3 pints of Milke, a quart of aile,  
and make a Posset of these, stirre it all  
=together, and lett it stand till it be pretty  
Cold, then put in 16 Eggs, (taking  
out halfe the whites) and put in flower,  
and make it as thicke as you would have  
it for the ffritters, then put in good store  
of Apples sliced thin, keepe the butter  
warne, for if it be cold the fritters  
will be heavy; fry them on a quick fire,  
with store of beefe suett.

25.

To boyle a Pike.

Take your Pike and open him, and wash him  
cleane, and salt him on the In-side, then  
boyle it in water and salt, lett the water  
boyle a pace before you put him in, put  
in a good bundle of sweet herbs, with some  
rose-mary, lett it boyle altogether, till it  
be boyled enough, take 3 sponefulls of  
white-wine, one sponefull or 2 of Viniger,  
2 sponefulls of sugar, 3 or 4. yelkes of Eggs,  
beate it altogether in a dish, then take  
halfe a pound of sweet butter, a nutmegge  
grated, and a little beaten ginger, and  
worke it in your Butter very well, (your  
butter being cold) then put it into the

Eggs, and wine, sett it on the fire, &  
stirre it till it be very Thick in a  
dish, then take your Pike up, and  
dish it, and poure this broth on it.

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26

To make a Haggis.&nbsp;

To make chalves Chadarne, and parboyle it,  
when it is cold mingle it fine, with a pound  
of Beefe suet, a penny-lofe grated, some rose-  
mary, time, winter-savery, and penyriall,  
of all a small handfull, a little Cloves,  
Mace, nutmegge, and Cinamon, one  
quarter of a pound of Currence, a little  
sugar, a little salt, rose-water, all these  
mixt together, wett with 16 yolkes of  
Eggs, put it in a sheeps panch, and boyle it

To make Plague water .

Take Cowslip flowers, Redweed, Roman-  
wormewood, Mugwort, Horshound, Pimper-  
=nell, Rice, Sage, Saladine, Motherwort, Worm  
=wood, Burnot, Turmentall, Sorrell, Elli-  
compaine-rootes, ffeatherfew, Balme,  
Dragon, Angelico, Marrigolds, Rose-  
=mary halfe a pound, Brow may weeds,  
Scabius, Egrimony, Bittony, Cardis, Endiff,  
Sotherne-wood, The Birch lott, Macthaline,  
Sinkfall, of each a quarter of a pound,  
shred them very small, and lay them a  
steepe 24 hours in 3 quarts of whitewine,

24

Then still them in a Limbeck, or still,  
then save the first as strongest, and  
soe a 2. and 3. sort.

An Excellent Plaister to keepe  
a woman from miscarring.

Take of the choisest Mastick 4 drames, gum  
Elemie halfe an Ounce, Burgandie pi<sup>^</sup>tch 3  
drames, Benjamin, and Dragons blade of  
Each 2 drames, melt all these, and straine

them, and add to them 2 drames of the Trochises, called Alepta Muscata, one drame of Venice Turpentine a little boyled, 3 drames of the plaster of red lead made of Oile of Quinces, halfe an Ounce of Bees-wax, one drame and halfe of Endian Balsome, 2 scruple of Oile of Spike, make these all into plaster, and spread thereof upon your leather, on for the region of *your* back, and another for the lower Region of the belly.

Sirrope of Violetts .

Take a reasonable quantity of Violetts, and pick them, then weigh them, and take to a quarterne of Violetts halfe a pound of sugar, and halfe a pint of

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28

water, then shred the Violetts very small and beate the sugar very fine, then take halfe a pint of water and make it boyle in a cleane Skillett, and put in the sugar, and skim it very cleane, then put the Violetts into a gally pott, and put the liquor to them seething hott, and stirre it about, and cover it close, and lett it stand soe till next morning, then thraine it, and boyle it up to a Sirrope, and soe keepe it. Note A quarter of a pint of Violetts will make a pint of sirrope.

Hony ^ of roses.

Take red-rose budds, and white clipt of them, take a pint of the best hony, and stirre it in as many leaves as you can, then sett it in a Skillett of water over the fire, there lett it stand while it is ready to boyle, then sett it in the sun, shift it 3. or .4 times every 2 day beating of it every time.

29.

To make Chynie Broth.&nbsp;

Take one Ounce and halfe of Chiny, infust  
it in a pottle of running water 24. hours,  
then stirre it, and put in a Cock Chicken,  
and handfull of reasons of the sun stoned, a  
handfull of Currence, a blaid of mace,  
a top of rose-mary, a quarter of an Ounce  
of red Sanders, a quarter of an Ounce  
of white Sanders, and thicke it with the  
bottome of a white-lofe, when it is boyled  
take out the Chicken, and straine the  
broth before the party must drinke  
thereof, and lett him drinke it 3 hours  
before dinner fasting, and a draft at  
4. a Clock in the after-noone with a  
little sugar; the broth will last but  
3. days good.

An approved medicine called  
purging aile, to be taken  
Every spring, and fall.

Take 4 Gallons of aile-wort, the strongest  
you can gett, boyle it till comes to 3 or  
thereabouts, lett it be of the first spent  
as Brewers calls it, soe tun it up with  
store of Barme, that it may worke  
well, but against you tun it up, make a

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30

bag, and slitt it through, or thrust  
a haisle stick through it, and soe  
fasten it to the sticke, that it comes  
not within 3 Inches of the barrells  
bottome, not flote at the topp; with  
the barme then put these things  
following into the bagg;

2 Ounces of Bay-berries huld

2 Ounces of Anniseed's

3 Ounces of Ashen-keys brused

2 Ounces of Sasafras wood

2 Ounces of Saldeneta

2 drams of Ruburb.

lett all these be brused to pouder, except  
the Cena *which* must be whole and when  
the Aile leaves working, stop it up  
close, leaving good store of barme  
on the Top, and after 3. or 4 day's

drinke thereof halfe a pint every morning, and in the Evening a little lesse, but if you Take a little warme broth 2. or 3. hours after it, it will worke the better.

31.

A purge of a man

Rubrick 3 drames, Senny 3 drames, a little sweet fennell seed, a blade of mace, white wine 4 sponefulls, as much Endiffe water as will cover it, infuse all these 12 hours, then straine it, and put to it 4. spone =fulls of sirrope of Roses.

The Golden Oyle.

Violetts, Primrose, Cowslips, the leaves or flowers of them. Sage, Margerom, Rosemary Nips Lavender, rose leaves, Smallage, Southerne-wood, Rew, Time, Dasmuske, ffe-therfew, Clary, Tansy, Loveage, Muibs, Camamell, Oke. of Ierusalem, Peneral, Safforne, Hysope, Balme, white-mint, Marygold leaves, Dasy-leaves, Bay-leaves Dill, Piony leaves, of each of these a handfull brused in a mortar, infuse them in a pipkin, with a pottle of Sallet oile. and a quart of White-wine, and lett it boyle softly till the Wine be boyled away, after it is cold straine it through a linnin Cloath, and put it into a glass.

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32

Because all these herbes are not to be had altogether, you must make use of such till you can gett the rest, stamp them as aforesaid, and infuse them in the Oyle, straining them every day, to keepe them from moulding, till the Oile be made Compleate; This Oyle is especially good for the Goute, or any humour that runs up and downe in the Ioynts, it is good to anoint the



beate 4 or 5 Eggs throughly, and straine them in a porrenger, with 2. or 3. sponefulls of cold Renish wine, or veriuce, then put a quarterne of sugar to the Eggs, and still stirre it, till the sugar be melted, then take the other broath from of the fire seathing, and pour out some of it into a pottinger, and coole it, then pour it all into a pipkin of broth (one stirring it) and soe lett it boyle one warme with your Marrow, Then lay the Capon in a Dish, and poure the broth into it; when the Capon is almost boyled, take it, and lay it in a plaster, with the breast upward, and scatter some Salt thereon, untill your broth be ready, then boyle it a little more, and that will make it looke white.

35.

#### The Cocke water for a Consumption

Take a runing Cocke pull him alive, then kill him, and when he is almost Cold, knock him in the backe, and take out the Intralls, and wipe them cleane, and then put him in such a still, as you still rose-water with, with a pottle of sack, a pottle of new milke of a red Cow, a pound of Currance, a pound of raisons of the sun stoned, a quarter of a pound of Dates, stoned, and Cutt small, a handfull of pimpernell, 2 handfulls of Rose-mary blossoms, a handfull of wild time, 2 handfulls of Peneriall, 2 handfulls of Bugles blossomes, 2 handfulls of Bourgage blossomes, an handfull of fennell rootes, and an handfull of parsly rootes scraped, the pitch taken out an handfull of Endive leaves, an handfull of Succory leaves, a handfull of maiden haire, a handfull of figgs, 3 ounces of anniseeds brused, 7. ounces of liquoras scraped, and brused, still all these together with a soft fire, puttint into the glass *which* The water dropeth into halfe a pound of sugar, Candy beaten small; a booke of leafe-gold

cut small among the sugar, 4 graines of

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36.

Amber-greace, 12 graines prepared pearle,  
and soe lett the water drop in upon these  
things in the glass, mingle the first wa-  
=ter and the last both together, and  
take 4. sponefulls in the morning fast-  
ing, and 4. sponefulls as hour before  
supper, and shake it about the glass  
before you take the water to drinke.

For a Vomitt.

Take Crocus, Merhelosuse, and put a  
drame into a pint of sacke, and soe  
keepe, and the night before you giue  
it shake the glass, and soe giue six  
sponefulls of the wine to one that is old,  
and 3. to a Child, or by weight an Ounce,  
and to a Child halfe an Ounce.

Another way to make snow.

Take a pint of creame, and a little rose-  
water, and the white of 2 Eggs, and as  
much sugar as will sweeten it, and soe  
wipe it, and take of the froath, but not  
into the thing as you wold have it, and  
soe lett it stand neere halfe an houre,  
till it be settled to the bottome, then  
take it out slightly into the thinge  
you would have it goe in, and lay it in heapes.

37.

For the Megrin, or swimming  
in the head.

Twenty ground Ivy leaves, and one prim-  
-rose roote, cleane washed, and scraped,  
stamp them together small, with a spon-  
full of womans milke, If the medicine  
be for a man, it must be the milke *which*  
a Girle sucks on, if for a woman it  
must be the milke *which* a boy sucks,  
straine out the Iuice, and of that



substance take out one drop in a spone,  
and sett a quill upon it, and holding  
one nostrill with *your* finger snuffe  
it up with one other, and after 3  
dayes doe the like to the other nostrill,  
and then noe more for a weeke.

For Expulsion of wind.

White pepper, Black pepper, of each a  
peny-worth, Time, ginger, anniseeds  
of each a spone-full, searched, and made  
into fine powder, and a penyworth  
of long pepper, the white must be  
beaten grossly, Then take a pint and  
an halfe of Isopp water, and put into  
it 3 quarters of a pound of sugar,

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38.

boyle it till it comes to a sirrope, after  
Cooling, then put in your pouders, stirring  
it well together, and soe keepe it in a  
gally-pott if you please a yeare to-  
gether.

A powder for a weake back  
*which* never failes, approved  
of by Lady Parsons .

Take the kernells of Acrons, white-  
-archangle flowers, or for want of  
them Pomegranette blossomes, red  
Corall, and amber, of each halfe an  
Ounce, Sugar candy, an Ounce, powder  
them all very fine, and drinke as  
much of it morning, and Evening in  
beere as will lye upon sixpence, if  
the flux be very great, then drinke  
it with this distilled water.

Take muskadine 3 pints, the inward  
pith of the backe of a young bullock,  
a quart of creame, a quarter of a  
pound of Dates, 2 ounces of mastick,  
brused Plantaine, and knott grass, of  
each 2 good handfulls, steepe all these  
together in a bason, covered a day, &  
a night, then put it into a glasse,

39.

still and distill it in hott water, this water with this pouder will stop the flux of the whites, eaven the runing of the raines, and restore any weake back.

To stay the whites, and runing of the Raines, Mr Aires .

Take a quart of water, put into it one Ounce of Anniseeds, and boyle it to a pint, then straine it, and devide the liquor into 3 parts, and into it one sponefull of the Iuice of red mint, and soe drinke a mornings cold, and nights warme for a weake or longer if you please, you must make the Iuice of mint fresh every day, & if you put a sponefull into your water it will be the better.

Mr Triplett 's Receipt for the Ague.

Take 3 Gallons of Aqua-vita, put into it halfe a bushell of red poppy flowers, lett it stand a day and a night in a glass well stopt, then straine it

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40

very well, and put in it the same glass againe, take halfe a pound of figgs, halfe a pound of raisons of the sunn, well stonedm and sliced, 3 ounces of Anniseeds beate small, tye up all these in a bagg, lett it stand upon these ingredients, if you haue a Convenient place to sun it for 10 days, it will much improve it.

note Be sure the poppy lie not in the Aqua-vita above 24. houres.

In 2. or 3. sponefulls of this water dissolve well the quantity of an hasel nutt of london Treakle giue it the patient an hour before the fitt fasting, then exercise a fast 4. or 5. hours after.

A white frigasy.

Take the fleash of 6 Chickens, & cut the leggs and wings into peeces, and the other cutt in as broad thin peeces as you cann, then take strong broth, and a bundle of sweet herbs and large mace, and boyle all -

42.

together till they be tender, then put your Chickens into the pan, then take 9 yelkes of Eggs, and beate them with a little white-wine, or a little Vinigar, a little sugar and the Iuice of a lemon, but fry your Chickens, when they are ready then put in *your* Eggs, and toss them well together, fry them, not too long after *your* Eggs be in, for they will Curdle, soe serve *them* with Cippits, straw minced parcly over the Dish.

To make a limon Sallett.

Take limons, and cut them in *the* midst, and take out the meate, and put them into a Bason of cold water, then lett them stand all night in cold water, and the next morning cut them out into little long strings, and wind them up every halfe limon by it selfe, and tye them with a thread, that they doe not breake, then take them & boyle them till they be a little tender, then take a pint of Vinigar

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42.

and a pound of sugar, and boyle *them*, till they come to a thicke Sirrope.

How to make an Excellent fine  
Cake

Take a quarter of a Peck, or some-what

more, of the finest flower you can gett,  
a pint of Thicke Creame, 10 yelkes (*with*  
out whites) well beaten, 3 quarters of a  
pound of fresh butter gently melted, and  
poured on the flower, a little dish full  
of Aile yeast strained, halfe a quarter  
of a pint of Rosewater, *with* some musk  
or Amber-greece dissolved in it, season  
it with salt, a penny-worth of Cloves,  
and as much mace, and more of Nut-  
-megge, all finely beaten together,  
2 pound of the best Currence, well pickt,  
and washed in warme water, a pound  
of raisons stoned, and shred very small,  
*with* a little rose-water, halfe a pound of  
fine sugar, first mingled, then knead all  
these things very well together, then  
lett them lye a full hour in their dough,

43.

and the Oven being ready make up  
*your* Cake, lett not *your* oven bee too  
hott, shutt not the nouth of it close,  
turne *your* Cake now and then that  
it may bake alike, lett it not stand a  
full hour in the Oven, *against* the  
time you draw *your* Cake, you must  
have in readynes some Rosewater,  
and sugar beaten small, and both  
together beaten in a pottenger, then  
dip in a tuft of feathers, or a little  
brush in it, and wet the upperside of  
the Cake all over very well, then  
sett *your* Cake in the Oven to dry  
it on, and when you draw *your* Cake  
it will be covered as it were with Ice;  
note This is calle Queene Elizabeth 's fine  
Cake.

To stew a Rump of Beefe.

Take a Rump of Beefe, and cut it  
into 4. peeces, put it into a great  
pipkin *with* water, cut 4. or 5. Carrotts  
in peeces, put good store of Onyons shred,  
3 leaves of mace, and some whole

pepper, a bundle of time, and Rosemary, 6 sponefulls of Vinigar, a pint and halfe of Renish wine, a little veriuce, and salt, lett it stand a great while softly, and then send it in with browne Cippits.

A white-Pott.

To a quart of Creame, take 8 yelks of Eggs, the whites of 2, beate *them* very well, season them with sugar, rose-water, nutmegge, 4. dates sliced, take a peny lofe, and slice it thin, then put it into a dish, with the marrow of 2 bones, butter the bottomes of the dish, and strew the raisons at top, an hour will bake it.

To make a good Posset.

Take 8 yelks of Eggs, and whites, beate them well together, and straine *them* into a quart of Creame, season them with nutmeggs, and put to them a pint of sack, stir them together, and put

45.

them into a bason, and sett it into an oven noe hotter then for Custards lett them stand in 2 hours.

To make an Excellent Sillibubbe.

Fill your Sillibubbe pot with Sider, and good store of sugar, and a little Nutmegge, stir it well together, and when the Sugar is melted, put in as much creame, by 2. or 3. sponefulls at a time, then stirre it softly once about, lett it stand 2 hours at least before it be eaten, the standing makes it curdle.

To make Iumballs.

To a pound of fine flower dryed in

the Oven take a quarter of a pound  
of sugar, 2 yelks of Eggs, and one  
white, and thicke creame as  
much as will wett it, Corriander  
fennell seed a good quantity, worke  
all together well, then roll it into  
small rolls, and cast it into Knotts,  
Take heed the Oven be not too hott.

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46

A sirrope for a Cough  
of the lungs.  
by D. R.

Take good deale of wood-Bittony, Sca-  
bias, Egrimony, Colesfoot, Seneclé,  
alehoofe, tub a like quantity of  
these hearbs, (except ales foote)  
take a little less of this, because it  
is of a strong tast, beate these in a  
stone mortar, and wring out the  
Iuice a pint, or a quart (as you  
will) then sett it on the fire, and  
skim it iust as it boyleth, that it  
may be cleared, then to a pound  
of hony lett there be a pound and  
a quarter of the iuice, and put  
them altogether, and boyle them  
to a Sirrope, and take a sponefull  
or 2 of this Sirrope, morning and  
Evening.

47.

To preserve Damaske roses.

Take Damaske -Rosebudds, with the  
Nailes upon them, and shake *the*  
seeds from them, halfe a peck, pick  
them cleane from the out leaves, put  
to them as much runing water as  
will cover them, when they are thrust  
downe, and prest altogether, boyle them  
till they be tender close covered, put  
in double the weight, and halfe of  
fine sugar, and boyle them to a

Conserve, your sugar must be put in  
at twice from the time you put in  
*your* first sugar, till it be enough it,  
will be an hour, but lett it not be too  
long after your last sugar in, you  
must not cover it after you begin  
to put in your sugar.

Take a sponefull of it at a time,  
(doe more as you will haue it worke)  
in a morning early, and keepe in  
a warme house, but you may goe  
about *the* house if you will.

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48.

To preserve Raspas.

Take a quart of Raspas, and put  
them into a Skillet, and boyle *them*  
a little, untill the iuice will come  
from them, then straine them  
through a peece of Canvas, then  
take a pound and a quarter of lofe  
sugar well beaten, and put to the  
sugar halfe a pint of the Iuice of  
the Raspas, and sett it on a quick  
fire, and boyle it and skim it, then  
boyle that liquor till it come to a  
thick sirrope, then take it of from  
the fire, skim it cleane, and put  
in a pound of great Raspas, and  
lett them stand in the liquor a  
little while till they are warme,  
then set them on the fire, and  
boyle them a little while gently,  
then boyle them on a quick fire,  
and soe boyle them till they bee  
enough, *which* will be quickly, but if  
you boyle them long they will be hard.

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Preserves, &  
- Conserves. }

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I.I.

A Glyster good against griping.

Take a peice of fat meat of Porke, an handfull of Camo=  
=mile flowers & about an ounce of liquorish Cut & scrypt, & a  
sponefull of aniseedes bruised, boyle them well, & take about 4  
a wine pint of this broth, & about 4 sponefulls of Course sugar  
& the yolkes of 2 Egges mix them well & so use them for  
a glyster.

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To make surfeit water

Take five quarts of anniseed water,  
halfe a bushell of Popyes, steeped three  
dayes in it, then straine it out and  
pat a pound of raisons of the sunn  
stoned, a pound of figgs sliced, halfe  
a pound of licorish sliced thin, two  
ounces of anniseeds, one ounce of  
fennel seed, brused infuse them of  
three or fower dayes more, then  
put it into botteles.

To make the yellowe Salve.

Take of rosen and perrosen of each halfe a  
pound, virgins wax and frankincence of each a  
quarter pound, mastick & deer suit of each one  
ounce, *then cut the suet & wax & dissolve them first*  
*in a kettle, then put in the rosen & let yt melt*  
*thenthe perrosen, then the frankincence, next the*  
*mastick one after the other, but be sure to stirr*  
*them all the while, till they be well melted, but by*  
*noe meanes to boile, then take it of the fire, &*  
*straine it through a course lining Cloath into a*  
*pottle of white wine boiling hot & soe stirr it till it*  
*be blood hott, & then put a quarter of pound of turpentine*  
*two drames of beaten Chamfeir, & stirr them well in*  
*when tis cold to handle take it out of the wine, & roll*  
*it vp for your vse, but for a fistula put in 4 ounces of*  
*myrthe amongst the things whilst they are melting*

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The wine that wash this salve would be  
saved to wash a wound of sore with all  
being very good for that purpose.

To make *the* Lead in learch Cloath

Take a pound of red lead, and a pound  
of white, both beaten very fine, put  
them into a deep earthen pan well-  
leaded with a pint of sallet oyle &  
12 ounces of cassell soap sliced in, &  
3 ounces of bees wax cut very thin  
then lett them over a soft fire & keepe  
it with Continuall stiring till all be  
melted, then boyle it gently till it comes

to an oyle coulor & when it will  
neither sticke to your fingers nor  
board tis enough, you either make it  
into rolls or dip Cloaths in, & keepe  
them for your vse.

A receipt for dizines in the head.

Take a pint of whit wine and put into it  
halfe a handfull of Cardious Benidictus  
sett it vpon a soft fire to infuse till halfe  
be consumed then straine it out and  
put to it two graines of bezar and  
as much flower of brimstone as will  
lay vpon sixpence, and soe drinke it  
last to bed, or any other tyme, when  
you find the distemper vpon you, if  
it be vnpleasent add a little sugar  
but lesse the better.

To make seed Cake.

Take fower pound of fine flower, one  
pound of butter crumbled well into the  
flower, then put in halfe a pint of ale  
yeast, and as much Creame blood  
warme, as will it a stife past, lett it  
lay an hower in the dough ~~th~~ till the  
Oven heat, then pull it in peeces, and  
strowe in 3 quarters of a pound of  
Carriway Comfitts, & halfe pound of biskett  
Comfitts, reserving some to strowe on *the*  
tope, going into Oven, bake it with  
a good quicke heat.

page 58 (folio 32 verso) || page 59 (folio 33 recto)

To make the spleene salve.&nbsp;

Take millilet and camomile, of each three handfulls  
Parsly and plantin of each one handfull, Deere suet  
one pound, Vitgins wax twelve ounces, and rosen  
three pound, put these Ingredients into an earthen  
pot well leaded and ouer a soft fire melt the wax  
rosen and suet, *then* put in *the* hearbes being first shred

& mixed vp with a pint of white wine, & soe stir them well together, *then* sett *the* pot in a coole seller, 7 dayes *then* sett it over *the* fire again, & boyle it halfe an hour *then* streine it through a linin Cloath into dishes puting a litle fair water into every bottome & *when* tis cold make it vp in rolls, & keepe it close in paper, *when* tis vsd it must be spread vpon thin leather, cut spleene fashion, pricked full of holes & applied to *the* sides.

A most exellent drinke against *the* Plague.

Take 3 pints of *the* best muskadine & boyle in it one handfull of Rue, one handfull of Sage over a Charcoale fire till one pint be consumed, *then* streine *the* hearbs hard out, *then* sett it over *the* fire again & put therin long pepper one ounce, ginger halfe an ounce, nutmegge halfe an ounce, all beaten to powder, lett all these boyle together, a little after take it of *the* fire, & put therin an ounce of *the* best mithridate, an ounce of *the* best Treackle, a quarter of a pint of *the* best Angelica water, keepe this above all, if thou be infected with *the* plague tak morning & evening one spoonfull luke warme, but if not, only thrice a weeke one spoonfull at a tyme, it have bine observed this never ifayled, if taken in tyme, it is good against *the* sweating sickness, small pox, measells, surfeits if taken vpon *the* first invasion, & soe layd downe to sweat, with poset drink made with marrigold flowers.

To make *the* white oyntment

Take 2 pound of hoggs suet pilld & laid in water 3 dayes running *the* water twice aday, *then* beat it in a cloath, & put it in a bason, *then* slice in 2 Lemons halfe dozen pipins slic't two penniworth mace, 6 cloves, quarter pint of rose water *then* sett it over a pot of boyling water, till all be infused *then* streine it, & *when* tis cold, beat it for 2 days together & put it vp.

A water for a Burning

Take a handfull of *the* barke of an Elm root, scrape it & wash it, & beat it, *then* lay it in a pint of runing water 24 howers *then* strein it & dip a peice of lawne, & spread over *the* burning.

A mouth water

Take a pint of runing water 3 spoonfulls of honey, handfull of red Bramble leaves, litle woodbine, halfe dozen sage leaves quarter pound Corrants, peniworth safron, as much allom as an nutmegge, boyle it halfe away, & strein it.

To Stopp a Loosness.&nbsp;

Take *the* whites of 3 new laid eggs, *then* scrape Chalke & mixe it, till it be a stiff past, make it into a Cake, & bake it one *the* hearth, & lay it very hote to *the* Nobbe.

page 60 (folio 33 verso) || page 61 (folio 34 recto)

To make marmalade of Oranges

First weigh your oranges against soe much fine sugar, & then pare *them* very thinn, taking of as as litle of *the* pill as may be, *then* cut *them* into quarters & take out all *the* meat & Iuice being carefull to take out from it all *the* seeds & strings & put *that* meat into a glass & cover it, to *which* put a peice of sugar else it will loose its spirits, *then* take your pills & boyle *them* in 3 severall waters, having laid *the* night before in cold water, putting *them* into *the* 2 last waters *when* they are boyling hot & *when* they be thus boyling tender drye *them* in a Cloath & *then* cut *them*, not shredding *them* over small, *then* take your sugar & iust dipping every lumpe into water put it into a skillet & boyle it very high till it be almost sugar again, *then* boyle your pills in *that* sugar halfe an hower & *then* to all this put your meat & Iuice & boyle *that* a quarter of an hower, & soe put it vp into glasses.

A Diet drink against the Gout.

Take of Camipytis or Ground pine i2 oz

Turbith 4 oz

Hermodactiles 4 oz

Rheubard 2 oz

Sennae 4 oz

Coriander Seedes i oz

Let these be bruised & infused 24 howers in a gallon of fresh beere or smal Ale

& when well infused strain them and put  
the Liquor into 5 Gallons of new strong  
Ale shaking it well together, then put those  
Druggs that are strained into a linnin bagg  
& let it hang in the rundlet or vessell with  
the infusion for 3 or 4 dayes then draw  
it out into bottles, and let them be well  
stopt, if the partie be weake add in the  
infusion a quarter of an ounce of saffron  
Drinke of this a pint in a morning  
fasting *Doctor Trigg*

page 62 (folio 34 verso) || page 63 (folio 35 recto)

To make China Ale.

Take 2 bushels of mault, and make a firkin of ale out  
of it, then take 3 quartars of a pound of stoned Reisons  
and halfe an ounce of China , root sliced and halfe an  
ounce of Coriander <sup>^ seede</sup> , a blade or two of mace, 4 cloues  
boyle all these 2 houres, and when it is almost cold  
worke it up with yest, & lett it stand 4 or 5 days in  
the vessell, then botle it, putting into every botle a good  
lumpe of loafe sugar, Let it <sup>^ be</sup> well cork't.

To make marmalade of Pippins

Take of the best Green pippens one pound, as much of the  
best loafe sugar beaten, then as you pare *the* pippins put them  
into water, then take them out, and chop them, till they  
be very small and slice them from the core, then shred in  
lemon pill to the quantity of halfe an one, it must first  
be boyled tender, then put in your pill, and, 3 quarters of  
*the* sugar, with 3 or 4 sponefulls of water, into a skillett, then  
let it boyle quick, and as it boyles strew in the remainder of  
the sugar, at severall tymes, and a sponefull of faire water  
in the midle of the boyling then a litle before you take it  
of the fire, squeeze in the iuice of 2 lemons, and a muske  
comfitt, when it cometh from the bottom of the skillet it is enough

To Preserue gooseberrys

To 3 quartars of a pound of gooseberrys, take 19 ounces of  
sugar, slitt them & stonne them, and cut of their heads  
leaving but short stalkes uppon them, put them into cold

water as you stonne them, then beat *the* sugar very fine  
strew some of the sugar in the bottom of *the* skillet, and then  
lay in the gooseberrys one by one, *with* their slitt sides  
downward, and then strew in more sugar uppon them  
and put in halfe a dozen sponefulls of water, when *the*  
sugar be dissolved, then sett them uppon the fire being  
a very quick one, and lett it boyle up to the top of the skillet  
then take it of the fire, and strew in more of the sugar  
that was left out, then cover it up close *with* a plate, and lett  
it stand a small tyme, till the boyling sugar be fallen  
downe, then sett it uppon the fire againe, as you did  
before and boyle it up againe, this doe severall tymes  
taking them of and setting them on againe till they be  
enough, and lett them be covered ~~till~~ ^ <sup>when</sup> they be of the fire  
make experiment of but one quartar of gooseberrys and sugar  
*proportionable* at one tyme

page 64 (folio 35 verso) || page 65 (folio 36 recto)

#### A Diet drinke

Take 4 2 gallons of scurvy grasse, of water cressys  
Brooklime younge ashen vines and buds, younge Elder vines  
and buds of one or two yeares growth, Parsely and  
the roots, Elecompany, Comfrey, Clary, Lungwoort,  
Hartstongue Mallows red netles, White arckangel  
Angelica, Red Sage, Rosemary, Hop roots & the buds  
Herb Mercury, of every one an handfull, as much as you  
can gripe, a pound of currants, halfe a pound of liquo  
licoris, =rish sliced sweet fenel seede, Carraway seede, any seede  
of each 4 ounces, boyle all these in 6 gallons of midle  
woort, till 2 of them be wasted, streine it and set on  
working with barme, at 3 days old drinke of it  
mornings & at night, also before & after meat, if you  
please a quartar or halfe a pint, or what you please  
at a tyme, *with* sugar or *without*.  
or you may chop all these ingredients, distilling them  
& drinke the water *with* sugar

#### To Preserue China Oringes

Take *the* oringes and chip them and boyle them in  
a good quantity of water so fast as the water may  
cover them, when it boyle and when they be boyled  
cut a little hole in their crownes *with* a pen knife

then put them into syrrop, *the* syrrop must be ready made, against *the* oringes be boyled, you must take for *the* syrrop one pint of water to a pound of sugar, and you must take as ~~pound~~ much sugar as may preserue *the* oringes. 9 or 10 days, every other day take out *the* oringes and giue *the* syrrop a boyle, and skim it when you haue lett them lye in that syrrop the prefixed tyme, make a ielly of Pipins, when *the* ielly haue boyled a while, put in *the* oringes, then lett them boyle almost halfe an hour in the ielly then take out *the* oringes and boyle the ielly, till it will cut them take it up and put *the* oringes into a pott fitt for them, and put halfe of *the* ielly into it when you take it up, and the other halfe when it be cold you must make to every oringe halfe a pound of ielly.

Be sure every tyme you take *the* oringes out of *the* syrrop, that you turn that side upwards *which* was downwards before.

page 66 (folio 36 verso) || page 67 (folio 37 recto)

To make Pippin ielly

Take 10 of the greenest pippins and pare them, and quarter them, and put them into water, then put them into a skillet of water so much as will well cover them and boyle them, till they be soft, then poure them into a siue or cloath to drejne them take a pint of that water to a pound of sugar, put halfe the sugar in and boyle them a while, then take the iuice of two lemons, and streine them into a vessel, and put the rest of the sugar to it, then take ~~the very outside of~~ an oringe, pill the very out side from it, and slitt it in halfes, and scrape out all the meat, and boyle the pill in six waters to gitt out all the bitternes, then put that, and the iuice of the lemons, and sugar in together, and boyle it till it come to a ielly, or till it hanges to the spoone, as fast as it can boyle

I thinke the peices of oringe should not be put in untill a litle before the water be enough.

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A Diet Drinke

For 3 gallons of Ale Take  
of



Lycorice - 2 ounces  
 Secane - 1 ounce & halfe  
 Anyseeds - 1 ounce & halfe  
 Polypode - 1 ounce  
 Epithymum - 3 quarters of an ounce  
 Nutmeggs - halfe an ounce  
 Graines - 1 drame & halfe  
 Long pepper - 1 drame & halfe  
 Take of  
 Scurvigrasse - 3 handfulls  
 Brooklime 2  
 Water Creasses - 1  
 Garden Cresses - 1  
 Winter Cresses - 1  
 Burrage - 1  
 Scabious - 1  
 Boyle *the* hearbes in *the* worte & bruise *the* other  
 in a mortar & hang them into *the* Ale in a bagg  
 & *when* it is 4 dayes old drinke twice a day let  
 not *the* bagg be put in till *the* Ale haue done  
 working

page 68 (folio 37 verso) || page 69 (folio 38 recto)

To make litle Plumb Cakes.

Take a pound of currants and a pound of sugar, and a litle  
 beaten mace, and halfe a pound of buttar washt out in  
 rose water three yolkes & two whites, worke all these  
 together, with so much flower, as will worke it to a paste, *which* you  
 make breake into 24 peices, and butter so many papers  
 and roule the paste in your hand, like a ball and lay  
 it uppon the paper, flatting it a litle and bake it *with* a  
 manchett heate.

How to make Cowslip, or Gilliflower wine

To every gallon of water put two pounds of sugar, boyle it  
 well, and scumme it cleane, take it from the fire & coole it  
 when it is as coole as wort put as much ale yeast, as will  
 cause it to worke to six gallons take halfe a peck of flowers  
 and bruise them in a mortar, and when it workes put in  
 your flowers, when they rise up put them downe and  
 two or three days after it hath wrought botle it up  
 All the difference betwixt this & Gilliflower wine, is that  
 the gilliflowers must be more bruised, and halfe a peck of  
 Gilliflowers to 4 gallons of water.

To make Raison wine.

Take 2 pounds of raisons of the sun, shred but not ston'd  
one pound of good powder sugar and the iuice of 2 lemons  
and one pill, put these in an earthen pott with a cover, then  
take two gallons of water, lett it boyle halfe & an ~~hour~~  
howre, then take it hot from the fire, and poure it into the  
pott where your raisins are  
and

And cover it 3 or 4 days, stirring it twice a day, then put  
it into botles, stopping them very close, and in a fortnight  
or 3 weekes it may be drunke, you may put in Cowslips or  
Cloue gilliflowers as the tyme of yeare serue, when you make it  
you may boyle halfe so much water, and put to the strained  
ingredients, *which* will be good though smaller.

To make Cakes the Royall princessse her way

Take a pound of sugar finely beaten 4 yolkes of egges 2  
whites, one halfe pound of buttar, washed in rosewater  
6 spoonesfull of sweete creame warmed, one pound of  
currants well picked, & as much flower as will make it  
into a paste mingle them well together, make them ~~into~~  
into cakes, nake them in an oven almost as hot as for  
manchet lesse then halfe an hower will bake them  
wee put in but halfe the proportion of sugar & think it  
enough wee also put in nutmeg & mace and some  
ginger &c.

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A Diet drinke for *the* scurvy  
and Dropsy.

Take of Sarsaparilla three ounces sassafras and  
Elicampane of each six drams wood of Aloes  
halfe an ounce, Anniseeds and ounce and halfe  
Fennel and Coriander seeds of each halfe  
an ounce, leaves of senna an ounce and halfe  
Polypody Hermodactills of each an ounce  
Agarick two drams Ginger a dram, Nutmeggs  
halfe an ounce, Brooklime and water Cresses  
of each two handfulls, scurvy grass halfe  
a peck, Egrimony, Harts tongue Roman

wormwood and Tamarisk of each one handfull  
Scabius, Coltsfoot and Maiden hair of each  
halfe an handfull Monks Rhubarb three ounces  
Bruise *the* hearbs, slyce *the* drugs, and put them  
into a bagg, into three gallons of Ale newly  
tunn'd vp, after three dayes begine to drinke  
a pint therof at six in *the* morning and a pinte  
at four afternoone, vsing moderate exercise.  
Mr Tuthill

#### The kings receipt for the stone

Take of Mastik 2 ounces, Cloues, Nutmegs, Gallingall, Cububees  
Iuniper berrys, Lignum Aloes, of each an ounce, beating all to powder  
and add to them the best Turpentine 2 ounces & 2 ounces of  
white hony, Infuse all these 24 heures in aglass still in two  
pints of the spirit of wine, the still being close stopped, & when  
the 24 heures are expired you must distill it in balneo  
Maria, with a gentle fire Cooling the top of the still often  
with a wett napkin, & as the water in the still Consumes, add  
more the water being first warmed  
Of This water take a spoonefull & add to it two spoonefull  
of faire water with a lumpe of loafe sugar, take it in the  
morning fasting & about 4 or 5 of *the* clock afternoon *the* stomach  
being empty.

#### An Excellent Water for the stomack.

Take of Carduus, mint & Woormwood, of each a like quantity  
shred them smal & put them into new milke, then put them  
in a still & distill them with a temperate fire, when you  
take it sweeten it with sugar or with what syrrop you  
please.

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#### To Collar Beefe

Take a sirloyn or Plate of beefe, & bonne it takin out the  
skins & strings, & lay it in a flatt pann then take a pint  
of salt dissolving it in as much water as will cover the  
beefe, adding to it two spoonfulls of salt peter, Let it lye  
in that 3 or 4 days, turning it twice a day, then dry it well  
in a cloth, & roul it as close as you can, & it into a pott  
covering the bottome of *the* pott with bay leaues, then put

in *the* beefe & lay so many bay leaues as will cover the top of *the* beefe, & put in a pound of buttar, then cover it close with course paste, & bake it with howshold bread, & when you draw it off the cover, & lay on a plate & a weight, letting it stand so till the next day, then pour off the gravy making an hole in *the* buttar.

To make a carret pudding

Take 3 pints of milke & 3 penny loafes 7 egges yolkes & whites heat the milke scalding hott, & when your bread is sliced put them together, let them stand till you scrape two carrets very thinn, then mix them together stirring them well together, butter *the* pann, & ~~when~~ sett it in to the oven, & when it comes out melt buttar & sugar & serue it up.

To make Almond balls.

Take a pound of almonds & blanch them, & beat them with orange flower water very fine, then take *the* almonds & drye them over Coales, then take two pounds of double refined sugar, & boyle it almost to sugar againe, then put *the* sugar to *the* almonds & drop them on plates sett them in a stoue & when they are drye on *the*<sup>one</sup> out side take them of the plates, & putt two together bottome & bottome, a little drying more will serue.

To make Vsqueback

Take of *the* best Aquavita 6 quartes and infuse in it for 9 dayes, Liquorish one halfe pound, Raysons of *the* sunn stoned one halfe pound halfe a pound of figgs sliced a quarter of a pound <sup>^of dates</sup> sliced and *the* stones broken two ounces of serpentine root, one quarter of an ounce of Cloves, mace and Ginger two drams of each, one ounce of Annyseeds.

You must make it in a great glass and lett it steep in *the* hottest sunny place you haue in *the* house stirring it 2 or 3 tymes in a day.

Afterwards to be strain'd and put into bottles and before you vse it poure it from *the* bottome.

May or Iune is *the* best tyme to make it

V

A drinke against *the* scurvy.

Take 4 ounces of Guaiacum, one ounce of sassafras, boyle these in 12 pints of running water till half be wasted, and halfe an houre before they have done boyling, putt in an ounce of licorice, *then* take all off, and straine it, afterwards in fuse two handfulls of scurvy grass for 4 howers *which* being strain'd out, bottle it vp for your vse.  
D: H .

To make Lemon Cream.

Take 4 lemmons, chip *them* thinn, *then* shreed those chips very small put *them* in a porringer, and squeeze out *the* iuice of *the* lemmons amongst *them* and lett *them* stand 2 houres, in *which* tyme beat *the* whites of 7 and *the* yolks of 4 eggs very well, and put *them* to *the* lemmons, *then* put to *them* a pint of fair water, and a quarter of a pint of Rose water, stirr all these very well together, and strain *them* through a Canvas strainer, and season it with double refine'd sugar, and put in a little ambergreese if you please, *then* sett it over a Chaffindish of Charcoales stirring it continually; it must scald but never boyle, and soe be kept stirring, till it be as thick as any Creame, *then* put it into glasses, and *when* cold it is fitt to be eaten.

A Drinke to cure obstructions.

Take of Woormwood Egrimony & Centaury of each three handfulls, of Gentian roots two ounces sliced & eight pounds of Reysons stonned, to these put five gallons of water (boyle halfe an hour) very hot into a pott, & let them stand infusing 24 hours, then streine it & worke it up with yest. tun it up into a vessel, & after it hath beene tunned, 4 or 5 days draw it into botles, & drinke it morning & afternoone.

A Cordial or Surfett Water

Take a peck of Poppyes, spearmint, Balme Dragons,

Angelica, & Marigolds of each one handfull of Rue halfe an handfull, a few sprigs of Rosemary, put these into six quarts of Brandy, letting it stand nine days in the sun close stopped, stirring it one a day, then streine it & put into it, halfe a pound reisons stonned, halfe a pound of dates sliced, the stones also sliced or broken, Anniseeds Coriander seeds, halfe and ounce of each, one pound & an halfe of Browne sugar Candy, shaking it twice a day untill it be dissolved, then streine it againe & botle it up

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To make Orange brandy.

Take 18 oranges pare or chip them thinn, put the chips into 3 quarts of Brandy in *which* let them infuse 5. or 6. days in a glas being well stopt *with* a corke & leather tied over it. Then take 2 quarts of water one pound & an halfe of loafe sugar, boyling the water & sugar an hour & an halfe together gently & skimme it well, then straine it & let it stand till it be cold, & then straine the brandy into the Syrrup, then botle it up, & stopping the botles well with corkes, & leathr over them.

Lemon Brandy is thus made.

To make Gooseberrie wine

Take 25 ~~pounds~~ pounds of Gooseberries, *when* they are ripe, bruise them in a convenient vessel, put to *them* six quarts of boyling water, lett *them* stand all night, the next day strain *them* through a flannel bag, put to *the* liquor Eleven pounds of 6<sup>d</sup> sugar, *when* it is all dissolv'd, put it into the vessel full, *then* bottle it vp, this makes halfe an anchor

Against *the* Itch

Take powder of ginger 2 drams, pepper, cloves of each a drame, flowers of sulphur 3 drams, powder of inula campana 2 drams, hogs sewet 2 ounces, mix & make an oyntment *with* oyle of rhodium.

Take flowers of sulphur as much as will lay on a shilling mix it *with* milke

& drinke it

#### To make Surfett Water

To five quarts of Anniseed water or Brandy  
put a pound of raisons of *the* sunn stoned a pound  
of figgs sliced halfe a pound of Liquorish sliced  
thin, halfe a pound of Dates cutt thin *the* stones  
also broken and put in, Anniseeds ffennell seeds  
Cardimum Coriander seeds of each one ounce  
brused, spearmint Balme Dragons Angelica  
and Marygolds of each one hand full of Rue  
halfe an handfull a few sprigs of Rosemary,  
lett it stand twelve days close stopped stirring  
it once or twice a day then put in halfe a bushell  
of Poppyes, *the* next day straine it off:

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#### To make Vinegar

Take one pound of coarse brown sugar  
to one Gallon of Water - put in a little  
Yeast to make it work - when worked  
cover it over with paper & let the  
Cask stand in the sun - it will be fit  
to vse in September if made in the spring.

#### White Currant wine

ffore quart of currant Iuice ~~Add~~ One *quart*  
of Water, & one *pound* of Lisbon sugar is  
the proportion of ingredients -  
squeeze your <sup>^currants</sup> well with the hands &  
then pour the water that you intend  
to put to the currant Iuice over  
the pond of currant iust squesed  
mix it well together - and then squeeze  
them <sup>^over</sup> again ~~mixing them~~ them mix the  
iuice. water & sugar well together  
in a large tub stiring it well till  
you think the sugar nearly dissolved  
let it then be coverd, and stand 24 hours  
~~you will find it~~ to work - take off the head

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and ~~then~~ put <sup>^your liquor</sup> into your cask - you must

make about 4 *quarts* more than your cask  
will hold, to fill up as it works over  
lay the Bung on lightly when you  
find your wine scaotine in the working  
and at the expiration of 6 weeks  
add, about a bottle of best Brandy to  
five Gallons of wine - then bug down  
the cask well and bottle it off the  
following spring - Be lunc your Currants  
be<sup>are</sup> gatherd ~~one evening~~ fine dry day  
and squeeze your currants over a <sup>^large hair</sup> seive -

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[ faint drawing of a face ]

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**back endleaf 2 verso || back endleaf 3 recto**  
**back endleaf 3 verso || back endleaf 4 recto**  
**back endleaf 4 verso || back inside cover**

[ Folger Shakespeare Library bookplate ]

**back outside cover**  
**spine**  
**head**  
**fore-edge**  
**tail**  
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#### To Make Currant Wine

Take 8 Packes of Currants bruise them well in a Course Cive with Your hands pouring now and than water on them till you haue poured 5 Gallons put 24 pound of 5<sup>d</sup> , Sugar then Tunn it into a Cask, let it stand till October and than bottle it of

#### To make Lemon Crame

Take a pint of water put the Iuice of 5 Lemons lay a peice of pill a steeping 10 Ounces of Sugar beaten fine the whites of 5 eggs well beaten put altogether staine through a Jelly bagg put it into a peuter bason ouer a Chafendish of Coales till a proper Thickness, and put it into Your Glasses

## A Lemon Possett

take 2 Large Lemons nip them in the  
Dish take the Pill of one and Steep in the  
Juice for one hour sweeten it with a  
quarter of a pound of fine sugar then  
take a pint of Cream sweeten<sup>d</sup> with  
2 ounces of Sugar pour your Cream in  
a great height Boeling Hott

folio 1 verso (folio 47 verso) || folio 2 recto (folio 48 recto)

## Orange Marmalade

Take the weight of sugar to the weight  
of oranges whole Cut them in half,  
the Round of the Orange than knip  
out the Juice, lay the pill in water  
24 hours boil them till the bittern of  
is out pare out the white Cut the  
peel in thin Ringes Moisten Your  
Sugar with a little water when  
Meltd put in the Juice and Ringes  
boyl them till the syrup is Clear

## To Cand Orange peel wett

Lay the Peels in water 4 or 5  
days shifting them every day  
than boil them, let them lay a  
Night to drain boile them as be  
fore till they be soft lay them  
in a dish and Cover them with  
sugar let them stand a day, than  
boile the sugar Moisten with a little water  
when tis well sceem<sup>d</sup> this may be done  
2 or 3 times, You may take a pound of  
Sugar to a pound of peel

2

## To Make Harts horn Ielly

Take 6 ounces of Harts horn, and one  
ounce of Isinglass, and five pints of  
spring water boil it till tis half  
Consum<sup>d</sup>, and than add to it the Juice

of three or four Lemans the whites  
of 4 eggs well beaten, a quarter  
of a pint of Renish , and sweeten  
it to Your Teast with double refined  
suggar, and put it through your  
bagg till tis a Clear, as Water

To Cand Orange or Lemans Peel

The peel must be laid in water 4 or  
5 days, shifting them every day till  
the bitterness is out, than boile them  
in water till they be tender than  
take to a pound of peel a pound of loaf  
sugar, and Iust wett it with a little  
water the peel, wene boild, in and  
put the peel into it and set it ouer  
a slow fire, let them scarld but not  
boile, when You think they are aNough  
take them Out and lay them single

**folio 2 verso (folio 48 verso) || folio 3 recto (folio 49 recto)**

in dishes, and sett them in the sun  
to dry dipping them once every day  
in the syrup as they dry till it be  
all used, the syrup must boile thick  
after the peel one taken out  
Mrs Warde

Lemon Cream

take the Rinds of 4 Lemons pared very  
thin put them to a pint of spring water  
Let them lay a night clean the water  
from the Pills then put in the Iuice  
with the whites of 4 Eggs well beaten  
sweeten it to your tast when hot strain  
it through a thin Bag Put it again in  
your Preserving Pan, stirring it very  
quick when it simper take it of the fire  
and fill your Glasses

Stewed Pippens

Pare the Pippens and scoop out the  
cores then boile them with sugar  
water and white wine till you  
think them soft Enough take them  
out till the Liquour is cold which will  
be a syrrup then Put them in and

they are fitt for use

### Force Meat Balls

Cutt Some veals very thin and beat it  
In a mortar shred In some suet very  
fine Great some bread, season all,  
with salt pepper Nutmeg Mace and  
Lemon Pill Mix all together with  
the Yolk of an Egg make them In  
small round Balls fry them In  
Butter till Browne

### An Ointment for a Swelling

Three quarters of a pound of  
Pilewort One quarter of a Pound of  
Elder buds one pound and three  
quarters of Hogs Lard beat them  
together boile them Till the Herbs  
haue lost the Moistir

### A common Seed cake

a pound and half of flower 3 quar  
ters of butter half a pint of Cream<sup>e</sup>  
half a pint of Ale yest one ounce  
of carriway seeds half a pouond of fine  
sugar 4 eggs 1 white

**folio 3 verso (folio 49 verso) || folio 4 recto (folio 50 recto)**

### Elixer Proprialatus

Half an ounce of myrh half an Ounce  
of Siucatrine alloes a quarter of an  
Ounce of Saffron half a pint of  
Brandy the myrh and alloes to be  
well Beatin with half an ounce  
of Clean dry sand let it stand three  
weeks by the fire shaking it up  
every day then strain it off

to make ginger Bread

take a pound and half of flower, half

a pound of butter half an ounce of  
Ginger half an ounce of Carriway seeds  
as many of carianders one ounce of  
Loaf Sugar one pound of Treakle the  
butter must be rubbed in till it is all  
flower mix it and make it into  
Little cakes Bake them on tin Plates

an Excelent water for any sore in  
man or Beast

take an ounce Roch Allum an ounce of  
white copperus Burn them seperate in  
a fire shovel Boil a pint and half of  
runing water before you put in the Allum  
and copperas after which them and water  
and it is fitt for use

Lemon wine

To <sup>6</sup> Gallons of water put 12 pounds  
of the best fat Lisbon sugar the  
whites of six Eggs well beaten mix  
them well together and boyl them half  
an hour skimming them as long as  
any skim arises when you have done  
skimming them put In the Yellow  
part of the peel of 18 Lemons when  
it is boyled enough put it Into a Pot  
and when Cold enough work it with  
apiece of Toasted Bread spread  
with yeast Tun it the day after it  
is boyled with the Iuice of the 18  
Lemons Cleansed and 3 Pints of good  
Brandy let it stand 3 months and  
Bottle it  
*Nota Bene* if the Lemons are small you  
may add 3 or 4 more it will not  
be Two many

Dutch Biscakes

six pound of flower a pound of  
butter rube<sup>d</sup> in the flower six Eggs  
a pint of yest quart musk half a pound  
of sugar

Fronfiniack wine

Six gallons of water and 12  
pounds of white Dry Sugar and  
six pounds of the best raisons  
of the sun Cut them small boil  
them, together One hour and  
strain these through a hair  
seive Take of the Flowers of  
elders when they are falling  
half a Peck put them In the  
Liquor when its allmost Cold  
the Next day put In Six  
Spoonfulls of Syrup of Lemons  
and four spoonfulls of ale yest  
and Two days After straine it  
Into the Vessell, keep it filling up  
three or four days stop it up  
and if you Let it Stand Till march  
In the Vessell it will be stronger  
Put In half an ounce of  
Isingglass

a Lemon Cake

three quarters of a pound of Loafe  
sugar a quarter of a pint of water  
put into a saucepan and dissolve it ouer  
the fire till it is all melted take seven  
Eggs Leave out two wites wisk them well  
and straine them then put the sugar  
and water to them not quite cold and  
wisk them together half an hour take  
half a pound of flower dried and  
dusted in the Pills of two Lemmons  
grated wiske them well put a paper in  
to your puding Pan and a paper ouer  
it when let into the Oven three quarter<sup>s</sup>  
of an hour will bake it

to Make Flomery

An ounce of IsingGlass Pull it in smal  
Peices Pour a quarter of a pint of boiling

water and let it stand till it is cold or  
till the next day then put to it a pint of  
cream and a pint of milk 1700 ounces of  
Almonds beat very fine with a little Rose  
water a peice of cinaman sugar to your tast<sup>t</sup>  
Let it boil a quarter of an hour stiring it  
all the time straine it thro a thin cloth  
and stir it till it is Iust cold before it  
is put into cups dip your cups in cold water

folio 5 verso (folio 51 verso) || folio 6 recto (folio 52 recto)

a Recepte for the Ague

a dram of Bark  
half a dram of Venice Treacle  
the Iuice of a Large Leamon to  
be put in a Glass of mountain  
and drinck it of when the fitt is  
comeing and goe to bed

to make Calvesfoot Ielly

Boyl four Calves feet in a Gallon  
of water half in strain it Let it  
stand till it is cold scim of the  
fat put it in a saucepan with  
half a pint of mountaine & a pint  
of Rhenish half a pound of Loaf  
sugar the Iuice of three Lemons  
the Pill of one Beat up the whites  
of five Eggs with the shells put *them*  
in the saucepan stir all well together  
Let it Boil ten minutes put it in  
the Bag Run it thro, three or four  
times

A hash Calves head

Parboil your head and pill your  
tonge cut them in thin slices about the  
bigness of half a crown season it  
with salt nutmeg and mace a Lemo<sup>n</sup>  
Pill boil some good Gravy in a Saus  
pan keep it stiring that it may  
mix dredge in a Little flower to

make ir a proper thickness let the  
brains be well picked boil them  
season them with salt nutmeg mace  
and Lemon pill beat them up very  
light with a Little cream the yolk of  
an Egg and a Little flower fry them in  
Butter drop them with a spoon in round  
cakes have forced meat bals fry<sup>d</sup> Brown  
Lay them on the Top Garnish your dish  
with lemon stew your oysters in their  
own liquer and lay them on

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**back endleaf 1 verso || back inside cover**

[ Bookplate ]

**back outside cover**